

# Sri Lanka Adventure for Teenagers

## 9 days | Starts/Ends: Colombo



Go in search of herds of elephants, spotted deer and toque monkeys in the Udawalawe National Park. Enjoy white water rafting on the Kelani River and visit the famous World's End viewpoint on the Horton Plains during this 9 day adventure for the whole family (for teens aged 12 years and above).

### HIGHLIGHTS AND INCLUSIONS

#### Trip Highlights

- Udawalawe National Park – Look out for elephants, leopards and other majestic species on SUV safaris through the national park
- Kitulgala – Go white water rafting down the Kelani River and explore inside of the spooky Belilena Cave
- Horton Plains National Park – Trek to the scenic viewpoint at World's End and take a dip in Baker's Falls
- Kinchigune Nature Trail – Meet friendly villagers as you hike through lush countryside and paddy fields
- Belihuloya – Canoe on the shimmering Samanawewa Reservoir and admire the mountain scenery
- Colombo – Enjoy a guided tour of the city including the Old Fort area

and impressive Gangaramaya Temple

#### What's Included

- Breakfast daily, 5 lunches and 6 dinners
- 2 nights 4 star hotel, 2 nights eco lodge and 4 nights camping
- 4 half day game drives through Udawalawe National Park
- All relevant transfers and transportation in private air-conditioned tourism vehicles
- Rafting and canyoning in Kitulgala
- Airport arrival and departure transfer on days 1 and 9
- Escorted by an English speaking national guide

#### What's Not Included

- Tipping Kitty: USD\$45-\$55pp, paid in local currency
- Entrance Fees: USD\$110-\$120pp, paid in USD
- International flights and visa
- Tip for your tour guide. We suggest USD\$25 – 35 per adult for the entire tour. Tipping your tour guide is an entirely personal gesture

### DETAILED ITINERARY

#### Day 1 : Colombo

Saturday. Welcome to Sri Lanka! On arrival in Colombo your family will be transferred to our hotel where the rest of today is free to relax in the hotel or explore at leisure. **Overnight - Colombo**

#### Day 2 : Colombo sightseeing & Kitulgala

Colombo – Kitulgala. Our morning begins with a sightseeing tour of Colombo, taking in the Fort area in the north of the city, as well as the stunning Gangarama Temple. We'll end the tour with a stroll along Galle Face Green, a popular spot for kite flying and games of cricket amongst the locals.

This afternoon we depart Colombo and transfer to our Eco lodge in Kitulgala. Swap our bus for bikes and cycle through the scenic countryside to Belilena cave. Here we take time to explore the cave located up a steep path with breathtaking views of rubber plantations and jungle. The cave is home to thousands of bats which we may be able to see hanging from the ceiling before we return to our accommodation for dinner. **Overnight - Kitulgala (B, D)**

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## Day 3 : Rafting and Canyoning in Kitulgala

We have adventure on our minds today. After a hearty breakfast we head to the Kelani River for our first activity of the day – white water rafting. Once we're in our safety equipment its time to jump onboard the rafts and splash down the river. Take in the amazing scenery, which was used in the Oscar-winning classic "The Bridge over the River Kwai". We cover 5km of rapids before returning to our accommodation to relax.

This afternoon we keep our feet on the ground during our canyoning excursion. Trekking through the jungle we pass natural rock pools and waterfalls until we reach the lagoon for a swim. Afterwards, we return to our accommodation for dinner. **Overnight - Kitulgala (B, L, D)**

**Day 4 : Kinchigune Nature Trail** Kitulgala - Belihuloya. This morning we embark on the Kinchigune Nature Trail, a 6km trail that runs alongside the Riverine forest and Belihuloya River. We cross paddy fields and stop to meet the locals in quaint villages. Learn about local agriculture and enjoy lunch.

After lunch we make our way to the Samanawewa Reservoir, surrounded by rugged mountains for an afternoon of canoeing. Enjoy a relaxed paddle and look out for the hundreds of butterflies that live in the area. Later, return for some dinner at the campsite. **Overnight - Belihuloya (B, L, D)**

## Day 5 : Horton Plains National Park

Today we explore the windy and wild Horton Plains National Park, 2,100m above sea level. Trek to the World's End viewpoint for breathtaking views of the mountains and green jungle, then take a dip in Baker's Falls. Keep an eye out for some of the many species that inhabit the park. Sambar deer, wild boars and langur monkeys all live here, and we may be lucky enough to

spot some of these animals before we return to the campsite. **Overnight - Belihuloya (B, L, D)**

## Day 6 : Udawalawe National Park

Belihuloya - Udawalawe. Our wildlife spotting continues today as we travel to a comfortable tented campsite in the famous Udawalawe National Park, our home for the next two nights. Embark on an SUV safari and look out for some of the 400 hundred wild elephants that live in the park. Other species we may see include leopards, deer, crocodiles, sloth bears and buffalo. After our busy day of game spotting we return to our campsite for dinner. **Overnight - Udawalawe National Park (B, L, D)**

## Day 7 : Udawalawe Game Drives

Spotting wild animals can be down to luck and if we didn't manage to see all of Udawalawe's iconic species yesterday then we have another chance today. Return to the park this morning and again after dark, when the leopards come out to hunt. **Overnight - Udawalawe National Park (B, L, D)**

## Day 8 : Colombo

Udawalawe - Colombo. Take one final trip into the park this morning and then say goodbye to Udawalawe as we return to Colombo for a relaxing afternoon at leisure. You may wish to return to Galle Face Green for a family game of cricket or browse the local bazaar for souvenirs to take home for friends and family. **Overnight - Colombo (B)**

## Day 9 : Colombo

Our tour comes to an end today with an included departure transfer to the airport for your clan. We hope you enjoyed your holiday! **Overnight - Colombo (B)**

Highlighted below are some of the accommodation/ hotels which we frequently use on this tour. We reserve the right to substitute these stays to ones of a similar standard.

**Please refer to your Tour Voucher for your confirmed arrival hotel or start point and further arrival information.**

### Radisson Hotel Colombo

The Radisson Hotel Colombo (formerly OZO Colombo) is a modern and stylish hotel, with sweeping Indian Ocean views from its rooftop infinity pool and many of its rooms. There's free WIFI access throughout the hotel and the guestrooms are bright and airy with all modern amenities. To top it off, there's also a fantastic fitness centre and a restaurant serving delicious, authentic Sri Lankan cuisine. The hotel is centrally located on Marine Drive, near Galle Road and just a 10 minute drive from the city centre.



### Cinnamon Lakeside

Voted one of the best 5 star hotels in Colombo, the Cinnamon Lakeside is the perfect urban getaway with elegant and spacious rooms and excellent facilities. All guestrooms have a spectacular view of either the city's skyline or the tranquil waters of the Beira Lake and feature a pillow menu for the ultimate night's sleep and WiFi. The Azmaara Spa offers a tantalizing range of treatments administered by Balinese therapists. The resort also houses ten different restaurants, considered the best in Colombo, including the specialty lounge bar, 7 Degrees North.

## ACCOMMODATION

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## Rafters Retreat

This beautiful eco-lodge is located in the heart of the Sri Lankan jungle. Flanked by lush greenery and raging rivers it's a perfect for those looking to take on the river with some white water rafting.



## Kinchigune Tented Camp

This semi-luxury campsite at Kinchigune boasts comfortable permanent tents and immaculate shared bathroom facilities. With a number of adventurous activities on its doorstep and overlooking the picturesque Samanalawewa reservoir it's an ideal place for families to stay.



## Big Game Camping Udawalawe

This tented safari campsite is located in a beautiful location, overlooking a reservoir to the east of Udawalawe. You'll experience comfortable beds, raised from the ground with stunning views. This small intimate camp is a perfect setting for exploring the abundance of wildlife within Udawalawe.



## BEFORE YOU GO

### Travelling with Teens

Our tours with Teens are perfect for parents travelling with teens or pre-teens aged 10 years and above. The day to day arrangements offer a combination of exciting and adventurous experiences in far flung places, and are perfectly timed to coincide with school holidays. When travelling on our dedicated Teens tours, there may be the chance for teens to socialise with people their own age and make new friends, whilst also enjoying precious time with the entire family.

### Frequently asked questions

**•What is the rating of the rapids for the rafting?** Grade 02 to 03 rapids

**•What does canyoning involve?**

Canyoning is a combination of a few activities such as rock sliding, confident jumps, short swims through a river and brief hikes. Canyoning is a water based activity and you must be a confident swimmer to take part.

**•Will safety equipment be provided during the activities?** Yes, all necessary safety equipment will be provided for all included activities.

### Entrance fees

Entrance fees are not included within the cost of our Group Tours and needs to be paid locally in USD. Entrance fees will be collected on day 2 of your tour.

If travelling to India on our Delhi to Colombo tour, entrance fees for the India section of your tour will be collected in INR, then for the Sri Lankan section of your holiday in USD.

Note: Entrance fees are included on our Safari in Sri Lanka tour.

### Tip kitty

Tipping is not a natural part of many Western cultures and many of us feel uncomfortable, or unsure about when or how much to tip. However in Sri Lanka tipping makes up a significant part of many people's wages so it's important that we get it right. For this reason we've developed a very simple system on our Group Tours to take the hassle out of tipping.

With our 'tipping made easy' policy, a nominal pre-determined amount is collected from all group tour participants to cover tips en route. This then saves you the hassle of when and how much to tip bellhops, luggage handlers, local guides and other support staff throughout the tour. The tipping kitty amount is noted under 'Exclusions' on the first page of this document.

PLEASE NOTE: The tipping kitty is to be paid in LKR and it will be collected on day 2 of your tour. If travelling to India on our Delhi to Colombo tour, the tipping kitty for that section of your tour will be collected by your guide in India and payable in India Rupees (INR).

Our 'tipping kitty' doesn't include a tip for your group tour guide. For a job well done, we would suggest for your tour guide: USD\$3-7 per traveller, for each day of sightseeing. Tipping is an entirely personal gesture and ultimately the amount is up to you.

Note: We do not collect a tipping kitty on our Safari in Sri Lanka tour, where you can tip at your own discretion.

### Guides & groups

Our longest group tour in Sri Lanka is our *Sri Lanka Northeast Explorer – 12 day tour*. All other group tours that we offer are sectors of this larger tour. As such on your holiday you may have travellers join you part way through your tour or end their holiday when

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you continue on. You also may have a number of escorting guides throughout your tour, ie one guide escorting days 1-5 then another for the remainder of the holiday.

Whenever there is 6 persons or more on your holiday you will have a tour guide escorting/ travelling along with you. Your guide will conduct the sightseeing arrangements, or accompany you where the local law dictates that a local guide must conduct the sightseeing in this region. Where the group number is less than 6 persons you will travel from place to place with a driver and meet a local guide at each new destination that will conduct your sightseeing arrangements in this location.

If traveling on our family tours, the longest is the *Wild Sri Lanka & Beach for Families - 13 day tour* and the other tours we offer are sectors of this larger tour. As such on your holiday you may have travellers join you part way through your tour or end their holiday when you continue on.

## Sri Lanka Country Guide

### Welcome to Sri Lanka - Arrival transfer

A complimentary airport arrival transfer is included. Upon arrival at Colombo Airport you will be met by a representative from On The Go Tours. The prominent sign depicting our company logo easily identifies our representative, please have your Tour Voucher handy and make it available to our representative. Our representative will assist you with your luggage and escort you to our vehicle for your transfer to your hotel.

**If, for any reason you have trouble locating our representative** (after waiting 20 minutes in the arrival hall) or your flight to Sri Lanka is delayed, please call or send a text message (standard text message, not Messenger or WhatsApp) to the emergency

contact number as stated on your Tour Voucher. Please do not leave the airport or go to the hotel on your own. Call our emergency contact number and follow the advice given by our local team.

Pre and post tour accommodation can be arranged upon request, please contact us for rates. If you are arriving early and book pre tour accommodation with us then you will still qualify for our complimentary airport arrival transfer.

### Visas & passports

Visa requirements are subject to change and visa procurement is the responsibility of the traveller and not On The Go Tours. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from Sri Lanka.

After booking your holiday, please provide us with your passport details as soon as possible so that we can proceed to book all services. Please be advised visa requirements are subject to change, therefore it is essential that you check current visa requirements with the embassy before travel. For information about visas, head to [www.onthegotours.com/Sri-Lanka/Visas](http://www.onthegotours.com/Sri-Lanka/Visas)

### Health requirements

You should seek medical advice for vaccinations and about medications before travelling.

### Water

As tap water is not safe to drink in Sri Lanka, only drink bottled mineral water which is readily available in hotels, shops and restaurants. You should also avoid salads which may be washed in unhygienic water.

### What to pack

Please check local temperatures so you can pack accordingly. Visit [www.worldclimate.com](http://www.worldclimate.com)

- Suitcase or frameless backpack/ rucksack if preferred
- Small day bag for your camera, water, sunglasses, i-Pod etc.
- Please see go to [www.onthegotours.com/Sri-Lanka/Travel-tips-and-useful-info](http://www.onthegotours.com/Sri-Lanka/Travel-tips-and-useful-info) for recommendations on what/what not to wear
- Personal first aid kit
- Sunglasses, hat, umbrella, money belt, DEET - based industrial strength mosquito/insect repellent. High factor sunscreen and bathers/swim costume
- Anti-bacterial hand gel/wet wipes and flat pack toilet paper/tissues
- Universal travel adaptor
- Tour Voucher and a copy of your travel insurance policy, spare passport photos and a photocopy of your passport
- Spare camera batteries, memory cards
- Pack as light as possible to leave room for the souvenirs!

### Shopping

Sri Lanka is excellent for gemstones especially sapphires, moon-stones and cats-eye. Other items to look out for include spices, wood carvings and other handicrafts, clothing of types, batik and hand-woven textiles, brassware, handmade lace from Galle and of course tea. Tea varies in quality, so if you're buying in bulk, ask for a tasting! If seeking modern local chic, Colombo offers a selection of department stores and stylish boutiques. Refrain from buying souvenirs made of coral (creation of this sort of tourist that contributes greatly to the destruction of Sri Lanka's reefs), ivory or the hides of endangered animals.

In the tourism industry it's common practice for commission to be offered in exchange for recommending particular shops or suppliers. This can become an issue when clients feel obliged to purchase. We do our best to

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avoid this by monitoring all shopping experiences offered.

All shopping experiences on your tour have been noted in the itinerary and they have been carefully selected based upon positive feedback from On The Go travellers. You are under no obligation to partake in a listed shopping experience and you are most welcome to wait inside or outside the premises.

Although we only visit reputable retailers, please note that we cannot explicitly guarantee the quality of their products. All purchases made whilst on holiday with us are at your own discretion. Please make sure that you are completely happy with your purchase. On The Go cannot be held responsible for any items that you buy if they fail to meet expectation, or any shipping arrangements. Proceed with caution.

## It's not like home & what to expect

Please visit [www.onthegotours.com/Sri-Lanka/Travel-tips-and-useful-info](http://www.onthegotours.com/Sri-Lanka/Travel-tips-and-useful-info) for local customs, currency, WiFi and other helpful information to prepare you for an enjoyable holiday.

Travel to far - flung corners of the earth involves lifestyles and conditions that are sometimes very different from what you are used to back home. You must come prepared to cope with unusual situations, local inadequacies and unpredictable events as and when they occur. Foreign travel is definitely not suitable for people who expect or demand everything to go exactly as planned. With the greatest respect and in the interest of your ultimate enjoyment you must understand this. Things can and do change in foreign countries.

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