

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

SRI LANKA

Adventure to the Pearl of the Indian Ocean



May 6 - 18, 2024



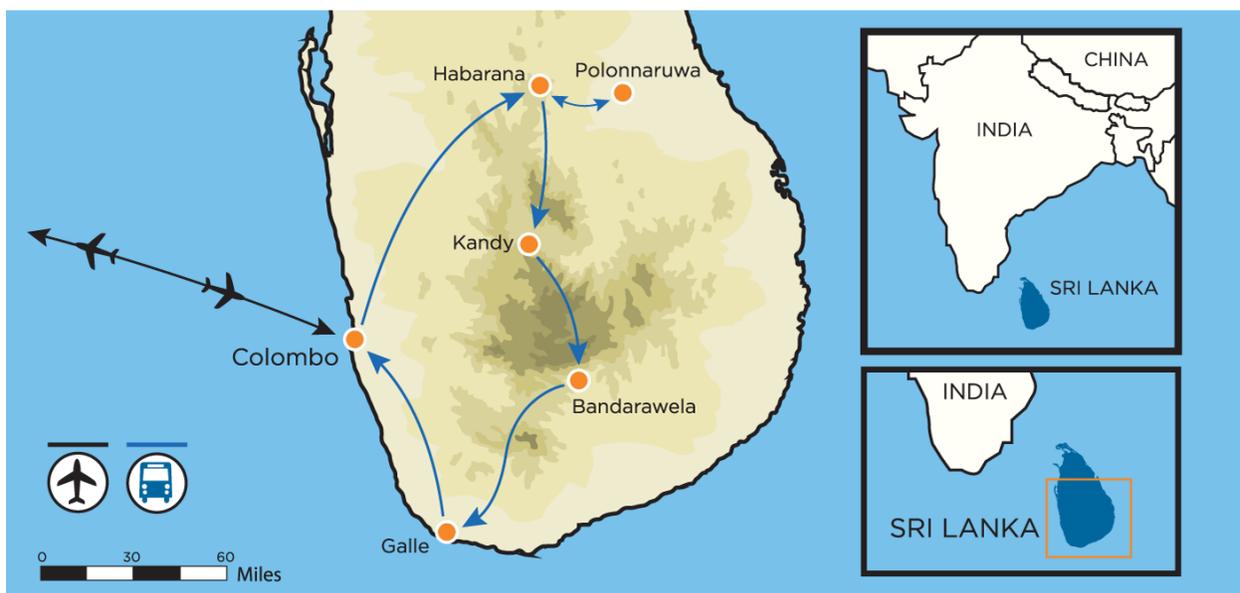
SRI LANKA

Adventure to the Pearl of the Indian Ocean

TRIP HIGHLIGHTS

- ▶ Climb the rock walls of a UNESCO World Heritage site, the Sigiriya rock fortress, and bike and hike through beautiful landscapes
- ▶ Meet and learn from powerful local women who have helped create the post-colonial Sri Lanka of today
- ▶ Try your hand at the art of batik, gem cutting, and mask painting
- ▶ Come up close, during exciting game drives, to the unique wildlife and diverse ecosystems of this island nation
- ▶ Indulge in local teas and cinnamon-infused delicacies, and learn to make Sri Lankan specialty dishes

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1 arrive in Sri Lanka, welcome dinner
- Day 2 travel to the Cultural Triangle, enjoy a cooking demonstration
- Day 3 bike through a local village, set out on a game drive
- Day 4 cook with a local family, participate in traditional alms giving
- Day 5 try batiking, explore the Dambulla caves
- Day 6 learn about Sri Lankan costumes and jewels, meet a local mother
- Day 7 head out on a mountain trek, enjoy a local dance performance
- Day 8 travel to the tea region, visit a botanical garden
- Day 9 spend the day with a local female tea plucker
- Day 10 travel to Galle
- Day 11 indulge in cinnamon, explore Galle Dutch Fort
- Day 12 shop in Colombo, farewell dinner
- Day 13 depart Sri Lanka

ACTIVITY LEVEL

Active

TRIP PRICE

Main Trip: \$6,995

Optional Single Accommodations: \$2,000

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your adventure
in depth

DAY 1
Monday
5/6/24

Arrive Colombo

Arrival Information

Arrive at the Bandaranaike International Airport (CMB) in Colombo, Sri Lanka before 2:00PM.

Pick-up and Transfer

You will be met at the airport and transferred to your hotel. There will be one group transfer included (time TBD). Transfers are available for an extra cost to accommodate other flight arrival times.

Check-in and Relax

Check into your room and relax before dinner.

Welcome Dinner

Enjoy a lively welcome dinner with the group as you get to know your fellow travelers this evening. Share stories and learn about why each woman is excited to explore Sri Lanka!

Accommodations
Galle Face Hotel

Meals Included
dinner

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your adventure
in depth

DAY 2
Tuesday
5/7/24

Colombo to Habarana

The Cultural Triangle is located right in the center of the island and is home to the vast majority of the country's UNESCO World Heritage sites. The three destinations within the Triangle are the cities of Sigiriya, Polonnaruwa, and Dambulla. In addition to the many cultural sites in the area, there are also a multitude of Buddhist temples in the region.

Drive to the Cultural Triangle of Sri Lanka

After breakfast at the hotel, you will set off on a 4.5 hour drive to explore the region known as the Cultural Triangle of Sri Lanka. Enjoy lunch and stretch your legs along the way.

Climb the Sigiriya Rock Fortress

What better way to wake up your legs after a long drive than a little rock climbing? The Sigiriya Rock Fortress is an enormous boulder that towers over the surrounding jungle. A UNESCO World Heritage site, the rock fortress was built in the fifth century and served as a royal citadel for many years. Be sure to take in the mirror wall, Sigiri graffiti, and Sigiriya frescos that adorn the walls as you climb. The amazing 360-degree view will be the best reward after you complete the 650-foot climb to the summit!

Check-In

After visiting Sigiriya, make your way to the hotel that will be your home for the next three nights.

Cooking Experience

For dinner tonight you will take part in a hands-on experience with one of the hotel chefs who will show you how to prepare Hoppers, a famous Sri Lankan delicacy that resembles a pancake and is quite delicious!

Accommodations
Cinnamon Lodge
Habarana
Meals Included
breakfast, lunch,
dinner

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your adventure
in depth

DAY 3
Wednesday
5/8/24

Polonnaruwa

The Minneriya National Park, located in the north central region of Sri Lanka is a sanctuary for wildlife. Along with the Udawalawe National Park, it is one of the best places on the island to see the Sri Lankan elephant up close all year round. As well as elephants, you are likely to see a whole host of other mammals, birds, butterflies, reptiles and amphibians. The park is also an important habitat for the two endemic monkeys of Sri Lanka - the purple-faced langur and the toque macaque.

Explore Polonnaruwa by Bike

After breakfast, drive for an hour to the medieval capital of Polonnaruwa, which was the second kingdom of Sri Lanka and is now a UNESCO World Heritage site. Hop on your bike and pedal through many archaeological monuments. Look out for the famous Gal Viharaya, or "Rock Temple," where you will see four colossal statues of the Buddha cut into the stone, reflecting peace, serenity, and strength. Continue biking through a rural village where you may have the opportunity to mingle with the local farming community. Enjoy a typical farmer's lunch at a local restaurant after your ride.

Head out on a Game Drive

Later this afternoon, join a local naturalist on a game drive to one of the area's national parks. See how many different animals you can spot along the way. After the game drive, enjoy exclusive sundowners while you bask in the glow of your wildlife discoveries.

Dinner

Enjoy dinner as a group back at the hotel this evening.

Accommodations
Cinnamon Lodge
Habarana
Meals Included
breakfast, lunch,
dinner

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your adventure
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DAY 4
Thursday
5/9/24

Habarana

The practice of alms giving is part of a sacred Buddhist ritual in which common citizens offer gifts of food to monks. Although the monks will not verbally acknowledge or thank anyone who gives them alms, they will pray for the person who gave them the food. The act of alms giving is an important way for Buddhists to carry out their duty to their gods.

Cook with a Local Family

Today you are invited into the home of a local family who will show you how to make a meal comprised of 3 or 4 traditional dishes. Learn about their unique utensils and slow-cooking techniques.

Participate in Alms-Giving

After you finish preparing the food, take part in a traditional practice of alms giving where meals are offered to the monks in the village Buddhist temple.

Afternoon at Leisure

The afternoon is yours to enjoy lunch on your own and time at leisure at the hotel before meeting back up with the group for dinner.

Accommodations
Cinnamon Lodge
Habarana
Meals Included
breakfast, dinner

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DAY 5
Friday
5/10/24

Sigiriya to Kandy

Dating back to the first Century BC, Dambulla is a vast cave complex, which was converted into a rock temple and is still regarded today as one of the most important Buddhist monasteries. The temple is home to the largest collection of both cave paintings and Bhudda statues in all of Sri Lanka.

Visit the Dambulla Rock Caves

Enjoy breakfast at the hotel before setting out on your journey to Kandy, known as the Last Kingdom of Sri Lanka. Along the way, visit the Dambulla rock caves and explore its renowned wall art, which dates back to the first century BC. You will be struck by the serenity and well-preserved nature of the site as you wander through the temple.

Learn about Batik

Visit a local workshop where you will have the chance to try your hand at the beautiful art of batik. The women who run the workshop will show you the traditional artistic batik techniques that have been handed down over many decades. Afterwards, enjoy lunch in the home of one of the local batik artisans before driving the last 90 minutes to Kandy.

Check-in and Dinner

Upon arrival in Bandarawela, check into your hotel before enjoying dinner with the group there tonight.

Accommodations
Jetwing Kandy
Gallery
Meals Included
breakfast, lunch,
dinner

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your adventure
in depth

DAY 6
Saturday
5/11/24

Kandy

Set upon a plateau amidst hills and mountains, Kandy is a large city that is home to tea plantations, Buddhist sites, and a botanical garden beyond compare. Kandy is considered a sacred city as a pilgrimage destination for those looking to visit the Temple of the Tooth Relic, a sacred tooth of the Buddha.

Discover Traditional Sri Lankan Costumes, Jewelry and Gems

Today you will have the opportunity to learn about traditional Sri Lankan costumes and heirloom jewelry. Behold the intricately carved, precious stones that are embedded in the design, and see how the Sri Lankan saree is distinctively different from its Indian counterpart.

Then meet with an expert gemologist who will show you how to identify the different gemstones before you can try your hand at gem cutting.

Meet a Local Mother

After lunch on your own, meet with a local single mother and hear how she supports her family by sewing. The group will collectively donate a sewing machine to help better her family.

Dinner

Enjoy dinner as a group back at the hotel this evening.

Accommodations
Jetwing Kandy
Gallery
Meals Included
breakfast, dinner

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DAY 7
Sunday
5/12/24

Kandy

Located in the central highlands of Sri Lanka, the Hanthana Mountain Range is a popular area for nature lovers and hikers alike. Consisting of seven peaks with a maximum height of about 3,800 feet, the range was declared an environmental protection area in 2010.

Morning Hike

Set out on an early morning hike to the Hanthana Mountain range today. Offering picturesque landscapes, this four-hour hike will immerse you in nature and the beautiful landscapes of Sri Lanka. Stop along the way and enjoy a picnic lunch before returning to the hotel.

Afternoon at Leisure

The afternoon is yours to rest and relax at the hotel after your long hike.

Enjoy a Dance Performance at Dinner

During dinner tonight, you will enjoy a traditional Kandyan fusion dance performance by local women.

Accommodations
Jetwing Kandy
Gallery
Meals Included
breakfast, lunch,
dinner

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DAY 8
Monday
5/13/24

Kandy to Bandarawela

The Royal Botanical Gardens of Peradeniya is the biggest botanical garden in Sri Lanka with almost 150 acres of land. The gardens are home to 4,000 different plant species, but they are most well known for their stunning collection of orchids.

Visit the Royal Botanical Gardens of Peradeniya

After an early breakfast, you will drive to the Royal Botanical Gardens of Peradeniya where you will be met by an experienced botanist who has worked at the gardens for over 30 years. Listen as he shares stories of the garden's history and the precious live collections that have been gathered over centuries.

Travel to the Central Highlands

You will spend the rest of the day traveling to the central highlands region of Sri Lanka, which is known for its tea production. After a drive, you will embark on a scenic 4-5 hour train ride for an authentic experience of traveling like a local! Make sure you take advantage of the incredibly beautiful scenery throughout your ride. From gushing waterfalls to vast tea terraces to expansive vegetable fields, there are many opportunities to capture captivating photos of your surroundings. Lunch will be on your own today.

Check-in and Dinner

Upon arrival in Bandarawela, check into your hotel before enjoying dinner with the group there tonight.

Accommodations
Anasa Wellness
Resort
Meals Included
breakfast, dinner

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DAY 9
Tuesday
5/14/24

Bandarawela

Tea plantations are a trademark of Sri Lanka, as the country's cool yet humid climate is advantageous to growing the plant. The first tea bush was planted in Ceylon, the former name of Sri Lanka, in the early 1800s, and the country continues to be one of the world's largest tea exporters to this day.

A Day in the Life of a Tea Plucker

Today you will meet a Sri Lankan tea plucker at a working tea plantation where you will spend a day getting up close and personal with this local woman. She will share her story of how she learned the practice of tea harvesting and give you behind-the-scenes access to life on the tea plantation. Later, put your skills to the test as you participate in an exciting tea plucking competition!

Afternoon at the Hotel

Head back to your hotel for lunch and some down time before enjoying a scrumptious high tea. Dinner will also be at the hotel with your group tonight.

Accommodations
Anasa Wellness
Resort
Meals Included
breakfast, lunch,
dinner

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DAY 10
Wednesday
5/15/24

Bandarawela to Galle

Located on the southwest coast of the island that is Sri Lanka, Galle was originally founded by the Portuguese and has since seen the influence of the British and Dutch cultures as well. The old town features Dutch architecture and is home to the Dutch Galle Fort, a UNESCO World Heritage site.

Travel to Galle

After breakfast this morning, you will set out on a 5-6 hour drive to Galle in the southern part of Sri Lanka. You will have the chance to stop and stretch your legs along the way, and you will enjoy lunch at a local restaurant while en route.

Later this afternoon, arrive at your hotel and check in. You will have the rest of the day at leisure until joining the group for dinner tonight.

Accommodations
Jetwing Lighthouse

Meals Included
breakfast, lunch,
dinner

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DAY 11
Thursday
5/16/24

Galle

In addition to its famous tea plantations, Sri Lanka is also well known for its cinnamon. Ceylon cinnamon is grown from a plant that is indigenous to Sri Lanka and is often referred to as the "real cinnamon." This variety of the spice is known for its distinct flavor, scent, and color.

Cinnamon Experience

Set out on a 45-minute drive to an estate in the suburbs of Galle after breakfast. Upon arrival, freshen up with a cinnamon-infused towel before venturing on a guided tour of the estate. Learn about the method of growing and harvesting cinnamon as well as how a cinnamon tree can be transformed into the cinnamon sticks we purchase in the store. Watch a fascinating demonstration from one of the estate's expert peelers to see how this intricate process is carried out. Continue to the estate's factory and learn how this aromatic spice is gathered for grading and prepared for market.

Cap off your morning with a delicious cinnamon-infused lunch.

Paint a Traditional Mask

After lunch, learn about the tradition of mask painting in Sri Lanka. You will have the chance to paint your own mask that you can take home with you!

Explore Galle Dutch Fort

Late this afternoon, take a guided tour of Galle Dutch Fort, another UNESCO World Heritage site. You will end your walk at the Moon Bastion, which overlooks the Indian Ocean. Enjoy dinner with the group later tonight.

Accommodations
Jetwing Lighthouse

Meals Included
breakfast, lunch,
dinner

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DAY 12
Friday
5/17/24

Galle to Negombo

Located north of Colombo lies the fishing town of Negombo. With its hectic harbor and bustling fish market, this town is a gourmet paradise with seafood aplenty. Palm-fringed beaches, old-fashioned catamarans, a Dutch-built canal, colonial architecture and colorful boutiques all add character to this hub of activity.

Head back to Colombo

After a leisurely breakfast this morning, set out on a 2-hour drive back to Colombo.

Shopping in Colombo

Enjoy some time in Colombo on a shopping tour in town where you can purchase vibrant clothing or handcrafted goods. Lunch will be on your own today.

Farewell Dinner

Join your group tonight for a celebratory farewell dinner, as you reminisce about your favorite moments from your time in Sri Lanka!

Accommodations
Jetwing Beach

Meals Included
breakfast, dinner

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DAY 13
Saturday
5/18/24

Depart Colombo

Transfer to the Airport

Transfer to the airport to catch your flight home.

Departure Information

Depart from Bandaranaike International Airport (CMB) in Colombo, Sri Lanka at any time after 1PM today.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Galle Face Hotel Located adjacent to the green and the coast in Colombo, the Galle Face Hotel offers accommodations rich in history and tradition with modern furnishings. Relax and enjoy the sound of the water from your oceanview room.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi

Cinnamon Lodge Habarana The Cinnamon Lodge Habanera is a sustainable lodge that is nestled in the heart of nature and surrounded by over 2,000 trees. Featuring traditional architecture with modern amenities, this lodge will leave you feeling relaxed and rejuvenated.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi

Jetwing Kandy Gallery Situated outside of the city center in Kandy and overlooking the Mahaweli River, the Jetwing Kandy Gallery is a lovely respite from the hustle and bustle of the city. Each room offers a river or garden view with a private balcony.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi, laundry service for an additional fee

Anasa Wellness Resort A secluded, remote property located in the hills of Bandarawela, the Anasa Wellness Resort is focused on a holistic wellness experience. The resort has only 10 chalets surrounded by lush forests, guaranteeing a peaceful and restorative stay.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi

Jetwing Lighthouse The Jetwing Lighthouse is an iconic hotel on the outskirts of Galle which overlooks the Indian Ocean. Each room has simple, tasteful furnishings and a private balcony or terrace with views of either the garden or the ocean beyond.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi

Jetwing Beach The Jetwing Beach is located less than 30 minutes from the International Airport, the Jetwing Beach offers convenient accommodations in one of Sri Lanka's most popular beach towns. Each room features a private balcony where you can take in the ocean views.

Amenities: soap, shampoo, hairdryer, air conditioning, WiFi

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Accommodation Details

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ English-speaking guide(s) throughout the trip
- ▶ One group transfer on arrival and departure
- ▶ All ground transportation
- ▶ All gratuities except for main and assistant guides and driver

Not Included:

- ▶ International airfare to and from Sri Lanka
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for main and assistant guides and driver

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a