



Sri Lanka

Tropical Island Adventure

16 Days

Sri Lanka offers an unforgettable adventure through one of Asia's most vibrant and diverse islands. Influenced by Buddhism, Hinduism, and Islam, Sri Lanka offers a rich culture, incredible landscapes, and a famously warm welcome. This itinerary combines adventure, nature, and authentic local experiences as we cycle through national parks, climb the iconic Sigiriya Rock, trek in the Knuckles Mountain Range, and raft down jungle rivers. We encounter elephants both in the wild and through ethical conservation experiences, before heading south to relax on tropical beaches and surf world-class waves — this journey showcases the very best of Sri Lanka from jungle to sea.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

- Days 1 - 2** **Arrive Sri Lanka & Transfer to Negombo** LD
We take an overnight flight to Sri Lanka. On arrival, we are welcomed by our tour leader and transferred to a hotel in the coastal town of Negombo (20 mins drive), before spending the rest of the day at leisure in preparation for the adventure ahead.
- Day 3** **Cycling & Elephant Safari** BLD
After breakfast we travel to Habarana. For part of this journey we enjoy cycling on small backroads, gravel roads, and through forests, interacting with the locals and taking in this remarkable new country as we go. After lunch, we have the chance to see elephants in the wild when we take part in an afternoon safari in Minneriya or Kaudulla National Parks (depending on where the elephant herds are). The two parks are located close to each other and are home to large herds of wild elephants and a variety of birdlife.
- Day 4** **Sigiriya Climb & Ancient City Exploration** BLD
This morning we are up fairly early to climb the Sigiriya Rock fortress before the heat of the mid-day sun. This UNESCO World Heritage Site is an astonishing feat of engineering and construction. A series of moats, water gardens, and remnants of an ancient city are spread out on two sides of the rock, with the remains of a pair of giant stone lion's paws still guarding the staircase that leads to the summit — once a royal palace. Later, we cycle to Polonnaruwa where we explore the ancient city, which served as a medieval capital of Sri Lanka.
- Day 5** **Knuckles Mountain Range Hike** BLD
After breakfast we travel to Matale (2.5-hour drive), transferring to 4x4s partway, where we meet our local hiking guide. We are briefed on the day's adventure before proceeding on a hike through the forests and grasslands of the Knuckles Mountain Range. At the peak of our hike, we have panoramic views of the trees and surrounding mountains.
- Day 6** **Kandy & Temple of the Tooth** BLD
This morning, we take the short drive to the beautiful hill capital of Sri Lanka, Kandy. The city of Kandy is built around a lake and is home to the most sacred Buddhist temple on the island, the Temple of the Tooth, and the island's biggest botanical gardens, the Peradeniya Royal Botanical Gardens. We spend the day sightseeing in Kandy including a visit to the sacred Temple of the Tooth. The Temple of the Tooth, locally known as the "Sri Dalada Maligawa", houses the tooth relic of Lord Buddha. It is located in the royal palace complex of the former Kingdom of Kandy. Visitors are required to be covered from shoulders to feet when entering these sacred premises.
- Day 7** **White Water Rafting** BLD
We begin the day with a scenic 2-hour drive to Kitulgala, surrounded by jungle landscapes and mist-covered mountains. Nestled along the Kelani River, Kitulgala is known for its adventure activities,





rich rainforest scenery and incredible birdlife. On arrival, we meet our local rafting guides, get fitted with our equipment, and prepare to head downstream through a stunning stretch of river framed by dense tropical forest. As we navigate the white-water rapids, there is also plenty of time for games, swimming, and soaking up the scenery before arriving at our riverside lunch spot and accommodation for the night.

Day 8

Day Trek & Camp Out

BLD

After breakfast, we take the scenic drive across the Peak Wilderness Sanctuary to Belihuloya. After arriving, we have lunch and prepare for our afternoon trekking experience in the wilderness surrounding Belihuloya. The area we trek through has nothing but beauty and serenity. We trek through surrounding mountain ranges, intermittent patches of forests, and paddy fields. Soon after completing the trek, we drive to a picturesque campsite for our first night under canvas amongst nature's night-time forest melodies.

Day 9

Udawalawe Elephant Home & Temple Ritual

BLD

We travel to Udawalawe (3.5-hour drive) to visit the Elephant Transit Home. This facility within Udawalawe National Park was established in 1995, with a primary objective to rehabilitate orphaned elephant calves for release back into the wild. They are looked after until they are around five years old before being released. During feeding time, visitors can watch from the viewing platform for about twenty minutes while the elephant calves are fed. We then proceed to the northern boundary of Yala National Park for a few hours of relaxation before experiencing the famous ritual at the Kataragama Maha Dewalaya (Temple) for the evening ceremony. This is our second night camping as we stay in a tented safari camp on the border of Yala National Park.

Day 10

Safari & South West Coast

BLD

We begin the day with an early morning safari at Yala National Park (approx. 6–9am). Yala National Park is the most visited and second largest national park in Sri Lanka. The park offers the opportunity to see Sri Lanka's variety of wildlife such as crocodiles, monkeys, elephants, sloths, and the star attraction — the leopard. Following the safari, we take the 4-hour journey to the south-west coast of the island, where we check into the hotel that serves as our base for the remainder of our time in Sri Lanka.

Day 11

Full day Project

BLD

We are committed to running ethical and responsible projects, identified by need. Through Volunteering Sri Lanka, we have a list of small-scale projects that strive to improve the quality of education and the lives of those in the local communities in Sri Lanka. They are all overseen by a local project manager. Past projects in Sri Lanka have involved repairing school buildings and home and garden improvements within underprivileged communities. After our first day on the project, we have the evening to relax on the beach or by the pool in preparation for the following day's continued efforts at the project site.

Day 12

Project Work & Surf Lesson

BLD

Full day on Project. Late afternoon/evening we take part in a surfing lesson. After meeting our local

surf instructor, we are taught all the basics of popping up and riding the 'green' waves Ahangama has to offer. Sri Lankan waves are world-class and surfers from all around the globe travel here all year round.

Day 13

Project Work & Galle Fort City Exploration

BLD

Full day on Project. After our last day on project and saying farewell to those in the communities we have helped, we visit Galle Fort City in the evening for some sightseeing and to watch the sunset. The fort city of Galle was ruled by the Dutch during the 17th and 18th centuries and is a UNESCO world heritage site. The city still boasts a well-preserved fort, ramparts, museums, churches and other Dutch influenced architecture, in addition to the chic restaurants and boutiques that have set up more recently.

Day 14

R&R Beach Day

BLD

The day is entirely free to enjoy as we please. The beautiful coastal town of Mirissa is only a short transfer away and offers markets and golden beaches.

Days 15 - 16

Depart Sri Lanka

BLD

Subject to flight time, we transfer to the airport in time for our departure flight (3.5-hour drive).



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

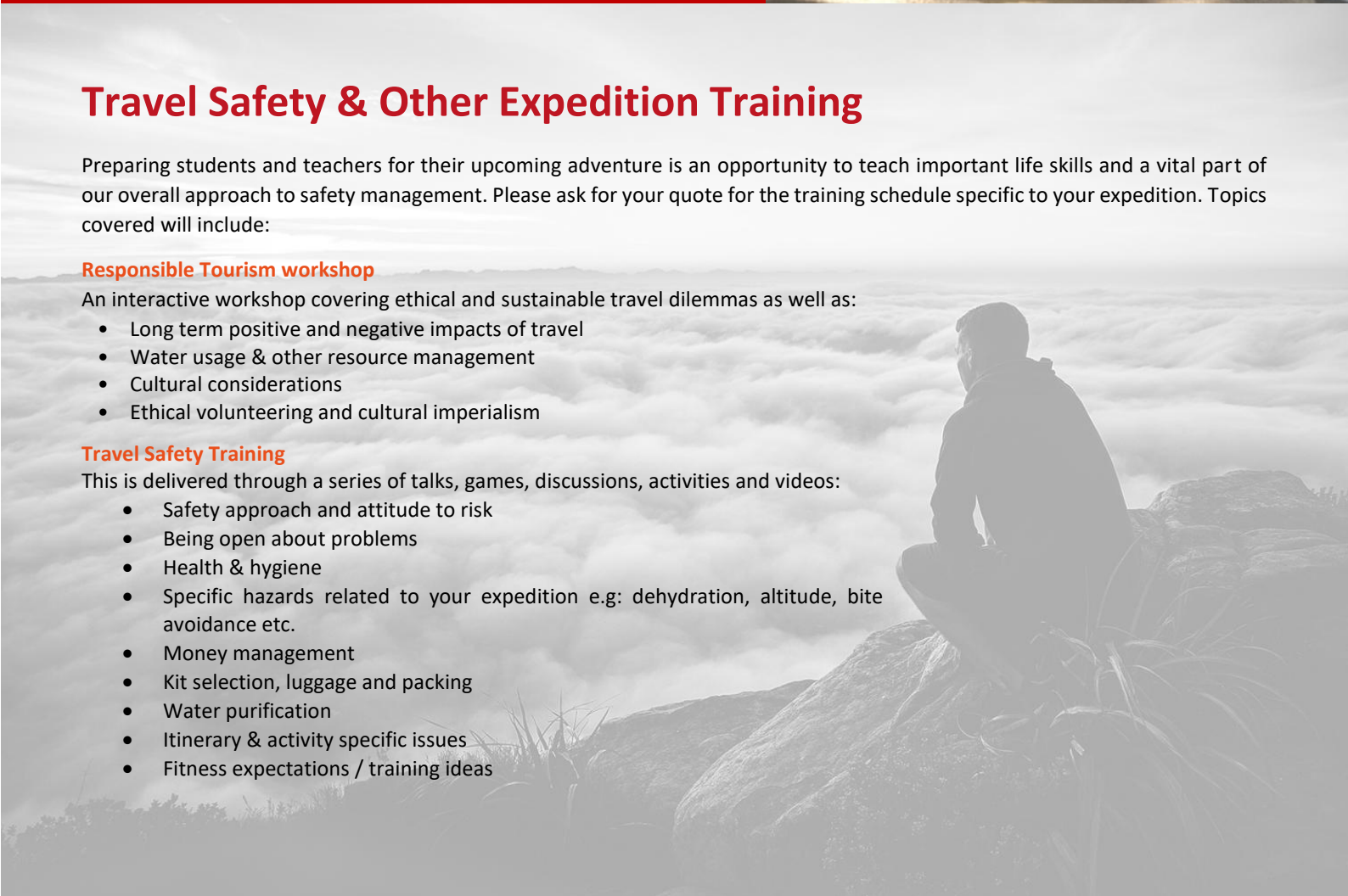
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

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