



Sri Lanka

Buddha and the Butterfly Mountain

11 Days

Join us on the Emerald Island of Sri Lanka for a journey into the history, culture and religion of this remarkable island. With influences from Buddhism, Hinduism and Islam, European traders and colonial powers, ancient kingdoms and, of course, cricket. Sri Lanka offers a warm welcome, dramatic scenery, and a laid back easy-going nature that means you'll quickly feel at home. On this itinerary we take in the highlights of the central hills and mountains, before getting active with some trekking and white water rafting. To finish off we have a wildlife safari in the south and a closing night on a glorious beach before our flight home.



Learn more about our
[Carbon Labels](#)

Your Recommended Educational Journey

Days 1 - 2	Depart the UK, Arrive in Sri Lanka We arrive at Bandaranayake International airport and are met before being transferred to Negombo. We will enjoy an evening city tour followed by dinner and overnight stay at our hotel.	LD
Day 3	Negombo to Sigiriya After breakfast, we transfer inland to the ancient city of Sigiriya; a premier ecotourism destination in Sri Lanka and a UNESCO World Heritage site. In the evening, we will take the dramatic footpath climb to the summit of the rock fortress. Dinner and overnight at hotel in Sigiriya.	BLD
Day 4	Sigiriya to Polonnaruwa Visit Polonnaruwa, one of Sri Lanka's ancient capital cities, by bike. The city itself is divided into a new and old town with the impressively preserved ruins split into five main areas in a compact layout, making for easy exploration. We have a village lunch in the local paddy fields and enjoy a tour of this area in the evening.	BLD
Day 5	To Kandy & the Temple of the Tooth Relic Depart Sigiriya after breakfast to journey to Kandy, Sri Lanka's famous hill station and another UNESCO World Heritage site. En route, we visit Dambulla Rock Temple, known for its beautiful ancient cave temples and a huge modern statue of Buddha. Check in to our accommodation in Kandy and then set out on an evening tour of the city including a visit to the Sacred Temple of the Tooth Relic. It is located in the royal palace complex of the former Kingdom of Kandy. Since ancient times, the relic has played an important role in local politics because it is believed that whoever holds the relic holds the governance of the country.	BLD
Day 6	Cooking lesson in Digana After an early morning breakfast, we travel to the Tamarind Gardens for a cooking session with the local staff, followed by lunch. We'll be eating what we cook, so make sure you pay attention to the instructions! We head off on a village trail in the afternoon to experience local life before returning to our hotel later in the day.	BLD
Day 7	White water rafting Today we travel to Kitulgala to enjoy a thrilling adventure on the white water sections of the Kelani River. As the river widens, we pass the scenic location used for the film "Bridge over the river Kwai", which is also a great place for a refreshing swim. The journey ends close to Kitulgala town for a local lunch. Enjoy a nature walk in the rainforest in the afternoon. Dinner and overnight stay at Kitulgala Rest House, or a late transfer to start our Adam's peak climb.	BLD



Day 8**Climb Adams Peak**

BLD

With a packed breakfast, we start early and travel to Adams Peak to begin our morning climb. It usually takes three to four hours to reach the 2,240 metre high peak, but during the pilgrim season, which begins in December and lasts till May, the throng is sometimes so great, it can take over 30 minutes to move from one step to the other. The majority of climbers begin their ascent at night in order to arrive at the top in time for a magical sunrise when the mystical shadow of the peak is perfectly cast across the clouds. This is, however, only possible from Full Moon day of December to Full Moon Day of May. After descent, we check in to a guest house in Nallathanniya, where we lunch before visiting the surrounding area.

Day 9**Nallathanniya to Udawalawa**

BLD

After breakfast, we proceed to Udawalawa and check in to our camp site. Udawalawe National Park is in the southern dry-zone of Sri Lanka, and spans approximately 31,000 hectares. Famed for its numerous resident elephants, it is not unusual to see herds gather to feed and bathe at the waterholes in the Park. We enjoy an evening safari - undoubtedly a highlight of the trip - before dinner and overnight stay at the camp site.

Day 10**Udawalawa to Ahangama via Galle**

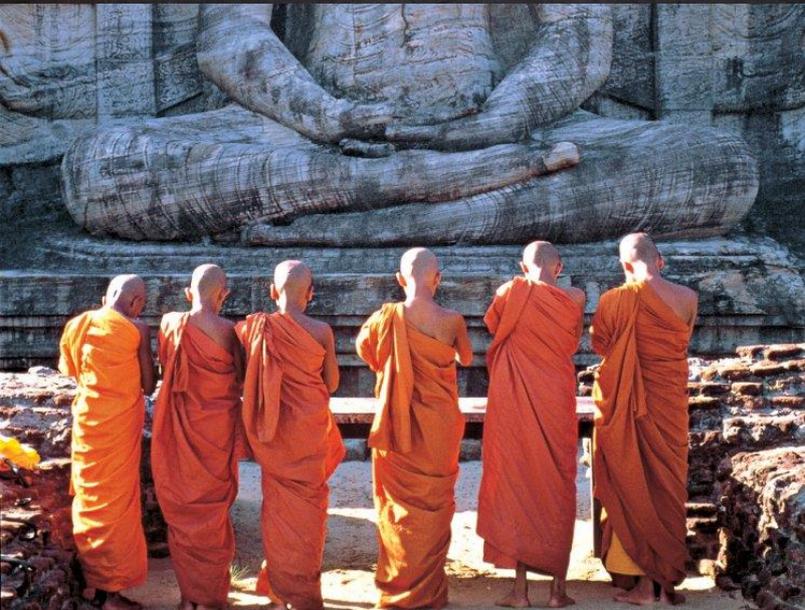
BLD

On our last full day in country we travel to Galle, an ancient port (said to be the legendary Tarshish of the Bible), and the country's first international commerce and trade centre. Today, Galle is the bustling provincial capital and administrative centre of the south. We visit Galle fort and enjoy a tour of the city before transferring to Ahangama ready for our departure tomorrow. We have one final night at a beach hotel.

Day 11**Return to UK**

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We bid farewell to Sri Lanka as we head to the airport for our return flight home.



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC tour leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- 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

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 or Covid tests
- 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. While we are far from perfect, 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 2



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

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 Pre-Travel 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 this educational journey. Topics covered will include:

Responsible Tourism workshop

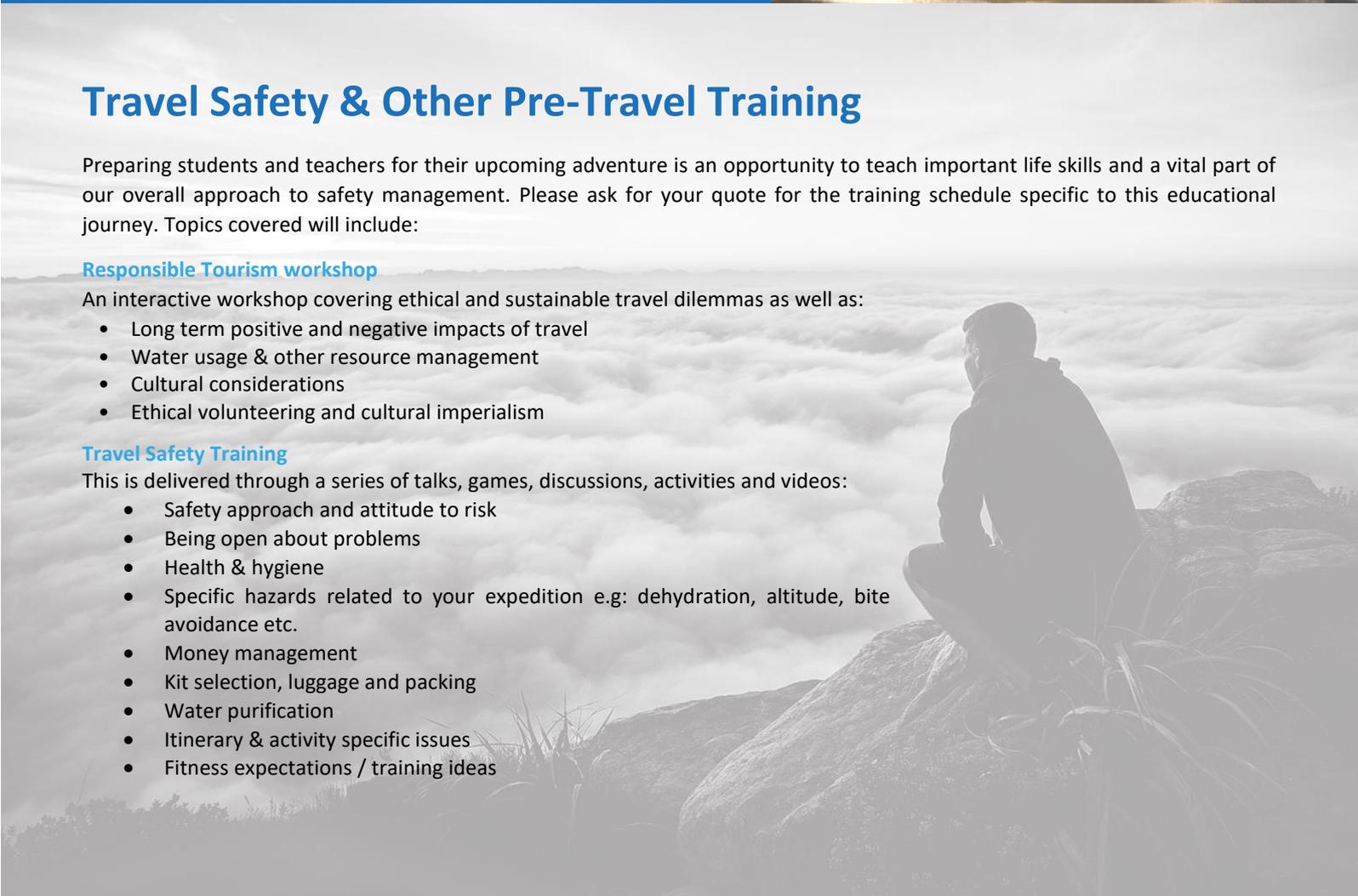
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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 educational journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your adventure 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 trip approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange a trip launch evening

This is a chance for students and parents to hear more about the planned adventure with comprehensive information 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.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



"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

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