



ISLAND
SPIRIT™
WILDCRAFTED ADVENTURE

#	DATE	DAY TO DAY DETAIL	LOCATION	ACCOMMODATION
0	Sunday	Extra day. We recommend you arrive today or at least one day before to acclimatise. At the airport take a taxi to your resort.	Columbo	Please ask for advise
1	Monday	Your Sri Lankan Escape begins in Columbo at 10am where you will be collected by Kapi or one of our other taxi drivers. You will travel for 2/3 hours to the canoeing river where you can take an optional hike or relax by the river.	South East, inland riverside lodge	Locally run eco lodge
2	Tuesday	After an early breakfast it's time to take to the river. Canoeing offers a quiet alternative to walking to view the steep jungle vistas. You'll take a meandering afternoon train through the stunning tea plantations in Sri Lanka's famous hill country. Relax in the late afternoon.	Nr Pattipola	Local homestay
3	Wednesday	Take a 5am early morning taxi through differing landscapes up to a 3 hour walk to incredible, far-reaching look outs in Sri Lanka's highest National Park. Relax in a taxi as you wind back down to a popular, quaint little tea plantation town.	A small, bustling town in the hill country	Local homestay
4	Thursday	Walk to mini Adams Peak and take a visit to a Buddhist cave temple before stepping back into the colonial atmosphere of an old rest house for a G&T or cup of tea. This wonderful rest house is perched right on the edge of a cliff with a view.	A small, bustling town in the hill country	Local homestay
5	Friday	A 4 hour, stunning journey winds you towards the East coast past two remote, Buddhist temples, along winding country roads, paddy fields and woods to an enchanting eco lodge nestled on a riverside.	A small, bustling town in the hill country	Local homestay



ISLAND
SPIRIT™
WILDCRAFTED ADVENTURE

6	Saturday	You'll take a 4 hour walk along the river to learn about the local flora and fauna with your host. You will also visit the local village. An afternoon taxi will take you for 4 hours to Udewalewe National Park.	A remote, riverside eco lodge	A traditional room in a cabana shaped as a huge elephant
7	Sunday	A 3 hour safari trip takes you deep into the reserve to watch elephants, a vast array of birdlife, jackel, chameleons and if your very lucky, jaguar. Take a taxi to the South coast to watch the turtles in the evening.	A remote, riverside eco lodge	A traditional room in a cabana shaped as a huge elephant
8	Monday	A morning relaxing on the empty beach. Taxi along the coast to the surf.	On the edge of a National Park	A local homestay
9	Tuesday	Surfing for two hours with your dedicated, local teacher. One hour of yoga in the morning and evening. Beach clean up for an hour. Optional trip to a local Buddhist temple.	South coast, beachside	Locally managed lodge
10	Wednesday	Surfing for two hours with your dedicated, local teacher. One hour of yoga in the morning and evening. Beach clean up for an hour. Optional trip to a local market.	South coast, beachside	Local homestay with your own private, ensuite double room.
11	Thursday	Surfing for two hours with your dedicated, local teacher. One hour of yoga in the morning and evening. Beach clean up for an hour. Optional half day cooking course.	South coast, beachside	Local homestay with your own private, ensuite double room.
12	Friday	Surfing for two hours with your dedicated, local teacher. One hour of yoga in the morning and evening. Beach clean up for an hour.	South coast, beachside	Local homestay with your own private, ensuite double room.
13	Saturday	Surfing for two hours with your dedicated, local teacher. One hour of yoga in the morning and evening. Beach clean up for an hour. Ayurvedic massage and steam treatment.	South coast, beachside	Local homestay with your own private, ensuite double room.
14	Sunday	Yoga in the morning and a short surf depending on your flight times from Columbo (three hours taxi away).	N/A	N/A



Note:

* Please remember that 10% of proceeds go towards one of three local community projects of your choice.

* You can add on Adams Peak at the end of your trip too. It is an incredible experience but not for the faint hearted. Please ask for more details.