



## Ridge to Reef by Foot and Fin

Sri Lanka | 12 Jan 2018 | £1295 - 30 days | Fair Trade & Local

Look at travelling in a new way. Be involved in decisions.  
Design your own experience, mix and match, you choose!

£1295

Budget also: £200 donation | £30 visa | Flight cost | £150 spending money.

### Date

January 12<sup>th</sup> – February 10<sup>th</sup> 2018

### Brief Itinerary

One week of ocean based activities.

One week of giving back on local projects.

One week of inland adventure

One week of Fair Trade, relaxing beach holiday including surf board lessons, hire and yoga.

### Includes

Whale watching

Swimming with wild turtles

Lagoon kayaking to visit a remote cinnamon producing island

2 hiking trips in Sinharaja virgin rainforest, a UNESCO World Heritage Site

Climb the famous pilgrim route, Adams Peak, at dawn to listen to the magical Buddhist chanting

A 4am authentic fishing trip

Hiking in cloud forest, Horton Plains, the highest in Sri Lanka

2 surf lessons with Ama

5 days surfboard hire with Batu

7 yoga lessons with Ruckshan

Coastal walk to learn about coastal erosion

3 days of mangrove planting

Beach clean ups

2 snorkel trips at Hikkaduwa marine reserve to learn about reef conservation



Airport transfers if arriving on the 12th January.

3 authentic meals a day including beach BBQ, home cooked food and street cuisine

Beds in hand chosen, local homestays with Sumitra and family and at lodges

Tuktuk transfers with Ishan

Private driver, Kamal

## Flights

Return flights have been found at £393 (€456) via KLM, £456 (€530) pays for a direct route from London Heathrow with Sri Lankan Airways.

## Fundraising

£200 | EURO 250 - we will help you along the way to donate much needed funds which go towards the project equipment, logistics and a training program.

## Fair Trade

By just travelling with Island Spirit you are already helping generate fair income for these tiny outer island villages. For example, each homestay host will receive a fair-trade price for their accommodation with three home-cooked meals. Other similar organisations don't have to pay a fair wage.

An example of how the smaller details go a long way.

## Suggested Subjects

Students studying subjects such as tourism, photography, geography, business, entrepreneurship, biology, marine biology, anthropology, international development

## Accommodation

A selection of hand-chosen eco or locally run lodges and homestays.

## What Next?

Ask for an application form so we can do a check of all your dietary requirements etc

Pay a £50 deposit

Start fundraising

Pay in full one month before arrival so 12<sup>th</sup> December

Contact us on [Kirsty@island-spirit.org](mailto:Kirsty@island-spirit.org) or [www.island-spirit.org](http://www.island-spirit.org)