



# Mini Ridge to Reef by Foot and Fin

Sri Lanka | | 14 days | Fair Trade & Completely Local!

£950

Budget: £50 donation | £30 visa | Flight cost | £70 spending money.

## Date

Nov Dec Jan Feb Mar April.

## Brief Itinerary

Two days beach-side acclimatisation.

One week of inland adventure with your private chauffeur.

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

## Includes

Swimming with wild turtles

Lagoon kayaking to visit a remote cinnamon producing island

Hiking 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

Airport transfers if arriving on the 27th January.

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

Private and twin (usually) ensuite rooms 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

£50 to be donated to 'Sudeesa', a local NGO specialising in women's small business and mangrove planting.

## 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.

## Accommodation

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

While on the beach break, you will have your own private, double room with ensuite.

While travelling inland a combination of comfortable lodges in twin and private rooms.

## 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

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

