



## Green Sri Lanka A Plant-Based, Foody Adventure

Tantalise your taste buds on this locally inspired, foody adventure.



A grassroots and fairtrade, island escape designed for those wanting to experience Sri Lanka's rich culture through it's delicious food. Located on a beach, you will live in one of our carefully chosen homestays alongside the family. All meals are included and will be at a selection of rustic, local restaurants each specialising in different delicacies.

Your days will be filled with cookery classes, yoga and half-day trips to see the whales and the UNESCO world heritage site, Galle Forte, to name just two. An ayurvedic massage is included and a beach clean-up to help the younger generation to understand more about the impact plastic has on their environment.

### Price

£855.

Minimum of two per group.



# Deal

If you get four friends to book together (with yourself as fifth) then you go for half price!

# Dates

Every Monday between 9 December and 14<sup>th</sup> April.

# Includes

One surf lesson  
Daily juices  
5 yoga classes  
5 Traditional cookery classes  
3 locally made, traditional meals per day  
Whale watching trip  
Day trip to Galle, cinnamon farm and Buddhist temple  
One sunset beach clean-up sessions  
10% of proceeds donated to one of three projects of your choice  
Airport transfers  
Seven nights in a locally run, homestay with Sumitra  
24/7 advise and support  
Swim with wild turtles  
Ayurveda massage  
Local family homestay

# Optional

A world renowned, tea country train journey  
Leopard spotting safari  
UNESCO rainforest hike  
Elephant transit home to see baby elephants being fed

# Flights

Flights range from £500 to £800.

# Accommodation

A carefully chosen homestay on the beach.

# Sri Lanka

We have volunteering trips between November 2018 - April 2019, please ask for more details.



## Why Island Spirit?

We've been working in Sri Lanka for almost four years so we know the locals you're staying with personally. We are a small, social enterprise which allows you to talk directly with Kirsty, the Director, you are not one of the masses, this is a much more personal adventure.

Just by travelling with Island Spirit you are already helping generate fair income for the local providers we work with. We pride ourselves on working with local communities, not for them. We pay fair wages and spend a lot of time choosing the right people, from local yogi's, surfers, chauffeurs and hosts. We are as multi-cultural team who love what we do and want to share this with you. 10% of proceeds from your trip goes towards one of three projects, a small example of how the little details go a long way.

## What Next?

Let us know your chosen, tailored activities and we will finalise your itinerary.

Pay a 20% deposit.

Buy your flight ticket.

Pay full price at least 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)

