



## Ridge to Reef by Foot and Fin

Sri Lanka | Jan, Feb, Mar, Apr 2018 | 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!

£1795

£30 visa | International flight | £150 spending money.

### Dates

Various dates Dec, Jan, Feb, Mar, Apr.

### Brief Itinerary

One week of giving back on local, Fairtrade projects.

One week of ocean and lagoon based activities.

One week of inland national park adventures.

One week of Fairtrade, beachside relaxation including surf board lessons, hire and yoga.

### Includes

Whale watching

Swimming with wild turtles

Lagoon fishing and traditional kayaking

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

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

2 yoga lessons with Ruckshan (3 more available at extra cost)

Day trip to UNESCO World Heritage site, Galle forte

Coastal walk to learn about coastal erosion

5 days of mangrove planting

Beach clean ups



Snorkel trip at Hikkaduwa marine reserve to learn about reef conservation

Airport transfers if arriving with the group.

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

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

Tuktuk transfers with Sadish.

Private driver, Danush.

## 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

You can donate to local projects. We recommend £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 island villages. For example, each homestay host will receive a fairtrade 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

(if a student!)

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

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