Discovering *Sri Lanka*

Sri Lanka, an island nation in the Indian Ocean, is a tropical paradise known for its stunning landscapes, rich history, and vibrant culture

This gem of the Indian Subcontinent offers a wealth of experiences, from its golden, palm-fringed beaches to the rolling hills of the central highlands, where lush tea plantations stretch as far as the eye can see.

For those with a passion for history, Sri Lanka is a treasure trove of ancient wonders. The iconic Sigiriya Rock Fortress, a UNESCO World Heritage Site, stands as a testament to the island's rich past, with its towering heights offering panoramic views and a glimpse into ancient civilisation.

While adventure seekers can embark on thrilling safaris in the island's national parks, where the chance to spot elephants, leopards, and a myriad of other wildlife awaits. Whether exploring ancient ruins, savouring the tranquillity of the highlands, or simply relaxing on the pristine beaches that line the coast, Sri Lanka promises a journey of discovery.

Activity Level
Minor to Medium

Visa Process

All tourist or business travellers to Sri Lanka must have e-Visa for entering in to Sri Lanka. Sri Lanka has a number of visa categories.

Make sure you get the right visa for the purpose and duration of your travel, information can be found by visiting the Sri Lankan Department of Imigration and Emigration online.

Credit Cards

Credit and debit cards are commonly accepted in larger establishments, but it's wise to carry cash in smaller shops and markets.

Gratuities

It's customary to tip in Sri Lanka. While travelling through Sri Lanka, on a tour or otherwise, travellers are generally expected to tip porters, drivers, restaurant staff, tour guides and other service workers given the low wages they earn.

As a guide, we recommend tipping approximately $10 per person per day.

Check in Process

Please be advised that upon check-in at hotels within Sri Lanka, it is mandatory to present a valid form of identification, so it's useful to have these readily available. Check in is usually from 3pm local time.

Plug Sockets

Sri Lanka typically uses Type D, M, and G sockets. It's recommended to bring a universal adapter to charge your devices.

Currency

Sri Lankan Rupee (LKR)

Cultural Norms

Respect elders, avoid public displays of affection, and dress modestly when visiting religious sites. Respect religious practices and follow any specific guidelines for behavior when visiting temples, mosques, or churches. Learn basic greetings and customs to show respect to locals. While Sri Lanka is generally a safe destination for tourists, it's essential to be cautious of your surroundings and belongings, especially in crowded areas and tourist spots.

Dining

Sri Lankan cuisine is flavourful and diverse, with influences from Indian, Dutch, and Portuguese cuisines.

As hygeine levels in Sri Lanka differ to the rest of the world, it's important to be mindful when eating out. Always drink bottled water and avoid drinking tap water at all costs, this includes washed fruit and salad, ice cubes and brushing your teeth with tap water. Sticking to a vegetarian diet can help lower the risk of contamination, as can choosing fruit that you can peel yourself.

It is advised to pack medicines just in case you do get an upset stomach. Please exercise caution when buying food from street food vendors. It is also common to eat with your right hand in Sri Lanka.



In Sri Lanka, temperatures are fairly constant year round but can vary depending on the region.



Coastal Areas Average:
25°C-30°C



Central Highlands Average:
15°C-18°C

What to pack

Essentials:
Passport & Visa: Ensure you have your passport, visa, and any necessary travel documents.
Travel Insurance: Always a good idea for unexpected situations.
Money: Cash (especially small denominations) and credit/debit cards.
Health Kit: Any prescription medications, over-the-counter medicines (Ensure that you travel with these in your hand luggage)

Clothing:
Lightweight clothing, a hat and comfortable walking shoes,

Personal Items:
Toiletries: Basic items like toothpaste, shampoo, soap, and any specific personal items you use.
Sunscreen & Sunglasses.
Insect Repellent: Especially important in rural or tropical areas.

Electronics:
Phone & Charger: With a local SIM card, you can have better connectivity and avoid high roaming charges.
Camera: To capture your travels (with extra memory cards and batteries).

Other Useful Items:
Small Backpack/Daypack: For day trips and carrying essentials.
Hand Sanitiser: For cleanliness on the go.

Emergency

In case of an emergency, dial 119 for police, 110 for ambulance services, and 118 for the fire department. It's advisable to have travel insurance for medical emergencies.