

# Sri Lanka Conservation & Coast

MOUNTAIN CHALLENGE, WILDLIFE &  
CULTURAL DISCOVERY

**BOLDER** 

# Adventure

## HIGHLIGHTS



### JOURNEY THROUGH THE MOUNTAINS

Trek through the Knuckles mountains over four days, following forest trails between simple cabins and a night under canvas. Local guides bring the landscape to life as the team takes on the challenge and reaches the finish together.



### LEARN ALONGSIDE LOCAL PEOPLE

Join a conservation team around Wasgamuwa, discovering the remarkable relationship between wild elephants and farming communities. Three full days offer opportunities for wildlife observations, practical tasks and learning alongside the people who know this landscape best.



### TAKE TO THE RIVER

Take on the rapids at Kitulgala with local rafting instructors. Learn the strokes, find your timing and enjoy the rush of travelling downstream together, surrounded by the green of Sri Lanka's river country.



### EAST COAST FINISH

Explore the ancient rock fortress of Sigiriya before reaching the Trincomalee or Nilaveli coast. Three full days bring time for a guided marine activity, beach life and a relaxed finish beside the Indian Ocean.



# Destination

## SNAPSHOT



### LANDSCAPE

Tea-growing hills, forest trails and the Knuckles mountains give way to rural wildlife landscapes, the dramatic rock of Sigiriya and the sandy beaches of Sri Lanka's east coast.



### CULTURE

Village life, Sri Lankan food and ancient heritage bring the journey into focus. Meet local hosts, explore markets and discover how people live alongside the landscapes and wildlife around them.



### CHALLENGE LEVEL

Challenging. Four consecutive trekking days in Knuckles build stamina and teamwork, with uphill trails, humid conditions and simple overnight stays.

Preparation and encouragement help the whole team progress.



### ACCOMMODATION

Shared guesthouses and a riverside lodge, simple cabins and a tented night on trek, followed by a conservation base and coastal guesthouse. A varied mix of expedition living.



### CLIMATE

Warm lowlands and coast contrast with cooler mountain conditions. Humidity, sunshine and rain all feature; local advice shapes trekking and water activities as the team moves between regions.



### TRAVEL

Fly into Colombo, then combine road journeys with a scenic hill-country train towards Kandy. Travel connects the trekking, conservation and cultural phases before the east-coast finish and return.



### ATMOSPHERE

Adventurous and welcoming: river excitement, shared mountain effort and close observation in the field, followed by cultural discoveries and time to unwind together beside the Indian Ocean.



### BEST FOR

Schools looking for a varied expedition with a sustained trekking challenge, wildlife conservation and cultural discovery. Students share responsibilities, learn alongside local people and finish with time to enjoy the coast together.





# MOUNTAINS, WILDLIFE & CONSERVATION

## 21 DAYS

**ONE POSSIBLE JOURNEY** This sample itinerary shows how we believe you can get the most from your time and create a well-balanced adventure. The exact running order and individual elements may vary according to availability, local conditions and the needs of the group. Most aspects can also be tailored to suit your school's aims, preferred duration and priorities, so please get in touch and we can shape the right programme with you.

### Day 1

#### Depart the UK

Fly overnight to Sri Lanka and begin three weeks of adventure together. Ahead lie rushing rivers, green mountain trails, wildlife conservation and the Indian Ocean. The journey starts with the simple excitement of leaving familiar routines behind and travelling as a team.

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### Day 2

#### Arrive in Colombo

Arrive at Colombo airport and transfer to nearby Negombo. Settle into the guesthouse, recover from the flight and share a first Sri Lankan meal. There is time to get to know the team and ease into the different sights, sounds and pace of island life.

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### Day 3

#### White-water Rafting at Kitulgala

Travel to Kitulgala, where forested hills surround the river. Meet the rafting instructors, learn the paddle strokes and take on the rapids together. Clear calls and shared effort keep the raft moving, with plenty to talk about over dinner before a night in a simple lodge.

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### Day 4

#### Into Ella's Hill Country

Head into the hills towards Ella, watching the landscape turn greener as the road climbs. Settle into the guesthouse and explore the town. Help choose a place for dinner, compare options and manage the team budget as everyday decisions become part of the adventure.

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### Day 5

#### Explore the Hills of Ella

Spend a gentler day exploring Ella and its hill-country surroundings. Plan a walk with the leader, enjoy the views and take time to browse local shops. Later, organise supplies and check equipment, ready for the mountain journey that is beginning to feel much closer.

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### Day 6

#### Through the Hills by Train

Take a scenic train journey through the hill country towards Kandy. Watch tea-growing slopes, small settlements and wooded hills pass the windows, enjoying a different perspective on the island. Allow the day for rail travel and local transfers, arriving with time for dinner and rest.





## Day 7

### Trek Day 1 - Into Knuckles

Meet the local guides and begin the Knuckles journey, walking uphill through villages, paddy fields and forest. The proposed opening stage covers around 10 km, with time to find a steady pace. Simple wooden cabins provide the first mountain base and a welcome evening together.

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## Day 8

### Trek Day 2 - Forest and Waterfalls

Follow forest trails towards the Kotaganga waterfalls, listening to the guides and looking closely at the life around you. Around 12 km of walking brings a satisfying challenge and a different overnight stop. Settle into simple cabins, share a meal and prepare for tomorrow's stage.

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## Day 9

### Trek Day 3 - A Night Under Canvas

Walk towards Cobbetts Gap and mountain viewpoints, passing through village landscapes along the proposed route. Around 12 km on foot leads into a night in tents. Help organise camp routines, enjoy the mountain setting and share the satisfaction of another day's progress together.

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## Day 10

### Trek Day 4 - Finish as a Team

Complete the final walking stage through Dothalugala forest trails and towards Mini World's End. Around 12 km of walking rounds off the mountain challenge before the transfer back to Kandy. A shower, a good meal and time to rest make a well-earned celebration.

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## Day 11

### Into Elephant Country

Travel towards Wasgamuwa, where farming communities share the landscape with wild elephants. Meet the conservation hosts and settle into simple accommodation. Hear about their work and the places you will explore over the next three days, gaining a first insight into life in this remarkable setting.



## Day 12

### Wildlife in the Field

Join local staff in the field, learning to observe wildlife and record what you find. Depending on the programme, this could include elephant signs, birds or butterflies. It is a wonderful opportunity to develop field skills and discover details that are easily missed on a passing visit.

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## Day 13

### People and Elephants

Explore how conservation connects with farming and everyday life. Practical work might include caring for citrus trees grown to discourage elephants from entering crops. Work alongside the local team, ask questions and discover how knowledge of both wildlife and livelihoods helps shape their approach.

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## Day 14

### Build on the Experience

Continue the fieldwork or practical tasks with your hosts, becoming more confident with the skills you have learned. Bring together the team's observations and hear how they relate to the wider programme. Shared work and conversations give this final full day a more personal connection.

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## Day 15

### Towards Sigiriya

Say goodbye to the conservation hosts and travel towards Sigiriya. Keep the afternoon relaxed after the trek and field programme, with time to settle into the guesthouse and enjoy a meal together. Prepare for tomorrow's visit to one of Sri Lanka's most striking historic places.

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## Day 16

### Sigiriya and the East Coast

Explore Sigiriya with a local guide, discovering the stories behind its ancient rock fortress and enjoying the views across the surrounding landscape. Afterwards, continue to the Trincomalee or Nilaveli coast. Settle into the guesthouse for four nights, with the Indian Ocean now part of everyday life.

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## Day 17

### Beach Life and Time to Unwind

Enjoy the first full day on the coast, with time to rest, explore locally and take in the beach setting. After the mountain and conservation phases, a slower pace feels well earned. The team can plan its day together, with swimming guided by local conditions and supervision.





## Day 18

### Discover the Marine World

Join local specialists for a guided coastal activity, planned as snorkelling when conditions allow. Look out for reef fish and discover a different side of Sri Lanka's wildlife. The activity will suit the group and the sea conditions, with a suitable alternative if needed.

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## Day 19

### A Final Day on the Coast

Make the most of a final full coastal day. Help plan local exploration and choose a place for the team's evening meal within the budget. There is time to enjoy the surroundings, share favourite moments and appreciate how much the group has experienced together.

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## Day 20

### Return Towards Colombo

Leave the coast and travel back to Negombo in daylight, allowing time for stops along the way. The changing scenery offers a final cross-section of the island. Spend the night near the airport, organise belongings and enjoy one last evening together before the flight home.

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## Day 21

### Arrive Home

Transfer to the airport and fly back to the UK, with arrival planned for today. Return with memories of river rapids, mountain camps, wildlife fieldwork and the coast, alongside the confidence that comes from taking responsibility and completing a substantial adventure together.





# WHAT'S INCLUDED



Free teaching staff places  
Bolder Adventure Programme Leader 

International flights



All in-country transport  
All accommodation, meals and safe drinking water

All required permits/park fees  
Guided activities with expert local partners



Group safety, communication & sleep-out equipment  
Travel Pack, inc. hoody or tech tee

Comprehensive travel insurance  
Safety management & planning  
24/7 support during travel



Highly experienced UK account management  
Pre-trip briefings & training (*as applicable*)

**PLEASE NOTE:** Cancellation insurance, visas, vaccinations, personal expenditure, tips for leaders, guides and drivers - and any other services not listed above are not included.

# NEXT STEPS

1

Consider your preferred itinerary or direction



2

Book a 20 minute planning call. We'll confirm your aims, shape the itinerary, and prepare what you need for SLT and promotion

3

Receive your customised pack for confirmation and launch

4

Reserve your dates with a small holding deposit



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DIFFERENTLY**



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