



Trekking Week



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📍 Sri Lanka - Kandy

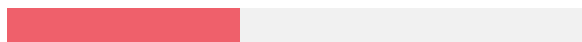
The Trekking Week is an adventure-packed week interspersed with treks and other exciting activities!

Take time off for a week to experience the flora and fauna, take in amazing sights and surroundings from hilltops, taste local cuisine, kayak along the rivers surrounded by the greenery and immerse yourself in this island culture. The Sri Lankan forests are beautiful and give you all the space you need to find yourself in the tranquil nature and its beauty.

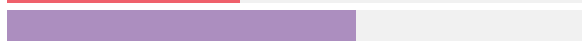
Culture



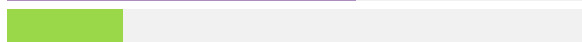
Learning



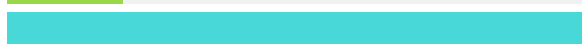
Leisure



Community Engagement



Physical Demand



Program Description

You will be led by an experienced guide through the Hill Country i.e. the central province of Sri Lanka, renowned for its flora and fauna. The week includes treks to Ambuluwawa Hills, Riverstone mountains and the a day full of adventure and nature and a camping night. To add up to the adventure, you will go on a waterfall hunt in the wild. You will also visit Sigiriya Rock and take a morning hike to Pidurangala to witness the mesmerizing sunrise.

Program Duration & Availability

Min duration (weeks): 1

Max duration (weeks): 1

Aims & Objectives

To wake up the spirit of adventure in you while getting exposure to Sri Lankan culture and nature.

Schedule

Monday

Hike to the Ambuluwawa Peak and witness the beauty of the green valleys around. On the top of the Ambuluwawa hill, you can climb the white giant tower to make you feel you are floating in the sky. Ambuluwawa is a multireligious centre with a Buddhist temple, a Hindu temple, and Islamic Mosque among the sites on top of the hill.

After Ambuluwawa hike, you will transfer to Ulapane for your next adventure at a Camping site near the river Mahaweli. Enjoy a Bonfire after your dinner and spend the night in a camping tent.

Tuesday

Today is full of exciting activities for the adventure lovers. Your day will start with a physical training work out and a morning trek through a tea plantation. Once you are back from your morning activities, you will have a rest. Then you will get ready for water sports and kayaking. You will kayak or do calm water rafting along with the beautiful river call the Mahaweli. It is also the longest and the most scenic river in the country. You will do Kayaking, calm water rafting, cliff jumping, swimming in the river.

After lunch, you will rest and then you will do tower activities at the camp. Among the activities we have, you can do abseiling, repelling, and wall climbing. You will stay overnight at the Camp.

Wednesday

After breakfast, you will embark on a waterfall hunt. You will take a short train ride along one of the most scenic railway routes in the country. And then you trek in the wild until you find this beautiful waterfall called Galabada falls.

After your trek, you will transfer back to Kandy by train.

Thursday

Today you would have a little adventure by going on a hike to Riverstone mountain. You will find a hidden waterfall and a freshwater pool where you can take a swim. You will also visit the cliff called the mini world's end.

After the hike, you will then proceed to Dambulla for an overnight stay.

Friday

Today would be another exciting day, as you will do a morning hike to Pidurangala to see the mesmerizing picture-perfect sunrise. After that, you will be climbing the Sigiriya Rock or Lion's Rock where you will be able to see the ruins of an ancient palace built on the top of this giant rock. Lion's Rock is a rock castle dating back to the 5th century BC and it is also considered the eighth wonder of the world.

After the climb, return to the accommodation in Kandy by Bus.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2020

This program starts every week.

During 2021

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

- Participants below the age of 18 should have parental consent.
- Participants above the age of 65 should have medical clearance.

Additional Equipment

Shoes and clothing suitable for hiking

Towel

Blanket

Insect repellent

Dry clothes and swimming suits

Sun cream