

Information for Sri Lanka Holiday

Hi Yogis

Below is some information that will make your holiday more relaxed.

You will need a visa to enter Sri Lanka this is quick and easy to do online; it normally comes within a few hours or the next day. Please visit:

<http://www.eta.gov.lk/slvisa/>

Apply for an individual Tourist ETA Visa,
The address for Sri Lanka you need to put on your visa is:
Nirbana
Duwa Estate,
Henawathatha,
Talduwa,
Ahangama
80650 Sri Lanka

Inoculations.

For information on what inoculations are advised when traveling to Sri Lanka, please go to www.nomadtravel.co.uk or check with your doctor.

Money.

You can't change money before you go, as Sri Lanka is a closed currency. However, changing money once at the airport is easy. After you get your suitcase you will come out into the airport and you will see many money exchange places, they are all safe, I took cash with me last year and changed that easily. Remember you are not allowed to take Sri Lankan currency out of the country either but if you have money left you can change that on the way out. You can use most cards in Sri Lanka too. There are ATM in town.

Transfer.

If You have asked for transfers, I will arrange this for you and check who can travel together.
Cost are approximately
Rs 14,000 for a car, (up to 3 with luggage) About £51
Rs 15,000 for a minivan (up to 6 with luggage) About £54
Rs 19,000 van (up to 9 with luggage) About £69
You will pay this at the resort in local currency.

Please note:

Your arrival time at the resort is 3pm onwards .

If I have arranged for you to get in earlier then the stated times, I would have contacted you personally. I will do my best if you are on an early flight to try to get you into the resort early if there is not another group there, but **Please Note** there will be an early check in charge that will be added onto your bill.

Check out.

Your check out time is 11am.

Accommodation.

Your rooms come with full amenities; Wi-Fi, Spa amenities, air-conditioning, hairdryer, safe. (Please note Sri Lankan hairdryers are basic if you need something more powerful please bring your own.)

Wi-Fi Plug Sockets.

All the plug sockets are UK friendly and there are USB charging points. There is Wi-Fi at the resort.

Yoga Equipment.

All Yoga, Aerial and Sup equipment will be provided but feel free to bring your own Yoga mat if you prefer.

Lunches and Snacks.

You can have lunch and snacks at the resort, additional cost.

Complimentary beverages.

Complimentary water, coffee & tea facilities in the communal area by the pool.

If you have a water bottle please bring it with you, you can fill it up at the resort, so we avoid any more plastic then necessary thanks.

Alcohol.

You can bring your own alcohol from duty free. There is also a liquor store in town that you can buy alcohol from. Please keep your receipts as they may need to be shown at the resort.

Massages.

Massages can be arranged with 24hrs notice, additional cost.

Additional activities.

Surf Lessons, ocean snorkelling, driving, tea plantation, sight seeing and much more can all be arranged for you through the resort. Additional cost.

Getting out and about.

It is very easy, safe and cheap to visit the local town and beach we can arrange Tuk tuk for you.

Mosquitoes.

There is a very small number of mosquitoes so you might want to bring some Mosquito repellent.

Paying for extras at the resort.

Please note that you will need to pay in cash at the resort for any extras you have as they do not take cards or credit cards. There are plenty of ATM in town.

Schedule for the week.

Schedule for your week, will be sent separately. This may change a bit when we are there.

Please remember all the classes and workshops are optional, we will do our best to accommodate everybody needs, this is your holiday; you are free to do as much or as little as your body and heart desires.

The resort will be exclusive to our group.

I think that is it for now please let us know if there is any other information that you need.

Oh, don't forget your sun cream!!

We are so looking forward to sharing this wonderful space with you.

Namaste Zoe, Jane and Peter.