

# SRI LANKA

**SURF & YOGA EXPEDITION**  
**MAR. 12 - 25, 2023**

**LOCATION: AHANGAMA, SRI LANKA**  
**BREAK: BEACH, REEF, POINT**  
**LEVEL: BEGINNER / INTERMEDIATE**  
**STOKE: EXTREMELY HIGH**



# SRI LANKA / EXPEDITION OVERVIEW

Just 2km inland from the picturesque Kabalana Beach you'll find your home for the trip in a stunning new eco-lodge amongst the palm trees and lush tropical rainforest biodiversity of Sri Lanka. The lodge sits on a working tea and coconut estate, perched on 12 private acres. When you aren't surfing, practicing yoga, or enjoying a meal you can explore the surrounding jungle, sip on a coconut poolside and watch the peacocks strut by, or check out one of the nearby towns. The lodge, while secluded in the jungle, is 5 minutes by tuk-tuk to the Indian Ocean, 10-15 minutes to Ahangama and Weligama on the Southern coast and 25 minutes from the UNESCO World Heritage town of Galle.

## SURF

We think you'll agree that any activity becomes more enjoyable the more you progress; whether that's skiing, surfing, yoga, or SUP. What makes surfing the south coast Sri Lanka ideal is the sheer variety of surf breaks within a 30-40-minute drive. And March is the optimal time of year for waves suitable for all skill levels. From mellow longboarding waves, beginner beach breaks, all the way to the more advanced shallow reef breaks. The waves are consistent, the water is warm, and the wind allows 2 sessions a day, most days.

Whether you've never touched a surfboard in your life, you live and breathe it, or you're somewhere in between, there is wave for you in Sri Lanka. Surf sessions are tailored for your specific level, and breaks surfed will vary each day depending on conditions and your progress. The surf instructors can be as hands on or off as you prefer. Each morning you'll have lessons, but you can always opt out and make the most of the surf guide service where they'll get you in to the ocean and point you in the right direction.

There will be a full stock of boards at your disposal throughout your trip; everything from performance shortboards to fun boards, longboards, and a good range of beginner foam boards so that whatever your level and however you progress we've got the right board for you and the conditions, as well as leashes and wax. If you have a favorite board that you just cannot live without, you're more than welcome to bring it.

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## YOGA

Our expeditions focus on movement and exploration, utilizing energizing and restorative yoga practices to help you achieve your surf & SUP objectives. No experience is required to practice yoga, breathwork, and meditation with us in Sri Lanka. Each class is designed to support you on your surfing journey whether it's your first time or if you're an experienced yogi.

## ITINERARY

Most days will start with coffee, tea, and fruit – and for early risers a breathtaking sunrise – followed by your morning surf lesson. Following surf we have a hearty breakfast, honestly one of the best parts of the day. Late-morning/early-afternoons are usually spent relaxing by the pool, surf theory or video analysis, and perhaps a massage. A light healthy lunch in the afternoon is followed by yoga, then a quick snack and an afternoon free surf session. Afternoon surf ends in time to catch the sunset and relax before dinner. The vibrant and colorful Sri Lankan landscape inspires every meal - modern twists on local Sri Lankan food with global cues fusing health and indulgence.

## A TYPICAL DAY

7:00am: Pre-surf coffee, tea, and fruit  
7:30am: Leave for surf lesson or free surf  
10:00am: A hearty, healthy group breakfast  
12pm: Surf theory, massage, swim, chat, or nap  
2:00pm: A light, healthy lunch  
3:00pm: Yoga, massage, swim, chat, or nap  
4:30pm: Sunset free surf session  
7:30pm: Meet for dinner

Each day will look a little different depending on surf conditions and day of the week. The itinerary is thoughtfully designed for you to actively enjoy Sri Lanka to the fullest, but everything is optional. If you want to spend a day sipping cocktails by the pool, explore some nearby towns, or spend 8 hours surfing, you're more than welcome.

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## ARRIVAL / DEPARTURE

You will fly into the international airport in Colombo (Bandaranaike International Airport). Your airport transfer is included on arrival day, whether you land at 2am or 11pm, you'll head straight to the lodge to settle in. Check out on the final day is at 11am where your airport transfer is also included, unless you're extending your stay in Sri Lanka. The lodge is a few kilometers inland from Ahangama on the south-east coast of Sri Lanka between Galle and Weligama. It takes about 1.5-2 hours to arrive from the international airport.

If you are arriving early or departing late there are ample taxi transfer options to Ahangama upon arrival at the airport. A taxi from the airport to Ahangama is around \$50 USD. You can take a tuk-tuk from your hotel to the villa at any time on arrival day and must depart by 11am on the final day.

## DATES

March 12 - 25, 2023

## COST

\$5,300 double room

\$5,900 cabana

\$6,100 cabana suite

\$6,800 single occupancy

\*all prices are in USD, per person

## SUPPLEMENTS

Udawalawe National Park Safari: \$80

Massage

1x75 min: \$100

3x75 min: \$280

SUP: \$150

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## WHAT'S INCLUDED

- 13 nights' accommodation
- Linens and towels
- 3 meals per day
- Unlimited coffee, tea, water & coconuts
- A beer, glass of wine or soft drink with each dinner
- Afternoon tea and snacks
- Expedition photo package
- Airport pick up & drop off
- Wi-fi
- 9 surf lessons
- Selection of surf boards
- Surf video analysis
- 8 guided free surfs
- 6 surf theory lessons
- 13 yoga classes
- 2 Sri Lankan cooking demos
- Two trees planted per person
- Client gift bag (valued at \$300 USD)

We've taken care of all the logistics of the trip so you can maximize your time and enjoy. All tuk-tuk transfers to surf, SUP and group dinners, happy hours, and brunch are included. Sri Lankan Rupees is the national currency and ATMs are plentiful, including in the airport arrival hall. For souvenirs and any extras, we recommend to withdrawal some Rupees upon arrival.

## TRAVEL INSURANCE

Travel insurance that includes emergency medical coverage is required for this expedition. Please ensure surfing is an activity covered by your insurer when you purchase a policy. For US citizens, we recommend the [Travelex Select](#) policy with the Adventurer Pak upgrade. Other commonly used companies include Global Rescue and World Nomads. We also highly recommend adding trip cancellation/interruption coverage to your policy (included in the Travelex Travel Select policy).

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## WHAT'S NOT INCLUDED

- Airfare
- Passport and visa expenses; tourist entry fees may apply depending on your nationality
- Any government arrival and departure airport taxes
- Extra meals not listed
- Excess baggage charges
- Travel insurance, including baggage and cancellation/interruption insurance
- Extra alcoholic beverages
- Gratuity for villa staff or surf instructors

## NON SURFER OPTION (in place of surfing)

- 4 x 75 min treatments
- 2 x 1:1 yoga session
- Daily beach transport



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## THE VILLA

A stunning central courtyard featuring lush fauna welcomes you into the main lodge with an open-sided communal lounge, dining area, and bar. The main lodge also has 4 large bedrooms, each with AC, en-suite bathrooms, hand-made wardrobes, and private patios overlooking the surrounding lowlands and paddy fields. Each room has a day-room with couches shared with one additional room. These main rooms sleep two and can be booked as a double (if travelling with a partner or if booked as single occupancy) or a twin. There is 1 cabana and 1 cabana suite set away from the main lodge offering a little more privacy and space, each with a private balcony overlooking the rice paddies. Both come with AC, en-suite bathrooms, and the cabana suite features a spacious lounge and living area.



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## PAYMENT PLANS

A 50% deposit is required to reserve your spot and the final balance is due 60 days prior to the expedition start date. Upon registering online, there are payment plans options to split your remaining balance due into 2, 3 or 4 payments on autopay.

## CANCELLATION POLICY

All cancellation requests must be received in writing (via email). Cancellation received up to 60 days prior to departure are refunded less an administrative fee of \$500 per person. If cancellation is received between 31 and 59 days prior to departure, the deposit is forfeited. Refunds for cancellations within 30 days of departure will not be granted.

## HOW TO BOOK

Easy! [Follow this link](#), fill in your information, submit the 50% required deposit and choose your payment plan of choice.

For additional questions, please reach out to [ashleigh@iceaxe.tv](mailto:ashleigh@iceaxe.tv)!

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