



the  
leap

MIDLIFE PROGRAMME

# *Leap to Sri Lanka*

WOMEN'S EMPOWERMENT + YOGA + HIKING

# Sri Lanka *Experience*

Why choose this Midlife adventure in southern Sri Lanka? Because it's life-changing and a chance to rediscover your sense of purpose, connect with others, and leave a positive mark on the world.

**LOCATIONS:**

TEKANDA LODGE, AHANGAMA +  
CENTRAL HIGHLANDS

**ACCOMMODATION:**

PRIVATE LODGE + HOTELS

**ENVIRONMENTS:**

TEA PLANTATION, BEACHES +  
CENTRAL HIGHLANDS

**PROJECTS:**

WOMEN'S EMPOWERMENT

**TEAM SIZE:**

9 PER DEPARTURE

**SOCIAL:**

BUZZY VIBES

**FITNESS:**

AVERAGE

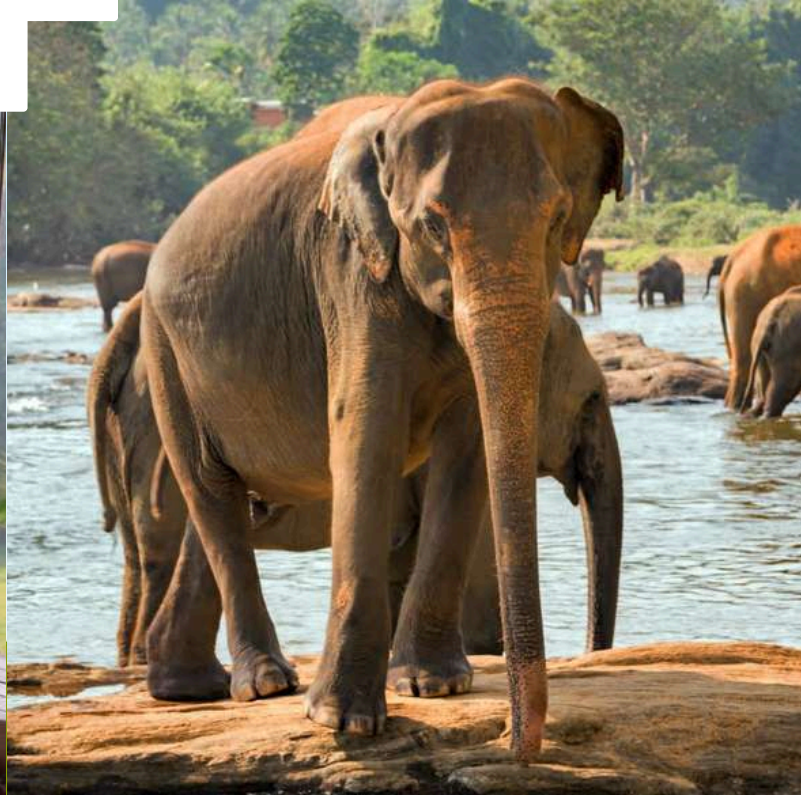
**STAY LENGTH:**

8 DAYS

Reserve your place

INFO@THELEAP.CO.UK / +44 1672 519922









Rediscover purpose on an eight-day Sri Lankan adventure. Immerse yourself in breathtaking nature, practice yoga, and empower women through the Gamata Athak charity – it's a journey of impact, renewal, and transformation.

Staying at Tekanda Lodge, a serene retreat on a tea plantation recently celebrated by Condé Nast, offers more than luxury – it provides a space to slow down, reflect, and immerse yourself in the rhythm of Sri Lanka. Here, yoga, surf lessons, and quiet moments in nature become tools for renewal, grounding you in the beauty of your surroundings.

But what makes this journey truly special is the opportunity to contribute. By supporting Gamata Athak, a women's empowerment charity, you'll be part of something transformative. Teaching conversational English or sharing practical skills helps these women thrive in a changing world, creating ripples of lasting change.

Finally, as you climb Ella's Peak, surrounded by lush forests and sweeping views, you'll understand why moments like these matter in our life – they inspire growth, connection, and a sense of purpose. This journey isn't just about travel; it's about transformation.

INDIA

INDIAN  
OCEAN

SRI LANKA

LACCADIVE  
SEA

1

Colombo  
Arrival / Departure

4

Central Highlands  
Tea plantation + Ella Rock Hike

3

Udawalawe National Park  
Elephant Safari

2

Tekanda Lodge  
Empowerment Centre, Yoga  
+ Surfing



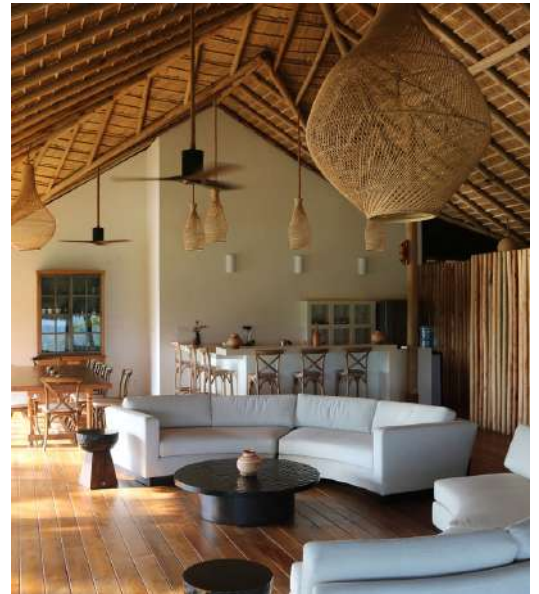


# Sri Lanka *Itinerary*

## *Day 1* Tekanda Lodge, Ahangama *Arrival*

Welcome to Sri Lanka – Leap style. You'll fly into Colombo, where you'll be picked up and transferred to Tekanda Lodge, just up the hill from the hip coastal town of Ahangama – renowned for its pristine surfing beaches, and a tuk tuk journey away from the historic fort of Galle. Tekanda is a stunning hilltop retreat set on a private tea estate, offering panoramic views of the jungle and paddy fields – utter heaven.

On arrival, you'll be greeted by Richard and Charlie Pembroke the backbone of this adventure before a dip in the infinity pool, and a stroll around the tea, cinnamon and coconut palms before a sundowner and delicious supper.



# Sri Lanka *Itinerary*

## *Day 2-5 Tekanda Lodge*

### *Yoga + Women's Empowerment Centre*

Your time at Tekanda will be a blend of contribution, and cultural immersion bookended with an early morning yoga session overlooking the lush paddy fields and swim at the beach, perfectly framing a day spent at Gamata Athak, a women's empowerment centre founded by Charlie and Richard Pembroke.

### Contribution: Gamata Athak

The inspiring center aims to equip local rural women with skills in cooking, computing, dressmaking, and conversational English, empowering them to access job opportunities in the local tourism industry. You'll play a key role in this by teaching Western-style cooking and conversational English in creative ways, helping bridge the gap between textbook knowledge and practical application. These skills are crucial for women seeking employment in restaurants, cafes, and hotels – giving them financial independence in a traditionally male dominated family structure.


However, it's a two-way exchange as in return you'll engage in a rich and meaningful cultural exchange as the women share their traditional recipes, stories, and customs, offering you a deep connection to their community and a greater appreciation of their way of life.









A woman with brown hair tied back, wearing a blue bikini, is seen from behind, floating in an infinity pool. The pool's edge is perfectly aligned with the horizon of a lush, green tropical landscape. In the foreground, the dark, rippling water of the pool is visible. The background is filled with dense foliage, including large palm fronds and a tall, slender tree with a thick trunk. In the distance, rolling hills or mountains are visible under a soft, hazy sky. The overall atmosphere is serene and idyllic.

Never been away solo before so was very apprehensive but I thoroughly enjoyed myself. The first thing I would like to comment is Milly did a great job of caring for us and putting this amazing adventure together, we were never bored.



# Sri Lanka *Itinerary*

## *Day 2-5 Tekanda Lodge (continued)*

### *Yoga + Women's Empowerment Centre + Surfing*

#### Yoga

Each morning begins with yoga on the open-air terrace at Tekanda, overlooking sweeping views of the surrounding paddy fields and jungle canopy. Led by a brilliant local instructor, the sessions are energising yet grounding, designed to awaken your body, calm your mind, and set the tone for the day ahead. Whether you're a seasoned yogi or simply stretching for the first time in years, this gentle, joyful practice is a key part of your renewal. It's not about performance, it's about presence. By the time you return home, you'll feel stronger, more connected, and more at ease in your body.

#### Time out

Sri Lanka's renowned beaches are ideal for both beginners and experienced surfers, with private instructors guiding you every step of the way. But Ahangama Beach also offers the perfect opportunity to simply unwind, relax, and watch the sun dip below the horizon.

We promise there will be plenty of time to recharge - whether it's exploring the historic fort of Galle, visiting local tea plantations, or simply enjoying a peaceful moment by the pool at Tekanda.





# Sri Lanka *Itinerary*

## Day 6 Amba Estate

### *Central Highlands + Elephant safari*

Today marks the start of your second phase as you leave the coast behind and head into Sri Lanka's breathtaking Central Highlands, with a stay at the charming Amba Estate. Perched above the Ravana-Ella Waterfalls, Amba offers stunning views of Ella Rock and Lipton's Seat.

However, there's no rush to get there - your journey will include a stop at the famous Udawalawe National Park, renowned for its impressive wild elephant herds. Udawalawe is one of the best places in Sri Lanka to see elephants in their natural habitat. The park is home to some of the largest herds of wild elephants in the country, and it's not uncommon to encounter these majestic creatures up close as they roam freely across the park's vast, open grasslands and forested areas.

The park's unique ecosystem provides a rich environment for elephants, along with an array of other wildlife, including water buffalo, crocodiles, monkeys, and a variety of bird species. Be sure to pack your binoculars and camera for this unforgettable wildlife experience - Udawalawe is a photographer's paradise.



After your safari, you'll continue your journey to Amba Estate, where you'll settle in for the next 2 days.

On arrival you'll be taken on a gentle one-hour hike through the dramatic 50-acre forest to explore hidden caves and thundering waterfalls - finishing off with a sundowner at a ridge overlooking Ella's Rock.

# Sri Lanka *Itinerary*

## Day 7 Amba Estate

### *Ella's Rock hike + Tea tasting*

The next day, you'll step things up with a more challenging four-hour hike, climbing over 400 meters to the top of Ella's Rock. This is where the real magic happens. The climb offers the perfect opportunity to reconnect with your adventurous spirit, challenging yourself in new ways that keep both body and mind sharp.

The reward at the summit? A breathtaking panoramic view of Ella's Gap and Little Adam's Peak – an awe-inspiring reminder of the beauty that awaits when you push yourself beyond your comfort zone. After reaching the top, the descent back to base will feel like a walk in the park, and a rewarding lunch will be waiting for you.

In the afternoon, you'll unwind with a tea tasting at Amba Estate. By the time you return, your body will be energised from the hike, and your mind refreshed by the stunning vistas and vibrant culture. Moderate fitness is required, but that's what makes this adventure so powerful. It pushes you just enough to feel challenged and accomplished yet remains accessible for anyone with a reasonable level of fitness.









# Sri Lanka *Itinerary*

## *Day 8 Colombo*


### *Lipton's Seat + Galle Face Hotel*

Your adventure ends with a breakfast picnic at Lipton's Seat, where you'll be treated to even more stunning views. Perched high above the tea plantations, you'll take in the breath-taking landscape before heading back to Colombo for a final night of celebration at the iconic Galle Face Hotel, a historic colonial gem on the seafront.

Once in Colombo, you'll have time to explore the vibrant city, with its blend of colonial charm and modern energy. Wander through the bustling streets, visit the local markets, or enjoy a relaxing stroll along the waterfront. The city offers a rich cultural experience, and you can soak in its diverse atmosphere before your adventure wraps up. For supper, we recommend the oh-so-stylish Paradise Café.





A man with grey hair and a beard is sitting on the floor, weaving with long, thin bamboo strips. He is wearing a colorful sarong with blue, yellow, and red patterns. Behind him are several large, rolled-up bamboo mats leaning against a wall. The floor is covered with many loose bamboo strips. In the bottom right corner, there is a blue plastic jug and a small bowl.

“Five Stars to Milly and her team for organising a wholly wholesome and wonderfully colourful time on the paradise island of Sri Lanka for our mid-life trip. The well-managed blend of work and play suited me very well. It turns out I can do more and be more than I had realised.”



# Sri Lanka *Itinerary*

## Day 9 Colombo

### *Relax + Transfer back to the airport*

On your final day, you'll have time to relax and unwind after your incredible journey. Take the morning at your own pace – whether it's enjoying a leisurely breakfast, soaking in the last of the vibrant Colombo atmosphere, or simply unwinding at the hotel.

Later, you'll be transferred to the airport for your flight home, carrying with you the memories of a transformative adventure – one that has challenged your body, rejuvenated your spirit, and filled you with inspiration for the next chapter.





# Sri Lanka *Staying & Food*

## Tekanda Lodge

Tekanda is a stunning lodge with panoramic views of the surrounding hills, paddy fields, and jungle. The accommodation is designed in a rustic chic style with five large en-suite double bedrooms, each with a private veranda. The main lodge features a stylish living area just above a large infinity pool. Shared room only.

All meals are included, prepared by head chef Rana using the freshest produce available. Expect a combination of delicious plant-based dishes with some fish, seafood, and meat. Vegan and vegetarian diets available.

[www.tekandalodge.com](http://www.tekandalodge.com)

## Amba Estate

Amba Estate's old farmhouse and two neighbouring bungalows operate as guest houses, offering simple yet cosy twin rooms. These guest houses deliver a comfortable and cosy experience, nestled within the organic farm, and surrounded by stunning views. Shared room only.

All meals are provided at Amba, lovingly prepared by the local women, who were once fieldworkers from the village. The ingredients are sourced from the organic farm and neighbouring areas, ensuring freshness and sustainability. Meals are traditional, vegetarian cuisine, such as hoppers dosai, soups with roti.

[www.ambaestate.com](http://www.ambaestate.com)

## Galle Face Hotel

The Galle Face Hotel, an iconic sea-fronted colonial hotel, provides a glimpse into a bygone era. This historic hotel delivers an elegant, old-world charm, with stunning views of the ocean. Single rooms.

Breakfast is included. Supper is additional and we will recommend a few great places in the city.

[www.gallefacehotel.com](http://www.gallefacehotel.com)





# Project *Background*


Charlie and Richard Pembroke are the driving forces behind this transformative adventure, having created both Tekanda and the Gamata Athak women's empowerment centre. Their passion for community development and sustainable tourism shines through in every aspect of this experience.

Gamata Athak, meaning "A Hand to the Village," is dedicated to bridging the rural-urban skills divide in Sri Lanka. At the centre, local women are taught valuable skills in cookery, computing, dressmaking, and English, with the goal of helping them access employment opportunities in the growing tourism sector. As part of this journey, you'll contribute to these lessons, sharing your knowledge while also learning from the women as they teach you their traditional recipes and welcome you into their warm, tight-knit community.



Richard, a passionate cricket enthusiast, has also set up a girls' cricket team, which he coaches and transports around the countryside for competitions. If you're a cricket lover, you might find yourself whisked off to the Girls Cricket Academy to help coach and inspire the next generation of female cricketers.

Together, Richard and Charlie have crafted an itinerary that offers a perfect balance of contrast, adventure, and respite, allowing you to contribute meaningfully while embracing the richness of Sri Lanka's culture and natural beauty.



Loved the volunteering part of this trip, very humbling and Tekanda Lodge was just beautiful a real paradise, delicious food, the staff couldn't have looked after us better. All in all a truly memorable experience shared with a lovely bunch of ladies.



# Sri Lanka *Costs 2026 & 2027*

2026 - £3650 (8-DAY LEAP)

2027 - £3900 (8-DAY LEAP)

## **INCLUDED:**

- Leap T-shirt
- Airport pick-up and return transfers for team flight
- Safety and induction briefing on arrival
- 24-hour emergency back-up, management and support by UK and in-country team
- All volunteering projects as described
- Project-to-project transport
- Accommodation as described (in shared rooms)
- All food, except two suppers
- Entrance fees to all activities
- Hiking guide in Amba

## **NOT INCLUDED:**

- International flights
- Private transfers to and from the airport if you do not arrive on the main team flight
- Travel insurance and medical expenses
- Food and accommodation if away from the programme
- Alcoholic drinks and some soft drinks
- Dinner in Colombo and one night in Galle

SEE OUR WEBSITE FOR DATES & AVAILABILITY

# Sri Lanka *Nitty Gritty*

## What to Pack?

### Clothes

In addition to your normal holiday packing, please take:

- A selection of light weight trousers, skirts, dresses
- T- shirts - long and short sleeved
- Trainers for hiking in Amba
- Flip-flops/casual shoes
- Swimming stuff
- Warm fleece for the Highlands


### Equipment

- Day rucksack (approx. 25 litres) - make sure this is comfortable on your back as you will carry this on your trek
- Water bladder for the trek in Amba
- Towel/sarong
- Sunglasses
- Water bottle

### Toiletries & Medical

- Basic everyday toiletries
- Sun cream/after sun
- Insect repellent – containing Deet
- Antibacterial spray/cream for open wounds.
- Rehydration powders
- Savlon
- Antihistamines
- E45/Sudocream
- Immodium
- Mediplasters
- Personal Medication: Bring extra supplies, know the generic names of your medication, and ensure you can manage allergies (e.g. carry an epipen if necessary).



A wide-angle photograph of a tropical coastline. In the foreground, the ocean is shallow with sandy and rocky patches. Several people are perched on tall, thin wooden stilts driven into the water, engaged in traditional fishing. The background features a dense line of palm trees on a sandy beach under a bright blue sky with scattered white clouds. The overall atmosphere is serene and adventurous.

What an experience, what an adventure, what a brilliant time I had. Many thanks to you and all the leap team. It is a fantastic and very organized company to travel with.





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