

The Abode Trust.....

Designs every holiday, trip and tour individually to suit your:

- Your pocket
- Enthusiasm
- Interests
- And comfort zones!



You can sleep rough and wild, in hotels or somewhere in-between, in tents or on the floor of village houses.

And help us to preserve traditional life in remote villages.



Live with village people

for a while....

and give something back!



See our website: www.theabodetrust.com or email:

Sue in the UK
Sidanthe (Sid)
in Sri Lanka

sue@theabodetrust.com
sid@theabodetrust.com



Working with village communities



Help us preserve village life in Sri Lanka

www.theabodetrust.com

The Abode Trust.....

Offers eco and ethical tourism through trips and tours for very small groups to remote villages in Sri Lanka.

Try living traditionally without modern facilities. Sleeping on a rough mat or wooden frame, eating food gathered locally and cooked on an open fire. You will wash in a stream and enjoy complete harmony with nature.

We can take you to places very few westerners have seen: Buddhist sites, spectacular mountains and pristine beaches.

We use the money earned to sustain traditional lifestyles in these villages



The Abode Trust wholeheartedly supports eco-tourism and ethical tourism and puts money back into villages in the most remote areas of Sri Lanka

Our trips are for those who enjoy jungle trekking mountain walking, beating your own path and wading rivers in flood.



Can you take in your stride the leeches, ticks, mosquitoes and occasional encounters with snakes and scorpions?

But the satisfaction is immeasurable –

- Sights few westerners have seen before
- The experience of living with hunters
- The delights of rock climbing in the dark in torrential monsoon rains!



The Abode Trust.....

Offer trips which feature:

- Waterfalls, walks and mountains
- Little known Buddhist monasteries and sanctuaries not on the map or in regular guide books
- Social, cultural and traditional life in remote villages
- Wildlife, elephants, birds, flora and fauna
- Deserted beaches and water life
- Expeditions and explorations into little explored territory living wild