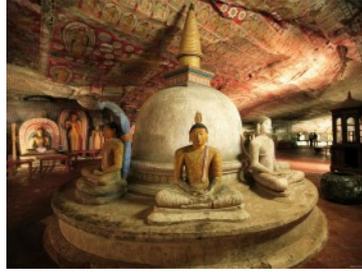




# cycle Sri Lanka



Experience the contrasts of this idyllic island and cycle coast to coast through the Central Highland mountains, up to rural villages and traditional tea plantations on our way to the glittering Indian Ocean.

## actionchallenge in Sri Lanka

An exciting, challenging cycle that takes us from mountainous rainforests to the glittering Indian Ocean. This journey is the perfect balance of exhilarating cycling, stunning scenery and the incredible Sri Lankan culture.

We begin our journey, heading deep into the heart of the Central Highlands rainforest where the steep mountain climbs make fantastic uphill challenges and the exhilarating downhill stretches bring an adrenaline-fuelled rush. Accompanying our rides are stunning views over rolling tea plantations and jungle-clad mountains, bursting with biodiversity.

Our demanding, rewarding route takes us through pretty highland villages, up a dramatic escarpment at Watagoda and along mountain roads. As a group, we climb high into the lush rainforest to the Kelani River where David Lean filmed 'Bridge on the River Kwai', we drink the finest Ceylon Tea at the Thalawakelle Tea Estate and we relax by remote, stunning waterfalls.

After our journey through the mountainous rainforest, we descend to the flat 'dry zone' where we pick up speed and cruise along roads shaded by giant fig trees. We experience a taste of Sri Lanka's culture and religion with visits to the World Heritage city of Kandy, the ancient Dambulla Cave Temple, the Kantale reservoir, the beautiful Somawathie Chaitiya Sanctuary and the coastal city of Trincomalee.

Together we celebrate the end of our exhilarating journey with a team dinner relaxing in our beautiful resort by the Indian Ocean.

### at a glance

- Activity: Cycling - Touring
- Location: Sri Lanka
- Duration: 9 days / 5 days cycling
- Difficulty: Moderate +
- Distance: 440 km
- Group size: 15 - 25

### trip highlights

- Admire the beautiful Central Highland views
- Cycle through rural, mountain villages
- Drink classic Ceylon tea at the Tea Estates
- Visit the Dambulla Cave Temple
- Explore cultural Kandy
- Relax on the beautiful golden beaches
- Celebrate the end of the challenge in Trincomalee

*Action Challenge have been leading inspirational team adventures across the world for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world's most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.*



# cycle Sri Lanka

Experience the contrasts of this idyllic island and cycle through the Central Highland mountains, up to rural villages and traditional tea plantations on our way to the glittering Indian Ocean.

## introduction

This fully-inclusive cycle challenge in Sri Lanka will begin as soon as you register! You will receive a challenge pack including a training guide, kit list and discounts for all the essentials you may need. If you are raising money for a charity, we will sort out all the formalities so you can concentrate on your own preparation and fundraising. We offer pre-challenge briefings to prepare you for this demanding trip. On the day of departure you will meet your group and Action Challenge leader at the airport in London. Whether you're joining the challenge on your own or with others, you will instantly be made to feel welcome. As a team we will board our flight to Colombo, ready to take on Sri Lanka and the challenging bike ride of a lifetime!

## brief itinerary

<b>Day 1</b>	Depart London	<b>Day 6</b>	Habarana:	86 km
<b>Day 2</b>	Arrive in Sri Lanka	<b>Day 7</b>	Trincomalee:	96 km
<b>Day 3</b>	Kithulgala: 85 km	<b>Day 8</b>	Return Colombo	
<b>Day 4</b>	Nuwara Eliya: 60 km	<b>Day 9</b>	Arrive in London	
<b>Day 5</b>	Kandy: 107 km			

## what's included

- International flights
- Action Challenge Cycle Leader
- Action Challenge UK Medic
- Full support team, including English-speaking local guides
- High quality bike hire
- All accommodation, on a twin share basis
- All meals, except in free time
- Airline taxes (except fuel surcharges)
- Rest stops en route, with snacks & water
- All transfers in local vehicles
- National Park entrance fees
- Celebration dinner at the end of the challenge
- Invitation to a challenge briefing in London
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health



## dates

01 - 09 June 2018  
14 - 22 September 2018  
*Please visit our website for more details*

## cost

All inclusive trip cost: £2305 for 2018.  
Initial £399 deposit to sign up.

Three payment options available.



## how tough is the challenge?

This is a tough challenge, but with the right training, it is definitely achievable. We will be cycling in warm temperatures for over six hours a day. The route has a number of uphill climbs and this will therefore require a good level of strength and stamina.

## extensions

Why not stay on after the challenge and explore some more of Sri Lanka's highlights?

Extensions include:

- Explore local beaches
- Wildlife parks

*Please email us for more information*

## when to go

Sri Lanka has a tropical humid climate, temperatures are fairly consistent at 26 - 30°C year round. April/May - September are the ideal months to cycle this route heading east. Be prepared for cooler moments in the mountains, which can bring pleasant 20°C day temperatures but can drop further in the evenings.



# cycle Sri Lanka

Experience the contrasts of this idyllic island and cycle through the Central Highland mountains, up to rural villages and traditional tea plantations on our way to the glittering Indian Ocean.

## itinerary

### DAY 1 - *Depart London*

Meals: *In flight*

### DAY 2 - *Arrive in Sri Lanka*

Arrive in Colombo where we are met by our guides and driven by private bus to our hotel. Here we check in and we have a little time for relaxation after our long flight, before a bike fitting and briefing with our guides on the challenge ahead, a great Sri Lankan dinner follows and an early night.

Meals: *D* Accom: *Hotel*

### DAY 3 - *Kithulgala*

We rise early on the first day of our Sri Lankan adventure for a 35km warm up before tackling two steep sections in the foothills of the mountainous highlands. We climb deep into the the rainforest, stopping for lunch at Ruwanwella, before the final 30km gentle uphill ride to our accommodation. Tonight we stay on the banks of the Kelani River, the filming location for "The Bridge on the River Kwai".

Meals: *B,L,D* Accom: *Lodge* Distance: *85 km*

### DAY 4 - *Nuwara Eliya*

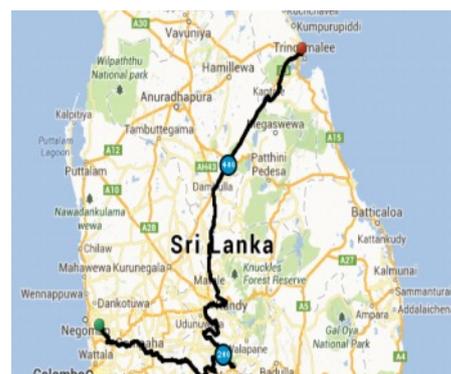
Today is one of our toughest days as we make our way into the heart of the central highlands. A transfer through the Ginigathena Pass avoids 30kms of main roads. At Kotagala, we start our day's challenge which will bring us by mid-morning to the planters' bungalow on the Thalawakelle Tea Estate, where we stop for a cup of the finest Ceylon Tea, overlooking the magnificent Devon waterfall. From here our route heads upwards and north off the main road through Watagoda on an incredible tea estate road cut into the escarpment, on 18km of the toughest section of our Sri Lankan challenge. The day finishes with a relaxing downhill to our hotel in Nuwara Eliya.

Meals: *B,L,D* Accom: *Hotel* Distance: *60 km*

### DAY 5 - *Kandy*

We leave Nuwara Eliya for our longest day of cycling, riding through pretty highland towns. We break at the Blue Field Tea Factory before continuing downhill to Delpitiya on almost deserted roads. Lunch is close to the village of Pupuressa, known for its wonderful waterfalls and in the afternoon we make our way through Gallaha and onward to the city of Kandy, now a World Heritage site. Arriving in Kandy, we leave our bikes at the central hotel, free to explore the delights of this picturesque city.

Meals: *B,L,D* Accom: *Hotel* Distance: *107 km*



## accommodation

- Five nights in comfortable 3\* hotels
- One night in a lodge

All accommodation is on a twin/triple-share, single-sex basis and we will pair you with someone of a similar age, where possible.

If you wish to share a room with someone you are travelling with, please specify this on your registration form.

## single supplement

If you decide that you would like to have your own room on the challenge, we can accommodate this in the majority of places, just let us know when you sign up.

*Please email us for more information*



## additional costs

- Insurance - price varies on cover
- Tourist Visa - £30
- Vaccinations - check with your doctor
- Tips for local staff - recommended \$50
- Airline fuel surcharge - capped at £170



# cycle Sri Lanka

Experience the contrasts of this idyllic island and cycle through the Central Highland mountains, up to rural villages and traditional tea plantations on our way to the glittering Indian Ocean.

## DAY 6 - Habarana

After breakfast we cycle directly from our hotel through the bustling streets of Kandy to Wategama where we return to quiet roads descending from hill country to the flat 'dry zone', with spectacular views of the Knuckles mountain range to the east. From Matale, the roads are flanked with giant fig trees that provide welcome shelter from the sun. Our last stop today is at the famous Dambulla Cave Temple where there will be free time to explore this ancient site. We are later transferred to our hotel in Habarana for an early night.

Meals: B,L,D Accom: Hotel Distance: 86 km

## DAY 7 - Trincomalee

Our final day is mostly on the flat, with the kilometres passing quickly through an area that is recovering from the effects of more than 20 years of civil war. We cycle along the Kantale reservoir, one of the oldest and biggest in Sri Lanka, and later have lunch on its shores. Today we will also pass Kandurukanda Mountain and the beautiful Somawathie Chaitiya Sanctuary as we cycle into the coastal city of Trincomalee. This evening we mark the end of the challenge with a celebratory meal in the grounds of the hotel, close to the golden sandy beaches and turquoise sea.

Meals: B,L,D Accom: Hotel Distance: 96 km

## DAY 8 - Return to Colombo

This morning, after breakfast, we transfer back to Colombo. In the afternoon we are dropped off in the centre of town and have the rest of the day free to visit the main sights of Colombo. This evening there is the chance for those that wish to make their way into Colombo to see it by night or otherwise just relax in the hotel overlooking the ocean.

Meals: B

## DAY 9 - Arrive UK

This morning we return to the international airport in Colombo in time for our return flight. We arrive back in the UK after a fantastic trip.

## topography



## food

Breakfasts each morning will be at our accommodation. Lunches will be en route and evening meals will be at our accommodation or in a local restaurant.

Most meals will consist of rice and spiced meats. We may also get the chance to taste some Kiribath (seasoned milk pancake) and Sri Lankan omelette.

We can cater for all dietary requirements if informed in advance.

## kit & equipment

A kit list will be sent to you on receipt of registration. Many everyday items can be used on this challenge, and we offer a kit hire service to keep costs down.



## land only

If you are planning on travelling to Sri Lanka before or after the challenge or wish to organise your own flights, we do offer a land only option, with a significant discount off the trip price. You will be required to meet your group at the hotel on day two of the itinerary.

Please email us for more information





# cycle Sri Lanka

Experience the contrasts of this idyllic island and cycle through the Central Highland mountains, up to rural villages and traditional tea plantations on our way to the glittering Indian Ocean.

## payment options

A **REGISTRATION DEPOSIT** of £399 for 2018 is required to secure your place.

Once registered, there are **3 PAYMENT OPTIONS** to fund the balance of the trip cost. Full details are also on our website.

### 1) SELF FUNDED

For anyone who wants to pay for the entire trip themselves. It's then completely up to you whether or not you choose to raise any money for a charity of your choice.

The total all inclusive cost of this trip is £2,195 (2018) which, after you pay the £399 Registration Deposit, leaves a balance of £1,796. This final balance is due for payment 10 weeks before your departure along with any fuel surcharges levied by the airline.

### 2) SPONSORSHIP FUNDED

This is for anyone who wants to take on this challenge and will link it with fundraising a significant sum of money for a charity of their choice. You would have to raise at least £3,600 for 2018 via sponsorship and donations from friends, family and colleagues, and be confident at the outset that you can achieve this total.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £3,600 (2018) your charity will pay for the balance of your trip costs to Action Challenge. That balance, paid by your charity, is £1,796 (the same as if you were you were 'Self Funded') - the charity will retain at least £1,800 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

### 3) MIXED FUNDED

A mix of the 2 options above! You pay about half the trip cost yourself, and also fundraise for your charity. They pay the remaining balance of your trip costs. Ideal for anyone who wants to take on the challenge and also fundraise for a charity, BUT is happy to pay a reasonable proportion of the trip cost themselves, which with your registration deposit, is set at a level that covers at least the costs of flights & accommodation; perfect for those who feel more at ease asking for sponsorship in respect to the 'challenge' component of their trip.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £2,200 (2018) your charity will pay a portion of your trip cost to Action Challenge. That balance, paid by your charity, is £1,096. At the same time, you will be required to pay the remaining balance yourself, which will be a figure of £700 (these two amounts add up to the same as the 'Self Funded' final balance) - the charity will retain at least £1,100 for 2018 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

## ATOL

ATOL is a scheme that protects you from losing money or being stranded abroad if your travel company collapses. Action Challenge is 100% ATOL bonded, which provides you with full financial protection. On receipt of your registration fee, you will receive an ATOL certificate explaining your protection.



## how to book

To book on to this challenge, please visit our website: [www.actionchallenge.com](http://www.actionchallenge.com) for a full list of prices and available dates.

## private groups

If you are a charity, business, school or private group with a minimum of 10 people and fancy your own bespoke trip, please call us on **+44(0)207 609 6695** or you can send us an email to [events@actionchallenge.com](mailto:events@actionchallenge.com) for more information.

## social media



## contact us

Action Challenge UK Ltd  
United House  
North Road  
London  
N7 9DP  
United Kingdom

