



CYCLE SRI LANKA



ITINERARY- OUTLINE FOR BESPOKE TRIPS

The tropical island of Sri Lanka is tiny yet it is a country full of delights, which more than makes up for its size. Our challenge takes us from Sri Lanka's beautiful west coast, weaving inland over the central highlands, exploring tea plantations and beautiful scenery, up to the welcome coolness of the central highlands around Kandy to the historic port of Trincomalee. We end our adventure on the west coast of the island watching the sun go down over the Indian Ocean. This is a challenging trip and not for the faint hearted, but the stunning scenery, friendly people and rare insight into rural Sri Lankan life will not disappoint.

DAY 1 DEPARTURE

We depart London on an overnight flight to Colombo.

DAY 2 NEGOMBO

We are met by our guides on arrival in Colombo and driven by private bus to Negombo where we check into our hotel and have a bike fitting. We then have a short briefing on the challenge ahead before sitting down to our welcome dinner.

DAY 3 KITHULGALA 90 KM

We leave bright and early to make the most of the cooler air and cycle south along the coastal roads passing an ancient lagoon and canals built by early Dutch settlers. En-route we take in picturesque monasteries and markets, pass through the village of Gampaha and stop for an early lunch in a plantation. We continue onto Ruwanwella, where our transfer vehicles are waiting to drive us to Kithulgala, the site for the filming of David Lean's masterpiece "Bridge on the River Kwai". For our meal tonight we have a magnificent buffet of local delicacies.

DAY 4 NUWARA ELIYA 43KM

This is one of our toughest days as we cycle to the heart of the central highlands. After a challenging climb we stop for a well-earned cup of tea at the Devon planters' bungalow, set on the Thalawakelle tea estate and overlooking the magnificent Devon and St. Clair waterfalls. Our afternoon ride takes us further uphill to Horton Plains where we transfer to our comfortable hotel on the outskirts of Nuwara Eliya, a favourite hill station of the 19th century.

DAY 5**KANDY****100KM**

After breakfast we continue our ride through the central highlands as far as the Labukelle Tea Estate where we are shown the leaf preparation process. We ride along almost deserted roads stopping for lunch in the village of Pukuesssa. In the afternoon we make our way to Kandy, Sri Lanka's second biggest city. Arriving in Kandy, we deposit our bikes at our centrally located hotel before having some time free to explore the delights of this picturesque, bustling city.

DAY 6**HABARANA****96KM**

After breakfast we make our way up to Wattegama. We say goodbye to the hill country and enter the flat "dry zone". Passing giant fig trees that provide welcome shelter from the sun, we stop for lunch at a local spice garden. In the afternoon we visit the famous Dambulla Cave Temples, an important Sri Lankan religious site and then transfer to our hotel in Habarana.

DAY 7**TRINCOMALEE****84KM**

Our final day will be almost totally on the flat. We have our lunch at Kantale by the side of the huge reservoir, one of the oldest and biggest in Sri Lanka. Today we shall also pass Kandurukanda Mountain and the Somawathie Chaitiya Sanctuary. Along the last section of road as we come into Tampalakamam, just outside Trincomalee, we also pass the Naval Headwork Sanctuary. In the evening we mark the end of the challenge with a celebratory meal on the golden sandy beaches of Trincomalee.

DAY 8**PROJECT VISIT**

Today, after breakfast, we will transfer from Trincomalee, here we will have a demining demonstration of the valuable work in the area, helping to create more secure environments for the local communities. In the late afternoon we will return to Trincomalee for a relaxing meal as the sun sets and reflect on what we've achieved over the past few days.

DAY 9**COLOMBO**

This morning, after breakfast, we will have a morning transfer 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.

DAY 10**RETURN TO THE UK**

After breakfast, we are taken to the airport for our return flight home. We arrive into the UK in late afternoon.



LOGISTICS



COST OF CHALLENGE

From £2049 per person

Minimum number 15 participants

For less than 15, please get in touch.

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge Cycle Guide

First Aid Trained member of staff/doctor

English-speaking local guide

Luggage Transfer

Bike

All accommodation

All meals, except in free time

All transfers

All National Park fees

3 litres of water provided daily

NOT INCLUDED

Alcoholic drinks

Travel insurance

Personal kit

Single supplement

Tips for local guides

Local departure tax

Fuel supplement

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

FITNESS

This challenge requires a good level of fitness and some prior training.

ACCOMMODATION

8 nights hotels and lodges on a twin/triple sharing, single sex basis.

FOOD

Breakfasts each morning will be at the accommodation, lunch en-route and evening meals will be at the hotel or in a local restaurant.

WEATHER

Due to humidity levels March and April are best avoided in Sri Lanka. In Colombo and low-lying areas the temperatures can be high, but expect more manageable temperatures in the highlands. It may get slightly chilly in the evenings.

TOTAL DISTANCE CYCLED

Approximately 413km

RATING

Moderate