

# Sri Lanka Cycle Challenge

2025-2026



[actionchallenge.com](https://actionchallenge.com)

 **actionchallenge**  
challenge events worldwide





## About Us

# Action Challenge

**We are Action Challenge, and we bring people together through challenge & adventure.**



Since 1999 we've organised inspirational challenge events & adventures in the UK and Worldwide, for individuals to join, and for groups, companies & charities. Take on a challenge just for yourself, or link it to a special cause and fundraise – so far our events have raised over £90 million for charities. Now is the time to set new goals, to re-energise, and to get active!

We have over 40 UK & overseas challenge events that you can sign up to now – ranging from a meandering 25 km Thames Path walk, to conquering a mighty Himalayan peak. Take on an unforgettable group adventure and push yourself further! We welcome individuals, couples, or groups of friends & family – and you can self fund, or link your challenge with fundraising for a chosen charity.



Few experiences bring a group closer together than an outdoor adventure which challenges comfort zones, builds resilience & understanding, and forges respect & friendships. If you have a group, you can join one of our 40 or so scheduled events, or if you want something special – we can craft a bespoke itinerary or plan a unique challenge event to meet your objectives and get your team energised!



# Why Choose Us?



## 100% ATOL PROTECTION

We are 100% ATOL (Air Travel Organiser's Licence) bonded - ATOL number 6296. Offers full financial protection by the CAA (Civil Aviation Authority) for clients who have booked package trips, including flights.



## UK LEADERS & MEDICS

Every challenge is managed & led by one of our expert UK Qualified & trained Mountain Leaders, working alongside them will be a UK Medic whom has experience of expeditions & group challenges.



## EXPERIENCED LOCAL TEAMS

Our hand picked local teams & crew know the routes like the back of their hands! You will be fully supported by the experts - who will also teach you about the destination, people, culture & history!

## 4 THE GROUP EXPERIENCE

Join as an individual, couple, or group of friends - we bring people together and create an atmosphere where each person is supported, motivated & encouraged through the trip. Sharing adventures together we have a lot of fun!

## 5 TRAINING & SUPPORT

Once you've signed up to the challenge, you'll be supported by our teams with specifically designed training plans, a challenge app, an invite to join our Facebook group & options to join us on training walks & a challenge briefing. By the time you are due to travel you'll be ready & raring to go!

## 6 OUR ITINERARIES

**OVER 20+ YEARS OF EXPERIENCE BRINGS YOU THE BEST ITINERARIES & DESTINATIONS**

## 7 QUALITY ASSURED VALUE

We pride ourselves on selecting the best local teams, hotels (always 3\*+), restaurants & guides so you can experience the best each destination has to offer. A highlight will certainly be our final celebratory meals & party at a fantastic venue!

## 8 OUR CLIENTS

We've taken teams from Harrods, Blackrock, HSBC and more to the summit of Kilimanjaro, and have also run events here in the UK for companies such as Tesco, British Gas and M&S. We've got over a decade of experience of working with organisations of every size. Our team of experts will work with you to ensure that your event is a success, achieving your goals and leaving a lasting impact.

## The Challenge



# Sri Lanka Cycle Challenge

## Tropical Island Adventure on Two Wheels

This 9-day group cycle challenge commences in the vibrant Sri Lankan capital of Colombo. From here, we embark on a thrilling adventure entailing a wide variety of terrains. This includes cycling along the foothills of the mountainous central highlands, passing the banks of the Kelani River, exploring the streets of the UNESCO-listed Kandy and passing the Kantale reservoir. During the second half of our adventure, we will also be lucky enough to cycle to the famous Dambulla Cave Temple, a sacred pilgrimage site for 22 centuries, it is notably the largest, best-preserved cave-temple complex in Sri Lanka. Our last cycling day will conclude with a group celebratory dinner to reflect on our achievements. Finally, our trip will conclude with an exploration of the sights of Colombo at your own pace before our final night in this beautiful country.



# Sri Lanka Cycle Challenge

## Day 1 DEPARTURE UK

We will meet our group and Action Challenge staff at the airport and check in together before boarding our flight to Colombo, Sri Lanka.

Meals: D (On Flight)

## Day 2 - NEGOMBO

Upon arrival in Colombo, we will be met by our guides and driven by private bus to our hotel on Sri Lanka's West Coast overlooking the Indian Ocean. Here, we will check in and have a little time for relaxation after our long flight, before a bike fitting and briefing with our guides on the challenge ahead. This will be followed by a great Sri Lankan welcome dinner.

Meals: B, L, D Accom: Hotel

## Day 3 - KITHULGALA - 76km

For the first day of our Sri Lankan adventure, we start our challenge in the cooler air of the early morning. Following breakfast at the hotel, the first 35 km will be a gentle warm-up as we take the coastal roads south along the old Portuguese waterways. We will then head inland and tackle two short and steep roads which should shake the jetlag out of us! These are the foothills of the mountainous central highlands that we will be cycling through over the next three days. Once out of the hills at Ruwanwella, we will stop for lunch and enjoy the scenery. Our cycle will re-commence in the afternoon with a final 30km of gentle uphill pedalling to our accommodation on the banks of the Kelani River. The site for the filming of "Bridge on the River Kwai". For our meal tonight we have a great buffet of local delicacies.

Meals: B,L,D Accom. Hotel





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## Day 4 - NUWARA ELIYA - 78km

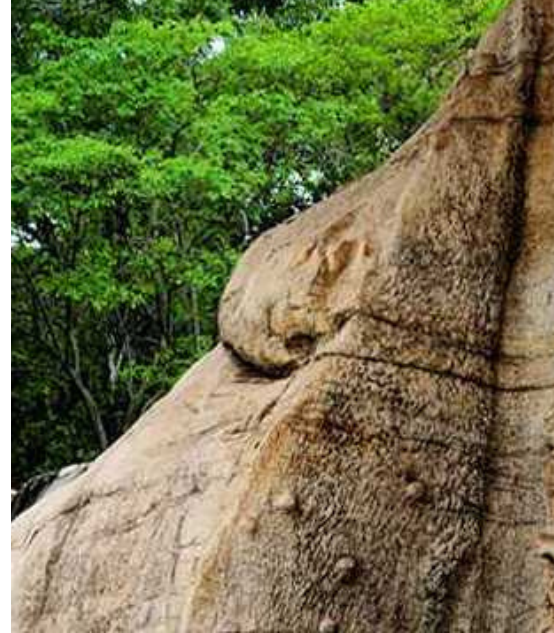
This is one of our toughest days as we make our way into the heart of the central highlands. After a 30 minute transfer to Kotagala to avoid the main roads, we start by cycling through the Thalawakelle Tea Estate. Here we stop for a cup of the finest Ceylon Tea, overlooking the magnificent Devon waterfall. From here, our route heads up through Watagoda on incredible estate roads cut into the hill-side, on 18km of the toughest section of our Sri Lankan challenge. Nothing quite prepares you for this, and depending on your fitness, it may require walking the bike some of the way! A challenging day, yet extremely rewarding. Upon reaching the top, we will stop for lunch and a rest before continuing with our adventure into the afternoon. The day finishes with a relaxing downhill to our comfortable hotel in Nuwara Eliya. Here, we will enjoy a group dinner before getting some much-needed rest.

Meals: B, L, D Accom: Hotel

## Day 5 - KANDY - 110km

Today will be an exciting, although long day in the saddle. We leave Nuwara Eliya and embark on a 50+km downhill that will take us through more beautiful tea estate countryside. The views will be extremely picturesque. As we get to Delpitiya, our ride continues on quiet roads for the next 50km admiring the most spectacular landscape. After lunch near the village of Pupuressa, with its wonderful waterfalls, in the afternoon we make our way through Gallaha and into Kandy, the spiritual capital of Sri Lanka. A religious city rich in history and stunning architecture, we will enter alongside its beautiful university to our lovely hotel. As evening approaches, we will leave our bikes at the central hotel, and venture out to explore the delights of this colourful city. The evening will conclude with a group meal before returning to our hotel.

Meals: B,L,D Accom: Hotel





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## Day 6 - HABARANA - 124km

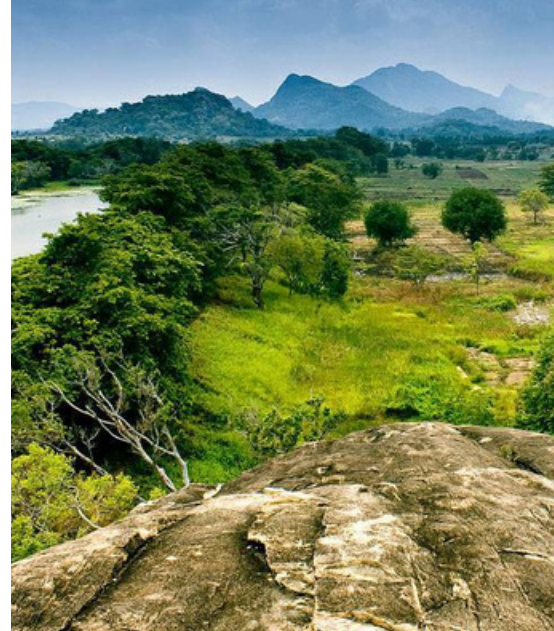
A long cycling day once again, directly from our hotel through the bustling streets of Kandy to Wattegama where we return to quiet roads. A major contrast from the bustling city we just left. We continue by descending from the hill country to the flat "dry zone", with great views of the Knuckles Mountain Range to the east. From Matale, the roads are flanked by giant fig trees that provide welcome shelter from the sun. We will stop for lunch at a local spice garden where we can see the abundance of fresh colourful fruit and vegetables that are produced in this region. The last section of our ride today is to the famous Dambulla Cave Temple, from where we are transferred to the hotel in Habarana to relax by the pool and recover from our long cycling day. We will then enjoy a group dinner before getting some much-needed rest.

Meals: B, L, D Accom: Hotel

## Day 7 - TRINCOMALEE - 87km

This is the final day of our cycling challenge! The ride today will be almost completely flat, and the kilometres will pass quickly. We will pass the Kantale Reservoir, one of the oldest and biggest in Sri Lanka. This is going to be a hot day and there is very little in the way of shade so expect regular stops along the way, including a rest stop for lunch at around midday. Eventually, the air will get fresher as the sea breeze begins to blow from the coast. This will mark the imminent end of our ride, with an immense feeling of euphoria and pride. As we check in to our hotel, we will have the chance to relax before the celebrations commence. Finally, we will enjoy a celebratory meal at the hotel and enjoy a drink or two before getting some well-earned rest.

Meals: B,L,D Accom: Hotel





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## Day 8- COLOMBO

This morning, after our final breakfast in beautiful Sri Lanka, we will transfer back to Colombo. We should arrive in the afternoon and will be dropped off in the centre of town. The rest of the day will be free to explore at our own pace and visit the main sights of this city. This evening is then left free to decide whether we would prefer to relax or embrace the chance to make our way into Colombo to see it by night.

Meals: B, L Accom: Hotel

## Day 9 - DEPART SRI LANKA

This morning, we will return to the international airport in Colombo in time for our flight back to the UK.

Meals: B





# Sri Lanka Cycle Challenge



### INCLUSIONS

- International flights
- Action Challenge cycle guide
- Full support team, including local guides
- UK medic
- High quality bike hire
- All accommodation
- All meals, except in free time
- Airline taxes
- All transfers in local vehicles
- Celebration dinner
- Fitness and training guide
- Discounts from UK retailers
- Reduced rates at Nomad Travel Clinics and Masta Health

### DATES & PRICES

Visit website for available dates

### PAYMENT OPTIONS

There are 2 'payment options' available when you sign up.

**SELF FUNDING:** Just like a standard holiday! You pay the initial registration deposit online, and then the final balance of the trip cost (+ any fuel surcharge imposed by the airline if booking a Flights Included package) - which is invoiced 12 weeks prior to departure.

**CHARITY FUNDRAISING:** Do it for a charity of your choice! Choose how much of the trip cost you want to cover yourself & fundraise at least twice the remaining balance. Your chosen charity pays us the final balance from this fundraising, with the rest being kept as a donation. Any airline imposed fuel surcharge will be invoiced to you if booking a Flights Included package - 12 weeks prior.





# Contact Us

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