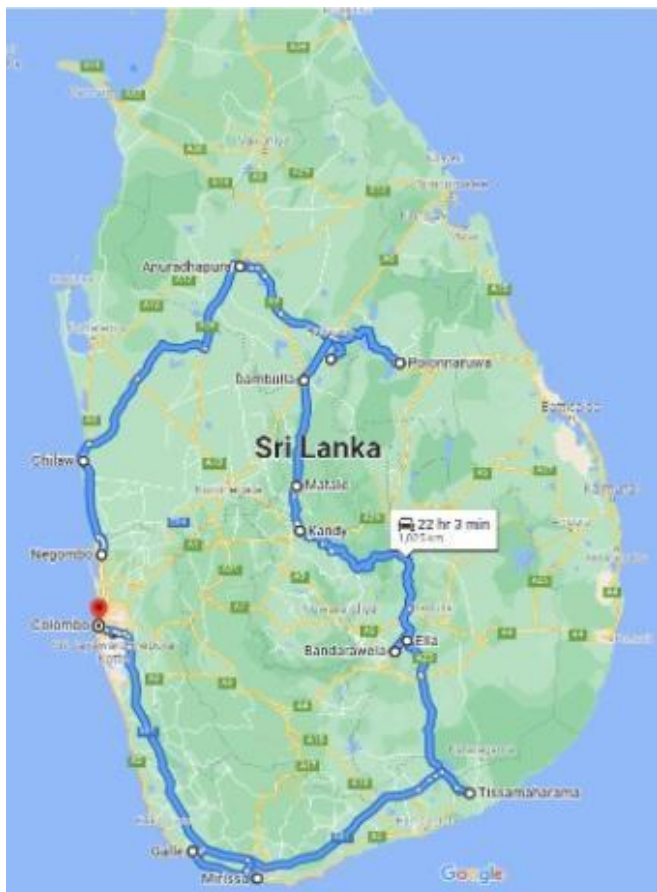




## SRI LANKA CYCLING HOLIDAYS

### 14 Days - Fully Customizable



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#### Day 1: Negombo

Welcome to Sri Lanka. After meeting you at the Colombo airport we will drive to the hotel in Negombo. The beautiful surrounding countryside is best explored on a bicycle

In the late afternoon.  
Riding distance: approx. 20kms  
CLOUD NINE / BB

### **Day 2: Anuradhapura**

Rise early and enjoy some breakfast at the hotel. Cycling through the city streets, from the hotel to the fish market. This gives you a nice insight into the daily working of the market and the dry fish industry. You will then cycle from Negombo to Chilaw (approximately 40 km). Along the way, you'll encounter quaint fishing villages, the scenic Dutch canal, coconut plantations, and various tile factories. Sit down to a picnic lunch on arrival in Chilaw. Afterward, hop aboard a coach and travel to Anuradhapura (approximately 90 km). Here you can settle into your hotel, relax and perhaps take a swim in the pool. You have the option of joining a 'food crawl' through the streets and markets of Anuradhapura – a great chance to sample some tasty local cuisine.

Notes: The fish market in Negombo is closed on Sundays.

Riding distance: approx. 40kms, mostly flat with approx. 170m/560ft of elevation gain.  
GAMODH CITADEL / HB

### **Day 3: Anuradhapura**

After breakfast, cycle to the UNESCO World Heritage site of Anuradhapura (approximately 20 km each way). Enjoy a guided bicycle tour of the ancient city. Among the ruins, you'll see the sacred old Bo Tree – a spiritual reminder of the beginnings of Buddhism in Sri Lanka and the inspiration for Anuradhapura's great buildings. The ruins themselves are spread over quite a large area, with some in woodland settings and others appearing more cultivated with columns and ponds dotted about. While you're here you will visit the impressive Isurumuniya Temple. Pay a visit to the Anuradhapura museum, then enjoy a local lunch. Return to the hotel and enjoy free time for the rest of the afternoon.

Riding distance: approx. 37kms, mostly flat with approx. 130m/430ft of elevation gain.  
GAMODH CITADEL / HB

### **Day 4: Sigiriya**

Cycle from Anuradhapura to Ritigala, passing paddies, man-made water tanks, and jungle patches (approximately 70 km). Sit down to some lunch along the way at a countryside kiosk. Make a visit to the beautiful Ritigala monastery, which dates back nearly 2000 years and is named after the mountain on which it sits.. After exploring the site and learning a thing or two about its local mythology, board a coach and travel to Polonnaruwa (approximately 60 km). Relax and unwind on arrival.

Riding distance: approx. 70km, mostly flat with approx. 210m/690ft of elevation gain.  
KASSAPA LIONS ROCK / HB

### **Day 5: Sigiriya**

Breakfast at the hotel. Cycle from Sigiriya to Polonnaruwa. Arrive at the ancient site of Polonnaruwa, the second oldest of Sri Lanka's kingdoms, and do some exploring. Visit the likes of Vihara temple, Parakrama statue, and Siva temple while you are here. Next, travel from Polonnaruwa to Dambulla by coach (approximately 70 km). Enjoy some free time on arrival. In the evening you'll visit the Dambulla wholesale vegetable market, where there's an option to join in on a food crawl.

Riding distance: approx. 60km, mostly flat with approx. 160m/530ft of elevation gain.

KASSAPA LIONS ROCK / HB

### **Day 6: Kandy**

Breakfast at the hotel. Cycle from Sigiriya to Matle. Visit a spice garden in Matale. During past history, Sri Lanka known as Taprobane was world-renowned for its Quality Spices. In the 16th century Ceylon, as it was then known, was discovered by the Portuguese who soon began trading in cinnamon and other spices. The Dutch and British followed, bringing with them their own history and influences, forming a strong Western presence which created a history of food expressed with spices that can be tasted in the dishes today. Spices are an essential element of the cuisine of Sri Lanka and the Ayurvedic tradition and a visit to a garden specializes in the cultivation of these substances and an excellent way for purposes of new uses of certain ingredients that perhaps they knew well. Find cinnamon, cloves, nutmeg, vanilla, cardamom, and black pepper, to name a few. Europeans can buy the products in their natural state or in the form of oils and potions that are used by Ayurvedic medicine, during the Dutch, very famous spices of Sri Lanka. Next, travel from Matale to Kandy by coach

(approximately 60 km)

SUISSE HOTEL / BB

### **Day 7: Kandy**

After breakfast at the hotel, you have the option to either head out for some extra cycling in the Hanthana Mountain Range (weather/time permitting) or stay in Kandy and explore. Later in the morning, the group will head to Giragama (approximately 15 km) for a guided tour of a tea factory. This is a great chance to learn about how Sri Lanka's best-known beverage is made. You will also sample some of the delicious varieties on offer. Enjoy an afternoon of free time to relax. In the evening you will visit the Temple of Tooth Relic, the most important Buddhist site in the country. Explore the complex that surrounds it, then return to town for an included food crawl.

Riding distance: none (optional cycling available)

SUISSE HOTEL / BB

### **Day 8: Ella**

Transfer to Kandy railway station after breakfast. From the station, you will embark on a scenic train trip from Kandy to Bandarawela, then cycle from Bandarawela station to Ella (approximately 15 km) . In the evening free walk-in Ella town.

Riding distance: approx. 15kms, light climb near the start then mostly downhill with approx. 380m/1250ft of elevation gain.

OAKRAY ELLA GAP / BB

### **Day 9: Tissamaharama**

Enjoy a hearty breakfast before cycling down from Ella to Thanamalwila (approximately 60 km). This is one of the most beautiful stretches of road in Sri Lanka – it follows a path along the tea plantations and passes lush pine forests. Transfer from Thanamalwila to Tissamaharama (approximately 40 km).

Riding distance: approx. 60kms, uphill at the start then mostly downhill with approx. 720m/2360ft of elevation gain.

HIBISCUS GARDEN / HB

### **Day 10: Yala National Park**

Cycle from Tissamaharama to Kataragama after breakfast (approximately 20 km each way). The holy city of Kataragama is a colorful and vibrant religious center that rivals Adam's Peak in terms of national importance. This is where the two-week Kataragama Festival attracts thousands, mostly Hindus, each year in July/August. Afterwards, take a jeep ride through the beautiful Yala National Park, home to elephants, crocodiles, and gorgeous waterbirds such as the great thick-knee. Yala also lays claim to one of the world's highest concentrations of leopards.

Riding distance: approx. 40km, lightly undulating with approx. 170m/560ft of elevation gain.

HIBISCUS GARDEN / HB

### **Day 11: Mirissa**

After breakfast, cycle from Tissamaharama to Hambantota via the pretty Bundala National Park. From Hambantota, continue to Mirissa by coach. Enjoy an afternoon of beach splendor in Mirissa. The beach itself is a long curve of sand with lovely clear waters for swimming – a great spot to watch the sunset. Consider cycling to nearby Weligama, where colorful fishing boats bring fresh fish to sell along the shore. The local cottage industry of lace products is also well worth a look.

Riding distance: approx. 40km, flat with approx. 60m/200ft of elevation gain.

PARADISE BEACH CLUB / HB

### **Day 12: Mirissa & Galle**

Enjoy some time to relax with a free day that is yours to spend as you please. You might like to go whale-watching, which is more successful from November through to April. Later, drive to Galle (approximately 50 km each way). Spend the evening exploring Galle, home to an impressive World Heritage-listed Dutch fort with extensive walls and many interesting old buildings. Enjoy a stroll around the historic fort and watch the sunset from the ramparts before driving back to Mirissa.

While the famous stilt fishermen casting lines from their traditional poles are an iconic

sight, unfortunately, this activity has become a real tourist trap, with tourists expected to pay for the opportunity of taking a photo. We advise our travelers to use their best judgment before paying for a photo.

Riding distance: none

PARADISE BEACH CLUB / HB

### **Day 13: Colombo**

Depart Mirissa after breakfast with a transfer to Colombo (approximately 3 hours). On arrival, check into your hotel and then take a city walk past the bustling Petta Bazaar, Independence Square, Parliament, and the National Museum. Your walk finishes with a shopping opportunity at the Barefoot fair trade store. Here you can find a collection of handicrafts from around the country and support small cottage industries. Tonight there's an optional final group dinner to celebrate your journey. This comes in the form of a food crawl along with the city's tantalizing market stalls.

Riding distance: none

CINNAMON RED / BB

### **Day 14: Colombo**

Your trip comes to an end this morning after breakfast and the hotel's check-out time is noon. For those who are staying on and want to explore Colombo and/or Sri Lanka further, check out our day trips and tours on [www.go-lanka.com](http://www.go-lanka.com)

Tour includes:

Meals: 13 breakfast and 08 dinners

Price

2 pax USD 1100 pp

4 pax USD 950 pp