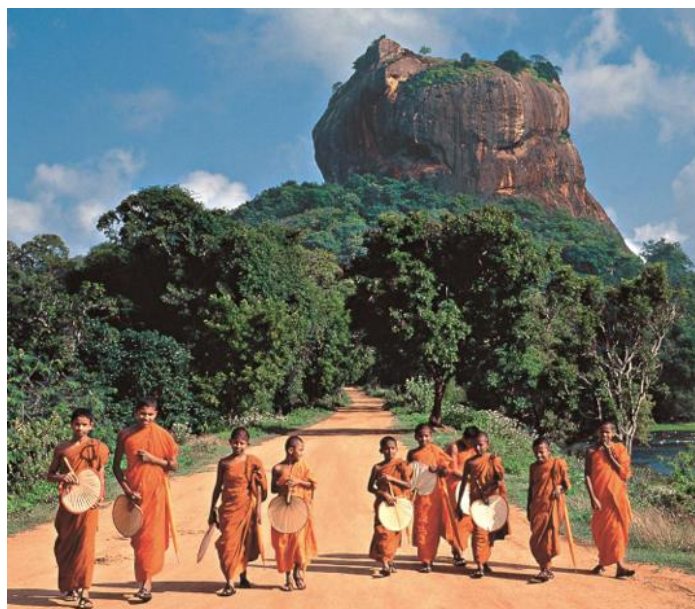


SRI LANKA - HILL COUNTRY & SOUTHERN COAST

9-Day / 8-Night, Moderate **GUIDED** cycling tour from Ancient Kingdoms to Tea Country



Sri Lanka is a land of ancient kingdoms, sacred temples, misty mountains, and diverse landscapes shaped by centuries of history and culture. From the remarkable sites of the Cultural Triangle to the tea country and southern coastline, this journey explores the many regions that define the island.

Begin among the ancient wonders of Dambulla and Sigiriya, where temples and the iconic Sigiriya Rock Fortress reveal stories of Sri Lanka's royal past. Continue into the central highlands to discover Kandy, the island's spiritual heart, before travelling through the tea country of Nuwara Eliya and Ella, where rolling plantations and mountain landscapes reflect the history of Sri Lanka's tea industry.

The journey continues south to the Yala region, known for its wildlife and rural landscapes, before finishing in the historic coastal city of Galle, home to the famous Dutch Fort and a blend of cultural influences.

From ancient heritage to diverse landscapes, this itinerary explores Sri Lanka's history, traditions, and regions from the Cultural Triangle to the coast.

Departure: Friday 27 November 2026
Monday 1 February 2027

Cost From: Per Person, Twin Share: **\$5495**
Single Supplement: **\$1025**
Upgrade to e-Bike: **\$250**

Includes: 8 nights' accommodation in a 4-star hotel; Daily breakfast and 3 dinners; Luggage transfers and vehicle support; Professional tour guide; Bike hire, including a helmet, and water bottle; Drinking water and fresh fruit; Airport transfers on arrival and departure; Entrance fees and excursions as outlined in the itinerary.

Not included: Meals not mentioned; Other drinks; Gratuities and personal expenses; Entrance fees and excursions not specified in the itinerary.

Grade: Daily cycling distances range from 25 to 50 km on mostly quiet roads through coastal, rural and hill country landscapes. Some sustained climbs are balanced by rewarding descents. A support vehicle is available throughout.

Call OUTDOOR TRAVEL on 03 5750 1441 for details or reservations



Suggested Itinerary: The itinerary is subject to change based on local conditions and weather. The tour guide reserves the right to make adjustments as necessary.

Day 1 – Arrive Colombo | Transfer to Negombo

Welcome to Sri Lanka. Upon arrival in Colombo, make your way to the meeting point for your transfer to the coastal town of Negombo, famous for its fishing heritage, Dutch colonial history and palm-fringed beaches. Take some time to settle in, meet your guides and fellow travellers, and enjoy a welcome dinner introducing you to Sri Lankan culture and flavours.

Day 2 – Negombo to Dambulla

Cycling @ 45 kms

Your cycling adventure begins along Sri Lanka's west coast. Pedal through traditional fishing villages, coconut plantations and quiet country roads where colourful boats line the shoreline and locals go about their daily routines. The mostly flat terrain provides the perfect introduction to riding in Sri Lanka before a comfortable transfer takes you inland to Dambulla, gateway to the country's Cultural Triangle.

Day 3 – Sigiriya Rock Fortress & Village Cycling

Cycling @ 30 kms

Today's ride explores the rural landscapes surrounding Sigiriya. Cycle along quiet village roads, beside ancient irrigation canals and through farmland where buffalo graze in emerald-green rice paddies. The highlight is a visit to the spectacular Sigiriya Rock Fortress, Sri Lanka's most iconic UNESCO World Heritage Site. Those wishing to climb to the summit will be rewarded with panoramic views across the surrounding plains, while learning about the remarkable history of this ancient royal citadel. After exploring Sigiriya, enjoy a ride through the surrounding countryside before returning to Dambulla.

Day 4 – Dambulla to Kandy

Cycling @ 40 kms

Ride south through rolling countryside, passing spice gardens, traditional villages and forest landscapes as you make your way towards Sri Lanka's historic hill capital. The route gradually climbs into cooler elevations before arriving in beautiful Kandy. This afternoon, discover one of the country's most important cultural treasures with a guided visit to the Temple of the Sacred Tooth Relic, one of Buddhism's most revered pilgrimage sites. Wander the lakeside streets and experience the unique atmosphere of this UNESCO-listed city surrounded by lush hills.

Day 5 – Kandy to Nuwara Eliya

Cycling @ 25 kms

Experience one of the true highlights of Sri Lanka aboard the legendary Kandy–Ella Hill Country Train. Widely regarded as one of the world's most scenic rail journeys, the train winds through mist-covered mountains, endless tea plantations, dramatic valleys and picturesque villages, offering numerous views throughout the journey. Arriving in the cool-climate town of Nuwara Eliya, enjoy an afternoon ride through colonial-era streets, tranquil parks and surrounding tea estates. Often referred to as "Little England", this charming town offers a completely different side of Sri Lanka.

Day 6 – Nuwara Eliya to Haputale

Cycling @ 50 kms

Today's ride showcases some of the most spectacular cycling in Sri Lanka. Follow winding mountain roads through vast tea plantations, eucalyptus forests and highland villages as you traverse the scenery of the central highlands. Later, visit the popular mountain town of Ella, where you'll have time to admire the famous Nine Arch Bridge, explore scenic viewpoints and wander through its streets before continuing to Haputale, perched high among the misty ridges. Dinner is included tonight.

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Day 7 – Haputale to the Yala Region

Cycling @ 50 kms

Leaving the cool highlands behind, enjoy a long scenic descent as the landscape transforms from lush mountains to the dry plains of southern Sri Lanka. Ride through rural villages, past waterfalls, temples and farmland before visiting the fascinating Buduruwagala Temple, home to impressive ancient rock-carved Buddha statues. Continue to the Udawalawe Elephant Transit Home, where orphaned elephant calves are rehabilitated before being released back into the wild, before arriving in the Yala region.

Day 8 – Yala National Park Safari & Coastal Ride to Galle

Cycling @ 20 kms

Rise early for a guided jeep safari through Yala National Park, one of Sri Lanka's premier wildlife reserves. Famous for its rich biodiversity, Yala is home to wild elephants, sloth bears, crocodiles, abundant birdlife and one of the world's highest densities of elusive leopards. After your safari, return to the coast for a final ride along quiet seaside roads lined with palm trees, fishing villages and Indian Ocean views before arriving in the preserved colonial city of Galle. Spend time exploring the cobbled streets, historic ramparts and boutique shops of the UNESCO-listed Galle Fort before gathering with your fellow travellers for dinner.

Day 9 – Galle to Colombo | Departure Day

After breakfast, transfer back to Colombo for your onward journey. The transfer departs Galle at approximately 10:00am, arriving in Colombo around midday, where your tour arrangements end.



Contact Outdoor Travel for more details and reservations:

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