

SPICE ROADS

CYCLING



NORTH SRI LANKA BY ROAD BIKE

Tour Code
LKA-SNR

5 DAYS
4 NIGHTS

	Destinations	Sri Lanka
	Tour Meets Tour Ends	Negombo Colombo hotel or airport
	Fly in to Fly out of	Bandaranaike International Airport (CMB) Bandaranaike International Airport (CMB)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



4 Cycling days	338 _{km} Total cycling distance
85 _{km} Avg distance / day	342 _m Avg climbing / day

PRICING



Price	US\$ 1,350 to US\$ 1,425
Bike Hire (Standard Road Bike)	US\$ 140
Bike Hire (Carbon Road Bike)	US\$ 200
Single Supplement	US\$ 190

WHAT'S INCLUDED

- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



11 May - 15 May 2024
20 July - 24 July 2024
07 September - 11 September 2024
12 October - 16 October 2024
02 November - 06 November 2024
23 December - 27 December 2024
04 January - 08 January 2025
01 February - 05 February 2025
08 March - 12 March 2025
10 May - 14 May 2025

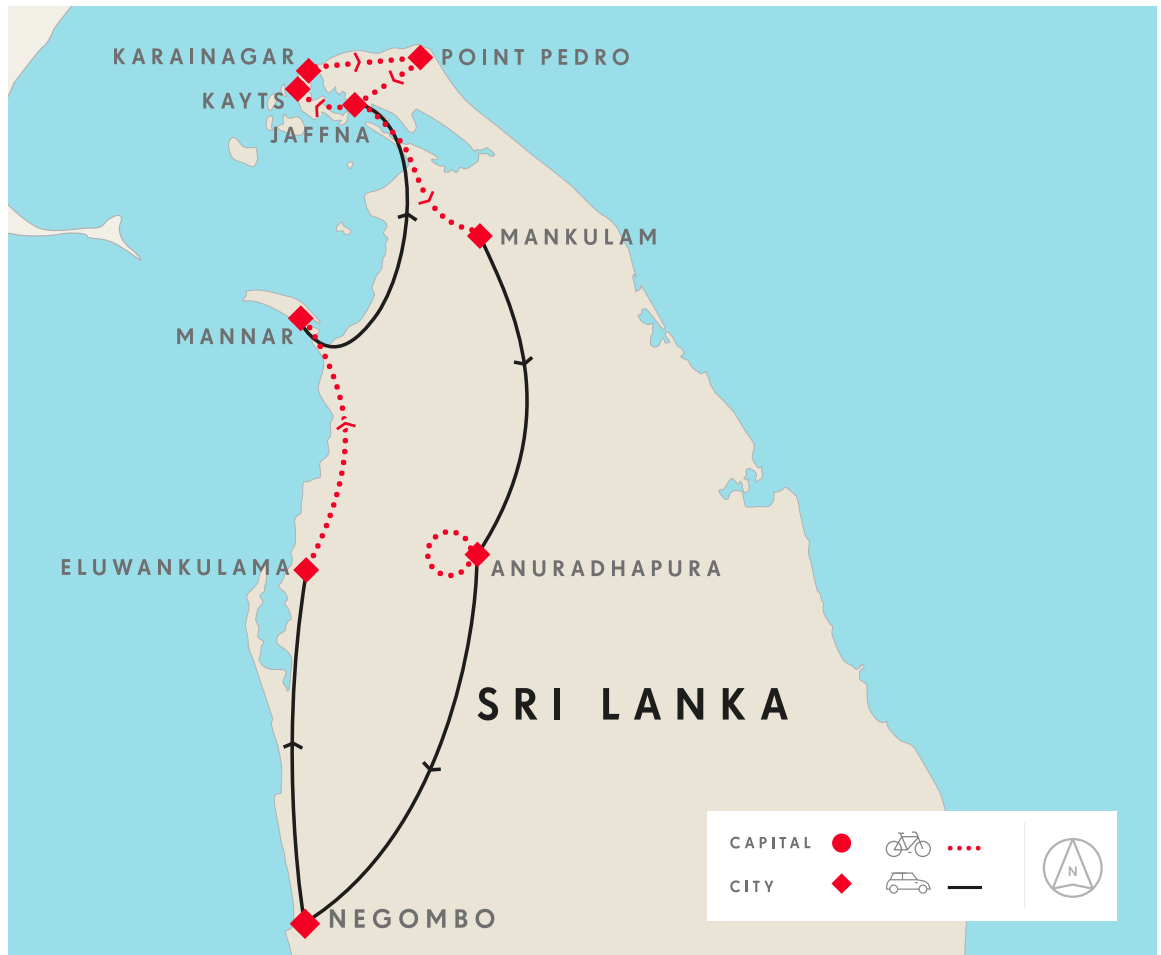
See website for later departures

TRIP PROFILE

Our bicycle journey will take you on country and city roads under good conditions. We cover 338 kilometres over 4 days of cycling with many cultural and natural attractions to enjoy along the way.

Suitability: The tour is suitable for anyone with some road biking experience and moderate level of fitness and be able to spend up to four hours a day in the saddle. But most of all you want to discover Sri Lanka's rich history and culture by bicycle.

Biking Conditions: The ride is relatively flat, but there will be some long journeys with three days of 100 kms plus of riding distance. Cycle as much or as little as you like. A support truck is always available to help.



Day 1 Arrival - Negombo

Arrive at the airport and our guide will bring you to your hotel in Negombo. We will sit down for dinner and enjoy some delicious dishes. We will have a trip briefing of our upcoming journey. Bike fitting will also be done on this day.



Suriya Resort



Dinner

Day 2 Negombo - Jaffna

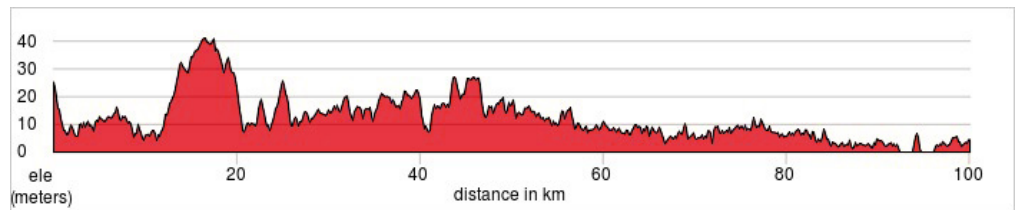
Rise early morning and have breakfast at the hotel before we take a transfer to a fish market. Here we will be able to see the day's fresh catch and what might be on offer for dinner. As we transfer to our start point you can observe quaint villages, the Dutch canal, many tile factories, coconut palm trees that line the roads, toddy tappers and salt farms. After a lively morning, we are ready to begin our cycling journey. We start our ride at Eluwankulama and follow the road along the outskirts of Wilpattu forest and small villages. You might catch a glimpse of local wildlife such as deer, monkeys, and different species of birds. We ride a total of 100 km on fairly flat roads under good condition. We then transfer by vehicle to Jaffna. We check-in our overnight hotel where you can enjoy free time at your leisure. Be sure to try some of Tamil's famous traditional dishes such as Dosa and Idli.



Fox Resort Jaffna



Breakfast, Lunch, Dinner



Ride 100km



+385m



-362m

Day 3 Jaffna - Kayts - Point Pedro Loop

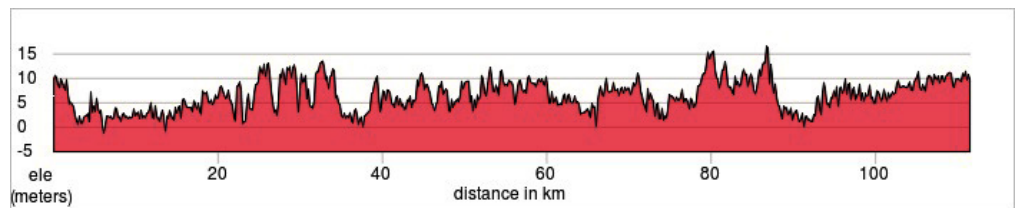
Rise early and enjoy breakfast at the hotel. Energized, we start our ride to Kayts, a small island off the coast of Jaffna. With the morning breeze in our hair and the sun in our face, we ride on a scenic causeway as migrant birds fly around us. We then transfer to Karainagar Island by ferry and have lunch at a local restaurant on Casuarina beach. Once finished, we start riding a scenic route along the coast until Point Pedro, the northernmost point of the country. We then head inland, back to our hotel in Jaffna. If there is any time in the evening, take a stroll or bike at your leisure to explore more of Jaffna. Try to visit the market, fort and battle-worn ruins, which will give you the full experience of the city.



Fox Resort Jaffna



Breakfast, Lunch, Dinner



Ride 112km



+325m



-327m

Day 4 Jaffna - Anuradhapura

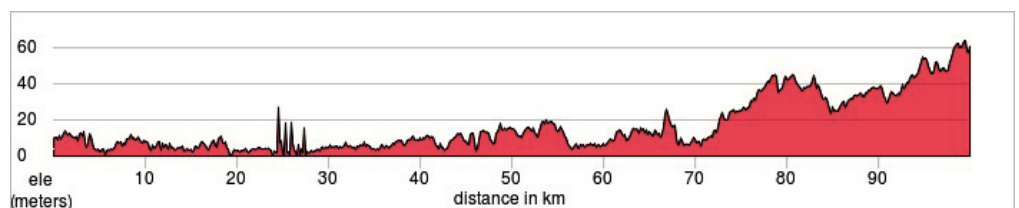
Another century ride today! After a hearty breakfast, we start our journey to Anuradhapura. The route takes us on a beautiful highway road in good condition. As we exit Jaffna, we cycle over the Indian Ocean via a causeway. The view is breathtaking and the ride is sublime. We'll pass through small villages on long and straight, flat roads surrounded by lush vegetation. It's all about distance so don't forget to enjoy the countryside views from time to time. We ride till the outskirts of Mankulam where we transfer to our overnight hotel in Anuradhapura. After checking-in and resting those legs, have a walk around town and admire the temples during sunset. Soak in the old city vibes.



Rajarata Hotel Anuradhapura



Breakfast, Lunch, Dinner



Ride 100km



+412m



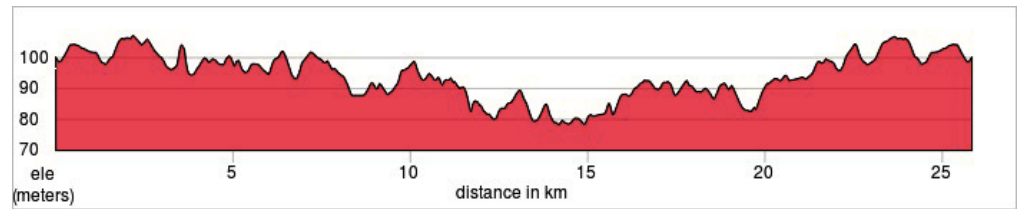
-364m

Day 5 Anuradhapura - Departure

Today is a gentle city tour ride on the streets of Anuradhapura, a sacred city that has been designated as a UNESCO World Heritage site. The majority of the attractions are archaeological sites, with the most notable ones being Abhayagiri Dagoba and Sri Maha Bodhi. After an unforgettable and spiritual ride, we stop for lunch. We will then transfer you to the airport or your hotel in Colombo for your onward travel.



Breakfast, Lunch



Ride 26km



+153m



-153m

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

The bikes are included in this tour and are well-known road bike brands.

We also have E-Bikes available for hire. but they are limited in numbers and sizing - please send an email to us to check on availability

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Travelers need a travel authorization to visit Sri Lanka for Tourism. Visa-exempt visitors entering Sri Lanka must obtain an Electronic Travel Authorization (eTA). Travelers can submit the eTA application

and make payment online [here](#). Once the application is approved, travelers receive their eTA confirmation electronically. An eTA is electronically linked to a passport and valid for up to 30 days. The application process only takes a few minutes and you should receive confirmation within 24 hours. However, do not leave it to the last minute and apply as soon as you are able to avoid any delays or hassle before departing for Sri Lanka. We suggest keeping a print out of the ETA approval as well as a digital copy on your phone.

Please ensure that your passport is valid for at least 6 months beyond the date of arrival in Sri Lanka.

Health

We recommend that you visit a travel medical doctor and ask about vaccines and /or antimalarial tablets. This is also a good opportunity to discuss important travel health issues including safe food and water, accidents, [sun exposure](#) and insect bites as the problems experienced cannot be prevented by vaccinations and other preventive measures need to be taken.

Weather

Sri Lanka has a tropical climate, with distinct dry and wet seasons. The seasons are slightly complicated by having two monsoons. From May to August the Yala monsoon brings rain to the island's southwestern half and the Maha monsoon blows from October to January, bringing rain to the North and East. There is also an inter-monsoonal period in October and November when rain can occur in many parts of the island. Average temperatures for Colombo and the low-lying coastal regions are 27°C while at the higher altitudes like Kandy (500m), the average temperature is 20°C. A gortex rain jacket and a warm jumper for the central highlands are suggested clothing.

The best months to visit Sri Lanka are from December to March for the west coast, and from April to September for historical sites and the east coast. As we are traveling the length of the country it is likely for us to experience rain, however, it will be warm and we will likely continue riding through it.

Accommodation

The hotels listed are our first choice and where we hope you will stay, however, during festivals or other major events there is a chance we will have to substitute another hotel.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature rice and curries. Sri Lankan curries come in many varieties of colors and flavors and can be meat- or fish- based dishes, but there are also vegetable and even fruit curries. Many of the spices used have ayurvedic value when used in curries. Meals are a mixture of local and western cuisines, with the local key ingredients being rice, coconut and especially spices, reflecting the island's history as a spice producer and trading center for hundreds of years. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is readily available everywhere but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10 a day for incidentals.

Money

The Sri Lankan currency is the rupee (Rs). There are several money changers in the capital as well as major tourist cities and attractions. They generally don't charge commission and their rates are

pretty good, with unlicensed money changers giving slightly better rates than officially licensed ones. However, ATMs are recommended if you are unsure and afraid of getting ripped off. ATMs have spread to all of the cities and major regional centers of Sri Lanka with Commercial Bank having the largest network of ATMs accepting international Visa, MasterCard, and Cirrus/Maestro cards. Any bank or exchange bureau will change major currencies into cash, including US dollars, euros and pounds sterling. To get the best rates, change rupees back into hard currency before you leave the country.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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