

# SPICE ROADS

## CYCLING



 **SPLENDORS OF SRI LANKA**

Tour Code  
**LKA-SS4**

**4** DAYS  
**3** NIGHTS

	Destinations	Sri Lanka
	Tour Meets Tour Ends	Goldi Sands Hotel, Negombo Colombo
	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



<b>4</b> Cycling days	<b>174</b> <sup>km</sup> Total cycling distance
<b>44</b> <sup>km</sup> Avg distance / day	<b>715</b> <sup>m</sup> Avg climbing / day

### PRICING



Price	US\$ 750
Bike Hire (Mountain Bike)	Included
Bike Hire (SCOTT E-Bike)	US\$ 120
Single Supplement	US\$ 140

### WHAT'S INCLUDED

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

### WHAT'S EXCLUDED

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

### DEPARTURES



15 February - 18 February 2019  
08 March - 11 March 2019  
19 April - 22 April 2019  
06 September - 09 September 2019  
11 October - 14 October 2019  
10 January - 13 January 2020  
14 February - 17 February 2020  
06 March - 09 March 2020  
17 April - 20 April 2020  
04 September - 07 September 2020

**See website for later departures**

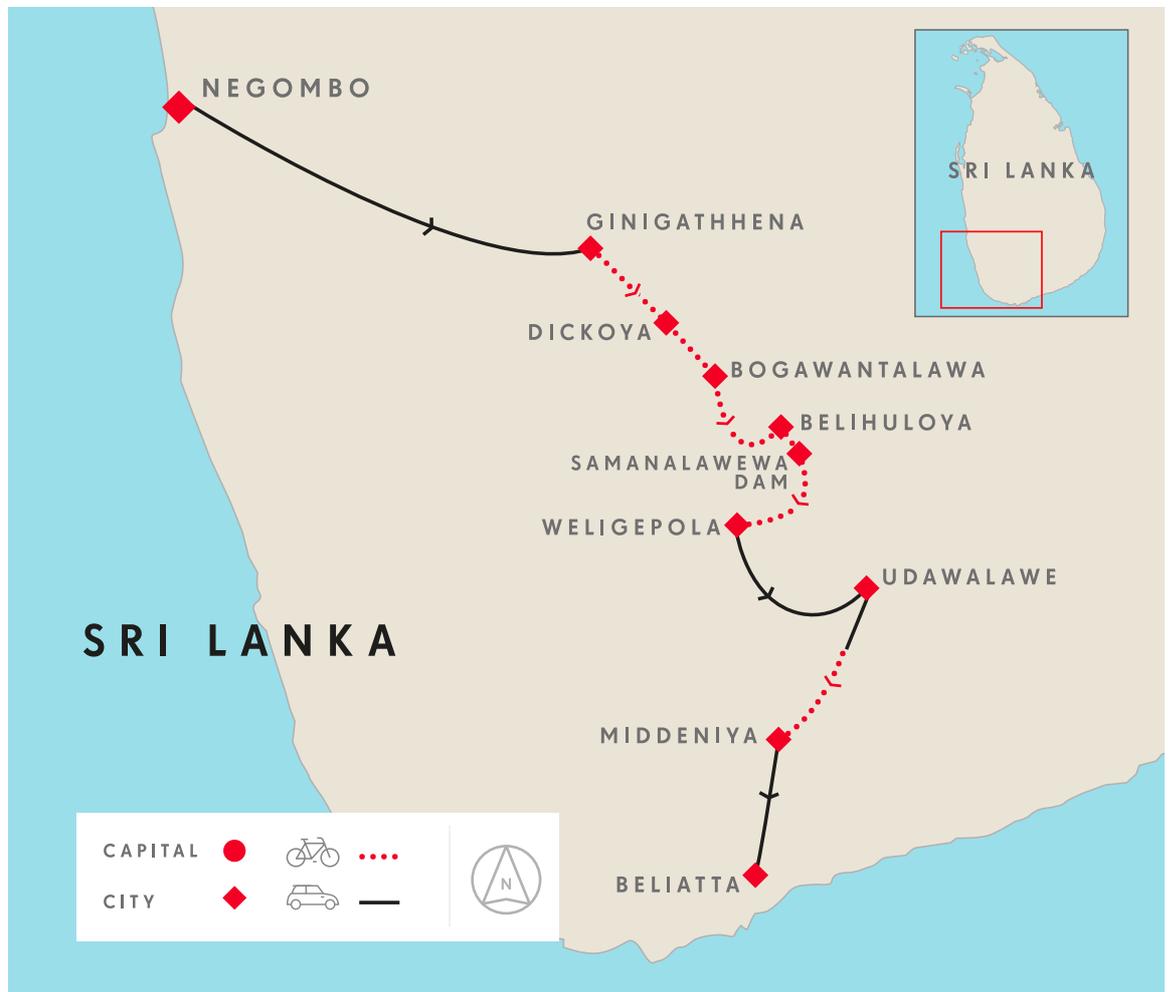
## TRIP PROFILE

Our bicycle journey will be on quiet back roads, tea estate tracks, dirt trails and gravel paths. We cover 174 kilometers in 4 cycling days on mostly undulating terrain with steep hills and sharp turns. It will be an exciting ride with many nature and wildlife attractions to delve into, allowing you to truly enjoy this side of Sri Lanka.

Featuring some of the finest terrain and scenery that Sri Lanka has to offer, you are sure to get the very best of a nature adventure from your cycling efforts.

**Suitability:** This ride is suitable for those who have some cycling experience. You should be confident of your physical condition and bike handling skills. Some climbs are challenging and there will be quite a few back roads and dirt tracks. The days will be hot and humid, so keep hydrated at all times. This is a true journey through nature with some wildlife thrown in along the way, so watch out at all times.

**Biking Conditions:** The beginning of this ride is relatively flat, but there will be hills to ride through. The road surfaces are mixed: vehicle main roads, gravel paths, dirt trails, green tea estate tracks with some steep uphill and downhill and through the forest. A moderate physical condition is required for this tour. A support jeep is always available to help.



### Day 1 Negombo - Dickoya

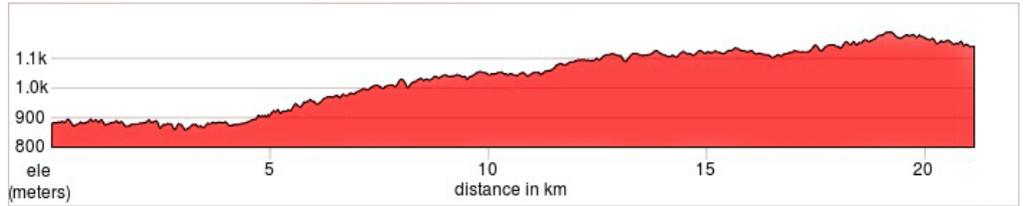
We meet at the Goldi Sands Hotel in Negombo at 8:45 am. By 9:00 am, we will transfer to the starting point of our cycling journey at the small town of Ginigathhena. From here we will ride to Dickoya, a tranquil town in the heart of tea country. The ride is just over 20 km with scenic views of lakes and lush green rolling hills. It will be slightly challenging as we steadily climb undulating roads with lots of twists and turns. We will keep on the back roads so keep an eye and camera ready to take shots of local life, animals, and scenery.



Upper Glencairn Bungalow



Lunch, Dinner



Ride 21 km



+501 m



-242m

## Day 2 Dickoya - Belihuloya

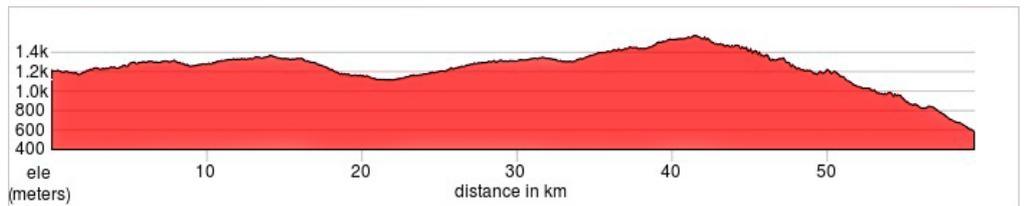
After a hearty breakfast, we start the ride from Dickoya to Belihuloya. We pass through Campion tea estate via Bogawanthalawa (also known as the Golden Valley). We will ride up steep undulating hills through a mix of lush-green tea estates, forest areas, dirt tracks and main roads with pristine rainforests surrounding us. The first 40 km is a mostly steep climb up hills but then the rest of our journey is rewarded by an exciting downhill ride to Belihuloya, a hillside town. It is an ideal destination for nature lovers as it is regarded as one of the richest bio-diversity places in Sri Lanka. You can also find various adventure activities here amongst rivers, forests, lakes, and waterfalls. We stay overnight in Belihuloya to recharge for the next day.



Belihuloya Rest House



Breakfast, Lunch, Dinner



Ride 60km



+1065m



-1690m

## Day 3 Belihuloya - Samanalewewa - Udawalawe

After breakfast, get ready for another exciting day. Today we will change the pace a little as we ride up a few steep hills for a few kilometers before descending down to Samanalewewa dam. Here we will switch our bikes for canoes, giving our legs a rest. Embraced by the breathtaking forests and green rolling mountains, you can leisurely paddle around for a few hours. Once you are ready, we hop back on our bikes and continue the journey to Udawalawe. The cycling trails lead us to discover various landscapes, villages, and small towns. Your legs will also be challenged with varying terrains and rolling hills. There is an exciting descent with a couple of switchbacks thrown in along the way. The road flattens out for a few km before a steady climb to Weligepola. After riding for a total of 43 km, we reach Weligepola where our cycling ends. With our bikes loaded up, we transfer to Udawalawe by vehicle. It's about an hour drive to our overnight hotel.



Kalu's Hideaway Hotel



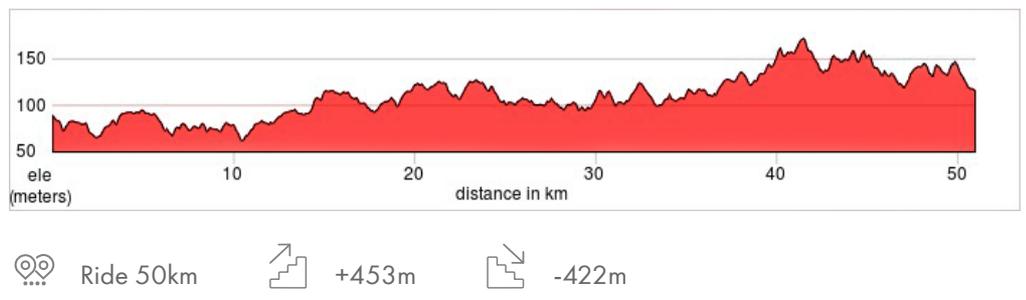
Breakfast, Lunch, Dinner



## Day 4 Udawalawe - Departure

This morning we wake up quite early as we leave the hotel at 6.00 am to visit the Udawalawe National Park by vehicle. Breakfast is prepared for you to be eaten at the park in a picnic style. The Udawalawe National Park is one of the topmost touristic attraction in Sri Lanka. Here you will find majestic animals such as the elephant, deer, buffalos, and if you are extremely lucky, you might catch a glimpse of the elusive leopard. After the safari, we will set off on our bikes from Udawalawe dam. The riding trail will take you on the back roads through beautiful paddy fields and small villages. The cycling journey will be about 50 km. At the end of our cycling, we clean up at a guesthouse in Middeniya before having a well-deserved lunch at a local restaurant. Our adventurous trip ends here with bitter-sweet goodbyes as we transfer you to the airport or your hotel in Colombo.

 Breakfast, Lunch



## NUTS & BOLTS

### Bikes

A mountain bike is included in this tour. They are well-known makes of mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, disc/v-brakes and Shimano components and front suspension.

We also have E-Bikes available for hire. They are of SCOTT brand and come in 2 models with alloy frames, 9-11 speed and Shimano disc brakes and components.

### 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

Please ensure your passport is valid for at least 6 months from the date of entry. You must obtain a US\$35 visa (US\$20 for SAARC countries and no charge for children under 12) via the [Electronic Travel Authorization \(ETA\)](#) system before entering the country. If you don't obtain a Visa Approved Reference number through ETA you can obtain a visa on arrival for US\$40.

### 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

### Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

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. 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 you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, 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). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

### Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

### Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application

advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

## Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read 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 can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for 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

## CONTACT US

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