SPICE ROADS
CYCLING



TOURING

SRI LANKA HERITAGE BY BICYCLE

Tour Code
LKA-SHB

8 DAYS
7 NIGHTS

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

ACTIVITY PROFILE

6 Cycling days	**240** km Total cycling distance
40 km Avg distance / day	**332** m Avg climbing / day

PRICING

Price	US$ 2,615
Bike Hire (Mountain Bike)	Included
Bike Hire (E-Bike)	US$ 250
Single Supplement	US$ 500

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

14 Dec - 21 Dec 2026
11 Jan - 18 Jan 2027
15 Feb - 22 Feb 2027
15 Mar - 22 Mar 2027
10 May - 17 May 2027
28 Jun - 05 Jul 2027
20 Sep - 27 Sep 2027
18 Oct - 25 Oct 2027
08 Nov - 15 Nov 2027
13 Dec - 20 Dec 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Trekking

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride a total of 240 km over 6 cycling days. This tour has been designed for the leisure cyclist, offering a blend of Sri Lanka's must-see cultural sites and venturing off the tourist track. Our rides take us along a mix of paved and gravel/dirt roads through the Sri Lankan countryside. Each day we include a vehicle transfer at the start or end of the ride, allowing us to avoid busy main roads, keep the distances manageable, and focus on the most enjoyable routes. Days 2-5 are primarily flat in the rice plains, while day 6 involves a climb into the tea-growing highlands and day 7 a descent into the spice region. The scenery constantly changes, from coastal vistas and coconut plantations to rice paddies, large reservoirs, dense jungles, small villages, bustling towns, and tea-covered mountains.

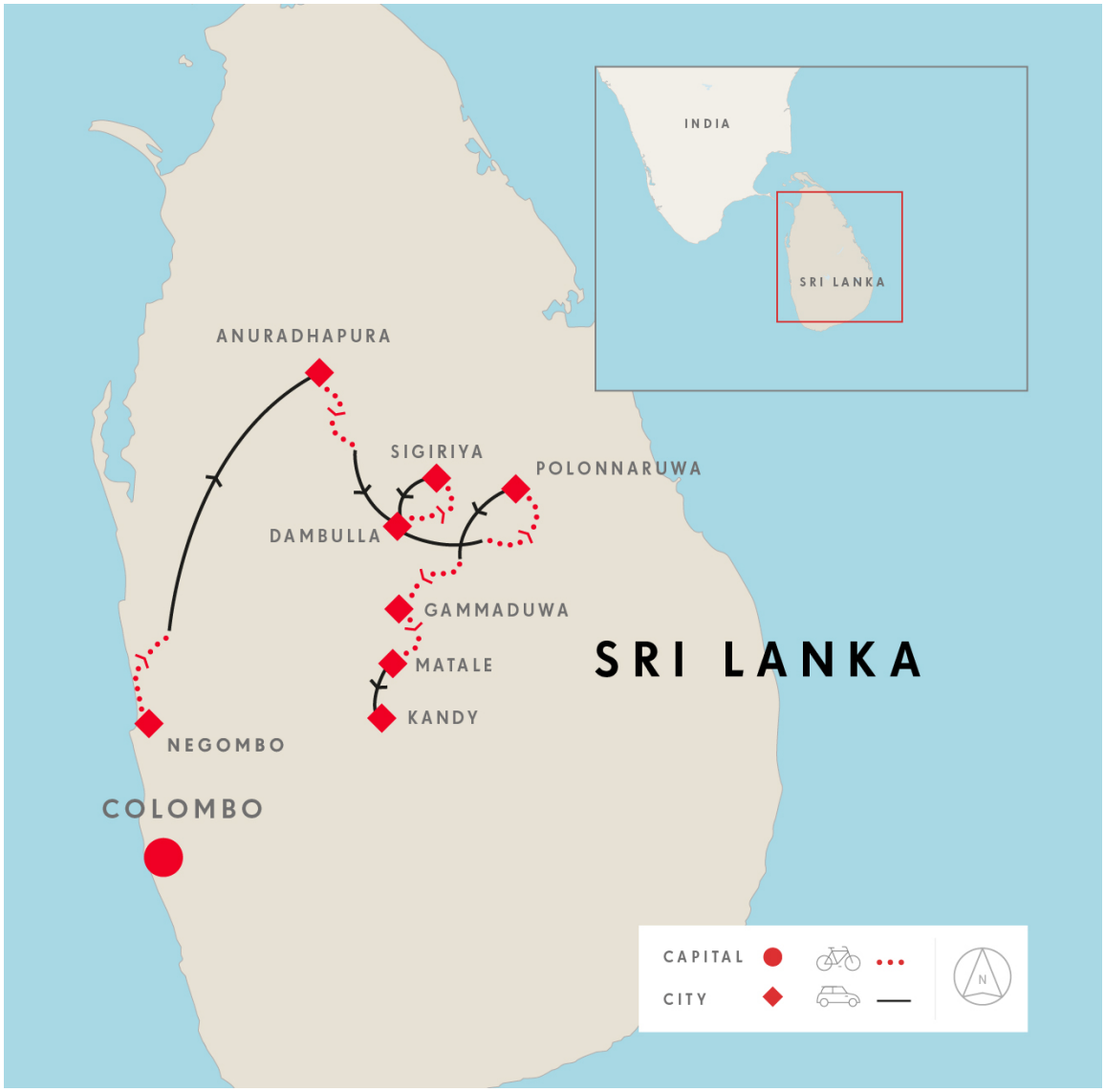
This tour includes visits to the Sacred City of Anuradhapura, Rangiri Dambulla Cave Temple, the Ancient City of Sigiriya (Lion Rock), and the Ancient City of Polonnaruwa. All are UNESCO World Heritage Sites, where local guides provide insight into their fascinating history. We also visit the Sacred City of Kandy and take in views over Knuckles Conservation Forest – two further UNESCO sites – bringing our total to 6 of Sri Lanka's 8 World Heritage Sites! We partake in a hands-on tea workshop in Gammaduwa and, for many riders, the most memorable moments on tour are encounters with Sri Lanka's incredibly welcoming locals, always eager to wave hello and cheer us on.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is a moderately difficult trip that anyone with a reasonable level of fitness will enjoy. Besides Day 6 with an elevation gain of around 850 metres and Day 7 with an elevation drop of around 650 metres,, all other rides are flat or mildly undulating. Daily distances average around 40 km, allowing ample time for immersion, sightseeing, and relaxation. We mostly ride in the mornings, with the afternoons dedicated to exploring heritage sites. Navigating gravel, sand, and cratered country roads requires some handling skills but does not involve technical maneuvering. The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. A support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions: On this tour, riders can expect around 80% of the route to be on paved surfaces, consisting of good-quality tarmac as well as broken, bumpy, and cratered roads. The remaining 20% is made up of vehicle-width gravel and dirt roads. While much of the route is on quiet countryside roads with minimal traffic, we will regularly share the road with cars, motorbikes, buses, tuk-tuks, and, of course, cows! There are a few unavoidable sections along busier main roads, particularly when entering and exiting cities or near popular attractions. Rain is not uncommon in Sri Lanka throughout the year. We generally ride rain or shine, but depending on the guide's discretion or your comfort level, modifications to the planned route can be made. It's all part of the adventure!

Hotels: Accommodations on this tour are predominantly character-filled, well-regarded hotels at the 3 to 4 star level. For most nights, expect clean, spacious rooms with air-conditioning, professional service from English-speaking staff, and swimming pools. On day 6 we stay in a boutique highland bungalow – while there is no AC or swimming pool, it makes up for it in charm, cool mountain air, and great views. Our chosen hotels also feature hygienic restaurants offering a mix of Sri Lankan and Western options. Please be aware that some older properties, while charming, may show signs of wear and tear, and the service pace in Sri Lanka can generally be more relaxed than you might be accustomed to. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.



Day 1: Meet in Negombo

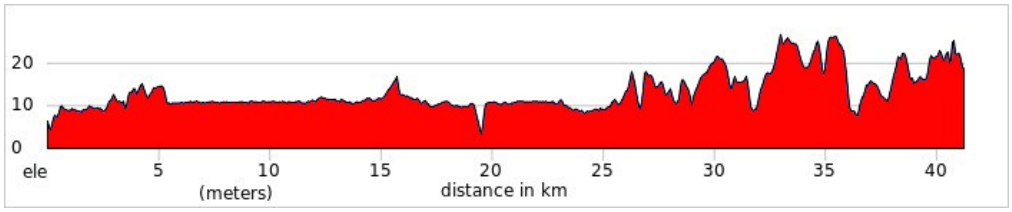
Welcome to Sri Lanka! In the afternoon, we meet at our tour hotel in the coastal region of Negombo for a bike fitting, trip briefing, and welcome dinner. Located closer to Sri Lanka's international airport than the capital, Colombo, and known for its relaxed seaside atmosphere, Negombo is the ideal starting point for our cycling adventure. Please let us know if you require assistance with airport transfers and pre-tour hotel bookings.

Suriya Resort Dinner

Day 2: Negombo - Anuradhapura

Starting directly from the hotel, we hit the ground running (well, cycling!) with an inaugural ride through the coastal plains of western Sri Lanka. After a brief stretch on the main road, we manoeuvre onto the coast-hugging 'beach road,' following it for 20 km, passing fishing communities and towering palm trees. Catholic churches dot the region, a legacy of Portuguese influence dating back to the 17th century. The second part of the ride takes us inland, weaving along quiet back roads through a labyrinth of lush coconut plantations. We saddle off after around 41 km, where, appropriately, a refreshing reward of king coconuts awaits! From here, we hop in the support vehicle for a 3.5 hour transfer to Anuradhapura, stopping for lunch along the way. In the early evening we embark on a locally guided tour of the UNESCO World Heritage-listed Sacred City of Anuradhapura, housing the remains of Buddhist temples dating back to Sri Lanka's first Sinhalese Kingdom (4th century BC - 11th century AD). Highlights of our visit include the holy Bodhi tree - said to be grown from a sapling of the same tree under which the Buddha attained enlightenment – and Maha Thupa, a mesmerisingly colossal, white-washed stupa.

Rajarata Hotel Breakfast, Lunch, Dinner

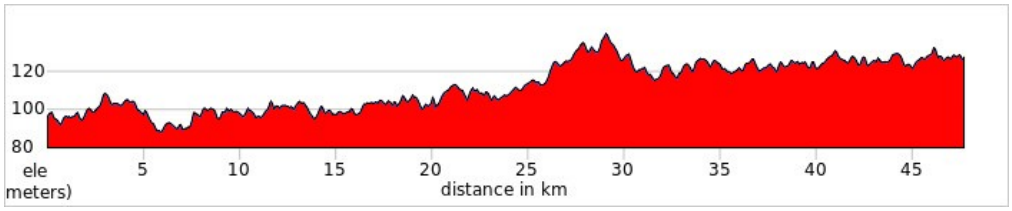


Ride 41km +164m -151m

Day 3: Anuradhapura - Ipalogama - Dambulla

Leaving Anuradhapura, we quickly find ourselves immersed in the gentle rhythm of the countryside, gliding past canals, rice paddies, villages, and scenic reservoirs. Locally known as tanks, these artificial lakes are impressive engineering feats, many dating back thousands of years and still providing vital irrigation for the surrounding farmlands, showcasing the ingenious ancient hydraulic civilization of Sri Lanka. Our nearly 50 km morning ride is predominantly flat, allowing us to enjoy a leisurely pace as we soak in the scenery and navigate a mix of paved back roads and red-dirt farmer paths. We end the ride near the town of Ipalogama and transfer around one-hour to the UNESCO World Heritage-listed Dambulla Cave Temple, home to a resplendent collection of centuries-old Buddhist statues and wall paintings. Led by a local guide, we'll delve into the history of the five caves before a short transfer to a rural resort, our base for the next two nights.

Sigiriana Resort by Thilanka Breakfast, Lunch, Dinner

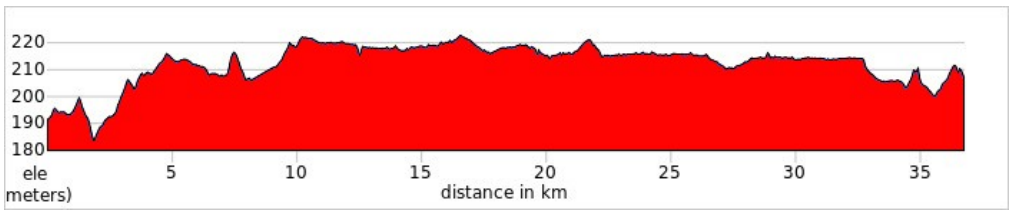


Ride 48km +274m -244m

Day 4: Sigiriya Lion Rock Ride

Today's ride brings us to the doorstep of one of Sri Lanka's most treasured cultural attractions: Sigiriya, or Lion Rock. From our resort in Dambulla, we cycle around 37 km along a mix of paved and unpaved dirt roads, passing through small villages, rice fields, fruit orchards, vegetable gardens, and elephant grass. Jungle-clad, low-rising mountains loom in the background. Much of the route runs alongside a winding irrigation canal, ultimately bringing us to the base of Sigiriya — a giant granite massif rising dramatically from the plains. After a home-cooked Sri Lankan lunch served in a traditional wooden house, we set off on foot to explore Sigiriya, where a local guide leads us through the UNESCO World Heritage-listed remnants of a 5th-century fortress and pleasure palace carved into the rock. Reaching the top requires tackling a steep ascent, but the reward is unparalleled views and the remains of an ancient sky palace. After descending we transfer around 45 minutes back to our hotel in Dambulla where we spend a second night.

Sigiriana Resort by Thilanka Breakfast, Lunch, Dinner

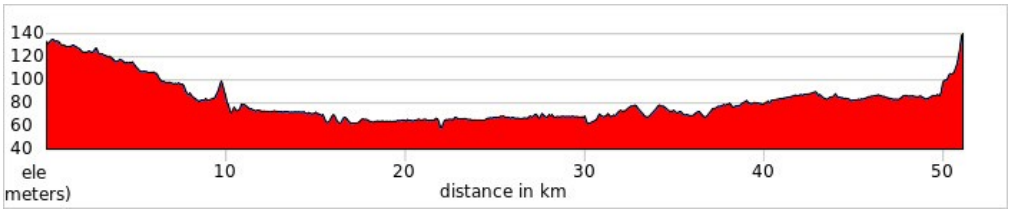


Ride 37km +141m -125m

Day 5: Dambulla - Polonnaruwa - Giritale Tank

We begin the day with a one-hour transfer from Dambulla to our cycling start point near the Elahera Canal. Rather than sticking to the canal road, however, we veer off onto back roads for around 18 km, taking us through rice paddies, villages, and tropical foliage to reach the Sea of Parakrama, a vast ancient reservoir. For almost 15 km, we follow its scenic shorelines all the way to our lunch spot near the equally ancient city of Polonnaruwa where, after indulging in some tasty local cuisine, we enjoy a guided afternoon tour of this UNESCO World Heritage Site. By foot and vehicle, we explore the ruins of palaces, temples, and monuments built over a millennium ago by illustrious Sinhalese kings. Following the visit, we hop back on our bikes for a 20 km afternoon ride on rural gravel roads, culminating in a short climb to our accommodation overlooking the scenic Giritale Tank. Alternatively, if you've had enough action for the day, you can transfer around 30 minutes to the hotel.

Giritale Hotel Breakfast, Lunch, Dinner

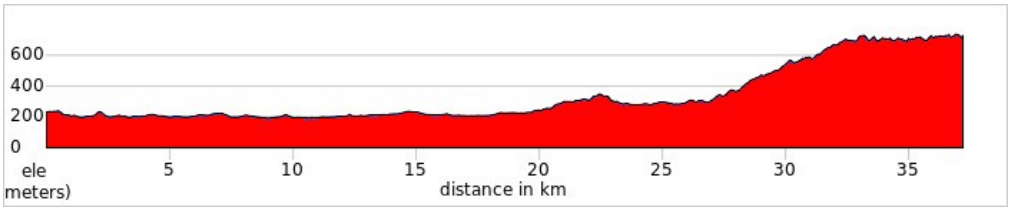


Ride 51km +252m -245m

Day 6: Giritale Tank - Gammaduwa

It is time to head for the hills! Departing from Giritale, we transfer around 1-hour south to a viewpoint overlooking a reservoir sitting in the foothills of the central highlands. From here, our ride begins on a quiet provincial road before winding along rural lanes through rice fields framed by rugged mountains. After crossing the Ambana River, the terrain becomes increasingly steeper, culminating in the leg-testing ascent into the foothills of the Knuckles Mountain Range. Working our way up to 700 metres above sea level, we witness a transition from the tropical lowlands to the temperate highlands, coiling our way up a narrow road for around 7 km with 5-6% average gradients, though a few sections that creep into the double digits. The last few kilometres are a true delight as we cycle past tea fields and pine forests blanketing the slopes. Our ride ends at a boutique highland bungalow where, in the afternoon, we join a hands-on demonstration on the tea making process from leaf to cup, gaining an insight into the rich heritage of Ceylon tea production which has profoundly shaped the Sri Lankan economy for well over a century.

Boutique Bungalow (No AC) Breakfast, Lunch, Dinner



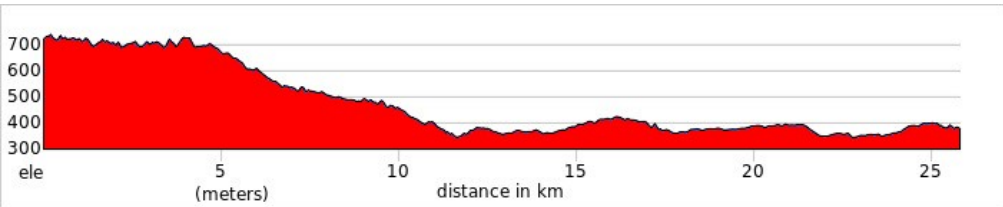
Ride 37km +861m -369m

Day 7: Mountaintop Hike - Ride to Matale - Kandy

This morning we skip breakfast at the hotel, opting instead to head out at the crack of dawn and enjoy our meal on a mountain summit. A jeep will drop us off at a trailhead from where we hike a few kilometres to the Karagahatenna viewpoint. The mild hike takes us through lush cloud forests and the occasional patch of non-native pine trees. Once we reach the top, we unpack our breakfasts and tuck in accompanied by a panorama of the mist-shrouded peaks and valleys of the Knuckles Mountain Range, a vast, UNESCO World Heritage recognized, biodiversity hotspot. After returning to the hotel, we hop back on our bikes for our final ride to Matale. The first 12 km are primarily downhill as we head back to lower ground where we ride through Sri Lanka's spice-growing region on mildly undulating provincial roads, known for its abundant cinnamon, cardamom, cloves, and pepper. Upon reaching the highway into Matale, we

conclude our ride and transfer by support vehicle for a one-hour journey to Kandy – Sri Lanka's second-largest city, its spiritual heart, and the gateway to the tea-growing highlands — where we settle in for the final night.

Thilanka Hotel Kandy Breakfast, Lunch, Dinner



Ride 26km +299m -647m

Day 8: Temple of the Sacred Tooth Relic - Kandy Departure

Before saying goodbye, we'll pack in one more essential Sri Lankan heritage experience: a visit to the Temple of the Tooth Relic, a UNESCO World Heritage and important pilgrimage site for Buddhists, housing the revered relic of the Buddha's tooth. Several times a day, the temple's guardians lead a sensory ritual involving drums, conch shells, and chanting accompanied by offerings of flowers and incense, creating an atmosphere of profound reverence and devotion. We'll also visit the nearby royal palace grounds, where the kings of Kandy once ruled for centuries before the British takeover in the early 19th century. We head back to the hotel in time for check-out and a heartfelt farewell. Based out of Kandy, you can head to the famous Nuwara Eliya tea country by train (make sure to book ahead) before visiting one of Sri Lanka's wildlife-rich national parks (such as Yala or Udawalawe) and relaxing on the white-sand beaches of the south (such as Mirissa). If you need to fly out, then Bandaranaike International airport is a 3-hour drive from Kandy. Please let us know if you need assistance with post-tour hotel bookings or airport transfers.

Breakfast

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

On this tour the bikes are included in the tour cost - we provide high-quality mountain bikes fitted with narrower tires for optimal performance on both paved and unpaved roads. E-bikes are also available for hire at additional cost.

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

To enter Sri Lanka, you need to obtain an Electronic Travel Authorization (ETA). Please visit the official ETA website here. Submit your application, pay the processing fee (typically $55 USD for most countries), and receive your ETA via email. The ETA allows a stay of up to 30 days in Sri Lanka. Upon arrival at the airport, present your passport to the immigration officer to receive the necessary clearance. It is advisable to carry a copy of your ETA approval notice. You must also present a passport valid for at least six months from the date of arrival, along with a confirmed return ticket.

Keep in mind that the ETA is valid for six months from the date of issue, so plan accordingly to avoid it expiring before your trip. The processing time usually takes 1-3 working days, but it can sometimes take longer, so it's best to apply at least a week in advance to be safe.

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. Breakfasts and dinners are served at the hotels, mostly buffet style, and include a mix of Sri Lankan and international fare. Make sure to try hoppers – a beloved Sri Lankan breakfast dish! Lunches are enjoyed at vetted restaurants or pop-up kitchens at local homes along our cycling route. These meals consist of a mix of aromatic curries loaded with veggies (and sometimes chicken or fish), sambals (pastes for dipping made from chili, coconut, and much more), daal (lentil soup), and plenty of regional variety. These are served along with a mound of rice and eaten family style, with each person helping themselves from the communal spread. Vegetarians and vegans will have no issues adapting to Sri Lankan cuisine, and most dietary requirements can also be catered for. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. 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. If you are used to fueling your rides with electrolyte packets or gels, please bring them as they are not included in our provisions. Beers and other alcoholic drinks are available at most hotels and some local distributors and are not included in the price. During religious holidays, alcohol sales are banned.

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.

CONTACT US

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

twitter.com/spiceroads
youtube.com/user/spiceroads
instagram.com/spiceroads
facebook.com/SpiceRoad