



**Sri Lanka- Exploring Sri Lanka by Bike Tour (2025-2026)**

**Group Guided  
8 Days / 7 Nights**



Take a 8-day guided adventure in paradise. Not only does this trip to Sri Lanka include some of the most beautiful bike touring in South Asia, but it also includes great hikes through national parks, a jeep safari with the chance to see leopards, luxurious lodgings, mouthwatering food and a cultural experience like no other.

Sri Lanka, a small island with a big heart, is well known for its highland tea plantations that we will spend some days riding through. We also take in the city of Kandy with its sacred Buddha tooth relic and pleasant climate. Pedal by Yala National Park where we often see animal and birdlife and spend some time on the southern coast with its crashing surf, relaxed pace of life and historic Portuguese forts.

This is the perfect bike tour to see some of the best of Sri Lanka in just over a week. You'll get a taste of the highlights & hidden treasures and be blown away by the diversity this small island nation boasts.

**OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9**

**[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350**

**TICO Ontario Registration No: 50022848**

## **Itinerary Day by Day**

### **DAY 1 KANDY - TAKE A TRAIN RIDE, THEN A BIKE RIDE Riding: 24km Meal: LD**

We start today with an early pickup from your Colombo Hotel before we drive to a small village station to board the train that takes us up into the hills towards Kandy. The scenic journey takes 3-4 hours before we arrive around lunchtime, to meet our support team and our bikes. To warm up our legs, we'll cycle from the train station into the center of town, pedaling down small roads to escape the traffic. Our ride takes us along a river and its local villages. In the evening, there is time to visit the Temple of the Tooth, where the sacred Buddha tooth relic is placed with supporting stories illustrated in a prayer hall. Tonight we'll enjoy our first dinner together in Kandy.

#### **Special Information:**

Today's adventure kicks off with a scenic 3-hour train ride to Peradeniya Station, just before reaching Kandy. After grabbing a coffee, you'll take a short 30-minute transfer to a lovely lunch spot.

Refueled and ready, you'll hop on your bike and start a 23.4km (14.5mi) ride from the train station into the heart of town. With a manageable 392 meters of elevation gain on paved paths, this ride is a great way to warm up and get into the swing of your cycling journey.



### **DAY 2 RIDE & TRAIN TO NUWARA ELIYA, COLONIAL-ERA HILL STATION Riding: 26.5 Meal: BLD**

Today we pedal back roads and find ourselves climbing soon after leaving Kandy. As we go, the population thins out and the tea creeps in. As we weave our way through tea plantations, keep an eye open for roadside shops selling delicacies such as fresh dates and dried corn crackers. We then enjoy some descents today and a wide variety of

road surfaces, always with minimal traffic.

We finish our ride down at the Gampola railway station where we board the train for the higher elevations. The train ride is stunning, and the carriage is quite comfortable. We alight at Nana Oya and then travel by car the short distance to Nuwara Eliya. You will need your warm clothes up here, but the hotel does have an open fireplace and a great meal for dinner.

Note that the short ride group today will be able to linger over breakfast a little longer, before taking a short van transfer to their start point at the top of the climb. From there on, the two groups will follow the same route.

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**Special Information:**

The day starts with a 1-hour transfer to the cycling starting point. From there, enjoy a morning ride to Gampola Railway Station, covering 26.3km (16.3mi) with a 497m elevation gain on paved paths. After the ride, board the train and then a van for a scenic 3.5-hour transfer to Nuwara Eliya, where you'll unwind and take in the stunning views.

**DAY 3: EXPLORE THE HIGHLAND TEA PLANTATIONS - NUWARA ELIYA Riding: 43 km Meal: BLD**

Today we take a loop ride that takes us first on a fun descent, then on a sustained, but not terribly long climb up through tea plantations. We will likely see colorfully dressed ladies with baskets on their heads, picking the tender leaves from the tea trees.

We reach a ridgeline and ride through Ambewela, an area known for its dairy farms. We stop at a strawberry farm and if time permits, a dairy. We will stop for a cup of tea in quaint Ambewela and then ride the ridge back to Nuwara Eliya through a lovely, lush green landscape.

In the afternoon, we venture out to a tea factory, set on a plantation where we can see the process that transpires after the pickers turn in their baskets full of tender leaves. We'll learn a little about the history of tea in Sri Lanka and of course, have an opportunity to sample the product. We'll return to Nuwara Eliya for another evening at our comfortable hotel.

**Special Information:**

Today's adventure includes a loop ride through picturesque tea plantations, covering 43km (26.7mi) with a total elevation gain of 933m. We'll visit a strawberry farm, and if time allows, a dairy farm for some local treats and a refreshing cup of tea at a charming spot in Ambewela.

With our support vehicle always on standby, you can push your limits comfortably. After cycling and exploring, a 30-minute van transfer will take you to your hotel for a relaxing evening.

**DAY 4: HIKE TO WORLD'S END LOOKOUT, BIKE TO HAPUTALE 41 km**

A very early start is needed today for the transfer by vehicle up to Horton Plains National Park, and we'll enjoy some light snacks to get us started. From there, we will walk through grassy highlands to World's End Lookout where we take in astonishing views over the valley from the clifftop. Keep your eyes peeled while you walk, as we should hopefully glimpse some deer and monkeys along the way.

A local breakfast of roti and sambal is had back at the hike start/finish point and once we have warmed ourselves with a cup of tea, we can commence a truly thrilling bike ride, descending from 2100m above sea level to about 930m. That is not to say the whole ride is a descent, there is some up and down to keep the legs moving and overall it is a beautiful route that starts in cloud forest and montane grassland, descends through Eucalypts and cedar, and ends up back down in tea plantation country. The scenery is

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stunning and by the time you roll into another comfortable hotel, you have probably earned yourself a restful afternoon.

**Special Information:**

Today's journey starts with a 1-hour transfer to Horton Plains National Park, where you'll embark on a 9km (5.6mi) loop hike to the stunning World's End Lookout. After soaking in the breathtaking views, you'll cycle 40.7 km (25.3mi) to Haputale, with an elevation gain of 742m on paved paths.

Enjoy frequent stops for lunch, exotic fruit snacks, coffee, and tea, and with the support vehicle always available, you can confidently push your limits.

**DAY 5: TRANSFER, BIKE & TRANSFER TO YALA NATIONAL PARK 35-50 km**

We will take a drive through the beautifully scenic landscape. After easing our way into the day with those nice views, we arrive at a little town called Ella where we take to our bikes. From here we'll cycle out along a ridge, with deep valleys on either side and tea plantation workers often out in the fields picking tea or tending to the plants. The first 15km has us climbing to a point where the short ride group will join. Then it is an enjoyable and continual downhill coast to the flatlands. When we run out of gravity-assisted riding, we'll stop for lunch in a small village and immediately you can feel the shift between regions.

People on the flatlands and plains move a little more slowly and with good reason, it's pretty warm down here. We are now in the southeast corner of Sri Lanka, and after loading into the van we will drive between two National Parks, the famous Yala on one side and the lesser-known Lunugamvehera on the other. We often encounter Elephants along this road who levy a toll on us, paid in bananas.

We reach the coast and our stunningly located beachside resort around the mid-afternoon, so there is time to rest a little and then enjoy a walk on the beach and a sundowner before dinner.

**Special Information:**

Today begins with a 2h45m vehicle transfer to the cycling starting point. After a visit to Ella Tower for coffee and a brief walk, you'll start your bike ride to Buttala. You'll cover around 35-50km (21.7-31mi) with a 476m elevation gain on mostly paved paths.

After a well-deserved lunch, enjoy a 2-hour van transfer to your hotel for a well-earned rest.





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**DAY 6 SAFARI OF YALA NATIONAL PARK SEEKING  
LEOPARDS & ELEPHANTS Meal: BLD**

Today is safari day. We will take our local specialists' recommendations on whether it should be a morning or afternoon one. That advice will depend on seasonal animal movements and the weather patterns of the day. Either way, the safari will last around 2.5 to 3 hours and there is usually a good chance to see a range of animals. Of course, the Leopard is the star of the show and we do often see

them. It helps that our Naturalist knows the park better than most, so he will guide our driver to avoid other jeeps and will preference sitting in wait rather than driving around constantly trying to find animals.

Aside from the safari, the day (morning or afternoon) is yours to rest, relax and take stock of the adventure so far. The hotel has fantastic facilities including a 75m swimming pool, and the beach is patrolled by the hotel's lifeguards who are trained in Australia. Your three meals will also be served at the hotel today with plenty of flexibility.

**DAY 7: RIDE TO THE BEACH 46km**

For our final riding day of the tour, we will first drive inland a little to get clear of busier coastal traffic, then take to the bikes for a meandering ride through lowland farming communities of the Southern Province. Here you'll encounter bunches of golden-colored coconuts sitting under thatched shelters, and various small stalls selling daily essentials. The coconuts are fantastic for drinking and the vendors are always eager for a chat.

We will weave our way through today's route, stopping for said coconuts, snacks, and other refreshments along the way. Our ride concludes at Wijaya Beach, a lovely spot overlooking the beach, with good pizza for dinner time. This is an excellent place to enjoy a cold drink with your feet in the ocean, and we plan to do just that.

A short vehicle transfer will deliver us to our hotel in Galle, Sri Lanka's second-largest city. It is a historical location which we will explore in more depth with our guide tomorrow, and also a location made famous by a game very popular in Sri Lanka, Cricket.

**Special Information:**

Begin your morning ride from the hotel, covering 45.9km (28.5mi) with a 252m elevation gain on mostly paved paths. Since this is your final cycling day, feel free to push your limits and make the most of it!

After your cycling adventure, a 1-hour transfer will take you to a delightful lunch stop. Then, relax and enjoy the scenery during a 2-hour van transfer to your hotel in Galle.

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#### **DAY 8 GUIDED WALK OF GALLE FORT - CONCLUSION OF TOUR Meal: BL**

The story of Galle Fort is fascinating and dates back even further than the 16th century when the Portuguese built the first ramparts. The Dutch arrived later and heavily fortified the settlement and then eventually along came the British. Through these many changes of rulers, the ethnic makeup of the city was born through its significant role as a trading port. Today the families who live in the fort have in most cases, lived there for many generations. This is a story that deserves two hours and we will tell it as we walk through the atmospheric streets and along the ramparts with the ocean crashing against the rocks below.

After our delightful lunch within the fort, our tour gracefully draws to a close. The support vehicle will be awaiting your departure, ready to whisk you away to Colombo City. However, if you're tempted to linger amidst the stunning beaches of Hikkaduwa, Unawatuna, or Bentota, fret not. We've got you covered with transport arranged for your convenience. Please note, our transport service extends to these specific areas only. If you have alternative drop-off preferences or wish to book a departure transfer, our dedicated customer service team is just a call away, eager to assist with your travel arrangements.

#### **Special Information:**

On your final day, enjoy a morning walk through Galle Fort for about an hour, followed by a 30-minute stroll to your last lunch stop before a van transfer to Colombo.



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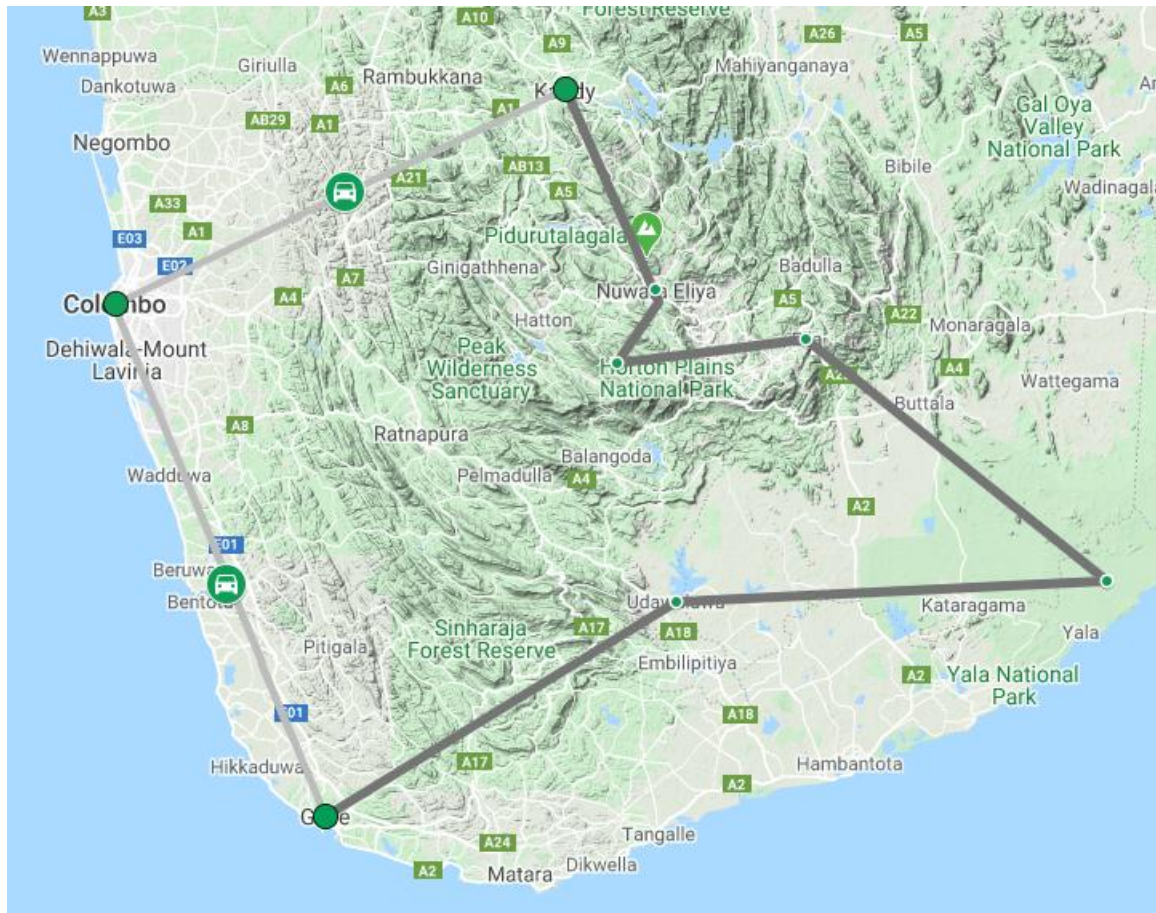
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### Route:



**216-271 Km riding.** On this tour, most days will provide you with a choice between a short ride and a long ride. The short option doesn't mean you'll be stuck in a van following the riders, it means that we have carefully coordinated everything so that you will arrive at a start point in a car, ready to ride with the long ride group as they come through. Both groups will have a guide with them and you will have a GPS for navigation.

The terrain is a mix of sealed and unsealed roads on secondary roads and quiet country lanes. There are a few sustained climbs (although not too steep) at times and some thrilling descents. There is always a support vehicle on hand to give you a lift if you need a break from the riding.

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**Dates and Prices:** per person double occupancy in US dollars

Date	Price	optional single room
2025		
Mar 16	\$2690	\$960
July 4	\$2799	\$960
Aug 15	\$2799	\$960
Sept 27	\$2799	\$960
Nov 4	\$2799	\$960
Dec 20	\$2799	\$960
2026		
Feb 13	\$2799	\$960
Mar 20	\$2799	\$960

*Dates and prices subject to change and must be confirmed with the operator*

**Included:**

7 Nights Accommodation - Sri Lanka offers a great variety in choice of accommodation, and we make full use of this. From a grand old colonial property in Nuwara Eliya, to an eco-lodge in the rainforest, and a modern hotel in Kandy, we have all options covered.

An experienced English speaking, local leader will host you on this trip who is well spoken, very knowledgeable and charming. We use local guides who have a passion for their country and are always well informed on topics ranging from history, politics, cuisine and importantly local customs and cultures. Our leaders will take pride in introducing you to every aspect of their country while keeping you safe and comfortable at all times.

Your leader will be supported by an assistant guide/mechanic who is tasked with keeping the bikes in tip-top shape and often will lead the riding while the leader will ride among the group.

Sri Lankan food is centered around curries and has an emphasis on vegetables. This is not to say that there is no variety though. Given Sri Lanka's International integration over the centuries, there is a good variety of food available. While lunches tend to be quite similar due to the remote areas traversed, the evening meals often provide for a great deal of choice. As we near the coast, some amazing fresh seafood and fish become available and some of the properties in which we stay, pride themselves in their meal offerings.

We are experienced in catering for all dietary requirements and invite you to discuss this with us in advance if you are concerned in any way.

Included meals are listed in the day by day itinerary, and drinking water is always included with meals. Any soft or alcoholic drinks are not included and will be at your own expense.

An air-conditioned backup support vehicle is always available for tired riders and to carry your luggage.

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A beautiful souvenir cycling jersey is yours to wear and take home. We also provide a drink bottle as an extra memento.

This tour is guaranteed for a minimum of just 4 travelers. And we limit the group size to only 14 travelers so that you get all the attention you want in an intimate group.

On this tour we provide Wahoo ELEMNT bike computers for additional navigational support. These are the latest in user-friendly navigation tech from Wahoo Fitness. With Wahoo devices you will be able to track your progress and monitor your route. Beyond their basic setup, the geek-cyclists will find Wahoo ELEMNTs to be excellent data mining devices allowing to measure almost any aspect of the ride.

Mountain bike rental

**Not Included:**

There is no surcharge for single travelers - we will match you with another same-sex single traveler. If you want a single room there is an optional upgrade of \$960 USD

Any soft or alcoholic drinks are not included and will be at your own expense.

Optional Tips



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## **Bikes**

### **Included Mountain Bike**



Quality, well-maintained Cannondale CX3 mountain bikes in a full range of sizes are included in your tour, fitted with full hydraulic brakes, hybrid tyres for touring. Removable handlebar bags for your personal possessions and comfortable saddles are also provided, with a women's specific version available.

*Assisting people in realizing their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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