



MACMILLAN CANCER SUPPORT SRI LANKA CYCLE

SRI LANKA • CYCLE • YELLOW 3

ABOUT THE CHALLENGE

Sri Lanka, formerly Ceylon, is an island renowned for its natural beauty, fascinating culture and beautiful beaches. Our challenge traverses the central highlands from west coast to south, combining some of its country's many highlights and an authentic insight into its rural life with diverse, hilly cycling.

From tropical lowlands, we ride through forested valleys and small villages into the tea estates and cloud-forest of the central highlands, where temperatures are cooler and our efforts are rewarded with lush, stunning scenery. The back-roads are strikingly beautiful and, as we descend to the southern plains, the area is rich with wildlife; elephant sightings are possible!

This spectacular, adventurous and demanding route promises a huge sense of achievement and the beautiful beaches of the south coast are a just reward!

MACMILLAN SRI LANKA CYCLE • 10 DAYS

Day 1: Depart London for Negombo

Day 2: Arrive Negombo

On arrival we transfer to our hotel and have time to freshen up and prepare our bikes for the start of our exciting cycle. Depending on flight schedules, there may be time to relax and enjoy the beach before dinner and a detailed trip briefing; we then get ready for a good night's sleep before the start of our challenge! Night hotel.

Day 3: Negombo – Algama – Kandy

After a good breakfast, we set off! This morning gives us a wonderful warm-up ride, getting us used to our surroundings and the heat as we pedal through lowland villages on fairly flat roads to the village of Algama. After lunch and an opportune waterfall stop, we transfer to the historic city of Kandy, our destination for the night. An ancient capital, Kandy is a beautiful city and home to the golden-roofed Temple of the Tooth, one of the holiest Buddhist sites in the world. This evening we can walk to the sacred temple, where we enjoy time exploring. Night hotel.

Cycle approx. 52km; Drive approx 2.5 hours

Day 4: Kandy – Nuwara Eliya

Leaving the legends of Kandy behind, we take a short drive (15 mins) out of the city to avoid the traffic, then head for Tea Country! Once on our bikes we ride the undulating roads that pass through this hill country; there are some long, tough climbs today too. The vegetation changes as we climb into this region, known for its cool, crisp climate, and we see tea plantation shrubs laid out in neat rows among the green forests and valleys surrounding us. This region was an appealing summer retreat to the British living here in the 19th Century. A stiff but stunning climb takes us towards the small town of Walapane, where we can relax before loading up in the vehicles. We then transfer to Nuwara Eliya, with a brief visit to a tea factory en-route, where tea-tasting might revive us! Nuwara Eliya is set in a wooded basin below Sri Lanka's highest mountain peak; known as 'Little England' with its English-style lawns and colonial buildings, the town is a great place to wander before dinner. Night hotel.

Cycle approx. 50km

Day 5: Nuwara Eliya – Bandarawela

After breakfast we set off again, with a mostly downhill route for the first part of today. The temperatures should remain cool and comfortable – perfect for cycling. As we ride, we enjoy views of the surrounding green mountain slopes, waterfalls, and dense jungle. Passing through Hakgala Forest, we make our way to Kande Ella, the highest lake in Sri Lanka. We ride through plots of land growing familiar vegetables such as carrots, leeks and cauliflowers, able to be grown in these temperate conditions. We continue onwards to the hill station of Ambewela, often referred to as 'Little New Zealand' as it is renowned for its dairy farming. Our cycle is pleasant through these rolling meadows, before a steep 4km climb through teak and rhododendron forest to reach Horton Plains. These high altitude grasslands are majestic to cycle through, with their atmospheric misty plains and cloud-forest. From here, we begin our long, well-earned descent

through the forest of Ohiya, dropping around 700m elevation. We make our way to the busy market town of Bandarawela; an excellent end to an amazing day of cycling. Night hotel.

Cycle approx. 68km

Day 6: Bandarawela – Tissamaharama (Tissa)

After a good night's rest and a hearty breakfast, we soon set off, leaving the bustle of Bandarawela behind us. Initially, the first few kilometres cycled today are spent on a gradual climb, up through tea plantations, before it becomes a downhill descent for around 20kms until we reach Ella, a laid-back, hill-country village with picturesque viewpoints. Continuing our journey downwards to the Southern Plains, the highlights keep on coming, as we pass teak, eucalyptus, rubber and sugar plantations, in an area rich with birdlife, from hornbills to peacocks. With elephants free to roam in this area, they sometimes come to the roadsides; our overall cycling distance today will be dependent on their presence. Our end point of today's ride is the lakeside town of Tissa. Night hotel.

Cycle approx. 70 - 120km (with probable transfer to hotel)

Day 7: Tissa - Udawalawe

Today offers a contrast to the terrain and views we've grown used to over the past few days of cycling, as we will now explore dry monsoon forests, interspersed with stretches of rice paddies and grasslands. The terrain is predominantly flat, so we can take in the long stretching views, bird and animal life surrounding us. The final stretch leads us to our destination of Udawalawe National Park, with its reservoir on the Walawe River providing an important sanctuary for wildlife. The park is famous for its large elephant herds and has many other game to look for, from buffalo to sambar deer, plus many bird species.

Night hotel.

Cycle approx. 81km

Day 8: Udawalawe – Tangalle

This morning, we're treated to a pleasant ride through small towns and villages, as we make our way towards the coast. The rice paddy fields are soon replaced with coconut fields and the sea breeze will be a welcome refreshment. We're making our way to the charming town of Tangalle, with its sweeping beaches. Our hotel for the night is beautifully located beside one of the most beautiful beaches in the south of Sri Lanka. We've made it ... and who could dream of a more perfect place to contemplate our achievements! Night hotel.

Cycle approx. 60km

Day 9: Free Day Tangalle

We have the day free to enjoy the beach, and meet up for an evening to celebrate our big achievements. Night hotel.

(Lunch not included)

Day 10: Fly Negombo to London

We transfer to the airport for our international flight home.

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Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!

GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 23 Feb 2019, and the challenge is subject to change.