

SPICE ROADS

CYCLING



SRI LANKA SPICE TRAILS

Tour Code
LKA-SST

12 DAYS
11 NIGHTS

	Destinations	Sri Lanka
	Tour Meets Tour Ends	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



9 Cycling days	575 km Total cycling distance
64 km Avg distance / day	687 m Avg climbing / day

PRICING



Price	US\$ 2,900
Bike Hire (Mountain Bike)	US\$ 340
Bike Hire (SCOTT E-Bike*)	US\$ 715
Single Supplement	US\$ 715

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

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

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

DEPARTURES



20 July - 31 July 2025
12 October - 23 October 2025
02 November - 13 November 2025
07 December - 18 December 2025
04 January - 15 January 2026
01 February - 12 February 2026
08 March - 19 March 2026
19 July - 30 July 2026
11 October - 22 October 2026
01 November - 12 November 2026

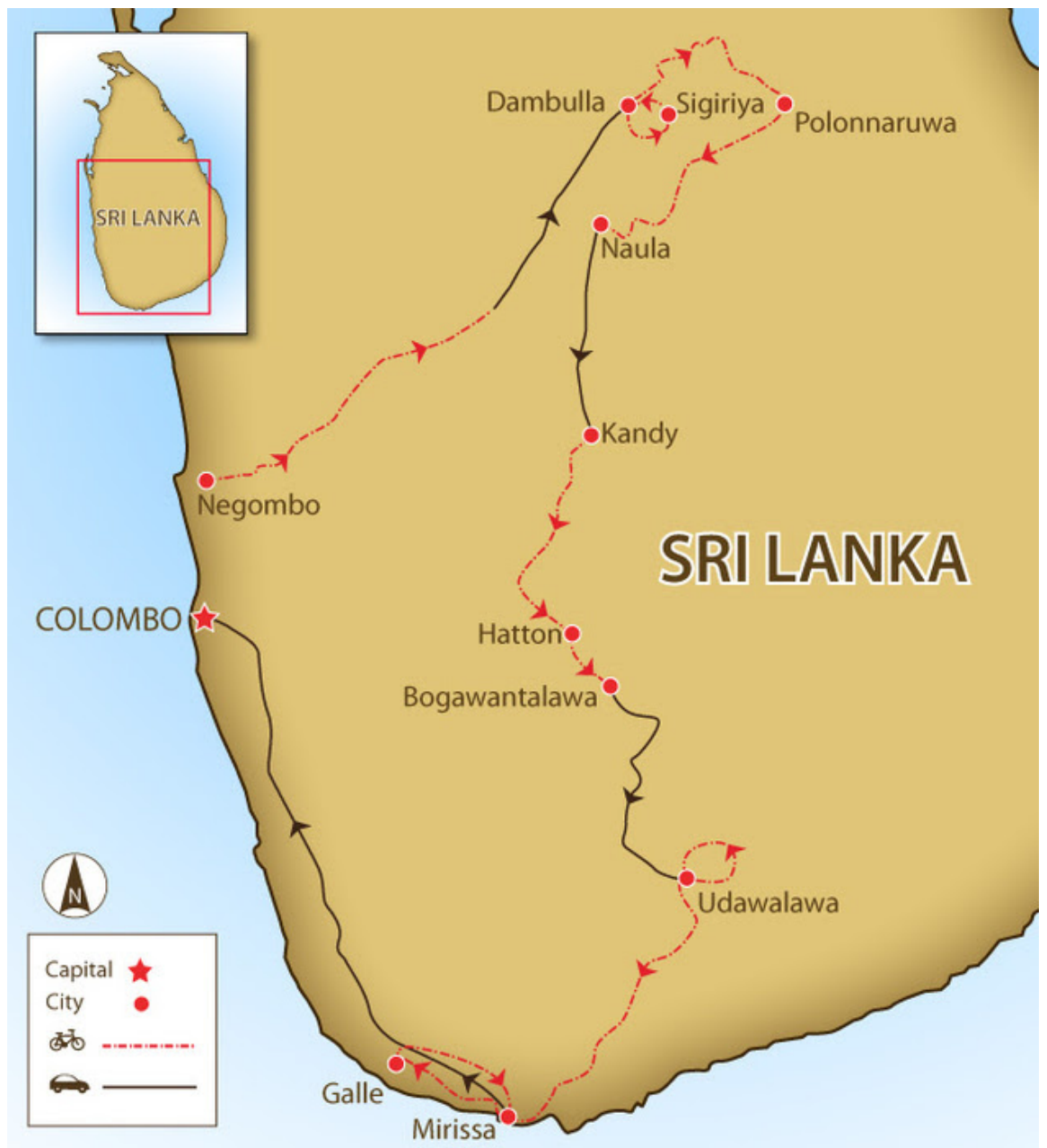
See website for later departures

TRIP PROFILE

Our bicycle journey will be on quiet back roads, estate tracks, and gravel paths. We cover 575 km in 9 cycling days, and much, if not most, of the terrain is undulating, and there are three days with more than 70 km of riding. When you combine the great variety of cycling with the cultural and natural attractions, there is plenty to delve into and enjoy.

Suitability: This ride is for those who have some biking experience, as well as experts. The beginning of this ride is relatively flat, but there will be hills as we head inland, and there are some long distances to cover. Never underestimate the heat and humidity of tropical Sri Lanka, as it will likely ensure things feel hot. This is a true journey through the finest terrain and scenery of Sri Lanka, with the best culture, nature, and wildlife along the way, ensuring you get the very best of everything from your cycling efforts.

Biking Conditions: The road surfaces are mixed: most days we ride on reasonably good quality asphalt roads, but there are enough sections on very badly broken or dirt tracks that you will need a mountain bike, preferably one with front shocks. However, there is nothing technical involved on this tour, and anyone, assuming they have a reasonable level of fitness, will be able to join. A support truck is always available to help.



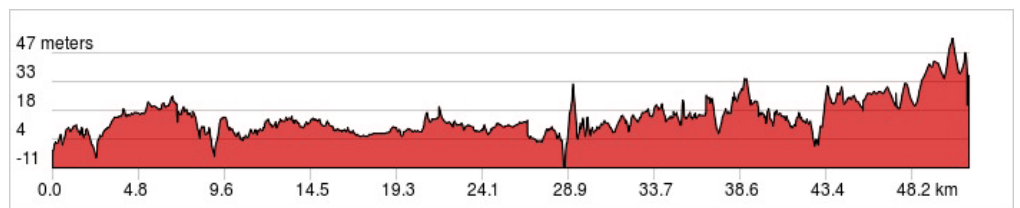
Day 1 Arrive in Sri Lanka

Arrive in Sri Lanka and meet at Suriya Resort in Negombo for a trip briefing and welcome dinner.

Day 2 Negombo - Dambulla

After breakfast, we start riding directly from the hotel along the old coast road. Keeping the sea on our left, we pass the distinct patchwork sails of the Karavas fishing community. Their boats pulled up along the beach or sailing just off the coast make for excellent photos as does the many fish markets you'll cycle past. We leave the coast road after cycling for 30 km and head inland on quiet back roads that give you a flavour of Sri Lanka. After 50 km, we rack up the bikes and transfer 3 hours to Dambulla, breaking for lunch at Kununegala Lake. Dambulla, the 2nd century Buddhist cave temple, also known as the Golden Temple, is the largest and best-preserved cave temple complex in the country and contains more than 150 Buddha statues. Once we have taken in the views from the caves, we have a short transfer or ride to our peaceful hotel situated amongst mango trees and paddy fields.

Sigiriana Resort Breakfast, Lunch, Dinner

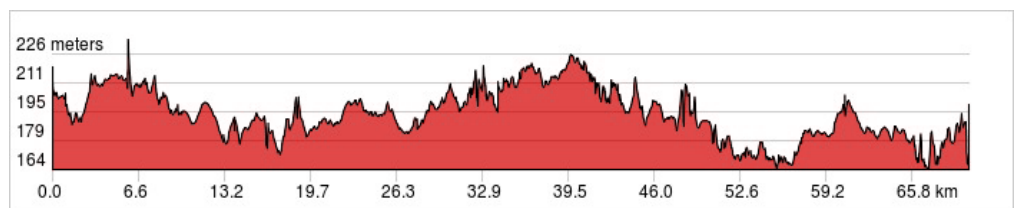


Ride 54km +402m -364m

Day 3 Dambulla Loop

We ride through the countryside on a mix of tarmac and red dirt roads, passing orchards, paddy fields, and elephant grass. Riding along the shores of Kandalama Lake, we have excellent views of the ancient 5th century rock fortress Sigiriya (Lion Rock), our destination. We park the bikes and walk through the old water gardens before climbing 300 m to the view the ruins of King Kasyapa's summer palace on the summit. To distract us from the walk up, we pass the impressive frescos that depict more than 500 ladies. After our descent, we head to a local restaurant for lunch. Our afternoon ride follows an old irrigation canal, and we cycle on red dirt roads, framed by long green grass, and see lots of people bathing as we head back to our hotel in Dambulla.

Sigiriana Resort Breakfast, Lunch, Dinner

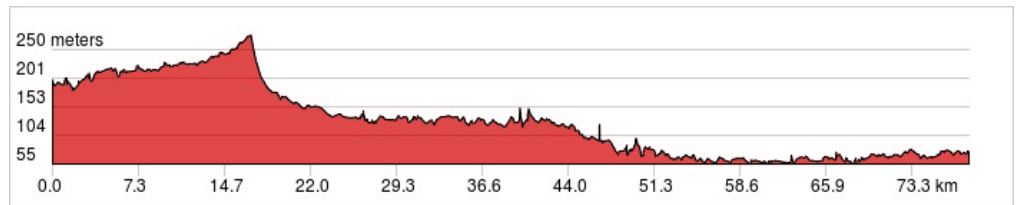


Ride 60km +555m -578m

Day 4 Dambulla - Polonnaruwa

Riding from the hotel, we have a bit of an ascent over the Kaladuwa Hills. The riding is on a good road surface, but wild elephants have been known to cross the road on the descent, so please beware. We ride on a tree-lined road that is part of a forest reserve until we reach Polonnaruwa Tank, a very large manmade lake, and lunch at a local hotel. We then ride through the historic park of Polonnaruwa, the 10th century capital and best preserved of the ancient cities. Abandoned in the 13th century, it was rediscovered in the 18th century and is now a UNESCO World Heritage Site. The Brahmanic monuments built by the Cholas and the chiselled stone monuments show us the glory of the ancient Rajarata Kingdom. After seeing the main sites, we have a 20-minute transfer to our hotel on the banks of the reservoir.

Giritale Hotel Breakfast, Lunch, Dinner

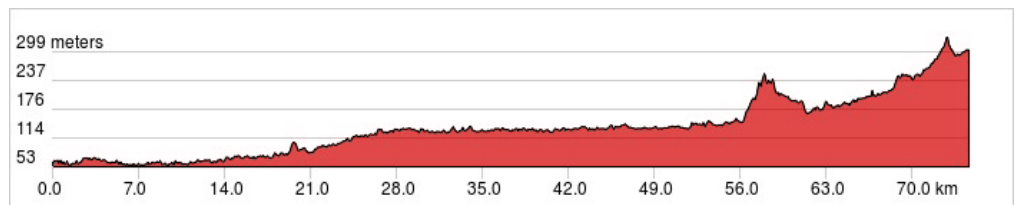


Ride 78km
 +538m
 -655m

Day 5 Polonnaruwa - Kandy

A short transfer takes us back to Polonnaruwa, where we ride around the huge lake known as the Sea of Parakrama, named after the great king who built it. Part of the ride is through Angammedilla National Park, built to protect the water source. This small forest reserve is an elephant corridor linking Minneriya and Wasgomuwa National Parks. Here we retrace part of yesterday's ride, following the Ambon Ganga (river) back towards its start point in the foothills around Naula, said to be the centre of the Island. We end the ride here to avoid busy roads and transfer to lunch in Matale, situated in Sri Lanka's spice-growing region, and on to Kandy, the spiritual and cultural capital of the hill country and Sri Lanka's second largest city.

Thilanka Hotel Kandy
 Breakfast, Lunch, Dinner



Ride 75km
 +620m
 -381m

Day 6 Kandy Rest Day

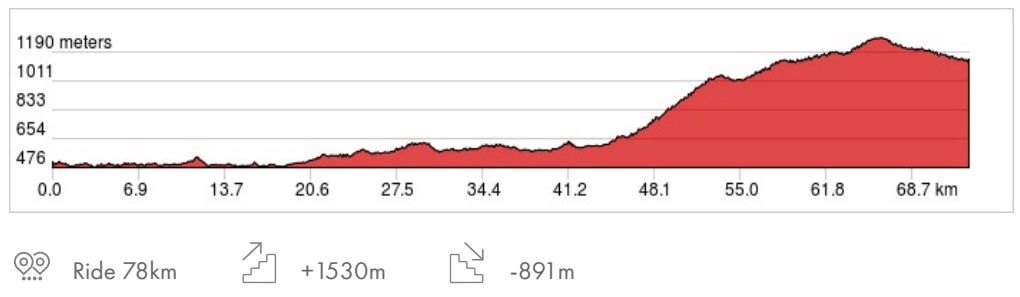
Nestled among hills and centred around a lake, picturesque Kandy has long been an important religious centre of the Sinhalese and a place of pilgrim-age for Buddhists. Today, you can explore the town centre's old shops, antique and gem specialists, or the bustling market. A must see is the UNESCO World Heritage Site of the Temple of the Sacred Tooth Relic - Sri Lanka's most important Buddhist relic, a tooth of the Buddha.

Thilanka Hotel Kandy
 Breakfast

Day 7 Kandy - Hatton

After a day of rest, we are ready to tackle hill country. For those who enjoy riding but find hills a bit too challenging, there is the option of taking the train for the final part into Hatton. A short 8-km transfer takes us out of town to Peradeniya, famed for its Botanical Garden and university. Starting the ride from the campus, we wind our way along a river valley with some short climbs opening out to the surrounding vistas, with our first tea stop in Gampola 21 km away; the optional train journey begins here. From Gampola, we start to see the tea carpeted slopes of the hill country. Riding at a gentle pace, you can stop to take photos of brightly dressed tea pickers and colourful Hindu temples. We regroup at the tea outlets brewing the best tea on the island, fresh from their respective estates. We then descend to reach Hatton. Those taking the train will be met at the station and shuttled to the hotel.

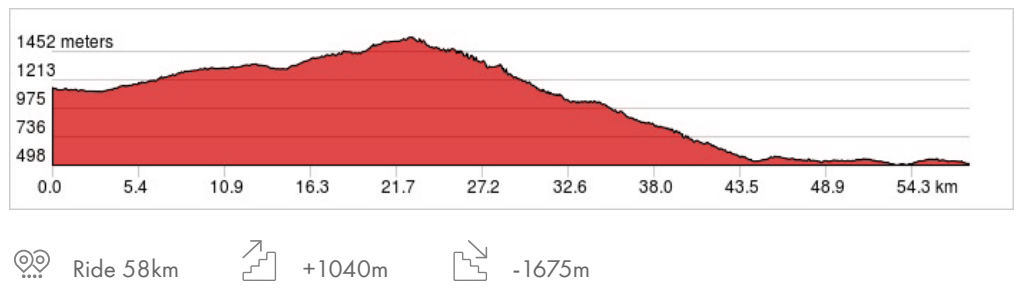
Castlereagh Summer House
 Breakfast, Lunch, Dinner



Day 8 Hatton - Udawalawa

Today's ride will be along tea estate tracks, through the heart of Sri Lanka's tea growing region. You'll be greeted by the pickers at work and their children as we head towards the Peak Wilderness and the distinctive triangle shaped mountain, known as Adam's Peak. The long climb with an easy gradient up to Bogowantalawa gets tougher for the last 10 km to a remote pass with dramatic views. The mountain pass is part of the Peak Forest Reserve; its distinctive stunted forest contains many rare, endemic plants as well as the shy bear monkey more often heard than seen. The reward for the long climb is a stunning 30 km, 1000 m descent through small villages and tea communities, ending close to Banlangoda. After lunch at a local restaurant, we pack our bikes and transfer to our hotel on the edge of Udawalawe National Park, set on the banks of a lake.

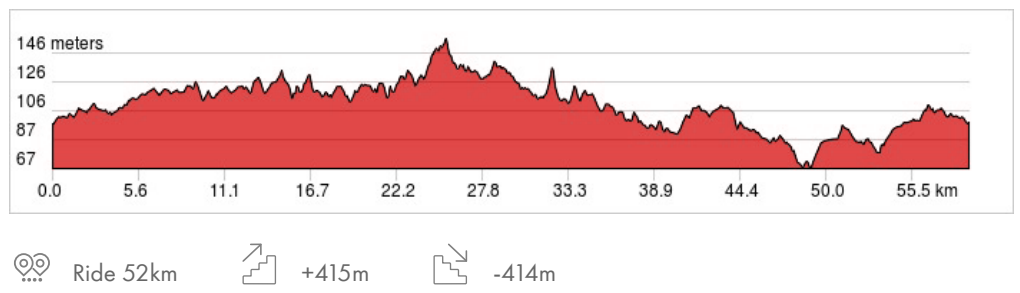
Grand Udawalawe Breakfast, Lunch, Dinner



Day 9 Udawalawe Loop

Riding from the hotel, we cycle 21 km to Udawalawe National Park, one of the best parks to see wild elephants in Sri Lanka. The park, centred around a reservoir, has approximately 400 elephants in small herds scattered around the park, and mid-morning is a good time to see them close to the water's edge. We may also see wild buffaloes, crocodiles, sambur deer, and monkeys. There are lots of resident water fowl and hawk eagles to keep the photographers happy. We lunch in a nearby eco lodge and then mount our bicycles to follow an irrigation canal back towards our hotel.

Grand Udawalawe Breakfast, Lunch, Dinner



Day 10 Udawalawa - Mirissa

Riding from the hotel, we use a network of back roads for some fantastic cross-country riding. Here you get to experience southern Sri Lankan charm – lots of smiling faces and a slow pace of life. It's quite a long, undulating ride, with lots of fruit stops to break up the day. Be sure to try one of the 14 varieties of bananas in Sri Lanka, each with its own taste and medicinal qualities, to give you energy. We try to get to the beach by the early afternoon, leaving you free time to enjoy

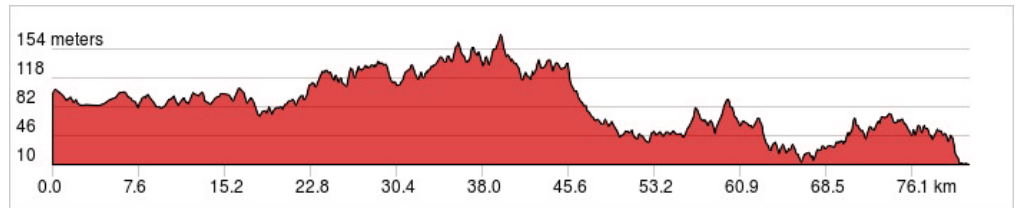
the beach or a nearby surf camp. We will dine at one of the many nearby restaurants in the evening.



Mandara Mirissa



Breakfast, Lunch, Dinner



Ride 81 km



+844m



-932m

Day 11 Galle Loop

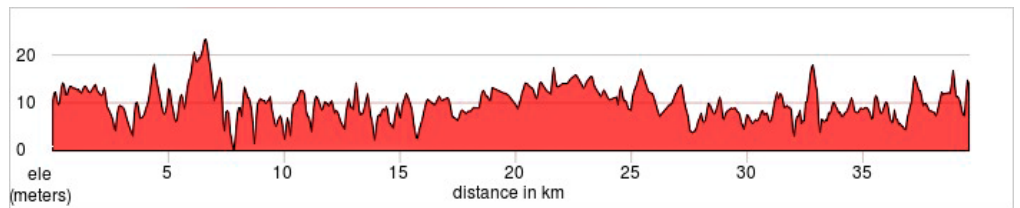
Cycling through open paddy fields and cinnamon estates, we arrive in Galle mid-morning, giving you plenty of time to explore this historic masterpiece. The Dutch expanded the original fort to its present size, and later the British added the court complex and several other outstanding buildings. The different architectural and cultural influences meld to create a magnificent sight. You are free to choose your own lunch, and we meet up again for a farewell dinner.



Mandara Mirissa



Breakfast, Lunch, Dinner



Ride 39km



+237m



-233m

Day 12 Mirissa – Colombo

We transfer 3 hours to Colombo where we can drop you at the airport or to a hotel if you are extending your stay in Sri Lanka.



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

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - 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

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. 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

CONTACT US

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