

SPICE ROADS

CYCLING



SRI LANKA TIP TO TIP BY ROAD BIKE

Tour Code
LKA-SRB

12 DAYS
11 NIGHTS

	Destinations	Sri Lanka
	Tour Meets	Negombo, Sri Lanka
	Tour Ends	Colombo, Sri Lanka
	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



9 Cycling days	842 _{km} Total cycling distance
94 _{km} Avg distance / day	839 _m Avg climbing / day

PRICING



Price	US\$ 3,700
Bike Hire (Standard Road Bike)	US\$ 350
Bike Hire (Carbon Road Bike)	US\$ 450
Single Supplement	US\$ 870

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



05 July - 16 July 2025
13 September - 24 September 2025
15 November - 26 November 2025
06 December - 17 December 2025
10 January - 21 January 2026
14 February - 25 February 2026
28 March - 08 April 2026
04 July - 15 July 2026
12 September - 23 September 2026
14 November - 25 November 2026

See website for later departures

TRIP PROFILE

The first half of this 12-day cycling tour is on primarily flat terrain, so the daily distances are quite long. After our rest day, we ride up into the central highlands, and the distances are shortened to take into account the climbs. You will ride just over 840 km in 9 days of riding. In addition, the route is designed for you to take in the best of Sri Lanka's culture, countryside, and wildlife. There will be one rest day for you to explore Kandy.

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 cold drinks and fresh fruit.

Suitability: This is a tour for cyclists possessing a high level of physical fitness. Fitness will be a huge asset on those long-distance days and on the ascents in the hills. The tour is fully supported, and the bus is always close at hand for those that find the riding too difficult.

Biking Conditions: This trip is on paved roads that are in good condition, though there may be occasional short rough sections. The distances are long, but the climbs are gradual on easy gradients of 5%. In 9 days of cycling, we ascend a total of 7,557 m.



Day 1 Arrive in Negombo

We meet at our Negombo hotel for a trip briefing and welcome dinner.



Suriya Resort Waikkal



Dinner

Day 2 Negombo - Jaffna

After breakfast and final adjustments to our bikes we start riding out from the hotel heading inland along minor roads towards the north of the island at a relaxed pace, allowing us to fine tune the fit of the bikes. The area is known as little Rome due to the large number of Catholic churches, and soon the scenery gives way to paddy fields and coconut plantations. We'll take a break at a tea shop to regroup, snack and top up our water. The next section on wending flat

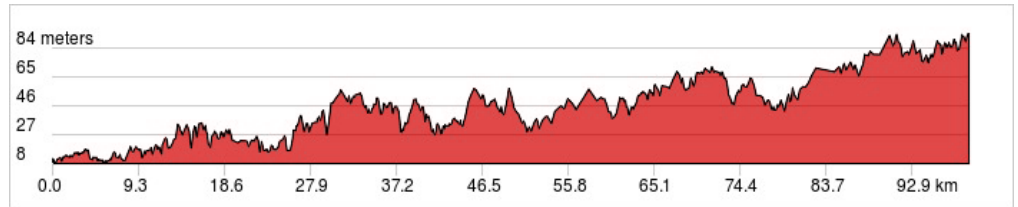
village roads are a joy to cycle along experiencing rural Sri Lanka that most tourist seldom see, the simplicity of everyday life and friendly smiles are the highlights of this ride. We end the ride after 75km and jump in the bus for a 5.30hr transfer to Jaffna stopping for lunch on route and again to stretch our legs at Killinochi, the former headquarters of the LTTE or Tamil Tigers. Once at the hotel you are free to relax as we stay here for the next 2 nights meeting later for dinner at the hotel restaurant



Northgate by Jetwing



Breakfast, Lunch, Dinner



Ride 74km



+530m



-420m

Day 3 Jaffna Peninsula Loop

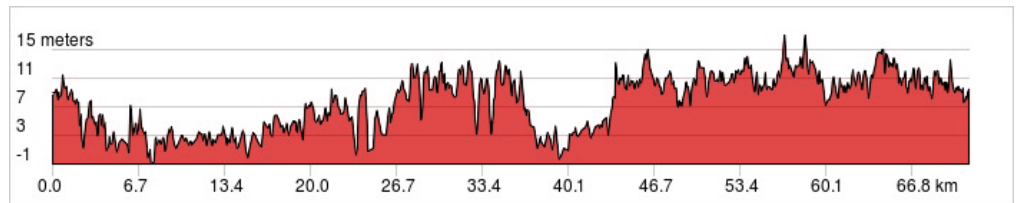
We ride through Jaffna town with its lively markets and small fishing port, passing the old Star Fort built by the Portuguese in 1618 to defend the Peninsula. Crossing the causeway to Kyats Island, we head north along a straight road – ride as fast or as slow as you like! There are plenty of colourful water birds to see or photograph, painted storks and red-wattled lapwings to name a few. Regrouping at the ferry, we cross to Karaingar Island, continuing north to Casuarina Beach at the northern tip of the island, we dip our rear tires and maybe ourselves in the Indian Ocean, a symbolic start to our journey south to the southern-most point of Sri Lanka. After a brief swim and a snack stop, we loop back to the main land, riding on a mixture of good roads and one bumpy one back to Jaffna, arriving for a late lunch at one of the local restaurants. The afternoon is free to explore the town, meeting at 5pm to visit Ballur Kovil, a magnificent Hindu temple for the evening Pooja. A short walk away is Mangoes Restaurant for a tasty Masala Dosai, a crispy rice flour pancake with a spicy filling. Other authentic Tamil dishes are available as well.



Northgate by Jetwing



Breakfast, Lunch, Dinner



Ride 71km



+166m



-166m

Day 4 Jaffna - Mannar

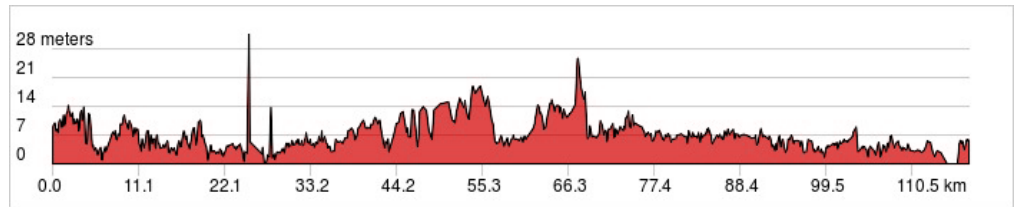
Riding out from the hotel we turn south to Ponneryn, a causeway crossing the Jaffna lagoon famous for its tasty lagoon prawns, the local fishing traps make excellent photos. The road sees little or no traffic now but saw some major battles during the conflict era and the thick jungle hiding the scars of war is gradually being resettled. We stop every 30km or so to top up water and regroup ending the ride at 100km for our picnic lunch stop. From here its another 20km to Mannar town along a raised causeway through the surrounding flood plains, (the causeway is not such a smooth road), but gives us glimpse of the gulf of Mannar. The coastal waters around here are inhabited by rare sea mammals called Dugongs, once thought to be mermaids, they can sometimes be seen in the shallow waters around the bay. We end the ride at the huge Baobab tree, more than 700 years-old, which was brought here by Arabian traders. The massive trunk is 19.5 m in circumference, and its thick grey bark gives it the nickname elephant tree. There's not much else to see on the island except for lots of white sand and palm trees, gulls and terns, wild donkeys, little lanes and fishing boats. We transfer 15km to the resort, a small hotel with large verandas, in a natural setting mid-way along the island. You can enjoy a post ride beer and swim, in the India Ocean as we stay close to the sea.



The Palmyrah House



Breakfast, Lunch, Dinner



Ride 100-121 km



+276m



-279m

Day 5 Mannar - Anuradhapura

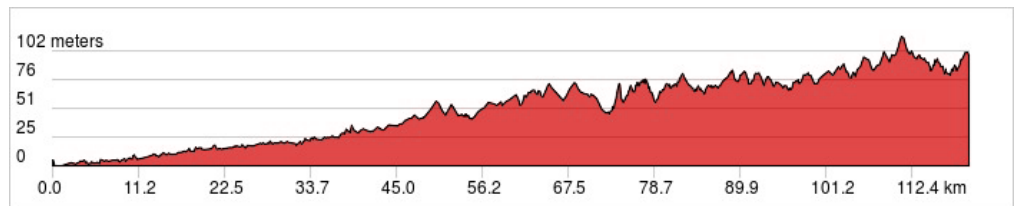
A quick transfer back to our bikes and re-crossing the causeway, we head back to the mainland, riding inland through an area known as the Giants Tank, a large inland lake built by King Dhatuena (459-477) and now part of a wetland habitat reserve. The lake's water irrigates the surrounding rice fields tended by the traditional farming communities, some still using water buffalo to plough the fields. Lunch is a roadside stop at a small local restaurant, or better still, a picnic lunch eaten by a small but picturesque lake. Refueled, we continue riding the last 25km to Anuradhapura, the oldest ancient city in Sri Lanka. Dating from the 4th century BC, Anuradhapura was the capital of the Sinhalese Kingdom until the beginning of the 11th century AD and has some of the oldest and largest Buddhist monuments in Asia. During this period, it remained one of the most stable and durable centres of political power and urban life in South Asia. We visit the sacred Bodhi tree just after sunset when the pilgrims light "pahannas," little clay lamps and incense sticks, giving it a heady atmosphere. For dinner, we visit the bus stand area for some street food: Kottu Rottie served with spicy gravy.



Rajarata Hotel



Breakfast, Lunch



Ride 119km



+583m



-490m

Day 6 Anuradhapura - Sigiriya

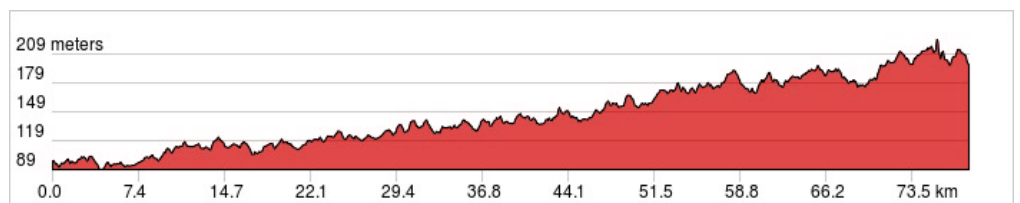
This morning we'll start with a relaxed ride through the ancient city region, dotted with temples and stupas along the Old Kings Route. The scenic ride uses quiet village roads to the first drink stop. We then ride a short section of main road before turning off towards Ritigala, a strict nature reserve. Legend has it the rocky outcrop is part of the Himalaya's dropped by the monkey god Hanuman. When requested to bring a magic herb to heal his master he forgot the name and brought the whole mountain. Back on quiet roads, the area is part of the Elephant Corridor, linking the eastern parks to the Northwest. The jungle lined roads bring us to Sigiriya, ending the ride at our hotel where we'll have lunch. In the late afternoon we'll climb up Sigiriya Rock, a 5th Century Citadel built by King Kashyapa (477-495 AD). The rock fortress is approached through the royal gardens, and then a natural boulder entrance before ascending 220 m to the Lions Paws entrance. The ruins of the palace on the summit are only surpassed by the magnificent views of the surrounding countryside.



Fresco Water Villa Hotel



Breakfast, Lunch, Dinner





Ride 78km



+521m



-422m

Day 7 Sigiriya - Dambulla - Kandy

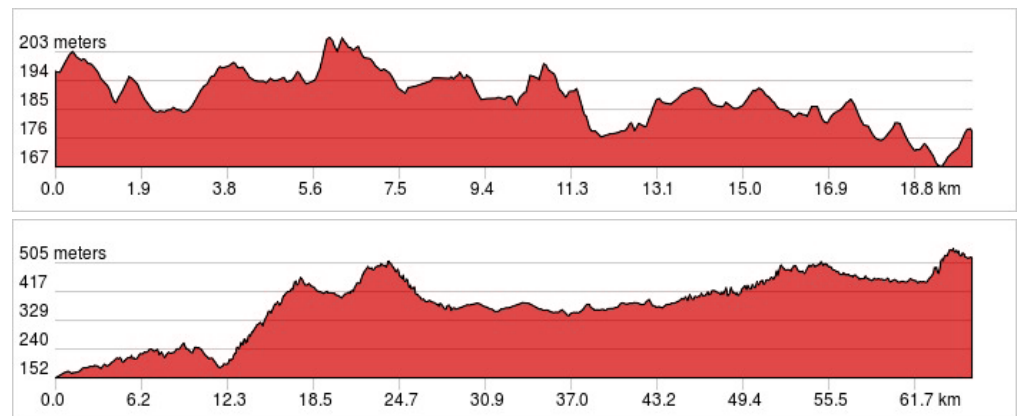
We cycle on quiet country roads directly from the hotel past Kandalama Lake to Dambulla. Dating from the 2nd century BC, it is the largest cave temple complex in Sri Lanka, adorned with thousands of frescos depicting the life of Buddha. Take a quick visit to the cave temple as we load up the bikes to avoid a particularly busy and bumpy stretch of road and transfer 45 minutes to foothills of the central province. After a quick snack, it's onto the bikes, riding on scenic roads for 45 kilometres through the spice growing region of Sri Lanka. It's a long, gradual rise before the main climb, a steep 500 metre ascent, up through the Keppitigala Pass. The rewards are magnificent views and a free day in Kandy, where we'll transfer the last 10 kilometres to avoid busy city roads. Arriving at the Hotel for lunch, the rest of the day is free to relax and explore the town.



Suisse Hotel



Breakfast, Lunch, Dinner



Ride 65km



+1199m



-950m

Day 8 Kandy Rest Day

A rest day in picturesque Kandy -- an important Sinhalese religious centre and a place of pilgrimage for Buddhists. Explore the town centre's old shops, antique and gem specialists, or the bustling market. A must do is the UNESCO World Heritage Site of the Temple of the Sacred Tooth Relic. Lunch and dinner is on your own tonight as there are many cuisines to choose from.



Suisse Hotel



Breakfast

Day 9 Kandy - Hatton

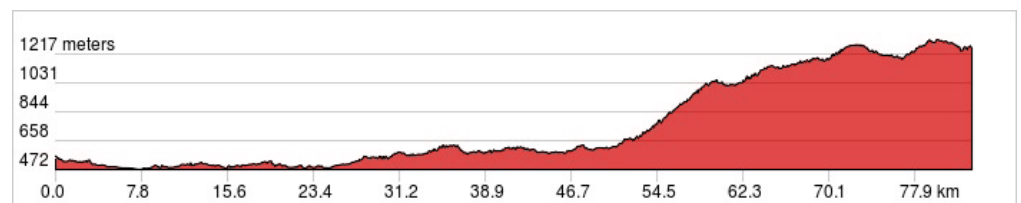
The route will be hillier from here on out, so the distances are smaller, but the legs will still be challenged. Today, we ride through the heart of tea country with plenty of photographic opportunities almost at every bend. We then follow the Mahaweli River, and after 30 km, it's another ascent up to Hatton, one of the country's early tea plantation districts. We stay overnight on the edge of Castlereigh Reservoir.



The Argyle



Breakfast, Lunch, Dinner





Ride 83km



+1542m



-834m

Day 10 Hattton - Uda Walawe National Park

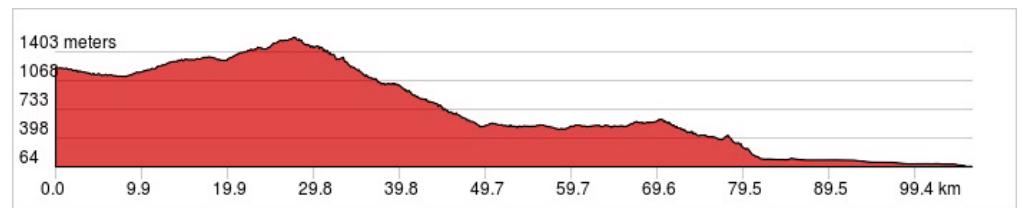
We start off with more climbing, with a few rough sections of tarmac, up through the tea estates passing by Adam's Peak, the holy mountain of Sri Lanka, to a remote pass which is part of a wilderness forest reserve. While this area is home to the shy purple-faced langur you are more likely to hear it than see it. We then begin our long descent, down one of the most beautiful (also bumpy) roads in Sri Lanka stopping at a lookout point with fine views across the southern part of the island and if it is clear, maybe even a glimpse of the sea. Continuing on back roads we reach our lunch stop, a local restaurant for a tasty rice and curry. We stay on good roads as we wind our way out of the hill country with a couple of water stops before reaching our hotel close to Uda Walawe National Park.



Grand Udawalawe



Breakfast, Lunch, Dinner



Ride 121 km



+1477m



-2596m

Day 11 Uda Walawe - Dondra Lighthouse - Mirissa

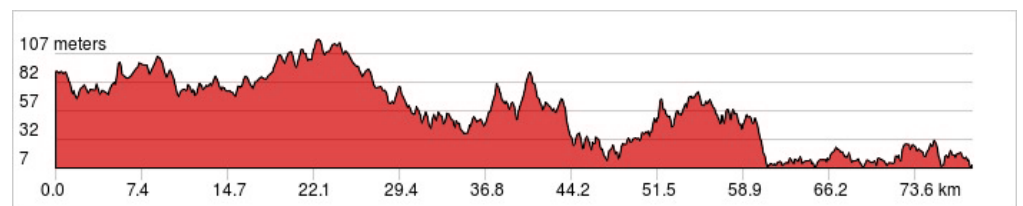
For early risers, there is an option of an early morning safari in Uda Walawe park, known for its herds of elephants and crocodiles and a plethora of bird life. Late morning, we set off to complete our journey along good roads with vast expanses of green paddy fields on each side. The simplicity of rural life is showcased as we cycle towards Dondra Lighthouse, the most southerly point of the island. With a ceremonial dip in the India Ocean with our front tires, we conclude our road ride from north to south. We transfer along the busy coastal road to our finishing point near Galle and have a celebratory dinner for our accomplishment!



Mandara Resort



Breakfast, Lunch, Dinner



Ride 83km



+852m



-908m

Day 12 Departure

We can drop you off at a Colombo hotel or help you to extend 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 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 bike, please ensure it is a road bike in good mechanical order.

We also have E-Bikes available for hire, but they are limited in numbers and sizing - 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

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
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