

# TROPICAL LANKA GETAWAYS

TEL: 1300 43 44 57

SRI LANKA BY CYCLE

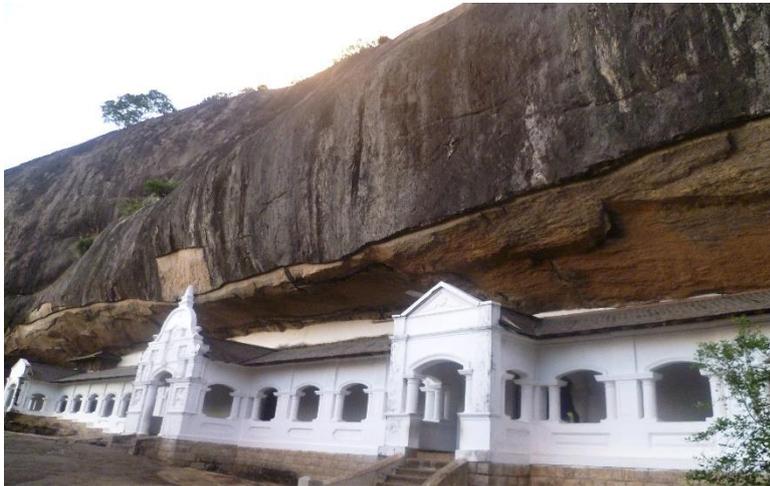
6 NIGHTS / 7 DAYS

## DAY 1 - AIRPORT-NEGOMBO:1 HOUR CYCLING AND 30 MINUTES DRIVE OVERNIGHT IN NEGOMBO

You will be met on arrival at the Bandaranaike International Airport by our Local Representative and your Chauffeur/Guide. Take a leisurely drive to Negombo, a fishing village. Once in the comfort of your hotel, at a convenient time, your Chauffeur/Guide will familiarize you with what to expect whilst cycling on Sri Lankan roads, which may differ from your country of residence.

In the afternoon, take a cycle ride about Negombo town and discover some of its curious sites such as the Dutch churches. If you have spare time, perhaps take a boat ride along the Dutch canals or simply laze on the golden sands.

## DAY 2 – NEGOMBO-KURUNEGALA-DAMBULLA-GIRITALE: 5 HOURS CYCLING AND 3 HOURS DRIVE; OVERNIGHT IN GIRITALE





Set off in your cycle from coastal Negombo to experience the inland delights of Sri Lanka. Cycle to the town of Kurunegala along 35kms of picturesque route past rice paddy fields and farming villages. Look out for the towering statue of Buddha upon a rock, a land mark of the town. You will find that the unwinding roads are of soft and moderate standard.

Enjoy lunch at a delightful local restaurant in Kurunegala after which you would back your cycles away and continue the journey up to Dambulla in the comfort of your vehicle. En-route visit the UNESCO listed Golden Cave Temple and learn about ancient Ceylon's turbulent past. The rock caves at Dambulla are 150 meters above the road and have a history dating back as far as the 1st century BC. Some of the caves have fine frescoes and there is a 15-meter-long reclining Buddha image in one cave. From the level of the caves the view over the surrounding countryside is amazing.

Finally, you will arrive at the jungle of Giritale where you will check in to your hotel.

### DAY 3 – GIRITALE-POLONNARUWA-GIRITALE: 4 HOURS CYCLING AND 1 HOUR DRIVE OVERNIGHT IN GIRITALE



Proceed to the UNESCO World Heritage City of Polonnaruwa. This is one of the better kept ruins of ancient Ceylon. Polonnaruwa was the medieval capital of Sri Lanka from the 11th - 13th century A.D. During this time, great revival was achieved in the country, politically, economically as well as socially. You will sight the ruins of the Royal Palace, the *Gal Viharaya* - where 3 splendid statues of Buddha in 'Upright', 'Sedentary', and 'Recumbent' postures are carved out of the rock. the Audience Hall, and the *Parakrama Samudraya*, a lake built by King Parakramabahu are other sites of interest.

Today, you will be cycling about 40km on soft surfaces as you whizz between the ruins. If you wish you may return to your hotel in time to grab a bite for lunch. Later, you could venture on a Safari by jeep to the Minneriya or Kaudulla National Park, home to about 250 wild elephants, wild buffaloes, spotted deer, sloth bear and more. The Gathering of probably the largest herd of elephants occurs annually in September and October.

### DAY 4 – GIRITALE-SIGIRIYA-KANDY: 2 HOURS CYCLING AND ABOUT 3 HOURS DRIVE OVERNIGHT IN KANDY



Enjoy a hearty breakfast as today your endurance will be challenged. Begin by cycling towards the towering rock fortress of Sigiriya - a 5th Century "Fortress in the Sky". En-route this 55km stretch of moderate standard, you will be passing the Minneriya jungles, the dry zone farms absorbing the lifestyle of Sri Lankan rural and village inhabitants. Following a cool and nourishing drink of King Coconut juice (Thambili), mount the Sigiriya rock. This 5th century fortress in the sky is perhaps the most amazing wonder of the island. It is also referred to as the Lion's Rock because of the huge crouching lion image that is carved at the entrance to the fortress. Don't forget to view the fresco paintings within the Fortress. The view from top of the Fortress is truly breathtaking. Sigiriya is a well-known icon for its toadstool of golden-hued granite, protruding into the searing blue sky from a hot, flat wilderness of scrubland, which is transformed in the rainy season to a water garden.

Continue your journey to Kandy by car. Enjoy lunch at a local restaurant en-route. Arrive in the relaxing hill station of Kandy, well known as the Centre of Buddhism and the last Capital of the Sinhalese Kingdom. Evening at leisure.

#### DAY 5 – KANDY: ABOUT 4HOURS CYCLING; OVERNIGHT IN KANDY



Following a lazy morning, take a short drive to Kandy, the hill capital of Sri Lanka, surrounded by virgin forests and the meandering Mahaweli River. Take a City tour of Kandy including the market place and a visit to the Temple of the Tooth Relic dating back to the 16<sup>th</sup> century. Take a guided tour through the lush Royal Botanical Gardens of Peradeniya for an introduction to tropical flora. There is a fine collection of Orchids and a stately Avenue of Palms (planted in 1905) for you to explore. You could opt to have a picnic lunch at the Botanical Gardens.

For some adventure in the afternoon, venture out on your cycle to the Hantane Hills in the outskirts of Kandy. Be enthused by the uphill cycle route through the forests full of rivulets, streams, animal and plant life. Hantana is a popular destination for Etymologists, Nature Lovers, Bird-Watchers as well as Trekkers. Late evening, experience a Cultural Dance Performance in the Kandy city centre featuring traditional dances from the different regions of Sri Lanka.

#### DAY 6 – KANDY-PINNAWALA-COLOMBO: ABOUT 6 HOURS DRIVE OVERNIGHT IN COLOMBO



Today you will be returning to the coast and visit the Pinnawela Elephant Orphanage en-route.



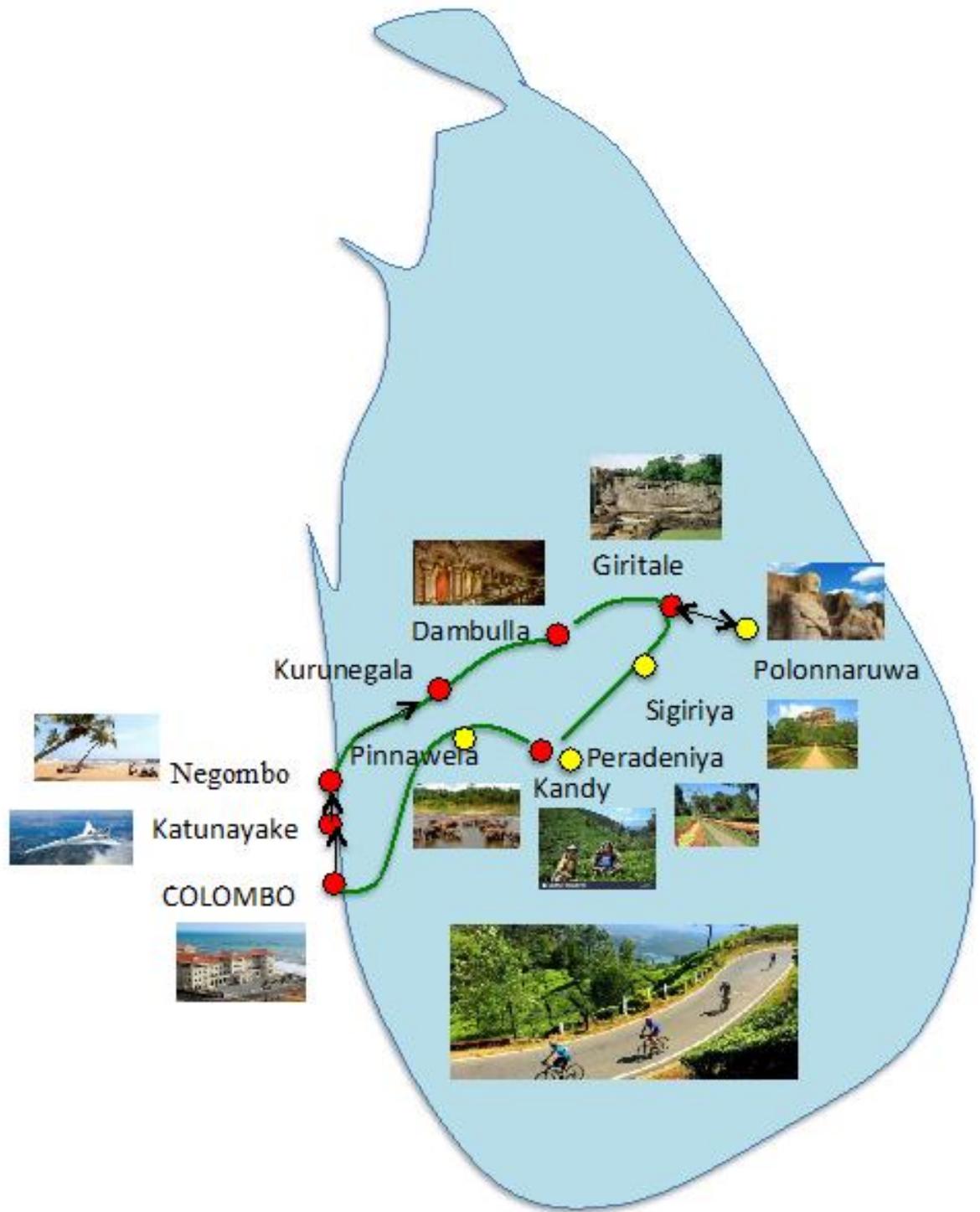
After lunch, continue to the capital city Colombo. Take a city tour of Colombo, exploring the Old City of Fort, the Markets of Pettah, the Hindu Temple at Sea Street, the Dutch Church at Wolfendal, the historic Devatagaha Mosque and the Colombo Museum amongst other interesting sites. You could also opt to go on a shopping spree on antiques, clothing, souvenirs, or jewelry. Later in the evening, drop by the Checkerboard at the Galle Face Hotel for drinks while watching the picturesque sunset over the Indian Ocean. Overnight in Colombo.

#### DAY 7 – COLOMBO-AIRPORT: ABOUT 1 HOUR DRIVE



As all good things come to an end, your Chauffeur/Guide will drop you off at the airport for a safe journey back home.

Alternatively, you could always soak up some sun on Sri Lanka's pristine beaches which are close as an hour away from Colombo



## Package Inclusions

- 6 Nights' accommodation
- Daily Breakfast
- Transportation in A/C Vehicle throughout the tour
- Entrance fees to Pinnawala Elephant Orphanage, Sigiriya Rock Fortress, Polonnaruwa Ancient Kingdom, Dambulla Cave Temple, Temple of Tooth/Cultural dance/ Peradeniya Botanical Garden
- Minneriya National Park Jeep hire
- Bicycle and Helmet Hire
- Service of English Speaking chauffeur guide throughout the tour
- All Government Taxes

## Package Exclusions

- Peak period supplements
- Personal Expenses/Tips
- Visa fee to Sri Lanka
- Airfares and Airport taxes
- Travel Insurance
- Optional Tours and Activities
- Camera and Video permits at cultural sites
- Lunch and Dinner
- Expenses of Personal Nature such as Drinks, Laundry and Telephone
- Guide Tips and Porterage at Hotels
- Expenses outside the list of 'Inclusions'

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## Terms and Conditions

- Prices are based on Twin-share accommodation based on a minimum 2 Passengers travelling together.
- Prices are subject to variation resulting from changes to hotel tariffs, exchange rates, peak season supplements and tax levies that may be imposed by governments
- 40% payment on confirmation and balance 45 days prior to commencing tour
- Cancellation of confirmed tours within 30 days before the date of arrival is subject to 100% of the cost of the holiday program
- The standard check-in and check-out times in Sri Lanka are 14:00 HRS and 11:00HRS respectively
- The prices do not include seasonal and peak season supplements for Christmas, New Year and Easter etc.
- Unfortunately, we are unable to provide refunds for any unutilised services.