

# Sri Lanka Trek

Journey through the Hill Country of the teardrop of Asia



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# Sri Lanka

## Discover the teardrop of Asia

From the tea plantations that cling to the hillsides, to the white palm-fringed beaches of the coast, Sri Lanka is an isle of extraordinary natural beauty.

The glorious variety of flora and fauna, the cool hill stations and the serene grace that permeates all aspects of the Sinhalese way of life make a visit to this island kingdom a fascinating adventure from the modern world.

Our trek takes us on a truly spiritual adventure. Firstly, we will enjoy an incredible elephant safari and then continue our journey through this truly wonderful country taking in some of the best trekking spots the island has to offer. From climbing the 5th century rock fortress of Sigiriya which rises 180m from the plains overlooking the surrounding countryside giving far-reaching views.

We then journey to the spectacular Knuckles Mountain range and the 2,000m plateau of Horton Plains, where we trek to the Worlds End and see the ground drop over 1,000m below.



# Detailed itinerary

## Day 1: Depart London

Depart London on overnight flight to Colombo.

## Day 2: Arrive Colombo

On arrival to Colombo, we stay near the airport or transfer to Dambulla depending on the flight time. If the flight arrives early morning, then we can transfer directly to Dambulla (130km, approx. 2½ hours transfer). Once settled, we will explore the amazing Dambulla Cave Temples, which sit on high on a stone cliff face with lots of steps. Some 150 Buddha images adorn the five caves, with fascinating frescoes and paintings on the walls and roofs. Overnight hotel.

## Day 3: Sigiriya Fortress 3-5hrs trekking Minneriya National Park (safari)

After breakfast we transfer to Sigiriya, approx. 25 minutes. We will hike the Rock Fortress of Sigiriya, one of Sri Lanka's major attractions which has UNESCO World Heritage status. We start with a hike up the 1200 steps of the famed Lion Rock. This ancient carved-rock fortress rises dramatically above the surrounding plains, elevating Sigiriya high into the air. On the way you'll visit the water and boulder gardens, frescoes and the mirror wall.

## Day 3 cont.:

After lunch we have a short transfer to the Minneriya National Park for our afternoon wildlife safari! The park allows for a fantastic opportunity to see wild elephant at close range, as well as sambar deer, leopards, and the occasional sloth bear. We return to Dambulla for dinner. Overnight hotel.

## Day 4: Ritigala trek – 6-7hrs trekking Knuckles Mountain Range

The next stage of this challenge takes us to Ritigala (approx. 1hr transfer). Trekking through the Ritigala Mountain Range takes us on a journey steeped in history, legend, and mythology, surely providing an experience of serenity and wondrous nature at its best. We will pass lush forests, natural streams. It is home to seventy rock caves that were believed to have been inhabited from the 1st century BC. With a mountain range of four peaks that houses an old Buddhist monastery. From lunch, our journey continues south towards the stunning Knuckles Mountain Range (approx. 4hrs). On arrival we can take a refreshing bath in the crystal-clear brook before a hearty barbecue meal in the most magical settings. Overnight camp.

## Day 5: Knuckles Mountain Range to Kota Kanga waterfall trek – 6-7hrs trekking

After breakfast at camp, we start trekking through the tea plantations towards the Knuckle's mountains. Lunch will be at the beautiful Kota Kanga waterfall, where we will have a picnic lunch, with a chance to dip our toes in the crystal clear, but chilly water! The area is a haven for wildlife, and we should encounter barking deer, deer monkeys and various lizards! We return back to our camp for dinner.



# Detailed itinerary

## Day 6: Heeloya Trek - Knuckles Mountain Range, 5-6hrs trekking

We break camp and head out through villages, paddy fields and cardamom plantations to the village of Udispattuwa. Here, we meet our vehicles and transfer (approx. 3hrs) to the highest town in Sri Lanka – Nuwareliya, set amongst beautiful green mountains. Overnight hotel.

## Day 7: Horton Plains, World End trek 3-5hrs trekking

We head towards the stunning Horton Plains National Park, a large plateau over 2,000m high, overlooked by the second and third highest peaks in Sri Lanka. Our trail takes us to the Worlds End - this area is a haven of wildlife from endemic birds, large herds of sambar deer, purple faced monkeys and interesting plant life.

Today is one of the most diverse we will experience on the whole trip. Overnight hotel.

## Day 8: Hikkaduwa Beach - Free day

A free day to relax on the beach or take some optional tours. Overnight hotel.

## Day 9: Departure

After an early breakfast, we check out and transfer (approx. 3hrs) to the airport for our flight back to the UK. Arrive early evening back into London/overnight depending on flight times

## Best time of year

November to February

*Itinerary complex and subject to change  
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## Challenge grade

We grade each trek as a guide based on the level of terrain, length, altitude and climate. All our challenges require a certain level of fitness, lust for adventure, new culture and a positive attitude. This trek is mostly moderate with some tough sections.

## Moderate

You are likely to walk for 5-7 hours each day on good paths and low altitude (below 2,500m), with the occasional more demanding ascents and descents.

## Tough

You are likely to walk for 6-8 hours each day across hilly terrain which may sometimes be rough with the occasional high pass up altitudes of 3,500m.

