

# TOP TO TAIL SRI LANKA CYCLING ADVENTURE



## Highlights

- Journey from the most northern to the most southern tip of Sri Lanka and enjoy the ever-changing landscape inbetween
- Discover rich Sri Lankan history and culture by bike, train and boots
- Cycle through tea plantations, ancient cities to the stunning coastline and experience the way of life of this country's friendly people
- Learn about the local wildlife with a game drive in the famous Uda Walawe National
- Visit the ancient and fascinating city of Kandy which is surrounded by scenic mountains
- Climb the famous rock fortress at Sigiraya for stunning views
- Experience one of the world's most scenic train journey's
- Finish your epic adventure at the southernmost point, Dondra Head Lighthouse, and lap up the breathtaking views of the Indian Ocean.
- Receive a complimentary Water-To-Go bottle when on this trip to minimise our plastic footprint in Sri Lanka!



# WELCOME

## Overview

For a compact island, Sri Lanka is spectacular, incredibly diverse and now is the best time to discover all it has to offer. Few places have as many Unesco World Heritage Sites (eight) packed into such a small area.

Exploring on two wheels is the greatest way to see this rural country and to experience the way of life of its friendly people. This trip covers a substantial part of the island from north to south taking in as much as possible of the scenic and cultural variety that Sri Lanka has to offer. You will travel through ancient cities, Anuradhapura and the fortress at Sigiriya to the hill country towns of Kandy, where the cooler temperatures and lush scenery make for an amazing cycling journey. In the south you will visit Udawalawe National Park, where you have the chance to see herds of elephants, hundreds of species of birds and you may even catch a glimpse of a leopard before ending your cycling trip on the beaches of the beautiful south coast. Most of the route is a continuous ride, and transfers are kept to a minimum.

Join us for this unique itinerary carefully crafted by Adventurous Ewe and receive a free Water-to-Go bottle with your departure to eliminate our single use plastic foot-print in such a beautiful country.





# TRIP SUMMARY



**Activity:** Cycling and trekking  
**Duration:** 10 days & 9 nights  
**Active days:** 7 days cycling & trekking  
**Distance:** Approx 396kms cycling in total  
**Accommodation:** Hotels and guesthouses (twin share basis)  
**Cost:** Deposit: £275 per person  
Remaining balance: £1,620 per person



**Group size:**  
**Level of difficulty:**

8 – 24 people



**Tough**

**Dates 2020/2021/2022:** 2020: Nov  
2021/22: Mar or Nov  
(\*2021 & 2022 prices subject to change)

# ROUTE MAP

Get ready for an adventure



## DAY 1

Arrive in Colombo Sri Lanka and explore

## DAY 2

Train from Colombo to Jaffna, city tour

## DAY 3

Bike Jaffna – Point Pedro to Killinochchi (80kms)

## DAY 4

Bike Anuradhapura to Dambulla (80kms)

## DAY 5

Dambulla and trek Sigiriya Rock

## DAY 6

Bike Dambulla / Kandy (90kms). Visit of Spice Garden and Temple of the Sacred Tooth Relic

## DAY 7

Scenic train journey from Kandy to Hatton and bike Hatton to Balangoda (62kms) and on to Udawalawe National Park

## DAY 8

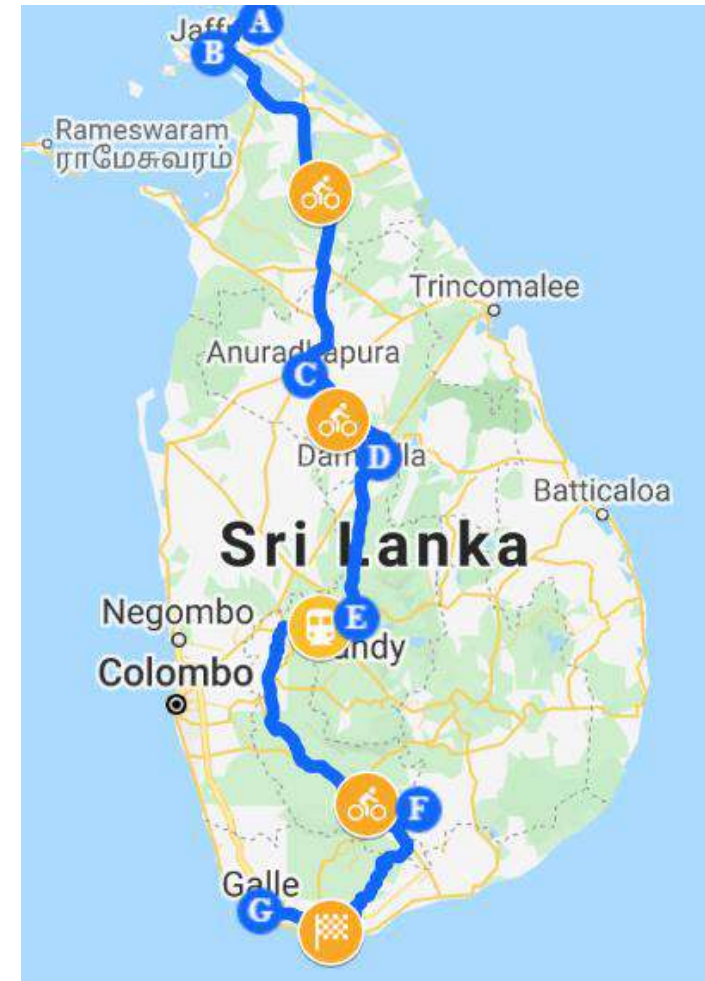
Game drive in the Uda Walawe National Park. Bike Udawalawe to Dondra to Galle (80kms)

## DAY 9

Mirssa to learn about local traditional fishing and transfer to Galle for a free afternoon

## DAY 10

Transfer to Colombo for return flight home



# ITINERARY

2 boots. 2 wheels. 1 diverse island. 1 unique journey

**THE CHALLENGE:** journey the entire distance from top to tail of Sri Lanka and immerse yourself in the history, culture and natural beauty of this incredibly diverse island

In many regions of Sri Lanka the bicycle is the most common form of transport, so travelling by bike yourself is a great way to mix with the people and to gain access to their world. This trip covers the entire length of the island, taking in as much as possible of the scenic and cultural variety that Sri Lanka has to offer. The combination of visits to the ancient cities, great rides through the beautiful hill country, the varied wildlife and taking iconic rail journeys is truly unique on this grass roots adventure. Get ready for an exceptional journey like no other.

## DAY 1

### Flight from UK to Colombo, Sri Lanka

Overnight flight from London UK to Colombo (approx 14 – 15 hours)  
On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included in your to give you the flexibility to travel from your nearest airport or extend your stay in Sri Lanka if you wish. The recommended flights for this trip will include airport transfers in Sri Lanka. There are direct flights from London and non-direct flights for all major airports across the UK. Flights are operated by British Airways, Sri Lankan Airlines, Qatar Airways and Etfiad Airways and cost upwards £500pp economy return depending on which flights and when you book.

Upon arrival at the Bandaranaike International Airport, you will be met by your Local Guide and transferred to your hotel in Sri Lanka's capital and vibrant city, Colombo. You will have the chance to explore the city or relax prior to meeting for dinner and your adventure briefing that evening.

### Included

Airport transfer:	For nominated flight arrival time
Accommodation:	Hotel or guesthouse (twin share basis)
Meals:	Dinner



## DAY 2

### Colombo to Jaffna

Today you will have the opportunity to recover from your flight as you take the early morning train to Jaffna, a city on the northern tip of Sri Lanka. This fascinating coastal town has an absorbing mixture of colonial charm and vibrant Tamil culture while the Jaffna Peninsula and surrounding islands offer a string of remote temples and beaches. The scenic train journey takes 6 hours and on arrival, you will be transferred to your hotel. The afternoon will be spent exploring Jaffna city. The town has its own unique and complex identity shaped in true Sri Lankan fashion by a wide cross-section of influences, including Tamil, Muslim, Portuguese, Dutch, British and Sinhalese. There's plenty to see with colourful temples such as Nallur Temple and Naaga Vihara, set next to huge churches like St. Mary's cathedral, and streets dotted with ancient Dutch and British architecture like Fort Fedrick. Plus there's the chance to soak up the sights, sounds and smells of the buzzing Jaffna market full of dry fish, vegetables and exotic fruit.

### Included

Transfer:	Train journey from Colombo to Jaffna
Activities:	Jaffna City Tour
Accommodation:	Hotel or guesthouse (twin share basis)
Meals:	Breakfast

# ITINERARY CONTINUED

2 boots. 2 wheels. 1 diverse island. 1 unique journey

## DAY 3

### Bike from Jaffna to Point Pedro to Killinochchi

The excitement builds as you transfer to Point Pedro Lighthouse, the symbolic starting point of your north to south Sri Lanka cycling adventure. Saddling up in the most northern point of Sri Lanka Point Pedro you will leave the beautiful shoreline and narrow white-sand beach behind you to pass by a succession of tiny fishing hamlets, where large rays, sharks as well as snapper and barracuda are harvested from the ocean. Cycling past the healing waters of Keerimalai Spring you will follow the Indian Ocean shoreline to the ruined Dagobas of Kantarodai, Dabbalolapatuna (the ancient port where Theri Sanghamitta arrived in Sri Lanka with a Sacred Bo tree Sapling) and Nilawarai, a bottomless well where it's said that the Hindu God, Rama, shot an arrow to get water. While cycling along the rural surroundings of Jaffna, you'll get the chance to view this fertile arc of land criss-crossed with small country roads lined with smallholdings growing a wide variety of crops including chillies, bananas and grapes. Be ready to capture fishermen dragging nets on foot or snorkelling to little prawn farms in the shallow water on the way. You will then pedal past the Kayts Island and Pungudutivu Island to reach Kurikadduwan Jetty for a short ferry ride to the famous Naagdeepa Vihara correlated with Buddha's second visit to Sri Lanka.

After lunch you continue the exploration back on the roads reaching Sangupiddy bridge which connects Jaffna to Killinochchi district via Pooneryn. Cycling past the vast Jaffna lagoon surrounded by the densely-populated marshlands, palmyra palms, coconut plantations and rice paddies, numerous fishing villages and some salt pans. Once you reach Killinochchi you will have a vehicle transfer to the ancient city of Anuradhapura.

#### Distance

Cycling distance: 80kms

#### Included

Transfers: Ferry and vehicle  
Accommodation: Hotel or guesthouse (twin share basis)  
Meals: Breakfast and lunch

## DAY 4

### Bike from Anuradhapur to Dambulla

Today will see you starting the day with cycling among the ruins of the ancient capitals of Sri Lanka Anuradhapura. You'll see the sacred old Bo Tree, a spiritual reminder of the beginnings of Buddhism in Sri Lanka, and the inspiration for Anuradhapura's great buildings such as the giant dagoba Ruwanwalisaya stupa. Some ruins amid in the woodland settings and others appear park-like with columns and ponds dotted about. You then continue to the central part of the island, Dambulla, through beautiful countryside via Habarana experiencing the village life. With a small drive to Ritigala, explore more the glorious past of the country from a hideaway where you'll experience more of the Sri Lankan heritage amid ruins of an ancient Buddhist monastery with rock inscriptions that are found date back to the 1st century BC.

#### Distance

Cycling distance: 80kms

#### Included

Activities: Visit Anuradhapura ancient city and Ritigala  
Accommodation: Hotel (twin share basis)  
Meals: Breakfast and lunch



# ITINERARY CONTINUED

2 boots. 2 wheels. 1 diverse island. 1 unique journey

## DAY 5

### Dambulla and Sigiriya trek

The morning sees a short 30-minute drive to Sigiriya. Rising from the central plains, the iconic rocky outcrop of Sigiriya is perhaps Sri Lanka's single most dramatic natural wonder. Near-vertical walls soar to a flat-topped summit that contains the ruins of an ancient civilisation, thought to once be the epicentre of the short-lived kingdom of Kassapa. There are spellbinding vistas across mist-wrapped forests in the early morning. Take a break from the saddle and step back in time with a climb to the top of Sigiriya rock and its elaborated ancient fortress. Make sure you are wearing sturdy footwear, as this is a very steep climb with some uneven slopes. Or you are welcome to simply explore the gardens at the base of the rock and capture some fantastic images of the fortress from below.

#### Included

Activities:	Sigiriya Rock Fortress
Accommodation:	Hotel (twin share basis)
Meals:	Breakfast and lunch

#### Optional Activities

Minneriya National Park jeep safari – highly famed for its elephants and wildlife  
Dambulla Cave Temple – Golden Temple of Dambulla, a World Heritage Site



## DAY 6

### Bike from Dambulla to Kandy

Jumping back on your bike today you will start cycling from the hotel through the countryside along the Kandalama Lake. This is one of the ancient man-made irrigation reservoirs which irrigates farmlands, supporting fisheries, supplying drinking water and provides recreation to the cultivators. Pedalling along back roads, you will cycle via Naula which is known for its picturesque scenery and on to the Moorish town of Matale noted for its magnificent spices. You will have a chance to visit a spice garden where there's a great variety of indigenous plants such as pepper, nutmeg and cinnamon before arriving at Kandy. There is an optional transfer from Matale to Kandy or for those who enjoy a challenge you can cycle the remaining distance through the central Highlands to Kandy.

Visit the Temple of the Sacred Tooth Relic located in the royal palace complex of the former Kingdom of Kandy, which houses the relic of the tooth of the Buddha. This precious relic attracts white-clad pilgrims, bearing lotus blossoms and frangipani, every day.

#### Distance

Cycling distance:	90kms
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#### Included

Activities:	Spice Garden visit and Temple of the Sacred Tooth Relic
Accommodation:	Hotel or guesthouse (twin share basis)
Meals:	Breakfast and lunch

# ITINERARY CONTINUED

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## DAY 7

### Kandy to Udawalawe National Park

After breakfast, you will be transferred to Kandy Station for your 2 hour train journey to Hatton which is regarded as Asia's most scenic rail journey. The train trip slowly rattles through lush green jungle, soaring mountains, terraced tea plantations, rural villages and working farms. The rail route rises slowly from the subtropical spice and banana trees to pine and eucalyptus forest so sit back, relax and immerse yourself in this wonderful rail adventure and the ever-changing landscapes.

Arriving in Hatton you will jump back in the saddle and pedal along one of the most scenic roads in the country from Bogawantalawa to Balangoda. Twisting and turning for 22km and with 800m of descent, you will experience breathtaking views of the central highlands passing through tea plantations and paddy fields of Balangoda. On arrival at Balangoda your support vehicle will be waiting to transfer you to Udawalawe National Park for your overnight stay.

#### Distance

Cycling distance: 62kms

#### Included

Activities: Train journey from Kandy to Hatton  
Accommodation: Hotel or guesthouse (twin share basis)  
Meals: Packed breakfast and lunch



## DAY 8

### Udawalawe to Dondra to Galle

Today sees an early start to make the most of the game drive in the Uda Walawe National Park. Largely comprised of grasslands and bush forest, it's one of the best national parks in Sri Lanka for seeing wild elephants and game spotting.

After the morning game drive you're back on your bikes to begin your ride to the southern-most tip of Sri Lanka. Cycling along quieter roads you will soon reach the grand finale of your epic journey at Dondra Head Lighthouse located on Dondra Head, the southernmost point in Sri Lanka. The lighthouse is an ideal exclamation mark as your finishing point given it is Sri Lanka's tallest lighthouse, and also one of the tallest in South East Asia. After celebrating your success on reaching the Sri Lanka's southern tip you will be transferred by bus to the famous Port of Galle. A Unesco World Heritage Site, this historic city is a delight to explore on foot, an endlessly exotic old trading port blessed with imposing Dutch-colonial buildings, ancient mosques and churches, grand mansions and museums. Wandering its rambling lanes you'll pass stylish cafes, quirky boutiques and impeccably restored hotels owned by local and foreign artists, writers, photographers and designers. It's without doubt the number one urban attraction in Sri Lanka.

#### Distance

Cycling distance: 80km

#### Included

Activities: Uda Walawe National Park Game Drive  
Accommodation: Hotel or guesthouse (twin share basis)  
Meals: Packed breakfast and lunch





# ITINERARY CONTINUED

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## DAY 9

### Galle

With a relaxing start to the morning you will be transferred to Mirssa by vehicle mid morning. Here you will have the chance to meet local fisherman and learn about their craft, and how their lives have changed after the tsunami. Enjoy the freshest seafood lunch possible with a fisherman's family – a wonderful crab curry is likely to be on the menu. From here it is a bus journey to the perfectly preserved colonial township of Galle (approximately 1 hour) and its blend of European architecture and South Asian traditions. You then have a free afternoon to explore the coastal Fort of Galle.

### Included

Activities:	Galle Fort
Accommodation:	Hotel or guesthouse (twin share basis)
Meals:	Breakfast and Fisherman's House Lunch



## DAY 10

### Galle to Colombo and return flight home

Your cycling journey from most northern point to Southern point of this magical island comes to an end. You will be transferred from Galle to Colombo airport for your return flight home filled with a huge sense of achievement, incredible memories, a greater understanding of this amazing country and with new found friends. You'll share stories and experiences of a lifetime for many years to come.



# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



## TRIP SUMMARY

Dates, trip overview



## TRIP DETAILS

Itinerary, activity details and inclusions



## TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



## OTHER INFO

Weather, maps, etc.



# ESSENTIAL INFO

The nitty gritty bits for your adventure



## Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Top to Tail Sri Lanka Adventure will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place. You're in safe hands with Adventurous Ewe.

## Leaders & crew

You will be accompanied by certified Adventurous Ewe Leader and Local Guide for the trip together with a support crew who will accompany you throughout your cycling journey. They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in constant radio communication throughout your adventure.

## Level of difficulty

The Top to Tail Sri Lankan Adventure is graded as **'Tough'**. This is due to long consecutive days on the bike, undulating terrain (Sri Lanka is not a flat country) and some of the roads are uneven.

The cycling is not technically difficult, though you must be a confident cyclist with a good level of fitness to manage sections of the ride. Sri Lanka is renowned for changing weather conditions with heavy downpours and hot & humid temps. This adds another layer to your challenge which you need to be primed for

Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, endurance and some gritty determination will help you conquer each day. A training programme will be provided to help you reach the start line knowing that you're set to enjoy the journey ahead.



02



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## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trip to run is **8 people** and the maximum group size is **24 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 10 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

## Training

A bespoke training programme will be provided when you join this trip to help you with your preparations. This includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. The more you are prepared, the more you will enjoy the challenge.

Our motto is:  
**Train hard, smile harder and enjoy the journey!**

## Kit and discount codes

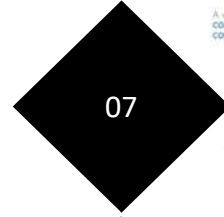
A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you join sign up.

**Mountain bikes** with front suspension (TREK 4500 or similar) will be provided. You will need to supply your own bike helmet. Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



06



07



## Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

# Travel Admin

A quick snapshot of what you need to know...

## Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

## Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

## Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

## Visa

A visa (Electronic Travel Authorisation) is required if you are British and for most other nationalities. If you do not hold a British passport, please check the visa requirements with your local Sri Lankan Embassy or the ETA website <http://www.eta.gov.lk/>.

## Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking, personal liability, cancellation, curtailment and loss of luggage and personal effects.

## Vaccinations

For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fifortravel.nhs.uk/destinations>.





# WHY ADVENTUREOUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism



For more info please visit:

<https://www.adventuroousewe.co.uk/safety-wellbeing/>



WE  
SUPPORT  
THE

FI|TURE  
OF TOURISM.ORG



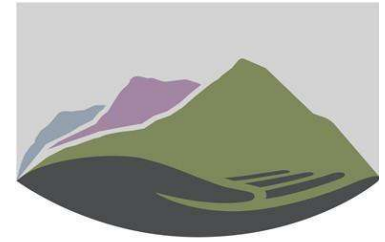
# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



Cymdeithas Eryri  
Snowdonia Society



For more info please visit:

<https://www.adventuroousewe.co.uk/cooearth-partnership/>

IN SUPPORT OF  
**cooearth**

# YOU'RE IN SAFE HANDS

## ADVENTURE SAFETY AND WELLBEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 10 people per team.
- ✓ Pre-adventure briefings will be in a digital format for you to view 2 days prior to your trip.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069. Thank-ewe.

# TOP TIPS

## Cycling

- Train in your cycling kit in varying weather conditions so you know your kit is both suitable and comfy (non-chaffing) for your big challenge. Also train on a variety of surfaces, ie. smooth tarmac, old bumpy tarmac, dirt roads and gravel so you are accustomed to cycling on this terrain
- Use all your bike gears and anticipate when the gradient is differing so you can change gears early
- Look where you want to go so your bike goes where your eyes are directing it to go
- Keep your eyes peeled at all times. In the dry, central area around Sigiriya and Dambulla, there's hard-packed dirt roads where you can often spot wildlife such as peafowl, monkeys, kingfisher and mongoose
- Have the stuff you need with you in a bike bag or light-weight daypack ie. waterproof jacket, snacks, water (there are bottle cages on the bikes), a spare tube (or two), pump & multitool, medication and sunscreen; plus some cash if you wish to have an impromptu stop for a cold drink. You'll be more relaxed and have more fun with the peace of mind knowing you have everything you need. There will be cycling leaders accompanying you and a support vehicle on hand should you need them
- If you really feel the heat, bring a buff & hat which you can wet or have a cooling spray
- Look after your feet – blister prevention and wear cycling gloves
- Bring some of your favourite high calorie snacks. Remove as much packaging as possible before taking it on the bike (less litter to carry)
- Bring your own water bottle, your Water-to-Go bottle is ideal, plus a camelbak./platypus that you can refill and avoid plastic bottles
- Be respectful of the communities, the people, their land and their homes
- **Most importantly.....SMILE & ENJOY THE ADVENTURE!**



# ADVENTURE WITH PURPOSE

**Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.**

**Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.**

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

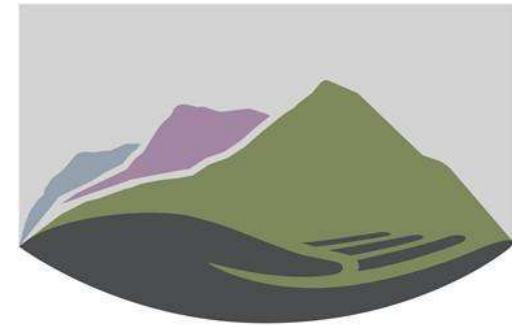
To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world.

This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



For more info please visit:

<https://www.adventurosewe.co.uk/coolearth-partnership/>



Cymdeithas Eryri  
Snowdonia Society





# COST

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**Deposit:** £275 per person payable on booking

**Remaining balance:** £1620 per person payable 6 weeks prior to start of trip

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Please note, if you need to change your booking 60 days or more before the start date you can make flexible date change, subject to availability, without incurring any admin costs. If you need to cancel your booking 60 days or more before the event start date, you will be issued with a credit note to the value of your payment that you can use for another event of your choice, subject to availability.

You are welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

# INCLUSIONS & EXCLUSIONS

## TOP TO TAIL SRI LANKA CYCLING ADVENTURE

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your trip from Adventurous Ewe
- Training guide and top tips
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app, Vamoos
- Digital trip briefing sent prior to your departure
- Public liability insurance
- Financial travel protection
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free **Adventurous Ewe Water-to-Go Bottle**

#### During your trip:

- Qualified cycle guides
- Adventurous Ewe cycle leader for groups of 10 or more
- All ground crew per your itinerary
- Bike hire - mountain bikes with front suspension (TREK 4500 or similar)
- Support vehicle
- Transfers within Sri Lanka per your itinerary
- Drinking water during your ride
- All logistical and safety management whilst in Sri Lanka
- Emergency evacuation
- 9 nights hotel/guesthouse accommodation (twin share basis)
- Breakfast x 8, lunch x 7 and dinner x 1
- National Park Fees
- Colombo to Jaffna Train Journey
- Kandy to Hatton Train Journey

### NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to Colombo. These can be arranged for you at an additional cost of £500 upwards per economy return ticket. You are welcome to book your own flights or use our Flight Agent who is ATOL protected
- Evening meals, please allow £8 - £15 per night
- Visa – please refer to: <https://www.gov.uk/foreign-travel-advice/sri-lanka>
- Vaccination/s. Please refer to: <https://www.fitfortravel.nhs.uk/destinations/asia-east/sri-lanka>
- Additional excursions outside the itinerary
- Personal spending money and drinks
- Kit and equipment as listed on your kit list
- Tips for local crew – recommend minimum of \$US100.00pp+
- Single room supplement
- Any associated costs with leaving the expedition early.

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic adventure and an uncomfortable one. This is a list of recommended kit to take on your trip.

## BAGS

- Main kit bag (duffle bag)** – recommend no more than 80L soft duffle bag with back straps as you will need to carry this bag at some points. Your kit bag will be transferred to each hotel. Please ensure it has a clearly marked name tag
- Daypack** – optional. To use on your bike ride to carry essentials
- Bike bag/bum bag or saddle bag** – to carry essential items. Enclose items in dry bags just in case

## CLOTHING

- Waterproof jacket** – breathable lightweight & foldable
- Wicking/merino wool t-shirts/cycling jerseys** – for 7 days
- Padded cycling shorts** – for 7 days of cycling. Can be worn under your cycling clothing
- Cycling shorts** – wicking fabric and comfy (check they don't chaff)
- Lightweight warm top** – an extra layer if needed whilst cycling
- Cycling gloves** – padded, fingerless gloves are ideal
- Trousers** – lightweight trekking trousers. Zip off trouser legs are ideal
- Casual clothes** – for evenings, walking, free time and travel. Ensure you have some lightweight full length clothing that can be worn in the evening for mozzie protection. Slouchy trousers, lightweight trekking trousers or leggings are ideal
- Headwear** - cap/sunhat which can be worn under your helmet plus sunhat that can be worn casually
- Buff** – for sun protection and can be soaked in water for cooling the back of your neck. We recommend at least 2 x buffs
- Swimwear**
- Underwear** - merino wool or wicking material, not cotton. How many pairs is up to you.

## FOOTWEAR

- Approach shoes or trail running trainers** – light, durable pair of trainers! We'd recommend something that will be comfortable as you ride and can be used for the trek, sightseeing and walking around local towns
- SPD's & pedals** – optional for those who wish to use cleats whilst cycling
- Socks** – recommend merino wool/wicking cycling socks and some casual wear socks
- Sandals or flip-flops** – casual wear.

## EQUIPMENT

- Bike helmet** – essential. You must always wear a helmet whilst on your bike
- Water bottle** – (essential) 2-3 litre capacity. Water-to-Go bottle ideal and a platypus / camelback. There are bottle cages on your mountain bike
- Head torch** & spare batteries
- Sunglasses** – strong UVA/UVB protection preferable. Ensure they are comfy and do not slide off your face whilst cycling
- Dry bags** – can be used to itemise clean kit and store dirty kit

## TRAVEL ADMIN

- Passport & visa**
- Flight tickets**
- Travel insurance policy and emergency number**
- Debit/credit cards**
- Cash** – Sri Lankan rupee. Please ensure you have a minimum of \$US100 for tips for local crew

## ADDITIONAL ITEMS

- Antibacterial hand gel** (essential) & **face mask** (optional)
- Sunscreen and lip block** – minimum SPF50
- Favourite snacks** - both sweet and savoury, high calorie
- Electrolytes** – ie. High5 Zero Electrolyte Drink Tablets
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable soap/shampoo, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip salve, etc.
- Travel towel and/or sarong** – for swimming
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, antiseptic wipes & cream, rehydration sachets, anti diarrhea medicine and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.
- Insect repellent** - heavy duty mozzie repellent. If you wish to avoid DEET products try Smidge waterproof protection or Incognito insect repellent.
- Chamois cream**
- Contact lenses** (plus spare glasses)\*

## NICE TO HAVE

- Rear LED bike light** for your bike
- Gel bike seat**
- Dextrose tablets** for extra energy
- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs** for hotels
- Reading material / card games**
- Portable charger and plug converter**
- Small foldaway bag** for shopping, etc.
- Travel padlocks**
- Multitool/Swiss army knife**
- Poncho** for casual wear in wet weather

# KIT TIPS

Please find below some of top tips to ensure you will be well kitted for your trip:

- Mark all your personal kit clearly, as no doubt there will be others with similar items
  - Ensure your luggage has your name tags clearly displayed
    - Think light and small wherever possible
  - Long sleeves and trousers are essential for sun and insect protection
- Test and train in your kit so you become familiar with any shortfalls, rubbing issues, breathability, quick drying ability, etc.

## Cycling Shorts

Whether skin-tight Lycra or MTB-inspired 'baggies' – are designed to keep you warm, dry and comfortable, with the addition of being cut to take into account the ergonomics specific to the bike-riding position.

Quality shorts are a sound investment no matter what cycling discipline, with body-hugging lycra the best bet for long hours of pedalling and tough but lightweight baggy shorts able to take the punishment of trail riding.

Bike shorts as with other types of cycle clothing are designed to keep you dry by channelling moisture from perspiration to the outside of the fabric ('wicking') and in the case of Lycra garments, warm and comfortable by trapping a layer of insulating air close to the skin.

Bike shorts differ from 'normal' shorts in taking into account the different demands of cycling and the riding position – high, elasticated waistbands; vents to allow cool air enter; avoidance of flapping fabrics that can chafe or get in the way; seams designed and placed to prevent irritation etc.

The key factor that separate most bike shorts from 'normal' shorts is the pad or chamois in the seat area for maximum comfort when pedalling in the saddle.

## Lycra shorts

Tight-fitting Lycra road shorts are the 'classic' cycling garment. Lightweight and snug to the skin, Lycra shorts are regarded as the most comfortable and aerodynamic option for long, pedal-intensive riding as they allow for fantastic freedom of movement and are not prone to chafing.

They are made of modern materials which are 'breathable' (allow water vapour to escape through the fabric, rather than condensing on the skin) and which draw sweat away from the skin to where it can evaporate (a quality known as 'wicking').

Better-quality shorts are made up of more individual panels to provide an optimum fit to your body contours, while chamois quality will also improve with premium shorts: contoured, multi-density 'shammies' that are more supple and comfortable on long rides and less prone to bacteria and odour. It is worth noting that chamois care is essential to prolonging the life of any shorts, with post-ride washing obligatory and pre-ride treatment with special cooling and moisturising chamois cream advised for both comfort and long life.

## Mountain bike (MTB) shorts

Baggy shorts are made of tough but lightweight nylon fabrics they provide better protection against brambles, branches and the occasional encounter with the ground than do thin Lycra, while cooling air vents and a multitude of pockets are also helpful.

Most baggy shorts also feature a chamois where long hours pedalling in the saddle are not an issue. The chamois can be an integral part of the shorts, or with more expensive garments, can form part of a removable liner. This is a useful option as it means the shorts can be worn off the bike without the liner, or liner and shorts can be washed separately.

A comfortable and adjustable elasticated waistband is essential, as is a secure method of closure that is easy to operate with gloved fingers (snap buttons or velcro in preference to 'normal' buttons, for example). Lycra stretch panels are good for an optimum on-bike fit, while cooling vents may appeal if you are a hard-working rider who sweats a lot. A selection of cargo pockets as well as a zip-secured pocket for valuables is good for storage, but bear in mind that it's not comfortable or advisable to pedal with pockets stuffed to the brim, or to carry sharp objects in your shorts pocket when there is a risk you may fall off.

The best baggy shorts strike a simple balance: lightweight but durable fabric, a comfortable fit without chafing or irritation, plenty of adjustability and enough pockets to be practical.



# EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

**Joe Brown and The Climber Shop** who are kindly offering any members of our flock a 10% discount\* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

**Ashmei** who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



# ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

For any further info or any questions,  
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<https://www.adventurousewe.co.uk/>



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We look forward to welcoming you to Sri Lanka for this unique adventure from top to tail showcasing this beautiful country and its people.