



"Djoser... Organized Adventures for Independent Minded Travelers"



BIKE TOUR Sri Lanka 13 days





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Itinerary

- Day 1 Colombo – Yapahuwa
- Day 2 Yapahuwa - Dambulla
- Day 3 Dambulla, Sigiriya
- Day 4 Dambulla - Polonnaruwa
- Day 5 Polonnaruwa - Kandy
- Day 6 Kandy
- Day 7 Kandy - Nuwara Eliya
- Day 8 Nuwara Eliya - Ella
- Day 9 Ella - Udawalawe
- Day 10 Udawalawe
- Day 11 Udawalawe - Ahangama
- Day 12 Ahangama
- Day 13 Ahangama - Colombo (LAND ENDS IN EVENING)



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Day by day

On the Road with Djoser

Djoser's active journeys offer an ideal balance of guidance and freedom. Our guide-assisted adventures cover the globe and feature wildlife, beautiful natural settings, historic sights and authentic cultural experiences. During Djoser travels, the daily schedule is not rigidly set.

The day to day descriptions describe the anticipated, or possible daily activities. Our travel days are obviously fixed, but each day the program may deviate depending on the preferences of the group, in consultation with the tour leader. The tour guide offers a program daily, with planned excursions. You are never obligated to participate. Those who desire more freedom may go out exploring or may dine on their own. Your tour leader can offer suggestions for safe explorations and fun restaurants. You will find that Djoser participants will take advantage of this flexibility. We believe a sense of discovery is an integral element of a great trip.

We offer the land program only. Below, you will find the day to day description days numbered to correspond with that of the Dutch participants (which includes their transit days from/to Amsterdam). This is so that when you are traveling and refer to this day to day description, all travelers will be "on the same page" or the same day number.

During Djoser's bike tours we begin our cycling trips from our accommodations or we make a multi-day bike ride. Our itineraries are not rigidly set in stone. On rest days you can make extra bike rides or you may do other things on your own. The tour leader you can always offer tips and suggestions. You are not obligated to participate. Those who wish to explore independently have the freedom to do so. By the nature of our trips and local conditions there may be unexpected situations. Therefore it may be necessary to adjust a certain bike ride or activity. We travel in groups of up to 20 people for this bicycle.

Yapahuwa, Dambulla, Sigiriya, Polonnaruwa

Day 1 Travel day for most participants

Day 2 arrival Colombo - Yapahuwa

Day 3 Yapahuwa - Dambulla

Day 4 Dambulla, Sigiriya

Day 5 Dambulla, Polonnaruwa

After arriving in Colombo, we drive our own bus to the north. The ride goes through the beautiful interior to our comfortable hotel in Yapahuwa (<https://en.wikipedia.org/wiki/Yapahuwa>) . Here you can recover from the long journey. At the end of the afternoon the more energetic can go on a first short bike exploration of the town Yapahuwa. The large rock, "Yapahuwa Rock" characterizes this historic



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city.

Distance bike ride: 6.2 miles

From Yapahuwa we make our our first bike ride to Dambulla (<https://en.wikipedia.org/wiki/Dambulla>), where there are more than one hundred Buddha statues carved into prepared areas. The largest of the rock carved statues is 45.9 ft long. From Dambulla we cycle approximately 15.5 miles through small villages and make a visit to the famous Lion Rock of Sigiriya in the program. The fortress is built on a high rock. The ruins and world famous frescoes are accessible via a staircase along a chilling precipice. You can choose whether you cycle back to Dambulla or board the bus to travel back.

Length: 15.5 miles or 31 miles

The next day we cycle about 31 miles through an area with numerous spices and rice plantations to the second ancient royal city of Polonnaruwa. You can stop along the way where you want to. You will come across different fruit stalls where you can buy a refreshing mango or coconut. In Polonnaruwa (http://en.wikipedia.org/wiki/Kingdom_of_Polonnaruwa) you can see remnants of the former Buddhist university.

Distance : 31 miles

Kandy

Day 6 Polonnaruwa - Kandy

Day 7 Kandy

The rides are a little more challenging as we get closer to Kandy. Part of the route we cycle, and once the biking gets too strenuous, we step into our bus. Kandy is situated at an altitude of 1,640 ft on a large lake. The city has much to offer and on your free day you can explore the city and its sights on your own. See the Dalada Maligawa Temple, the "Temple of the Tooth," where a tooth of Buddha is kept. Or the botanical garden where rare plants grow. In the evening you can attend a spectacular dance performance.

Distance: 18 miles

Nuwara Eliya, Ella

Day 8 Kandy - Nuwara Eliya

Day 9 Nuwara Eliya - Ella

Today we leave our bikes and take the train for a scenic drive up to Nuwara Eliya at 6,561 ft. Along the way you'll see from the train how the landscape changes from tropical jungle with palm trees, to the cool highlands with hilly tea plantations. Nuwara Eliya is the heart of Sri Lanka's tea production. Upon arrival, it becomes clear why Nuwara Eliya (http://en.wikipedia.org/wiki/Nuwara_Eliya) also called



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"Little England"; the buildings create a typical English atmosphere. The red painted post office is the best example. In the center you will recognize British influences in the architecture and some of the names. The next day we cycle, to Ella with a stop at a tea plantation. This charming town is famous for its gorge, the Ella Gap. In the vicinity of the gap, we find large waterfalls. From the bridge below the falls, you have a beautiful view of the cascading water. You can also make a nice walk to Little Adam's Peak with beautiful views of the surrounding area.

Udawalawe National Park
Day 10 Ella - Udawalawe
Day 11 Udawalawe

From Ella we descend to Udawalawe. The bike trail is mostly downhill to Buduruwwagala, where we can see a large Buddha statue in a rock in the middle of the jungle. For part of the route we get on the bike and part we make in our own bus. Udawalawe National Park is one of the best places to spot elephants. There are also crocodiles, foxes, leopards and different species of birds. A safari is a real winner here.

Ahangama
Day 12 Udawalawe - Ahangama
Day 13 Ahangama
Day 14 Ahangama - Colombo (land ends)
Day 15 Transit day for the Dutch participants

From Udawalawe we cover the last few miles before we drive to our hotel on the south coast. The last days of the trip we stay on the south coast, in a cozy hotel on the beach in Ahangama (<http://en.wikipedia.org/wiki/Ahangama>). The beach at the nearby town of Unawatuna, which meets all the wonderful criteria of a tropical palm beach, and it is located just a short distance from the hotel. You can snorkel to explore the underwater world here. In the afternoon we take a bike ride around Lake Koggala and we pay a visit to Galle. Along the beautiful palm coast we drive back to Colombo, from where we all go home.



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Practical information

Accommodations & Meals

Accommodations – In Sri Lanka we stay in comfortable colonial hotels and cozy rest houses. A number of hotels have a pool.

Some examples of our usual hotels (subject to change)

Ahangama	Insight (http://www.tripadvisor.com/Hotel_Review-g674590-d676368-Reviews-Insight-Ahangama-Kandy)
Kandy	Senani (http://www.tripadvisor.com/Hotel_Review-g304138-d803221-Reviews-The_Senani_Hotel-Yapahuwa)
Yapahuwa	Yapahuwa Paradise Hotel (http://www.tripadvisor.com/Hotel_Review-g2216639-d2450524-Reviews-Yapahuwa-Paradise-Hotel-Dambulla)
Dambulla	Pelwehera Resort (http://www.tripadvisor.com/Hotel_Review-g304133-d801615-Reviews-Pelwehera-Resort-Polonaruwa)
Polonnaruwa	Sudu Araliya (http://www.tripadvisor.com/Hotel_Review-g304140-d577158-Reviews-Hotel_Sudu-Araliya-Polonaruwa)

Single room - Djoser is single friendly! If you are traveling solo, we will match you with a same-sex roommate. If we cannot match you, there will be no additional room charge. For a reasonable charge, you may request single accommodations, subject to availability. Just indicate this preference on your booking form. You will find pricing for single accommodations on "Dates & Prices" page.

Hotel extensions - It is always great to be well-rested when you begin a journey such as this. If you would like to book an extension hotel night upon arrival in the city where the land program begins, let us know on your booking form. You will find the prices for extension nights listed in the "Dates & Prices" page. The cost of a hotel extension does not include transfers to or from the airports.

Meals - In some hotels, breakfast is included. During the nights at Udawalawe the evening dinner is included in the price. Other meals are not included during the trip so you are free to choose where, when and with whom you eat.

A traditional Sinhalese meal featuring rice "curries" that come in compartmentalized containers with very diverse content from very spicy pickles to softened coconut shavings. There are both fish, meat and lots of vegetarian curries. Don't think of curry like the Indian brown curry. In Sri Lanka, there is much more to the curry concept.

In almost all the places you can find restaurants with a varied menu so everyone can eat what they want. Sri Lanka is also known for its delicious and various fish dishes, ranging from shrimp to shark!

Flights & Transportation



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Booking your international flight - We provide the land package and transportation within the program as described. We do not arrange international flights from or to the United States or Canada. The land program will begin approximately two hours after the arrival of the Netherlands (NL) participants who will be arriving from Amsterdam. The land program will end about 4 hours prior to their scheduled departure time, which allows for time to get to the airport. The proposed flights for the Dutch participants and the Land Begin and End times are listed below. They are subject to change based on flight delays or changes. We will keep you posted of any flight changes that we are aware of prior to the trip. When scheduling your flights, keep the following times in mind.

Flights for Dutch participants (subject to change)	
Arrival	Colombo 8:40 AM
Depart	Colombo 10:05 AM
Provider	Emirates

Before you book your flight - To avoid flight change or cancellation costs get email confirmation from our office that the trip has enough participants to be a "GO".

Verify the spelling of your name-within 24 hours - When you book your flights, double check your flight records to confirm that your name is spelled on your ticket exactly as it appears on your passport. Some companies (for example, ORBITZ) will only allow a 24 hour window to correct any errors without penalty. You may incur heavy fees for changes, forfeiture of your flight ticket, or even worse, you could be denied entry to a border upon arrival.

Send us a copy of your flight itinerary - We will forward to the tour leader so they will know when to expect you at the hotel and when you will be departing.

Keep in mind hotel extensions - If the Dutch travelers arrive early in the morning, we recommend that you arrange to fly in the day or night before so you will be meet the group. Some trips involve an immediate transfer from airport to the next town so make sure you will arrive before the others so you don't miss the first meeting or transfer to the next location. We can arrange an extension hotel night for you. Prices for hotel extensions can be found in the "Dates & Prices" section

If the Dutch participants arrive in the late evening - Should they arrive very late in the evening, the group will have their first meeting in the morning in the hotel lobby. You can check in earlier and relax or explore on your own.

Airport transfer to/from hotel (not Included) - If you will be arriving and or departing on the same flight as the Dutch travelers let us know. Then you can join them on the bus for the group transfer at no additional charge. Notify us in advance so we can alert the tour leader. If you schedule your flight at the same time as theirs, or later, you can join them on the group transfer to the airport at no additional charge. Otherwise, you can take an authorized taxi to the first hotel on the list we have provided for you. Private airport transfers can be very costly . If your flight is delayed, they are difficult to reschedule or cancel. With a taxi, you are not charged for waiting time or cancellations.

Useful Links for booking your flights
 Orbitz.com (<http://www.Orbitz.com>)
 Expedia.com (<http://www.Expedia.com>)



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Kaykak.com (<http://www.Kaykak.com>)

Local transportation - During the tour we use a private bus, equipped with air and heating. We are free to stop for a photo or to stretch our legs.

Cycling - The trip includes the use of a good quality bike with gears. We bike between 12.4 and 37.2 miles per day. The first few days, are not so strenuous until we get closer to Kandy. The hardest route is from Kandy to Nuwara Eliya when we also take the train. The bikes are carried by the bus or train in the baggage car.

Bus - We use our own comfortable bus for the portions that we do not bike.

Money Matters

A summary of all trip costs can be found on our 'Dates & Prices' page. Prices may fluctuate throughout the year depending on currency exchange, gas costs, etc.

Included in price

- Land package (begins & ends at hotel)
- Bike rental
- Transportation by bus between bike rides
- Hotel stays (3x with breakfast)
- Two nights in "river camp "with breakfast and dinner
- Special night in a luxury tent with private facilities near Uda Walawe National Park, including dinner and breakfast
- Scenic train ride through the tea plantations of Kandy to Nuwara Eliya
- Excursions according to program
- Local guide
- Tour guide from Holland (speaks Dutch & English)

While you are traveling

Local Currency:	Sri Lankan rupee
ATMS:	Many available
Other Currency Accepted:	Dollars - smaller, undamaged, 10 years or less
Credit cards:	Can be used in many places



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Tipping - It is customary to tip for services rendered. The tour leader will organize a tip jar at the beginning of the trip, from which tips to drivers, guides, hotel staff are paid. Depending on the size of the group, each participant will be asked to contribute \$40 to \$50. This does not include a tip for your tour leader. Tipping the tour leader is appreciated and the amount up to your discretion.

** You will find a list of all trip costs in the "Dates & Prices" section, including your estimated out of pocket costs.

Excursions

Freedom and choice are important elements of a Djoser trip. In addition to scheduled group activities, wherever possible, you may decide which attractions you wish to visit, and with whom. Unless otherwise indicated, entrance fees are not included in the price, so you have the freedom to make your own choices. One person may prefer to stroll through the market in search of bargains, while someone else may want to relax by the pool, go to a museum, or take a bike ride. Join the guide or break off with others in the group to explore on foot or with the local transport. Some attractions should not be missed, or they are not easily accessible, or are en route to our next overnight location and are therefore built into the program. In the "Dates & Prices" section you will find the estimated out-of-pocket, weekly expenses that have calculated in typical entry fees in addition to meals and other costs.

During this journey the following excursions are included in the program (in addition to the cycling trips):

- Day 2; city tour by bike to Yapahuwa
- Day 3; Dambulla Cave Temples bike tour with visit
- Day 4; cooking workshop and visit Sigiriya
- Day 5; Pollonaruwa city tour by bike
- Day 6; visit herb and spice garden
- Day 10; visit Buduruwagala
- Day 11; visit to the Elephant Transit Home at Uda Walawe

There will be other possibilities. The guide can advise you on this and can possibly arrange a tour for the group, such as spotting elephants in the wild, or a safari in Uda Walawe National Park. You can also go dolphin and whale spotting in Ahangama.

Travel Documents

When you book a trip we will provide you with more details about necessary documents. Passports should be current and valid for at least 6 months beyond your departure date. If a visa is required, you may need extra pages in your passport for your stamps. Check all visa requirements carefully and



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leave yourself plenty of time to send and receive documents before your trip.

VISA NEEDED? - YES Consulate link (<http://sri-lanka.travisa.com/>)

Visa & Passport Expeditor – For an extra fee, you can hire an expediting service to process your visa application. They will look over your paperwork and they can offer a faster return of your visa or passport. We recommend TRAVISIA. (<http://www.travisa.com>)

Health Issues & Insurance

Health - Check for the Center for Disease Control – Travelers information (<http://wwwnc.cdc.gov/travel>) for recommendations. Keep in mind that they may recommend an inoculation or medication such as malaria pills, which may be necessary for one specific part of a country but not another, or for a particular season. Shots are expensive. Make sure to get only what is needed. We recommend asking your doctor for a prescription to combat a more serious intestinal disorder.

When you book a trip we will provide you with information regarding the usual recommendations for the region we will visit. You will be responsible to check with your travel clinic or physician to review your plans and to find out the most up-to-date recommendations and needs for your particular situation. Plan to get your inoculations four to six weeks in advance of your trip. Some offices may need to preorder the medicines so call in advance. It is wise to pay careful attention to what you eat. Also, we recommend you bring medicines such as pain-killer and for remedy for intestinal disorders (such as Immodium) Bring a small first aid kit. Tweezers, band-aids, antiseptic cream, insect repellent, salt rehydration tablets. The tour leader will have a first aid kit.

Climate and altitude changes can sometimes cause illness. Be sure to drink plenty of water. Bottled water is readily available. Excessive alcohol intake contributes to dehydration and makes you more vulnerable to illness. Make sure that you get plenty of rest and enough food and drink during the trip.

Usual vaccinations & medications recommended for this trip:

- DTP
- Typhoid
- Hepatitis
- Malaria tablets

TRAVEL INSURANCE IS REQUIRED FOR THIS TRIP.

Insurance - For peace of mind, we recommend that you procure travel insurance. In the event of an illness or injury, an emergency evacuation can be incredibly expensive and you would want access to the best possible facility. Also, lost baggage or missed flights can mean added expenses. Even events at home may prevent you from taking a trip, such as a lost job or ailing family member. It is important



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to get travel insurance immediately after booking. Most companies have a brief window (within 10 days of booking) for coverage for a preexisting condition. You will be asked to provide us with travel insurance contact information before your departure.

You are free to choose your own provider. Over the years, we have recommended TRAVELEX. They offer a variety of plans and most importantly, they are responsive. Should you choose to go with TRAVELEX, you will contact them directly and the cost of your coverage will depend on the plan you choose. The cost will be based over the total cost of your trip and flights, and the amount is also subject to your age. Ask about the TRAVEL PLUS plan and the more economical TRAVEL LITE plan.

* Arrange for insurance immediately after booking your trip so that you are covered for any pre-existing situation. TRAVELEX (<http://www.travelexinsurance.com>) 1-800-228-9792

Group Composition

Minimum group size: 10

Maximum group size: 20

What to expect when traveling with an international group – Our group trips are arranged in cooperation with Djoser, B.V. in the Netherlands. Because they cater to the voracious travel appetites of the Dutch, we can offer a vast number of programs around the world with hard-to-find itineraries, with numerous departure dates.

Djoser travelers are active, enthusiastic travelers of all ages. You will find couples and singles on our trips. Join our international groups with travelers from the Netherlands, Belgium and North America. There are rarely more than four North Americans per group. The international make-up of our groups is the attraction for many regular and this adds another cultural element to the trip. Feel free to call us if you wish to know the demographic make-up of a particular trip (number of singles and age range).

You will find that almost all of your fellow travelers have an excellent command of English and most are very willing to socialize. It's a great idea to extend an invitation to a few travel mates for coffee or a drink early in the trip. They will appreciate your effort and this is a great way to break the ice. It will be easier for them to test out their English skills in a quiet, one-on-one setting. Group members tend to warm up to one another in a day or two. As with every tour group, compatibility has most to do with individual personalities.

The Dutch are experienced and hearty travelers. We attract travelers of all ages and we enjoy the mix! You will find our participants welcome opportunities for independent explorations in addition to group activities. No matter their age, Djoser travelers expect, and are up to lots of walking, hiking, biking, or whatever comes our way. The Dutch and Belgian travelers will fly as a group from Amsterdam. Unless otherwise indicated, you will meet the group and tour leader at the hotel where you will begin the land program with the group.

Tour Leaders & Support Staff

This trip is accompanied by a Dutch guide who speaks Dutch and English. He or she assists you



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throughout the journey. The tour guide provides practical information about the bike ride, the route and the different activities during rest days. In addition, the tour leader tells something about daily life and the different habits of the country. However, the tour guide is not a lecturer. In Sri Lanka a local bike guide also assists. He knows the routes well and helps with bike maintenance. For any questions, comments or concerns you can always contact the tour leader. The tour guides are enthusiastic cyclists and do everything to make a success of your cycling trip.

Our experienced land representatives are situated in the destination country you will visit. We work closely with them and they function as the liaison between our office, the guide, drivers and hotels. They are also available in the case of an emergency and their number will be provided on your emergency contact list.

Climate & Geography

Because Sri Lanka is close to the equator, the temperature varies between winter and summer in the lower regions are minor. Because of the high altitude in the central highlands it is cooler in the Kandy and Nuwara Eliya, especially in the evening, even in summer. While traveling the daytime temperatures can range from eg 51 ° to 95e south and west is the period lasts from May to September, from October to January it rains in the north and east. The downpours are short but powerful and usually fall at the end of the day. It refreshes the air and creates the beautiful flora. In Sri Lanka a tropical downpour is interspersed with beautiful weather. The sea temperature is always pleasant, approximately 80 ° C.

Because of the altitude difference be found on the island of Sri Lanka, many different species of plants and animals live here. Along the coast there are tropical rainforests in the north you will find savannahs and in the central highlands, you can walk on moors, reminiscent of England.

Our trips are organized with weather conditions in mind. On our website, we will provide you with a weather summary of the region: Check temperature and rainfall for specific cities on your trip, during your month of travel at Weather (<http://worldweather.wmo.int/en/home.html>) :
<http://worldweather.wmo.int/en/home.html>