

SRI LANKA

HIKING & CULTURAL TOUR

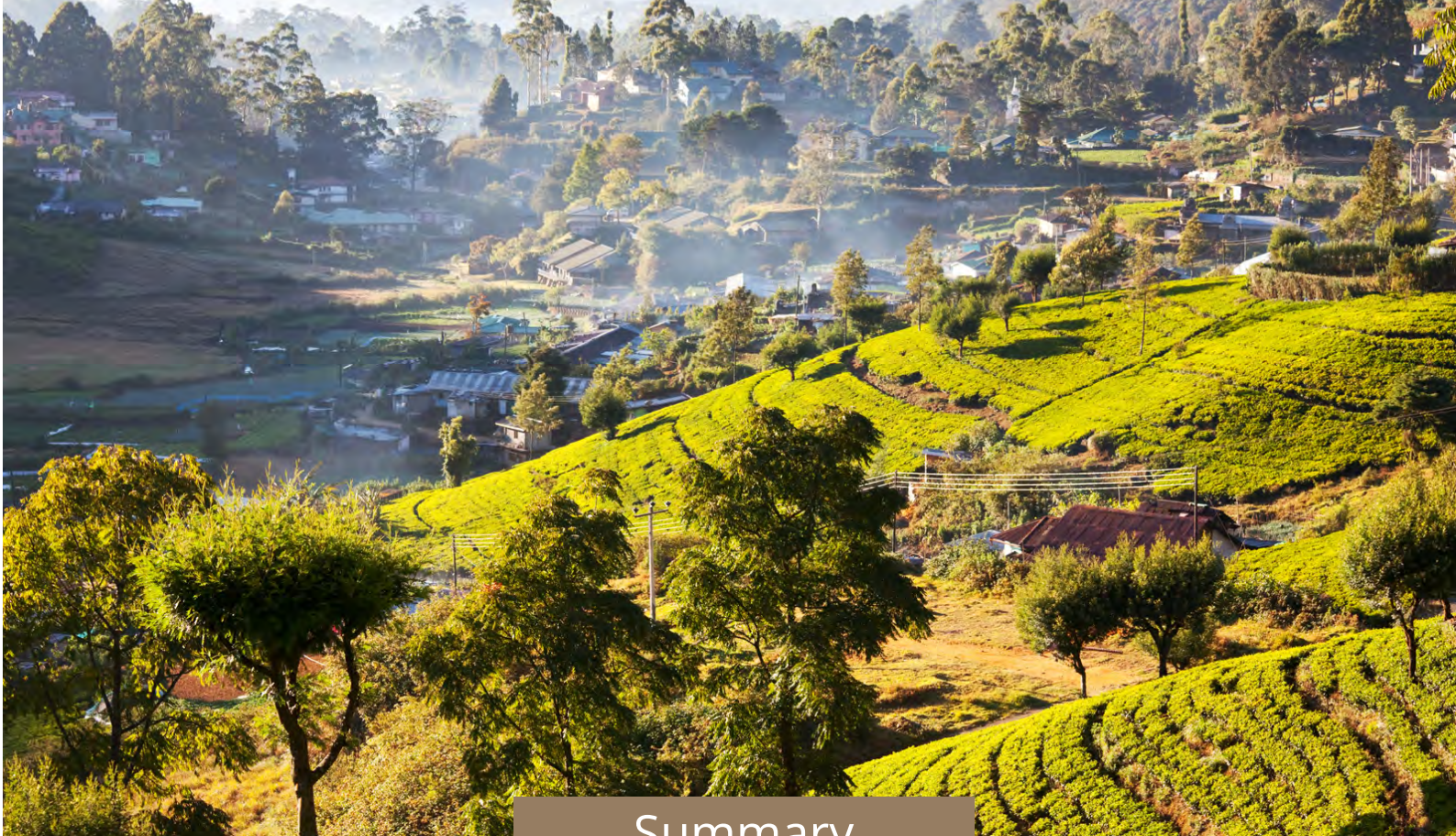
With optional
India and
Singapore
add-ons

14 Days/13 Nights

20 March - 2 April 2026

Tour Highlights...

Sigiriya Rock | Dambulla Caves | Peko Trail Hikes | Nuwara Eliya | Tea Factory |
Hill Country Train Ride | Yala Safari | Galle Fort |



Summary

Explore Sri Lanka's charm on a hiking & cultural tour through ancient temples, lively markets and lush landscapes.

With endless beaches, timeless ruins, friendly people, oodles of wildlife, famous tea, scenic trains and flavourful food, Sri Lanka is simply irresistible.

Join us on this 14-day Sri Lanka tour to explore Sri Lanka's iconic sights and hike some of the most spectacular trails in the country.

Our professional tour guide will expertly guide us around the country to visit the iconic sights. Imagine climbing Sigiriya Rock, marvelling at the ancient caves of Dambulla, searching for leopards at Yala National Park and riding one of the world's most scenic railways through tea plantations in the highlands.

In usual ICON Adventures style, we will detour off the beaten track to hike from village to village on sections of the Pekoe Trail. Recently opened, this picturesque hiking route takes us through the heart of the island's lush tea plantations, misty hills, and charming villages, offering an immersive experience of Sri Lanka's natural beauty and cultural heritage.

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ICON Adventures, PO Box 11406, Toowoomba QLD 4350

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Day 1 Meet and Greet - Welcome to Sri Lanka

You've landed in Colombo, the vibrant and eclectic capital of Sri Lanka. We will be met at the airport and transferred to our hotel in the nearby town of Negombo. Flights from Australia usually arrive quite late in the evening so it is all about getting good night's sleep so you are fresh and ready to discover this vibrant country in the morning.

O/N 2 nts Negombo at Goldi Sands (or similar)

Day 2 Negombo (B, D)

After your travels, today is all about easing in. Sleep in, wake up over lazy breakfast, soak up the sun by the pool, or take a dip in the ocean and a leisurely stroll along the beach. If, and only if, you are feeling a little more energetic, wander through the streets of Negombo or visit the local market. This afternoon we will come together for a fun tuk tuk tour of the local area —perfect for getting your bearings and enjoying a dose of Sri Lankan street life. Today is all about a relaxed start to an unforgettable journey.

Day 3 Dambulla (B,D)

Today we depart from Negombo and journey to Dambulla, to explore the Dambulla Cave Temple—Sri Lanka's largest and best-preserved cave temple complex, nestled in the island's heart. A UNESCO World Heritage Site, it features over 80 Buddha statues and vibrant murals depicting the Buddha's life and ancient Sri Lankan history. Carved into a massive rock, the temple's five caves have been a sacred pilgrimage site for more than 2,000 years. Wander through golden statues, intricate paintings, and peaceful shrines, and take in sweeping views of the countryside from this spiritual and scenic hilltop. Afterwards, we will check in to our hotel and enjoy the rest of the day at leisure.

O/N Dambulla Cinnamon Lodge (or similar)

Day 4 Sigiriya, Matale & Kandy (B,D)

We start the day with a sunrise climb to the awe-inspiring Sigiriya Rock Fortress, an iconic 5th-century citadel built by King Kasyapa. Rising dramatically from the plains, Sigiriya is a masterpiece of ancient engineering and artistry. As we ascend through the colossal 'Lion Paws' gateway, we take in the symmetrical gardens below, the famed frescoes inspired by Gupta art, and the reflective 'mirror wall' etched with ancient graffiti. Then it's back to the hotel for breakfast before continuing to Kandy. We will stop en route at a spice garden in Matale to learn about the therapeutic properties of spices. Nestled in Sri Lanka's Central Province, Matale is known for its tea, rubber, vegetables, and aromatic spices. Enjoy a guided tour of the garden and a cup of herbal tea, or wander the vibrant streets for a taste of local life.

O/N 3 nts Kandy at Fox Kandy (or similar)

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Day 5 Kandy (B,D)

This morning it is into the hustle and bustle of Kandy with a walking tour. Explore the iconic Kandy Temple, a UNESCO World Heritage site in the heart of the city which houses the revered relic of the Buddha's tooth. Admire the intricate architecture, vibrant murals, and golden roof, immersing yourself in its spiritual ambiance. Witness daily rituals offering a glimpse into Buddhism's devout practices. A visit promises a profound journey into Sri Lanka's cultural heritage. Upon completion we return to the hotel for an afternoon of serenity and relaxation.

Day 6 Kandy (B,D) Hike: 13kms

It is time to pull on the hiking boots and get out on the trail...the Pekoe Trail, walking stage 1 from Hanthan to Galaha. Starting at the Ceylon Tea Museum this trek takes us through the picturesque Hanthana Tea Estate, one of Sri Lanka's oldest and largest plantations. Highlights include the rocky ridge of Katusu Konda, offering panoramic views of the Hanthana and Knuckles Mountain ranges, and spotting black eagles. Along the way, we'll see the dramatic mountain facade from 'Indiana Jones and the Temple of Doom' and pass through charming villages like Kithulmulla, known for its delicious avocados. The trek ends near the post office in Galaha, where we'll board the bus back to the hotel.

Day 7 Nuwara Eliya (B,D)

Today we travel on to Nuwara Eliya. Along the way, we stop at a gemstone museum to discover why Sri Lanka is renowned as the "Island of Gems." Next it is into the misty highlands, where rolling green hills herald our arrival in tea country. Visit a working tea plantation and factory to learn how the world-famous Ceylon Tea is plucked, processed, and poured. It's a fragrant dive into one of Sri Lanka's proudest traditions. Our accommodation for the next two nights is a step back in time, with old-world English charm and a fire-lit lounge that might just inspire a G&T or two. Visit the Botanic Gardens, discover the markets, or enjoy pre-dinner drinks in the lounge.

O/N Nuwara Eliya 2 nights Galway Heights Hotel (or similar)

Day 8 Nurwara Eliya (B,D) Hike: 11kms

Today we are back on the trail, lace up your boots and set off on Stage 22 of the Pekoe Trail. This moderately challenging trek takes around 4.5 hours, with gentle ascents and descents through the heart of Sri Lanka's high country. Winding our way through the historic Courtlodge, Park, and Dickwella tea estates, we'll be surrounded by rolling green hills, estate roads, and neatly manicured tea fields. The trail reaches a high point of around 2,108 metres, so expect panoramic views – and keep an eye on the weather, which can shift quickly at this altitude. Much of the path is exposed, so sun protection is essential. After completing the trail, return to the Hill Club for a well-earned rest. The rest of the day is yours.



Day 9 Demodara & Ella (B,D) Hike: 8kms

This morning we embark on the most scenic train ride in Sri Lanka, a captivating train journey from Nanu Oya to Demodara. This popular journey winds through the lush landscapes of Sri Lanka's central highlands offering breathtaking scenery of rolling tea plantations, colourfully clad tea pickers, hazy blue mountains, cascading waterfalls and quaint villages. After we catch our breath it's time to do some exercise. We set out on one of the most popular sections of The Pekoe Trail. Starting at Demodara train station, the trail traverses through tea plantations and local villages, into valleys flanked by chena cultivations, across the Nine Arches Bridge and into the Ella Forest Reserve. The hike ends in Ella where we are transferred to our hotel for a relaxing evening, complete with stunning views!

O/N Ella 2 nights The Pinnacle Ella (or similar)

Day 10 Ella (B,D) Free Day With Options

Today the choice is yours - relax and enjoy a down day by the resort pool or join one of the optional activities on offer. Option 1 - Participate in a hands-on cooking class where you'll immerse yourself in the rich aromas of a traditional Sri Lankan kitchen (\$45pp).

Option 2 - Take a 10km hike to Ella Rock, a dramatic peak with impressive views from the summit.

Option 3 - indulge in a little self care with an ayurvedic massage (prices vary). And if you are super keen you might just be able to fit in all three.

Day 11 Yala National Park (B,D)

Today we farewell the Highlands and journey south to the coast and the wilds of Yala National Park, where a luxurious stay awaits at Jetwing Safari Camp. Blending comfort with nature, this eco-conscious retreat offers an immersive experience in the heart of the jungle. Unwind in your stylish jungle cabin, featuring open-plan design, outdoor showers, and floor-to-ceiling glass that brings the wilderness to your doorstep. Spend your afternoon poolside, strolling along the beach, or simply soaking up the serenity of your luxury cabin and its exceptional facilities.

O/N Yala area 1 night Jetwing Safari Camp (or similar)

Day 12 Yala National Park & Galle (B,D)

It is an early start this morning, as we embark on an unforgettable adventure into the heart of Yala National Park, a sprawling 1,259 km² sanctuary of dramatic landscapes and rich biodiversity. As your jeep navigates through grasslands, scrub, and sand dunes, keep your eyes peeled for elephants, crocodiles, birdlife, and—if you're lucky—the elusive leopard. This afternoon we depart for Galle.

O/N Galle 2 nights Jetwing Lighthouse



Day 13 Galle (B,D)

Discover the charm of Galle City and the historic Dutch Fort on this engaging walking tour. Start at the iconic Galle Fort, a UNESCO World Heritage Site, with its well-preserved 17th-century architecture. Stroll along cobblestone streets, taking in the blend of European and South Asian influences. Visit the Galle Lighthouse for stunning views of the Indian Ocean and explore other significant sites to learn about the region's history. With its vibrant mix of culture and character, Galle invites you to explore at your own pace. Browse eclectic boutiques, art galleries, and cafes that showcase local crafts and cuisine, or simply unwind by the pool. As the sun sets on your Sri Lankan adventures, gather for a memorable farewell dinner to toast new friendships and unforgettable moments.

Day 14 Departure (B)

It's been a blast but all good things must come to an end. We will transfer to Colombo for our departure flight home. Saying goodbye to Sri Lanka after having fallen under her exquisite charms.

The Details:

PRICE INCLUDES

- Small-Group - Min 6 - Max 14
- Australian Host
- Professional English-speaking guide
- 13 nights good quality accommodation (4*)
- Meals as per itinerary 13B & 12D
- Private transport and one public train
- Tours and admission tickets as mentioned

ADDITIONAL ARRANGEMENTS OFFERED:

- Flights bookings
- Travel insurance
- Pre or post tour travel

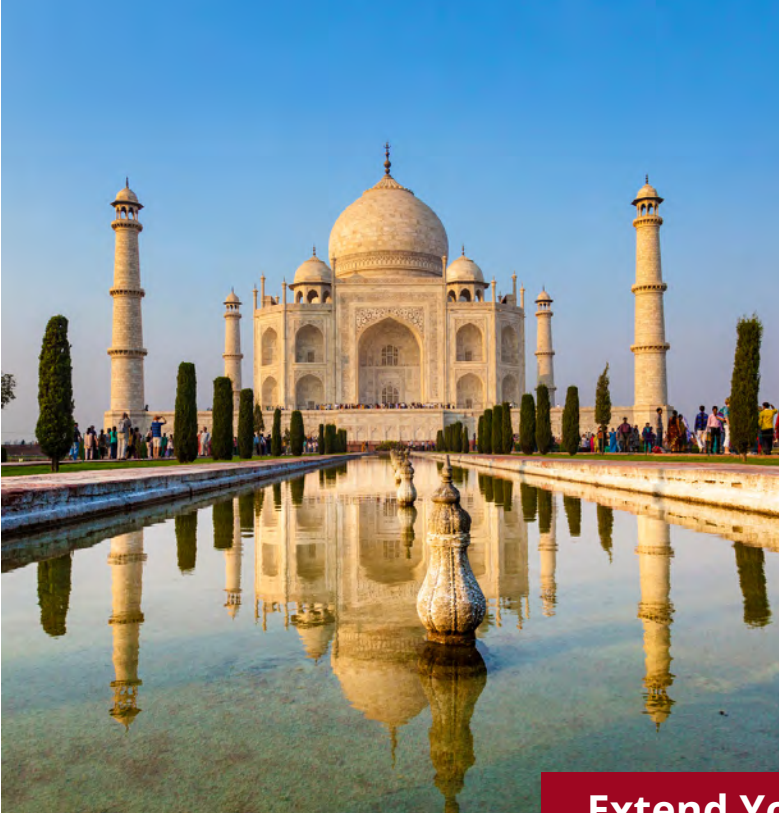
PRICE EXCLUDES:

- Flights & visas
- Travel Insurance (compulsory)
- Tipping for driver & guide (allow \$100-150pp)
- Meals not mentioned on itinerary
- Optional tours not included in itinerary
- All expenses of a personal nature

COST PER PERSON

- Twin or double share: \$5,195/person
- Single supp: \$1,700/person (own room)

Check out our optional add-ons below for India & Singapore.



Extend Your Holiday

Singapore Stopover 4D/3N (self guided)

Singapore is a vibrant and multicultural city-state known for its stunning modern architecture, lush green spaces, traditional neighbourhoods and efficient urban planning. Our stopover package offers 4 days exploring the highlights.

- ✓ Return private airport transfers
- ✓ 3 x nights accommodation in a 4 star hotel, 3 x breakfasts
- ✓ Half day city tour - choose from City Walking Tour or City Bike Tour
- ✓ Entrance tickets to the Cloud Forest and Flower Dome at Gardens by the Bay
- ✓ Premium 'Sunset in the Sky' tickets to SkyPark Observation Deck at Marina Bay Sands
- ✓ Art Science Museum entry ticket

**Ask us for
more
details**

Cost per person from \$1,340 (twin/double)

Single Supplement \$POA

North India Highlights Tour 8D/7N (guided)

Discover northern India on this National Geographic Journey, a compact adventure through centuries of history and culture. Wander Old Delhi's bustling streets, stand in awe before the Taj Mahal, and explore Agra's and Jaipur's grand monuments. End your trip in a timeless desert village, soaking in the region's rich heritage and vibrant colours.

- ✓ Arrival airport transfer with
- ✓ 6 x nights quality hotels, 1 x night heritage hotel, all breakfasts
- ✓ Small group - max 16
- ✓ Delhi city tour, Taj Mahal, Agra Fort, Abhaneri step wells, Bollywood movie
- ✓ Jaipur Pink City tour, Anoothi block printing project, Local historian
- ✓ Bollywood movie, local village stay

**Ask us for
more
details**

Cost per person from \$1,999* (twin/double)

Single supplement \$949

*based on 5 Apr '26 departure

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