



Sri Lanka Tea Trails & Temples Multi-Adventure

13 Days



The Adventure Company | EST. 1969


MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Sri Lanka Tea Trails & Temples Multi-Adventure

A marvelous mix of rock-cut temples, wondrous wildlife, dazzling culture, and enchanting hikes await on this in-depth exploration of the "Resplendent Isle." Immerse yourself in tea country, traveling by train and trail among misty plantations as you sample aromatic cups. UNESCO-listed Buddhist temples take you to the top of a granite peak and to the relic of the Buddha's tooth. Safari among elephants, kayak along mangroves, and hike through cloud forests in the rich biodiversity of the lesser-visited Central Highlands.

Details

Arrive:	Colombo, Sri Lanka
Depart:	Colombo, Sri Lanka
Duration:	13 Days
Group Size:	4-12 Guests
Minimum Age:	14 Years Old
Activity Level:	

Testimonials

"If you want adventure with well informed guides and an incredibly helpful staff, look no further. MT Sobek lives up to its reputation as the best in the adventure travel market."

Anthony G.

"MTS delivers remote adventure with the smoothest logistics and unrivaled depth of local experience. One call and you are expedition ready. Booking our eighth trip now!"

Helen S.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1-800-974-0300

✉ info@mtsobek.com

Why Take This Trip With Us?

REASON #01

MT Sobek has been designing award-winning adventures in Asia since 1969, working with the best local guides to ensure an immersive and unforgettable adventure.

REASON #02

Our cleverly crafted journey hikes into the hidden wilderness of Sri Lanka's rich interior where sambar and macaques roam misty plains, while also checking

REASON #03

Discover an insider's perspective on Sri Lanka's breathtaking natural and cultural wonders, getting an immersive experience with our expert local guides.

What to Expect



ACTIVITIES

Hiking on easy to moderately challenging trails in scenic locations. Cultural touring including one exposed stair climb. Enjoy a Jeep safari and lake kayaking.



LODGING

Ideally located upscale hotels and boutique lodging provide all the comforts of 4- or 5-star equivalent accommodation. Many include spas and swimming pools.



CLIMATE

Sri Lanka has a tropical climate with warm temperatures year-round, averaging 80-90F on the coast and 65-75F in the highlands.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Whether exploring dense forests or serene riverbanks, Farlin enriches outdoor adventures with fascinating insights into Sri Lanka's ecosystems and birdwatching tips. Exploring his country's natural treasures led Farlin to become a Sri Lanka Tourism Authority-certified guide. His expertise in navigating diverse and challenging terrains, along with his friendly and approachable nature, ensures every journey with him is exciting and safe.

Mohammed Farlin

A well-seasoned adventure guide, Rajah has been leading hiking, mountain, and cycling trips since 2016 after completing his degree in Tourism Studies. He is passionate about his home country and enjoys showing its best natural and cultural wonders to travelers. He is known for his professionalism and easy-going style, making him a well-respected and popular guide. Discover the local insider perspective when you travel with Rajah.

Rajah Subramanyam

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Itinerary

DAY 1

ARRIVE IN COLOMBO & TRANSFER TO THE BEACH AT NEGOMBO

Welcome to Sri Lanka! Your MT Sobek guide will meet you at the airport and whisk you away to the sandy shores of the island's west coast. Unwind from your travels poolside or take a shady spot under the swaying palm trees to soak in views of the sea. In the evening, gather with your group and guides to discuss the adventure ahead, followed by a welcome dinner.

Accommodation: Jetwing Blue

Meals: D

DAY 2

TRAVEL TO SIGIRIYA & GET YOUR FIRST VIEWS OF THE FORTRESS

Departing the coast, take a scenic drive to the heart of the country, known for its enchanting ancient cities. The most dramatic of these royal settlements is iconic Sigiriya, where a towering 590-foot granite rock dominates surrounding landscape. King Kassapa I chose this lofty site for his fortified castle, built in the 5th century. This afternoon, discover a lesser-known rock formation, Pidurangala. Beginning at a centuries-old Buddhist temple, take a short but steep climb on stone steps, clambering over a few boulders, to reach the stunning plateau. Sigiriya rock rises majestically in the distance as part of a magical 360-degree view of the surrounding forest and mountains. As the sun sets, return to the hotel for dinner.

Accommodation: Heritance Kandalama

Activity: 1.5 hours/2 miles hiking

Meals: B, L, D

DAY 3

SUMMIT SIGIRIYA CITADEL & EXPLORE THE SACRED CAVES AT DAMBULLA

It's time to experience the thrilling climb to the top of magnificent Sigiriya rock, where you'll stand on the foundations of King Kassapa's spectacularly sited castle. The enormous, sculpted paws of the Lion Gate lead to phenomenal views over the palace gardens below and lush landscapes on the horizon. At Dambulla Cave Temple, your second UNESCO-listed site of the day, incense swirls as light filters into five caves cut into the rock face during the 1st century BCE. Captivating Buddha statues—over 150 of them—are beautifully preserved along with intricate murals at this incredible pilgrimage site. If time permits, wander stalls overflowing with tropical fruits and vegetables at one of Sri Lanka's largest markets and stroll along the shores of serene Kandalama Lake before enjoying a relaxing dinner.

Accommodation: Heritance Kandalama

Activity: 3 hours/3 miles walking and stair climbing (1,200 steps to top of Sigiriya and over 300 steps to Dambulla)

Meals: B, L, D

DAY 4

PASS THROUGH SPICE GARDENS ON THE ROAD TO KANDY

Travel towards the cooler climes of hill country today. Stop along the way for a sensory journey through fragrant groves of cinnamon, cloves, and cardamom, learning about the rich heritage of the island's spice trade. Arriving at the once royal, now modern city of Kandy, glimpse local life on the promenade around picturesque Kandy Lake. Tonight, visit the revered Sri Dalada Maligawa (Temple of the Tooth). The scent of lotus flowers and burning incense fills the halls as white-clad worshipers arrive. The doors to the sacred chamber open to reveal the golden casket holding the relic of the Buddha's tooth for a brief but memorable moment. The golden roof of the temple is reflected in the lake as you depart.

Accommodation: The Golden Crown

Activity: 2 hours/2 miles of easy walking

Meals: B, L, D

DAY 5

ENJOY GORGEOUS MOUNTAIN VIEWS HIKING ON THE PEKOE TRAIL

Begin today's adventure on the charming first stage of the Pekoe Trail, starting with a peek at the Ceylon Tea Museum, housed in a stately former tea factory. Continue through the grounds of one of the oldest and largest tea plantations in the country. Look out over the seven peaks of the Hanata Mountains and famed ridgeline of the Knuckles Range as you hike through leafy forests and small villages, passing stupas and a Hindu temple. Your vehicle is waiting at the end of the trail in Galaha. Returning to Kandy, explore the vibrant town before this evening's entertainment, a traditional dance performance with splendid headdresses and rhythmic drums.

Accommodation: The Golden Crown

Activity: 5-6 hours/5 miles hiking

Meals: B, L, D

DAY 6

ASCEND TO THE HILLS OF NUWARA ELIYA

Enjoy the scenic route to highland tea plantations, traveling from Kandy's distinctly Sinhalese ambiance to a colonial-era hill station. Misty hills, cascading waterfalls, and emerald rows of tea bushes delight along the way. Pause for a refreshing cup and enlightening tour of an active tea factory. Arriving at Nuwara Eliya, Tudor-style architecture and neat rose gardens reflect the bygone influence of British colonists. After lunch, visit streamside Seetha Amman Temple, an important site in the Hindu epic, the Ramayana. Next, head down to stroll the grass-edged path around pretty Gregory Lake, and end the day at manicured Victoria Park—a paradise of tropical birds and colorful flora.

Accommodation: The Grand Hotel

Activity: 2.5-3 hours/ 2-3 miles of easy walking

Meals: B, L, D

DAY 7

HIKE IN UNESCO-PROTECTED HORTON PLAINS NATIONAL PARK

Lace up your boots for an exciting day on the trail. Take a fun ride to the trailhead in “three-wheelers”—a must-do experience when in Asia! Horton Plains, one of the stops on the Pekoe Trail, is a biodiversity hotspot with ecosystems ranging from undulating grasslands to dewy cloud forests. Watch for endemic species such as sambar deer and orange-billed babblers, and spot toque macaques, purple-faced langurs, wild boars, and abundant birdlife. The hike culminates with jaw-dropping valley views from the plateau. Transfer back to your accommodation to relax or explore before dinner.

Accommodation: The Grand Hotel

Activity: 3-4 hours/5.5 miles hiking

Meals: B, L, D

DAY 8

TAKE THE TRAIN THROUGH STUNNING SCENERY TO ELLA

Get onboard for a train journey like no other! Ride the rails from Nanu Oya to Ella, one of the most scenic stretches of track in the country. Each turn unveils a postcard-perfect view, whether tumbling waterfalls, enchanting forests, or vast stretches of rolling tea plantations. Deep valleys and terraced hillsides slide by as the train passes through the mountains in the heart of hill country. This is slow travel at its best. This afternoon, take a walk to Ella's tremendous Nine Arches Bridge, a marvel of colonial engineering. Its elegant, curved form is nestled into plantations and jungle, and seeing a train pass over the bridge is a photographer's dream. Stroll along natural paths through this remarkable landscape and if you want to venture a bit further, take a short but steep hike up to Little Adams Peak (3,743') for excellent views over green valleys and mountain ridges.

Accommodation: 98 Acres

Activity: 2 hours/2.5 miles hiking

Meals: B, L, D

DAY 9

REJOIN THE PEKOE TRAIL TO SUMMIT ELLA ROCK

Hike the sensational 15th stage of the Pekoe Trail, passing through the spellbinding Kinigama Forest Reserve. Start off in Makuella at a Buddhist temple overlooking a lush river valley before entering a towering grove of eucalyptus trees and eventually transitioning to more open terrain with low-growing fields of tea and blissful valley views. Pass through jungle and forest on the ascent to Ella Rock, a less-traveled vantage point with breathtaking scenery, from the expansive valley below to the heights of Little Adam's Peak. After soaking it all

in, descend through forest and family farms to Kithal Ella Station, where the walk continues along the tracks. It's a chance to observe local life, encountering vendors selling fresh fruits and snacks. The trail ends at Ella station, and you'll walk back to your hotel from there. Relax or perhaps book a spa treatment to celebrate your achievement.

Accommodation: 98 Acres

Activity: 5-6 hours/7.5 miles hiking

Meals: B, L, D

DAY 10

SPOT WILD ELEPHANTS, PEACOCKS & MONKEYS AT YALA NATIONAL PARK

After transferring to the island's southern coast, board a safari vehicle and drive into Sri Lanka's most popular park in search of tropical wildlife. Elephants and water buffaloes are a common sight on the grassy plains, where you may also spot colorful birdlife and the rare sloth bear. Crocodiles sun themselves on the shores of brackish lagoons and langurs leap through the trees. Elusive leopards slip through the shadows and tall grasses. The afternoon light turns the scenery golden as you complete an unforgettable safari.

Accommodation: Jetwing Yala

Activity: 3-hour open jeep safari

Meals: B, L, D

DAY 11

ADVENTURE ALONG THE COAST TO DUTCH COLONIAL GALLE FORT

Travel along the southern shores, stopping to savor a lunch of fresh locally caught seafood at the beach. Observe the famed stilt fishermen, perched on poles above shallow waters, then visit a conservation program where you'll see baby sea turtles before they are released into the ocean. Reach the final UNESCO World Heritage site of your journey at Galle. History unfolds as you walk cobbled streets through the fortified city's colonial-era architecture and stroll the ramparts with your guide. Dinner is on your own at one of the town's enticing restaurants.

Accommodation: Thaprobhan Pavilion Resort

Activity: 1-hour walking tour

Meals: B, L

DAY 12

KAYAK ON SERENE KOGGALA LAKE & CRUISE THE COAST

Paddle along tangled mangrove forests rustling with birdlife and jungle-covered islets that sit like jewels in the glassy water. Glide past a Buddhist shrine and perhaps spot a monitor lizard or curious crab. Return to your accommodation in Unawatuna where the afternoon is yours. Choose to soak up the sun on the sand or follow a

jungle path to the Peace Pagoda for ocean views. Gather for a sunset cruise along the coast, as the sky shifts from blue to orange and pink, and then violet at dusk as you reflect on your adventure. End the day with a celebratory dinner with local seafood and mouth-watering curries.

Accommodation: Thaproban Pavilion Resort

Activity: 3-hour kayak, 2-hour cruise

Meals: B, D

DAY 13

DEPART SRI LANKA

It's time to say so long to this enchanting island. You'll be transferred to the airport carrying memories that will last a lifetime.

Meals: B

Dates

Jan 5 - 17, 2026

Feb 15 - 27, 2026

Mar 8 - 20, 2026

Oct 11 - 23, 2026

Nov 8 - 20, 2026

Dec 6 - 18, 2026

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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