



Trekking Tour in Sri Lanka

Day 01 - Arrival & Village Walk in Knuckles Foothills

Morning — Meet & Transfer

Meet your Best of Lanka trekking guide in Kandy and transfer to the foothills of the Knuckles mountains. Before reaching your lodge, stop at a quiet rural village for a warm-up walk.

Trail Experience

This gentle walk is the perfect introduction to Sri Lanka's highlands. The trail meanders past terraced paddy fields where farmers still work with water buffalo, through small forest patches alive with bird calls, and along sparkling streams where children bathe and play. The real highlight is meeting villagers — stopping at homes for a chat, learning about spice gardens, and enjoying a freshly prepared lunch in a family kitchen.

Evening — Lodge in the Knuckles

After your walk, continue up into the mountains to a simple but scenic lodge nestled amidst the Knuckles peaks. The views are breathtaking, and the quiet of the mountains settles in as dusk falls. Dinner is served at the lodge, and you'll spend your first night surrounded by ridgelines and stars.



Day 02 - Summit Trek in Knuckles

Morning — Conquer the Knuckles Summit

After an early breakfast, set off on the trail to reach the Knuckles summit, the most iconic peak of this UNESCO World Heritage landscape.

Trail Experience

The trek begins gently through cardamom forests and gradually steepens as you ascend cloud-wrapped ridges. With every switchback, new vistas open — valleys lined with villages, endless layers of green, and the craggy outline of the Knuckles range. Reaching the summit feels like standing on the roof of the Central Highlands, with panoramas stretching as far as the east coast on a clear day. Along the way, your guide will share stories of hidden caves, medicinal plants, and legends tied to these peaks. A picnic lunch on the trail keeps your energy up before you descend.

Evening — Return to the Lodge

Arrive back at your lodge for a well-earned rest. Dinner is shared with fellow trekkers, and the night air in the Knuckles mountains is crisp and cool — perfect for sleeping deeply after a big day.



Day 03 - To Adam's Peak via Kitulgala

Morning — Scenic Transfer

After breakfast, leave the Knuckles behind and drive towards Adam's Peak, descending through tea country and forests. On the way, stop in Kitulgala — a lush riverside village famous for white-water rafting. For those seeking an adrenaline rush, you can opt for a rafting excursion before continuing your journey.

Afternoon — Arrival at the Foothills

By afternoon, you'll arrive at a small guesthouse near the foothills of Adam's Peak. The air feels different here — a mix of pilgrimage energy and mountain freshness. Dinner is served early.

Evening — Rest & Prepare

The climb to Adam's Peak begins in the middle of the night, so you'll go to bed early to prepare for the spiritual trek ahead.



Day 04 - Adam's Peak Sunrise & Transfer to Nuwara Eliya

Early Morning — Climb Adam's Peak

At around 1:00 AM, begin your ascent of Sri Pada (Adam's Peak, 2,243 m).

Trail Experience

You'll join pilgrims on this sacred trail, climbing thousands of steps under starlight. As dawn breaks, you'll reach the summit temple and witness one of Sri Lanka's most moving sights: the sunrise casting a perfect triangular shadow of the peak across the valleys below. After time to soak in the view and the atmosphere, descend back to the guesthouse for breakfast.

Afternoon — Transfer to Nuwara Eliya

After a rest, transfer by vehicle to Nuwara Eliya — Sri Lanka's "Little England." With its colonial-era architecture, rose gardens, and cool climate, the town feels like a world apart. Check in at a small hotel in town for dinner and overnight stay.



Day 05 - Horton Plains & Trek to Ohiya

Morning — Explore Horton Plains

After breakfast, set off for Horton Plains National Park, a windswept plateau of montane grassland and cloud forest.

Trail Experience

The trail winds through misty grasslands dotted with purple rhododendrons, past streams where sambar deer graze, and into dense patches of cloud forest dripping with moss. Highlights include World's End, a dramatic escarpment plunging 880 metres, and the tumbling waters of Baker's Falls. From Horton Plains, continue trekking to the small mountain village of Ohiya, following quiet paths that skirt valleys and tea estates.

Evening — Lodge Stay in Ohiya

Stay overnight in a simple trekking lodge perched above the valleys. The views at sunset are unforgettable, with rolling hills fading into misty silhouettes. Dinner is prepared by your hosts.



Day 6 - Ohiya to Bambarakanda & End in Ella

Morning — Final Highland Trek

After breakfast, set out on your last trek of the trekking tour in Sri Lanka — a journey from Ohiya to Sri Lanka's tallest waterfall.

Trail Experience

The trail descends through pine forests, past remote villages, and alongside mountain streams. Midway, stop at the beautiful Lanka Falls, where your picnic lunch is served by the riverside. Continue on to Bambarakanda Falls (263 m), where water plunges down a cliff face in a spectacular curtain. It's a fitting finale to your trekking journey.

Afternoon — Transfer to Ella

At the base of the falls, a tuk tuk will be waiting to take you to Ella — the laid-back hill town beloved by travelers. Here, your 6-day trekking adventure comes to an end.

Day 7 - Ella to Talalla

Overnight stay at Talalla and beach stay.

Trekking tour of Sri Lanka in 7 Days rate will include,

- Accommodation in mentioned hotels
- Meals as per mentioned meal plans
- Air-conditioned transfers with an English /German speaking chauffeur guide
- All mentioned activities and park entrance fees

