

Hiking in Sri Lanka

Adam`s Peak (only between December and May)

Adam`s Peak is about 2,245m high and the most popular mountain of Sri Lanka. It is famous for the Sri Pada (sacred foot) which is located in a monastery on the top of the mountain. The sacred foot is revered by Buddhist people as Buddha`s foot print. The pilgrimage season starts in December on full moon day and ends in May on full moon day. It is recommended to start around 2am to see the sunrise on the top of the mountain. The ascent is around 5,200 stairs. Depending on the ability it takes between 3 and 5 hours time to reach the top. There you can see the impressive sunrise.

Hiking Horton Plains/World`s End/Baker`s Falls (approx. 3-4 hours)

The Horton Plains national park is located near Nuwara Eliya and belongs to the „Central Highlands of Sri Lanka“. It lies at an altitude of 200m and is the most important watershed of the country and contains the most extensive cloud forest area. Therefore, to have a clear view you should start the tour early in the morning. There are around 750 plant species, many of them are endemic. Also animals like Sambar (horse deer), amphibian species or birds species are located here. If you reach the **World`s End** you have an amazing view maybe all the way to the sea on a clear day. World`s End is a steep slope of 870m. The **Baker`s Falls** are also located in this national park and spring from the river Belihul Oya.

Knuckles Mountain Range

The Knuckles Mountain Range is a UNESCO World Heritage and a Biosphere Reserve. There are around 34 hiking trails in this area, from short routes (from 1 hour) to multi-day routes (up to 4 days). The fauna and flora is breathtaking and there a some emdemic species to admire.

Sinharaja Rain Forest Reserve

The Sinharaja Rainforest is the last contiguous tropical forest in Sri Lanka. It is classified by UNESCO as a World Heritage for a Biosphere Reserve. Over 60% of the trees and 95% of the birds found there are endemic.

Little Adam`s Peak

The ascent to the Little Adam`s Peak lasts around 45 min. A cosy hiking with a beautiful view from the top. On your way you pass an adventure park where you can join some activities.