



JF TOURS

JF Tours & Travels (Cey) Ltd, No 189,
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"Capturing the natural delights of the capital on two wheels"

Starting your cycling tour from our Borella office, we will guide you to the outskirts of the capital city which are characterized by verdant lowland avifauna. Here you will witness first-hand semi-urban life in the suburbs. As we ride beside the Diyawanna Oya, a lake with an island that is home to Sri Lanka's fascinating parliament building, we will look out for lowland birds. The Buddhist temple overlooking the Diyawanna Oya will be another important landmark of this cycling trail as we will take you there for a visit to observe the rituals of the devotees.

From the temple we will cycle along suburban roads to the Talangama Lake, which is the most scenic part of the trail. This aquatic wetlands landscape is a sanctuary for more than a hundred species of birds and numerous species of butterflies and dragonflies as well as a few mammals. Here you might encounter water cocks, eagles, bee-eaters, waders, endemic purple faced leaf monkeys, mongoose and water monitors as we explore the picturesque Talangama area. Here we will stop for refreshments and snacks before cycling back to the starting point.

What to bring

- Personal effects for warm/windy/rainy conditions.
- Sun lotion and insect repellent.
- Binoculars.
- Biking boots and gloves.

Tour Includes

- Mountain bikes with helmets.
- Service of an experienced cycling guide naturalist.
- Packed snacks and refreshments during the trail.
- Emergency back-up at any time.
- All government taxes.

Tour Logistics

The tour starts at 6.00am from our office in Borella and ends at approximately 10.00am.

Optional Extras

- Colombo City Sights: Extension of tour to include the important landmarks of Colombo
- Mixed Adventure Excursion in Bolgoda
- Inland Lake Fishing in Bolgoda Lake

US\$ 50
Per Person

Child US\$ 25