

# Sri Lanka for two

15 April to 15 May 2026 | Colombo arrival, afternoon departure one month later

A weather-smart route built around scenic trains, high-country hiking, east-coast beach time, vegan-friendly eating, and quieter places rather than big-city sightseeing.

Scenic trains

Pekoe hikes

East-coast beaches

Budget/value stays

## Recommended route

Colombo -> Dickoya/Hatton -> Haputale/Ohiya -> Arugam Bay -> Nilaveli/Uppuveli/Trincomalee -> Habarana/Sigiriya -> Negombo -> fly out

## Best fit for your style

Mostly guesthouses and homestays, two or three nicer beach nights where they count, early starts for hikes, slower beach mornings, and flexibility on long road days.

## Companion files

This PDF is paired with an interactive HTML map of bases, hikes, food spots and transport anchors.

Use this as a practical route skeleton rather than a rigid minute-by-minute schedule. The east coast is the main beach side for your dates; the southwest is intentionally left out except for airport access at the very end.

## How this route is built

Hill country first for trains and cooler hiking, east coast second for the better beach season in late April and May.

The structure is deliberate: keep Colombo brief, shift fast into tea country, spend your biggest hiking block around Dickoya and Haputale, then move to the east and northeast coasts once beach conditions improve there, and finish inland so the last week is still active rather than just more sand. The final Negombo night is purely for flight safety and lower stress.



### Season logic

April is a transition month, so showers are still possible anywhere, but the east coast becomes the better beach side from late April into May. That is why your main beach time is Arugam + Nilaveli rather than the southwest.

### Crowd strategy

Stay in Dickoya instead of bigger hill-country centres, use Ella only as a day trip, sleep in Nilaveli/Uppuveli rather than Trinco town if beach is the priority, and do the iconic hikes at sunrise.

### Transport logic

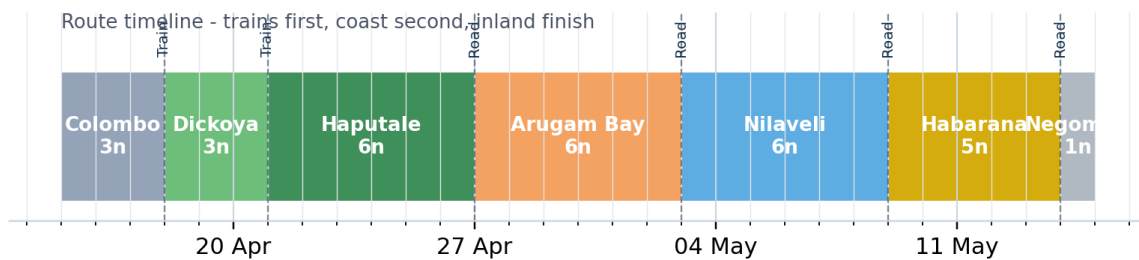
The backbone is rail for the best scenic sections, with guesthouse-arranged road transfers only where the train network does not help. Keep your long road days loose and do not pin anything important to them.

### Current reality

Because Sri Lanka is currently managing fuel shortages and some reduced public services, this plan keeps Wednesdays light and avoids risky same-day airport runs from inland.

## At a glance

Overnight bases, timing and why each stop earns its place.



Base	Dates	Nights	Why it belongs
Colombo	15 Apr - 17 Apr	3	Landing buffer only. Recover, get cash/SIM, eat well, and book any last-minute onward tickets before leaving the city behind.
Dickoya / Hatton / Castlereagh	18 Apr - 20 Apr	3	Quieter than Kandy/Nuwara Eliya. Excellent first hill-country base with tea estates, cool air, and the Pekoe Trail nearby.
Haputale / Ohiya	21 Apr - 26 Apr	6	Your big mountain block: classic rail scenery, highland walks, dawn starts, and easy access to Horton Plains and Ella day trips without having to sleep in busier Ella.
Arugam Bay / Pottuvil / Whisky Point	27 Apr - 02 May	6	This is where the trip turns fully beachy. Late April into May is the right shoulder into the east-coast season, with surf, sunrise viewpoints, lagoon trips and a more laid-back rhythm.
Nilaveli / Uppuveli / Trincomalee	03 May - 08 May	6	Your second beach block, but calmer and more swim/snorkel-focused than Arugam. Great for Pigeon Island, long beach mornings and a couple of cultural stops in Trinco.
Habarana / Sigiriya	09 May - 13 May	5	A non-city inland finish with dawn climbs, forest monastery ruins, village cycling and easy access to Sri Lanka's cultural triangle without having to stay in a city.
Negombo (final night)	14 May - 14 May	1	A low-stress airport night. Easier than risking a same-day transfer from inland on departure day.

## Book first

- Colombo -> Hatton rail seats
- Hatton/Dickoya first stay
- Haputale base for the Horton Plains window
- East-coast nights around 1-2 May

## Keep flexible

- The exact Haputale day mix (weather decides)
- Whether you want Kumana or a cheaper lagoon safari in Arugam
- Sigiriya vs extra Ritigala / rest day in the last week

# Trains and moving around

Use rail where it adds value. Use road transfers where it saves your energy.

Route	Mode	Approx. time	Practical note
Colombo -> Dickoya / Hatton Sat 18 Apr	Train	~5-6h depending on service	Book a reserved seat from Colombo Fort to Hatton. Best backbone rail leg of the first week. Online reservations open 30 days ahead; online booking allows up to 5 passengers at a time.
Dickoya / Hatton -> Haputale Tue 21 Apr	Train	~3.5-4.5h	Another scenic high-country rail leg. If tickets are gone, try 3rd/2nd unreserved with an early arrival at the station. Use the timetable site to check stopping patterns and departures.
Haputale -> Arugam Bay Mon 27 Apr	Road transfer	~4.5-6.5h	Best booked through your guesthouse the night before; buses exist but are slower and more tiring with luggage. Build slack into long road days because Sri Lanka is currently managing fuel shortages and some reduced services.
Arugam Bay -> Nilaveli / Uppuveli Sun 3 May	Road transfer	~5-7h	Long east-coast move. Optional 1-night break in Passikudah if you want less road time in one hit. Avoid stacking a major transfer with other bookings or strict same-day tours.
Nilaveli / Uppuveli -> Habarana Sat 9 May	Road or bus	~2.5-3.5h	Shorter inland move. Easy enough by bus + tuk, but a direct car keeps the day calm. Leave after breakfast; no need for a predawn move.
Habarana -> Negombo Thu 14 May	Road transfer	~4.5-5.5h	Pre-book this through your hotel. It protects your final flight and keeps the last day simple. Do not try to do this on departure day for an afternoon flight.

## Official rail booking

- Official booking site: [seatreservation.railway.gov.lk](http://seatreservation.railway.gov.lk)
- Official timetable: [eservices.railway.gov.lk/schedule/searchTrain.action?lang=en](http://eservices.railway.gov.lk/schedule/searchTrain.action?lang=en)
- Online reservations open 30 days ahead and can be made up to 2 hours before departure if seats remain.
- The official railway reservation guide says only 5 passengers can reserve in one online booking.
- Passport details are required for all passengers; keep the same details handy when you travel.

## Best strategy for you

- Best strategy for you: reserve 2nd class on the long scenic legs (Colombo -> Hatton, Hatton -> Haputale).
- If reserved tickets are sold out online, ask your hotel/guesthouse about station purchase or travel in unreserved coaches on shorter legs.
- Useful scenic add-on: the short local rail day trip between Haputale/Ohiya/Ella.

## Budget strategy

- Use homestays/guesthouses for most nights
- Save nicer spend for 1-2 Nilaveli nights and maybe 1 Whisky Point night
- Use local breakfasts and pre-ordered host dinners
- Take trains for the scenic value, not just the cheapest fare

## Move-day rules

- Confirm the next stay before you leave the current one
- Carry one daypack with snacks and layers for long rail days
- Avoid building tours onto long transfer days
- Let your host book the dawn tuk for early trailheads

# Colombo

15 Apr - 17 Apr | 3 nights | Best in leafy residential Colombo 5/6/7, not deep in the CBD.

Landing buffer only. Recover, get cash/SIM, eat well, and book any last-minute onward tickets before leaving the city behind.

## Stay for value

- Budget/value: Aathma Colombo House - calm residential feel, good for a soft landing.
- Budget/value: Sayura House - simple and good-value if you mostly just need a clean base.

## Eat well

- Ranbath Organic - Vegan-friendly Sri Lankan meals; great first lunch if you want a clean, plant-based start.
- Kanthan Saiva Unavaham - Reliable Tamil vegetarian place for dosa, hoppers and rice-and-curry.
- Seed Cafe - Useful cafe stop if you want coffee, lighter food and vegan-friendly options.
- Ask for plain hoppers/string hoppers + dhal + vegetable curries, no fish, no egg, no milk, no Maldivian fish.

## Signature days

- Wed 15 Apr - Arrive, settle in, easy sunset at Galle Face if energy allows.
- Thu 16 Apr - Easy Colombo day: Pettah for colour, old Fort area, Galle Face, early dinner.
- Fri 17 Apr - Slow morning, maybe Viharamahadevi/Independence area or Diyatha wetland; pack for train.

## Practical base notes

- Move on: Morning train from Colombo Fort to Hatton on Sat 18 Apr.
- Local transport: PickMe/tuk-tuks in Colombo; keep luggage transfers simple.
- Vegan note: In mixed restaurants, say clearly: no meat, no fish, no egg, no milk, no curd, no butter/ghee, no Maldivian fish.

Date	Main plan	Notes / food / crowd strategy
Wed 15 Apr	Arrive, settle in, easy sunset at Galle Face if energy allows.	Keep this day light; you land on a Wednesday, and Sri Lanka is currently conserving fuel with mid-week service disruptions, so do not stack errands here.
Thu 16 Apr	Easy Colombo day: Pettah for colour, old Fort area, Galle Face, early dinner.	Good day to withdraw cash, buy train snacks, and test local rides/tuk-tuks.
Fri 17 Apr	Slow morning, maybe Viharamahadevi/Independence area or Diyatha wetland; pack for train.	Use the evening to confirm the Hatton stay and the next rail segment.

## Dickoya / Hatton / Castlereagh

18 Apr - 20 Apr | 3 nights | Sleep around Dickoya, Castlereagh or Bogawantalawa rather than central Hatton if you want peace.

Quieter than Kandy/Nuwara Eliya. Excellent first hill-country base with tea estates, cool air, and the Pekoe Trail nearby.

### Stay for value

- Budget/value: Princess of Dickoya Homestay - strong fit for a couple who value warmth and home-style meals.
- Budget/value: Tea Hills Lake - good scenery-for-money ratio.
- Optional splurge: The Argyle or a tea-bungalow stay if you want one pretty hill-country night.

### Signature days

- Sat 18 Apr - Scenic train Colombo Fort -> Hatton, then tuk to Dickoya/Castlereagh and a gentle lake walk.
- Sun 19 Apr - Pekoe Trail Stage 8: Norwood -> Bogawantalawa.
- Mon 20 Apr - Recovery day: Castlereagh Lake, Warleigh Church, estate roads, tea views.

### Eat well

- Homestay dinners - This is the easiest vegan strategy here; ask in advance for Sri Lankan dinner and breakfast.
- Hatton veg hotels - Small local vegetarian eateries are more useful than cafe-hopping here; go for dosa, roti, rice and curry, vadai.
- Trail food - Carry bananas, roasted peanuts, biscuits, and refillable water.

### Practical base notes

- Move on: Train Hatton -> Haputale on Tue 21 Apr.
- Local transport: Short tuk-tuks arranged by your host are easiest for trailheads and station runs.
- Vegan note: Hill-country hosts are usually happy to cook plant-based if told clearly the day before.

Date	Main plan	Notes / food / crowd strategy
Sat 18 Apr	Scenic train Colombo Fort -> Hatton, then tuk to Dickoya/Castlereagh and a gentle lake walk.	Sit on the right-hand side leaving Colombo if possible for better hill views later in the run.
Sun 19 Apr	Pekoe Trail Stage 8: Norwood -> Bogawantalawa.	This is one of the best official open stages for your dates: tea country, good scenery, not a big-crowd hike.
Mon 20 Apr	Recovery day: Castlereagh Lake, Warleigh Church, estate roads, tea views.	Excellent day to slow down and enjoy the landscape instead of chasing sights.

# Haputale / Ohiya

21 Apr - 26 Apr | 6 nights | Base in Haputale for food and access, or split one night into Ohiya only if you want an ultra-early Horton Plains start.

Your big mountain block: classic rail scenery, highland walks, dawn starts, and easy access to Horton Plains and Ella day trips without having to sleep in busier Ella.

## Stay for value

- Budget/value: Nilowin Glenanore Guesthouse - one of the better-value Haputale picks.
- Budget/value: White Monkey Dias Rest - simple, popular, practical.
- Optional upgrade: Thotalagala if you want one memorable mountain night.

## Eat well

- Guesthouse meals - Again the most reliable vegan solution - ask for breakfast boxes on early-start days.
- Ella day-trip lunch - Green Door Ella for a vegan-focused stop; Cafe Guru as a backup with vegan-friendly options.
- Local staples - String hoppers, kottu made without egg, dhal, beetroot, jackfruit, and coconut-based curries.

## Signature days

- Tue 21 Apr - Train Hatton -> Haputale, settle in, short sunset viewpoint walk.
- Wed 22 Apr - Lipton's Seat sunrise and local tea-country walking.
- Thu 23 Apr - Pekoe Trail Stage 13: Haputale -> St Catherine's.

## Practical base notes

- Move on: Road transfer via Monaragala/Siyambalanduwa to Arugam Bay on Mon 27 Apr.
- Local transport: Train for local hops; tuks/private cars arranged by hosts for Lipton's Seat, Ohiya dawn runs, Diyaluma.
- Vegan note: If you order kottu, explicitly ask for no egg.

Date	Main plan	Notes / food / crowd strategy
Tue 21 Apr	Train Hatton -> Haputale, settle in, short sunset viewpoint walk.	Do not over-plan after the rail transfer; just enjoy the change in scenery.
Wed 22 Apr	Lipton's Seat sunrise and local tea-country walking.	Good Wednesday base day while current fuel-conservation measures reduce some services.
Thu 23 Apr	Pekoe Trail Stage 13: Haputale -> St Catherine's.	Another strong official open stage with low crowd interaction compared with headline tourist walks.
Fri 24 Apr	Horton Plains + World's End + Baker's Falls from Ohiya, very early start.	Leave before dawn; weather and visibility are best in the morning.
Sat 25 Apr	Choose one big outing: Diyaluma upper pools OR Devil's Staircase route.	Diyaluma is more swim-and-view; Devil's Staircase is more road/trail adventure.
Sun 26 Apr	Ella day trip by local train: station town, Nine Arches, lunch, return to Haputale.	Use Ella as a day visit, not a long sleep base, to keep the trip quieter.

## Arugam Bay / Pottuvil / Whisky Point

27 Apr - 02 May | 6 nights | Stay slightly off the busiest strip if you want more peace - Whisky Point/Panama side or the calmer edge of Arugam/Pottuvil.

This is where the trip turns fully beachy. Late April into May is the right shoulder into the east-coast season, with surf, sunrise viewpoints, lagoon trips and a more laid-back rhythm.

### Stay for value

- Budget/value: Maccan's Village - good-value simple base.
- Budget/value: Waypoint Arugam Bay - practical, sociable, easy to arrange local activities.
- Nicer beach stay: Whisky Point Resort or The Spice Trail for 1-2 more special nights.

### Eat well

- Nami Cafe - Vegetarian/vegan-friendly cafe, good for brunch or a light reset day.
- Squeeze Me - Another useful vegan-friendly cafe for bowls, smoothies and coffee.
- Pottuvil local meals - Look for dosa, idli, parotta/roti, rice and curry in simple Tamil-run spots.

### Signature days

- Mon 27 Apr - Transfer from Haputale/Ohiya side to Arugam Bay. Check in and keep it slow.
- Tue 28 Apr - Quiet beach day + beginner surf lesson if interested.
- Wed 29 Apr - Elephant Rock sunrise, easy beach afternoon.

### Practical base notes

- Move on: Road transfer north to Nilaveli/Uppuveli on Sun 3 May. Optional stopover in Passikudah if you want to split the journey.
- Local transport: Tuk-tuks and short transfers; arrange safaris and sunrise pick-ups through your guesthouse.
- Vegan note: Tamil eateries in Pottuvil are often your best-value meals in this zone.

Date	Main plan	Notes / food / crowd strategy
Mon 27 Apr	Transfer from Haputale/Ohiya side to Arugam Bay. Check in and keep it slow.	This is a long move day - book the transfer the night before.
Tue 28 Apr	Quiet beach day + beginner surf lesson if interested.	One lesson here is enough to sample the scene without making the whole trip about surfing.
Wed 29 Apr	Elephant Rock sunrise, easy beach afternoon.	Excellent low-cost signature day; keep Wednesday light because some public services may still run reduced.
Thu 30 Apr	Choose one nature day: Kumana NP safari OR Pottuvil lagoon safari.	Kumana is better for a full wildlife day; lagoon is cheaper and shorter.
Fri 1 May	Slow day: Panama village, reading, beach, Vesak/holiday atmosphere if around.	A good day not to force a transfer because early May can be busy.
Sat 2 May	Whisky Point / Crocodile Rock / extra surf or swim; sunset dinner.	Your flex day here - use it for weather, energy or an extra outing.

## Nilaveli / Uppuveli / Trincomalee

03 May - 08 May | 6 nights | If beach is the priority, sleep in Nilaveli or Uppuveli and go into Trinco town only as a day trip.

Your second beach block, but calmer and more swim/snorkel-focused than Arugam. Great for Pigeon Island, long beach mornings and a couple of cultural stops in Trinco.

### Stay for value

- Budget/value: NN Beach Resort Nilaveli - straightforward and close to the beach.
- Budget/value: Vitamin Sea or The Reef Resort - good to compare for quiet, clean value.
- A little nicer: Cardamon Hotel Nilaveli for a more comfortable couple stay without going luxury-crazy.

### Signature days

- Sun 3 May - Transfer north and settle into beach mode.
- Mon 4 May - Slow Nilaveli beach day, maybe book tomorrow's boat.
- Tue 5 May - Pigeon Island early boat + snorkelling.

### Eat well

- Vegann Cafeteria - Very useful low-cost vegan spot for dosas and South Indian-style food.
- La Bashi - Good backup in the Trinco/Uppuveli zone with vegan-friendly options.
- Cafe Nilaveli - Handy for lighter meals/coffee near the beach; still verify current opening.

### Practical base notes

- Move on: Road transfer to Habarana on Sat 9 May.
- Local transport: Tuk-tuks for short hops, shared boats or guesthouse-arranged boats for Pigeon, buses/tuks between Nilaveli-Uppuveli-Trinco.
- Vegan note: This is a good place for dosas and simple South Indian breakfasts.

Date	Main plan	Notes / food / crowd strategy
Sun 3 May	Transfer north and settle into beach mode.	If the road day feels long, skip all sightseeing and just swim near sunset.
Mon 4 May	Slow Nilaveli beach day, maybe book tomorrow's boat.	Good day to do almost nothing.
Tue 5 May	Pigeon Island early boat + snorkelling.	Go early for calmer water and to beat heat/crowds.
Wed 6 May	Trincomalee town day: Fort Frederick, Koneswaram, Swami Rock, Uppuveli sunset.	A local sightseeing day works well mid-week while transport conditions are less critical.
Thu 7 May	Flex day: extra snorkel/dive, long beach walk, or just recover.	Use this as one of your nicer, slower beach days.
Fri 8 May	Kanniya Hot Wells or second boat day, then pack for inland move.	Keep the evening easy - next leg is inland.

## Habarana / Sigiriya

09 May - 13 May | 5 nights | Habarana is the practical base; Sigiriya is fine if you specifically want the rock in front of you.

A non-city inland finish with dawn climbs, forest monastery ruins, village cycling and easy access to Sri Lanka's cultural triangle without having to stay in a city.

### Stay for value

- Budget/value: Levona Garden Resort - good balance of price and comfort.
- Budget/value: TANTOR or a tree-house style guesthouse if you want a more nature feel.
- Alt: Habarana Tree House / Ambasewana style stays if reviews still look good for your dates.

### Eat well

- Guesthouse dinners - Very common and often good value here - order ahead.
- Local cafes - Use simple rice-and-curry shops in Habarana town for lunch.
- Snacks - Carry fruit and nuts for sunrise rock days.

### Signature days

- Sat 9 May - Transfer inland, settle in, Habarana Lake at sunset.
- Sun 10 May - Pidurangala at sunrise; rest/swim/nap later.
- Mon 11 May - Sigiriya Rock at opening time OR skip it for quieter Ritigala if crowds feel unappealing.

### Practical base notes

- Move on: Road transfer to Negombo on Thu 14 May.
- Local transport: Tuks/private drivers are easiest for dawn starts and scattered sites.
- Vegan note: This is another region where pre-ordering dinner with your host is often the best move.

Date	Main plan	Notes / food / crowd strategy
Sat 9 May	Transfer inland, settle in, Habarana Lake at sunset.	A good reset after the coast.
Sun 10 May	Pidurangala at sunrise; rest/swim/nap later.	This is the better value-to-crowd sunrise climb compared with Sigiriya itself.
Mon 11 May	Sigiriya Rock at opening time OR skip it for quieter Ritigala if crowds feel unappealing.	Decide based on mood and budget - both are worthwhile in different ways.
Tue 12 May	Ritigala forest monastery or village cycling / Hiriwadunna style slow day.	Ritigala is one of the best quieter cultural-nature days in this part of the country.
Wed 13 May	Buffer day: safari, Dambulla, extra rest, or prep for final transfer.	Keep this flexible; it protects the trip from weather, energy dips or transport wobble.

## Negombo (final night)

14 May - 14 May | 1 nights | Stay near the airport road or Negombo lagoon/beach if you want an easy final evening.

A low-stress airport night. Easier than risking a same-day transfer from inland on departure day.

### Stay for value

- Budget/value: Serendib Village Guest House - sensible airport-zone value.
- Comfort last night: Terrace Green Hotel & Spa if you want one easier final stay.

### Signature days

- Thu 14 May - Transfer from Habarana/Sigiriya to Negombo; final wash, repack, sunset walk.
- Fri 15 May - Airport transfer and fly out in the afternoon.

### Eat well

- Simple final dinner - Choose somewhere close to your hotel; do not over-plan the last night.
- Hotel request - Ask the hotel to prepare something vegan if nearby options look thin.

### Practical base notes

- Move on: Airport transfer on Fri 15 May.
- Local transport: Pre-book the final airport car through your hotel.
- Vegan note: Last night is about convenience, not culinary heroics.

Date	Main plan	Notes / food / crowd strategy
Thu 14 May	Transfer from Habarana/Sigiriya to Negombo; final wash, repack, sunset walk.	Use this day only for the move and a calm last night.
Fri 15 May	Airport transfer and fly out in the afternoon.	Leave a generous buffer for the airport.

## Vegan game plan

How to eat well outside the bigger tourist centres without turning every meal into a puzzle.

### Phrase to use

No meat, no fish, no egg, no milk, no curd, no butter/ghee, and no Maldivian fish, please.

Use the full sentence even in places that understand the word 'vegan', because fish flakes, ghee or egg can slip into otherwise vegetarian dishes.

### Watch-outs

- Watch-outs: pol sambol and some curries can contain Maldivian fish; some dosas or curries may use ghee; kottu often includes egg unless you ask.
- Homestays are often the easiest places to get proper vegan breakfasts and dinners if you tell them the day before.

### Safe-ish staples

- Best naturally plant-based bets: string hoppers, plain hoppers, idli, dosa, puttu, dhal/parippu, beetroot curry, jackfruit/polos curry, mallung, vegetable roti, ulundu vadai.
- Always say the full sentence, not just 'vegan': no meat, no fish, no egg, no milk, no curd, no butter/ghee, no Maldivian fish.

### Trip-specific advantage

- On poya days meat/fish sales are restricted, which can make basic plant-based food easier to find - but some businesses also close.
- Best food bases on this route: Colombo, Ella day-trip, Pottuvil/Arugam, and Trinco/Nilaveli for South Indian breakfasts and dosas.

Usually good	Ask/check carefully
String hoppers + dhal + vegetable curries	Pol sambol / seeni sambol - can contain Maldivian fish
Dosa / idli / puttu / vadai	Kottu - often made with egg unless you ask
Jackfruit, beetroot, breadfruit, mallung	Some curries or dosas use ghee or milk powder

## Booking checklist, backups, and official links

The things worth checking again in the final week before you fly.

### Before you go

- Re-check official ETA/visa instructions
- Book the long scenic train legs as soon as your dates open
- Check current Pekoe Trail stage status before the hill-country hikes
- Confirm your first Arugam and Nilaveli nights around the 1-2 May holiday period
- Save a few offline screenshots of train tickets, hotel confirmations and the route map

### Optional route swaps

- Fewer moves option: skip the Arugam -> Passikudah idea entirely and keep all extra coast nights in Nilaveli/Uppuveli.
- More hiking option: cut 1 beach night and add 1 extra Ohiya/Haputale day for Stage 14, a second Horton visit, or a Devil's Staircase outing.
- More surfing option: shift 2 nights from Nilaveli to Arugam/Whisky Point.
- Quieter inland finish: prioritise Pidurangala + Ritigala over trying to tick every big-ticket cultural site.

### Weather / transport realism

- April can still throw short showers anywhere
- Do your most important hikes and beach boats early in the day
- Keep Wednesdays lighter while fuel-conservation measures are in place
- Use the final Negombo night exactly as planned; do not convert it into another sightseeing day

### Rainy-day backups

- Colombo: cafe + market + easy neighbourhood walk
- Dickoya/Hatton: lake roads, church, homestay meals, no-pressure tea-country day
- Haputale: shorter viewpoint day or Ella cafe stop instead of a full hike
- Arugam/Nilaveli: swap beach time for cafe time and push your boat/surf day forward
- Habarana: Dambulla or extra rest day instead of a rocky sunrise start

## Official links

- [Sri Lanka Railways seat reservation](#)
- [Sri Lanka Railways timetable](#)
- [Current Pekoe Trail stage-status page](#)
- [Sri Lanka Tourism weather page](#)
- [Official ETA / visa portal \(verify current instructions\)](#)

Current live-issue note: Sri Lanka is managing fuel shortages at the moment, so keep the backbone rail-based where you can, avoid fragile Wednesday logistics, and let your accommodation help with the longer road transfers.