



Why should you book this trip?

- The Knuckles mountain range is a vitally important conservation area and forms the backbone of the recently declared Knuckles National Heritage and Wilderness Area, a UNESCO Heritage Site.
- The unique feature of the Knuckles is that it represents almost all major climatic zones in Sri Lanka and this is sure to arouse the interest of nature enthusiasts, botanists and researchers alike.
- A great addition to your list of “things to do in Kandy”.
- Truly experience the natural beauty of the hill country. It's an ideal trail to do bird watching as well. This wonderful range covers almost every forest type found in Sri Lanka at elevations ranging between 250 and 4,000 feet.

- A walk through the Pitawala Pathana – the island’s largest dry pathana plains – will let you glimpse the 1,500ft sheer drop to the Puwakpitiya valley below and is another fascinating attraction of this beautiful wilderness area.
- Fantastic, moderate treks which will help you burn your extra calories gained during your holiday.
- Hassle free, pickup and drop-off of packages from the Kandy city hotels you are staying in is also available.
- You will be led by an experienced naturalist.
- Could be combined with a visit to the Mathale Aluwihare Temple.

Quick Facts

- Availability – all year around
- You will be picked up and brought back from any city hotel in Kandy. If you are away from the Kandy municipality limits, we will pick you up from the Kandy railway station. Alternatively you could come to a pre-agreed trail starting point.
- Preferred starting time: 8 a.m. at the trail start point.
- Duration: 5 to 6 hours.
- Distance 14km – Soft to moderate trail
- Not recommended for children under 12 years
- It’s possible to extend this activity with accommodation.

You will meet



Eranda

An expert trekking guide for Eco Team, Eranda Gunawadhane has around 16 years of experience and is one of the most sought after guides for the Knuckles mountain range tours. Before joining Eco Team, he was a guide at Spice Garden and has a deep love for adventure activities and hiking. He hails from Matale and lives with his wife and child there.

Included in the price

- Services of a local guide for the trek
- Bottled water
- Entrance fees

Exclusions

- Clients should bring suitable clothing for warm, windy and rainy conditions
- Items such as insect/leech repellent and sun lotion are recommended
- Lightweight clothes and shoes/boots are recommended for trekking
- Water bottles and refreshments should be carried by clients at all times

Tour in brief

Sri Lanka Day Tours offers you an interesting day trek in the Knuckles mountain range.

You typically start the trek from the pre-agreed point, after a briefing. Our favourite trek so far for a day trek is the Manigala trail.

Climbing Maningala is a rewarding exercise. It lets you enjoy the true beauty of the Knuckles range. The beautiful “Thelgamu Oya” (river) and the paddy fields with the mountains in the backdrop at the traditional villages will simply take your breath away. The panoramic view of the Knuckles range from the top of Maningala, the unique flat area on the top of the mountain which resembles the spine of the elephant and the interesting diversity of vegetation are some of the other highlights worth mentioning.

Finishing the trail we retire into a small beautiful guest house to have our lunch before departure.

Knuckles mountain range

The Knuckles mountain range is a vitally important conservation area and forms the backbone of the recently declared Knuckles National Heritage and Wilderness Area, a UNESCO Heritage Site. Named so because of the appearance of this mountain range resembling that of a set of knuckles in a closed fist, the region is famed for its unique landscape and spectacular natural beauty.

The Knuckles forest covers an area of about 160sqkm and falls within the Kandy and Matale districts. It is the most scenic part of Sri Lanka’s highlands and contains some of the island’s most rugged, spectacular and breathtaking mountain scenery. Another unique feature of the Knuckles is that it represents almost all major climatic zones in Sri Lanka and this is sure to arouse the interest of nature enthusiasts, botanists and researchers alike.

This wonderful range covers almost every forest type found in Sri Lanka at elevations ranging between 250 and 4,000 feet. From Illukkumbura you'll experience Dry Zone Forest and then traverse through Wet Zone Forest, Dry Pathana, Montane Forest and finally end up in the Pygmy Forest in Riverstone, whose windblown trees mark the highest point of the trek.

A highlight of this tour is that all of these forest types can be encountered within a half hour drive meaning that separate short hikes into each forest type are entirely possible for those short on time. A walk through the Pitawala Pathana – the island's largest dry pathana plains – will let you glimpse the 1,500ft sheer drop to the Puwakpitiya valley below and is another fascinating attraction of this beautiful wilderness area.