

Is the entire 300km trail open, and how long does it take?

“📄 **Quick Summary:** The trail is fully open across all 22 stages. To walk the entire trail from end-to-end typically takes between **16 to 22 days**.

? Detailed Guidance

The Pekoe Trail is a curated **300-kilometer (186-mile)** long-distance walking trail that winds through the Central Highlands of Sri Lanka.

- **Flexible Pacing:** Each of the 22 stages ranges from **9 to 18 kilometers**, taking approximately **4 to 6 hours** to complete per day.
- **Independently Accessible:** You do not have to hike the entire trail. Every stage begins and ends near transport links and can be completed as a standalone day hike.
- **Direction:** The trail is fully waymarked and can be hiked in either direction.

?? Critical Alerts & Requirements

- **Physical Fitness:** The trail has an average difficulty rating of **6.5 out of 10** (graded as Moderate to Difficult). Ensure you are in good health before treading.

? Official Resources

- **Mobile App:** [Download The Pekoe Trail App](#)

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