From Record-Breaking Hiker to Sri Lanka Adventure Ambassador: Catherine Cruse Returns

Posted on

Catherine Cruse conquered the Pekoe Trail in just seven days, completing all 22 stages.

At an age when most people begin to slow down, Catherine Cruse chose to take on one of Asia's newest and most exciting hiking adventures – and made history in the process.

In January 2025, adventurer Catherine Cruse successfully completed all 22 stages of Sri Lanka's internationally acclaimed Pekoe Trail in just seven days, trekking from Hantana to Kandapola across more than 300 kilometers of breathtaking hill country landscapes.

What made the achievement even more remarkable was the purpose behind it. Catherine undertook the challenge to raise funds for her brother, who had been affected by the devastating wildfires in the United States earlier that year.

Battling exhaustion, unpredictable weather, steep ascents, and long days on the trail, she pushed through rolling tea estates, misty mountain passes, cloud forests, and remote villages throughout Sri Lanka's central highlands.

Throughout the journey, Catherine frequently shared moments from the trail on social media, highlighting the warmth of local communities, the beauty of Sri Lanka's tea country, and the unique experience of hiking through regions untouched by mass tourism. Her story quickly became an inspiration for adventure travelers as the Pekoe Trail's global popularity grew.

But Catherine's Sri Lankan adventure is far from finished.

She returned once again – this time leading a group of ten international travelers on another immersive Sri Lankan journey, curated by Connaissance De Ceylan.

Cathy was accompanied by David Cruse, owner of Spicy Wicket, a well-known Sri Lankan restaurant in Australia and a passionate advocate for Sri Lankan cricket and tourism.

Over the years, David has brought numerous cricket and special-interest groups to Sri Lanka, consistently promoting the island as a unique travel and sporting destination.

Catherine brings along ten international travellers on a curated journey by Connaissance De Ceylan.

The group traveled across Sri Lanka, combining adventure, nature, culture, and authentic local experiences. Their itinerary included hiking selected sections of the Pekoe Trail, including Stage 1 from Hantana to Galaha and Stage 8 from Norwood to Bogawantalawa – two of the trail's most scenic sections through Sri Lanka's tea country.

Beyond the trails, the group also explored iconic Sri Lankan experiences, including Sigiriya, Kandy, Ella, the famous Nine Arch Bridge, Little Adam's Peak, and the untouched wilderness of Gal Oya National Park, with the Gal Oya Boat Safari and Monkey Mountain Trek.

Catherine's return reflects Sri Lanka's growing reputation as one of Asia's leading adventure and experiential travel destinations. On a compact island, travelers can experience hiking, wildlife, culture, wellness, scenic train journeys, mountains, beaches, and authentic local interactions unlike anywhere else in the region.

In many ways, Catherine Cruse has become an unofficial ambassador for Sri Lanka tourism, proving that Sri Lanka is not only a destination for relaxation but also for transformative adventure.

And perhaps her story proves one thing above all else: Adventure has no age limit – especially in Sri Lanka.