

# Sri Lanka Paradise Island

Discover top tropical travel and tourism in Sri Lanka.

Experience warm sandy beaches, ideal surfing, rolling hills, cool climates, nighttime safaris, and sunrise whale-watching. Get ready for a travel experience like no other.

Experience a unique travel adventure that sparks excitement, fuels curiosity, ignites

romance, and refreshes the soul. Sri Lanka, the Pearl of the Indian Ocean, offers a
unique experience for all types of travelers. Enjoy a place to rest, relax, and explore its rich
history and lifestyle.

"Visit Sri Lanka for its beauty, enjoy the lifestyle, and experience tropical paradise."





Two forms of visas are offered to travellers intending to experience the beautiful island of Sri Lanka - Visit Visa and Business Visa.







- Use the same email address you have used register



Fill the Eligibility Criteria





Fill your passport details



Fill your Contact



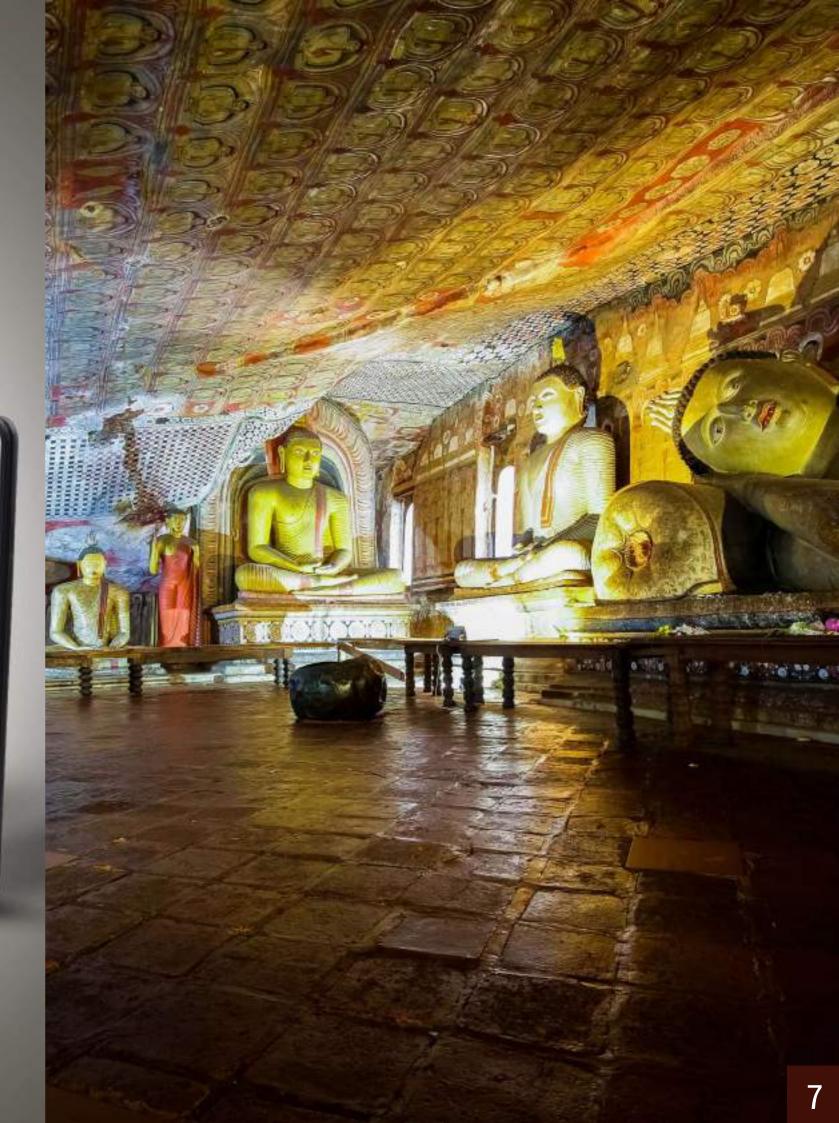


- Note that you can add an applicant



#### For more information

on applying for a visa please log on to www.srilankaevisa.lk and follow the simple and easy steps for application.







#### **BOUTIQUE HOTELS**

Sri Lanka offers a range of Boutique and Small Luxury
Hotels for travelers seeking a blend of local character and high-quality comfort. Many of these hotels are managed by foreign expats who fell in love with

the island and its climate. These hotels provide a unique experience with personalized service and local touches, making them ideal for those who want a distinctive and memorable stay.

**LUXURY HOTELS** 

Sri Lanka features several luxury hotel chains that provide high-quality accommodations and services. These hotels offer a range of amenities and are designed to meet various guest needs, from ocean views to city stays. Enjoy comfortable rooms and attentive service at these top hotels across the island.

Cape weligama resplendent resort

#### HOME STAYS

Home stays offer a way to experience local life and immerse yourself in daily culture, food, and activities. Many coastal and central towns in Sri Lanka provide this option for travelers who want to engage closely with the local community.

#### **GUEST HOUSES**

Guest houses are widely available throughout
Sri Lanka, from the central hills to the
southern coasts and commercial centers.
They vary in size and offer affordable
accommodation. Staying in a guest
house provides a chance to experience
a more authentic view of Sri Lankan life.

#### **BUDGET HOTELS**

Sri Lanka has a range of budget-friendly hotels, including both local and international options. These hotels offer basic amenities like pools, international buffets, and housekeeping services, making them a practical choice for cost-conscious travelers.

Cape weligama resplendent resort



# **Travel Tips**

#### **LANGUAGE OF MEASUREMENT**

ost of paradise island's foundation was set during the British rule of this tiny nation of islanders. As a result Sri Lankans mainly use the Metric system: centimeters, meters, grams, kilograms. However, when regarding height and area this may vary between imperial as well: square feet, inches and feet.

#### **SUNSHINE ISLAND**

S ri Lanka is known for its fun in the sun and most locals brave the sun's rays fearlessly, however, visitors are recommended to wear their preferred sunblock and sun-hats whenever possible, and to stay hydrated during their travels. It's recommended to drink at least 3 liters of water daily, especially for those engaging in outdoor activities.

#### **SUMMER CHIC**

Given the tropical weather and natural humidity, the most comfortable clothing while traveling Sri Lanka would be made of cotton or linen, pair this with a chic open-toed sandal and you're beach or party ready for the tropics.

#### **LITTLE INHABITANTS**

ab on a little insect and mosquito repellent, especially around dusk/ late evenings, as Sri Lanka is home to variety of them, to avoid itchy bites.

#### **ELECTRONICS**

and the frequency is 50Hz. Most electric appliances can be used in Sri Lanka, as both two-pin and three-pin -circle and square adapters are used locally.



hen visiting places of worship and ancient ruins, visitors are encouraged to wear modest clothing that are preferably white or light in color.

Sri Lanka is picturesque to say the least and is a great place to create a beautiful picture-scape of your travels; be prepared however, for rules on photography and especially flash photography around ancient sites and in-and-around places of worship. Permits may be required at specific locations before you can take photos.

Many historic sites request the purchase of entrance tickets that are available only from 6 a.m. to 10 a.m. These tickets cover charges for photography, recording and parking. Rates are quoted in US Dollars and rupee parities are subject to fluctuation.

Poya days are religious holidays providing to Sri Lanka's residents throughout the year. Poya days usually fall on full moon days and are considered as public, bank and mercantile holidays. Throughout the nation, many people observe religious practices and refrain from eating meat and drinking alcohol.

The sale and purchase of alcohol as well as fresh meat is prohibited on these special religious holidays.

When traveling around paradise island, make sure to look for designated smoking areas especially when out and about, as smoking in public places is prohibited by law.

#### **EXCEPTIONAL SERVICE**

When indulging at most of Sri Lanka's luxury and semi-luxury hotels, cafes, restaurants and nightclubs, you'll find that at the end of the night your total bill includes taxes and a "service charge" which technically is considered as the tip you would generally give your waiter. As such it isn't necessary to provide a tip should you wish not to, but as islanders we love to show our appreciation in gratitude, praise and just a little bit of an extra tip before ending our night, especially when we've experienced exceptional service.

Generally, 10% of your total bill value is the accepted norm globally for tipping, with the minimum at LKR 100/-.

#### TIME AND PLACE

Paradise island is marked at GST +5.30 and most visitors tend to experience even a little bit of jet lag, so it's always best to make sure you have plenty of time to recuperate and be awake during your travels. Most often than not, there are many adventures to be had whilst traveling the paths in Sri Lanka.





#### BUS

The preferred mass-form of travel on paradise island, there are public and private buses that travel across the country on a regular basis. In-expensive and a great way of experiencing the raw lifestyle of Sri Lankans.

Bus fares vary between highway, luxury and private buses. Highway buses are generally like large coach buses and provide general comfort and air conditioning.

Luxury or semi-luxury buses are generally air-conditioned but smaller in size and take the usual travel routes and are more willing to drop you off anywhere along their intended route.

The most expensive travel across country would be approximately LKR 1,500.

Public bus transport can get quite dusty, hot and crowded, but there is the guarantee of a bus almost every 5 minutes at each stop. Rates for travel via this start from just LKR 40 when traveling within Colombo but can go up to LKR 600.



# RAIL

raveling by rail in Sri Lanka offers an authentic experience of the island's landscapes and culture. The railway system, established during British rule, provides a range of travel options from first-class seats and observation cars to third-class accommodations where you can get close to the mountain tunnels.

To ensure a seat, it's best to book in advance, especially on weekends when many commuters travel. For a memorable journey, consider the route from Kandy to Nanu Oya in the Central Highlands.

This route is known for its scenic views, including dense jungles, wildlife, and rolling hills.



# SCOOTERS

popular form of travel to combat the high traffic flow, scooters are primarily rented when traveling the coast. Easy to handle, inexpensive and a wonderful method of experiencing the weather and picturesque moments.

# CAR HIRE

ant to travel in chauffeur-driven luxury? Ceylon Roots offers varying degrees of practical and luxury vehicles at your very fingertips. Most chauffeurs are usually well versed with the most scenic routes to travel via.



# DOMESTIC FLIGHT

eel like a quick round of golf? Hop on an internal flight from the coastal areas to the hill-country at your own convenience. Paradise island has it all.



WEDDING AND HONEYMOON TRANSFERS.



REGIONAL TRANSFERS BY PRIVATE AIRCRAFT



AIRPORT TO RESORT **TRANSFERS**.









SHORT DURATION SCENIC FLIGHTS

Inlike many other Asian holiday destinations, Sri Lanka genuinely is a year-round holiday destination. The weather on this beautiful tropical island is controlled by two monsoon seasons which bring rain to the west and south-west coasts from May to September; and to the east coast and northern region between October and February; the rest of the year is sunny and dry.

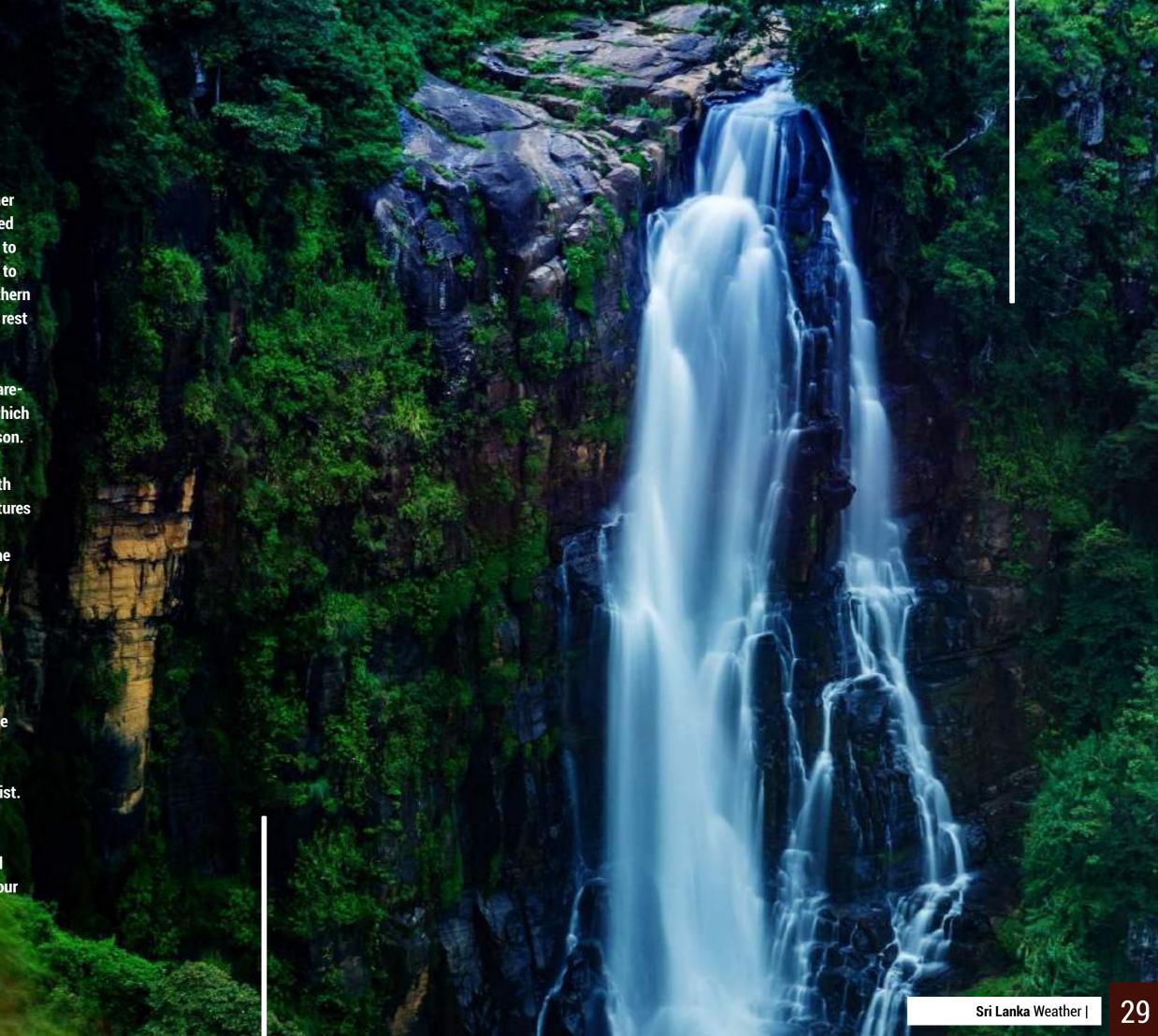
It is for this very reason that you should carefully choose your itinerary for travel and which sites you will be visiting during either season.

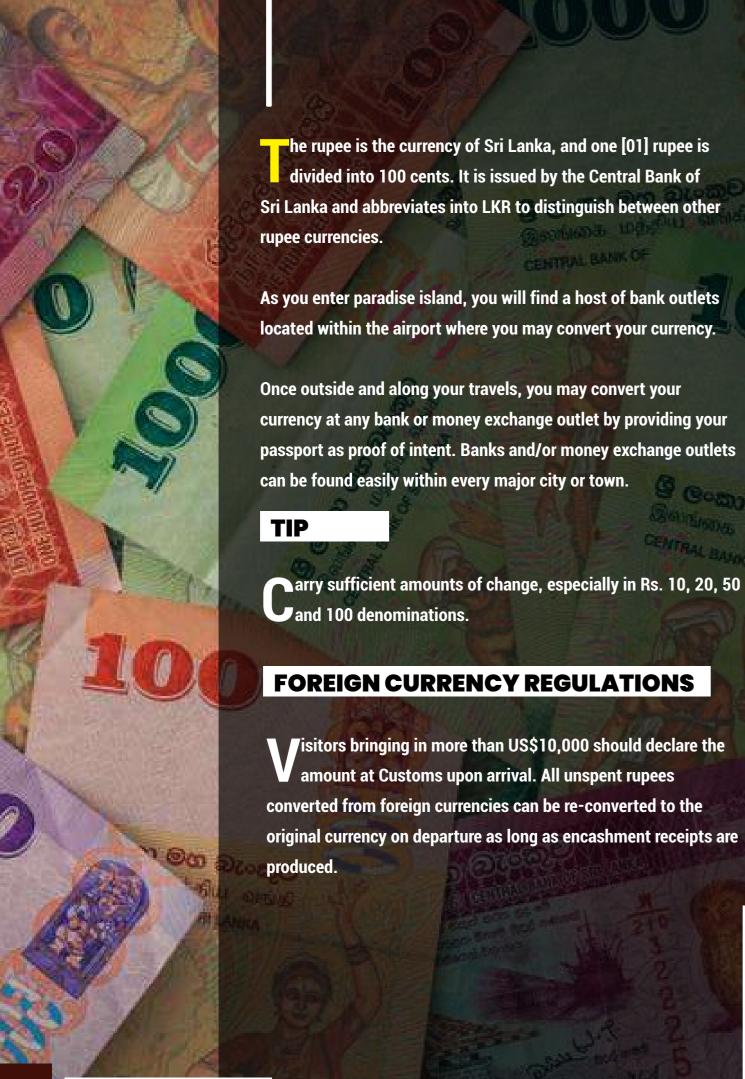
Temperatures are constant year-round, with coastal regions enjoying average temperatures of 25-30°C and the highlands 15-18°C on average. It tends to get quite warm, and the sun rarely fails to shine on paradise island which calls for the use of a fair amount of sunblock.

The period from December to mid-April is considered the peak season for tourism.

There are also benefits to travelling outside of this high tourist season, with the bordering months providing the best of both worlds, great weather and a less tourist.

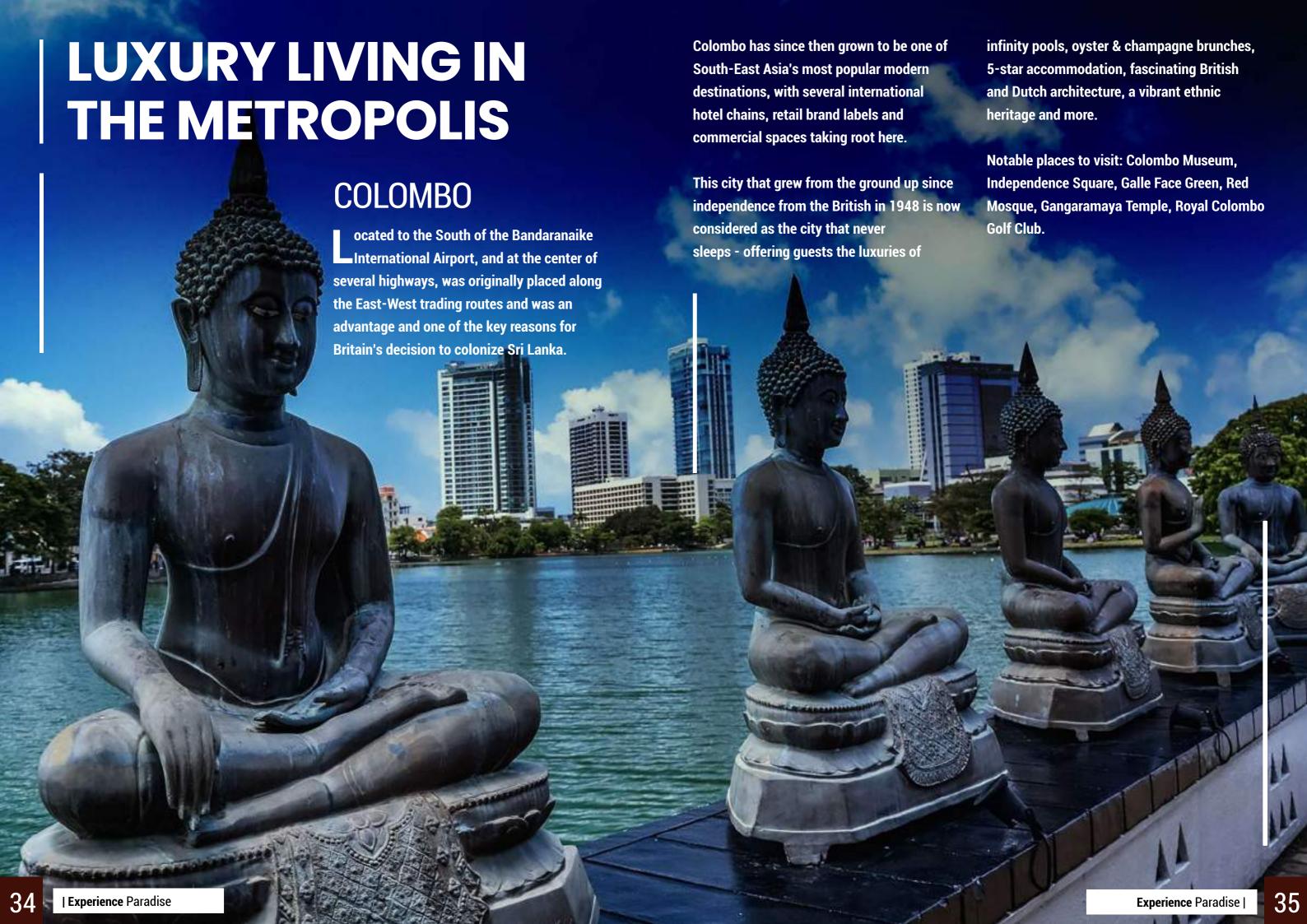
Note: Due to the high humidity Sri Lanka is home to a variety of tropical insects and mosquitos, insect repellent will become your best friend when traveling the island.











## GOLDEN BEACHES

Craving a little sun, sand and surf? Sri Lanka offers travelers access to some of the world's most beautiful beaches.

All year around: The best time to visit the island's coastal areas for its sun, sand and surf is November to April (west coast); May to October (east coast).

#### GALLE

ocated on the Southernmost point of
Sri Lanka, (a UNESCO World Heritage Site)
abundant with a rich history and perfect to
explore on foot, offers tourists ready access
to its Dutch-colonial buildings, ancient places
of worship, grand mansions and museums,
as well as stylish cafes, quirky boutiques and
restored hotels. Popularly known for its focus

on the arts, Galle is also home to Sri Lanka's famous Literature festival and has become the residential hub for local and foreign artists, writers, photographers and designers.

**Notable places to visit: Galle Fort** 



#### **NEGOMBO**

ocated just 10km from the Bandaranaike International Airport, is famous for its beach-side hotels and cafes, and historical quarter. The name Negombo is derived from the Sinhalese word Meegamuwa, meaning 'village of honey.'

Notable places to visit: Negombo Fish market.

### **KALPITIYA**

peninsula located to the North of Colombo, in the North-West of Sri Lanka, is a coastal town that has become fast popular for dolphin-watching and kitesurfing. Schools of dolphins can often be seen in the clear offshore waters and the local

boat safaris offer close-up interactions.

Kalpitiya (meaning 'stone elevation') is known for its tropical beauty, consists of 14 islands and is widely considered to have the best kitesurfing conditions in South Asia.

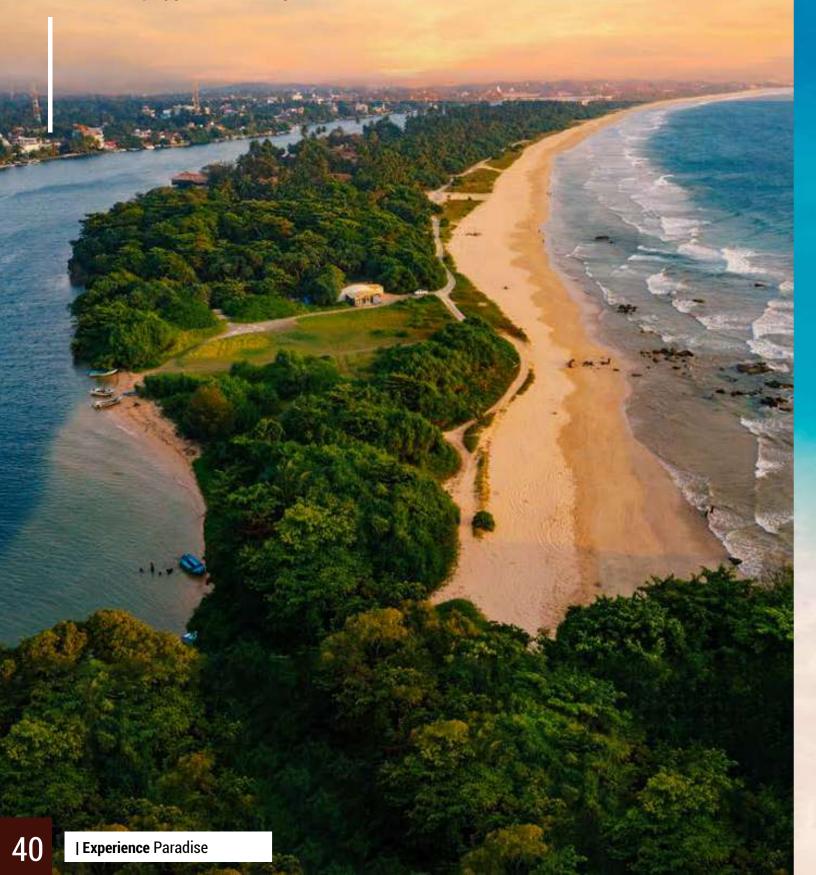


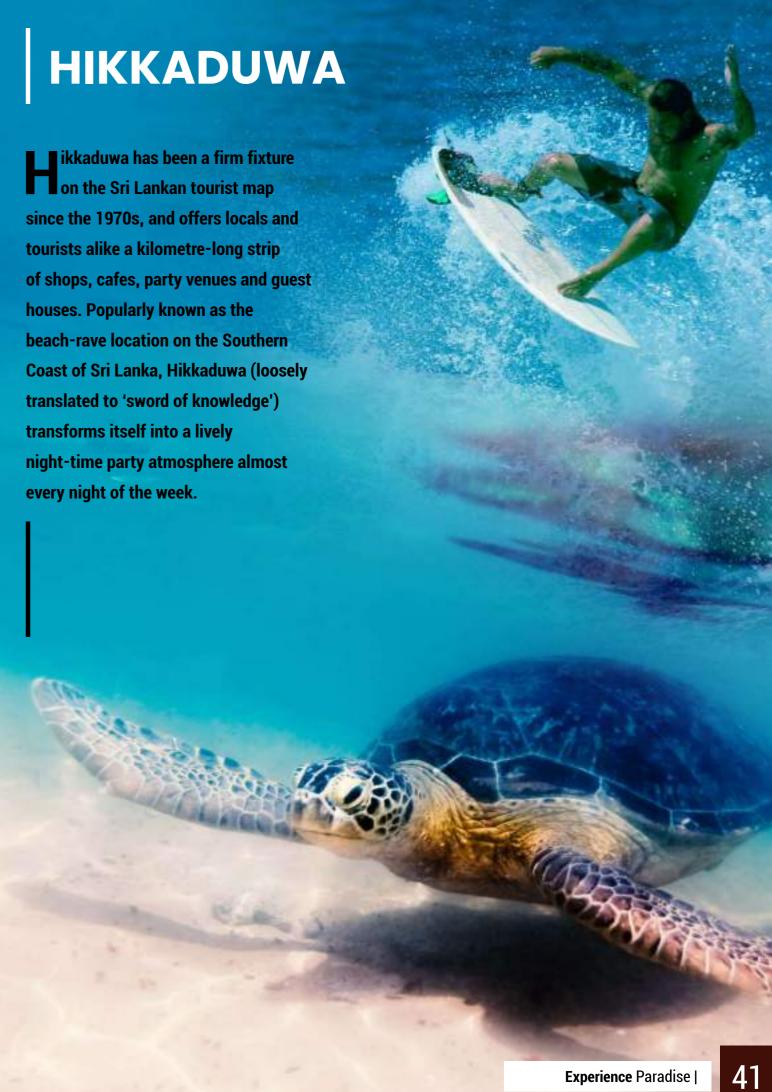
39

#### **BENTOTA**

Bentota runs as a ribbon of golden sandy beaches and is known as an ideal holiday sun-and-fun playground. Offering tourists a

wide selection of luxury resorts and smaller boutique hotels.





# UNAWATUNA ocated 6km South East of Galle, is a city with palm tree lined beaches, deep turquoise waters and a selection of traveler friendly guesthouses. Unawatuna (meaning "fell down") is said to

have mythical roots with references to this city in the ancient Sanskrit story 'Ramayana', when

#### WELIGAMA

ocated to the East of Unawatuna, brings together a lively fishing town and beach resort, to offer travelers a truly unique

experience. Weligama (meaning 'Sandy Village') is also home to Sri Lanka's famous **Turtle Bay.** 



Hindu Gods walked the earth.



#### **BATTICALOA**

ocated on the east coast as a peninsula,
historic Batticaloa (roughly translated
to mean 'boundary of lagoons'), is a coastal
city surrounded by 3 glorious lagoons with
palm-filtered sunlight glancing off the water.
Worth of an exploration, this company town is

home to a large fortress, many churches and known for its wonder of 'singing fish'.

#### **PASIKUDAH**

ocated to the north of Arugam Bay

(translated to 'Green Algae Bay') and just

2km from Kalkudah beach – which is
popularly known as a fisherman village and
relatively left untouched by development.

At the northern tip of the peninsula on a tightly enclosed bay, the perfect white sands of Pasikuda beach are dotted with a variety of luxury hotels.

#### **ARUGAM BAY**

ocated on the southeast coast of the paradise island, (translated to 'Bay of Bermuda Grass') a notable moon-shaped curl of soft sand; home to a point break that visitors across the world regard as the best surf spot in the country.

#### **KALKUDAH**

ocated in close proximity to Pasikudah, it is a frequently visited coastal resort town only accessible via an ocean bridge (translated to 'Rock bay'). This is the perfect fishing village for travelers to experience an authentic Sri Lankan experience - sail away into the Indian Ocean.

#### TRINCOMALEE

ocated on the north east coast of Sri Lanka, (also known as 'Trinco' and translated to 'Lord of the sacred hill') sits on one the world's finest natural harbors and is built on a peninsula. This culturally rich city has been the center of the Tamil language in the island for over two [02] millennia. Its history dates back to the 'Gokana in the Mahavamsa' (Great Chronicle) and Hindu texts. Trinco town offers visitors a charming stop along their travels.

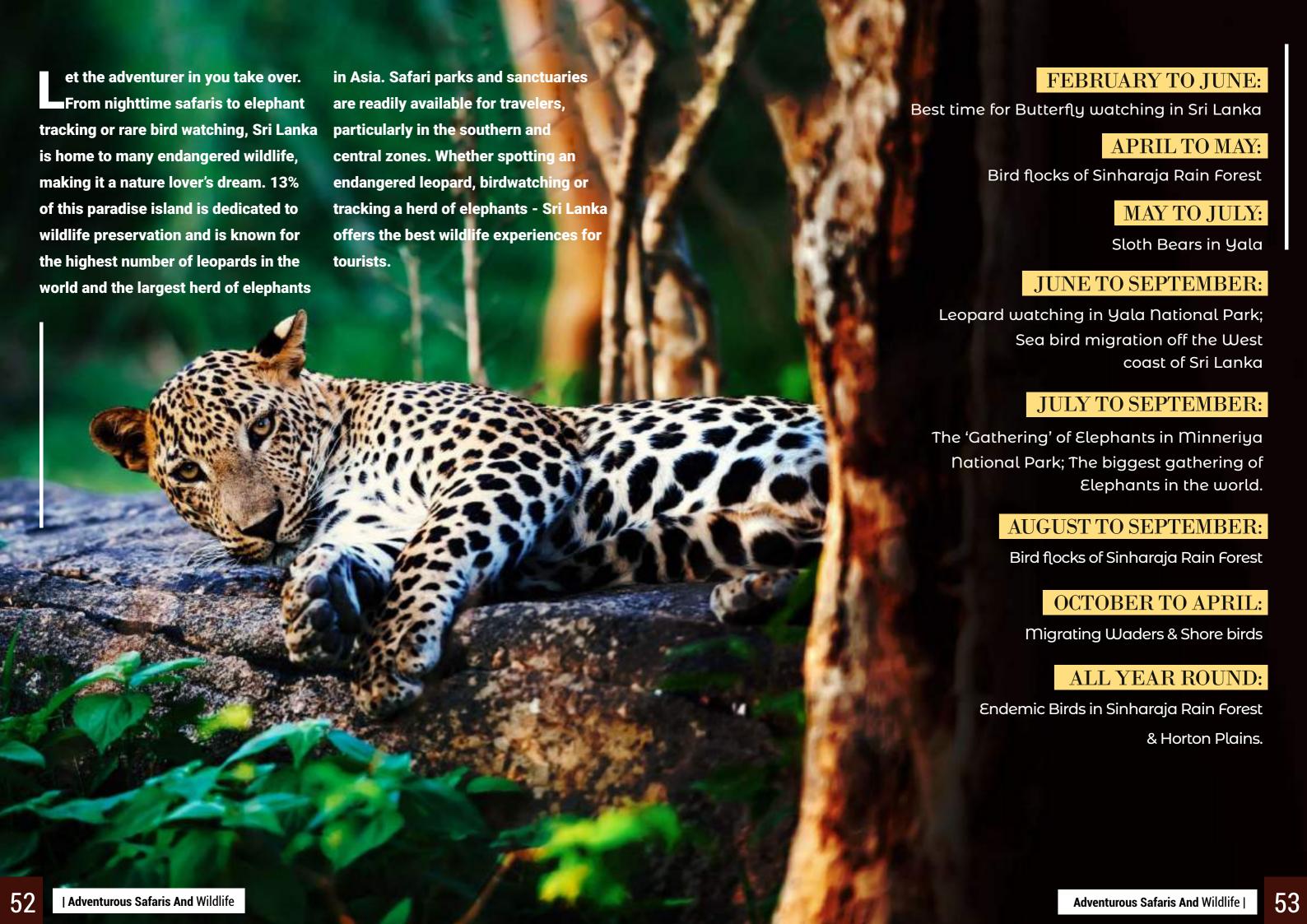
Notable activities/ places to visit: Koneswaran Temple, Bhadrakali Amman Temple, Marble beach and Pigeon Island, Whale Watching tours.

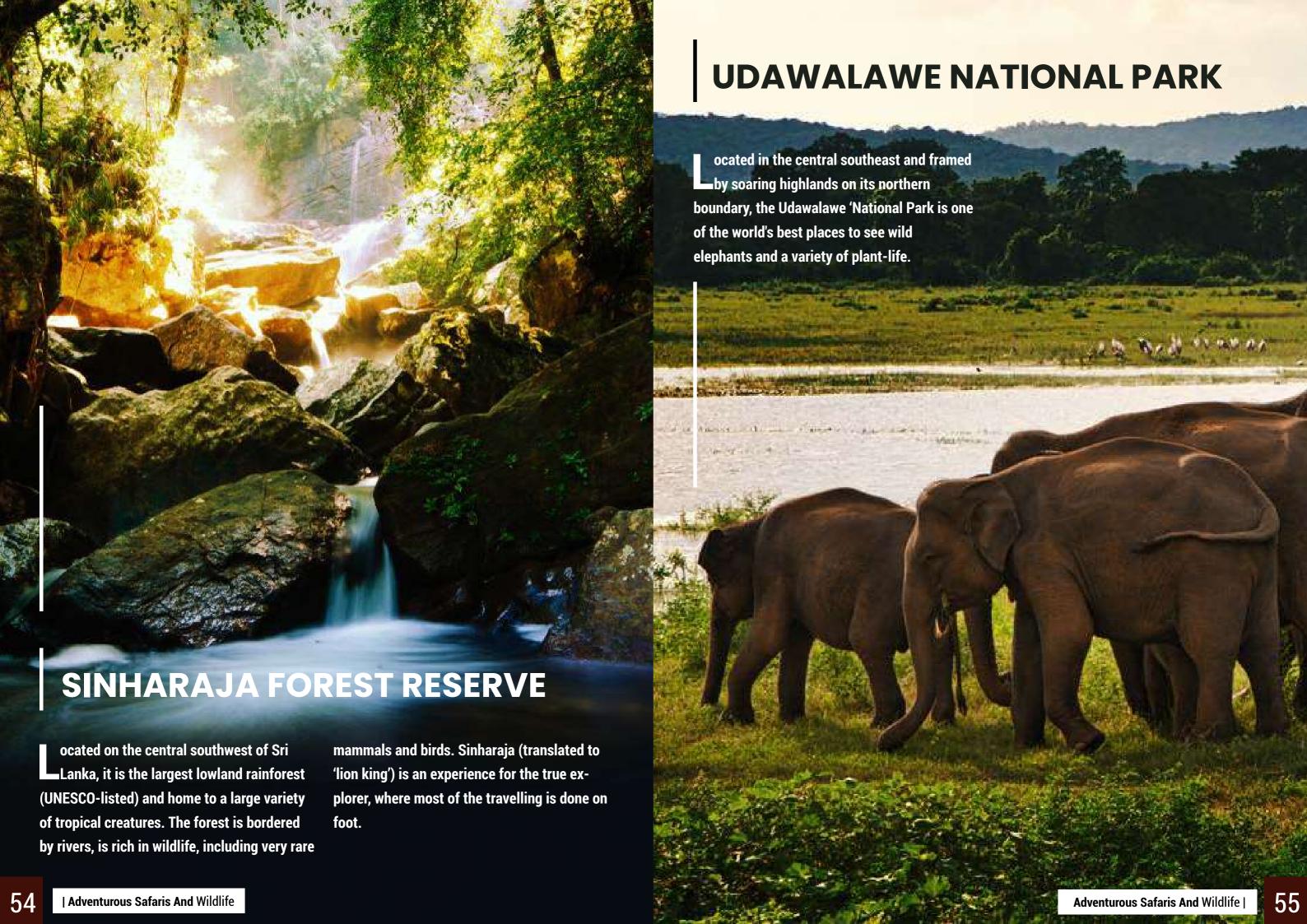


'Night's moon shine over the land'), the furthest north of Trinco, is known as an intimate beach area. Offering visitors a host of hotels - scattered along the coastal

ocated on the northern coast, (translated to highway. Perfect for travelers looking for some sun, sand and Zen. Featuring golden sands and blue waves - prepare for a breath-taking beach experience.

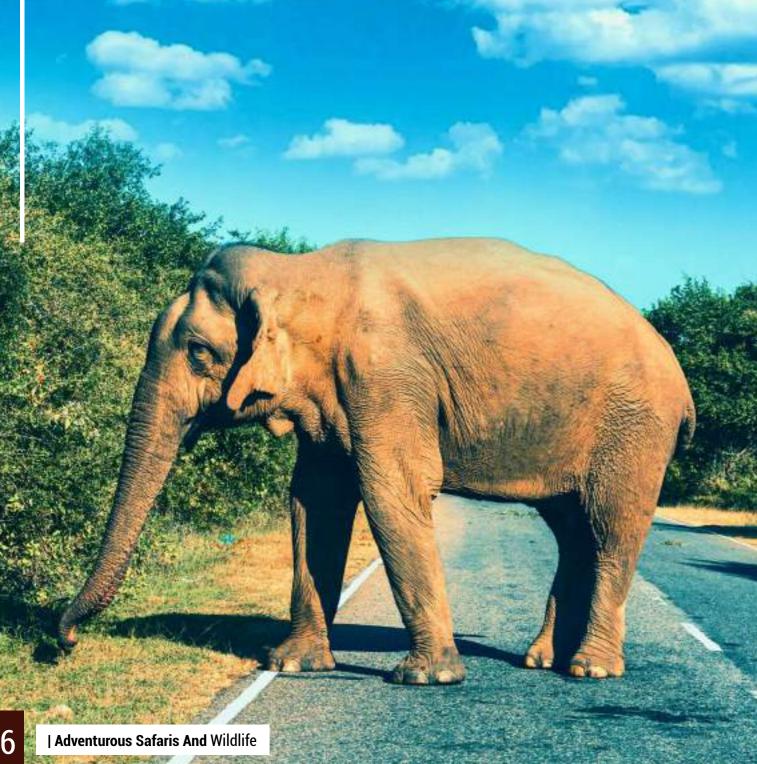






#### YALA NATIONAL PARK

ocated on the southeast coast of Sri Lanka, it is the island's most famous national park. Yala (originating from a Sanskrit word meaning 'extent of land') is a light forest, with grassy plains and deep lagoons, it is home to elephants, leopards, crocodiles, buffaloes, peacocks, the famous **Sloth Bear and many more wonders of nature.** Off the coast of Yala is the Great Basses reef lighthouse, accessible via tour boats.



#### MINNERIYA NATIONAL PARK

ocated in the central northeast of Sri Lanka, this national park is one of the best places on the island to see wild elephants. **Dominated by the ancient Minneriya Wewa** ('lake'), the park has plenty of scrub, forest

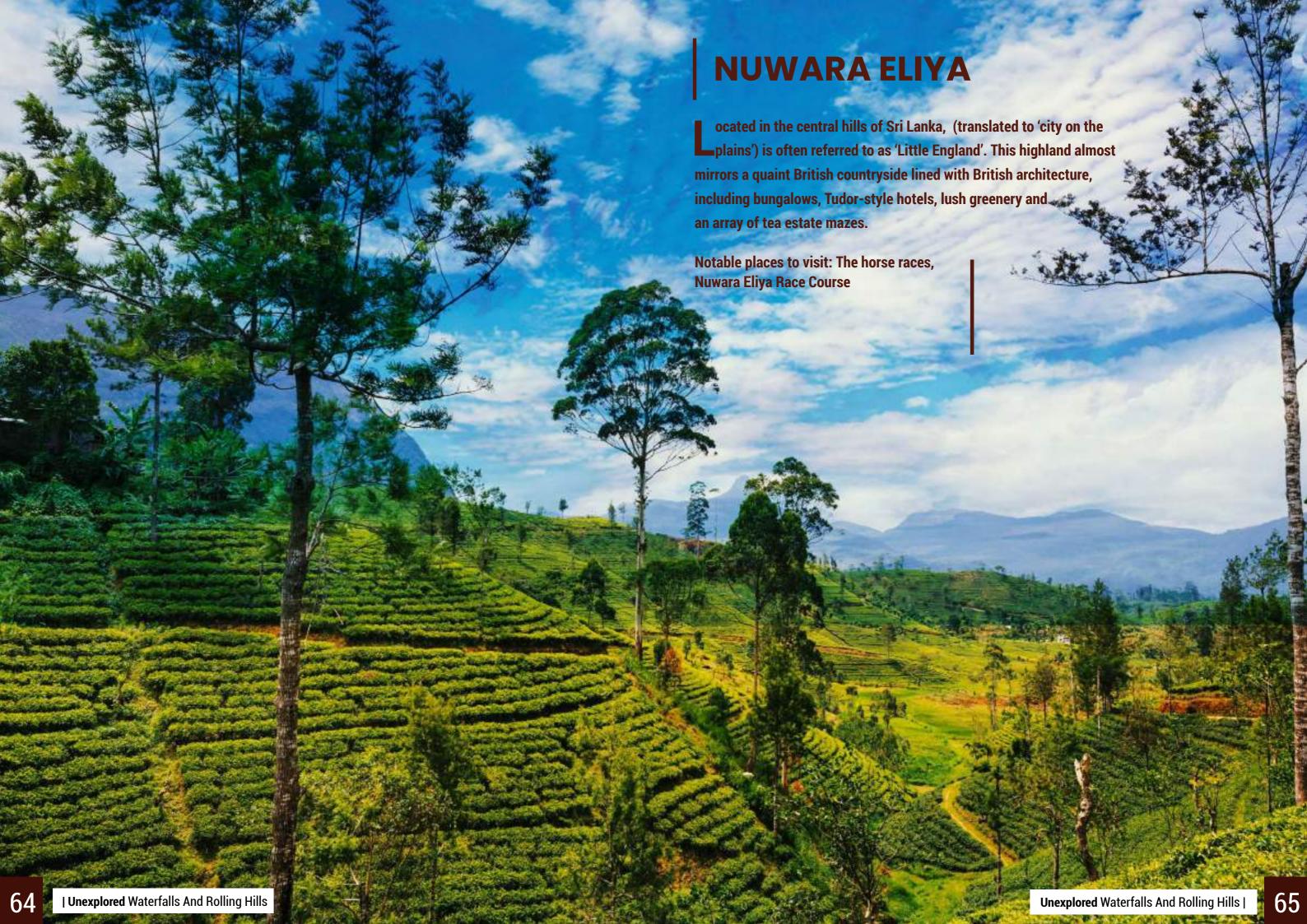
and wetlands and provides shelter for deer, buffalo, crocodiles and more. The national park is also known for the largest elephant gathering in Asia during the months of May to October.













#### ADAM'S PEAK



ocated in a beautiful area of the southern Hill Country, this tall peak has for centuries sparked imaginations and has been the focus of many pilgrimages. On the summit of Adam's Peak travelers will find a shrine, a belfry and a resting place. The center of the attraction is a stone tablet covering the sacred footprint of Lord Buddha. Most pilgrims attempt the climb solely for the purpose of paying homage to the shrine. This is where the mountains Sinhala name originates; Sri Pada (translated to 'resplendent feet').

June to December: Climb Adam's Peak during the off season and get a chance to see the wildlife.

#### KNUCKLES MOUNTAIN RANGE

ocated to the north of Kandy (known as Dumbara Kanduvetiya, translating to 'Mist-laden—Mountain Range'), this vast mountain range gets its name from a series of folds that mirror a closed fist. Named by early British surveyors, this mountain range is visible from most of the hill-country and is beautiful to see during misty mornings.

January to April: The central highlands are pleasantly cool and relatively dry.

#### **PIDURUTALAGALA**

ocated 7.5km from Nuwara Eliya, (also known as Mount Pedro or translated to 'straw laden—rock'), experience the best of nature's creation as you reach the top of Pidurutalagala



#### **HORTON PLAINS**



ocated to the south of Nuwara Eliya in the central highlands, covered by lush grassland and forest; rich in biodiversity it is the ideal playground for adventurers and explorers. Enjoy a slow 4km hike up to 'World's End', where a sudden 880m drop covered by a wall of mist awaits. Early-risers may even experience a breath-taking view of paradise island from this plateau. A short hike from here adventurers will find Baker's Fall - one of Sri Lanka's most beautiful waterfalls.



ocated in central Sri Lanka and known as the 'Hill City' famous for being the last Kingdom to fortify its city and stand against invading countries. As a city steeped in tradition, yet offering a thriving modern lifestyle - Kandy offers the best of both worlds.



# TEMPLE OF THE SACRED TOOTH RELIC

ocated in the heart of Kandy (A UNESCO

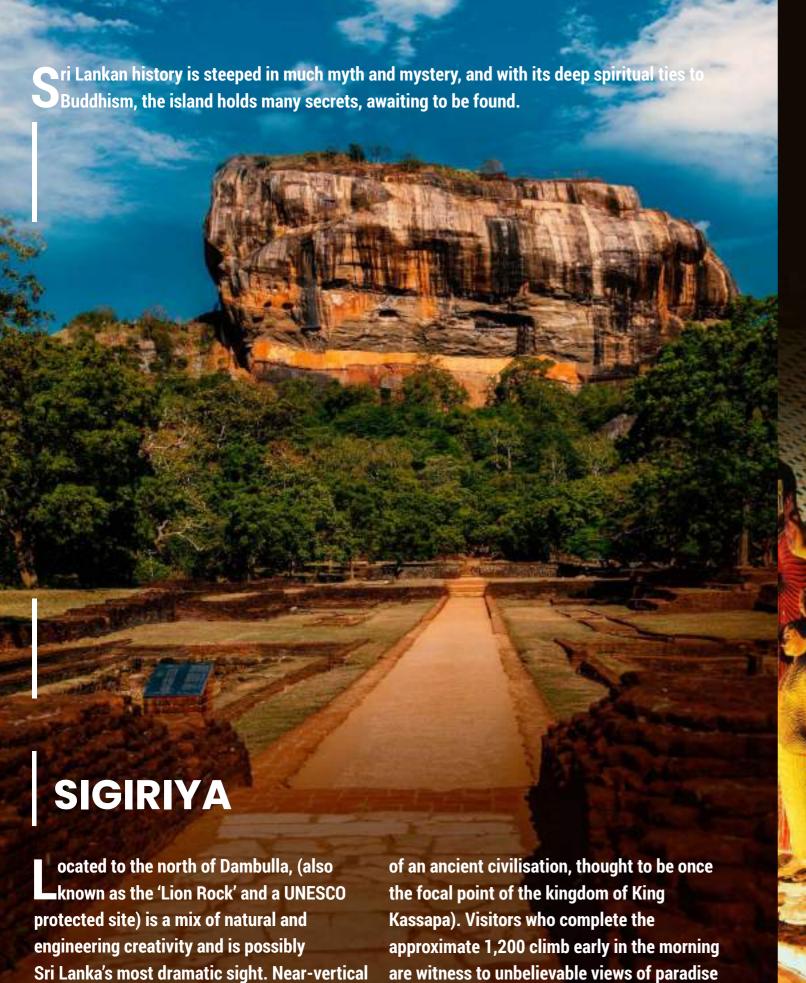
protected site), the golden-roofed Temple
of the Sacred Tooth houses Sri Lanka's most
important Buddhist relic – a tooth of Buddha.
During offerings or prayers, the sacred

tooth - protected within a gold casket is revealed to onlookers. Visitors are encouraged to explore the site, as it includes a museum, series of smaller temples and shrines.

Note: Visitors are requested to wear modest loose-fitting clothing in light colors.

Notable places to visit: Hantana Mountain Range, Peradeniya Botanical Gardens, Ambuluwawa Tower, Monte Fano, Gadaladeniya Temple.





## **DAMBULLA CAVES**

ocated to the north of Knuckles Range (A \_\_UNESCO protected site), this beautiful Royal Rock Temple complex is positioned about 160m above the road in the southern part of Dambulla. Consisting of five [05] separate caves; 150 magnificent Buddha

statues and paintings; as well as some of Sri Lanka's most historic religious art. Rumoured to have been drawn nearly 2,000 years ago, visitors leave with everlasting memories of a rich Sri lanka.

walls rise high to a flat-topped peak where you will find the magical Lion Fortress (ruins

island.



## ANURADHAPURA

ocated to the north of Sigirya, the ruins of

Anuradhapura are one of South Asia's most precious sights. The ancient buildings contains a rich collection of archaeological and architectural wonders: large dagobas (brick stupas), ancient pools and crumbling temples, built during Anuradhapura's 1,000

| Explorations in Mystery and myth

years of rule over Sri Lanka. Today, several of the sites remain in use as holy places and temples; frequent ceremonies give Anuradhapura a vibrancy unlike any other historic city on paradise island.

## **POLONNARUWA**

ocated to the east of Sigiriya, and declared a world heritage site, this is a town where Kings ruled over 800 years ago, making it a thriving commercial and religious centre back in the day. The glories of that age can be found in the historical and religious treasures

that still provide an idea of how the city once looked. You'll find the archaeological park a delight to explore, with hundreds of ancient structures— tombs and temples, statues and stupas.



colourful northern visit awaits travellers who venture a little further. Experience an

extension of the paradise island, toward the north of Sri Lanka.

## **JAFFNA**

The city of flavour and colour, located in the northernmost part of Sri Lanka, here you will find a strong Hindu influence in tradition, architecture, language and art. A place that

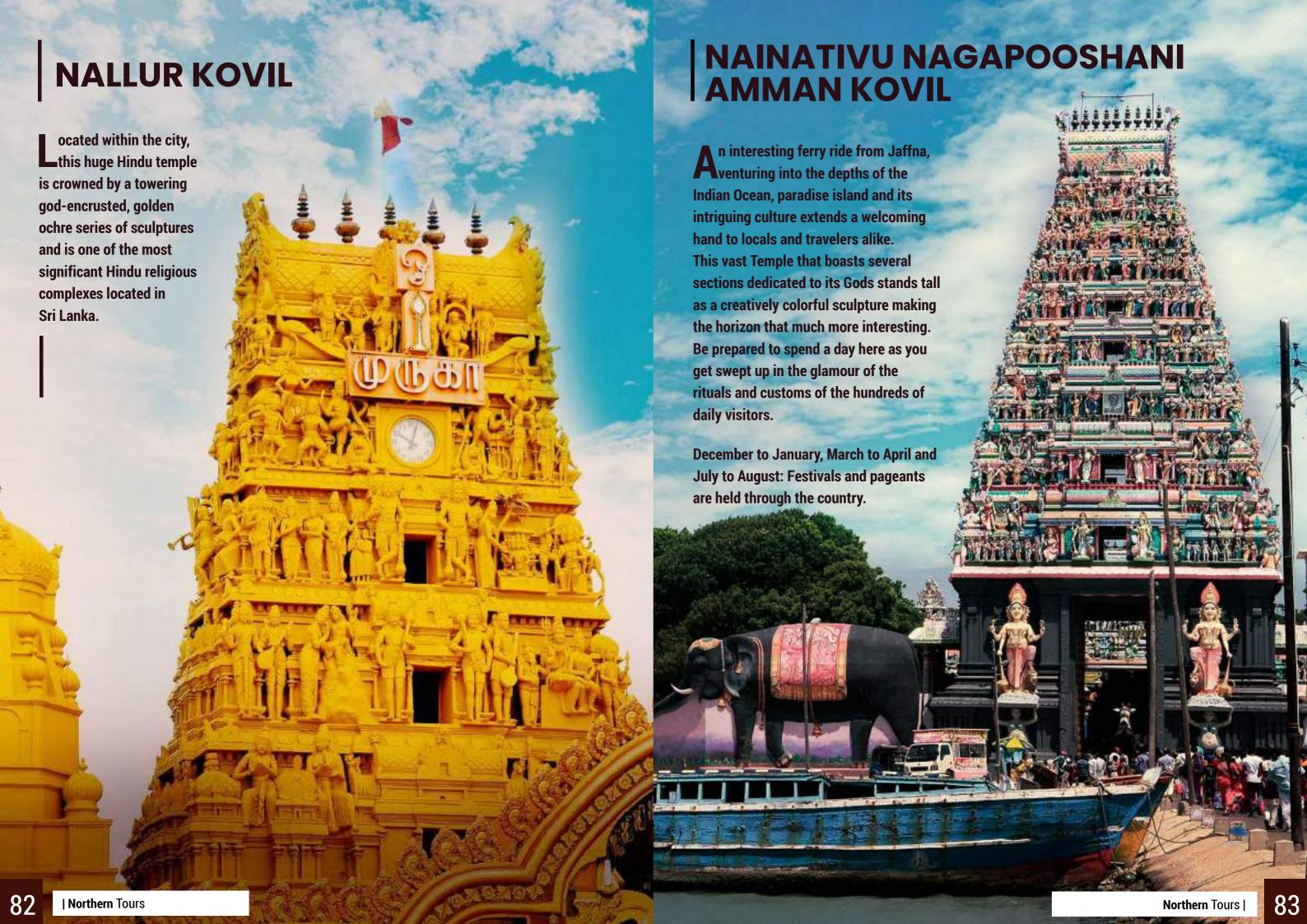
offers intrigue and history, it is a beautifully colourful city to discover Sri Lankan-Tamil culture.

## **JAFFNA FORT**

ocated next to the Jaffna lagoon,
sections of this grand Fort stand as a
memory of a long-ago glorious port for
travelers and trade. Visitors find themselves
romanticizing over this once magnificent

structure that has been fought over for centuries. Explore to your heart's content, admiring its gateways, prison and moats, studying its exhibits and viewing the city from its sturdy walls.





ri Lanka has a variety of local cuisines that are rich in flavour, colour and aroma. Each dish has a deep history derived from the Sinhalese, Christian, Hindu and Muslim influences, with a slight modern twist. A fair

warning that Sri Lankans love their spices and tend to use a fair amount in everyday cooking; inform the chef or server to reduce the addition of spices when cooking up a storm for you.

# STRING HOPPERS

ade from a thick rice flour based batter, squeezed into thin noodles, and then steamed. String hoppers are normally eaten for breakfast or dinner, along with a variety of different curry.

#### FOR THE ADVENTUROUS FOODIE

dding sides Coconut condiment ('Pol salmbol') is merely a mixture of shredded coconut, Achili powder or dried chilies, lime juice, red onions, and salt – locally 'pol sambol' is used when eating almost anything, including rotti, rice and bread as well.

## KOTTU

Iso known as kottu rotti (roughly translated to 'chopped bread') has become a popular dinner meal with many locals. Originally a cheap meal that was created to feed the working class, combined with vegetables, egg, and a meat option - it has now in the 21st Century, become the dish of choice for most of Colombo's post party-goers.

**FOR THE ADVENTUROUS FOODIE:** 

## **MASALA KOTTU**

# RICE AND CURRY

ri Lanka rice and curry, is none like any imaginable. As a paradise islander's staple, this offers a range of flavoursome combinations from sweet, to sour and of course the chillie! Have a full rice and curry meal that will leave you wanting little else.



favourite for breakfast and especially during Sinhala and Tamil New Year (a festival that takes place on the 13th and 14th of April every year) is a staple for most and in its most traditional form is created by boiling milk in a clay pot which is then used to make a sticky rice.



#### FOR THE ADVENTUROUS FOODIE





| Life of a Foodie



## COCONUT ROTTI

nown as 'pol rotti' is coconut infused solid flat-bread. Somewhat similar to a mini pizza, without a topping. It can be eaten plain, but is usually served with curries or condiments. Locals here on paradise island have this for either breakfast, dinner or as a snack.

## HOPPERS

Iso known as 'a-ppa', are an iconic food of Sri Lanka. It all begins with a simple pancake batter that's spruced up with coconut milk and a splash of toddy (Sri Lankan palm wine). It can be eaten plain or with an egg fried into the center of it.





### PITTU

A combination of flour, fresh shredded coconut, and a handful of desiccated coconut. The precious little cakes are traditionally steamed in bamboo tubes. After being cooked, the crumbly textured pittu cakes are served with fresh sweetened coconut milk.

#### FOR THE ADVENTUROUS FOODIE

Adding sides Hoppers and pittu are generally eaten with a spicy condiment ('lunumiris' translated to 'onion chilli').



## SWEETMEATS

Well known throughout South Asia, as the place of origin for sweets and desserts originating from there. Many Sri Lankan desserts and sweets contain domestic coconut, spices, jaggery and treacle. Pick from over

## KING COCONUT

aken straight from the source, king coconut water is a refreshing drink that is said to have medicinal and healing effects on the body. This drink is perfect on a hot and humid day.



## MILK TEA

You've probably already had tea from around the world, but nothing compares to a milk tea made in Sri Lanka. Whether a 5-star hotel or a village shop, tea is the pride and joy of this paradise nation and every cup made is made with love, care and a lot of sugar.

## VADAI AND ISSO VADAI

The former is a combination of dry Dahl and herbs, deep fried and had as a snack or evening meal during walks along the peer or coast, and can be purchased by quaint cart-vendors. The addition of prawn to this makes it the latter, and adds an intriguing taste making it a delicacy in Sri Lanka.



The following chart gives approximate journey times (in hours and minutes) from Colombo to

er major cities/towr	ns in Sri Lan	ka.			
City	Air	Road	Rail		
Kandy	MINE OF THE REAL PROPERTY.	3.00	3.30	TO STATE	
Galle		3.00	3.00		
Matara	_	4.00	4.30		
Badulla		9.30	9.00	1 SE 1 7	
Anuradhapura	0.45	5.30	6.00	72	1
Trincomalee	1.00	6.00	7.00	100	
					1
					Town (
CIT				H.	as as the
		AL.			
					1
N			- **		N.
Journey Times (Chart	t with journey	times)			

xperience paradise island in real-time and share your experiences with the world, hashtag islandroots every time you post on social media. Whether feeding an elephant, waterfall diving, trekking or enjoying a truly luxurious experience, let the world know how you do Sri Lanka.

# Adventure SPORTS

Abseiling in Sri Lanka offers an exhilarating experience amidst lush landscapes. Descend stunning mountains and jungles, and enjoy the thrill of waterfall abseiling. With a briefing and guidance from a skilled team using top-quality equipment, this adventure combines excitement with safety in the island's vibrant tropical setting.

A dedicated and experienced team of adventure sports professionals and naturalists, passionate about uncovering Sri Lanka's hidden wonders, will guide you through exceptional and immersive experiences. They ensure your safety while offering a unique perspective on the island that few travelers see. Their expertise helps you explore the environment, connect with nature, and embark on a journey of self-discovery. Catering to both beginners and seasoned adventurers, they provide a range of skills to enhance your time in Sri Lanka



Hiking in Sri Lanka is a fantastic way to explore the island's diverse landscapes and immerse yourself in its natural beauty. With trails suitable for all ages, including families with kids, you can enjoy a variety of experiences, from gentle walks to more challenging hikes. Most trails are short and can be completed within a day, offering a rewarding adventure that connects you with Sri Lanka's environment and culture.



experience challenging ascents to remote mountain summits with great views. Sri Lanka's heavy

rainfall adds difficulty and enhances the beauty of cloud forests and mist-covered landscapes. The dry season offers easier treks, while the rains reveal a different side of the mountains. Campfires foster connections, and Sri Lanka provides various environments for camping, including mountains, jungles, forests, grasslands, beaches, and riverbanks. Enjoy the freedom of camping and create memorable experiences with every adventure.



Embark on a canyoning adventure in Sri Lanka's hidden canyons. Experience a mix of hiking, climbing, rappelling, and swimming as you navigate gorges, waterfalls, and clear natural waters. Canyoning provides a dynamic way to explore the landscape and is popular among those seeking excitement and nature.





Experience rafting in Sri Lanka, where tropical rivers provide an exciting adventure. Navigate through challenging rapids and calm stretches, surrounded by diverse landscapes and wildlife. From the white-water of the Kelani River to the gentler flow of the Mahaweli, Sri Lanka's rafting caters to both experienced and novice adventurers. This activity offers a blend of excitement and natural beauty, making it a great choice for thrill-seekers and nature enthusiasts.



Explore Sri Lanka's waterways by kayak, drifting through calm rivers, lagoons, and coastal areas. Paddle alongside mangroves, discover hidden channels, and observe local wildlife in their natural settings. Whether you're navigating the backwaters of Koggala Lake or the currents of Bentota River, kayaking offers a unique and peaceful way to experience the island's natural beauty.





**AFGHANISTAN** 112 lake Dr. 8, Colombo

0112 675 386

0112 463 200



FINLAND No. 409, 1st Floor, Galle Road, Colombo 3

+94 114 727 222



INDIA 36-38 Galle Road. Colombo-3 011 2421605/ 011 2422788



**LIBIYAN ARAB JAMAHIRIYA** No; 120, Horton PI, Colombo 7

0112 693 700



**AUSTRALIAN** 

21 R G Senanayake

Mawatha, Colombo 7



GERMANY Alfred House Ave, Colombo 3 0112 580 431



IRAQ 19 Barnes Pl. Colombo 7 0112 696 600

55, Jawatta Road, Colombo 5



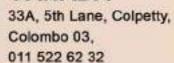
MALDIVES 25 Melbourne Ave. Colombo 04 0112 580 076



CHINA 381A Bauddhaloka Mawatha, Colombo 7



CANADA





CZECH REPUBLIC

60/1, Park Street, Colombo 2 0115 559 083



#### DENMARK

Unit 5-3C, East Tower, World Trade Center, Echelon Square, Colombo 1 011 5556 699



### **EGYPT**

39 Dr. Lester James Peries Mw. Colombo 5 011 250 8752



FRANCE

89 Rosmead Pl, Colombon 7 0112 639 400









### **JAPAN**

ITALY

011 2588388

ISLAMIC

IRAN

Colombo 7

0112 081517

REPUBLIC OF

No. 18. Buller's Lane -

0112 081515/ 0112 081516

No:20 R G Senanayake Mawatha, Colombo 7 0112 693 831



#### KOREA

98 Srimath Anagarika Dharmapala Mawatha, Colombo 7 0112 699 036



#### KUWAIT

No: 292, Bauddhaloka Mawatha, Colombo 7 0112 597 958



### MALAYSIA

8 Rosmead PI, Colombo 7 0117 557 711





**MEXICO** Kinsington Gardens

Colombo 11 2588135 / 11 4518135



SAUDI ARABIA

43, Horton PI, Colombo 7 0112 682 087



SPAIN

Unit L 9-02 East Tower, World Trade Centre, Echelon Square, Colombo - 1 (+94) 11 553 3500





#### **NETHERLAND**

25 Torrington Ave, Colombo 7 0112 510 200



**SOUTH AFRICA** 

114 Rosmead PI, Colombo 7 0112 463 000



**SWITZERLAND** 63 R G Senanayake Mawatha, Colombo 7 0112 695 117



#### **NORWAY**

49 Bullers Ln, Colombo 00500 0115 608 700



#### SWEDEN

33, 1/1. Lester James Peiris Mawatha, Colombo 5 Sri Lanka 011 250 4432



### **NEW ZEALAND**

Meewella Building, 4th Floor # 329 Park Road, Colombo 5 (+94) 11 254 5949 / (+94) 11 250 1139



#### TURKEY

92 Kynsey Rd, Colombo 7 0112 146 600



#### **PALASTINE**

110/10, Wijerama Mawatha Colombo 7 011 269 5991



#### **UNITED STATES** OF AMERICA

210, Colombo - Galle Main Rd, Colombo 003 0112 498 500



#### PAKISTAN

No. 42 & 44, Bullers Ln, Colombo 7 0112 055 681



### ROMANIA

25/1, Horton PI, Colombo 0112 673 331



#### RUSSIAN

404 Bauddhaloka Mawatha, Colombo 7 0112 697 036





The visitors to the country as well as the locals can reach for help in case of a health emergency or in any danger though following numbers. The emergency access numbers could be contacted through all the telephone and mobile operations in the country while many mobile services offering emergency calls despite low signals and low credits. However most of the emergency services are restricted to town centres and suburbs while police stations and hospitals offer emergency care in rural areas.

Ambulance Fire & Rescue





Government Information Center





Police Emergency Hotline





Accident Service General Hospital Colombo





Emergency
Police
Mobile Squad



011 5 717 171

Tourist Police



011 5 717 171

Police Emergency \_\_\_\_\_



011 2 433 333

Report Crimes



011 2 691 500

Fire & Ambulance Service







#### Official Name:

Democratic Socialist Republic of Sri Lanka.

#### Location:

Latitude 5° 55. to 9° 50. north, Longitude 79° 42. to 81° 52., 650km north of the equator.

#### Coastline:

1,340km



Currency (code): Sri Lankan Rupee (LKR)



Administrative Capital : Sri Jayewardenepura

#### Administrative Divisions :

Typically tropical, with a northeast monsoon (December to March) bringing unsettled weather to the north and east, and a southwest monsoon (June to October) bringing bad weather to the south and west.



#### Government Type :

Republic.

#### Dimensions:

430km North to South, 225km East to West.

#### Area:

65,525km



Independence: 4 February 1948



Commercial Capital : Colombo

----

#### Terrain:

Mostly low, flat to rolling plain; mountains in south-central interior.

Facts About The Tear Drop Island |



Highest Mountain: Pidurutalagala, 2,524m.

National Flower:

The Blue Water Lily (Nymphaea stellata).

Population:

21,128,773

Population Density:

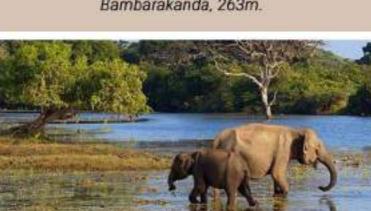
309 people per sq km

Literacy Rate:

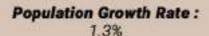
Female 87.9 Male 92.5



Highest Waterfall: Bambarakanda, 263m.



National Parks and Nature Reserves Area: 8,000sq.km



Life Expectancy at Birth: 74 female, 64 male

Ethnic Groups :

Sinhalese 73.8%, Sri Lankan Moors 7.2%, Indian Tamil 4.6%, Sri Lankan Tamil 3.9%, other 0.5%, unspecified 10% (2001 census).



Languages:

Sinhala (official and national language)
74%, Tamil (national language) 18%, other 8%
Note: English (a link language commonly) is
used in

#### Religion:

Buddhist 69.1%, Muslim 7.6%, Hindu 7.1%, Christian 6.2%, unspecified 10% (2001 census).

#### Time Zone :

Sri Lanka Standard Time is five and a half hours ahead of GMT. (Allowance should be made for summer-time changes in Europe.). International Dialing: +94



#### Industries:

Processing of rubber, tea, coconuts, tobacco and other agricultural commodities, telecommunications, insurance, banking; clothing, textiles, cement, petroleum refining.



#### Imports:

Main import commodities are textile fabrics, mineral products, petroleum, foodstuffs, machinery and transportation equipment: \$10.61 billion f.o.b. (2007 est.). Percentage of main commodities from main import partners: India 19.6%, China 10.5%, Singapore 8.8%, Iran 5.7%, Malaysia 5.1%, Hong Kong 4.2%, Japan 4.1% (2006).



Electricity: 230 . 240 volts, 50 cycles AC. If you travel

with a laptop computer bring a stabilizer.

#### Exports:

Textiles and apparel; tea and spices; diamonds, emeralds, rubies; coconut products, rubber manufactures, fish.



#### Flag Description :

Yellow with two panels; the smaller hoist-side panel has two equal vertical bands of green (hoist side) and orange; the other panel is a large dark red rectangle with a yellow lion holding a sword, and there is a yellow bo leaf in each corner; the yellow field appears as a border around the entire flag and extends between the two panels.



# Experience the Trails of the Tranquil Isle.

The Exquisite Sri Lankan Excursions for the Discerning Traveller.

## **CEYLON ROOTS**

info@ceylonroots.com Direct line: +94 11 5 001 400



www.ceylonroots.com



