

CEYLONROOTS
Trails of Tranquility

WELCOME
TO
SRI LANKA





Ayubowan

From Ceylon Roots

At Ceylon Roots, we strive to provide our travelers with a unique and unforgettable travel experience while discovering the beauty of Sri Lanka's tropical islands.

Through Ceylon Roots, visitors have experienced tailor-made trips, leaving them with a better understanding of the fundamental spirit of island living when in Sri Lanka. Whilst experience trumps all, Ceylon Roots places a strong emphasis on star-quality service and offering, to ensure travelers come home physically and spiritually refreshed and enlightened.

Ceylon Roots' talented and experienced team aims to give a high-quality and customized experience by knowing our clients' needs and ensuring their safety and enjoyment in Sri Lanka. Having fun, creating nice memories

With presence in most of Europe, as well as Singapore, China, Maldives, India, North America, Australia and the Middle East, Ceylon Roots is a subsidiary of Browns Investments PLC. The diversified conglomerate operates in seven [07] key sectors and is steeped in over 150 years of business success.

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."



Ready to Discover

Paradise Island?

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

Methods of Submission of ETA Application.	South Asian Association for Regional Cooperation (SAARC) Countries			All other Countries			Children of any nationality under 12 years of age
	Tourist visa with Double Entry for 30 days	Business visa with multiple Entry for 30 days	Transit visa with Single Entry for 2 days	Tourist visa with Double Entry for 30 days	Business visa with multiple Entry for 30 days	Transit visa with Single Entry for 2 days	
★ By the Applicant	US\$ 20	US\$ 30	Free	US\$ 50	US\$ 55	Free	Free
★ By Third party	US\$ 20	US\$ 30	Free	US\$ 50	US\$ 55	Free	Free
★ At Sri Lanka Overseas Missions	US\$ 20	US\$ 30	Free	US\$ 50	US\$ 55	Free	Free
★ At the head office of the Department of Immigration & Emigration, Colombo	US\$ 20	US\$ 30	Free	US\$ 50	US\$ 55	Free	Free
★ On arrival at the port of entry in Sri Lanka	US\$ 25	---	Free	US\$ 60	---	Free	Free

★ Online ★ On Arrival



- ALL ETA HOLDERS SHOULD BE ABLE TO PROVE:
- EMPLOYMENT
- FEES AND PAYMENTS
- COMMUNICATION
- ACCURACY
- LIMITATIONS OF USE
- APPLICATION SUBMITTING TERMS

www.eta.gov.lk

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



Sri Lanka welcomes travelers and adventurers from around the world. Besides offering different experiences and options for travel experiences, this tropical island also offers its tourists every form of accommodation possible and is known as one of the last truly hospitable nations in the world. Whether a guesthouse/motel or a personalized boutique hotel experience, travelers experience a truly warm welcome and boundless hospitality, like never before.



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

Most 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

Sri 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

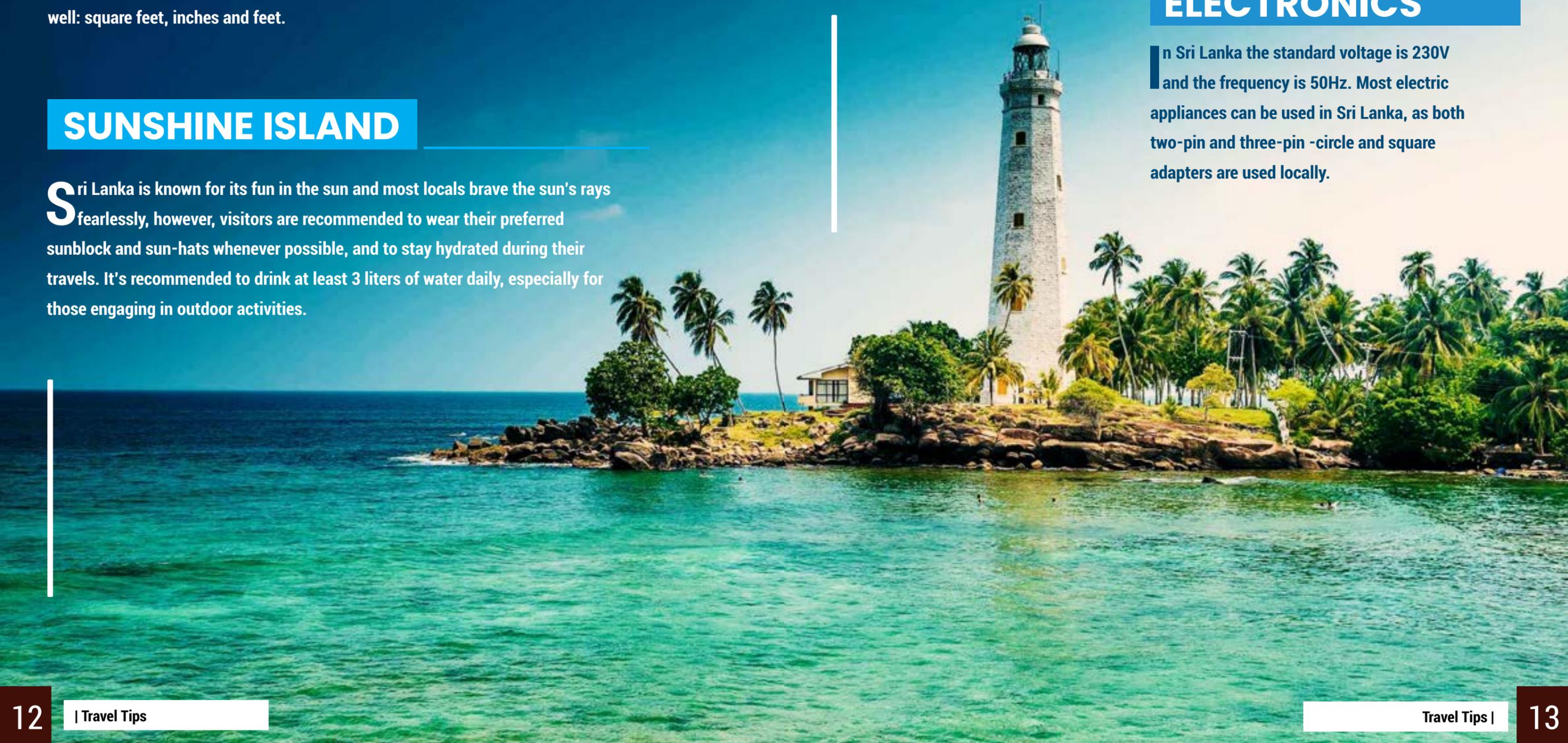
Given the tropical weather and natural humidity, the most comfortable clothing while traveling Sri Lanka would be made of cotton or linen, pair this with a chic open-toed sandal and you're beach or party ready for the tropics.

LITTLE INHABITANTS

Dab 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

In Sri Lanka the standard voltage is 230V 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.



RESPECT AND RESPONSIBILITY

When 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.

MEDICAL AID

Paradise island is well known for its easily accessible, acclaimed, affordable medical care throughout the island. Whether a teaching hospital, general/government hospital or a private clinic, Sri Lanka is host to several well-stocked and staffed clinics and hospitals. Pharmacies can also be found every 1km even when traveling along the path less taken.



Sri Lanka offers a host of travel methods, whether inexpensive and fast or luxurious and scenic, whether hailing a taxi on the street or booking a tuktuk via our very home-grown travel app companies.

TUK TUKS

Paradise island's own version of an authentic Sri Lankan experience, tuk-tuks or 'three-wheelers' are a unique method of travel for tourists and locals alike. Relatively inexpensive and experts at navigating traffic and the path-less-travelled, tuk-tuks are the preferred choice of convenient travel for many islanders.



Visitors are recommended to travel by metered-tuks should you choose this method of travel. Usual flat rates start at LKR 100 up to 1km, and an additional LKR 90 every additional km. However, these rates may vary according to the service provider you select, such as Uber, Pick Me, Taxi yak and many more.

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

Traveling 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

A 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

Want 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

Feel 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.



AIRPORT TO RESORT TRANSFERS.



CORPORATE TRANSFERS.



MULTIPLE SITE VISITS



AERIAL ADVERTISING



WEDDING AND HONEYMOON TRANSFERS.



REGIONAL TRANSFERS BY PRIVATE AIRCRAFT



SHORT DURATION SCENIC FLIGHTS





Unlike 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.

The rupee is the currency of Sri Lanka, and one [01] rupee is divided into 100 cents. It is issued by the Central Bank of Sri Lanka and abbreviates into LKR to distinguish between other rupee currencies.

As you enter paradise island, you will find a host of bank outlets located within the airport where you may convert your currency.

Once outside and along your travels, you may convert your currency at any bank or money exchange outlet by providing your passport as proof of intent. Banks and/or money exchange outlets can be found easily within every major city or town.

TIP

Carry sufficient amounts of change, especially in Rs. 10, 20, 50 and 100 denominations.

FOREIGN CURRENCY REGULATIONS

Visitors bringing in more than US\$10,000 should declare the amount at Customs upon arrival. All unspent rupees converted from foreign currencies can be re-converted to the original currency on departure as long as encashment receipts are produced.



Sri Lanka has become a traveler's paradise, with a host of adventures and experiences throughout the year, making every journey a spectacularly memorable one.

Sri Lanka as a paradise island offers tropical adventures to its inhabitants but is also home to one of Asia's fastest-growing and lively commercial and entertainment hubs.

LUXURY LIVING IN THE METROPOLIS

COLOMBO

Located to the South of the Bandaranaike International Airport, and at the center of several highways, was originally placed along the East-West trading routes and was an advantage and one of the key reasons for Britain's decision to colonize Sri Lanka.

Colombo has since then grown to be one of South-East Asia's most popular modern destinations, with several international hotel chains, retail brand labels and commercial spaces taking root here.

This city that grew from the ground up since independence from the British in 1948 is now considered as the city that never sleeps - offering guests the luxuries of

infinity pools, oyster & champagne brunches, 5-star accommodation, fascinating British and Dutch architecture, a vibrant ethnic heritage and more.

Notable places to visit: Colombo Museum, Independence Square, Galle Face Green, Red Mosque, Gangaramaya Temple, Royal Colombo Golf Club.

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

Located 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

Located 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

A 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

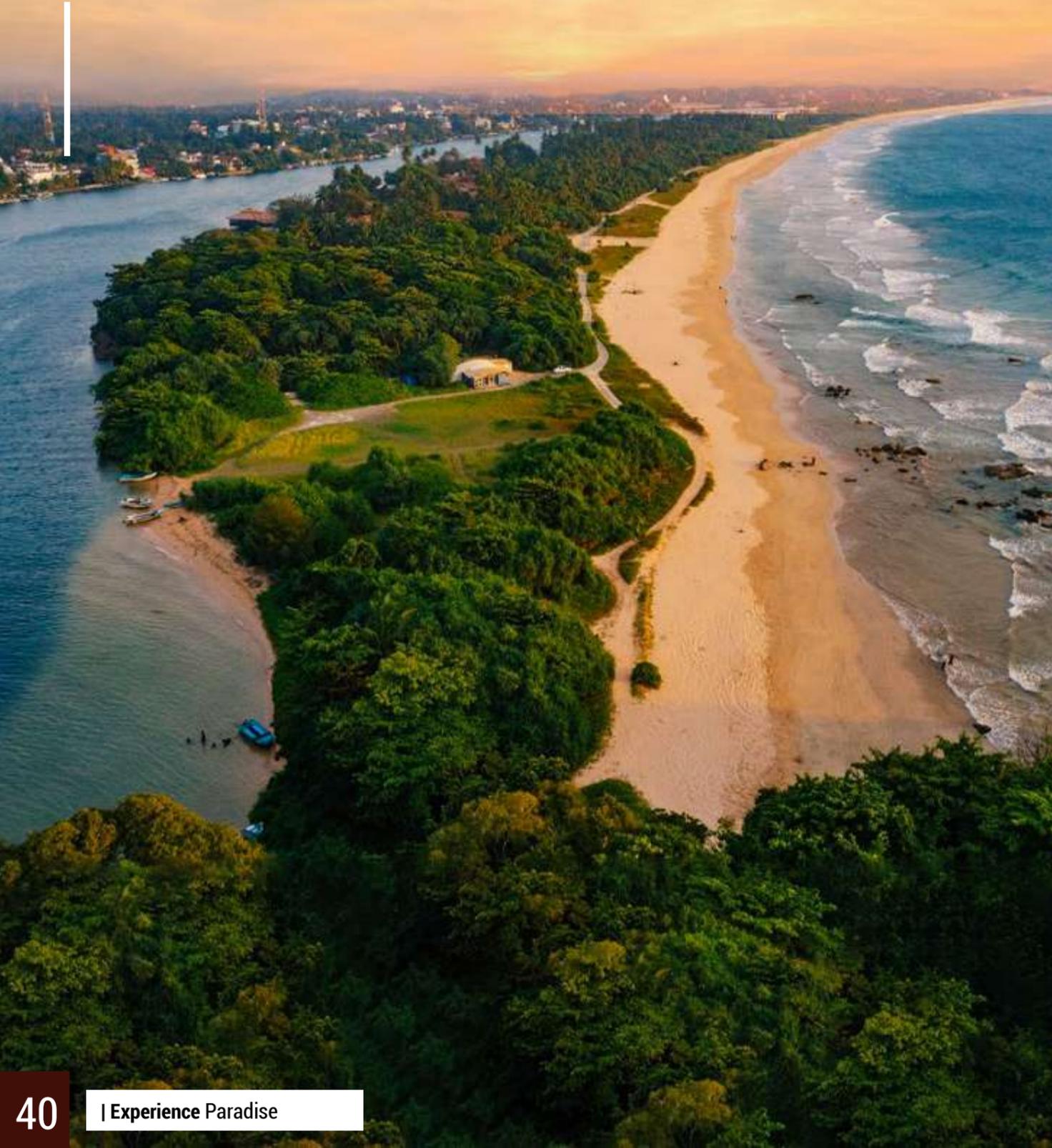
boat safaris offer close-up interactions. Kalpitiya (meaning 'stone elevation') is known for its tropical beauty, consists of 14 islands and is widely considered to have the best kitesurfing conditions in South Asia.



BENTOTA

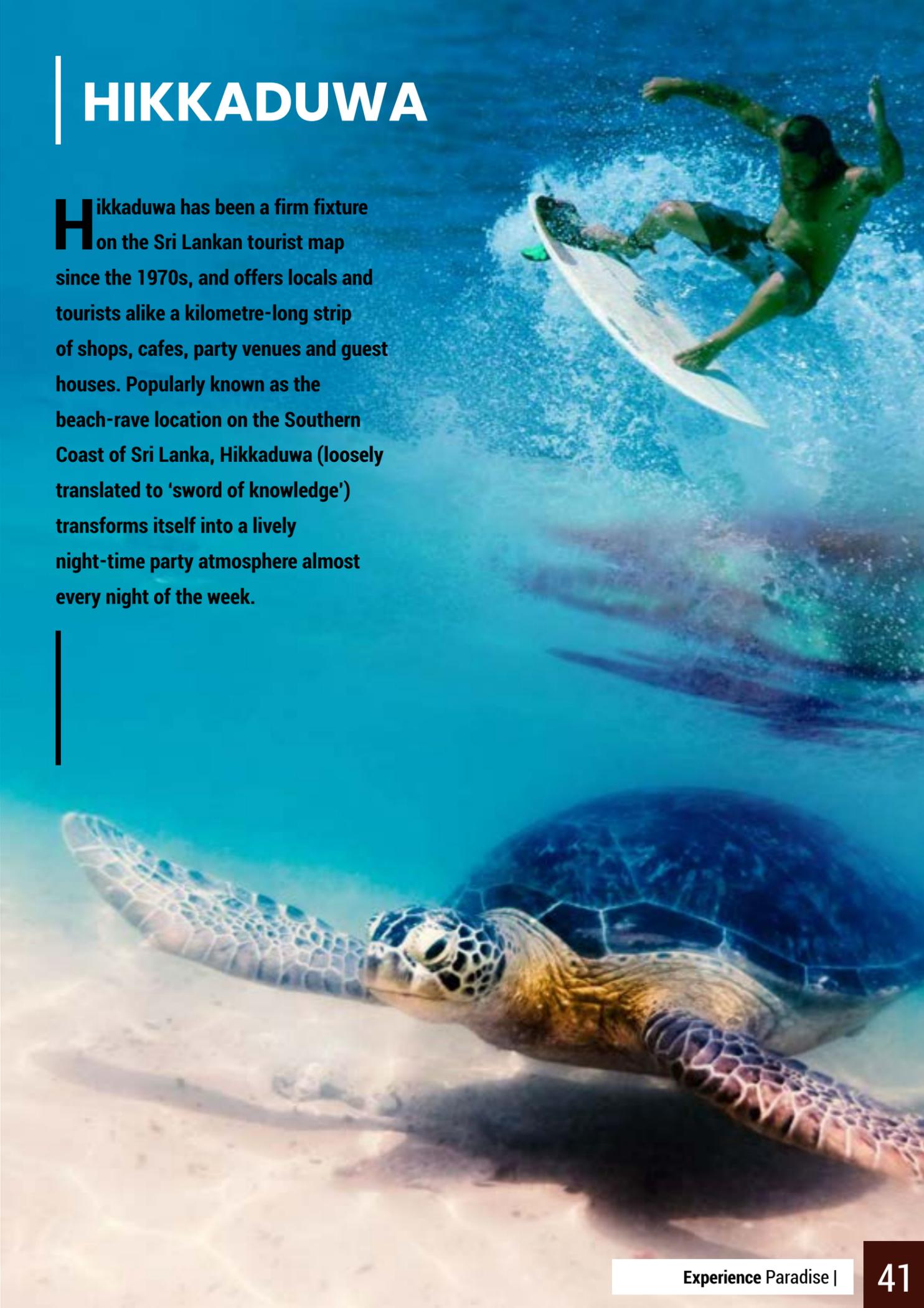
Bentota runs as a ribbon of golden sandy beaches and is known as an ideal holiday sun-and-fun playground. Offering tourists a

wide selection of luxury resorts and smaller boutique hotels.



HIKKADUWA

Hikkaduwa has been a firm fixture on the Sri Lankan tourist map since the 1970s, and offers locals and tourists alike a kilometre-long strip of shops, cafes, party venues and guest houses. Popularly known as the beach-rave location on the Southern Coast of Sri Lanka, Hikkaduwa (loosely translated to 'sword of knowledge') transforms itself into a lively night-time party atmosphere almost every night of the week.



UNAWATUNA

Located 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 Hindu Gods walked the earth.

WELIGAMA

Located 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.



MIRISSA

Located East to Weligama, is a stunning crescent-shaped beach, ideal to rest and relax while on your holiday - while sipping local, fresh coconut water, rocking gently back and forth on a hammock to the cool ocean breeze.



TANGALLE

Known for its open spaces and beaches of southeast Sri Lanka, Tangalle (translated to 'projected rock') is the last town of any size before Hambantota and offers tourists a taste of Sri Lanka's old world charm.



BATTICALOA

Located 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'.

ARUGAM BAY

Located 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.

PASIKUDAH

Located 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.

KALKUDAH

Located 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

Located on the north east coast of Sri Lanka, (also known as 'Trinco' and translated to 'Lord of the sacred hill') sits on one of 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.

NILAVELI

Located on the northern coast, (translated to '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

highway. Perfect for travelers looking for some sun, sand and Zen. Featuring golden sands and blue waves - prepare for a breath-taking beach experience.



Dream of swimming with the dolphins? Thinking of travelling to one of the world's best places to spot blue whales and sperm whales?

As Sri Lanka is located amidst a warm tropical sea, it is home to different forms of sea life. Surrounded by a wide coral reef, Sri Lanka's coast is ideal for tourists wanting to experience a magical and mysterious underwater world. Sri Lanka's coastline is home to five out of seven of

the world's endangered species of turtles, whales & dolphins. November to April: Dolphin watching in the west coast of Sri Lanka. May to September Whale & Dolphin watching in the east coast December to March: Whale Watching in the South coast. December to March: Sea turtle nesting in the south and east coast.



Let the adventurer in you take over. From nighttime safaris to elephant tracking or rare bird watching, Sri Lanka is home to many endangered wildlife, making it a nature lover's dream. 13% of this paradise island is dedicated to wildlife preservation and is known for the highest number of leopards in the world and the largest herd of elephants

in Asia. Safari parks and sanctuaries are readily available for travelers, particularly in the southern and central zones. Whether spotting an endangered leopard, birdwatching or tracking a herd of elephants - Sri Lanka offers the best wildlife experiences for tourists.



FEBRUARY TO JUNE:

Best time for Butterfly watching in Sri Lanka

APRIL TO MAY:

Bird flocks of Sinharaja Rain Forest

MAY TO JULY:

Sloth Bears in Yala

JUNE TO SEPTEMBER:

Leopard watching in Yala National Park;
Sea bird migration off the West coast of Sri Lanka

JULY TO SEPTEMBER:

The 'Gathering' of Elephants in Minneriya National Park; The biggest gathering of Elephants in the world.

AUGUST TO SEPTEMBER:

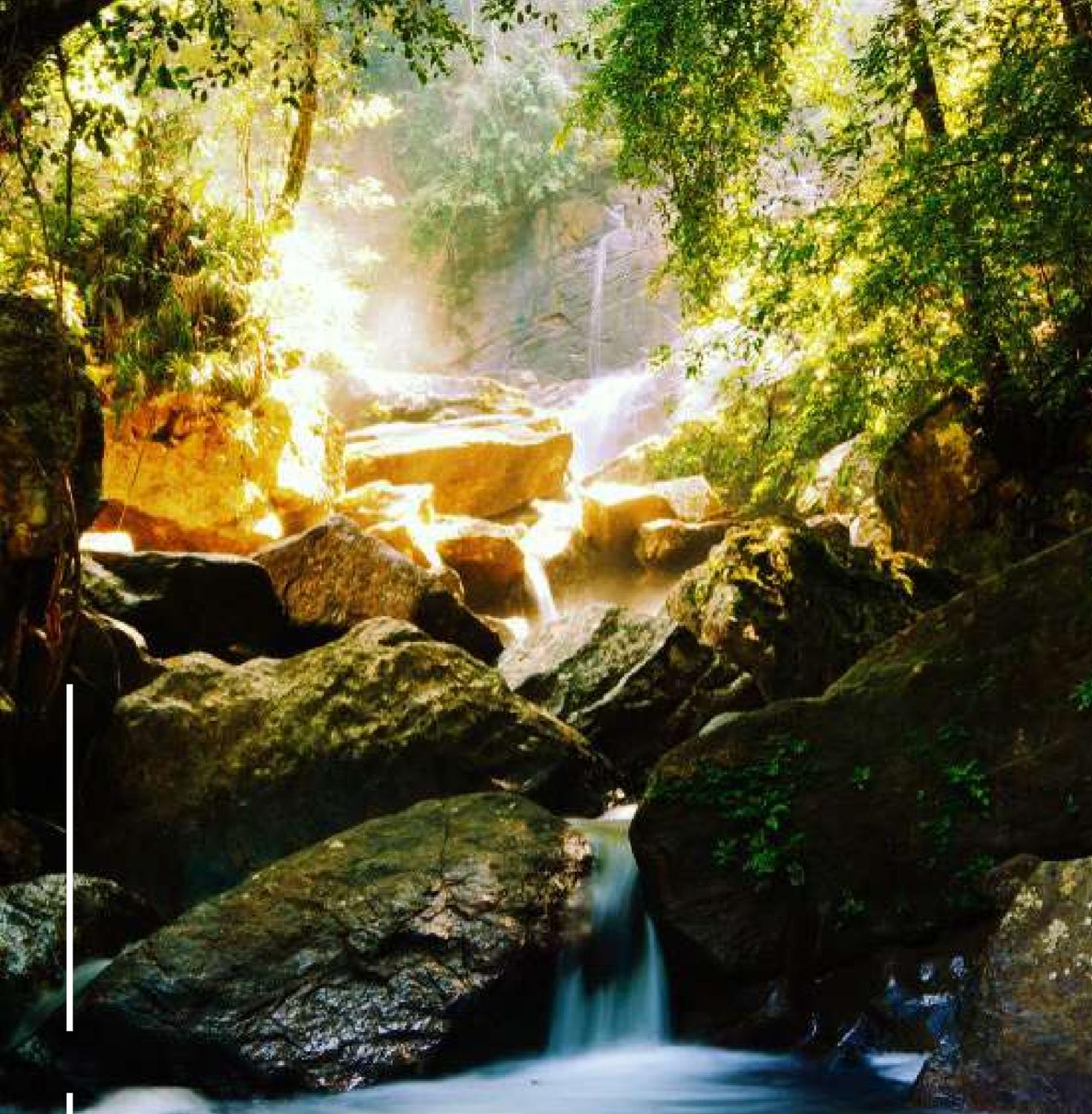
Bird flocks of Sinharaja Rain Forest

OCTOBER TO APRIL:

Migrating Waders & Shore birds

ALL YEAR ROUND:

Endemic Birds in Sinharaja Rain Forest
& Horton Plains.



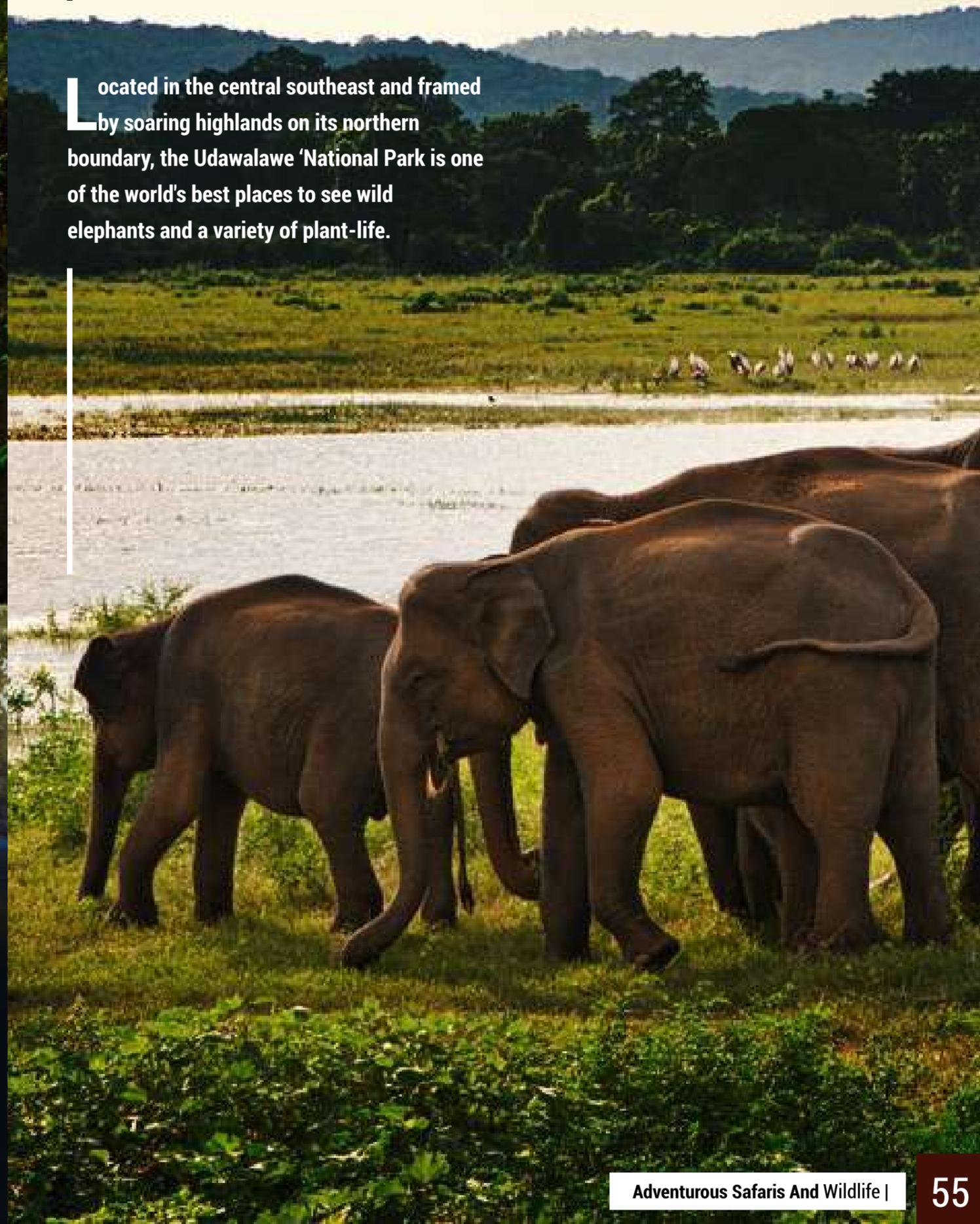
SINHARAJA FOREST RESERVE

Located on the central southwest of Sri Lanka, it is the largest lowland rainforest (UNESCO-listed) and home to a large variety of tropical creatures. The forest is bordered by rivers, is rich in wildlife, including very rare

mammals and birds. Sinharaja (translated to 'lion king') is an experience for the true explorer, where most of the travelling is done on foot.

UDAWALAWE NATIONAL PARK

Located in the central southeast and framed by soaring highlands on its northern boundary, the Udawalawe National Park is one of the world's best places to see wild elephants and a variety of plant-life.



YALA NATIONAL PARK

Located 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

Located 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.





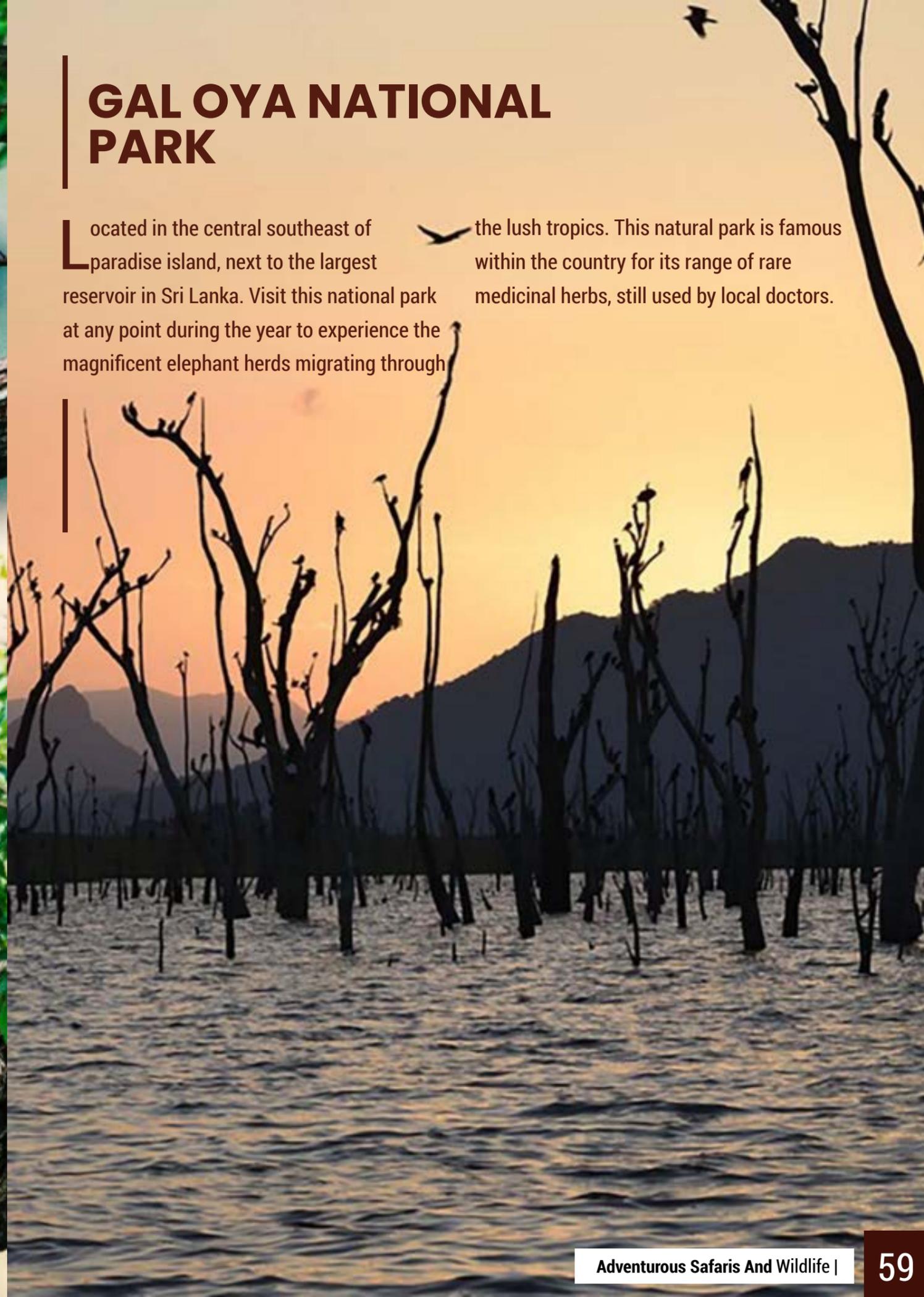
WILPATTU NATIONAL PARK

Located in the northwest of the island, (translated to 'natural lakes' in Sinhala; '10 lakes in Tamil) provides tourists and explorers alike with a genuine sense of being in the wilderness. This is ideal for the more dedicated safari-goer.

GAL OYA NATIONAL PARK

Located in the central southeast of the island, next to the largest reservoir in Sri Lanka. Visit this national park at any point during the year to experience the magnificent elephant herds migrating through

the lush tropics. This natural park is famous within the country for its range of rare medicinal herbs, still used by local doctors.

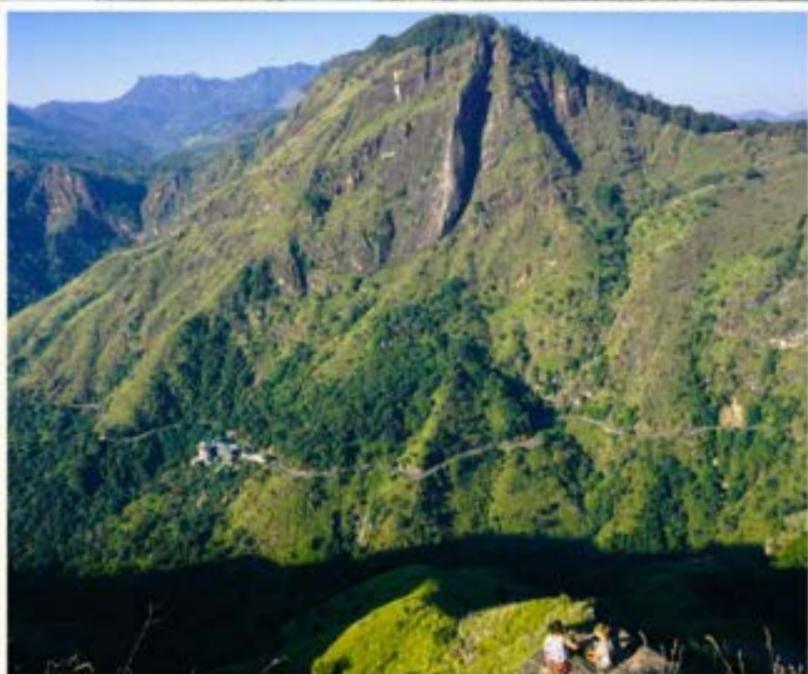


Magical mysteries, romantic walks along secret paths and mythical stories about its rich history involving Gods that once walked the earth, half man-half animal creatures and much more. As you dig your toes into the magic around you, this paradise island will soon become what the romantic in you has been longing for.



ELLA

Located in central Sri Lanka, Ella (translated to 'waterfall') is famous for its cool, breezy weather and inspiring views of the best that paradise has to offer. A perfect replica of the Garden of Eden, Ella offers tourists a taste of adventure, romance and exploration. Make time for easy-going walk through tea plantations to temples, waterfalls and viewpoints such as the mini Adam's peak. After building up a hiking-inspired appetite, look forward to Sri Lanka's best home-cooked food and a reviving cup of Ceylon tea.



ELLA GAP

The views through Ella Gap are stunning, and on a clear night you even see as far as the Great Basses lighthouse on Sri Lanka's south coast.

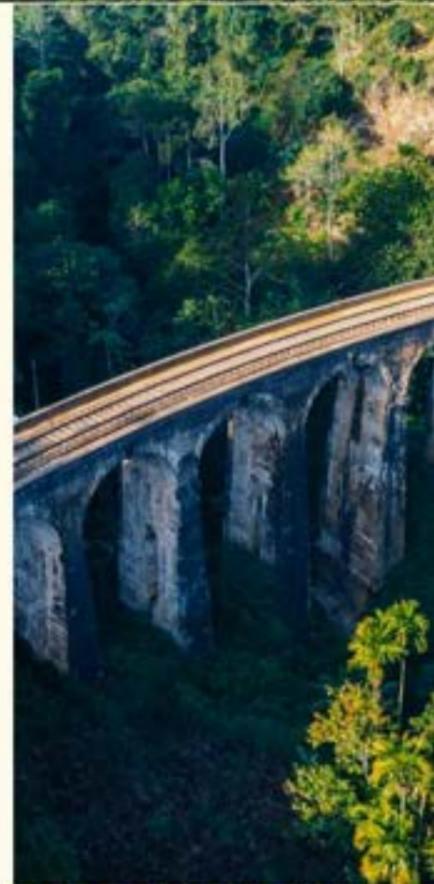


RAVANA FALLS

The 19m-high Ravana Falls, steeped in myth and magic are about 6km down Ella Gap towards Wellawaya. During the rainy season, the mountainside turns into the "wildest" waterfall in Sri Lanka.

NINE ARCHES

One of the best examples of British railway construction and is sometimes referred to as 'The Bridge in the Sky', is rumored to have been built completely by stone bricks and cement, as the steel was reallocated to Britain's War related projects at the battlefield during the Great War. A true historian's marvel! Nine Arches is just one of the many attractions here that provide an atmosphere of mystery and history.



NUWARA ELIYA

Located in the central hills of Sri Lanka, (translated to 'city on the plains') is often referred to as 'Little England'. This highland almost mirrors a quaint British countryside lined with British architecture, including bungalows, Tudor-style hotels, lush greenery and an array of tea estate mazes.

Notable places to visit: The horse races, Nuwara Eliya Race Course

DEVON FALLS

A waterfall named after a pioneer English coffee planter called Devon, whose plantation is situated nearby the falls. Devon Falls is ideal for the romantic in search of a little wonder.



ST. CLAIRE FALLS

One of the widest waterfalls to be found on paradise island, commonly known as the "Little Niagara of Sri Lanka". The fall runs through a tea estate, from which the fall derives its name from, and is ideal for tourists wanting an authentic tropical experience.



ADAM'S PEAK



Located 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



Located 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

Located 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



BAMBARAKANDA FALLS

Located roughly 8km from Horton Plains, this waterfall (the tallest in Sri Lanka - 263m/ 863 ft, translated to 'Mountain whirl') can be found in a small clearing of pine trees amidst a tropical rainforest. Excite your soul as you experience the natural wonders of this sight. A short walk from this spectacular waterfall is Samanala Wewa (translated to 'The valley of butterflies').

HORTON PLAINS

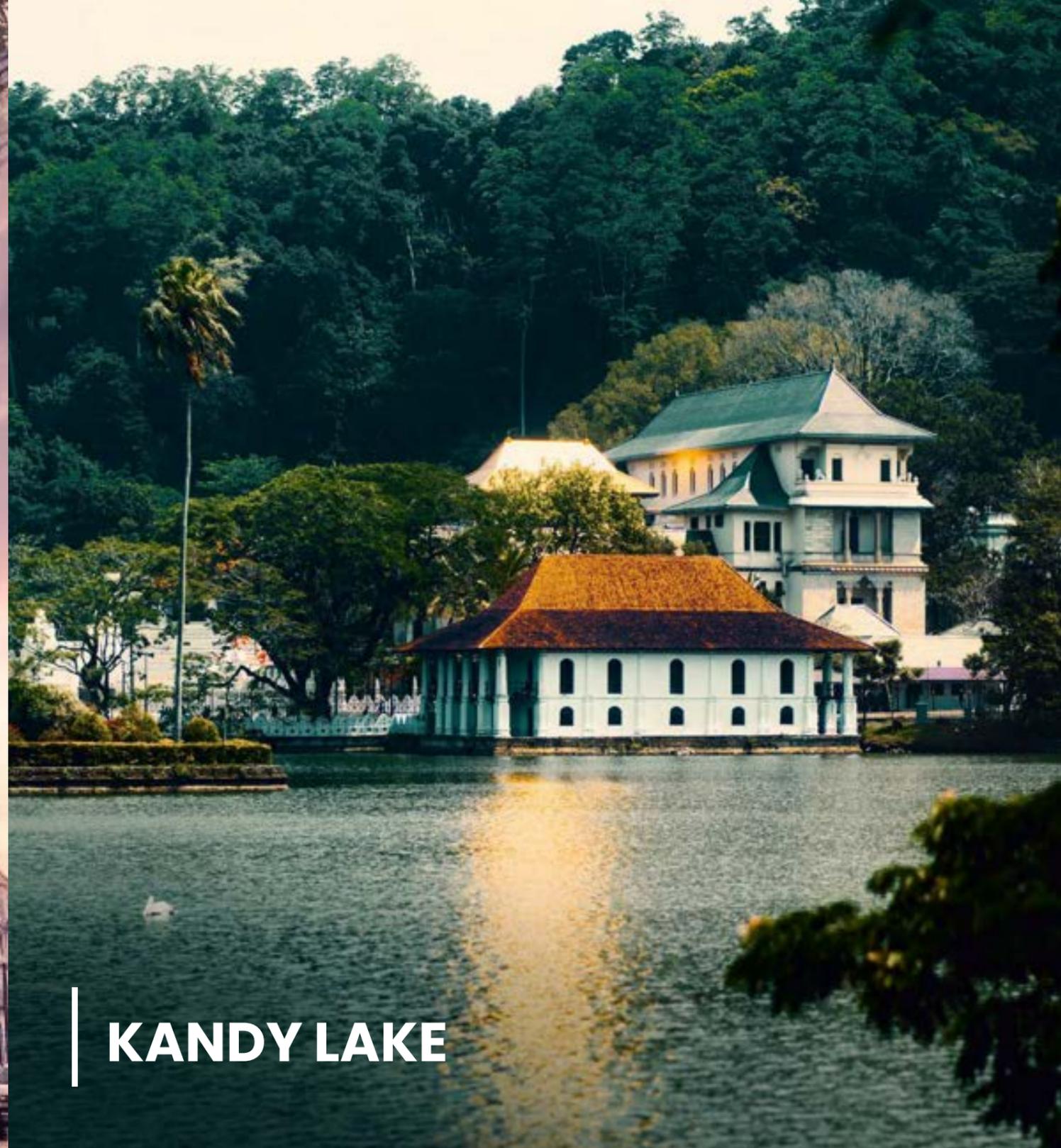


Located to the south of Nuwara Eliya in the central highlands, covered by lush grassland and forest; rich in biodiversity it is the ideal playground for adventurers and explorers. Enjoy a slow 4km hike up to 'World's End', where a sudden 880m drop covered by a wall of mist awaits. Early-risers may even 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.



KANDY

Located 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.



KANDY LAKE

The mist travels along the hills surrounding the city's beautiful centerpiece lake to reveal colorful houses, a calm atmosphere and a pleasant welcoming. Take a stroll, with loved ones in hand along the zig-zagging paths that circle this beautiful city's centerpiece.

TEMPLE OF THE SACRED TOOTH RELIC

Located 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

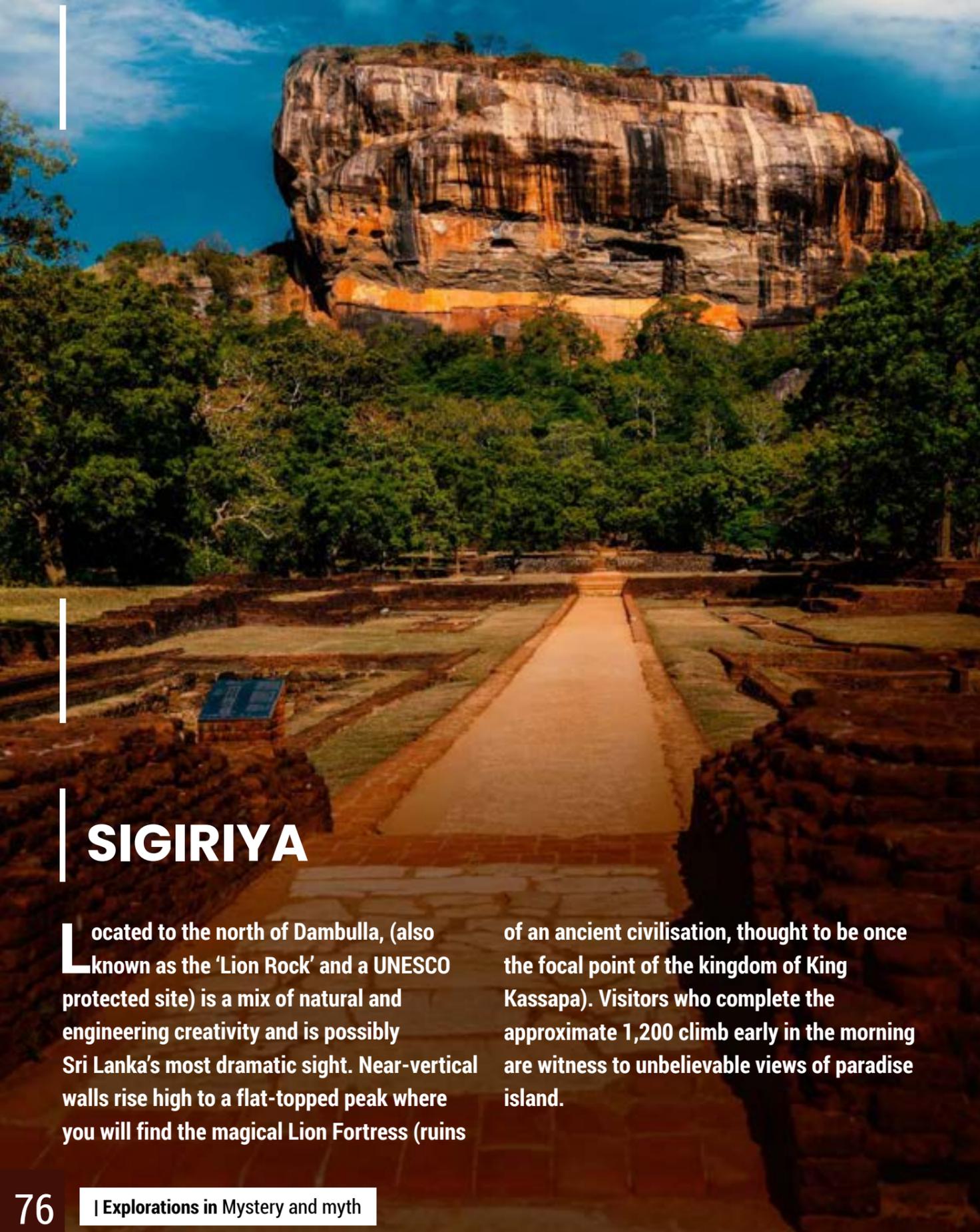
tooth - protected within a gold casket is revealed to onlookers. Visitors are encouraged to explore the site, as it includes a museum, series of smaller temples and shrines.

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.



Sri Lankan history is steeped in much myth and mystery, and with its deep spiritual ties to Buddhism, the island holds many secrets, awaiting to be found.



SIGIRIYA

Located to the north of Dambulla, (also known as the 'Lion Rock' and a UNESCO protected site) is a mix of natural and engineering creativity and is possibly Sri Lanka's most dramatic sight. Near-vertical walls rise high to a flat-topped peak where you will find the magical Lion Fortress (ruins

of an ancient civilisation, thought to be once the focal point of the kingdom of King Kassapa). Visitors who complete the approximate 1,200 climb early in the morning are witness to unbelievable views of paradise island.

DAMBULLA CAVES

Located 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

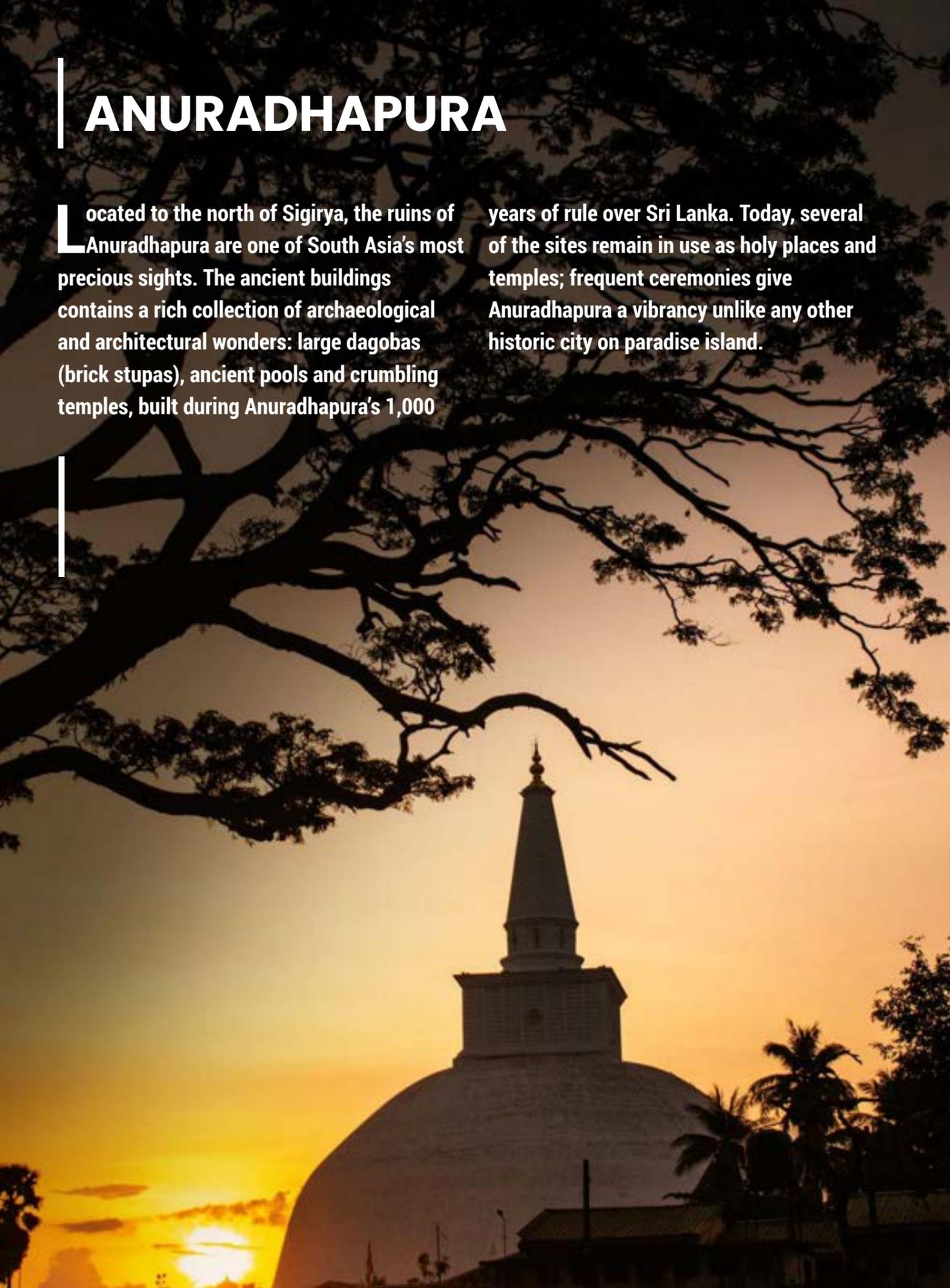
statues and paintings; as well as some of Sri Lanka's most historic religious art. Rumoured to have been drawn nearly 2,000 years ago, visitors leave with everlasting memories of a rich Sri Lanka.



ANURADHAPURA

Located to the north of Sigiriya, 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

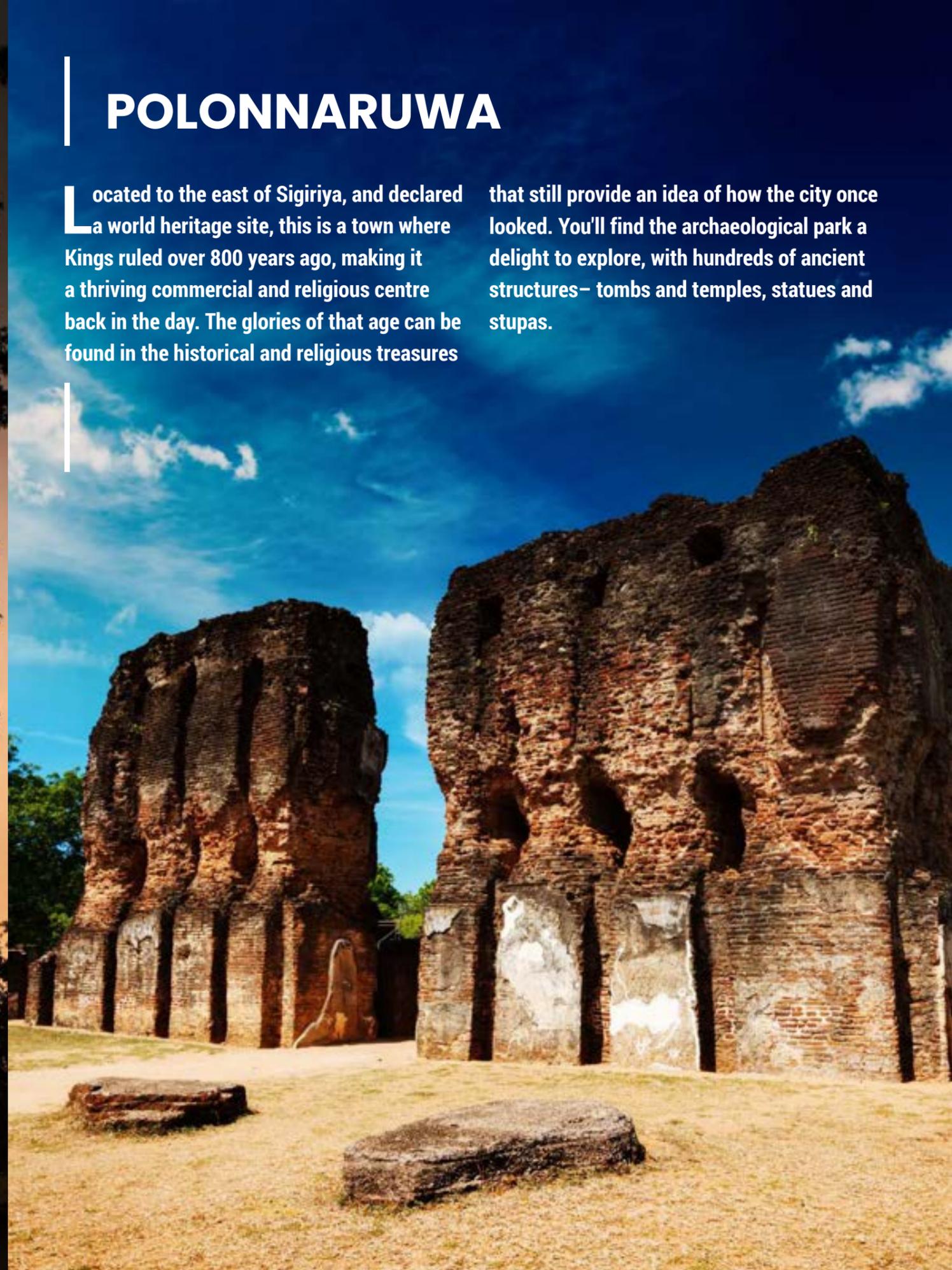
years of rule over Sri Lanka. Today, several of the sites remain in use as holy places and temples; frequent ceremonies give Anuradhapura a vibrancy unlike any other historic city on paradise island.



POLONNARUWA

Located 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.



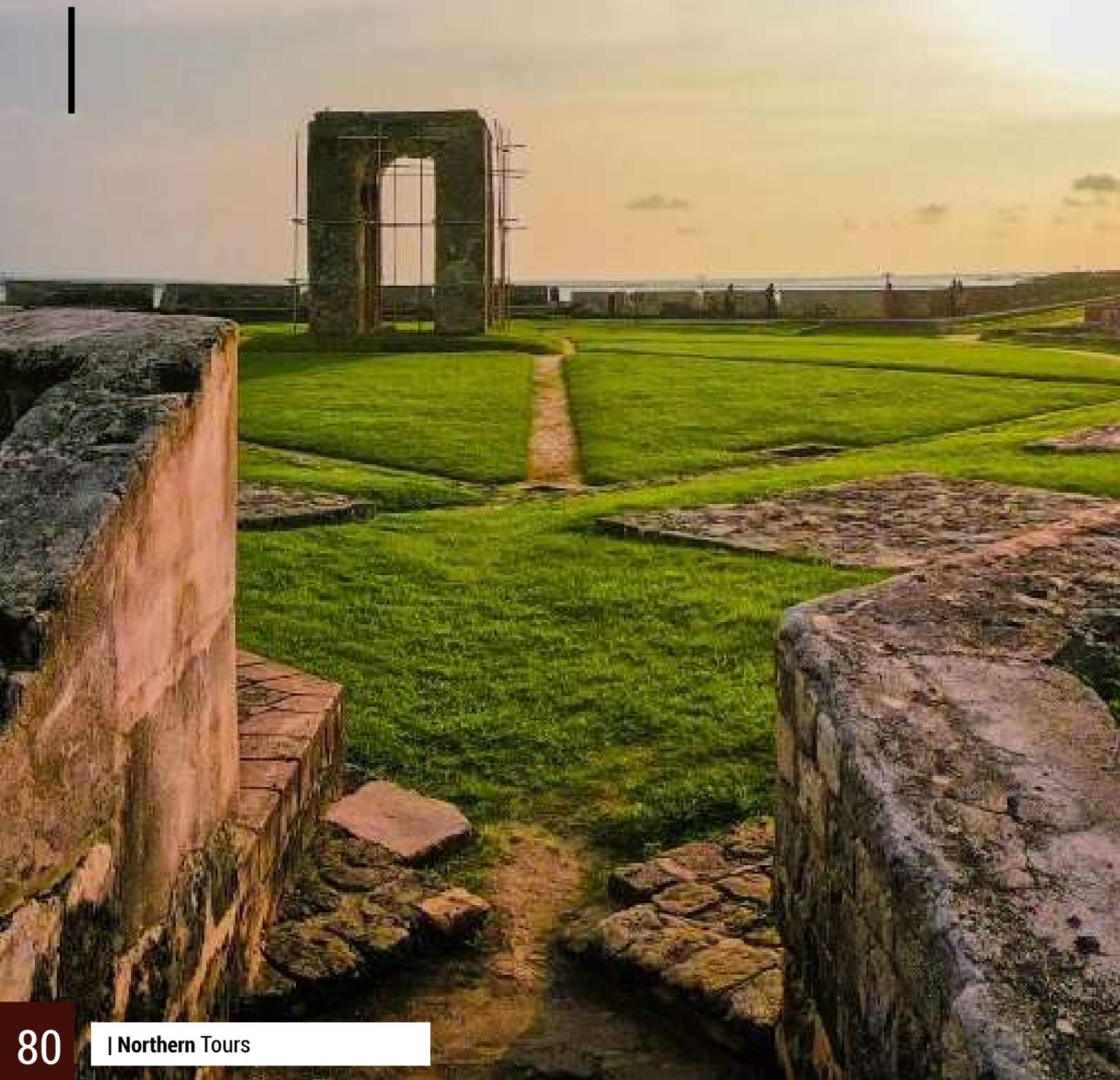
A colourful northern visit awaits travellers who venture a little further. Experience an

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

Located 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.



NALLUR KOVIL

Located within the city, this huge Hindu temple is crowned by a towering god-encrusted, golden ochre series of sculptures and is one of the most significant Hindu religious complexes located in Sri Lanka.



NAINATIVU NAGAPOOSHANI AMMAN KOVIL

An interesting ferry ride from Jaffna, venturing into the depths of the Indian Ocean, paradise island and its intriguing culture extends a welcoming hand to locals and travelers alike. This vast Temple that boasts several sections dedicated to its Gods stands tall as a creatively colorful sculpture making the horizon that much more interesting. Be prepared to spend a day here as you get swept up in the glamour of the rituals and customs of the hundreds of daily visitors.

December to January, March to April and July to August: Festivals and pageants are held through the country.



Sri 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.

RICE AND CURRY

Sri 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.

MILK RICE

A 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

Spice up your milk rice with a little bit of Sri Lankan chili paste (Katta Sambol) made from chillie, onion and other herbs.

FOR THE ADVENTUROUS FOODIE

Adding sides Coconut condiment ('Pol salmbol') is merely a mixture of shredded coconut, chili 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

Also 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:

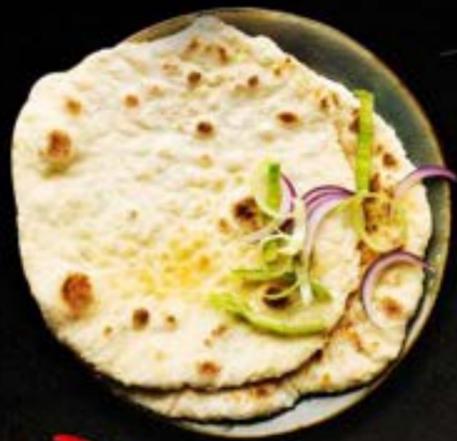
MASALA KOTTU

Red or orange in colour, this version of this local dish really tests your tolerance for spice.

STRING HOPPERS

Made 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.





COCONUT ROTTI

Known 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

Also 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

Taken 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 pier 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 other major cities/towns in Sri Lanka.

City	Air	Road	Rail
Kandy	-	3.00	3.30
Galle	-	3.00	3.00
Matara	-	4.00	4.30
Badulla	-	9.30	9.00
Anuradhapura	0.45	5.30	6.00
Trincomalee	1.00	6.00	7.00



Experience 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.



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.



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.



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.

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0112 675 386

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+94 114 727 222

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Colombo-3
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**LIBIYAN ARAB
JAMAHIRIYA**

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**GERMANY**

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**IRAQ**

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0112 688 610

**ITALY**

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Colombo 03,
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REPUBLIC OF
IRAN**

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Colombo 7
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0112 081517

**CZECH REPUBLIC**

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0112 693 831

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Square, Colombo 1
011 5556 699

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Dharmapala Mawatha,
Colombo 7
0112 699 036

**EGYPT**

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

**KUWAIT**

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0112 597 958

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89 Rosmead Pl, Colombon 7
0112 639 400

**MALAYSIA**

8 Rosmead Pl, Colombo 7
0117 557 711

**MEXICO**

Kinsington Gardens
Colombo
11 2588135 / 11 4518135

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**NETHERLAND**

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0112 510 200

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Colombo 7
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**PAKISTAN**

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Colombo 7
0112 055 681

**ROMANIA**

25/1, Horton Pl, Colombo
0112 673 331

**RUSSIAN**

404 Baudhaloka Mawatha,
Colombo 7
0112 697 036

**SWITZERLAND**

63 R G Senanayake Mawatha,
Colombo 7
0112 695 117

**SWEDEN**

33, 1/1. Lester James Peiris
Mawatha, Colombo 5
Sri Lanka
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**TURKEY**

92 Kynsey Rd, Colombo 7
0112 146 600

**UNITED STATES OF AMERICA**

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



Help is just a CALL AWAY

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 _____



110

Government Information Center _____



1919

Police Emergency Hotline _____



118/119

Accident Service General Hospital Colombo _____



011 2 691 111

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 _____



011 2 422 222



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 Jayawardenepura

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.



Highest Mountain :
Pidurutalagala, 2,524m.



Highest Waterfall :
Bambarakanda, 263m.



National Flower :
The Blue Water Lily (*Nymphaea stellata*).



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



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



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

Population :
21,128,773

Population Growth Rate :
1.3%

Population Density :
309 people per sq km

Life Expectancy at Birth :
74 female, 64 male

Literacy Rate :
Female 87.9 Male 92.5

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).



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).



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.



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).



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