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Serendib

## The Magazine of SriLankan Airlines



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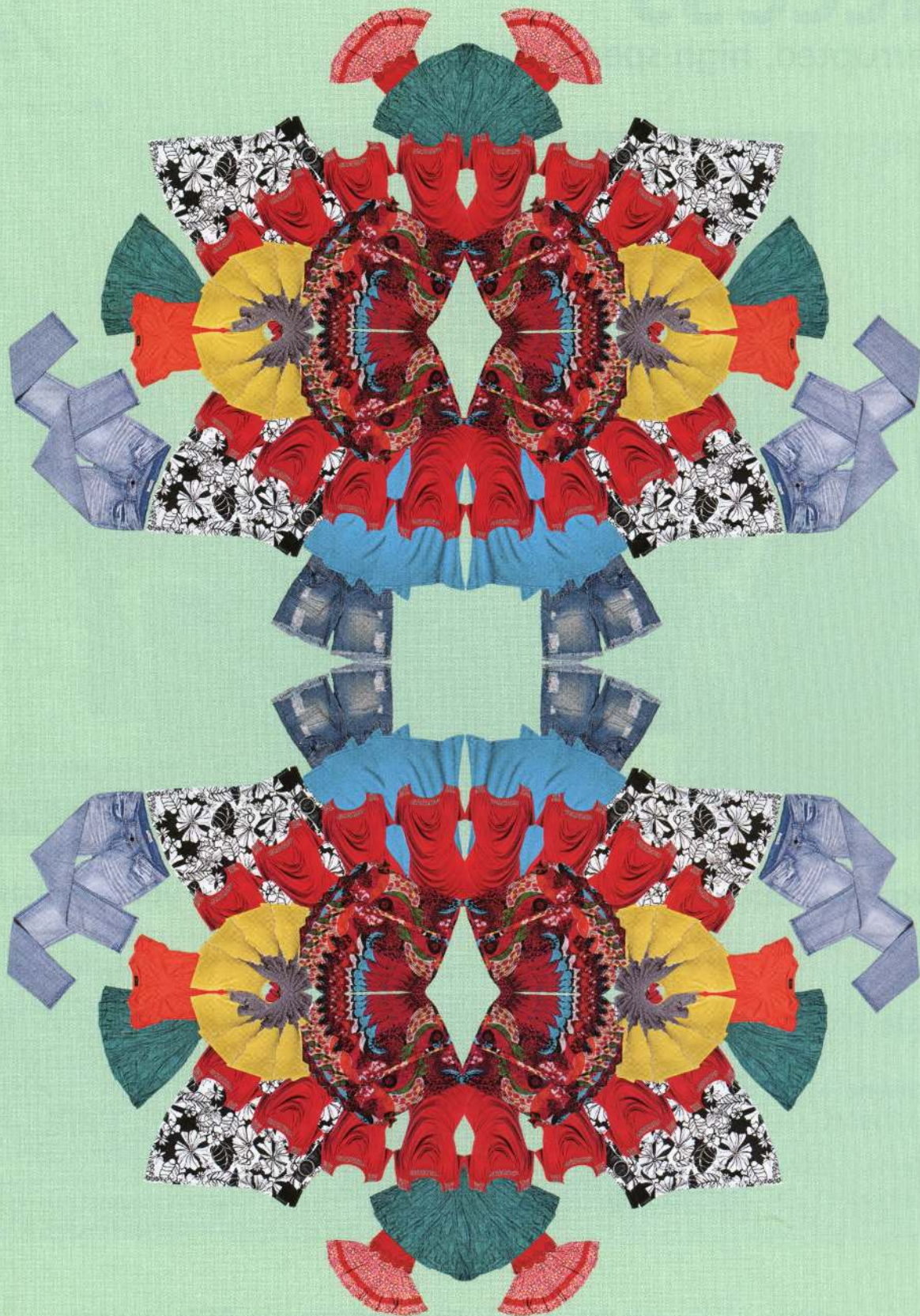
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## 'Visionary, Exciting and Unique'



Sri Lanka's bid to harness the power of sport, to build a better tomorrow, nears its decisive date, as the Commonwealth Games Federation (CGF) prepares to announce the venue to host the 21st Commonwealth Games. The CGF General Assembly meets in St Kitts & Nevis on November 11, 2011, to make a choice between Australia's Gold Coast and Sri Lanka's southern city of Hambantota. 'Visionary, Exciting and Unique' were the words of the CGF Evaluation Committee, describing Sri Lanka's plan to host the Games. The people of Sri Lanka now await the final vote to become the 10th country in the Commonwealth to host the Games in its 80-year history.

While the development of infrastructure and human resources continue at a rapid pace, Sri Lanka's economy has retained the 2011 growth forecast, indicating an eight percent increase in the first half of 2011, attributed to robust exports and a revival in tourism. July registers the highest tourist arrivals growth, in the first seven months of this year.

Renowned for beautiful golden beaches, the first ever South Asian Beach Games will be held on a 16-acre beach front in Hambantota from 8th-14th October, and is expected to host over 400 participants from neighbouring SAARC countries, who will be participating in 12 exciting beach sports. On the topic of beaches, an area covering 101 hectares on the beautiful, reef-fringed Hikkaduwa beach, has been declared a Marine National Park, which will

include specific zones for snorkelling, diving and a swimming area for adventure seekers.

SriLankan Airlines' expansion continues as the route network reaches 60 destinations covering 34 countries, with the newest code share partner - Air Canada, this winter, connecting eight cities in Canada. Flights to Moscow's Domodedovo Airport commenced in September, while the airline will add Zurich, Switzerland to its network in December, 2011.

A new phase in the airline's forward plan begins with the opening of the SIM Industries Airbus A320 Simulator Centre, in Katunayake in October. Its strategic location in South Asia offers a convenient, cost-effective training centre for pilots in the region.

This issue of Serendib, gives an account of some of the major development activity in the southern region, preparing to establish eight brand new sporting venues - seven of which will be complete to host the South Asian Games in 2016. Also enjoy reading some insights into Sri Lanka's culture, history, heritage and the people.

Thank you for flying SriLankan Airlines.

### **Nishantha Wickremasinghe**

Chairman  
SriLankan Airlines

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## THE TIME AHEAD

### 14 - DAWN OF HAMBANTOTA

Hambantota is taking on a new character as an upcoming city where the rich heritage of Sri Lanka is not forgotten in its pursuit for growth.



#### මධුරපාන

#### 22 - පලතුරු මුසුවෙන්

#### උපදින පානය

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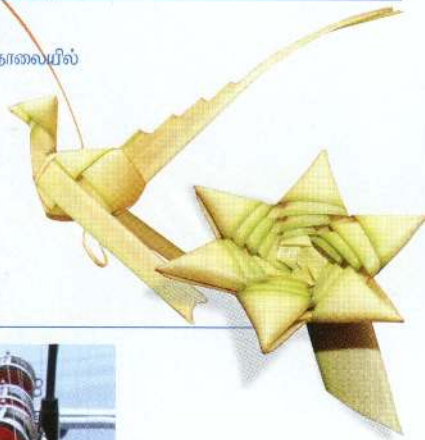
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ඉතාම කලාතුරකින්

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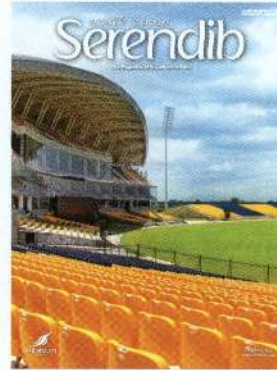
#### ADRENALINE RUSH

#### 30 - THE TIGHT LINE AND NOBLE FIGHT

This serendipitous tropical island has everything a sports fisherman could ever want, and all year round!

## OCTOBER 2011

### VOLUME 30 • NUMBER 8



Cover:

Mahinda Rajapaksa International Cricket Stadium in Hambantota

Photography:

Mahesh Bandara

## EXPERIENCE

### 36 - COLOMBO TO BADULLA BY TRAIN

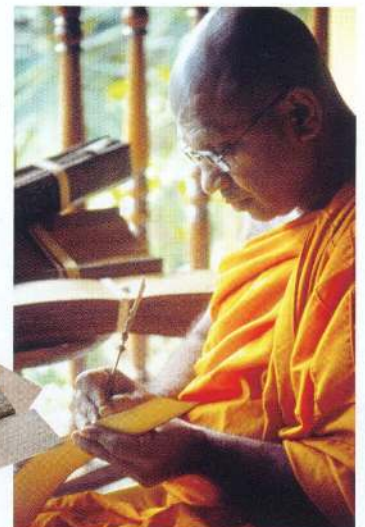
Bound for Badulla, 290km from Colombo, the train "Little Maiden" snakes slowly up through tea-clad countryside to reach its destination.



## TRADITION

### 44 - THE MAGIC OF THE 'OLA' LEAF

This traditional art of writing on talipot palm leaves, popularly known as ola, is preserved to this day.





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## TREK

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We headed out on a cold and misty morning, along a trail that would eventually bring us to the second highest point in Sri Lanka, high above the grasslands of the Horton Plains Forest Reserve.



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### 56 – CUISINE OF PARADISE

Regional recipes for traditional dishes have their own distinctive styles of preparation and methods of cooking and have been largely influenced by the islanders' diverse origins. They have now, gradually made their way to Sri Lanka's commercial capital – Colombo.



## SKILL

### 62 – WEAVING WONDERS

In the heart of a remote village one of the Island's oldest cottage industries still lives on – one that has been learned and preserved through the ages.



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Explore an ancient archaeological site where the existence of civilisation in Sri Lanka during the Neolithic period was proven for the first time.

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Known for years as "Toronto the Good" for its dry Sundays and its plethora of churches that once stood on every corner, the city has since grown up from its staunch Victorian-centric days.

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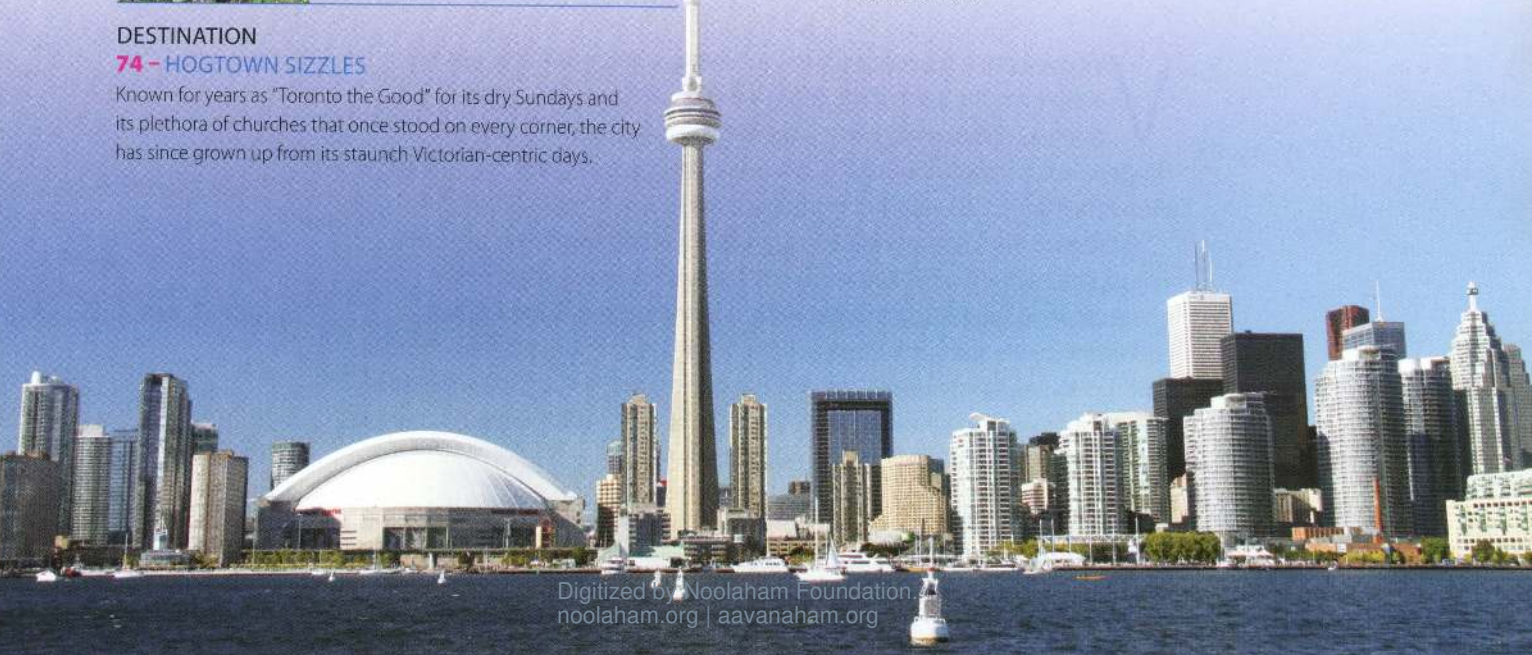
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# Dawn of Hambantota

Words: Udeshi Amarasinghe | Photography: Menaka Aravinda and Mahesh Bandara



Vast open plains flow endlessly into the horizon. Newly built roads take you deeper into the heart of the district we know as Hambantota. Amidst the greenery of the surroundings is the startling presence of massive scale development. Hambantota is taking on a new character as an upcoming city where the rich heritage of Sri Lanka is not forgotten in its pursuit for growth.

Situated in the Southern Province of Sri Lanka, Hambantota boasts of wildlife, culture, history, coastline and more recently accelerated development where a strategically located port, international airport, international cricket stadium, convention centre and administrative complex has added to the multi dimensional aspect of this exuberant district. Having been one of the 2011 ICC Cricket World Cup venues and currently in the run to host the 2018 Commonwealth Games, Hambantota is at the centre stage of development as a global hub.





Entrance of the International Cricket Stadium

## MAHINDA RAJAPAKSA INTERNATIONAL CRICKET STADIUM, SOORIYAWEWA

With a capacity to accommodate 35,000 spectators, the Mahinda Rajapaksa International Cricket Stadium in Sooriyawewa is the country's third floodlit international cricket stadium. It was the proud host to two matches during the ICC 2011 Cricket World Cup. With facilities ranging from players' rooms, dining areas, separate building for media, pitches and practice facilities, plans are underway to increase the capacity to 60,000 prior to the ICC T20 World Cup in 2012. Furthermore this cricket stadium will be the anchor facility within the sports city and will be the venue for the opening and closing ceremonies of the Commonwealth Games as well as the venue for Archery during the Games.

Standing in the middle of the grounds it feels as if you are at the centre of the world. It does not take much to imagine the stadium filled with excited spectators, reverberating with their cheers.



Reception area



Seating for the spectators



Full view of the stadium



## INTERNATIONAL AIRPORT, MATTALA

The International Airport in Mattala is being constructed in two stages. On completion this will be the second international airport in the country. Stage one is taking place on 800 hectares and the runway is nearing completion. Large scale construction is underway with the control tower, apron and terminal buildings in progress.

The runway at Mattala will be able to facilitate A380 aircraft as the runway length is 3500 metres, and width is 75 metres. Passenger capacity during the initial stage will be one million, which will entail 40 percent of the function of the airport and cargo capacity will be approximately 45,000 metric tonnes, which is equivalent to 60 percent of the capacity. With work progressing at a rapid pace the airport is scheduled to be completed by end of 2012.

The International Airport in Mattala is expected to expand the local aviation industry whilst being a catalyst to the country's economic development, boosting international trade, tourism and employment.





THE ARCHITECTURE OF THE BUILDING  
IS A BLEND OF THE TRADITIONAL AND  
MODERN AND EXUDES OFFICIALDOM  
AND REGALITY.



*The Administrative Complex from across the lake*



*The view of the Administrative Complex from the main road*



*The model of the completed Convention Centre*

### **ADMINISTRATIVE COMPLEX AND CONVENTION CENTRE**

With the aim of providing the public with the required services under one roof, a massive Administrative Complex has been constructed in Hambantota. The complex consists of the Municipal Council, Main Building, Public Library, Depots and Residential Quarters for Government Officials.

The architecture of the building is a blend of the traditional and modern and exudes officialdom and regality. Overlooking the lake, there is a sense of serenity and calm where the Administrative Complex stands tall as a reminder of the development that is taking place in the district.

An auditorium with a seating capacity of 1500, three meeting rooms and restaurants are all encompassed in a state-of-the-art Convention Centre which is being built in close proximity to the Administrative Complex. This will provide the venue for international events and conferences. Amidst the rugged landscape of Hambantota, the Convention Centre under construction is visible from the road like a beacon in the distance.





*Ships docked at the harbour*



*Work goes on late into the night*

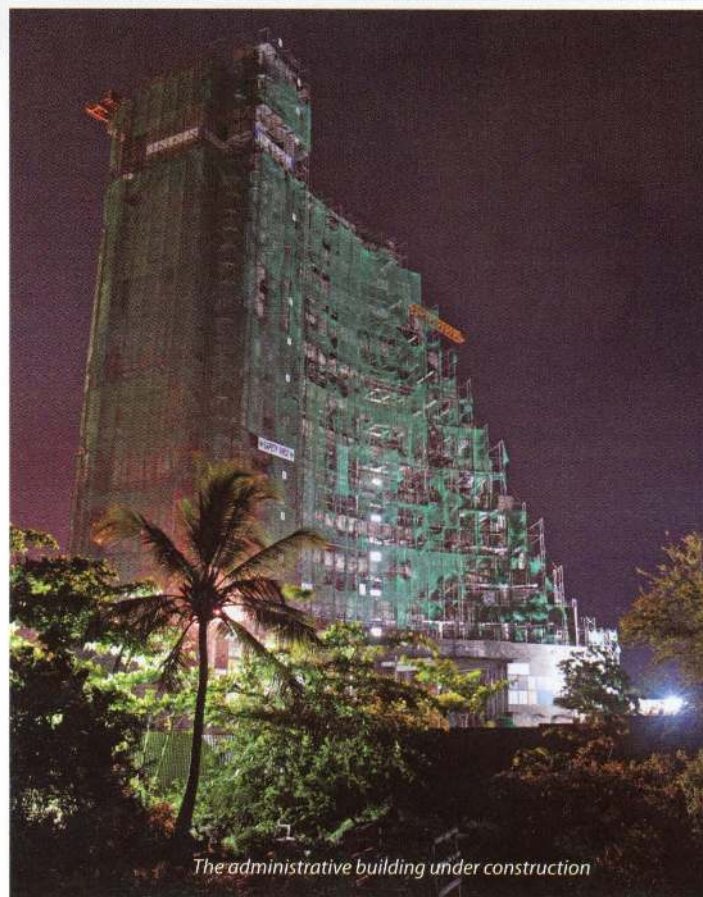
AS SRI LANKA SURGES FORWARD  
AS THE EMERGING WONDER  
OF ASIA, HAMBANTOTA WILL  
UNDOUBTEDLY BE A RISING STAR  
THAT WILL PAVE THE WAY FOR  
POSTERITY.

### **MAGAM RUHUNUPURA PORT**

Hambantota is situated along major international sea routes and is thus a strategically located port. Historically it is said that this area was a prominent commercial and shipping hub and as such with clear respect to the heritage of the country, the Magam Ruhunupura Port is initially being developed as a service and industrial port and subsequently as a trans-shipment port.

For the first time in the history of Sri Lanka, a harbour basin has been built inland and with the seawater being filled it has essentially changed the coast line of the country. The first phase of the Port consists of two 600m general purpose berths, 310m bunkering berth and 120m small craft berth. It will also contain a bunkering facility and a tank farm, which will include eight tanks for marine fuel, three tanks containing aviation fuel and three for liquid petroleum gas. A 15 floor administrative building is also currently under construction. With phase one nearing completion, the Magam Ruhunupura Port has been commissioned and ships can be seen plying its waters.

As Sri Lanka surges forward as the emerging Wonder of Asia, Hambantota will undoubtedly be a rising star that will pave the way for posterity. ☺



*The administrative building under construction*





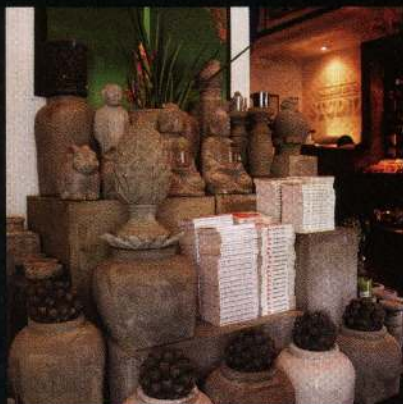
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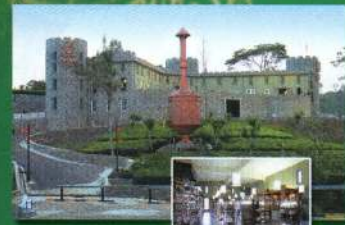
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කිවුකම්බර් ස්පෙලෙන්බර් බ්ලෙන්ඩ් කරන්නාව සියල්ල සුදානම්

# පලතුරු මුසුවෙන් උපදින පානය

සටහන: වතුර අදිකාරම් | ඡායාරූප: මේනක අරවින්ද

**ආ** දරයක් අන්තාසිවල සුවඳත් සැගවිය නොහැකි යැයි කියමනක් තිබේ. නෙත් ආකර්ෂණය කරන වර්ණයෙන්ද, සිහින්තට ප්‍රිය උපදවන සුවඳින්ද, දිව පිනවන රසයෙන්ද යුත් එලබරවෙන පලතුරු නම් බොහෝය. පැණි බේරෙන අන්තාසි, රතුම රතු පාට ස්ට්‍රෝබේරි, රස වැහෙන ෆෑෂන්පාටි, පිපාසය සංසිදුවන කොමඩු.... මේ සෑම පලතුරක්ම මතක් කළත් සිතට නැගෙන්නේ කොතරම් ප්‍රයත්න හැඟීමක්ද! රසයත් ගුණයත් එක සේ දරාගත් මේ නැළුම් පලතුරු එකකට එකක් මුසු වී නිමවෙන පානයක්...? එවන් ආස්වාදනීය පානයක ආත්ලාදය කෙබඳුදැයි විත්‍රණය කළ හැකිද? “මොක්ටේල්” ඒ රහස හෙළිකරනු නිසැකය.

නව ප්‍රවණතා පිරා බලද්දී සමහර වැරදීම් නිසා සොදුරු ප්‍රතිඵලයන් බිහි වූ අවස්ථාවන් කොතෙකුත් සොයාගත හැකිය. සත්‍යය නම් මොක්ටේල් වල උපත

සබැඳෙන්නේද අත්වැරද්දක මිහිරියාවක් ලෙසටයි. ඒ දහඅට වන සියවසේදී ඇරඹුණු සැර අඩු මත්පැන් ලෙස හැඳින්වෙන කොක්ටේල් සමඟ බද්ධවය. මොක්ටේල් කරලියට පැමිණෙන්නේ කොක්ටේල් නිපදවන අතරතුර බිහි වූ ව්‍යාජ කොක්ටේලයක් ලෙසිනි. “මොක්” යන වචනයේ ඉංග්‍රීසි තේරුමද ව්‍යාජ යන්නයි. ව්‍යාජ යන්න අර්ත ගන්වන “මොක්” යන්නට කොක්ටේල් වල “ටේල්” එකතු වී මොක්ටේල් යන නම සෑදුණි.

මිනිසා නිරන්තරයෙන්ම නොසංසිදෙන කුතුහලයකින් පෙළේ. සෑම අංශයකම ප්‍රගමනය කරා නව නිර්මාණයන් බිහිවීමේ මූලාරම්භයට තුඩු දෙන රහසද එයයි. ආගමික පසුබිම, සංස්කෘතික සම්ප්‍රදායන් මෙන්ම සෞඛ්‍යමය ගැටලු පදනම් කරගෙන මධ්‍යසාර භාවිතයේ අහිතකර සීමාවන් ගොඩනැගුණි. ඒ බාධක වලට එක් පිළියමක් ලෙස මධ්‍යසාර ප්‍රමාණය අඩු කොක්ටේල් එම හිඩැස පුරවන්නට

පෙරමුණට පැමිණියේය. ඒ සමඟම පුද්ගලිකව මෙන්ම ආයතනික වශයෙන් කොක්ටේල් සාද බොහෝ සෙයින් ජනප්‍රිය විය. එහෙත් එම විසඳුමෙන් සැහීමකට පත් විය නොහැකිව ඒ සාදවල කොටස්කරුවන් වූ තවත් පිරිසක් සිටි බව ඔබ දන්නවාද! සමහර විට ඔබ අයිති වන්නේත් එම ගොන්නට විය හැකිය. ඒ කිනම් හෝ හේතුවක් මත පිහිටා සම්පූර්ණයෙන්ම මධ්‍යසාරයෙන් වැළකී සිටි පිරිසයි. මෙම ප්‍රිය සාදවල සාමාජිකයින් වන කාන්තා පාර්ශ්වයටද එවන් පානයක අවශ්‍යතාවය තදින්ම දැණිනි. ඒ සියල්ලේ අවසන් ප්‍රතිඵලය ලෙස මොක්ටේල් හි සම්ප්‍රාප්තිය හුවා දැක්වීමේ වරදක් නැත. කොක්ටේල් හා මොක්ටේල් අතර ඇති ප්‍රධානම වෙනස මොක්ටේල් වල මධ්‍යසාර අඩංගු නොවීමයි. ආරම්භයේදී මොක්ටේල් නිපදවීම සිදු වූයේ සම්පූර්ණයෙන්ම වාගේ දියර වර්ග භාවිතයෙනි. ඒ සඳහා පලතුරු යුෂ වලට අමතරව සෝඩා වතුර, ස්ට්‍රිප්ටි





කැටි ඇන්ඩ් ඔරේන්ජ්



තොරණ ස්පෙලෙන්ඩර්



කිවුකම්බර් ස්පෙලෙන්ඩර්



ඇපල් මොජ්තො

වැනි විවිධ බීම වර්ග යොදා ගැනිණි. අප කවුරුත් හොඳින් දන්නා හඳුනන පලතුරු බීම හා මොක්වේල් අතර ඇති වෙනස කුමක්දැයි කෙනෙකුට කුකුසක් ඇති විය හැකිය. සැබවින්ම ඒ වෙනස ඉතා සියුම්ය. එහෙත් එය සාම්ප්‍රදායික පලතුරු බීමකට වඩා පිළියෙල කරන ක්‍රමවේදයේ හා පලතුරු ඇතුළු ද්‍රව්‍ය තෝරාගැනීමේදී සිදු කරන ගැළපීමේ සුවිශාල අරුතක් ඇත. දිවුල් ගෙඩියක් මිරිකාගෙන ජලය හා සීනි දමා දිවුල් පලතුරු බීමක් නිවසේදී සාදා ගන්නවාට වඩා තරු පතේ හෝටලයකදී ඔබ අතට පත්වන මොක්වේල් සුවිශේෂී වන්නේ එබැවිනි. මන්ද එක් මොක්වේල් වර්ගයක් නිපදවීමේ පසුබිම සැකසෙන්නේ විවිධ පලතුරු හා යුෂ මිශ්‍රණයන් භාවිතා කරමින් සිදු කරන අත්හදා බැලීම් රාශියක අවසාන සාරය ලෙසයි. එසේම ජලය කිසිසේත්ම භාවිතා නොකිරීමත් බොහෝ විට සීනි යොදා නොගැනීමත් මොක්වේල් වල විශේෂත්වයකි.

පලතුරුවල ස්වභාවිකවම ඇතුළත් වන විටමින හා බිණිප් වර්ග රාශියකි. ඒවා බොහෝමයක් අපගේ දේහයේ නිරෝගිමත් බවට ඉතාමත්ම වැදගත්ය. වර්තමානයේ ක්‍රමක්‍රමයෙන් මොක්වේල් සඳහා පලතුරු

යුෂ වෙනුවට නැවුම් පළතුරු හා එළවළු යොදාගැනීමේ ප්‍රවණතාවයක් දැකිය හැකිය. එය මොක්වේල් වල විටමින්, බිණිප් ඇතුළු පෝෂණ ගුණය වඩාත් තහවුරු කිරීමට ඉවහල් වේ. ලංකාවේ වඩාත් ජනප්‍රිය වී ඇත්තේ මෙම නැවුම් පලතුරු යොදා ගනිමින් සැකසෙන “ෆාට්ස් මොක්වේල්” පානයන්ය. මේ සඳහා යොදා ගන්නා ප්‍රධාන ද්‍රව්‍ය වන්නේ පලතුරු, එළවළු, අදාළ කෝඩියල් වර්ගයක් හා අයිස් කැටයි. ඒ අනුව ෆාට්ස් මොක්වේල් යටතේ කිවුකම්බර් ස්පෙලෙන්ඩර්, තොරණ ස්පෙලෙන්ඩර්, කැටි ඇන්ඩ් ඔරේන්ජ් ආදී විවිධ නම් වලින් හඳුන්වන විවිධ පලතුරු, එළවළු හා කෝඩියල් භාවිතා කරන මොක්වේල්ස් අපට ලබාගත හැකිය. ෆාට්ස් මොක්වේල් සැකසීමේදී අනුගමනය කරනු ලබන පිළිවෙල වන්නේ සියලු ද්‍රව්‍ය පොතු, ලෙලි ආදිය ඉවත් කර අයිස් සමඟ බ්ලෙන්ඩ් කිරීමයි. “ස්පාර්ක්ලින්ස්” හා “ටී” මොක්වේල්ස් වර්ගද ලංකාවේ දැනට භාවිතා වේ. ස්පාර්ක්ලින්ස් මොක්වේල්ස් සඳහා යොදා ගන්නේ එක් පලතුරු වර්ගයකි. මෙහිදී බ්ලෙන්ඩ් කිරීමක් සිදු නොකරන අතර පලතුරු කුඩා කැබලිවලට කපා කෝඩියල් සමඟ ඇඟිලෙන් අසුරින්

මිශ්‍ර කර එයට උඩින් සෝඩා හෝ ස්ප්‍රයිට් එක් කරනු ලබයි. ටී මොක්වේල්ස් සෑදීමේදීද බ්ලෙන්ඩ් කිරීමක් අවශ්‍ය වන්නේ නැත.

වර්තමානයේ සාදයන් ආනන්දයෙන් වර්ණවත් කරන ලොව භාවිතා වන මොක්වේල් වර්ග විශාල සංඛ්‍යාවක් ඇත. බටහිර රටවල ඒවා විවිධ කාණ්ඩ යටතේ මෙන්ම මංගල, උපන්දින, පුදගලික, ආයතනික ආදී සෑදවල ස්වභාවය අනුවත් ළමයින්, කාන්තාවන්, පිරිමි, ගැබිනි මාතාවන් ආදී පුද්ගල බද්ධවත් වර්ගීකරණය කර ඇත. විවිධ තවතාවයන් එක් කරගනිමින් දිනෙන් දින ශීඝ්‍රයෙන් විවිධ මානයන් හඹා යන මොක්වේල් ලංකාවේ ගෙවන්නේ තවමත් ළදරු අවධිය බැවින් එතරම් විශාල වර්ගීකරණයක් මෙරට දක්නට නොලැබේ. සමහර විට ඔබ තවමත් මොක්වේල් පානයක ආස්වාදය විඳින්නට ප්‍රමාද වූවා විය හැකිය. ඊළඟ සාදයේදී එළැඹෙන සතුටු බර හෝරාවේදී පෝෂණ ගුණයෙන් සපිරි සුවිසරී මොක්වේල් පානයකට කෙරෙන සෙනෙහස බර ඇරයුම් ඔබත් පිළිගන්නවා තේද? ☺

මෙම ලිපිය සැකසෙන්නේ කොළඹ ගිල්වත් හෝටලයේ තොරණ හි කළමනාකාරකම් සමඟ පැවැති සාකච්ඡාවක් ඇසුරෙනි.

## ඔබේ ඉදිරි සාදය ප්‍රිය සාදයක් කරගන්න...

### කිවුකම්බර් ස්පෙලෙන්ඩර්

අවශ්‍ය ද්‍රව්‍ය:

- \* අන්නාසි ගෙඩි 1/2
- \* කොළ පිටිසැද්දා ගෙඩි 1/2
- \* මින්ට් කොළ 5ක්
- \* ෆැෂන් කෝඩියල් මි.ලී. 30ක්
- \* අයිස්කැට් කීපයක්

### තොරණ ස්පෙලෙන්ඩර්

අවශ්‍ය ද්‍රව්‍ය:

- \* ස්ට්‍රෝබෙරි ගෙඩි 10ක්
- \* පීච් ගෙඩි 1ක්
- \* ෆැෂන් කෝඩියල් මි.ලී. 30ක්
- \* අයිස් කැට් කීපයක්

ස්පෙලෙන්ඩර් මොක්වේල් සෑදීමට පලතුරුවල පොතු, ලෙලි ආදිය ඉවත් කර අයිස් සමඟ බ්ලෙන්ඩ් කරන්න.

### ඇපල් මොජ්තො

අවශ්‍ය ද්‍රව්‍ය:

- \* ඇපල් ගෙඩි 1ක්
- \* සෝඩා වතුර මි.ලී. 30ක්
- \* ඇපල් කෝඩියල් මි.ලී. 30ක්
- \* රතු සීනි ස්වල්පයක්

පලතුරු කුඩා කැබලිවලට කපා කෝඩියල් සමඟ ඇඟිලෙන් අසුරින් මිශ්‍ර කර එයට උඩින් සෝඩා හෝ ස්ප්‍රයිට් එක් කරන්න.

### ජැස්මින් විල්ඩ් ටී

අවශ්‍ය ද්‍රව්‍ය:

- \* ජැස්මින් තේ මේස හැඳි 2ක්
  - \* ඇපල් කෝඩියල් මි.ලී. 30ක්
  - \* කුරුඳු ස්වල්පයක්
  - \* අයිස් කැට් කීපයක්
- සියලු ද්‍රව්‍ය අයිස් සමඟ හොඳින් මිශ්‍ර කරන්න.



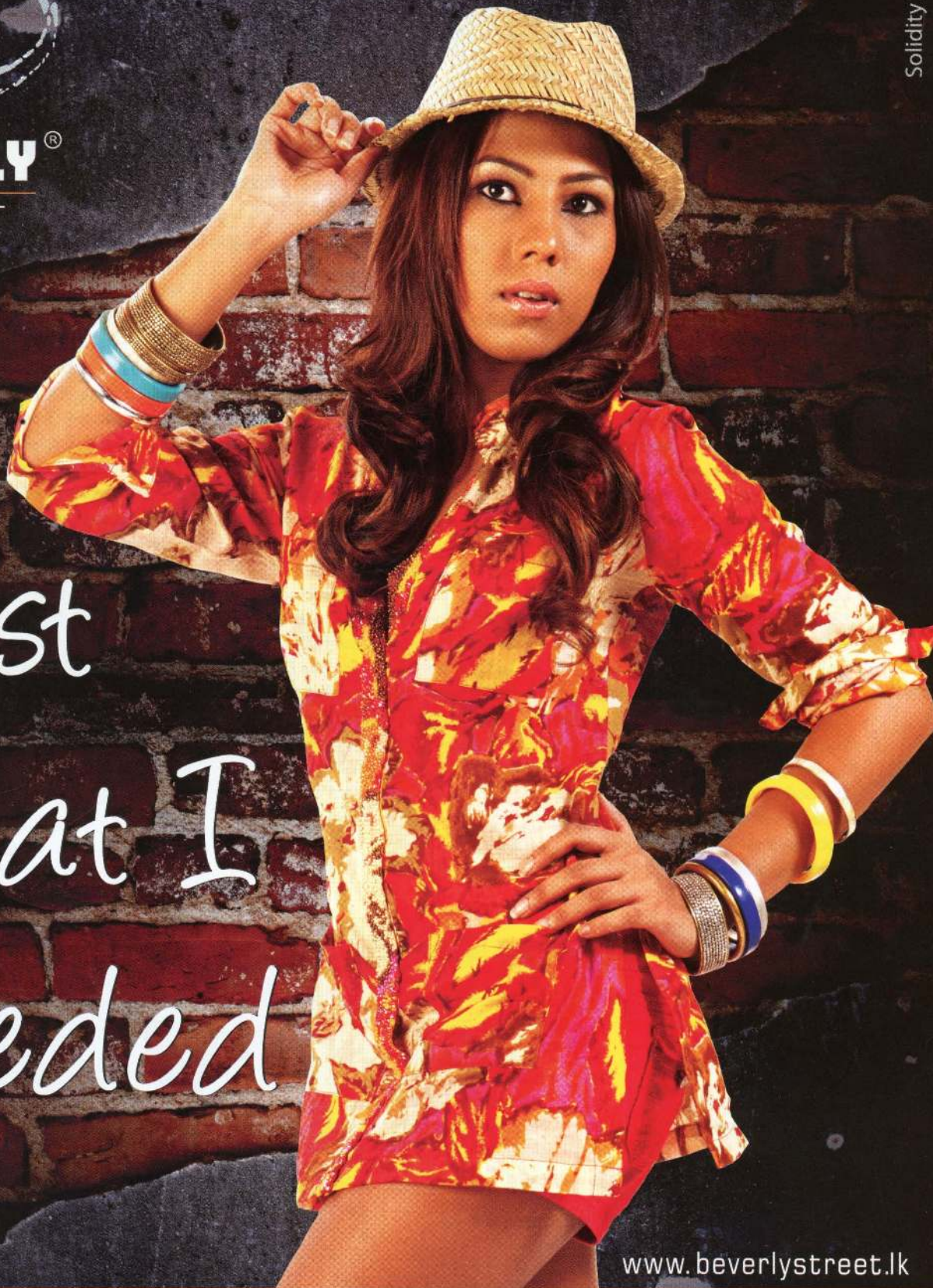
ජැස්මින් විල්ඩ් ටී





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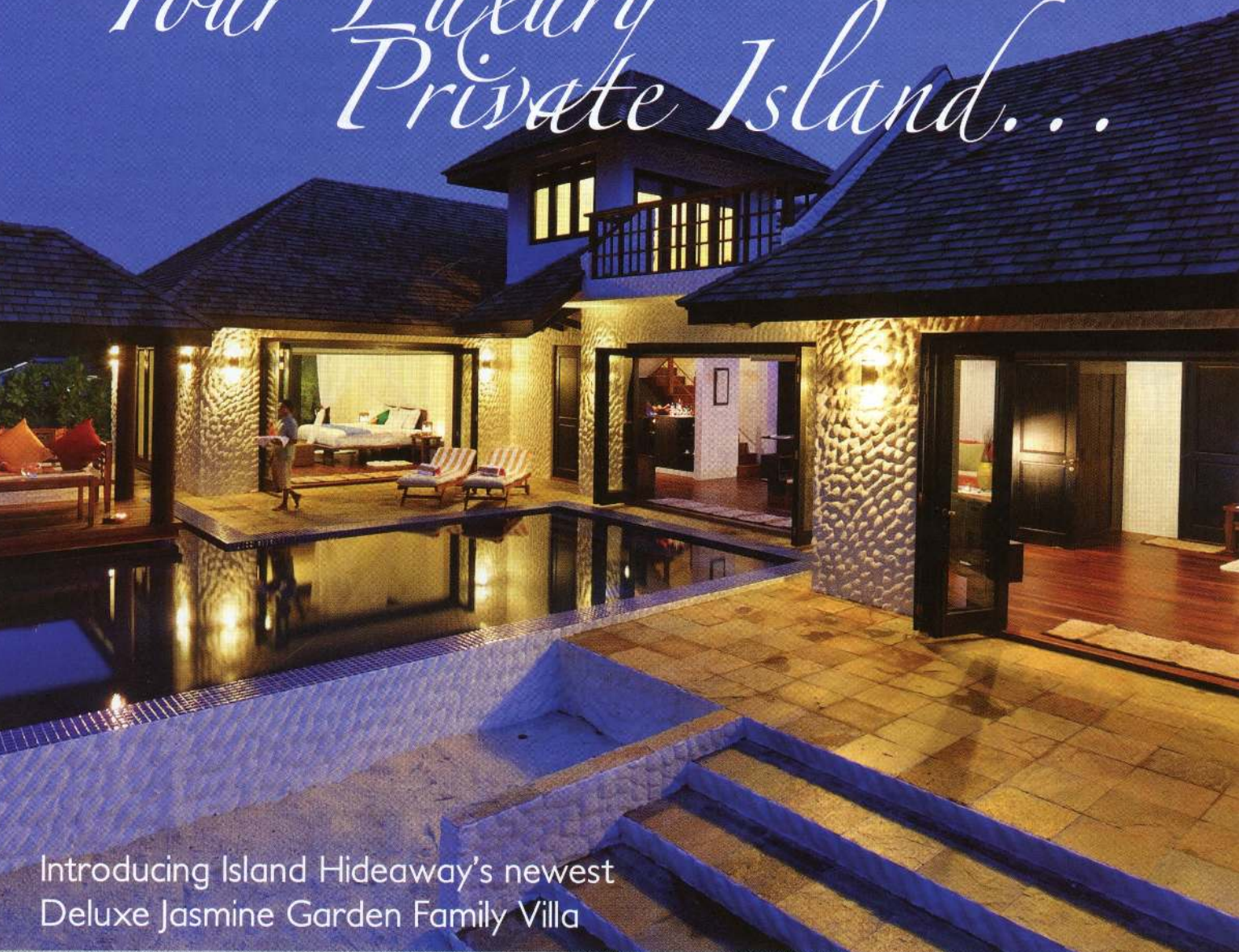
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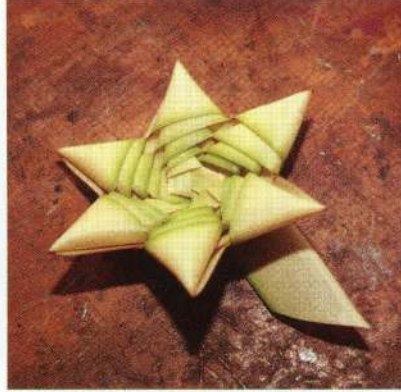
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# ‘கொக்கலாவ’ குருத்தோலையில் ஒரு கலைவண்ணம்

வேருக்குப் பாய்ச்சும் நீரை இளநீராக எமக்கே திரும்பத் தரும் தென்னை மரத்தை கடவுள் தந்த வரமாகப் போற்றும் மரபு இலங்கையின் கிராமப்புற மக்கள் மத்தியில் இன்றும் நிலவுகின்றது. இந்நாட்டு மக்களின் நாகரிகத்துடனும், வரலாற்றுடனும், மத, கலாசார விழுமியங்களுடனும் தென்னை மரத்திற்கு உள்ள தொடர்பை சிங்கள இலக்கியங்களில் படித்தறியலாம்.

விபரம்: பவானி பாலா | படங்கள்: பிரபாத் சத்துரங்க



குருத்தோலையை பல கோணங்களில் மடித்து உருவாக்கப்படும் மலர் அலங்காரம்



மங்கள் நிகழ்வுகளின் வாயில்களை அலங்கரிக்கும் புன் கலச

**தெ**ன்னை மரத்தின் ஒவ்வொரு பாகமும் எம்மக்களின் நாளாந்த வாழ்க்கையில் பயன்படுத்தப்படுகின்றது. தேங்காய், சிரட்டை, ஓலை, மரம், தம்பு, மட்டை, குருத்தோலை முதல் பலவித தேவைகளுக்கும் பயன்படும் வளமிக்க பணப்பயிராக தென்னை உள்ளது. குருத்தோலையைப் பயன்படுத்தி அலங்காரப் பொருட்கள் செய்யும் கலையை ‘கொக்கலாவ’ என்று சிங்களத்தில் அழைக்கின்றார்கள். இளம் பச்சை மற்றும் மென் மஞ்சள் வர்ணக் குருத்தோலைகளைக் கொண்டு உருவாக்கும் படைப்புக்கள் பார்ப்பதற்கு அழகையும் பிரமிப்பையும் தருகின்றன. குறுகிய அகலமும் அதிக நீளமும் கொண்ட ஓலையில் எவ்வாறு தோரணங்கள், மலர்கள், பறவைகள், கொடிகள், மீன்கள் பிறக்கின்றன என்று ஆராய்ந்தால் வியப்புத் தான் மிளக்கின்றது. குருத்தோலையை மட்டையிலிருந்து வெட்டியெடுத்து அதன் ஈர்க்குப் பகுதியை அகற்றியதன் பிற்பாடு ஓலையை வேண்டிய கோணங்களில் கண்பொழுதில் மடித்து அழகழகான அலங்காரங்களை கொக்கல

கலைஞர்கள் உருவாக்கும் லாவகமும் நேரத்தியும் பார்ப்பவர் கண்களை ஆச்சரியத்தில் ஆழ்த்த வல்லன.

சிங்கள பாரம்பரிய சம்பிரதாய நிகழ்வான தொவில் நடனத்தில் பங்குபெறும் கலைஞர்களின் அலங்காரத்திற்குப் பயன்படும் கட்டகலிய, நீண்ட தலைமுடி, கிரீடம், திரிகூலம், சாமரம் முதலான முக்கிய பொருட்களுக்கும், தீபங்கள் ஏற்றி வைக்கப்பட்டிருக்கும் பஹன் பெல முதலிய அனைத்து அம்சங்களுமே தென்னம் குருத்தோலையில் செய்யப்படுகின்றன. தொவில் மட்டுமன்றி சாந்திகரம நிகழ்விடும் குருத்தோலைக் கலையின் பங்களிப்பும் பயன்பாடும் அதிகமாயிருப்பதைக் காணலாம்.

கூர்மையான வளைந்த கத்தியைத் தவிர வேறெந்த உபகரணமும் பயன்படுத்தப்படாத இந்தக் கலையில் ஈடுபடும் கலைஞர்களுக்குக் கலைத்திறனுடன் கோணங்கள் பற்றிய அறிவும் தேவைப்படுவதை எம்மால் உணரமுடிந்தது. இதனால் தான் ஜப்பானின் ‘ஹிகுமி’ கலைக்கு ஈடாக இலங்கையின் கொக்கலையை ஒப்பிடுகின்றார்கள் போலும்.

புன் கலச என்று அழைக்கப்படும் குருத்தோலைகளால் செய்யப்பட்ட குடம் போன்ற அமைப்பு சிங்கள கிராமியப் பண்பாட்டில் முக்கிய இடம் வகிக்கின்றது. இங்கு அழகிய வாடிவங்களில் வெட்டப்பட்ட குருத்தோலைகளாலும் தாமரை மலர்களாலும் அலங்கரிக்கப்பட்ட வாழைமரத்தண்டு தொவில் சம்பிரதாயங்களிலும் மங்கள் நிகழ்வுகளிலும் மற்றும் விசேட நிகழ்வுகளிலும் வாயிலில் வைக்கப்படுகின்றது.

கொக் கெடிய என்ற அலங்காரமும் புன் கலசவைப் போன்றதே. ஆனால் இன்று தென்னம்பு, வெண்ணிற மலர்கள், விளக்குகள் போன்ற பிற மங்களகரமான பொருட்களாலும் கொக் கெடிய அழகுபடுத்தப்படுகின்றது. புது வீடு குடிபுகுதல், திருமண வைபவம் முதலிய நிகழ்வுகளின் வாயில்களையும் மேசையை அலங்கரிப்பதற்கும் இவை உபயோகமாகின்றன.

குருத்தோலைகளைத் தெரிவு செய்யும் பொழுது இலைகள் புதியவையாக பழுது இல்லாதவையாக இருக்க வேண்டும். ஒரு சித்திரக் கலைஞனுக்குத் துரிகையைப் போல் கொக்கலைக் கலைஞனுக்குக் கத்தி



விளங்குகின்றது. அதனை சரியாகக் கையாளும் பக்குவம் முக்கியமானது மட்டுமன்றி முழுக் கவனமும் ஈடுபாடும் இத் தொழிலில் மீதிருப்பது இன்றியமையாதது.

ஈர்க்குப் பகுதி நீக்கப்பட்ட தனிஓலைகளில் கத்தியைப் பயன்படுத்தி பலவித அழகான சமச்சீர் அலங்கார வடிவங்களை செதுக்குவதை அவதானிக்கும்பொழுது இந்த நட்புமான கலையின் மகத்தவத்தை உணரமுடிகின்றது.

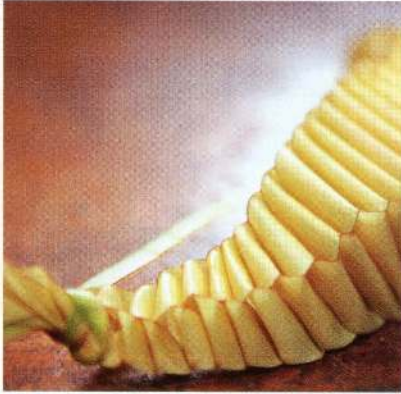
கொக் பஹுன எனப்படும் பாரம்பரிய எண்ணெய் விளக்கு, வெசாக் வெளிச்சக் கூடுகள், மண்டப வாயில் வளைவுகள், பிரித் மண்டபங்களில் பௌத்த பிக்குகள் பிரித் ஓதும்பொழுது அமரும் கூடாரமான பஹன் பல அகியனவற்றுக்கும் குருத்தோலை

இலங்கையின் பௌத்தமதப் பாரம்பரியத்தின் முக்கிய அங்கமான பெரஹுவின் ஆரம்ப நிகழ்வான தண்டு நடுதலின்போதும் குருத்தோலையால் செய்யப்பட்ட கூரை பயன்படுத்தப்பட்டிருப்பதைக் காணலாம். பெரஹு செல்லும் வீதியின் வளைவுகள்கூட தென்னம்பூக்களினாவும் குருத்தோலைகளினாவும் அலங்கரிக்கப்பட்டிருக்கும்.

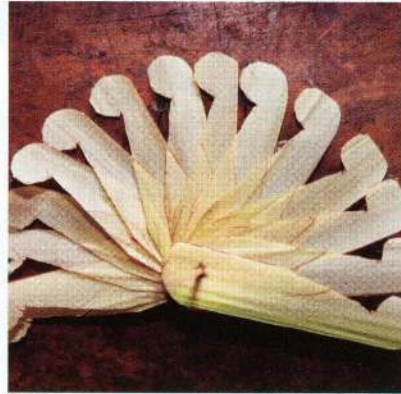
இலங்கையில் வாழும் இந்துக்களின் மத சலாசார விழுமியங்களிலும் முக்கிய இடத்தை குருத்தோலையில் செய்யப்பட்ட தோரணங்கள் பெறுகின்றன. மங்கள் நிகழ்வுகள் நடைபெறும் இல்லம், கோயில், மண்டபம் ஆகியவற்றின் வாயில்களில் தொங்கவிடப்படும் தோரணங்கள் அவ்விடத்திற்கு தேவர்களின்

குருத்தோலையில் செய்யப்பட்ட சுருவத்தை தேவாலயத்திலிருந்து வீட்டுக்கு எடுத்துச் செல்கின்றனர்.

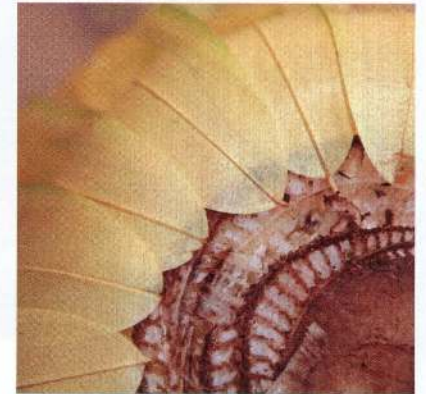
குறுகிய காலமே வாழ்ந்தாலும் குருத்தோலையில் செய்யப்பட்ட அலங்காரங்கள் 'எம்முடையவை' என்ற உரிமை கலந்த உணர்வை எம்மில் ஏற்படுத்துகின்றன. அதிகப் பிரயாசை எடுத்து உருவாக்கும் இந்த அலங்காரங்களைப் பல நூறு பேர் பார்த்து ரசித்து மகிழும்பொழுது சிறந்த கலைப்படைப்பை வழங்கிய திருப்தி அதனை உருவாக்கிய கலைஞன் மனதில் ஏற்படுகின்றது. அந்தத் திருப்தியே கொக்கலைக் கலைஞனுக்குக் கிடைக்கும் வெகுமதியாகின்றது. கற்பனைத் திறன், இயற்கைக்குத் தீங்கு விளைவிக்காத



தொவில் நடனங்களில் பயன்படுத்தப்படும் கூட்கலிய



நேர்த்தியாக வெட்டிஎடுத்து செய்யப்பட்ட விகிரி அலங்காரம்



புன் கலாவின் மேற்பகுதி

பயன்படுகின்றது. இதைவிட திருமண வைபவங்களில் மணமக்கள் அமரும் மகுடல் பொறுவ கிராமியக் கலைஞர்களின் திறமையையும் கலைவண்ணத்தையும் பறைசாற்றும் மிகப் பிரபலமான கலைப்படைப்பு. இதில் சூரிய சந்திரர், பலவித மலர்கள், பறவைகள், கடல் வாழ் உயிரினங்கள் போன்ற பல கலையம்சங்கள் சித்தரிக்கப்படுகின்றன.

வருகையை வரவேற்பதைக் குறித்து நிற்கின்றன. இந்துக்களின் மரண வீட்டின் வாயில்களிலும் குருத்தோலைத் தோரணங்கள் தொங்கவிடப்படுகின்றன. இது அவ்விடத்தில் துக்கம் நிகழ்ந்திருப்பதைக் குறிக்கின்றது. இங்கு தோரணத்தை செய்யும் முறையில் பக்க மாற்றம் கடைப்பிடிக்கப்படுகின்றது. இலங்கையின் கிறிஸ்தவ கத்தோலிக்க மதத்தவரும் குருத்தோலை ஞாயிறு திணத்தன்று

குணாம்சம், விஞ்ஞான அறிவு போன்ற பல விடயங்கள் அடங்கிய இந்த அருங்கலைக்கு சொந்தக்காரர்கள் நாம் என்பதையிட்டு இலங்கையர்களாகிய நாம் பெருமையடையலாம். ⑤

இந்த ஆக்கத்திற்கு வேண்டிய தகவல்களை கொழுப்பு அரங்காற்றக்கலைக் கல்வாரி விரிவுரையாளரான கலாநிதி லயனல் பெத்தரகே அவர்கள் தந்ததனிலிருந்தார். படங்கள் அவரின் கலைப்படைப்புகளை வெளிப்படுத்துகின்றன.



பாங்கியம் நிகழ்வு இடம்மீறும் பாரதேவதை அலங்கரிக்கப்பட்ட குருத்தோலைப் படைப்புகள்



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Photo: Sakis Papadopoulos

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# THE TIGHT LINE AND NOBLE FIGHT

Words and Photography: Kurt Rolfes



It was 6:30 in the morning and the sun had just come up. We'd been on the Ja Ela River for half an hour.

I was with my Sri Lankan fishing buddy Loni in his boat, a typical 18 footer made of fiberglass with a removable cloth canopy, four rod holders and a 40 hp outboard. Four lines were out with Rapala hard baits attached and we were doing a slow troll, sipping our morning tea, waiting for the sound of the drag on the reels to announce the first strike of the day.

The Ja Ela is a typical and fairly shallow Sri Lankan river that winds its way down from the distant hills passing through several small towns and numerous villages before it empties into the Negombo Lagoon just north of Colombo and very near the international airport. I almost spilled my cup of tea as the Brrrrrr sound of the drag on my reel cut through the morning air! As I pulled the rod and reel from the holder, I knew I had a big one and he was well hooked. He was giving me a good fight and I figured it was either a Mangrove Jack (Red Snapper family) or a Barramundi.

15 minutes later, I had him about five metres (15 feet) from the boat when he broke water for the first time. He was a Barramundi and well over a metre (three feet) long and within five minutes we had him netted and on the digital scale, which showed him to be just over eight kilograms (close to 20 lbs).

It was a very good fishing day. We ended up with three large Barramundi and two Mangrove Jack in the ice chest and we must have gently handled and released well over a dozen of their younger siblings who will live to fight another day.

I have been in Sri Lanka for over five years now and have dipped my line in quite a few of the rivers, streams and lakes as well as gone trolling for the big game fish offshore in both the Bay of Bengal and the Indian Ocean.

This serendipitous tropical island has everything a sports fisherman could ever want, and all year round! You'll find everything from Rainbow Trout in the highlands, a non native species introduced by British tea planters more than a hundred years ago, to Barramundi and Mangrove Jack in the saline river estuaries and Tuna, Barracuda,



*Rainbow. Caught in the still water - Nuwara Eliya, 1907*

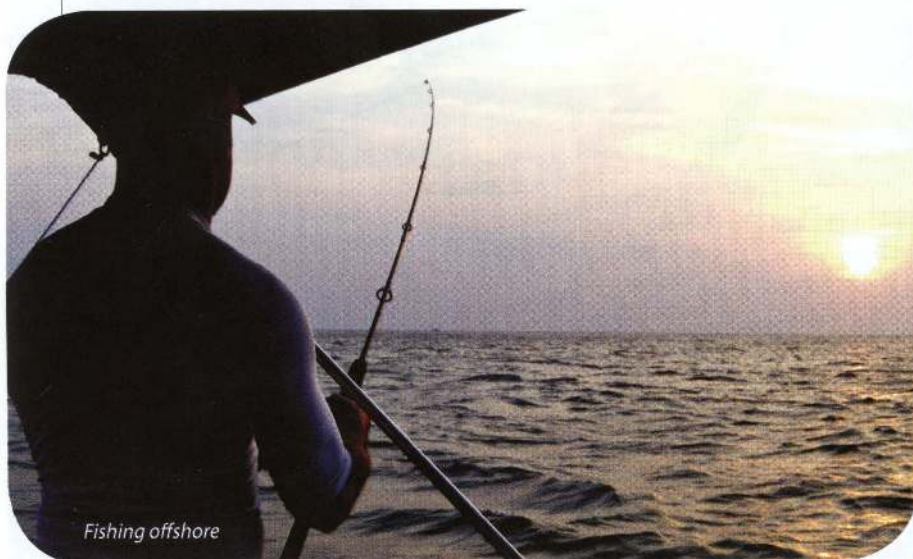
ESTABLISHED IN 1934, THE CEYLON SEA ANGLERS CLUB IS THE OLDEST AND THE ONLY ACTIVE SOCIAL/SPORTS FISHING CLUB ON THE ISLAND. IF THEY HAVE SOMETHING GOING ON, THEY'LL FIGURE OUT A WAY TO GET YOU THERE, LOAN YOU SOME GEAR, TELL SOME TALL FISHING TALES AND PROVIDE YOU WITH THE CAMARADERIE SPORTS FISHERMEN AROUND THE WORLD ARE KNOWN FOR.







Sri Lankans love to fish and you'll find them fishing from river banks, bridges, breakwaters, docks or casting into breaking waves from knee deep surf but most of the organised sports fishing in Sri Lanka is done by slow trolling.



Fishing offshore



Fishing in Negombo



Kayaking down the Mahaweli prepared to fish

Swordfish and Marlin in the deep sea offshore. Sri Lanka is an island with two definite monsoon seasons. So when it's pouring down rain on one side of the island, you've usually got sunshine and clear weather on the other side. And incidentally, you don't need a license for sports fishing over here and the fishing is fine on either side of the island!

When we fish offshore, distance determines the type of fish we'll run into. Four to five kilometres off Colombo we approach the edge of a sloping offshore reef with around a hundred feet of water beneath the boat. Here we regularly catch Barracuda, Queen Fish, Barramundi, Grouper and the occasional Red Snapper. If we head out 15 kilometres from shore, we are in the deep blue waters of the Indian Ocean with no land between us and Antarctica. Here is where the Blue and Yellow Fin Tuna, mature Barracuda, Marlin, Swordfish and Shark are lurking. Out of the tackle boxes come the big hard bait lures, at least five inches or larger. These are usually deep diving Rapalas attached

to a minimum 40 test braided line. And if you hook one of these denizens of the deep, be prepared to spend considerable time playing with him before you can reel him in close enough to be netted or gaffed.

Most hotels or resorts will have fishing supplies available for hire or can recommend someone nearby who does. You'll usually end up with a sturdy but basic local boat with an outboard motor and a boat man cum fishing guide, rods, reels and lures. for a day's fishing either on a river, lake or offshore.

Sri Lankans love to fish and you'll find them fishing from river banks, bridges, breakwaters, docks or casting into breaking waves from knee deep surf but most of the organised sports fishing in Sri Lanka is done by slow trolling. You'll find a combination of trolling and spinning gear being used and most of it is heavy duty with 30 to 50 pound test, either braided or monofilament line. Depending on what you plan to catch, most of the time a Rapala or similar hard bait lure will be used. The lures range in

size from two to over eight inches and come in a rainbow of colors and different hook configurations. I've found that the sports fishing technique in most of the places I've fished in Asia is a combination of heavy duty gear, heavy duty line and heavy duty lures. The philosophy being, that once you've hooked 'em, you don't want to lose dinner due to a snapped line or a straightened hook!

But sports fishing attitudes in Asia are changing! Many of the younger sports fishermen and women in Sri Lanka are now using lighter gear and practicing the eco philosophy of "...hook, play, gently land and release". They are aware that overfishing and abuse of the fragile ecology of the many beautiful and productive waterways found throughout Sri Lanka will deprive the next generation of the main reason sports fishing is so popular. We put our bait in the water and patiently await the adrenalin rush that the English Patron Saint of all sports fishermen, Isaac Walton, referred to over 400 years ago as: "...the tight line and noble fight". ☺





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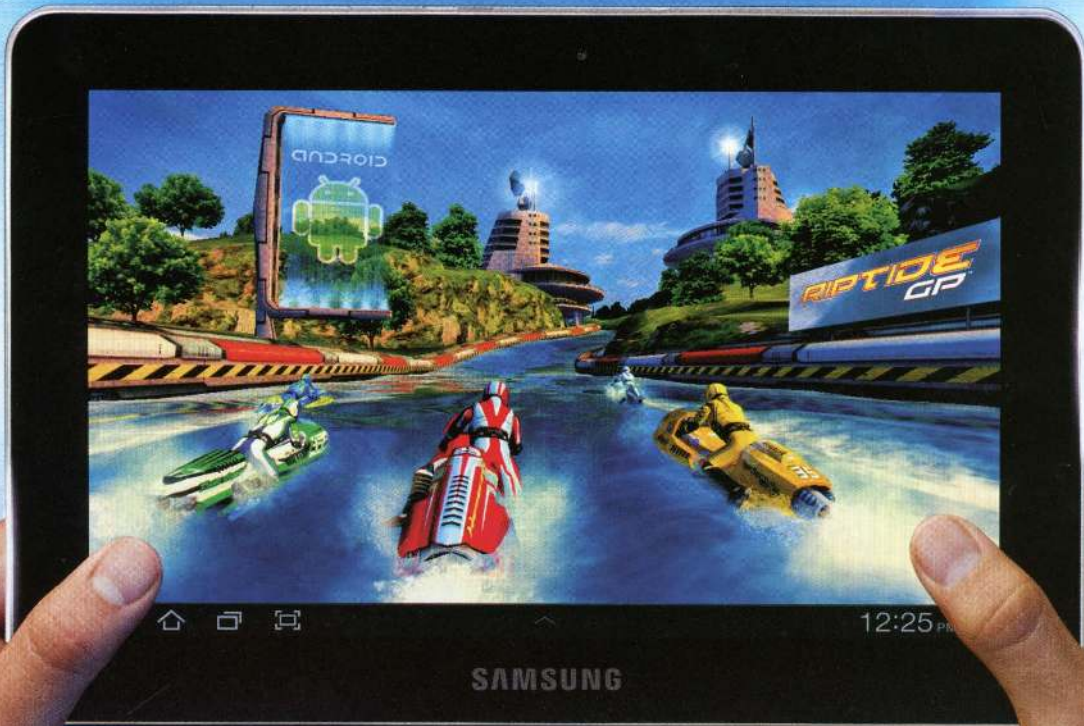
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# COLOMBO TO BADULLA BY TRAIN

ONE OF SRI LANKA'S MOST  
POPULAR TRAIN JOURNEYS  
IS FROM COLOMBO TO  
THE HILL COUNTRY...

Words: Royston Ellis

Photography: Menaka Aravinda and Mahesh Bandara





*View of the train from the guard's van as it negotiates one of the many curves on the track*

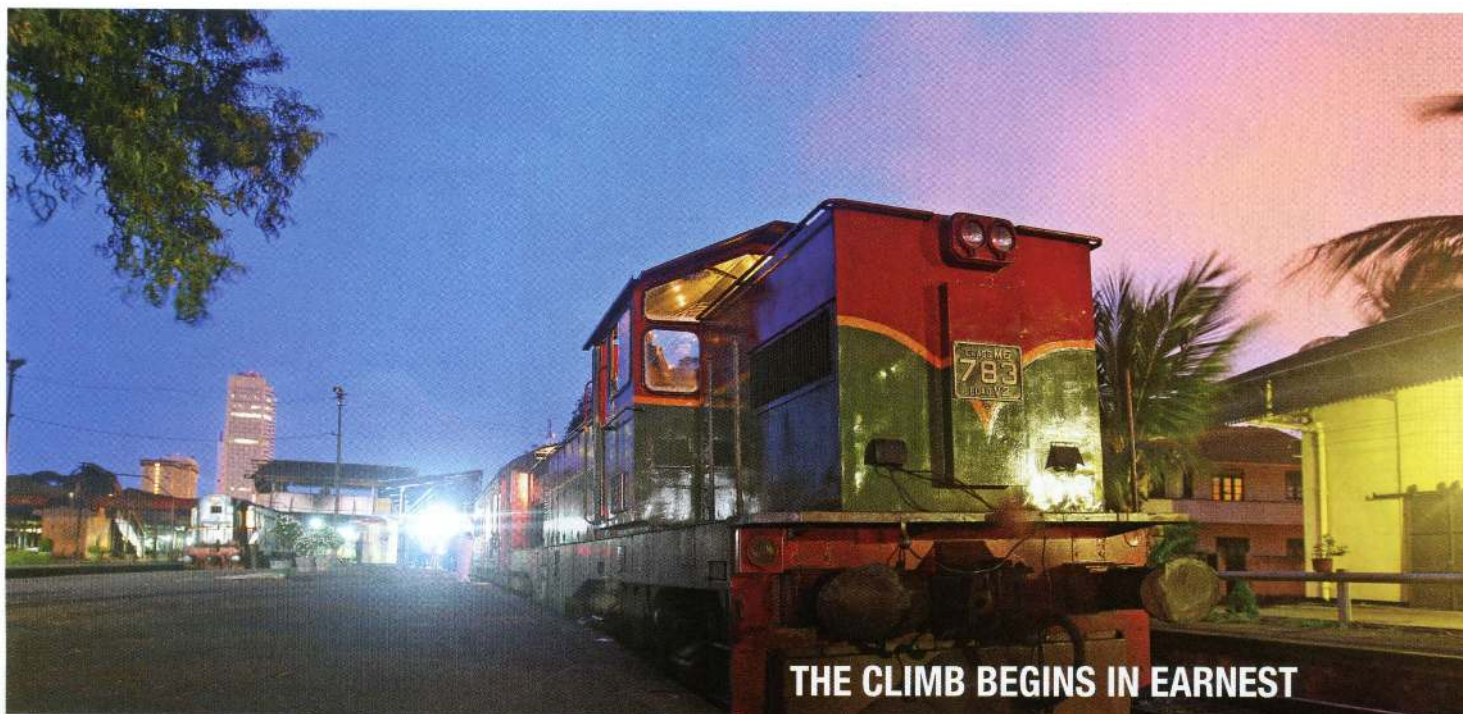
The train guard, smartly dressed in white trousers, black shoes and a black tunic jacket over his white shirt and black tie, blew his whistle and waved a green flag, heralding the departure of Podi Menike. Bound for Badulla, 290km from Colombo, the train (called "Little Maiden" in English) was expected to take ten hours snaking slowly up through tea-clad countryside to reach its destination.

With a shriek of warning, the diesel locomotive pulled away from the main platform (number three) of Colombo Fort station on time at 5.55am, as it has done for decades. Its sister train, Udarata Menike ("Upcountry Maiden") leaves later every day (at 9.45am), but that train doesn't arrive in Badulla until after nightfall.

The origins of this great little trip by train (acknowledged by rail travel fans as one of the world's finest) dates back to the beginning of the tea industry in Sri Lanka. The first train to the hill country steamed into Kandy in 1867, the same year that tea was planted commercially in the then Ceylon. The coming of the railway to the plantation hills meant that planters could easily send their crop to Colombo for shipment to England. Trains facilitated the tea boom, and the carriage of tea as freight provided the prosperity that financed the railways.

As tea production spread deeper into the hilly interior, the railway followed, extending to Bandarawela in 1894, eventually reaching Badulla 30 years later. In 1956, train number 15, the Udarata Menike, was introduced on the line, which it has plied ever since. In their heyday the Menike trains boasted a bar and a restaurant car. Now Podi Menike runs with a First Class Observation Saloon, one Second Class carriage, a Pantry Car and three Third Class carriages.





## THE CLIMB BEGINS IN EARNEST AFTER RAMBUKKANA, THE STATION CLOSEST TO THE ELEPHANT ORPHANAGE.

*This m6 diesel electric locomotive was built in 1980 by Henschel, West Germany for use on the main line, leaving Fort railway station*



*Children on their way to school at Demodara*



*Passengers wrapped up against the chilly hill country climate at Haputale*

The 44 seats in the Observation Saloon are much in demand and can be reserved up to ten days in advance. Its four window-facing seats at the rear provide an inspiring panoramic view of the steady climb from lowland suburbs to the magnificent forests, plunging waterfalls and close-cropped tea bushes of the hill country. The Saloon is usually fully booked and in the other carriages there is often standing room only, but

a jolly camaraderie quickly develops, adding to the enjoyment of the ride.

After passing through Maradana, Colombo's second main station, the train weaves its way through a web of rails alongside the Dematagoda yard where retired steam engines and old wooden carriages are parked. Busy streets give way to plains devoted to paddy (rice fields) and orchards of plantains and bananas.

The train picks up speed for the sprint over concrete sleepers uphill to Kandy. The climb begins in earnest after Rambukkana, the station closest to the Elephant Orphanage. There the railway becomes single track and the train pauses while the driver receives a token from the stationmaster that confirms the track is clear. As the train climbs to Kadugannawa station at 517m above sea level, the scenery on one side of



*The train driver receives the token from the Ohiya station master that signifies the single track is clear*



*In the signal box at Nanu Oya station*



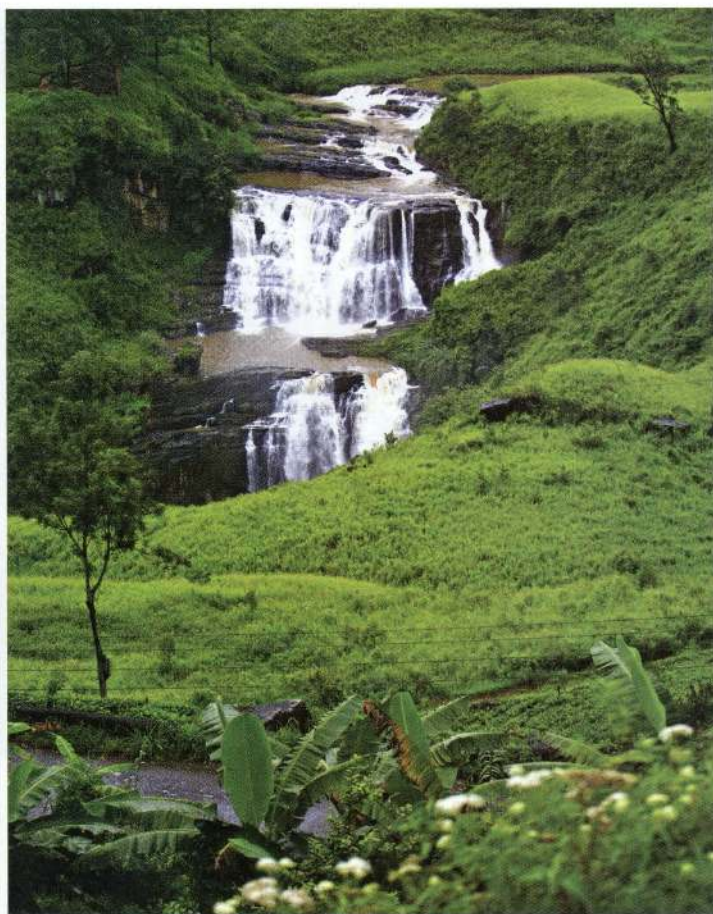


*Passengers in the best seats in the Observation Car wave as they pass Peradeniya station*

the track dives down deeply through wooded gorges.

Then comes the triangular station of Peradeniya (the closest one to the Royal Botanical Gardens). At Nawalapitiya, the train's crew changes and vendors swarm along the platform offering snacks of fat fried lentil cakes, or fruit.

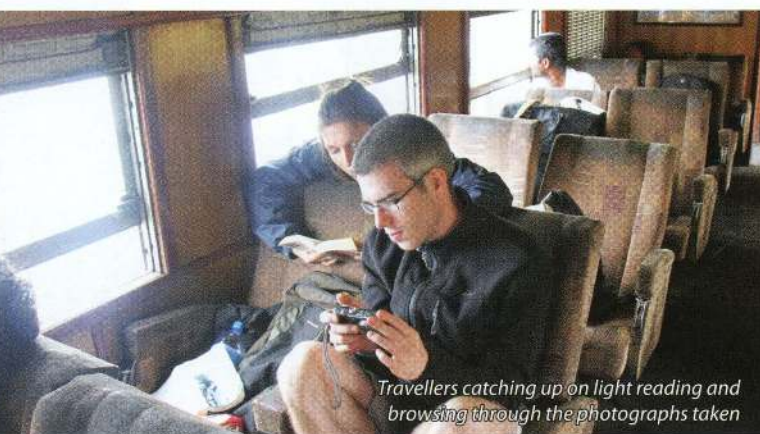
Tea bushes and pine trees share the hillsides as the train climbs to Hatton (the station for Adam's Peak) at 1,271m above



*A view from the train of St. Clair waterfalls*



*Staggering sights of the Hatton road as seen from the train*



*Travellers catching up on light reading and browsing through the photographs taken*



*Double track on the way to Rambukkana*





Passengers awaiting at Ella

දුරේය කාලසටහන		BADULLA	
புறநகரத்தோடு சி.இ.இ.வரை		பதுளை	
TRAIN TIME TABLE		BADULLA	
හපුතලේ	05.45	12.00	
ஹபுதலை	08.50	18.00	
HAPUTALE			
කන්ද	05.45	12.00	
கந்தி	08.50	18.00	
KANDY			
කොළඹෙහෙල	05.45	18.00	
கொழும்புக் கோட்டை	08.50		
COLOMBO FORT			

PLEASE CHANGE OVER TO KANDY TRAIN AT NAWALAPITIYA

The train times displayed at Badulla station

sea level. Entrance to the Poolbank Tunnel (at 560m the longest rail tunnel in Sri Lanka) is greeted with shrieks of delight from children on the train, before gasps of awe as it trundles past the swoop of St. Clair waterfalls. Glimpses of the Hydro Power Plant at Upper Kotmale can be seen through three points in the journey, the main picturesque view gives rise before reaching the tiny station grandly named Great Western that

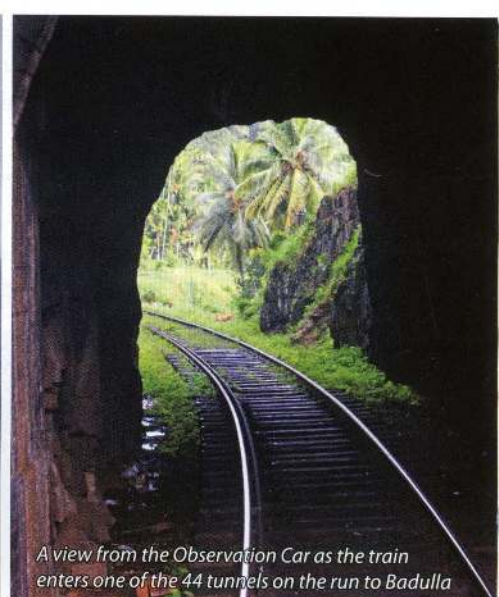
stands alone amidst the tea gardens. Many passengers leave the train at the next stop, Nanu Oya, and board buses bound for the hill resort of Nuwara Eliya.

The temperature becomes cooler as the train climbs through patches of vegetables, forests of ferns and babbling brooks, to Pattipola, at 1,891m the highest station in the country. A sign proclaims the summit and then comes Ohiya station and the train dives in and

out of more than a dozen tunnels, the scenery changing with each gap from cloud-shrouded mountains to woodland copses. After the final tunnel comes the incredible station of Idalgashina (1,615m above sea level), amazing because of the deep, stunning views on both sides as it sits atop a ridge in the mountains. On to Haputale where the train seems to take the wrong turning as it wanders down the town's main street.

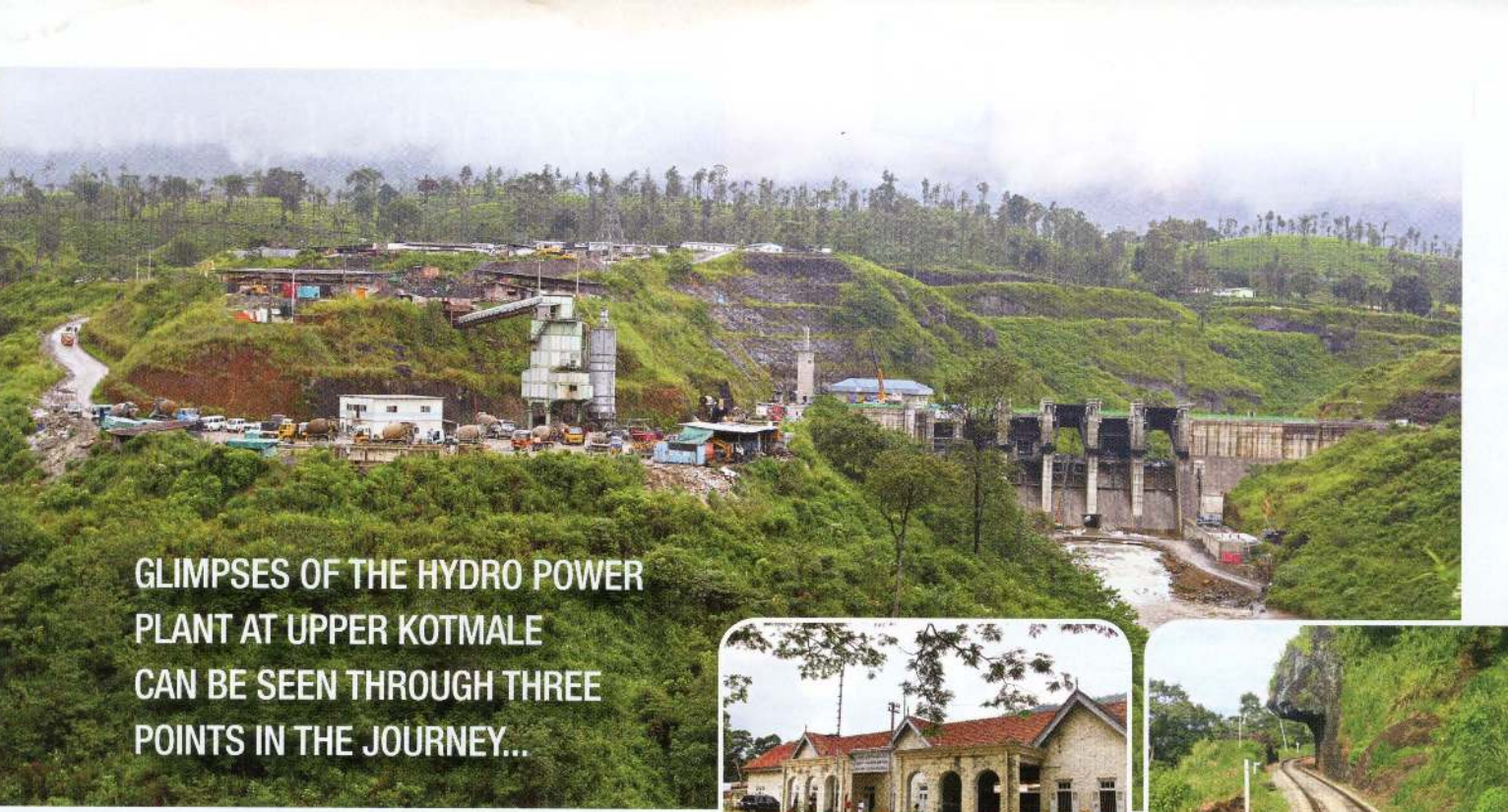


A glimpse of Hatton as a wave of mist sets in



A view from the Observation Car as the train enters one of the 44 tunnels on the run to Badulla





## GLIMPSES OF THE HYDRO POWER PLANT AT UPPER KOTMALE CAN BE SEEN THROUGH THREE POINTS IN THE JOURNEY...

*A picturesque view of the Upper Kotmale Hydro Power Plant*



*Sitting quietly in the hills is the quaint Badulla Station*



*The Kadugannawa Pass*

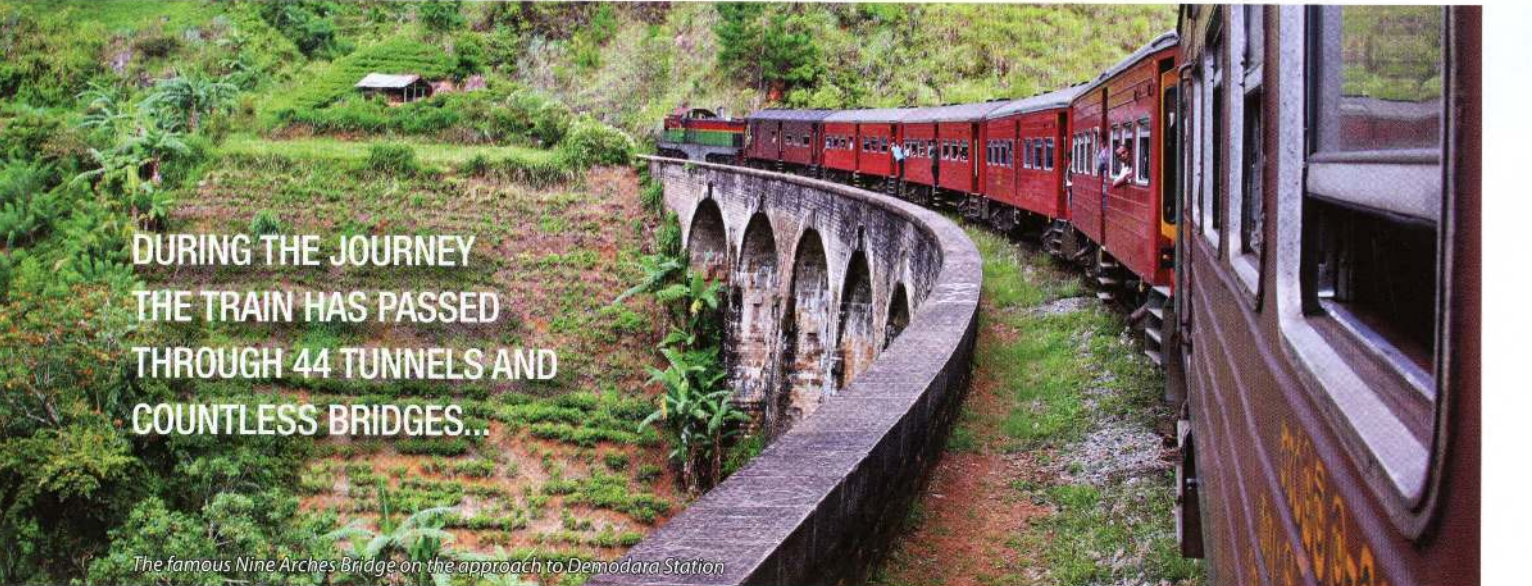
After passing through more tea gardens and the tidy station of Diyatalawa, serving a military encampment, the train rolls into the bustling town of Bandarawela where a restored vintage shunting engine stands in a siding. From there it descends - with occasional halts at small stations, including Hali Ela where the stationmaster's office resembles an English country cottage - to Badulla.

After crossing a bridge of nine arches, the train halts briefly at Demodara before following the contours to burrow under the station it has just left. Called the Demodara Loop this was constructed to avoid a gradient steeper than the ruling 1 in 44.

The final descent brings the train to Badulla which, at just 680m above sea level, marks the southeast end of the

hill country and a return to a sluggish ambience after the vibrant air of the hills. Only a handful of passengers remain to alight at the quiet, high-roofed station where nothing much seems to have changed since 1924.

During the journey the train has passed through 44 tunnels, over countless bridges, and through some of the most beautiful scenery of lush hills and valleys in the world. ☞



## DURING THE JOURNEY THE TRAIN HAS PASSED THROUGH 44 TUNNELS AND COUNTLESS BRIDGES...

*The famous Nine Arches Bridge on the approach to Demodara Station*



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# THE MAGIC OF THE 'OLA' LEAF

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Words: D.C. Ranatunga | Photography: Sarath Perera

An ornamented  
panhinda (stylus)

An unprecedented famine hit Sri Lanka in the latter part of the 1<sup>st</sup> Century BC. That was the time Buddhist monks passed on the Dhamma – teaching of the Buddha through oral tradition. The monks memorised the teachings and preached to the laity. With the famine setting in, the monks realised the situation was grave. Even the oral tradition was being threatened. A solution had to be found to preserve the Buddha's teaching. As a last resort the far-seeing senior monks decided to commit the teachings to writing. Five hundred monks undertook the gigantic task at a cave temple in a rural location at Aluvihara near Matale in the central hills of Sri Lanka.

The monks inscribed the words of the entire Buddhist Canon (*Tri-pitaka*) in the Pali language on talipot palm leaves, popularly known as *ola*.

This is the first recorded event where *ola* leaves had been used for writing. Earlier writing was done on rock as evidenced in inscriptions in the early period following the introduction of Buddhism in the 3<sup>rd</sup> Century BC.

This traditional art of writing is preserved to this day at least for one purpose. Astrologers use the *ola* leaf for casting of horoscopes. Numerous charts and astrological signs are drawn on it along with details of the person concerned. These are written in astrological jargon and can only be interpreted by the astrologers.

The talipot (*Corypha Umbraculifera* Linn) is an imposing palm growing to a height of around 80 feet and has a lifespan of between 40 to 100 years. The leaves for writing are taken from an opened leaf bud which is cut and brought down. The buds measure between 10 to 20 feet in length and contain about 80 to 100 leaflets.

Pirith – Buddhist  
stanzas of protection

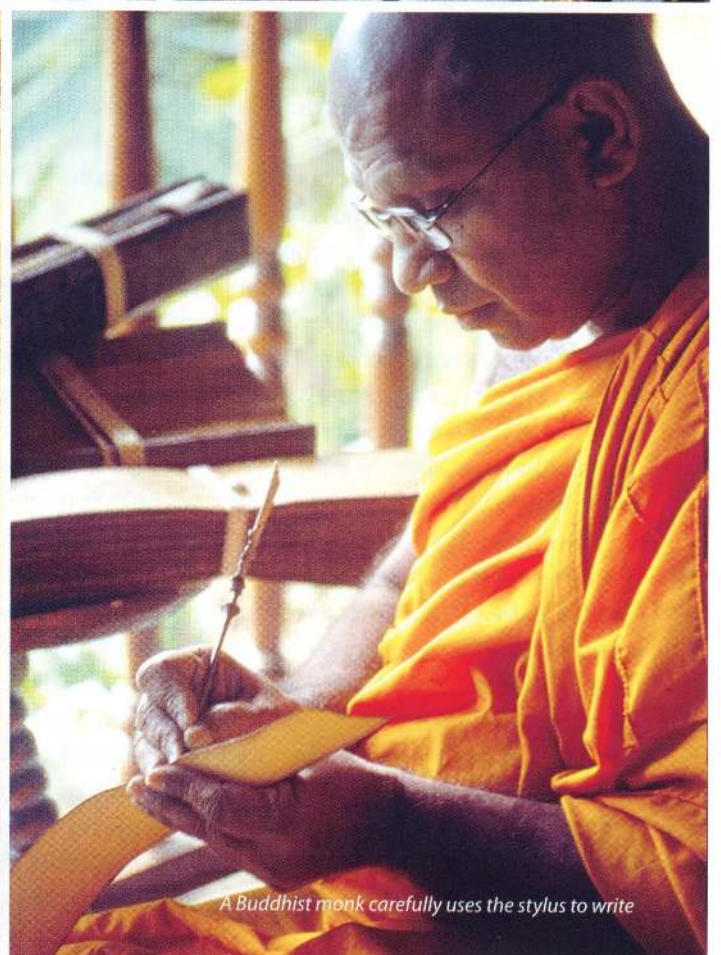




*Pulling the cured ola leaf strips back and forth on a wooden pole to make ready for writing*



*Sinhala lettering on ola leaves*



*A Buddhist monk carefully uses the stylus to write*

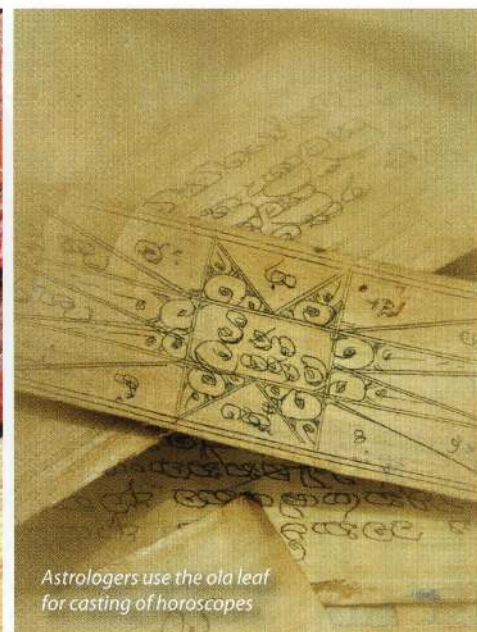




Stylus and other material used for writing



A stack of puskola poth



Astrologers use the ola leaf for casting of horoscopes

Great care is taken in cutting the bud in order to ensure that the leaves are not bruised. Similarly, they are brought down with utmost care.

The preparation of the *ola* leaves for writing is a delicate operation and quite a tedious process. First they have to be dried and seasoned.

After the leaves are cut and brought down, the leaf segments are then separated and the mid-rib is removed. Thus two strips are obtained from each. These are rolled up and dipped in water in a copper cauldron and boiled gradually using a mixture of raw papain - the milky secretion of the papaya, unripe papaya pulp and pineapple leaves. This is to soften the talipot leaf fibre making it flexible. Papain helps this process. The leaves are left in the cauldron for about three to four hours when the leaf rolls are taken out, unrolled and hung up to dry.

The drying process takes six days. They are sun dried for three days after which they are left outside for three nights to catch the dew. At the end of this operation the colour of the dried leaves becomes golden.

These are stored in the kitchen attic in rolls. The wood smoke from the hearth adds to their durability.

The rolled leaves are taken out of the attic only when they are needed for

writing. The leaf is unrolled from both sides and polished. The polishing is done by pulling the strips back and forth on a smooth cylinder of areca nut. This is done until a satin finish is obtained.

The instrument used for writing on the *ola* leaf is a stylus known as the *panhinda*. The material used to turn out the stylus varies from brass and copper to silver and gold. Their handles are elaborately carved using traditional motifs and designs. The writing is incised on the leaf with a steel point in the stylus.

In the early days the technique of writing on *ola* leaves was practised mainly in Buddhist temples. The monks used this method to document vital information which needed to be preserved for posterity. Once the writing was over, the written text was bound to form into a book. The pages in an *ola* book are narrow and the writing area is limited due to the leaf not being very broad. The length of a page rarely exceeds two feet and the width is around two to three inches. The books may contain many pages. They are put together and punched at two points and a cord sent through the holes thereby ensuring that the leaves will remain intact. These are loosened to read the script. Two polished wooden

covers are used on either side. The covers carry neatly drawn traditional motifs. These give added protection to the *ola* leaves with the text.

These are known as *puskola poth* (books made of *ola* leaves) and are stacked in cupboards and large heavy wooden boxes (*pettagam*).

The most popular of such books is the *pirith potha* - an anthology of selected discourses of the Buddha written in the form of stanzas. These are referred to as protective stanzas which, when recited, afford a protection against fear, misfortune and ill health that human beings are prone to. Every temple has a *pirith potha* and the monks chant the stanzas regularly to bless the devotees.

The native physicians who are well versed in *Ayurveda* - the oriental form of traditional medicine coming down the ages have studied from *ola* books containing ancient systems of medicine. The ancestral physicians had put down on *ola* leaves the numerous prescriptions and other curing procedures to preserve them and protect them from extinction. The old *veda poth* - medical books are treasured from generation to generation since that is the only way of studying the long-established practices, which in the earliest times was preserved through verbal communication. ❸

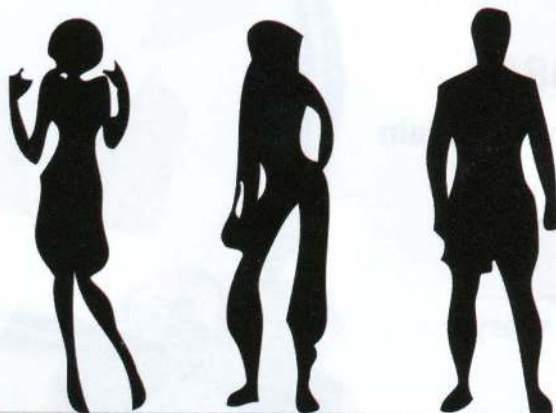




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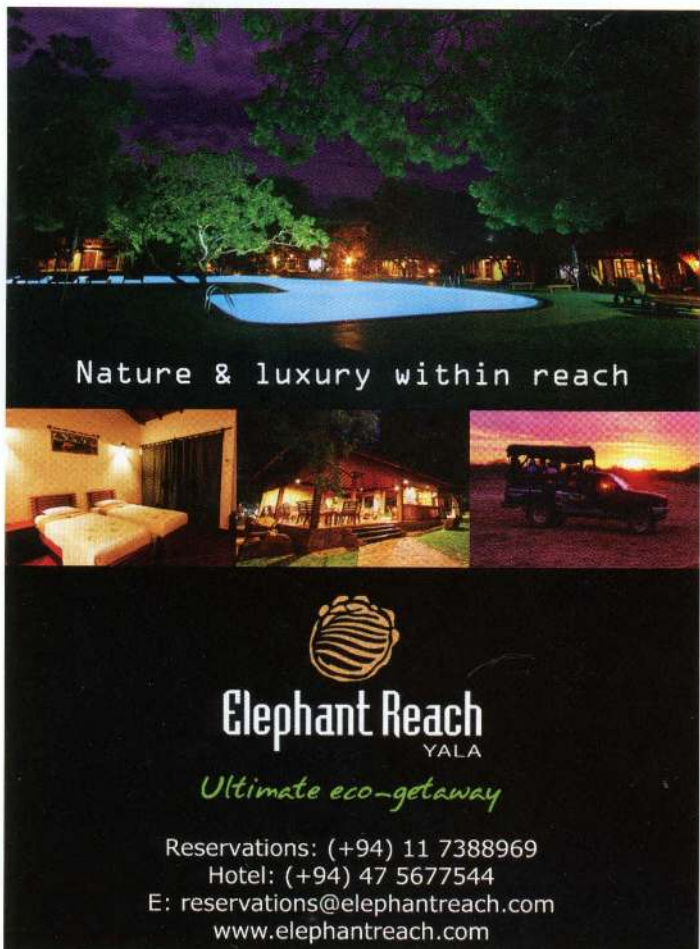
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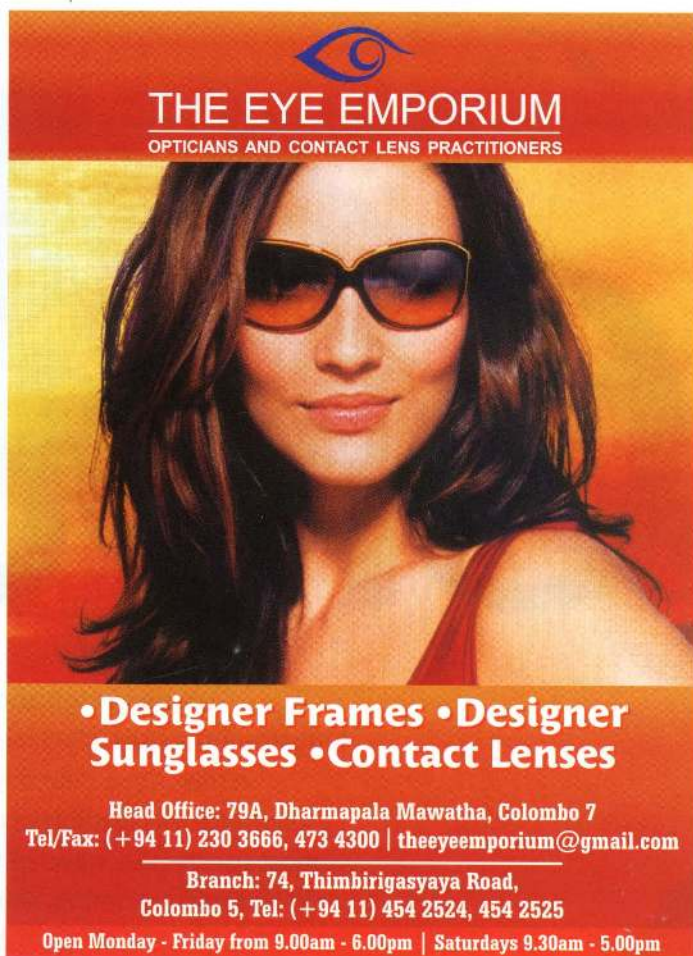





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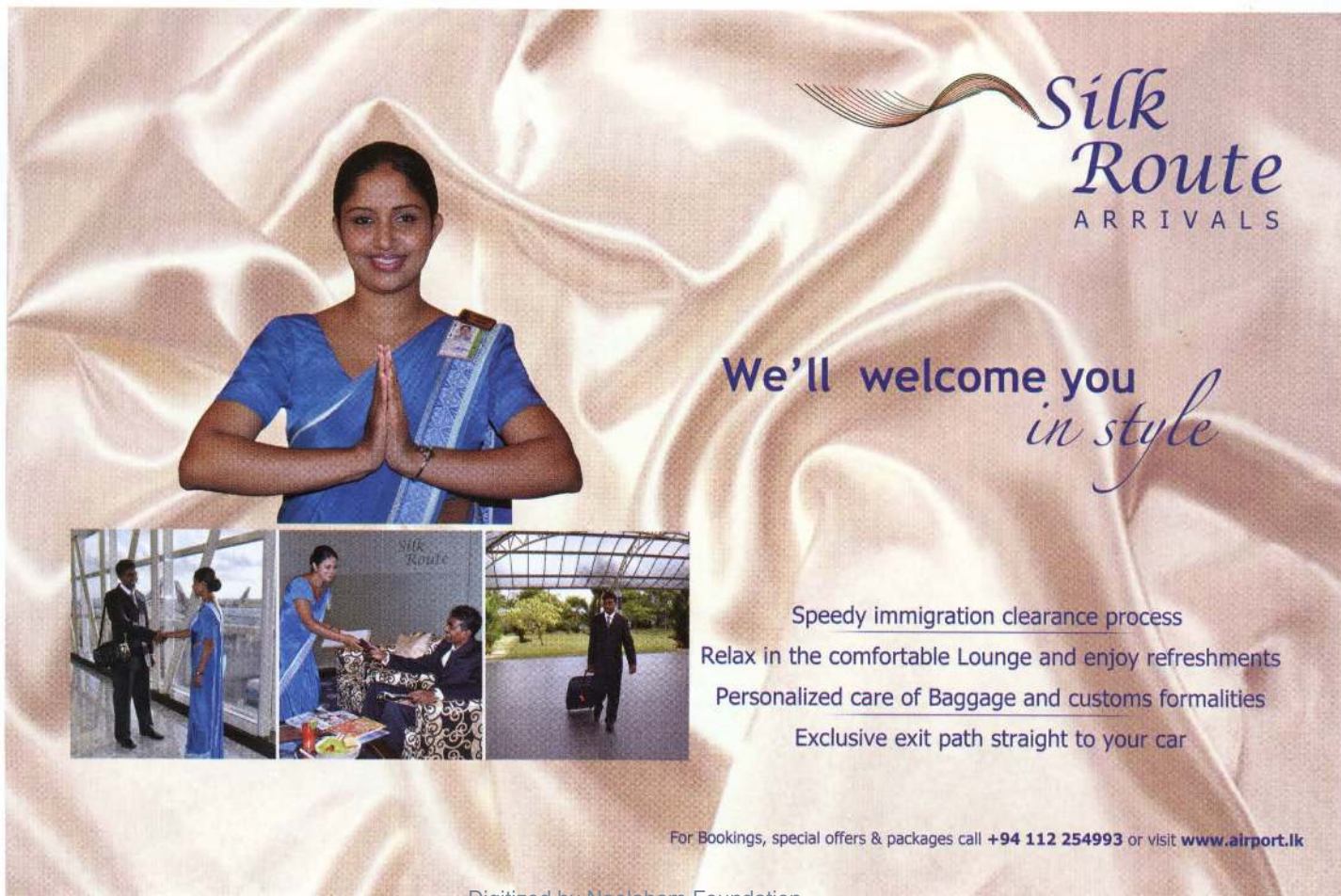
  
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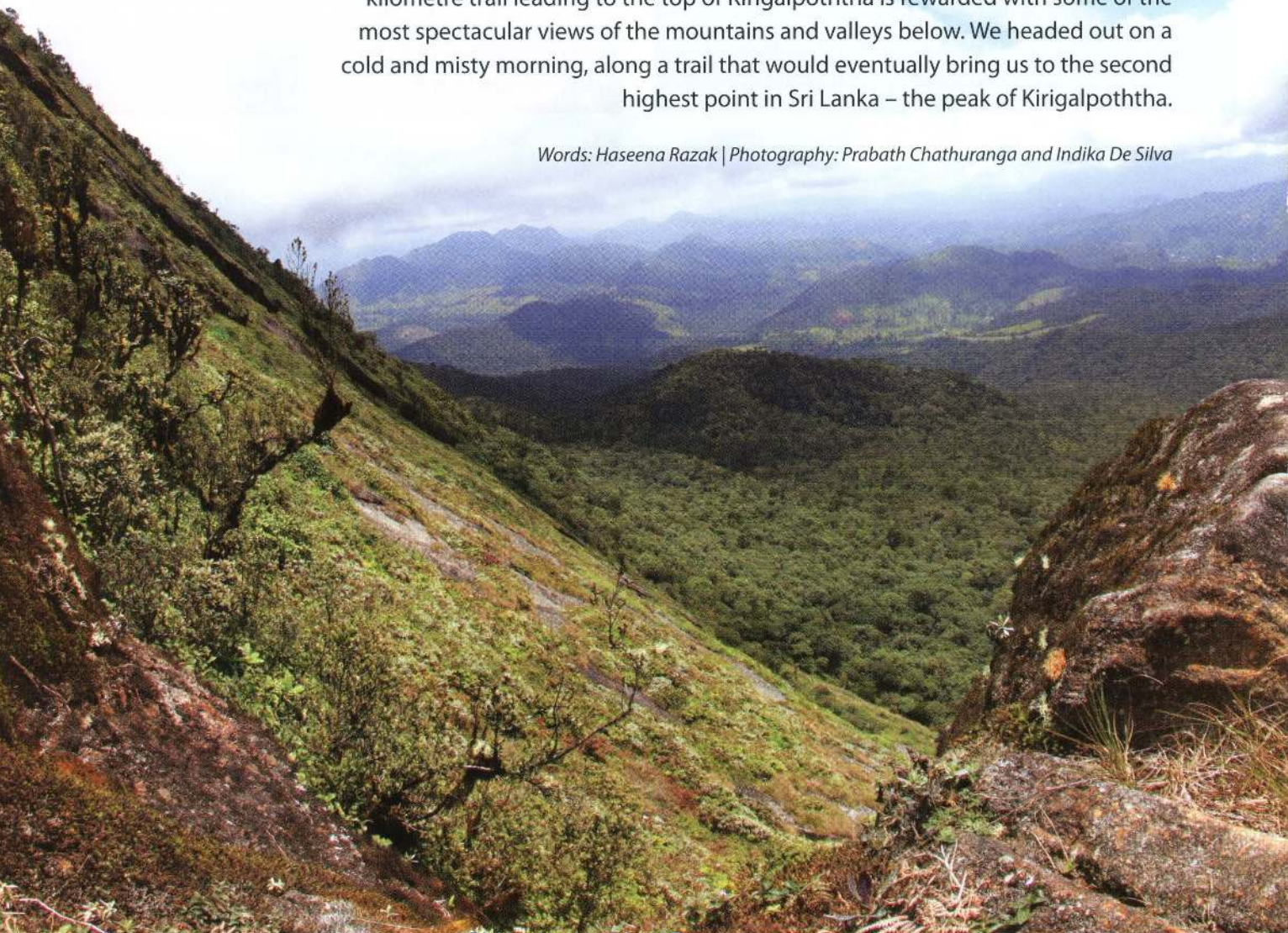
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# Into the Clouds

Looming high above the grasslands of the Horton Plains Forest Reserve, Kirigalpoththa rises 2,395 metres above sea level and its summit is often immersed in mist. On a clear day though, an explorer who has laboured up the seven-kilometre trail leading to the top of Kirigalpoththa is rewarded with some of the most spectacular views of the mountains and valleys below. We headed out on a cold and misty morning, along a trail that would eventually bring us to the second highest point in Sri Lanka – the peak of Kirigalpoththa.

*Words: Haseena Razak | Photography: Prabath Chathuranga and Indika De Silva*





We began our journey through the flat, open expanse of the Horton Plains Reserve. Under the gloom of the mist, the moors took on an almost otherworldly strangeness. The wind enhanced the atmosphere by making roaring sounds far behind us, whispering in the grass beside us and blowing cold gusts in our faces every so often. There was no footpath among the grass and thorny bushes, but our guide strode confidently ahead, leading the way towards the jungle in the distance.

Soon enough however, a narrow little dirt path emerged, which was relatively easy to follow. Looking out on the vastness of the plains, rimmed along the horizon by forests

and crowned by the turbulent skies above, induced in us an unfamiliar feeling. This kind of landscape – misty moors surrounded by jungle – is not a common sight in Sri Lanka and we felt we were observing some of the wildest settings in the country. We were awed by how insignificant we felt walking along that footpath sandwiched between jungle and vast grassland – five tiny travellers engulfed in the enormity of nature.

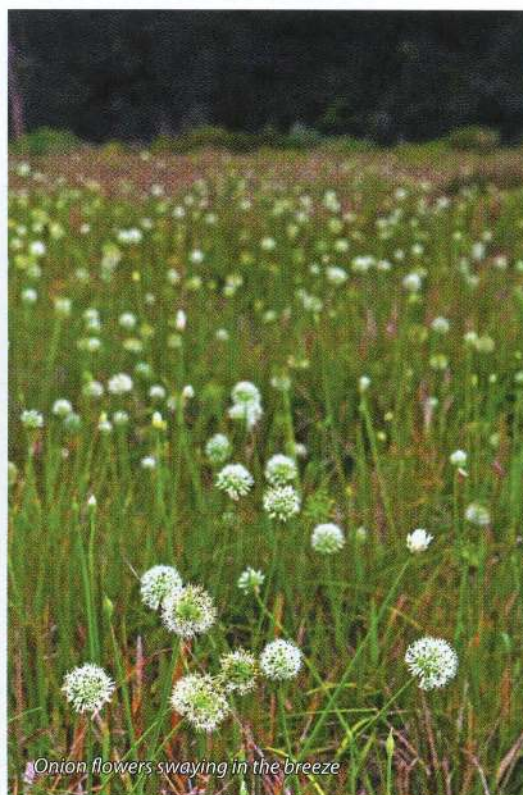
Then, to our relief, the sun struggled through the clouds and immediately the mist began to dissipate. Grateful for the unexpected warmth, we strode along the path that led us into the jungle. Our surroundings changed instantly. The path began to slope up

and down, making it much harder to keep up our pace. At this elevation, the jungles are called cloud forests because leaves are able to strip away the moisture of passing clouds. As a result, dew glistens on leaves, twigs and spider webs late into the afternoon. The high moisture content also ensures that there is something growing on every surface. Different types of furry moss and other types of small plants created a hundred minuscule jungles on the barks of trees. A baby horned lizard stared straight at us from one of the little jungles.

Above the branches of some trees, our guide pointed out the destination of our journey. Standing on tip-toe we gazed up at the peak of Kirigalpoththa.



*An enchanting view of the trail*



*Onion flowers swaying in the breeze*



*Furry green moss clings to a moist surface*

WE WERE AWED BY HOW INSIGNIFICANT WE FELT WALKING ALONG THAT FOOTPATH SANDWICHED BETWEEN JUNGLE AND VAST GRASSLAND – FIVE TINY TRAVELLERS ENGULFED IN THE ENORMITY OF NATURE



Its steep sides were covered in deep green vegetation and it rose into a thick cloud of white mist. To actually be able to see the goal of one's travails is daunting and assuring at once. Doubts about the possibility of trekking that far began to creep into our minds, while at the same time we understood how senseless it would be to give up now. So on we went, clambering over rocks and negotiating waist-deep gorges.

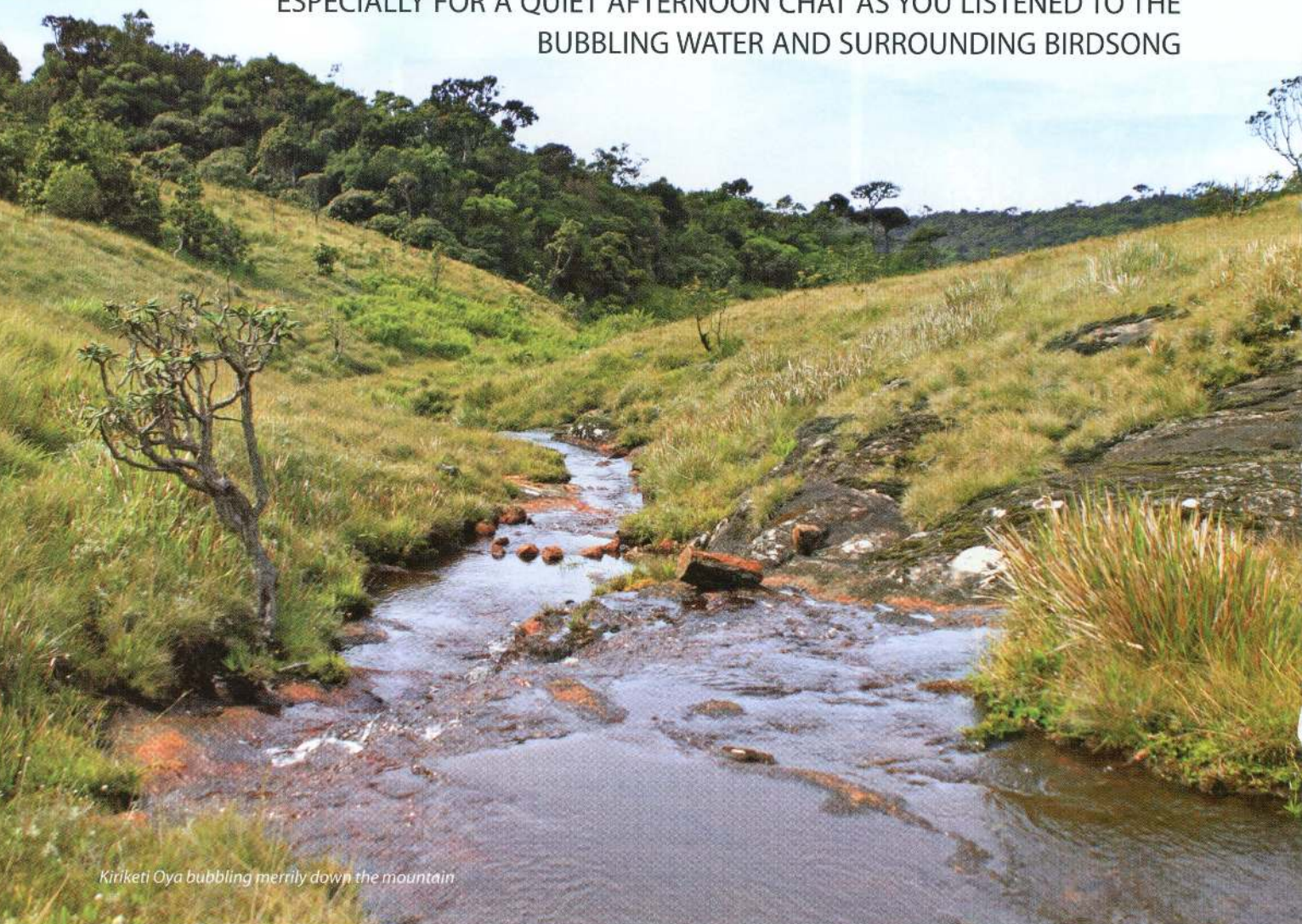
We came out on the open plains again and headed down to an enchanting little stream called Kiriketi Oya. Along the way we tasted some sour-sweet wild berries. The brown rock

bed of the stream glistened through the waters as the sun shone down on it. Marigolds and *Nil Binara* smiled up at us from the ground. Here was a place that nature had fashioned, it seemed, especially for a quiet afternoon chat as you listened to the bubbling water and surrounding birdsong. As we fell into this happy reverie, our guide pointed to the sky and warned us urgently that a thick mist was fast approaching. To appreciate the view from the top of Kirigalpoththa, it was essential we get there before the cloud of mist did. Now, in competition with nature herself, we hurried – as fast as the

difficult path allowed us – to the foot of Kirigalpoththa mountain.

The base of the mountain was covered with hundreds of flowering wild onion plants. Walking through the plants we admired the sea of powder-puff-like white blooms amidst the faint aroma of onions. On reaching the jungle covering the bottom of the mountain, we braced ourselves for the steep climb that lay ahead of us. At certain points the climb became excruciatingly difficult as we slipped in ditches and had our feet buried ankle-deep in boggy areas. As tired as we were however, we kept up our trudging unwilling to give up so close to the end.

HERE WAS A PLACE THAT NATURE HAD FASHIONED, IT SEEMED,  
ESPECIALLY FOR A QUIET AFTERNOON CHAT AS YOU LISTENED TO THE  
BUBBLING WATER AND SURROUNDING BIRDSONG



*Kiriketi Oya bubbling merrily down the mountain*



Finally, after marching on seemingly forever through thick forest, we came to a clearing. It was a cliff that looked out over what appeared to be the whole world. Mountains and plains covered in green lay thousands of feet below us, arranged in breathtaking display. However, this was not the summit of the mountain, our guide informed us. There was still about ten minutes more of climbing to do.

The final phase of the climb was not as difficult as several areas we had passed along the path. It was however, the most thrilling. There was an extraordinary exhilaration in being able to see the mountain fall away thousands of feet on either side of us. We held onto trees and even each other as we climbed up rocky and forested spaces. The path leveled out and we came to a small glade to find our guide already there, smiling at our exhausted faces. We peeked over the edge of the precipice. This was, at long last, the summit of Kirigalpoththa – the second highest point in all of Sri Lanka. It was pure elation we felt, as we surveyed the cloud-capped mountains surrounding the grasslands below us. Every trace of weariness fell away as we stood there absorbing the magnificent scenes, perhaps made all the more beautiful for the effort we had put into catching a



*One of the flowers that adorned the trail*



*An eye-catching flower of a carnivorous plant*



*A ground orchid*



*A vibrantly coloured beetle crawling along a branch*

glimpse of them. I wanted to somehow put the feeling into a bottle and take it back home with me. But I knew it was impossible. That is why millions of people all over the world have made a hobby of climbing mountains. That is why, despite the struggle it was to climb Kirigalpoththa, we would probably make the climb once again. ☺

**Getting There:** the Horton Plains Nature Reserve is approximately 210 kilometres from Colombo via Avissawella, Dehiowita, Karawanella, Kitulgala, Ginigathhena, Hatton, Thalawakele, Nanu-Oya, Ambewela and Pattipola. The trail to Kirigalpoththa can be accessed through the Visitor Centre at the Pattipola Entrance of the Reserve.

*The exhilarating view from the top*



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# Cuisine of Paradise



Home is where the heart is, and food that warms any heart is homemade. Thus, it is so in Sri Lankan cuisine. From the popular 'black pork curry', or even the velvety glazed *batu moju* (fried eggplant in a vinaigrette), to the humble dhal curry, tradition infused cooking is definitely a big deal in the country. Having said that, the island is no stranger to cuisine influences from the world over...

Words: Sonali Kadurugamuwa | Photography: Menaka Aravinda



Sri Lanka, no doubt, is renowned for its tea, natural richness in culture, heritage, flora and fauna, however, little is known of one of its most simple yet treasured indulgences – its cuisine. Blessed with fertile soils and limitless fresh catches from the ocean, the varied cuisines are just as bountiful.

Rice and curry is a staple in Sri Lanka with rice being the main serving alongside an assortment of vegetable and meat curries and many would agree that this plateful is as colourful as they come – stained with spices like lush yellow turmeric, chilli powder, cinnamon, then reddened with beetroot curry, warmed with fried chilli potatoes, snake gourd curry, sumptuous blackened sour fish and its thick gravy and last but not least a

tangy coconut sambol, garnished with crispy pappadums. This would more likely represent a traditional Sri Lankan meal with several more choices of meat and vegetable sides, of course.

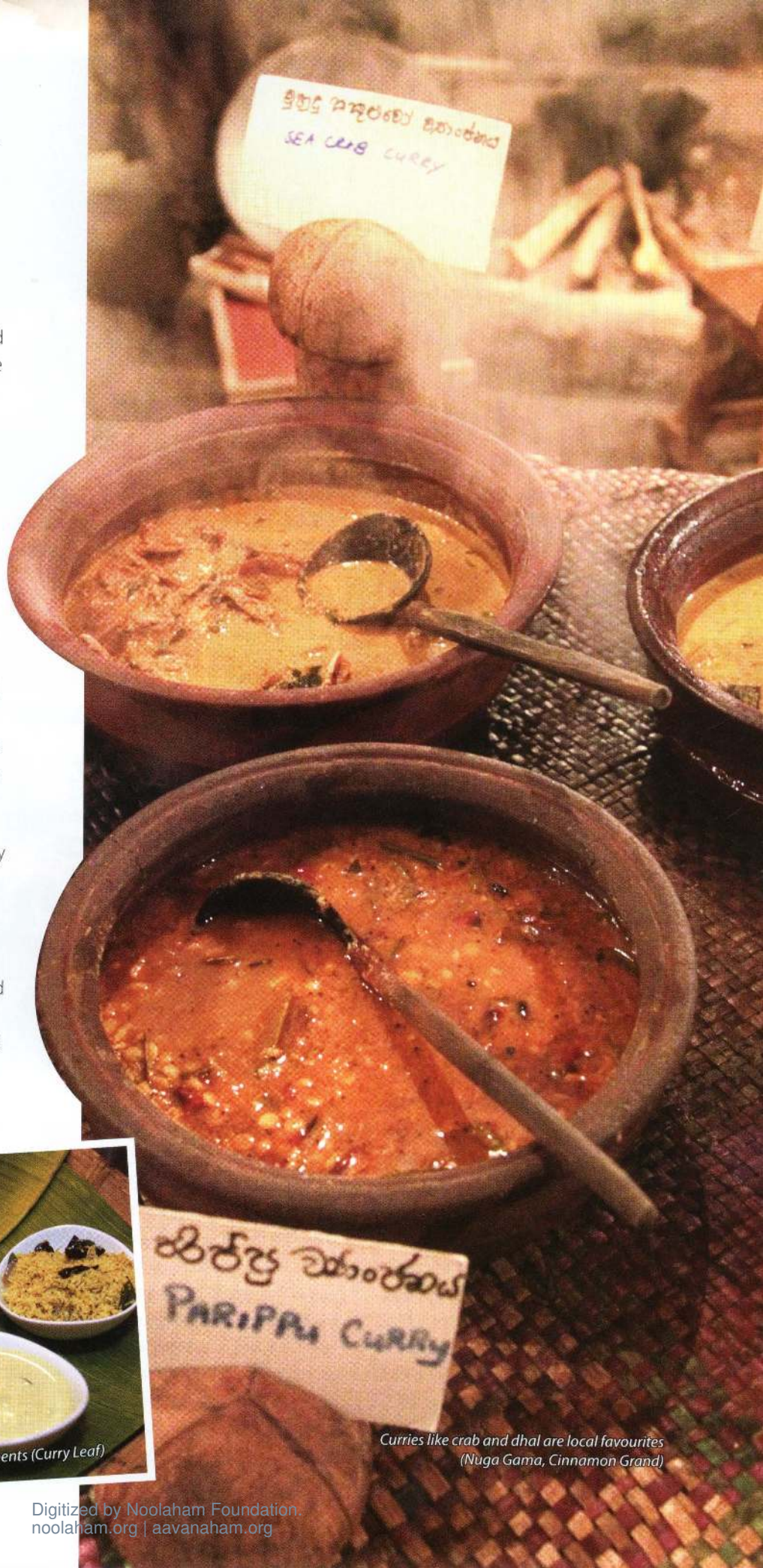
Regional recipes for traditional dishes have their own distinctive styles of preparation and methods of cooking and have been largely influenced by the islanders' diverse origins. *Ambulthial* (a sour fish curry) is a specialty dish hailing from the southern coastal regions of the country and is an island delicacy. The lagoon crab curry and cuttlefish braised and cooked in its own ink, are true belles of the northern coast, while *polos mallum* (young jackfruit sambol), *polos* curry, and curd and honey, all-time-sought-after favourites, are celebrated dishes from the heart of the country – the central dry zone regions.

An array of dishes at Curry Leaf,  
Hilton Colombo



Although these dishes and more are considered food anthems of their regions, they have now, gradually made their way to Sri Lanka's commercial capital – Colombo. And finding them anywhere, usually with an added twist to please the fusion of palettes, in Colombo's numerous restaurants, is a well earned treat for locals and tourists alike, in the midst of the bustling city.

In Colombo, Nuga Gama at the Cinnamon Grand hosts a most traditional setting. With the sky, whether noon or night, always suspended above large sheltering Nuga trees and sands crunching beneath the feet as one enters into its village like surrounding, this restaurant mimics aspects of a truly conventional rural township that cooks and eats together. While snacking on traditional appetizers like tempered prawns or gram, manioc chips or even *kohila* root cutlets, one can watch a cultural show, performed by traditional dancers and other local artisans on a rustic style stage. The buffet table beside a country kitchen teems with traditionally made dishes, amidst it all. Peppered cubes of pork immersed in thick blackened gravy, *kohila* leaf curry – fibrous and chewy, seer fish in a turmeric gravy, and chunky gourd curry, are one too many of the dishes on offer. Wood apple and *amberella* juices make for a quenching drink, village style and what's for dessert you say?



Curries like crab and dhal are local favourites  
(Nuga Gama, Cinnamon Grand)





BLESSED WITH FERTILE SOILS AND LIMITLESS FRESH CATCHES FROM THE OCEAN, THE ISLAND'S VARIED CUISINES ARE JUST AS BOUNTIFUL.

*Dinner under the canopy at Nuga Gama*



*Scenes from a skit from the cultural show beside the buffet (Nuga Gama)*



*A fire breather showing off his skills at the cultural show (Nuga Gama)*

At Nuga Gama the desserts are set over woven baskets and as is the case with many Lankan sweets, treacle is the main component in bringing out their brownish tone and sweet taste. With assortments of *Kalu dodol*, cubic loafs of spiced muscat like sweet, rich milk toffee that melts in your mouth, grainy *aluwa*, or even simple cuts of sweet pineapple, Nugagama is a specimen of top restaurants that preserve the taste of true Sri Lankan culture and tradition in its cuisine.

The Curry Leaf restaurant at the Hilton Colombo, specialises in authentic Sri Lankan cuisine along with a generous helping of a fresh seafood display of fish, prawns, crab, cuttlefish, that are made to preference. Stalls under the open sky; chopping up fresh ingredients for a *Kottu* dish, which is one of the most rhythmic yet noisiest dishes you can have in Sri Lanka, with

twin metal blades hitting the chopping board to a folk tune, while cutting and mixing up onions, carrots, chives, soft rotti and choice of meat... the *pittu* stall with the vibrant red and white *pittu* selections, made with red rice and white rice flours accompanied by fresh coconut milk, scraped coconut, spicy red *lunu miris* (combination of ground raw onions and dry red chillies) and sweet potato – served with the sweetest of smiles by a local food artisan, while another fries up some

mouthwatering oil cakes, a widely adored sweetmeat. And the hopper joint; where the hoppers come with a choice of the plain hopper, milk hopper and the egg hopper.

A buffet with an array of traditional curries such as the nutritious murunga or drumstick curry, mutton and chicken curries to name a few, also the varied tangy chutneys as relish on a bed of white rice, are all equipped and ready for sumptuous pickings. In the background, live instrumental folk music sets the



*The many traditional desserts to choose from (Nuga Gama)*





*Sizzling hot wok ready to receive some fresh seafood (Curry Leaf)*



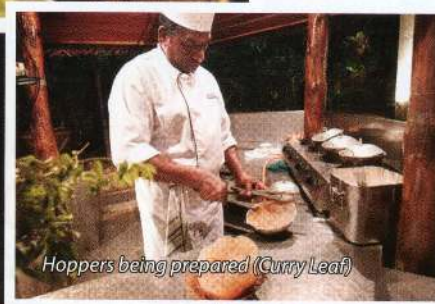
*Choice of seafood for fresh pickings (Curry Leaf)*

mood for a good hearty Sri Lankan meal and what's a spicy meal without a sweet ending! Caramel pudding, where east meets the west, watalappam, a spiced version of the Spanish custard-flan, spiced ice-cream, delightful *kiri-pani* (curd and honey) and more.

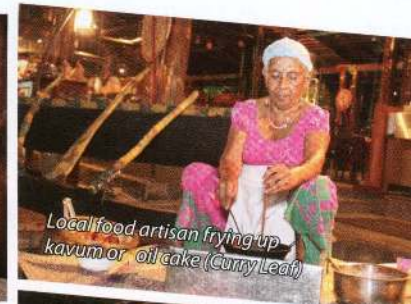
Just as considerably keen as Sri Lankans are on a good hot cup of tea every now and then... so is their love for the curries and sweetmeats that hail from tradition. The flavours and aromas, the abundant and harmonious use of spices, the variety of dishes and their meticulous preparation, are a symbol of the country's diverse appreciation for authenticity. ☺



*Curry Leaf restaurant*



*Hoppers being prepared (Curry Leaf)*



*Local food artisan frying up kavum or oil cake (Curry Leaf)*





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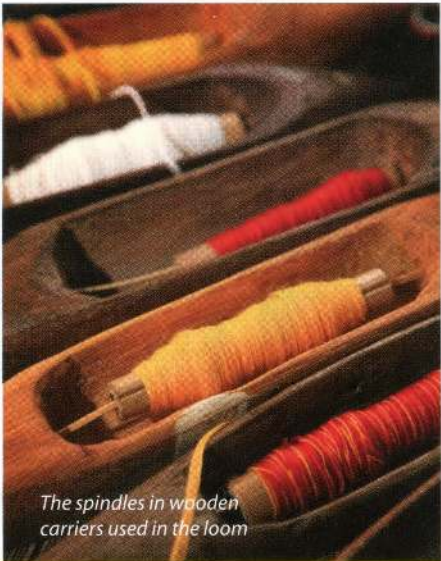
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The coloured spools of thread used in weaving



The spindles in wooden carriers used in the loom



Intricate details of a traditional design

# WEAVING WONDERS

When all is still, a rhythmic clatter echoes in the distance, its source nowhere in sight. In the heart of this remote village wrapped in old world charm, is where one of the Island's oldest cottage industries still lives on. cursory glances would go unawares of deft fingers at work, weaving together no less a work of art – one that has been learned and preserved through the ages.

Words: Prasadini Nanayakkara

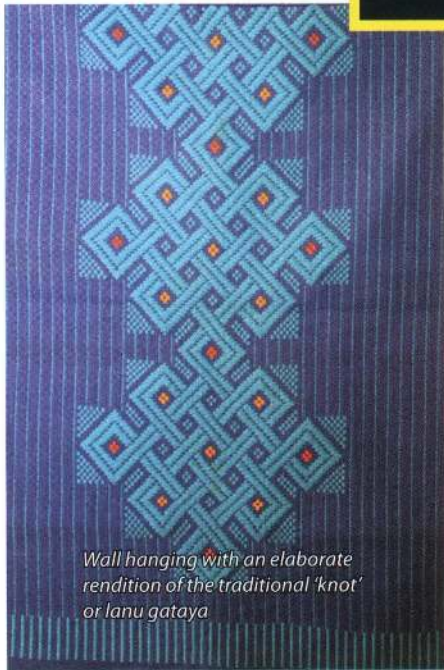
Photography: Prabath Chathuranga and Indika De Silva



The vibrant colours stand out against black



Sarees are a new addition to the handloom products



Wall hanging with an elaborate rendition of the traditional 'knot' or lanu gataya



A wall hanging of more sober colours



The more modern design of a vibrant tapestry





The oldest chronicles of Sri Lanka record that when Prince Vijaya set sail from India and arrived upon the golden sands of an island, *Thambapanni*, his first encounter was of a woman in the forest, spinning cotton yarn. Thus the making of hand-woven material may have existed as far back as the 6<sup>th</sup> century BC in the country. However, actual evidence of the craft's existence in Sri Lankan history can be dated back to the Kandyan era, the hill capital. With the King's patronage the weaving industry flourished and endless items of clothing, and fabric were made.

Today, this traditional weaving on the loom still remains in the Kandy District, much the same as in the past, in a little village named Talagune of Ududumbara. Renowned as the Dumbara weavers, they are the remnants of their Kandyan ancestors. Reached by the Kandy-Mahiyangana Road (A26), Talagune is located away from Kandy towards Hunnasgiriya. The narrow roads that fall through Talagune

show no hints of houses, instead, they sit below the road's elevation away from view. However any passerby could point out the individual houses as these weaver families are well known among the community and there are about eight remaining in Talagune.

The first of them that we discovered was Priyantha Premachandra. Once directed to the house we at once spotted the workshop set away from the house. Through the open windows we could see a woman busying herself at the loom. Within the workspace stood six of these contraptions. Premachandra sat at work behind one and on a closer look at the loom in action one is reminded of an exposed grand piano with its many strings and inner workings linked together to produce a beautiful work of art with the artiste's finger-work at the helm.

This was a family of weavers; Premachandra in the footsteps of his father continuing the tradition of their ancestors along with his sister, who runs

a separate facility farther away, and his sister-in-law, already a year into the trade was at a loom gradually weaving a wall hanging. His mother too sat at a wheel spinning thread onto spindles that could be used in the loom. Worked with a foot pedal this apparatus called "*Huludeva*" consists of a spinning wheel and is made out of bamboo strips. The spindles are then placed in narrow wooden 'cradles' that are passed horizontally through the loom's taut vertical strings adding string after string forming the design along with the entire cloth – from scratch. This is far more a complex process than can be described in words – or so I felt as I watched the nimble fingers at work.

As I watched Premachandra slide ekel sticks through the body of vertical threads marking the positions of the design to be woven, he spoke of his beginnings in the trade. Starting soon after his schooling, it was a comfortable transition, and he soon mastered the trade. It takes about a year for a weaver to become fully trained at the loom and





*Wall hangings of vastly different designs made entirely on the loom*

One could marvel at the fact that these have been entirely woven upon a loom with just loose threads and a single individual.



*A collection of woven products*

try out the more complex designs. Many of these designs are cast to the memory of the weaver who uses no other reference more often than not. Today with accolades to his name, Premachandra supervises the others in the workshop and caters to a broad clientele, from hotels and shops to customised orders. Wall hangers, cushion covers, bags, bedspreads and bed runners comprise of the many items frequently produced. Looking at the finished product – the intricate designs and the vibrant shades and colours – one could marvel at the fact that these have been entirely woven upon a loom with just loose threads and a single individual.

Farther up the road is Chandana Yapa's residence. With 25 years in the trade he too runs his own loom facility, taking the reins from his father Sirisena – a veteran in the trade. Chandana however takes a different approach to his designs. With more vibrant tapestries, he has also derived modern designs from the traditional motifs such as the '*lanu-getaya*' (knot). In addition to the usual handloom products, sarees are also woven at this facility. An illustration of a lighthouse set in a vivid background, one of his more creative ventures, could very well have passed off as an oil painting. Fittingly it has won him an award, one among others in recognition of his skills. He rummages through a file of gathered sketches, designs and scribbles, to fish out a photograph of a '*diya kachchiya*' or bathing attire which at present is displayed at the National Museum. This particular clothing is of historical value as it was worn by the King and is the very one woven by his great grandmother.

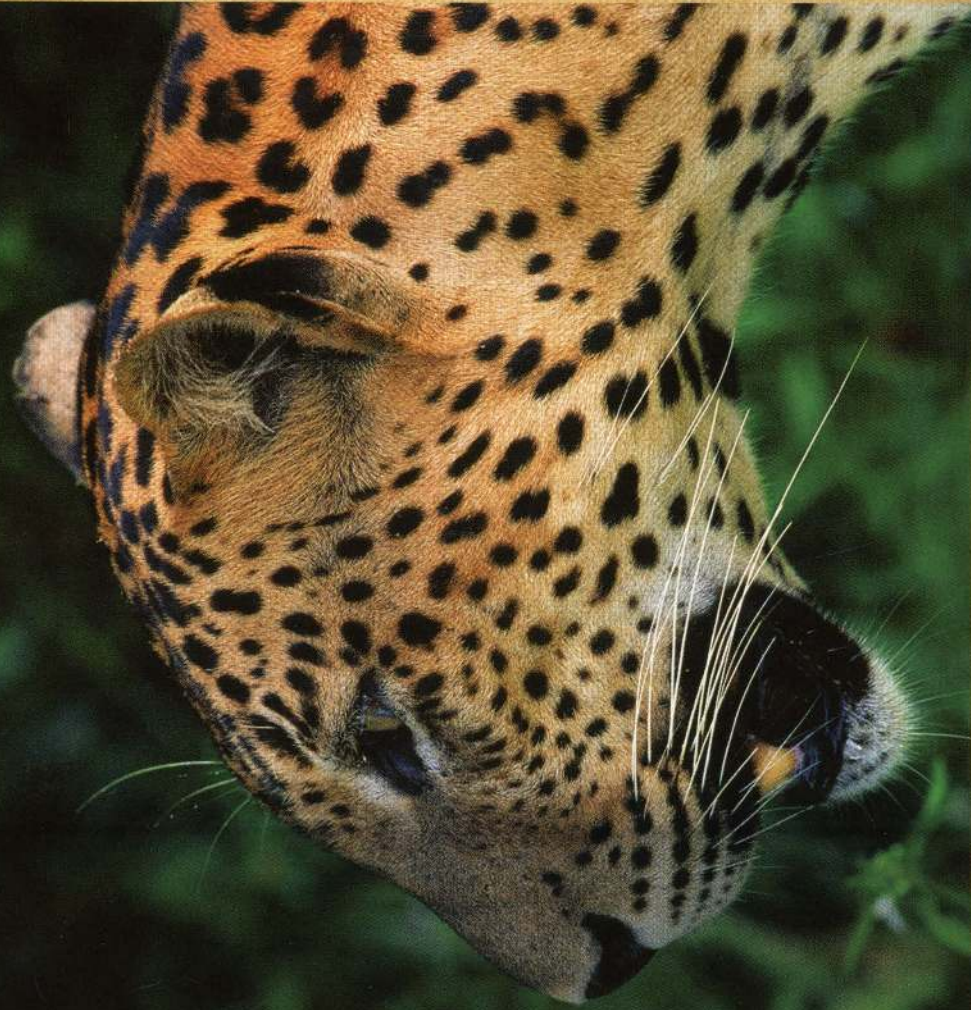
While his business at present thrives with the booming tourism and many orders and customers, Chandana reflects on a recent past when weaving took a standstill. During this time an age-old craft was laid temporarily to rest and farming fresh produce served as a more practical means for a living. He smiles as he adds the finishing touches to a wall hanging, today it is all he does and all he needs to do. In this little village, and only in this village the weaver's loom continues its hum... 





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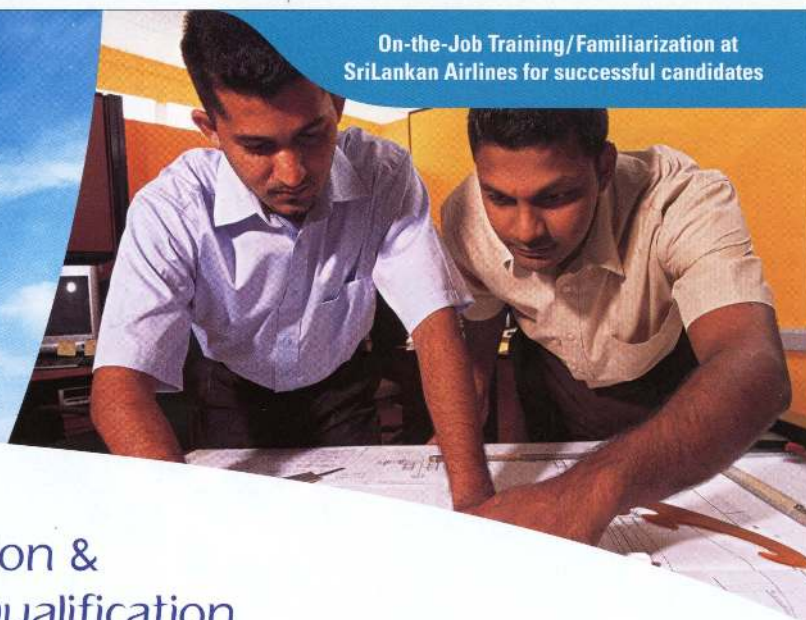


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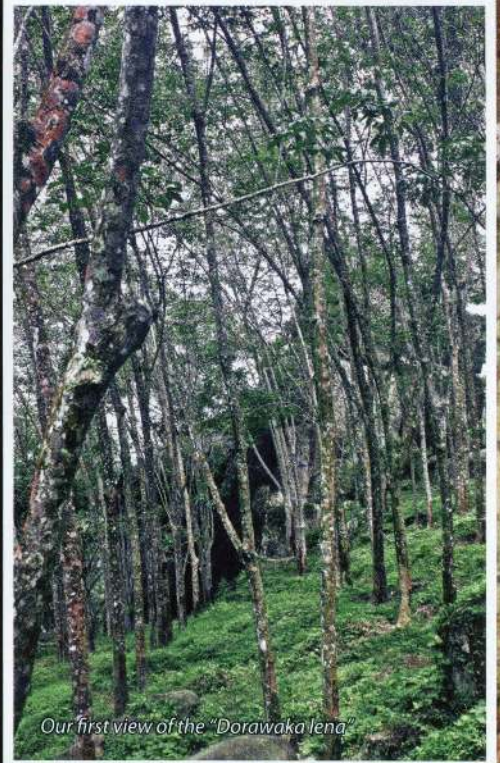


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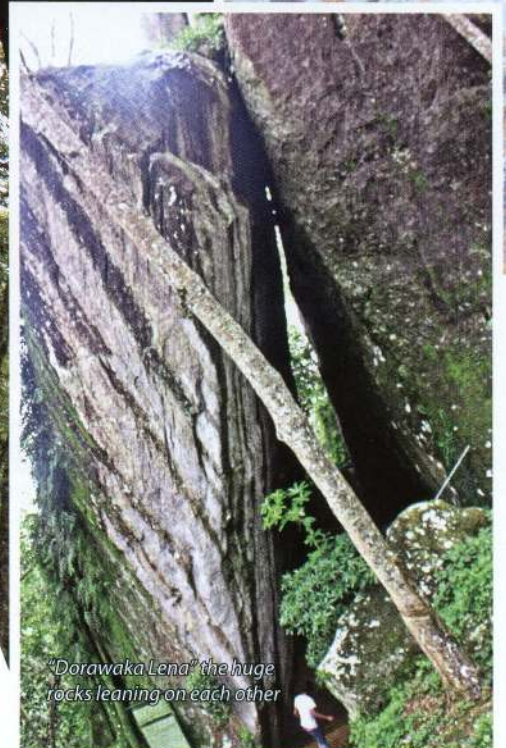
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Our first view of the "Dorawaka Lena"

From inside the cave



"Dorawaka Lena" the huge rocks leaning on each other

If you have an adventurous streak in you, if you love mythical stories mixed with archaeological fact, if you like interacting with people, learning about local culture and exploring the path less travelled, then keep reading.

Words: Dr. Aadhil Aziz | Photography: Atheeq Ifthikar Mahuroof

# DORAWAKA LENA





Bingala Thana Raja Maha Viharaya

**D**orawaka Lena is an ancient cave with archeological findings dating back to 6300 BC that was initially discovered in the 1940's. Situated near Warakapola in the Kegalle District, finding the way to Dorawaka Lena is not an easy task. We reached Warakapola by the Colombo-Kandy (A1) highway, then turned right on to the Warakapola-Anguruwella (B457) Road.

After driving about five kilometres through paddy fields and rubber plantations, we came to a fork in the road, and took the path on the left. We continued until we reached the "Natha Devaleya", where workers at the rubber plantations would come to bless their knives at the start of each workday.

Proceeding farther we arrived at the "Bingala Thana Raja Maha Viharaya",

a recently restored ancient temple. The number of unique artifacts inside the temple was astounding, with attention to detail, using natural dyes, to create a spectrum of colour that was simply beautiful. There are several stories surrounding this temple; one is that under the temple there is a place called "Bing Geya", where donations received are stored. Near the *Bing Geya*,



it is rumoured, existed a secret tunnel system where one was able to travel underground to surrounding areas such as "Beligala", "Dhadi Gama", and "Sthri Puraya". One place of significance called "Soothigara Chaithya", is said to be King Parakramabahu's birth place. Another interesting story about the temple is that of the Sacred Tooth Relic. It is said that the Sacred tooth relic that is currently placed in Kandy at the Dalada Maligawa or Temple of the Tooth, was once hidden at this very temple. This was supposedly one of approximately 50 places where the Sacred Tooth Relic was hidden around the Island, before finding its permanent home in Kandy.

The friendly folk in the area helped us to find someone who could guide us through the rest of the way, as from this point on we would have to proceed about one kilometre on foot. Along the way as we trekked through rubber plantations where underground springs surfaced from time to time, our guide showed us how to use the uniquely shaped rubber-tapping knife to tap milky rubber sap from the rubber trees. It is this milky white sap that is processed to make various rubber items.

At first sight, the Dorawaka cave, or "Dorawaka Lena", is hard to make

out. It almost magically appears out of thin air, with the trees parting to bring to the fore two gigantic rectangular rocks leaning on each other. As you approach the cave, the first thing that you notice is the sound of bats shrieking, which is quite eerie. Standing at the foot of the rock I couldn't help but gaze in awe at the size of these two marvellous structures, coming together to form the entrance of the cave.

Walking into the cave you come across a signboard put up by the Department of Archaeology establishing the cave as one of the protected archaeological sites of



*The drawing of the two elephants*



*Kurutu Gee*



*Another drawing etched into the stone*



This excavation was one of the most important archaeological discoveries... as it was the first time that the existence of civilisation in Sri Lanka during the Neolithic period was proven.



*Extracting the milk from the rubber tree*

interest in Sri Lanka. The original carvings have been numbered, and with a flashlight, it was easy to make out several markings, ranging from "scribbles" called "Kurutu Gee", to carvings of animal-like shapes, said to be an elephant and its calf.

With so many archaeological sites in Sri Lanka, some reportedly dating back to 700,000 BC, what made this site special? According to Dr. W.H. Wijayapala, former Director General of Archaeology (and chief excavator of this particular site in the early 1990s), this excavation was one of the most important archaeological discoveries made in the country, as it was the first time that the existence of civilisation in Sri Lanka during the Neolithic period – the transitional period between the stone age and the copper, bronze and iron ages that arose with farming – was proven.

Furthermore, the carvings on the stone wall of the cave had to be made with metallic tools, and some domesticated grain (Kurakkan) seeds, fireplaces and pottery of this period were also found. This area is thought to have been home to two to three families, and the combination of these findings were the definitive proof needed to confirm a Neolithic period in Sri Lanka, estimated to be around 6300 BC.

Dorawaka Lena is just another example of the abundance of interesting and unique sites and stories, which make this an island extraordinary! It's amazing what a small trek off the beaten track will show you, in terms, of the wealth of historical and archaeological sites, and the mythical and magical stories intertwined with so much fact and spoken with such conviction, that it makes you almost believe. ☺



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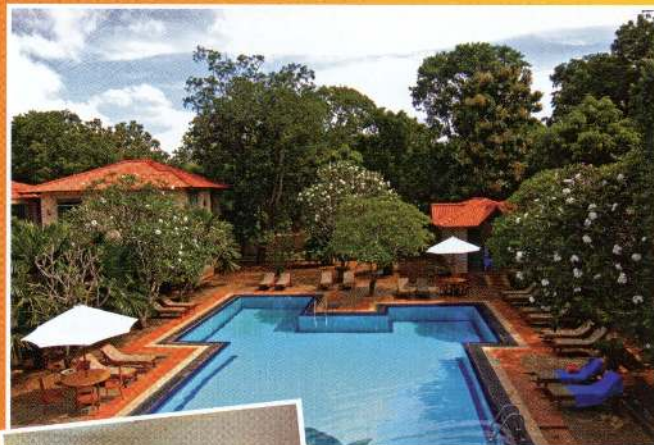


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TORONTO – Known for years as “Toronto the Good” for its dry Sundays especially during prohibition and its plethora of churches that once stood on every corner, the city has since grown up from its staunch Victorian-centric days.

# HOGTOWN *Smiles*

Words: Ilona Kauremszky  
Photography: Stephen Smith

Now hovering high above the darting seagulls flitting by Toronto's waterfront, red suited adventurers clad in hardhats send high fives among themselves as they shuffle along the CN (Canadian National) Tower's Edge Walk.

With the introduction of the booming metropolis' latest extreme urban attraction this past autumn, tourists now anxiously cue to walk the roof's circumference. Surpassed only a few years ago, this freestanding structure once considered the world's tallest, remains the jewel in the city's skyline.

For the rest of us, there's the 58-second ride on one of the four glass floor elevators that blasts off from the CN tower's exterior. As you gaze down, the busy street life reveals an unusual orderliness where buses and taxis have separate laneways from other motorists.

Still Toronto's famous landmark remains ever popular as does the array of cultural offerings with its vast network of dining and shopping options that regularly shine onto the urban scene.

What this spells out to the more than 3.3 million residents of Torontonians (affectionate moniker describing the locals) is a success story of sorts.

Consider the long list of festivals that have garnered worldwide attention. There's the Scotiabank Caribbean Carnival, Toronto's celebration of its rich Caribbean culture; the Toronto International Film Festival (TIFF), regarded as the third top film festival in the world; and the two-week running CNE, Toronto's long anticipated summer farewell exhibition, a city staple around for 133 years. It's clear that Toronto, which in Huron means “meeting place,” is living up to its name.

Visitors are quick to remark on how clean the streets are and how safe they feel as pedestrians. With its traditional city grid pattern, the downtown core resembles any street in, let's say, New York City. Sir Peter Ustinov once called Toronto, “New York City run by the Swiss.”

By the waterfront rollerbladers, bicycle enthusiasts, joggers and pedestrians travel along the Harbourfront's boardwalk. Neatly sectioned off pathways along the Martin Goodman Trail stretch ten miles around Lake Ontario, connecting the east end known as The Beach with its cottage-like homes to the city's west end with its slick condominiums.

But, things weren't always so neatly mapped out. During the 1700s, the British purchased the land from the Mississauga Indians for \$3,400. Locals referred to this district as “Muddy York,”





*The symbolic City Hall exemplifies the everchanging city*

**"T.O." (FOR TORONTO, ONTARIO) IS A HIP SPIN-OFF FROM L.A. AND REFLECTS THE MOVIE-MAKING PRODUCTIONS RAIDING THE STREETS AND CELEBRITIES WHO ARRIVE TO WALK THE ANNUAL TIFF'S RED CARPET.**

reminding everyone of the squalid conditions of the town's muddy roads.

Later, when the city had the largest pork yards in North America, it became known as "Hog Town." These days, "T.O." (for Toronto, Ontario) is a hip spin-off from L.A. and reflects the movie-making productions raiding the streets and celebrities who arrive to walk the annual TIFF's red carpet.

Most attractions are downtown and midtown, making travelling by foot or commuting by local transit easy. Affectionately known as the "Red Rocket," the Toronto Transit Commission

with its subway, buses and streetcars provides a service spanning the entire city for a cheap \$3 ticket (Canadian).

Swanky boutiques, avant-garde art galleries, and trendy cafes fill the tree-lined district of Yorkville smack in the hub of midtown. Ironically, hippy squatters saved the architectural integrity of the area in the 1960s. Today, Yorkville is the destination for celebrity spotting.

Over to the west of midtown stands the Royal Ontario Museum (ROM) with Canada's oldest and largest collection of artifacts. Visitors can marvel at the permanent collection of the bat cave, dinosaur gallery and other displays as they wander through the newest renovation designed by ace architect Daniel Libeskind.

Vibrant, cosmopolitan Toronto is a relatively new phenomenon. Prior to World War II, the city was largely an Anglo-Saxon domain, whose allegiance was to the Queen and England. With massive immigration after the war, things changed radically. The insurgence of such diverse cultures as the Chinese, Italians, Hungarians, Portuguese, Jewish, Caribbean and Greek have transformed the city's self-image from dowdy conservatism to a rich multicultural mosaic. Street signs mark out areas such as Little Italy, Portuguese Village, Greek Town and Chinatown.

Another example is the popular historic Kensington Market. Today, Italian butcher shops, Chinese fish markets, Jewish textile shops, Caribbean roti shops and Portuguese bakeries are crammed tightly together in the radius of two city blocks, making it one of the great examples of how different cultures not only co-exist but thrive. In 1989, the United Nations designated Toronto as the world's most ethnically diverse city.

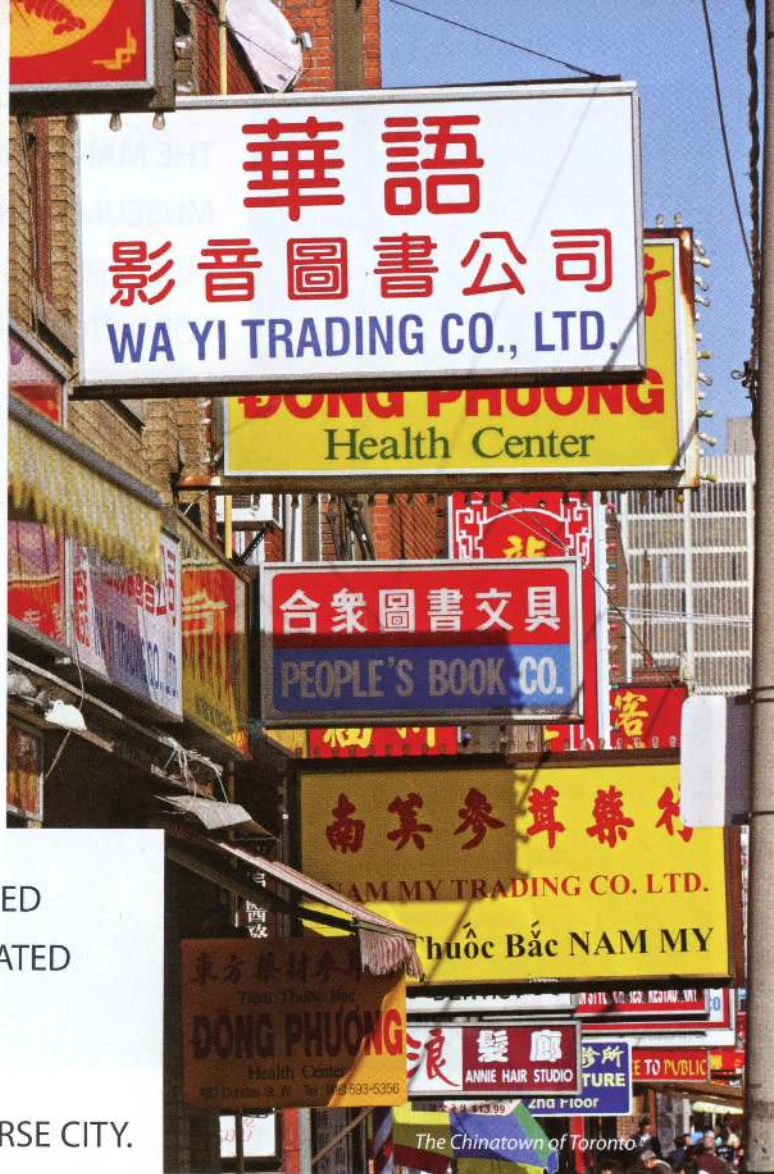
Symbols exemplifying this ever-changing city are Nathan Phillips Square, and City Hall, constructed in the mid-60's. The modern-day piazza has a skating rink, park benches, and



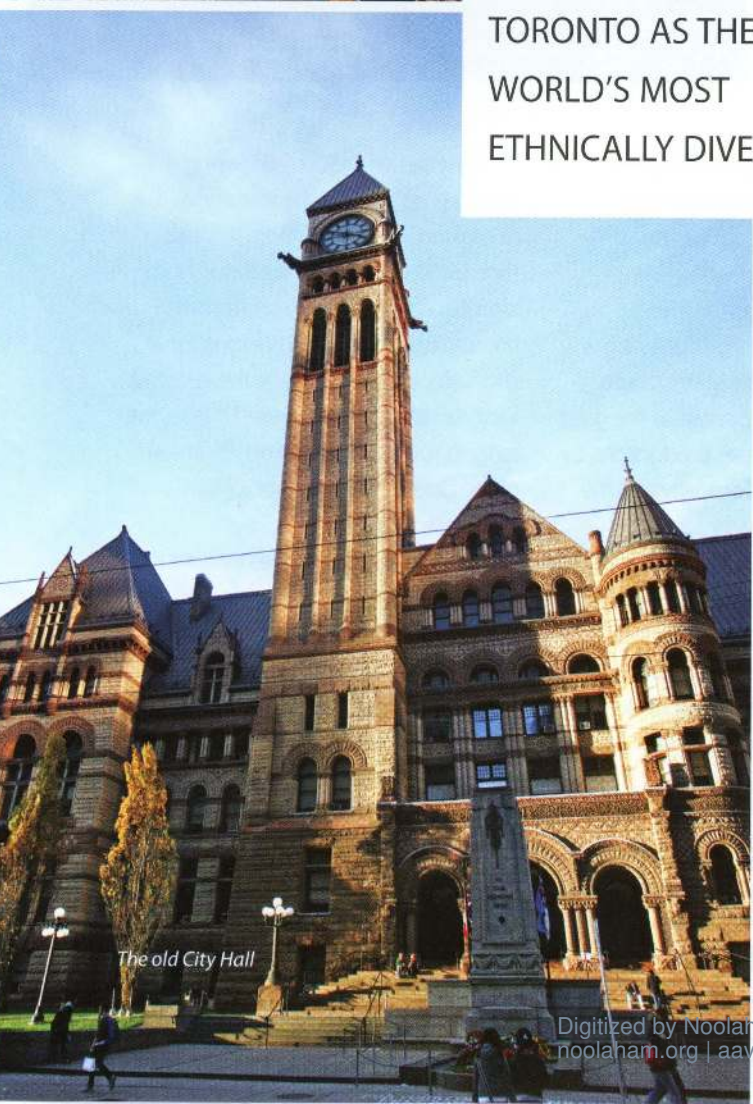


The financial district

IN 1989, THE UNITED  
NATIONS DESIGNATED  
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The Chinatown of Toronto

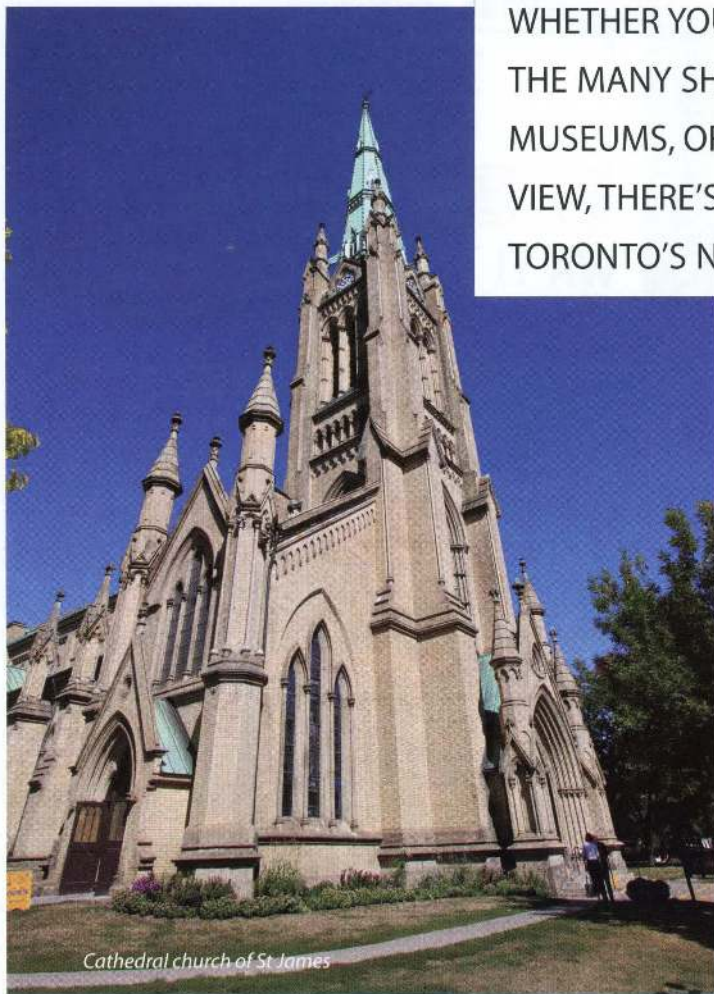


The old City Hall



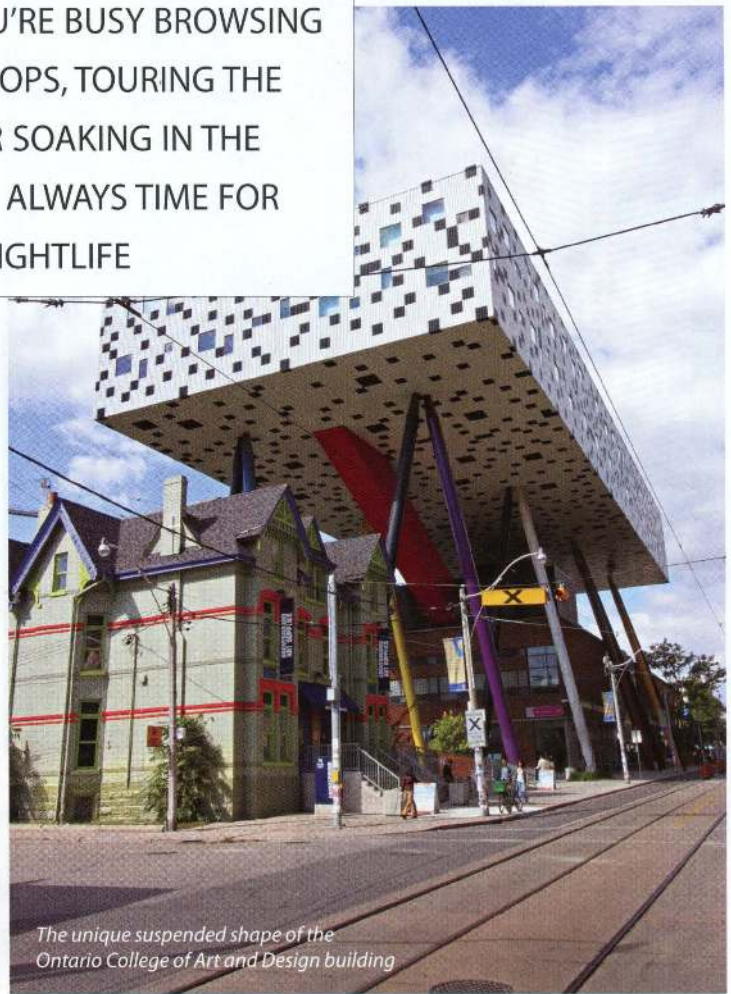
The Flatiron building





*Cathedral church of St James*

WHETHER YOU'RE BUSY BROWSING  
THE MANY SHOPS, TOURING THE  
MUSEUMS, OR SOAKING IN THE  
VIEW, THERE'S ALWAYS TIME FOR  
TORONTO'S NIGHTLIFE



*The unique suspended shape of the  
Ontario College of Art and Design building*

a radical bronze sculpture by Henry Moore. The installation of "The Archer" literally brought down a government, an event that most local historians agree marked the beginning of the city's transformation.

Many landmarks in Toronto incorporate design with educational and recreational attractions. The Art Gallery of Ontario recently had a facelift by the renowned architect Frank Gehry who grew up a couple of blocks away from the gallery he says helped inspire him as a child.

The Ontario Science Centre was built by Toronto architect Raymond Moriyama, who insisted on following the natural contours of a ravine for the Centre's shape. The location continues to dazzle children and adults with over 800 hands-on interactive exhibits.

Off University Avenue, the Ontario College of Art and Design building

dubbed "the table top building" has become a popular showpiece with photographers who capture the building's unique suspended shape.

At the cross section of Queen Street and University, the Four Seasons Performing Arts Centre, glistens nightly for the chic frou-frou patrons as the glass facade venue showcases productions by the Canadian Opera Company and the National Ballet of Canada.

For those with a shoe fetish, a visit to the Bata Shoe Museum is a must. Shoe baroness Sonja Bata spanning a 30 year period collected 10,000 different shoes of every description, dating back as far as 4,500 years. Now where to put them? How about a post-modern building (a Moriyama design) inspired by a giant shoebox five stories tall? And that's how the world's largest museum devoted exclusively to footwear got started.

Whether you're busy browsing the many shops, touring the museums, or soaking in the view, there's always time for Toronto's nightlife. Rated No. 3 after London and New York, Toronto's entertainment district has a long list of shows for theatre lovers. At the restored Victorian theatre, the Canon Theatre, the longest running production, "Phantom of the Opera," was the spotlight showcase for years.

Once in T.O., it becomes evident that old Hog Town has a new sizzle. With attractions such as the Hockey Hall of Fame, the Air Canada Centre, the Casa Loma, more than 100 theatre companies, hundreds of live music venues nightly, the National Ballet Company, the Toronto Symphony Orchestra, the Canadian Opera Company and the Queen Street West district with its street artists, Toronto truly is "the meeting place." Who knows? You most likely will need a return visit. ☺



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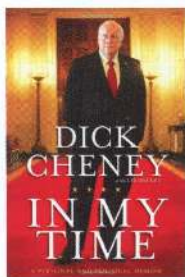
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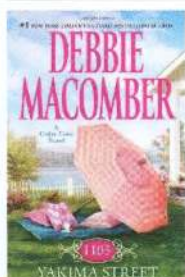
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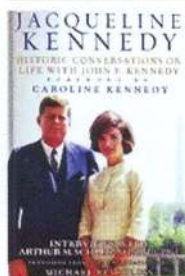
**IN MY TIME:**  
A Personal and  
Political Memoir  
*Dick Cheney*

A political and a personal memoir of one of the most intriguing politicians of modern times, *In My Time* promises to keep readers fascinated from beginning to the end. The memoir deals with September 11 attacks, a secret resignation letter, and his thoughts on several stakeholders in the Bush administration. The author relentlessly criticizes some of his colleagues in the Bush administration and is unapologetic in the memoir about several of the most controversial policies.



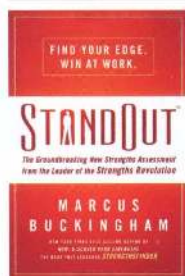
**1105 YAKIMA STREET:**  
A Cedar Cove Novel  
*Debbie Macomber*

A romantic fiction, *1105 Yakima Street* is part of Debbie Macomber's Cedar Cove series. The book unravels the story of Bruce Peyton who has his hands full with winning back a pregnant wife and raising a difficult teen. As with each edition of the Cedar Cove series, the readers get a peek at most of the other characters in the Cedar Cove community.



**JACQUELINE KENNEDY:**  
Historic Conversations  
on Life with  
John F. Kennedy  
*Caroline Kennedy &  
Michael Beschloss*

Shortly after President John F. Kennedy's assassination, Jacqueline Kennedy met with historian and former White House aide Arthur M. Schlesinger Jr. in the spring and early summer of 1964 to record a detailed account of her experiences and impressions as the wife and confidante of John F. Kennedy. The book 'Jacqueline Kennedy: Historic Conversations on Life with John F. Kennedy' is part of an ongoing celebration of the 50th anniversary of President Kennedy's first year in office. The book deals with the world before 1964, when worldviews were vastly different to today's.



**STANDOUT:**  
The Groundbreaking  
New Strengths  
Assessment from  
the Leader of the  
Strengths Revolution  
*Marcus Buckingham*

The book is a product of a massive data set and rigorous statistical testing and uncovers your two key strength roles and shows you how to find your edge and win at work. *StandOut* features practical advice on what to do to make the most of the strengths you have. Each of the nine possible strength roles is fully outlined in the book, with a wealth of detail. The author gives valuable insights into winning as a leader, manager, salesperson, or individual contributor.



**THE LEAN STARTUP:**  
How Today's  
Entrepreneurs Use  
Continuous Innovation  
to Create Radically  
Successful Businesses  
*Eric Ries*

A great read for entrepreneurs and managers who want better entrepreneurial instincts. The *Lean Startup* is a new approach being adopted across the globe, changing the way companies are built and new products are launched. The author defines a startup as an organization dedicated to creating something new under conditions of extreme uncertainty. He provides a scientific approach to creating and managing successful startups in an age when companies need to innovate more than ever. The book features entrepreneurs – in companies of all sizes – a way to test their vision continuously, to adapt and adjust before it's too late.



# Taking Youth Forward



As Sri Lanka moves forward, Bank of Ceylon works to provide opportunities to our youth. By ensuring skills training institutions, expertise for new entrepreneurship, superior facilities in sports and science technology, we work to unleash young, promising talent, and create for them a prosperous Sri Lanka.

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Bankers to the Nation



### WHISTLE KEY FINDER

If you're one of those people who always forget where you left your keys then make sure to have the Whistle Key Finder on your key ring. As the name suggests you need to simply whistle and it will light up and start beeping until it's located successfully. It is light and easy to carry around similar to a key tag.



### ITRAIL GPS LOGGER

Sized at only 1.5x1.5' the iTrail unit can be placed anywhere such as your car or child's backpack. The iTrail GPS Logger records the location, speed and time. This information is displayed on an interface powered by Google Maps and Google Earth. The Logger has to be turned on before placing in the relevant place and it will constantly record up to 12 hours of data.



### COBRA TAG

You will never lose your phone, keys or purse as long as you have the Cobra Tag. The device acts as a Bluetooth connected to your key ring connecting with your phone, making it easy to locate the missing items if they are less than 30 feet away. Once you press the Cobra Tag it will virtually connect with the phone that will start playing a predefined music. Similarly if your keys go missing you can locate through your phone.



### FLYING ALARM CLOCK

Does the recurrent alarm that you keep switching off each morning make you get late almost everyday? Then it's time you tried the Flying Alarm Clock. This interesting alarm clock has a propeller key that takes off as soon as the alarm sounds and the clock will release a continuous noise that will only be silenced by the propelled key. So the sleeper is compelled to get up and fetch the key.



### SWAP SMART-WATCH AND PHONE

One device with three unique capabilities: a watch, a mobile phone and a media centre. You are able to change the face of the watch with the different designs stored in the memory. And the phone SIM card memory can go up to 2GB including Bluetooth, music, video playback and a built-in camera. The sWaP also comes with a 1.5 inch TFT colour touchscreen that gives you a chance to watch movies.



### ORBOTIX SPHERO

#### THE WORLD'S FIRST ROBOTIC BALL

'Sphero' is the first robotic ball that you can control by smartphone. You can move it around the furniture or drive your family pet crazy by moving it around with a simple touch, tilt or tap on your smartphone.

### CAMERA LENS CUP

Perfect for photographers, the Camera Lens Cup is almost identical to a realistic camera lens. This funky design comes with a biscuit holder and a lens coverlid to keep the beverage hot or to keep dust particles away. This also makes an ideal gift for photographers.



### USB VOICE RECORDER

This pocket sized, easy to carry device looks everything like a USB data stick but is actually a subtle voice recorder. The easy to use USB Voice Recorder comes with a 4GB Flash Memory. You simply turn it on and it will start recording in a WAV file. To retrieve what was recorded, you need to plug it in to your computer and copy the file to your computer.



### FRIDGE BOOK MAGNET

This is a fun idea to bring social media straight to your kitchen. The Fridge Book Magnet is basically fridge magnets designed in the form of Facebook icons. Frequent browsers of the social media would easily recognise some of the features, which they would see in their online profile. It includes wipe-clean magnets, such as 'Status', 'Comment', 'Wall Posts' etc. You can scrawl messages on the Notes magnet or stick up your favourite menu on the 'Like' magnet creating an analogue version of your online profile.





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TEL : +94 81- 2222087

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82, Galle Road, Moragalle  
TEL : +94 034 - 2277138

**Laksala Galle**  
Galle Road, Galle  
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**www.laksala.lk**  
**E - MAIL : laksala@itmin.com**



## OCTOBER



**ELEPHANT GATHERING SEASON ON THE BANKS OF MINNERIYA TANK**

**GAME FISHING**  
The best time of the year for fishing on the west and south-west coasts (October to March)



**COLOMBO MARATHON**



**A RETURN TO SRI LANKA**  
A travelling exhibition with a unique selection of manuscripts, maps, prints, drawings and photographs giving an insight to the rich history of Sri Lanka in the Jaffna Public Library

**5 - 19**  
**TAPROBANA 4X4 CHALLENGE 2011**  
Championship competition for the local and international 4X4 enthusiasts (Monaragala)



**8 - 9**  
**DANCING FOR THE GODS**  
by the Chitrasena Dance Company, at the Lionel Wendt Theatre

**8 - 14**  
  
**1<sup>st</sup> South Asian Beach Games**  
"Our sun, to shine on you"  
**SOUTH ASIAN BEACH GAMES 2011 - HAMBANTOTA**

**24**  
**A RETURN TO SRI LANKA**  
A travelling exhibition with a unique selection of manuscripts, maps, prints, drawings and photographs giving an insight to the rich history of Sri Lanka in the Kandy City Centre (Continues till November 6)



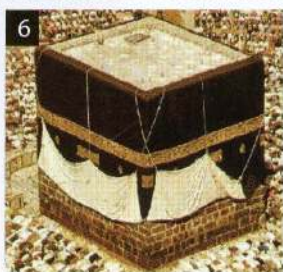
**BEST SEASON FOR SURFING, DIVING AND SNORKELLING ON SRI LANKA'S EAST COAST**

**NAVARATHRI FESTIVAL**  
Navarathri as the name suggests is a festival spanning nine nights in worship of the varied forms of the Goddess Durga



**DEEPAVALI**  
The Hindu festival of lights signifying the triumph of good over evil

## NOVEMBER



**HAJJ FESTIVAL**



**WORLD SPICE FOOD FESTIVAL**

Sri Lanka becomes a birdwatcher's paradise between November and March with migrant birds landing



**SRI LANKA DESIGN FESTIVAL**  
Highlighting Sri Lanka's apparel industry, traditional crafts and the creative talent of local designers



**CARLTON RUGBY 75**

**BEST SEASON FOR WHITE WATER RAFTING**  
Experience fast and exhilarating headwaters and rapids at Kitulgala (November to April)



**EXPLORE THE WEST COAST**  
Best season for surfing, diving and snorkelling on Sri Lanka's west coast (November to April)

**BEST TIME TO SPOT LEOPARD CUBS**  
in Yala National Park (November to December)

**24**  
**A RETURN TO SRI LANKA**  
A travelling exhibition with a unique selection of manuscripts, maps, prints, drawings and photographs giving an insight to the rich history of Sri Lanka in the Galle Municipal Council



**WHALE AND DOLPHIN WATCHING SEASON, KALPITIYA**  
(Continues until April)



**ANAWILUNDAWA BIRD SEASON BEGINS**

## DECEMBER

**8 - 11**  
  
**YOUTH FEST 2011**  
YOUTH FEST 2011



10



### ADAM'S PEAK SEASON BEGINS

The Adam's Peak becomes a major pilgrimage location for all communities during this season

25



### CHRISTMAS

31



### NEW YEAR'S EVE

# 2012 JANUARY

7 - 9

**DURUTHU PERAHERA**  
The grandeur of the Duruthu Perahera of Kelaniya attracts thousands of spectators

15



### THAI PONGAL

The Hindu harvest festival

18 - 22

Galle  
LITERARY  
FESTIVAL  
2012  
SRI LANKA

### GALLE LITERARY FESTIVAL 2012

Local and international literary intellectuals and enthusiasts take part in countless artistic activities

# FEBRUARY

4



### INDEPENDENCE DAY



### GANGARAMAYA NAVAM PERAHERA

A grand procession in the city of Colombo in celebration of Navam Poya



### TURTLE WATCHING IN REKAWA DICKWELLA

(Peak season February - July)

### MILAD-UN-NABI

Birthday celebration of Prophet Muhammad



IRONMAN 70.3 - COLOMBO

20



### MAHA SHIVA RATHRI FESTIVAL

Celebrated by Hindu temples across the island in praise of Lord Shiva

22 - 26

Sri Lanka  
Institute of  
Architects

### ARCHITECT 2012

Members' Work and Trade Exhibition at BMICH

# MARCH

### BIG MATCH FEVER

The biggest school cricket tournament in the country

28 - 30



### SRI LANKA EXPO 2012

Showcases quality export products with over 300 stalls covering the entire range of traditional and non-traditional products and services in Sri Lanka

# APRIL

### NUWARA ELIYA SEASON

The beginning of the tourist season in Nuwara Eliya with visitors flocking to the hill capital to enjoy the vibrant flowers and cool weather



### KITESURFING SEASON BEGINS

8



### EASTER



### BUTTERFLY MIGRATION

Rainbow coloured butterflies take the final journey to the summit of Adam's Peak, also known as Samanala Kanda for this reason (April to May)

13 - 14



### SINHALA AND TAMIL NEW YEAR

# MAY

5



### VESAK FESTIVAL









A picture is worth a thousand words...  
imagine then, what it feels like to wear them

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# A Glimpse of Sri Lanka

■ **ADAM'S PEAK** is the mountain with the sacred footprint at its summit. 2,243m high, the season to climb is from December to March. The wilderness protected area is a UNESCO World Heritage Site.

■ **AUKANA** is the site of the island's elegant Buddha statue carved out of a single rock standing at a height of 12m. The statue was built around 459-477 AD.

■ **ANURADHAPURA** is one of the country's key religious and cultural heritage sites, dating as far back as the 3rd Century BC. This is where the Sri Maha Bodhiya is located.

■ **SIGIRIYA** built by King Kashyapa is the ancient rock citadel and a World Heritage Site. The garden city and the fortress were built in 477-495 AD with beautiful Sigiriya frescoes, baths and pools.

■ **MANNAR** is part mainland and part island. The famous Shrine of Our Lady of Madhu and the Thiruketheesvaram Kovil are situated in the mainland. August is the season for the Madhu pilgrimage.

■ **JAFFNA** is the splendour of the far north with colourful celebrations, customs and festivals. Jaffna consists of Valigamam, Thenmarachchi, Vadamarachchi and the Jaffna islands.

■ **KATARAGAMA** is a revered pilgrimage site 283km from Colombo. Skanda or Lord Kataragama, the Hindu God of war is said to have made Kataragama his abode. The annual procession is held in July and August.

■ **POTTUVIL** lies along the Eastern coast. Muhudu Maha Viharaya, which means the temple near the sea and Magul Maha Viharaya are of archaeological importance.

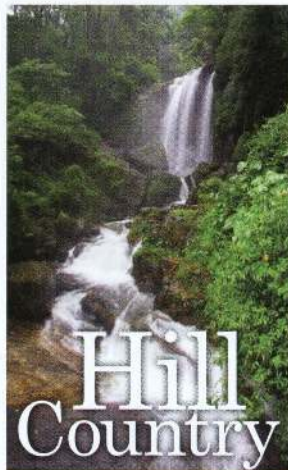
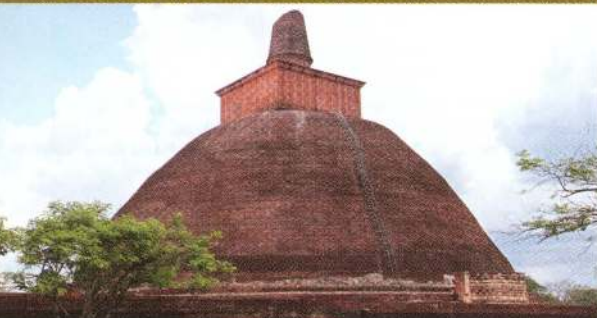
■ **KANDY** is the capital city on the hills with panoramic mountain views. The sacred Tooth Relic of Lord Buddha lies in the Sri Dalada Maligawa. The Esala Perahera is held here every year.

■ **DAMBULLA** the cave temple with beautifully carved statues of Lord Buddha and Hindu Gods is believed to date back to the 12th Century. King Valagamba took refuge from invaders in these caves.

■ **POLONNARUWA** is one of Sri Lanka's most flourishing ancient capitals, boasting historic splendour with ruins of palaces, parks and water tanks that are still functional. King Parakramabahu's rule was the golden era.

## Rich in Culture

The 'Cultural Triangle' connecting Anuradhapura, Polonnaruwa and Kandy is home to five of Sri Lanka's eight UNESCO World Heritage Sites.



**Hill Country**  
Away from the sun and the sand you must explore the hill country with its blue green mountains, sprawling tea gardens and waterfalls.

■ **BANDARAWELA** in the hill country is known for its beautiful scenery, flowers and cool climate.

■ **NUWARA ELIYA** is known as 'Little England' and is home to some of the finest tea plantations in the world. Hakgala Botanical Garden is filled with a rich variety of orchids and roses. Adjacent located is the Hakgala Nature Reserve. The Nuwara Eliya season starts in April.

■ **KNUCKLES RANGE**, with its striking landscape is a UNESCO World Heritage Site.

■ **HAPUTALE** is a small town rich in biodiversity with numerous varieties of flora and fauna. The quaint Adisham Monastery in Haputale, surrounded by gardens and orchards, is also worth a look.

■ **ROYAL BOTANICAL GARDENS** at Peradeniya are approximately 4km from the city of Kandy. The gardens' origin dates back to 1371. The gardens have a collection of more than 300 varieties of orchids, spices, medicinal plants and palms.

Stretches of sandy beaches, misty mountains, tea gardens in the rolling hills, herds of elephants and historical sites... Experience the wonders of this tropical gem.



## Nature & Wildlife

The many national parks all over the Island are home to elephants, leopards, deer and bears as well as many species of birds, reptiles, flora and fauna that are endemic to the Island.

■ **Bundala** is a must-see destination between Kirinda and Hambantota. It features lagoons, wetlands, jungle and numerous species of wildlife, all wrapped in the natural setting of the nature reserve.

■ **Ella** with the picturesque Ravana Ella waterfall has a stunning landscape. There are magnificent mountain walks, waterfalls and wildlife.

■ **Gal Oya National Park** is home to the largest reservoir. Herds of elephants can be seen here throughout the year.

■ **Horton Plains** with its beautiful landscape and cool climate is home to many wild animals such as leopards, samburs and endemic birds. For the adventurous, it is also a place to go trekking, hiking or even camping.

■ **Kaudulla National Park** features leopards, sloth bears and diverse bird populations. Herds of up to 250 wild elephants are drawn to the tank in the park.

■ **Lahugala Kitulana National Park** is located near the coastal town of Pottuvil. Wild elephants and endemic birds can be spotted here. The national park also contains the reservoirs of Lahugala, Kitulana and Sengamuwa.

■ **Pinnawala Elephant Orphanage** is a short drive from Kandy and home to almost 100 elephants. It offers many photo opportunities, with the babies quaffing huge volumes of milk and the biggest elephant bathing sessions you're likely to see.

■ **Randenigala Wildlife Sanctuary** is the place to go for wildlife enthusiasts. You can spot herds of elephants, deer, sambur, wild boar and rare birds.

■ **Sinharaja Biosphere Reserve** is a UNESCO World Heritage Site. One of the few surviving rain forests in the world, its biodiversity blends uniquely with endemic flora and fauna.

■ **Kumana National Park** hosts a multitude of birds and is regarded as an important bird nesting and breeding ground. Tens of thousands of birds migrate to the Kumana swamp area from April to July.

■ **Wilpattu National Park** is located north of Puttalam. Leopards, spotted deer, elephants, wild boar, sloth bears and crocodiles can be found in this fairly thick dry zone jungle area.

■ **Yala National Park** is the most popular park in the country that has a wide variety of wild animals. Yala also has one of the highest leopard densities in the world.



■ **Arugam Bay** is one of the best surf spots in the world. International surfing competitions are held here annually.

■ **Balapitiya** is a traditional fishing village. With its lagoons and abundance of plant and wildlife, it is a haven for nature lovers.

■ **Batticaloa** is a coastal paradise of lagoons and beaches like Kalkudah and Passekudah.

■ **Bentota** is a popular wide arc of sandy beach with numerous sun-kissed havens along the southwest coast down to Mirissa.

■ **Chilaw** is famous for the Munneswaram Temple, St. Mary's Cathedral and the best varieties of prawns, crabs and coconuts.

■ **Beruwela** has gorgeous beaches, the turtle farm and the Kechchimalai Mosque. You can take boat trips down Beruwela's wildlife strewn river.

■ **Dondra** is the southern-most tip of Sri Lanka and has a towering lighthouse and the Tondeswaram Kovil.

■ **Great Basses** is home to a variety of fish species. Snorkellers and scuba divers will find it hard to resist.

■ **Hambantota** has crisp, white salt flats spread out over its scenic lagoons.

■ **Kalpitiya** is famed as one of the whale and dolphin watching hot spots.

■ **Kirinda** is famous for its beautiful shoreline and the Buddhist temple and shrine overlooking the ocean.

■ **Mirissa** is famous for its cinnamon cultivations, rolling surf and its whale-watching seasons.

■ **Mount Lavinia** is the nation's 'city beach', lined with restful beach restaurants.

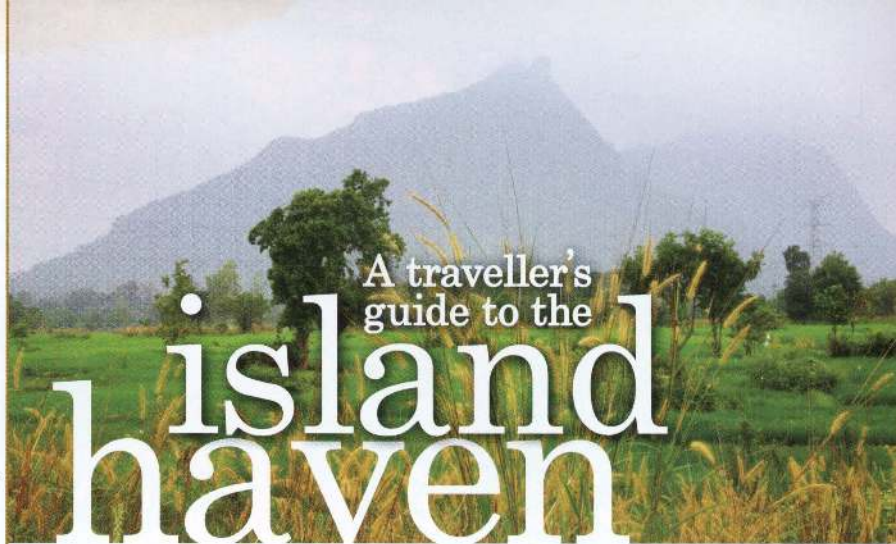
■ **Negombo** is a lively beach town peppered with luxury hotels.

■ **Puttalam** is well known for its lagoons and sea fishing expeditions.

■ **Trincomalee** boasts of Nilaveli and Red Rock beach. Among the main attractions are Koneswaram Hindu Kovil, Fort Frederick and Pigeon Island.

■ **Unawatuna** is a golden beach protected by coral reefs and considered one of the best beaches in the world.

■ **Weligama Bay** leads to Taprobane Island. During low tide, one could just wade up to this small lush island.



# A traveller's guide to the island haven

## General Facts

**OFFICIAL NAME:** Democratic Socialist Republic of Sri Lanka

**AREA:** 65,525sqkm

**LOCATION:** The island of Sri Lanka lies in the Indian Ocean, to the southwest of the Bay of Bengal. It is separated from the Indian subcontinent by the Gulf of Mannar and the Palk Strait.

**POPULATION:** 20 million

**TIME ZONE:** GMT+5 ½. Daylight saving time is not observed.

**CLIMATE:** Sri Lanka has no marked seasons. There are two monsoons. The southwest monsoon occurs from May - July, the northeast arrives from October - January. The tropical climate persists in most parts of the country. The hill country is cooler and more temperate.

**LANGUAGES:** Sinhala, Tamil and English. English is widely spoken throughout Sri Lanka.

**COASTLINE:** 1,340km

**CAPITAL:** Sri Jayawardenapura Kotte

**COMMERCIAL CAPITAL:** Colombo

**RELIGIONS:** Predominantly Buddhism. Hinduism, Christianity and Islam are also practiced.

**INDEPENDENCE DAY:** February 4

**GENERAL HOLIDAYS:** Poya is a religious holiday in the Buddhist calendar, which is a monthly public holiday and most places are closed on Poya.

**MAJOR EXPORTS:** Tea, textiles, gems, rubber and coconut products.

**HIGHEST PEAK:** Pidurutalagala (Mt. Pedro) at 2,524m; Adam's Peak (Sri Pada), ranks 4th at 2,243m.

## VOLTAGE REQUIREMENTS:

230/240 volts AC, 50Hz. Round three-pin plugs are usual, with bayonet lamp fittings.

**GSM NETWORK:** 900

**CURRENCY:** Sri Lanka Rupee (Rs.) 100 cents = Rs 1.

## Keep in Mind

### TRAVELLER'S CHEQUES:

Widely accepted in banks and money exchanges, a 1% stamp duty is payable, plus a small commission.

### CREDIT CARDS:

Accepted in main cities.

**ATM:** Common in larger towns

**MONEY:** It is important to exchange foreign currencies from reputed outlets such as banks or recognised money exchange companies. Always make sure to check the exchange rate for that particular day.

### MEDICAL FACILITIES:

The standard of the medical services is excellent. Qualified doctors and surgeons are available in hospitals for emergencies.

### GENERAL HOSPITAL:

011 269 1111

### FIRE:

011 242 2222

### AMBULANCE:

011 242 2222

**POLICE:** 011 243 3333

### TOURIST POLICE:

011 243 3342

### EMERGENCIES:

119/118

### TIPPING:

A service charge of 10% is added to all restaurant and hotel bills. A tip above this is appreciated. It's not compulsory to tip drivers, it's good to use your discretion.

## SHOPS AND RESTAURANTS:

Shops and restaurants are generally open throughout the week.

## Travelling Around

**TAXI:** Call up cabs are available. They are safe and provide value for money. Usually metered and managed by a company, bargaining is not required. In case the meter is not available, you can check the number of kilometres travelled, they usually have a general rate per kilometre.

### HIRED CARS (SELF DRIVE):

You can rent a car but if it's your first visit or you're not sure how the road rules work, it's advisable to avoid this mode of travel.

### CAR AND DRIVER:

From USD 25 a day, a dedicated tour driver offers insight into the island and flexibility to your journey. Ask the local tour operators for further details.

**TUK-TUKS:** In order to really experience Sri Lanka you MUST travel in a tuk-tuk. Remember to agree on a fare before you get in.

**TRAINS:** You can reach almost all parts of the country by train, it's safe and you can enjoy a good ride and view!

### FORT CENTRAL RAILWAY STATION:

011 242 1281

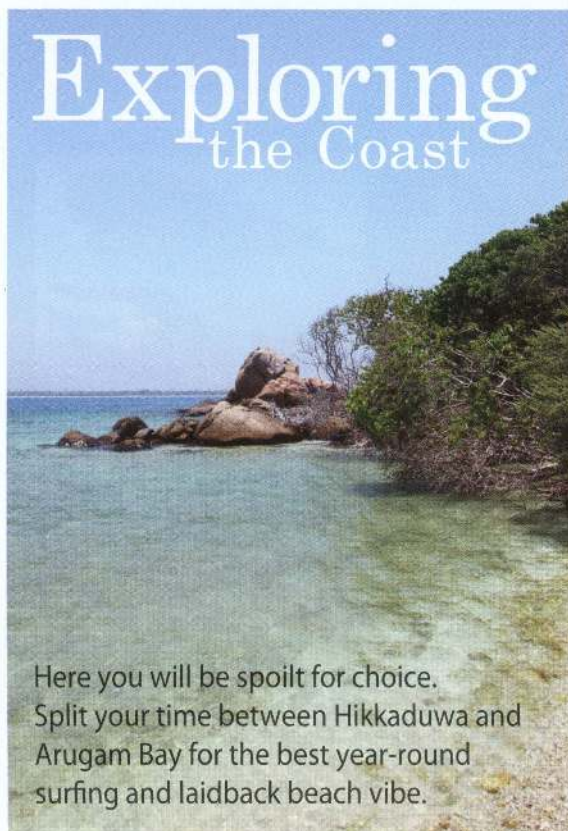
**BUSES:** Buses are readily available in every part of the country. It's a very economical mode of travel and can get very crowded.

### PETTAH CENTRAL BUS STATION:

011 232 9604


### Stay up-to-date

For tourist information: Visit [www.visitsrilanka.lk](http://www.visitsrilanka.lk) or call 1912



Here you will be spoilt for choice. Split your time between Hikkaduwa and Arugam Bay for the best year-round surfing and laidback beach vibe.





# Gangaramaya

a temple, a legacy

## NAWAM MAHA PERAHERA



The annual prestigious cultural pageant of the Gangaramaya Temple, which displays dance troupes and other traditional performances is held on the 6th - 7th February, 2012.

## GANGARAMAYA CULTURAL SHOW



A colourful display of traditional dance is brought to you every Tuesday from 7.00 pm - 8.00 pm

## TREASURY OF DHAMMA



An extensive collection of books on Buddhism, CDs of pirith and chants, religious statues and souvenirs are available at the Treasury of Dhamma. Opening hours: 8.30 am - 6.00 pm daily

## GANGARAMAYA MUSEUM



The Gangaramaya Museum showcases a range of ageless treasures from ancient Sri Lanka as well as around the globe, including old coins, vehicles and other relics in a classic display of art, tradition and culture.

## GANGARAMAYA

61, Sri Jinaratana Road, Colombo 2, Sri Lanka. Tel: (9411)-232-7084, 243-5169 Fax: (9411)-243-9508

Email: [gt@gangaramaya.com](mailto:gt@gangaramaya.com) | [www.gangaramaya.com](http://www.gangaramaya.com)

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[noolaham.org](http://noolaham.org) | [aavanaham.org](http://aavanaham.org)

Entrance fee: \$1 per person (For the maintenance and upkeep of the Temple)





## Tradition never goes out of fashion

Sri Lanka's traditional gems and jewellery has charmed royalty in the past and it continues to do so even now. Master craftsmanship and traditional touch creates classic jewellery inspired by **Kandyan crafts**, enhanced with precious stones. A range of tradition-inspired jewellery can be found at the authorised boutiques at the **Sri Lanka Gem and Jewellery Exchange, World Trade Centre, Colombo** and **Ratnapura** where tradition compliments fashion.

[www.srilankagemautho.com](http://www.srilankagemautho.com)

Get your Gems Tested free of charge at  
National Gem & Jewellery Authority



### Sri Lanka Gem & Jewellery Exchange

Level 4 & 5, East Low Block, World Trade Centre,  
Echelon Square, Colombo 1  
Tel: (+94 11) 239 1132



### National Gem & Jewellery Authority

25, Galle Face Terrace, Colombo 3  
Tel: (+94 11) 239 0653  
E-mail: [gemaautho@sltnet.lk](mailto:gemaautho@sltnet.lk)



## NATIONAL GREEN AWARD



*President Mahinda Rajapaksa presents the award to Sarath Fernando, Chief Executive Officer – SriLankan Catering*

SriLankan Catering's (SLC) success story in protecting the environment was rewarded when His Excellency the President, Mahinda Rajapaksa, presented the company with a Gold Award at the first ever National Green Awards. SLC's latest accolade was one of six Golds from 27 awards presented at the National Green Awards recently, organised by the Central Environmental Authority. SriLankan Catering won in the category of Waste Management.

## ASIAN BANKERS MEET IN COLOMBO

A large group of leading bankers and bank regulators from the Asia-Pacific region will assemble in Colombo, from October 3 - 4, 2011 for the 28th Annual General Meeting and Conference of the Asian Bankers Association (ABA), hosted and organised by Hatton National Bank at the Cinnamon Grand.

On the theme 'Asia taking the lead in the global economy: A Bankers' Perspective', three key objectives have been outlined – firstly, to explore Asia's current position and future role in the global economy; secondly, to exchange ideas on the challenges and opportunities facing Asian banks in their emergence as global market players; and lastly, to provide a forum for Asian banks to discuss international regulatory standards and the way forward. As the official carrier, SriLankan Airlines will provide discounted airfares for all foreign participants from the airline's online points.

## SIMULATOR TRAINING CENTRE

SriLankan Airlines' Simulator Training Centre from SIM Industries Netherlands, is set to open on October 20, 2011. The Centre, will initially house one Airbus A320 full-flight simulator, certified to Level D standard and configured to CFM engines, with provision to add an Airbus A330 full-flight simulator, next year. All of SriLankan Airlines A320 pilots will receive their simulator training locally and two thirds of the excess simulator time, will be available to be commissioned by other pilots in the region.

## ETIHAD SAYS 'BEST REGIONAL CATERER'

Etihad Airways, has named SriLankan Catering as the Best Regional Caterer in the Middle East, Africa, South Asia and Indian Subcontinent. The Etihad Global Excellence Award 2010/2011 came after Etihad evaluated its comprehensive audits of all its suppliers of on-board cuisine worldwide. Sarath Fernando, Chief Executive Officer of SriLankan Catering, said, "We consider this award as recognition of SriLankan Catering's consistent level of high quality and customer service. The Middle East-Africa-South Asia region accounts for about 50 percent of Etihad's global route network, which means that our service and cuisine was deemed to be superior to all of Etihad's caterers throughout this region."

## MOSCOW AIR SERVICES LAUNCHED



*The group of travel agents from Russia*

Establishing a landmark in Sri Lanka's aviation history, SriLankan Airlines made its maiden flight to the historic city of Moscow, commencing a twice-weekly scheduled service between Colombo's Bandaranaike International Airport (BIA) and Moscow's Domodedovo Airport on September 17, 2011. On the return flight from Moscow, the first Russian delegation comprising Russian Media, Tourism Industry personnel, Tour Operators and Travel Agents arrived in Colombo, to embark on a seven day tour of the Island including Kandy, Sigiriya, Polonnaruwa, Dambulla, Negombo and Pinnawala Elephant Orphanage, courtesy Connaissance Group.

SriLankan's new service will operate twice weekly, initially with flights on Wednesdays and Saturdays via Dubai, on a brand new state-of-the-art Airbus aircraft, configured to business and economy classes with plush leather seating and personal TVs with Panasonic's latest eFX Audio Video On Demand (AVOD) entertainment system. Photo shows the group on arrival in Colombo's Ceylon Continental Hotel.

## DOMAIN CHANGE FROM .AERO TO .COM

From October 1, 2011, SriLankan Airlines will migrate to a new domain and could be accessed on [www.srilankan.com](http://www.srilankan.com). The airline's web browsers and users have been increasingly expanding in the online and offline destinations and the new domain name will facilitate internet usage.





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Situated in the hub of the city, the "grand old lady of Colombo" gives you absolute luxury in the middle of a bustling paradise. With 382 beautifully appointed rooms and sweeping views of the Indian Ocean, 10 speciality dining and entertainment venues and a fully equipped sports and fitness club, the Hilton Colombo is just one more reason to visit Sri Lanka.

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**Email: [reservations.hiltoncolombo@hilton.com](mailto:reservations.hiltoncolombo@hilton.com)**

### **Hilton Colombo**

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+94-11-249-2492

  
**Hilton**  
Colombo



# FLY SMILEs

## About FlySmiLes



FlySmiLes, 'The Frequent Flyer Programme that Rewards & Delights', provides a wide range of exciting benefits for its Members worldwide.

Every mile flown on SriLankan is credited as one FlySmiLes Mile. Members can also earn Miles through airline and other partners, from transactions such as buying groceries using their co-branded credit cards, using mobile services or even visiting a spa.

Using a FlySmiLes co-branded credit card to purchase a ticket on SriLankan or any of the partner airlines will earn Miles for purchasing and also when flying, giving them the opportunity to **earn Miles twice!**

FlySmiLes has three tiers of membership according to the number of miles flown by each Member:

- **Gold** – for those with more than 50,000 tier miles or 40 sectors on a rolling tier.\*
- **Silver** – for those who earn over 25,000 tier miles or fly a minimum of 20 sectors on a rolling tier.\*
- **Blue** – for those who earn below 25,000 tier miles.

Silver Members receive a 25% bonus for every mile flown and Gold Members, a whopping 50%.

Miles can be redeemed on air travel services offered by SriLankan, Malaysia Airlines,

Etihad Airways and Deccan Aviation (Lanka) and certain spa treatments at Siddhalepa outlets. Members are entitled to free air tickets, upgrades to Business Class,\*\* pre-assigned seating and priority wait listing. Gold and Silver Members receive even more benefits including priority check-in and enhanced baggage allowances.

\*The rolling tier is based on the previous 12 months from the date of card/tier expiry

\*\*Not extended in the Baggage Bonus scheme

### Co-branded Credit Cards

- American Express Platinum
- Standard Chartered Gold & Classic

### International Airlines

- Malaysia Airlines
- Etihad Airways

### Domestic Airline

- Deccan Aviation (Lanka)

### Telecommunications

- Travelling Connect
- Dialog

### Car Rental

- Hertz

### Hotel Chain

- Taj Hotels Resorts and Palaces

### Spa

- Siddhalepa

## SRILANKAN EXPANDS ITS REACH TO MOSCOW

SriLankan commenced two weekly frequencies to Moscow. To commemorate this landmark, **FlySmiLes** is offering Bonus miles for members in Sri Lanka, purchasing tickets to Moscow between **September 17 to October 16, 2011**.



Routing	FlySmiLes Miles earned for one way ticket including Bonus miles	FlySmiLes Miles earned on return ticket including Bonus miles
<b>Business Class</b> Dubai/ Moscow	4,536	9,072
<b>Economy Class</b> Dubai/ Moscow	3,024	6,048
<b>Business Class</b> Colombo/ Moscow	8,098	16,196
<b>Economy Class</b> Colombo/ Moscow	5,065	10,130

Terms and conditions apply for all promotions indicated above. Please visit our website [www.flysmiles.com](http://www.flysmiles.com) for more details.





# Customer Comment Form

**Dear Customer,**

Thank you for selecting SriLankan Airlines. We continuously strive to improve our service to you. We appreciate your comments and suggestions, which help us to improve our service.

Thank you for taking the time to forward your comments.

If you require a reply to this, please tick the box below and fill in your contact details / email address and we will contact you as soon as possible.

Once again we are delighted to have you onboard and we wish you a very pleasant flight.

FOLD HERE

## Manager Customer Affairs

customer@srilankan.aero    [www.srilankan.aero](http://www.srilankan.aero)

Name (Mr/Mrs/Ms/Rev): .....

Address: .....

.....

.....

Country: .....

Tel: ..... Mobile: .....

Fax: ..... Email: .....

Flight No: UL..... Date of departure: .....

Seat No.:..... Passport No.: .....

Travelling from:..... Travelling to:.....

If you are a member please state your FlySmiLes No.: UL .....

Tier Status

☐ Gold    ☐ Silver    ☐ Blue    ☐ Baggage Plus    ☐ Baggage Premier

FOLD HERE

## Your Experience

### Frequent Flyer

		Excellent	Good	Average	Poor
1	FlySmiLes privileges / benefits				
2	Customer Care				
3	The redemption process				

### Web Site

		Excellent	Good	Average	Poor
1	User friendliness				
2	Information of our products and services				
3	Convenience of e-bookings				
4	Convenience of online check-in				

IF THE CUSTOMER COMMENT FORM HAS BEEN REMOVED, PLEASE ASK OUR CREW FOR ANOTHER COMMENT FORM



Airport		Excellent	Good	Average	Poor
1	The service, attitude, friendliness of our staff and willingness to help				
2	The appearance and grooming of the check-in staff				
3	The check-in process				
4	The boarding process				
5	Lounge comfort				

In-flight and Cabin Crew		Excellent	Good	Average	Poor
1	The appearance and grooming of the crew				
2	The warmth and friendliness of the crew				
3	The attentiveness and response to requests				
4	The cleanliness of the interior of the aircraft				
5	The cleanliness of the washrooms				

Please hand this over to the purser of your flight or send it to the address below:

FOLD HERE

AFFIX  
STAMP  
HERE

Manager Customer Affairs  
SriLankan Airlines  
Airline Centre  
Bandaranaike International Airport  
Katunayake  
Sri Lanka

FOLD HERE

## Comments / Suggestions

Please ☒ if you wish to receive a reply



## CASH PLUS MILES OFFER FROM LONDON

Need to escape the autumn weather and acquire a tan for free? Let your Miles do the needful. Spend GBP 210 and redeem 12,000 FlySmiLes Miles and enjoy the beautiful sunny beaches of Sri Lanka.

This promotion is valid from September 15 to November 30, 2011.

We suggest you book early to ensure you do not miss out!

### Cash plus Miles offer

Travel	Fare GBP	FlySmiLes Miles
London/Colombo/London Economy Class	210	12,000

### Terms and Conditions

For more details on this offer please visit [www.flysmiles.com](http://www.flysmiles.com) or contact our London Office on [flysmilesuk@srilankan.aero](mailto:flysmilesuk@srilankan.aero) / or call 0208 538 2000 (and select option 3)



## ADD CASH TO MILES AND TAKE WING TO SRI LANKA WITH FLYSMILES FROM DOHA

FlySmiLes is giving you yet another opportunity to make your holiday trip affordable. All you need to do is combine a fraction of your FlySmiLes miles with a reduced airfare to travel to Sri Lanka on Economy class from September 1 to October 31, 2011. As seats are limited we suggest you book early to ensure you do not miss out!



Travel from	Fare QAR	FlySmiLes Miles
Doha-Colombo-Doha Economy Class	600	6,000

## FLYSMILES REDUCED REWARDS OFFER FOR FRANKFURT-COLOMBO-FRANKFURT TO BASK IN THE LUXURY OF BUSINESS CLASS

Travelling on Business Class on SriLankan Airlines from Frankfurt has been made more affordable with our Reduced Rewards Promotion effective 15th September to the 30th November 2011.

All you need to do is purchase an Economy class ticket and be upgraded to Business Class by redeeming a lesser number of FlySmiLes Miles than the normal stipulated. As Business class seats are limited we suggest you book early to ensure you do not miss out!



Sector	Reduced FlySmiLes for upgrade Economy Class to Business class
Frankfurt-Colombo-Frankfurt	45,000 miles

### Terms and Conditions

For more details please contact our Frankfurt office on 49 (0) 69/90 43 90 24 or [FRA.reservations@srilankan.aero](mailto:FRA.reservations@srilankan.aero)

Treat yourself to this great offer brought to you by FlySmiLes the programme that Rewards and Delights.

## OUR PARTNERS

Earn Miles from FlySmiLes and enjoy special privileges and benefits with our world-class partners







# On cloud nine

## Precautionary steps:

### Visit a doctor prior to your journey

Make sure you have received the necessary vaccinations or medications depending on your destination. It is advisable to have prescribed medicines best suited for you.

### Eat lightly

Your body becomes considerably inactive during the flight, which slows down your digestive processes. Eat lightly before and during the flight.

### Arrive early

Rushing can cause stress and fatigue. Arriving ahead of time gives you time to reach the gate without hassle.

### Travel lightly

Minimise your luggage to avoid unnecessary stress and take only the essentials with you onboard.

## Travel tips:

### Ear pressure

During take-off and landing, mild discomfort in your ears can be remedied by sucking on a sweet and swallowing. Provide babies and children with a pacifier to alleviate distress.

### Moisturise

Use a moisturiser as the reduced humidity of the cabin air can dry out your skin.

### Feel at home

Loosen tight clothing and adjust your seat to a reclining position. Use lumbar support available on most seats to make yourself comfortable.

### Wear glasses instead of contact lenses

Wear glasses to avoid irritation of the eyes due to the dry air within the cabin.

### Rehydrate

Drink water or juices every hour during the flight. Avoid an excess of coffee and tea as they aggravate dehydration.

### Blood circulation

Do some light exercises on your lower legs and calf muscles and turn often to encourage blood circulation.

### Baggage tracing

If your baggage does not arrive at your destination, complete a Passenger Irregularity Report at the Baggage Services Counter on arrival. You can check the status of your baggage through the WorldTracer system online.

## Our Services

### Accommodation

The Serenediva Transit Hotel, located in the Departure area inside the airport, offers rooms, equipped with essential amenities for transit passengers.

### Ayurveda Therapy (massage)

Passengers who are entitled to the Serendib Lounge pass can enjoy facilities at the Serendib Lounge and the Siddhalepa Ayurveda Spa.

### Safety first

We recommend that you leave your seat belt fastened at all times. Familiarise yourself with emergency procedures and safety features illustrated in the safety card placed in the seat pocket in front of you.

### Stay in touch

Both A330 and A340 airbuses provide telephones. Detailed instructions can be found in Onboard.

### Medicine

A number of over the counter medicines can be obtained from our cabin crew.

### Entertainment

All seats are fitted with individual video monitors in our Airbuses A330 and A340. The television, movies and games listings can be found in Onboard. Business Class passengers will also have a personal video player and 35 titles to choose from in Ondemand. Magazines can be found in the seat pocket in front of you.

### Drop a line

SriLankan offers postcards for passengers, which can be handed to the cabin crew who will post them for you.

### Spruce up

Washrooms are situated in all aircrafts. You can obtain the many toiletries from

the cabin crew, however due to security requirements of certain countries shaving equipment will not be available on some flights.

## For the Little Ones

### Baby Food

Baby food is available on request and games are on hand to keep children occupied.

### Bassinettes

Bassinettes are available for infants weighing less than 16 kgs and are too young to sit up on their own. For safety reasons, the bassinets will be fixed after takeoff and removed before landing. Infants should not be left in the bassinets when the seat belt sign is on and instead be with an adult, secured with a kangaroo belt.

### Baby Car Seats

Passengers are allowed to carry Baby Car Seats on board to be secured to the aircraft seat assigned to the infant and provided a responsible adult (over 18 years) is occupying the adjacent seat. Please refer to Check-In staff, for permitted specifications of Baby Car Seats and to Cabin staff, for usage.

## Dos and Don'ts

### Smoking policy

Smoking is prohibited on all SriLankan Airlines flights.

### Hand-luggage

Hand-luggage must be stowed in the overhead racks or under the seat in front of you (Economy Class only).

### Electronic equipment

Use of mobile telephones, portable televisions, radios, cordless laptop mouse and other transmitting devices, is prohibited.

Use the call button near your seat to seek assistance from our cabin crew.

**EXERCISES:** recommended for three to four minutes every hour whilst seated to encourage blood circulation.

### TOE CIRCLES:

Raising your feet from the floor, make circles with your toes. Turn each foot in a different direction and reverse the direction after about 20 turns. Repeat as desired.



### KNEE, THIGH AND TOE LIFTS

Lift your knees slightly whilst at the same time clenching your thigh muscles and pointing your toes up and down. Repeat this between 10 and 20 times with one leg and then with the other.

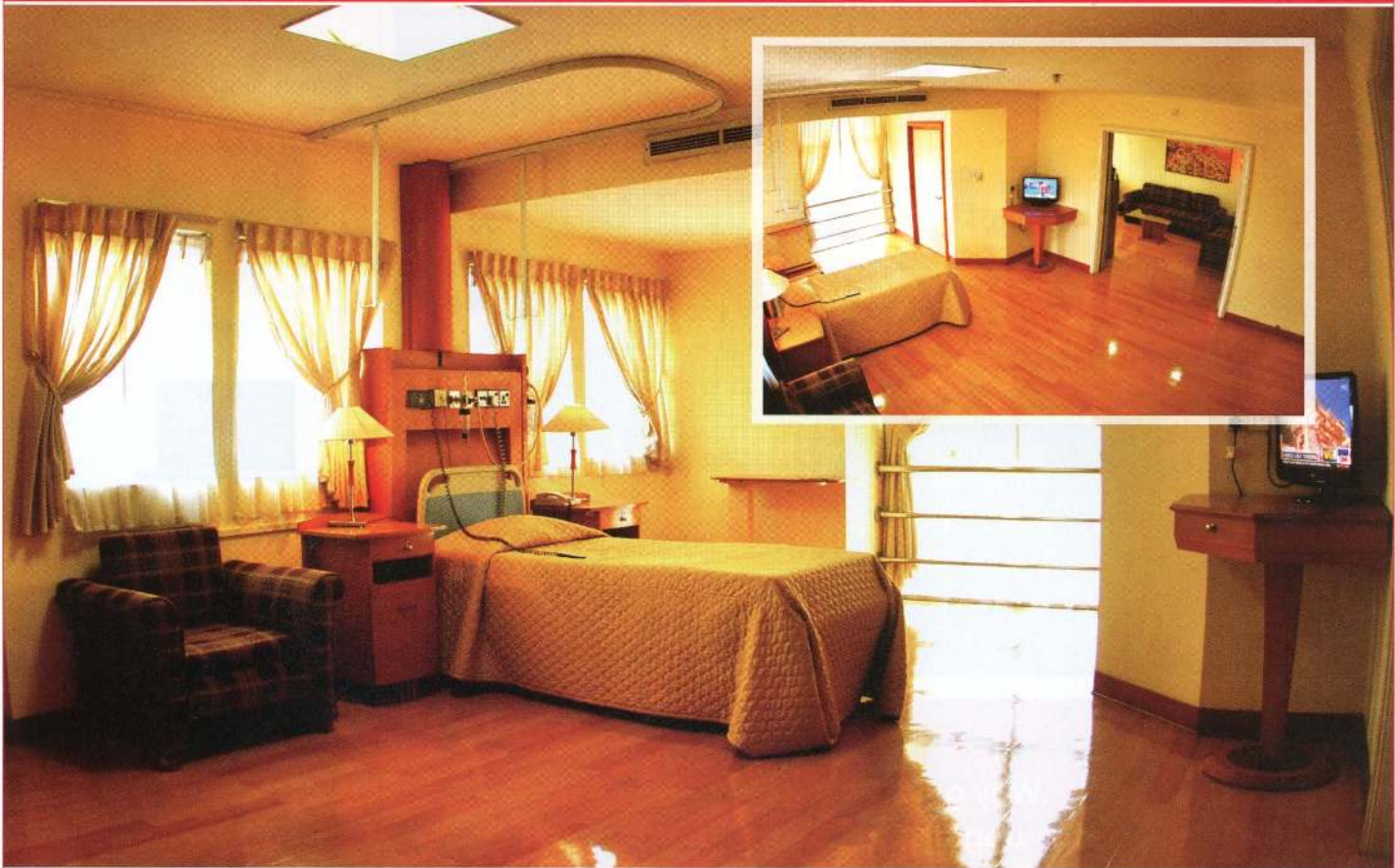


### FOOT ROCKING

Place your feet on the floor. Then, keeping your toes on the floor, lift your heels up, hold the position and then lower back to the floor. Then lift your toes whilst keeping your heels on the floor. Repeat for 30 seconds.







## AFFORDABLE LUXURY

At Lanka Hospitals, we offer world-class expertise in a wide range of medical services including Laboratory, Radiology and Surgical services. We also reached a remarkable milestone of 200 successful kidney transplants and IVF infant births in the year 2011; the highest ever by any private hospital in Sri Lanka.

Today, Lanka Hospitals stands committed to serve both local and foreign health conscious public as the trusted health care facility with superior technology, highly professional & skilled medical specialists as well as caregivers and stringent quality standards.

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info@lankahospitals.com



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iMac



MacBook Pro



MacBook Air

Which iPod are you?



iPod Touch



iPod Classic



iPod nano

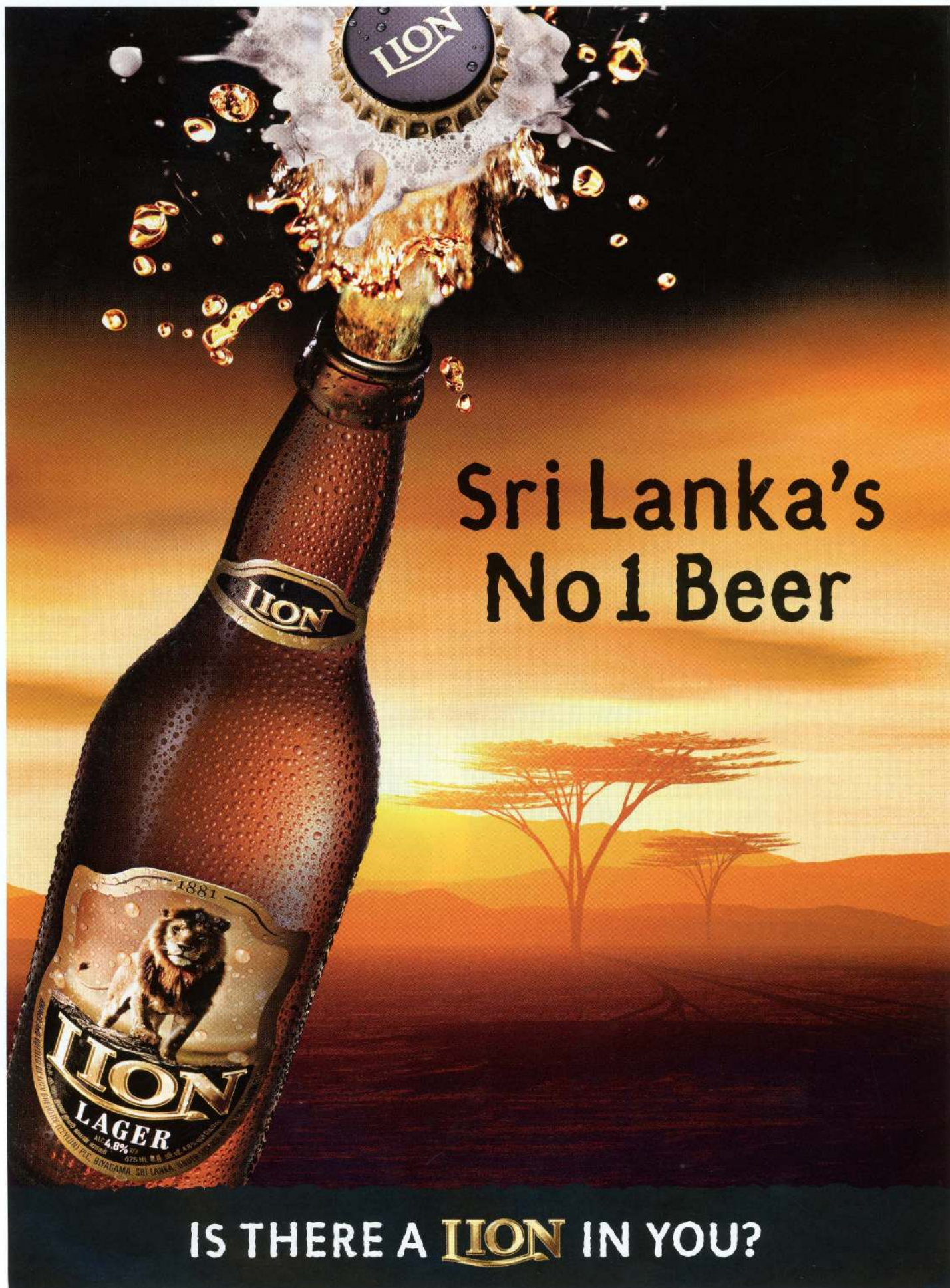


iPod Shuffle

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No 1 Beer

IS THERE A **LION** IN YOU?





## Route Map

A map will always point you in the right direction towards discovering new destinations, experiencing new adventures and learning of a people that make a place.

SriLankan now serves 60 destinations in 34 countries in Europe, the Middle East, South Asia, Southeast Asia and the Far East.

Time Zones	2400*	2300*	0100*	0200*	0300*	0700*	0800*	0900*	0900	1000
All times	Calgary	Los Angeles	Chicago	Montreal	Halifax	Belfast	Brussels	Amman	Bahrain	Abu Dhabi
GMT, where	Edmonton	Vancouver		New York	St. John's	Dublin	Frankfurt	Athens	Dammam	Dubai
Colombo is				Ottawa		Edinburgh	Geneva	Istanbul	Doha	Moscow
1130 am				Toronto		London	Milan	Larnaca	Jeddah	Muscat
						Manchester	Munich		Kuwait	
							Paris		Riyadh	
							Rome			

\*Daylight saving time is currently active





1100

Karachi  
Malé

1130

India, incl  
Bangalore  
Chennai  
Kochi  
Mumbai  
New Delhi  
Tiruchirapalli  
Trivandrum

1130

Colombo

1200

Dhaka

1300

Bangkok  
Jakarta

1400

Beijing  
Guangzhou  
Hong Kong  
Kuala Lumpur  
Shanghai  
Singapore

1500

Seoul  
Tokyo

1600

Melbourne  
Sydney

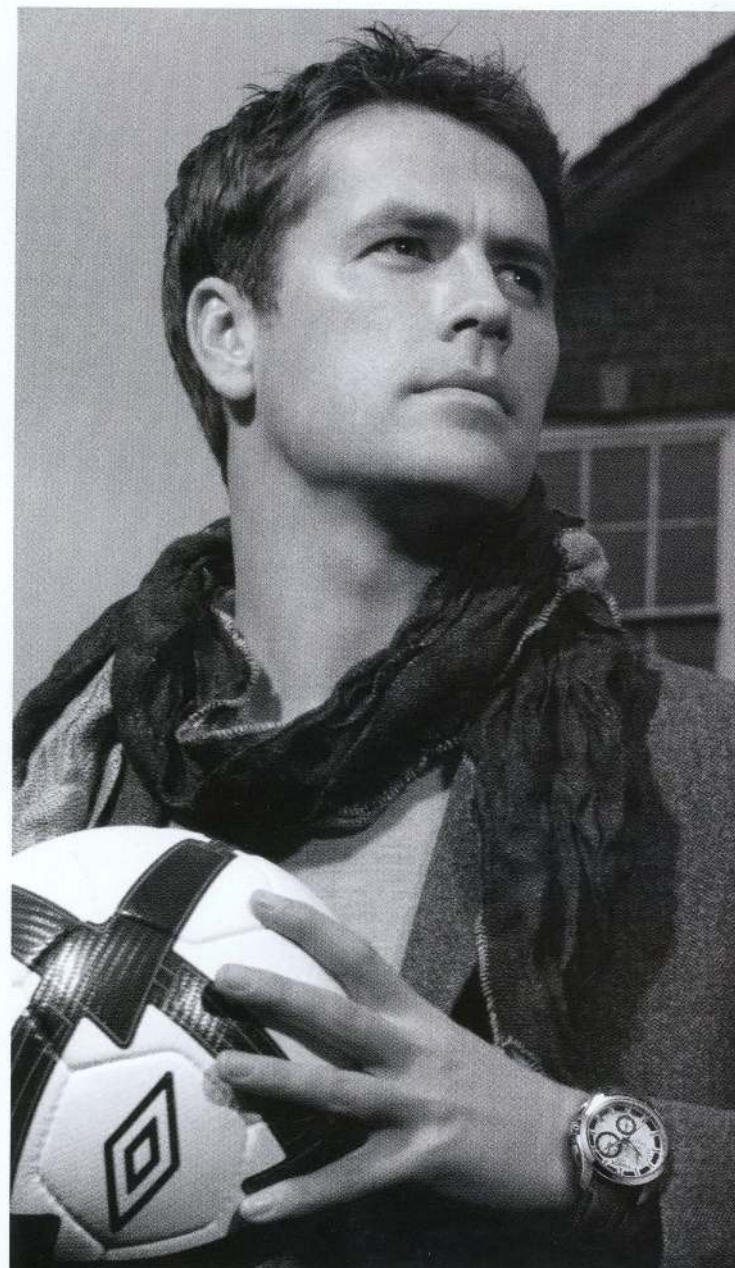
..... Code share route with Etihad & Malaysia Airlines

— Code share route with flybmi

— SriLankan direct flights

..... Code share route with Air Canada





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**Duty Free Shop:** 10D Departure/Transit Area, BIA, Katunayake Tel: 225 8115

**Customer Service Centre:** W.A. De Building, 6-C Pagoda Road, Nugegoda Tel: 282 6377 E-mail: [service@wadesilva.com](mailto:service@wadesilva.com)

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# Narikela

Pure Coconut



THE ORIGINAL  
**DCL**  
ESTD 1913

Distinctive flavour of coconut to satisfy the connoisseur.  
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Narikela is the sanskrit word for coconut



# World Diary



## BANGKOK

### Amari Midnight Run

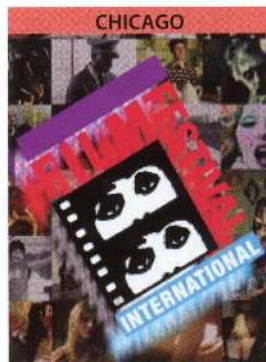
October 8  
The annual Amari Midnight Run is the only race in Bangkok to be held at midnight. Despite the tardy hour of the event, there's a huge party atmosphere.



## BEIJING

### China National Day

October 1  
Crowds gather around the city for National Day celebrations.



## CHICAGO

### Chicago International Film Festival

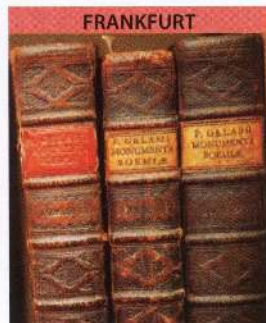
October 6 - 20  
Chicago International Film Festival is America's oldest competitive film festival, screening over 100 feature and short films.



## DUBAI

### GITEX Shopper

October 8 - 15  
One of the largest consumer electronics retail platforms with power retailers and world-class brands. This consumer event attracts a huge buying audience that includes IT professionals, technology enthusiasts, students and consumers as well as regional traders searching for the latest tech-innovations and great shopping deals.



## FRANKFURT

### Frankfurt Book Fair

October 12 - 16  
Around 300,000 literature lovers visit the Messe Frankfurt for one of the most famous book fairs in the world.



### Frankfurt Jazz Festival

October 27 - 30  
A festival not to be missed by jazz fans with performances taking place in the Hessischer Rundfunk Broadcast Studio and Künstlerhaus Mousonturm.



## LONDON

### Frieze Art Fair

October 13 - 16  
Visitors flock the annual Frieze Art Fair in the Regent's park. Work of over 1000 artists from top galleries in over 20 countries are displayed for purchase.



### October Plenty

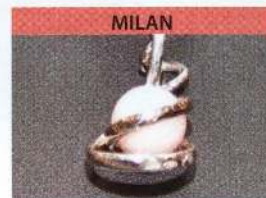
October 23  
October Plenty is an autumn harvest celebration presented by the Lions Part Theatre Company, mixing ancient seasonal customs and theatre.



## MELBOURNE

### Melbourne International Festival

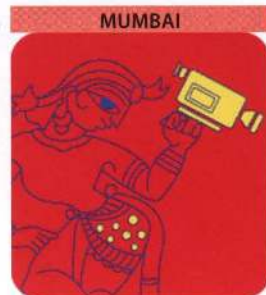
October 6 - 22  
Australia's premier annual celebration of the arts. The two-week festival welcomes some of the world's best theatre, dance, visual arts, opera, music and literature.



## MILAN

### Masters of the Jewel

October 7 - 10  
A range of dazzling handmade jewellery is exhibited at Milan's historical Palazzina Liberty. The event celebrates the Italian creativity in the art of goldsmithing and rewards the best participating artists.



## MUMBAI

### 13th Mumbai Film Festival

October 13 - 20  
The Mumbai Film Festival screens 140 films from around the world at cinemas and other venues.



### Diwali - Festival of Lights

October 26  
Diwali, or Deepavali, the Festival of Lights, is the most important pan-Indian Hindu festival. Every household in the city is lit up for celebrations.



## NEW YORK

### Halloween Weekend

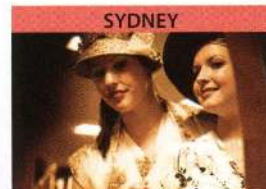
October 29 - 31  
Trick-or-treating, costume parties, jack-o'-lanterns, bonfires, apple bobbing, haunted attractions and playing pranks are some of the entertainment you will get during Halloween.



## SEOUL

### Hanseong Baekje Cultural Festival

October 28 - 30  
Discover Korea's powerful era at the annual Hanseong Baekje Cultural Festival, where colourful daily life and key scenes during King Gunchogo's reign are re-enacted.



## SYDNEY

### Sydney Vintage Clothing, Jewellery & Textiles Show

October 14 - 16  
Hunt for a bargain at Sydney's Vintage Clothing, Jewellery & Textiles Show in the Function Centre at Canterbury Racecourse.



### Seven Bridges Walk

October 30  
A free community event to get Sydney-siders out and about. Start at any of the seven "villages" on the 25km circuit and travel around to complete the route.



## TOKYO

### Tsukiji Fall Festival

October 1 - 31  
The Tsukiji Fall Festival offers an extra reason to visit Tokyo's atmospheric fish market. The market has a public party with the chance to try fishing in pools and to cook on outdoor stoves.





## Italian Culture & Food Festival

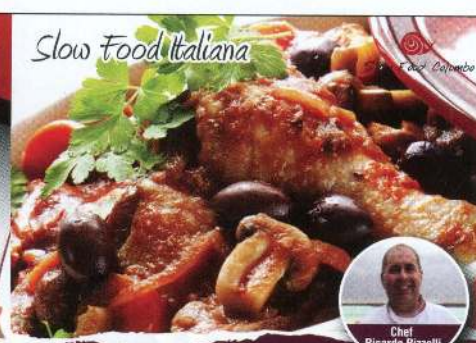
10th to 16th October  
Governor's Restaurant from 7.00pm - 11.00pm



## Morita String Quartet

Accompanied by  
Mr. Eshantha J. Perera

20th October  
Empire Ballroom from 8.00pm onwards



## Slow Food Italiana



Chef  
Riccardo Rizzoli

29th October  
Tropical Hut From 7.00pm - 11.00pm Rs. 2,900/- Nett



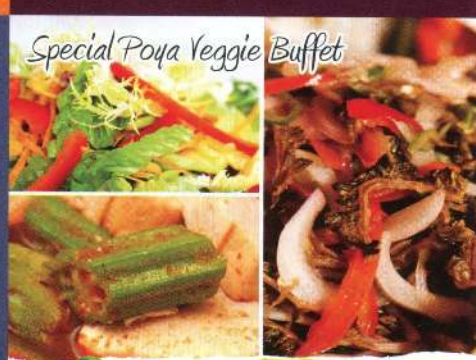
## Kids Halloween Party

30th October at the Beach From 3.30pm - 6.30pm  
02 - 07 Years - Rs.750/- Nett 08 years and above Rs.1,000/- Nett



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## Special Poya Veggie Buffet

Vegan

11th October and 10th November  
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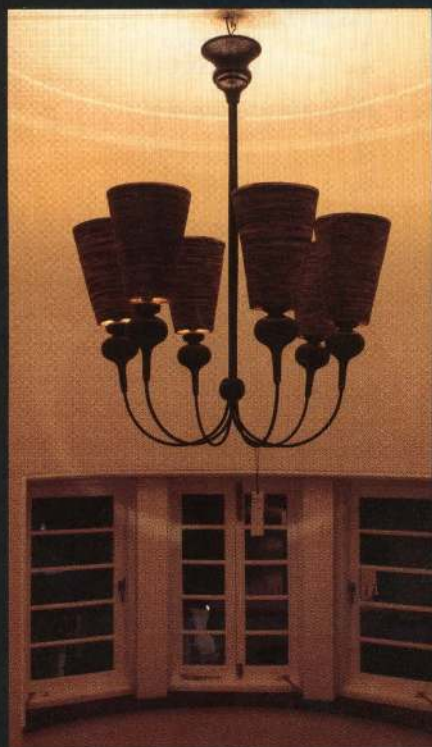
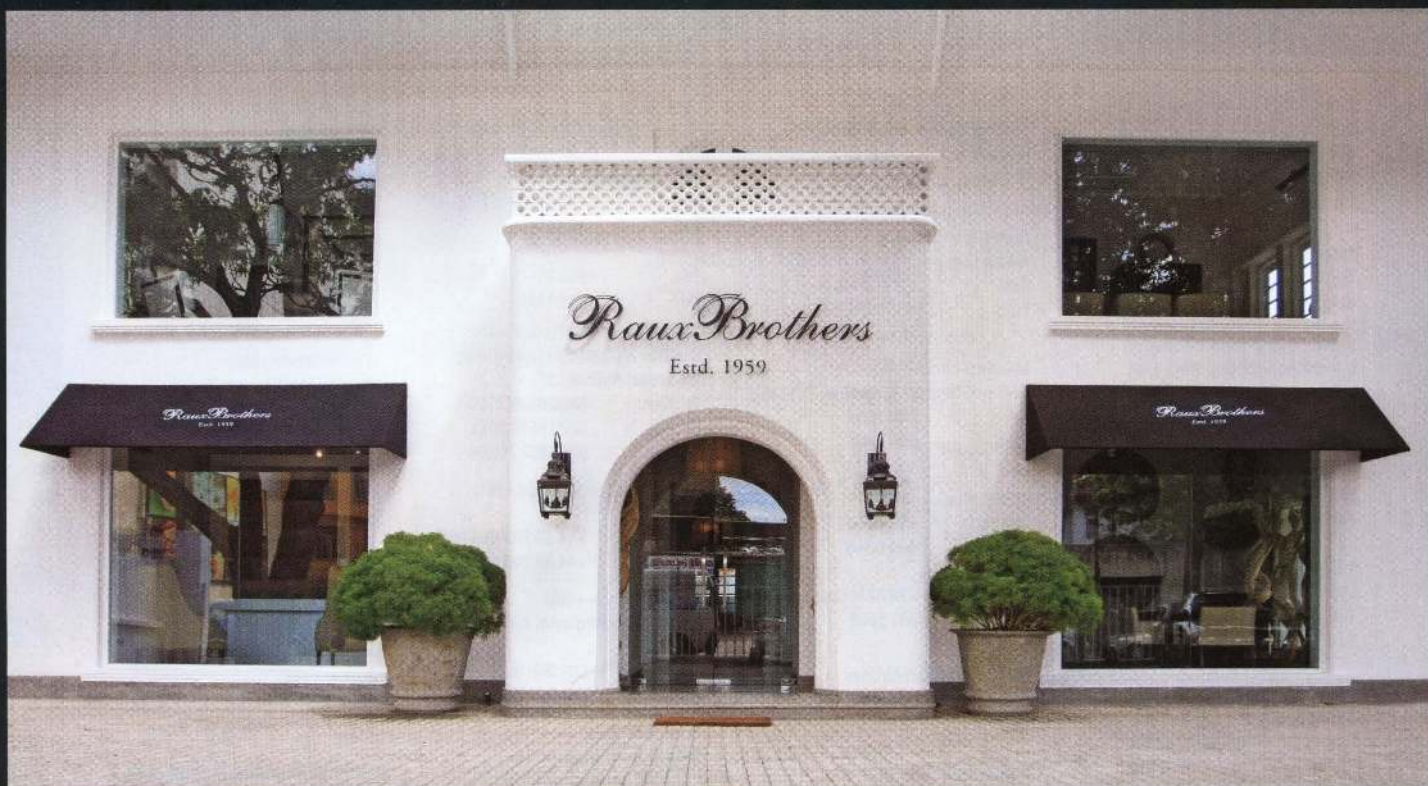
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