

TRAVEL TASTES & TIPS for LANKA



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Irritations & tips

- differential scale in entry fees as in India
- heat and humidity
- **rain** ... sometimes unceasing and torrential
- driving style and chaotic traffic in places
- garbage ... *jaraa* left by local tourists
- touts... ?? Perhaps
- tipping normal

Striking ASPECTS

- VARIETY
- **Varied & verdant landscapes... *hill country; waterfalls; tea country; paddy fields + coconut groves + rock outcrops in a mix; beaches; jungles***
- **smiling peoples**



PLUS

- ancient ruins ... *going back to the 2nd century BC ... and more recent temple complexes in half-cave settings With the grand-daddy of them all in my view SIGIRIYA*
- wild animals & bird life... plus **whale watching** sea trips
- colonial edifices ... from tea plantation-bungalows become-guest-spots to **botanical gardens** ... urban mansionschurches and forts – especially **GALLE FORT**

- ... and, of course, **FOOD** in both Western and Eastern variety, some of it sharp and spicy
- **TIPS:** *go for the* **pineapple ... maybe the varied plantains**
- *...* and the **king coconut drink** at roadside or hotel and the **lime juice with sugar** in hotels ...
- ..**mangosteen &/or rambutan** if in season
- ... and **woodapple** as dessert
- And do not forget your sweater &/or wind jacket ... it gets down to **15C** up country at Nuwara Eliya and places

SPECIAL OUTINGS

- + * KANDY PERAHERA usually late July or early August**
- + * GALLE LITERARY FESTIVAL usually January**
- + * TRAIN JOURNEYS upcountry to Nuwara Eliya & Badulla**
- + * Heli and Seaplane AIR Transport is also available**

SRI LANKA

INDIA





“The total land area is 65,610 sq. km and is astonishingly varied. A **length of 445 km** and breadth of **225 km** encompasses beautiful tropical beaches, verdant vegetation, ancient monuments and a thousand delights to please all tastes. The relief features of the island consist **of a mountainous mass somewhat south of the centre, with height exceeding 2,500 metres**, surrounded by broad plains. Palm fringed beaches surround the island and the sea temperature rarely falls below 27°C.”

- **Colombo –YALA National Park *near Hambantota* = 6 hours**
- **Colombo-ANURADHAPURA = 4 hours**
- **Colombo-SIGIRIYA = 4-5 hours**
- **Colombo-KANDY = 3-4 hours**
- **Colombo-HORTON PLAINS = 5-6 hours**
- **Colombo-GALLE = 5-6 now via Expressway = 90-110 mts**

Map of Sri Lanka

Scale 1 : 1,650,000

★ National capital
● Populated place
 Line of irrigation development
 Wet zone
 0 20 40 Kilometers
 0 20 40 Miles

LEGEND

Highways
 Main Roads
 Towns
 Towns which detail maps are included





**MAP showing
WILD LIFE &
Sanctuary AREAS
in Green
followed by
an aerial view of a
southern stretch
of coastal territory**



THE SEASONS and their implications

- **South west monsoon ... May- August or so** ...likely to rain (unpredictably) at times in south west and Central Highlands... beaches narrow and seas rough along populated south west WHEREAS calm along eastern coast ... so not the best time for **snorkelling** ...
- **North east monsoon ... November to March or so** ... rough seas along east and heavy rain at times ... **presumably good for surfies at Arugam Bay**
- **This is the best time to visit the HILL COUNTRY and take in the tea/mountain landscape**

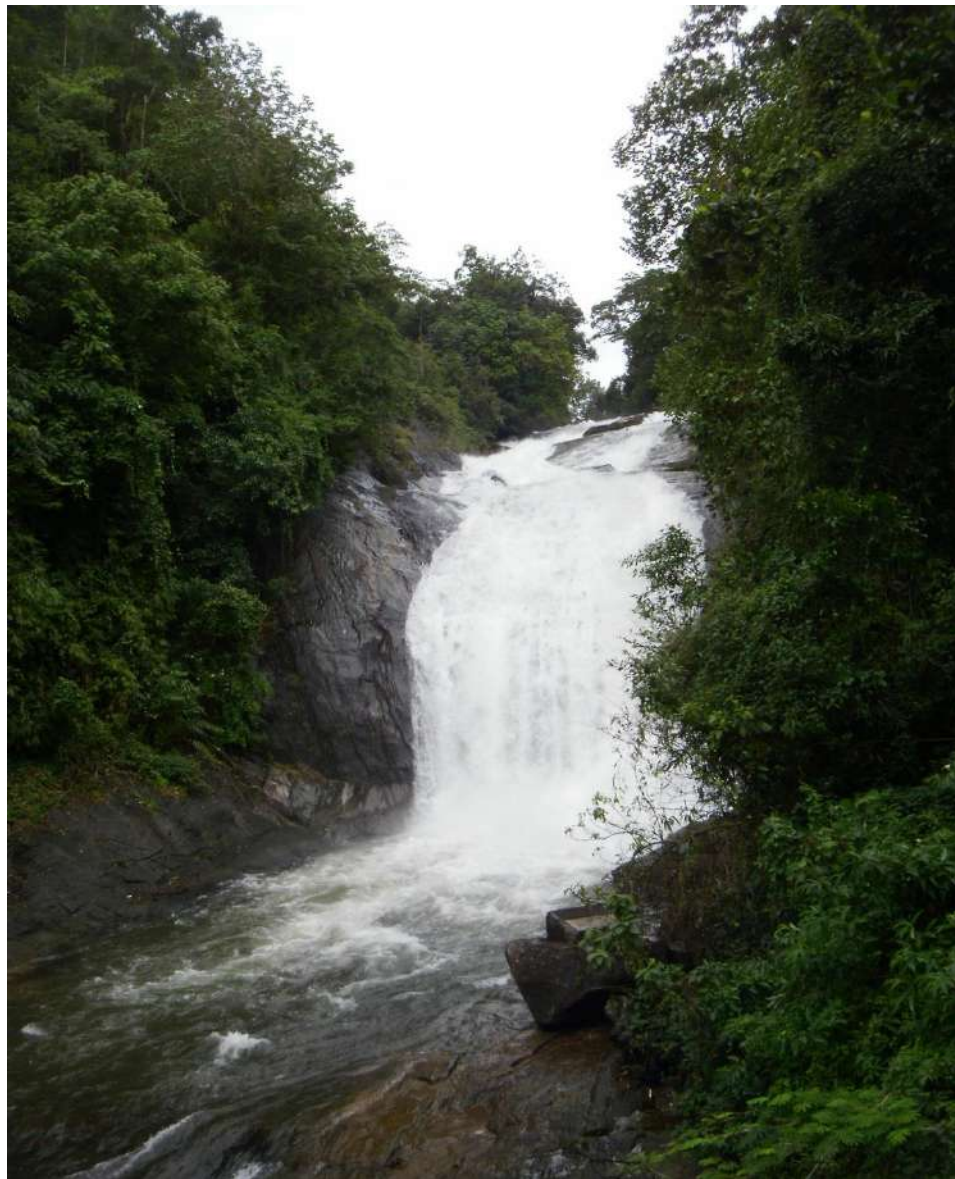
These two PICs are by JANAKA
GALLANGODA... one of the author of [Life:
A Journey into the Wilds of Sri Lanka](#)





Hunnas FALLS and Hunnasgiriya Hotel
at a former plantation *Pics by*
Roberts, on a grey day, 2012





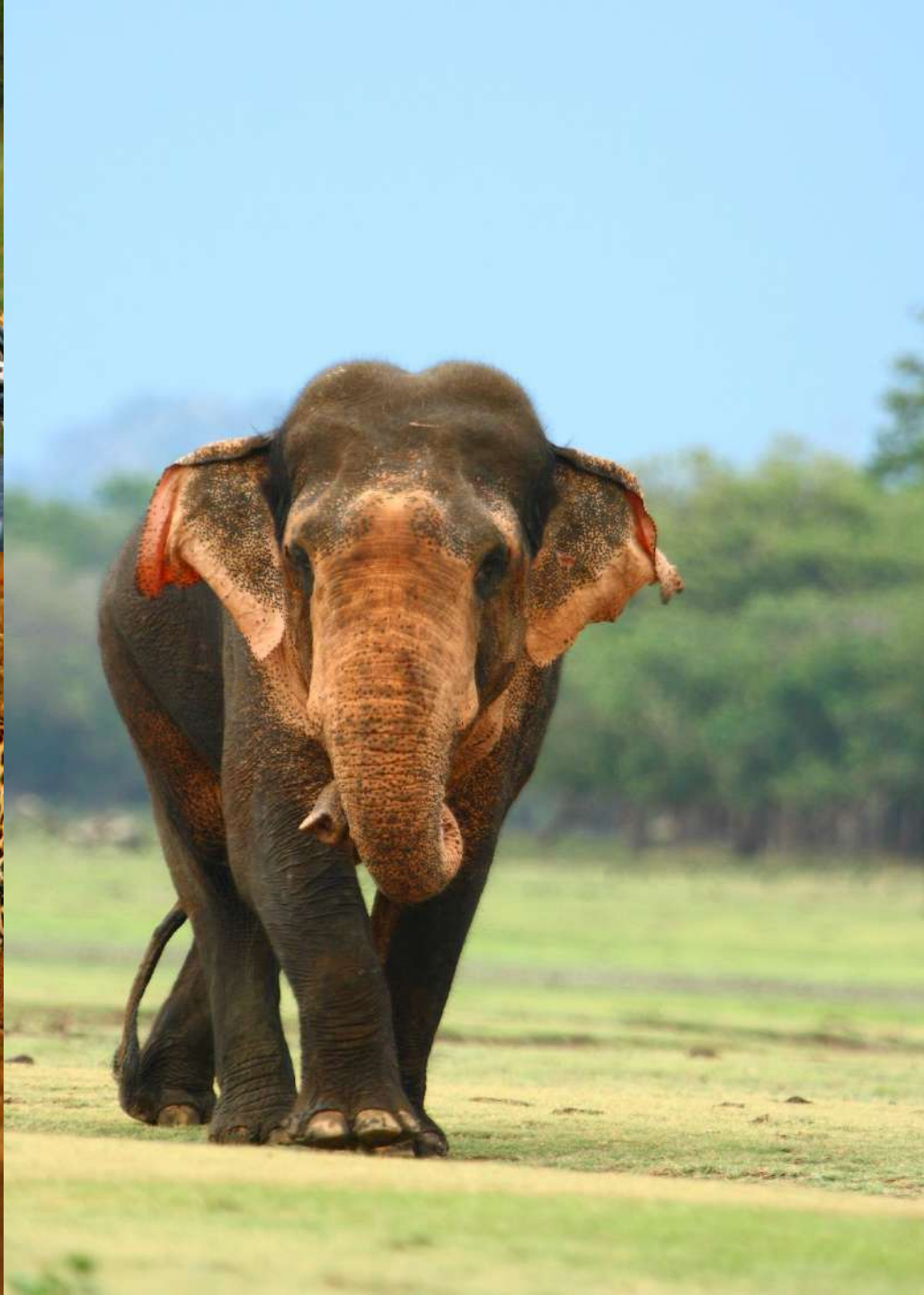


Scenes around Kandy

Kim Roberts at
**PERADENIYA Botanical
Gardens 1987**









YATA
407 DI 177
3917

318
1774



**Two bottom Pics by Roberts,
March 2011... top left by JANAKA**





LET US TRAVEL

- Two airport options now –new one in southeast at **MATTALA**
- Normally one lands at **Katunayake** near Negombo... north of Colombo and now via Expressway about 15-20 mts from Colombo with option of skirting that !#!! City

I. **KATU-Kandy** with visit to **PINNAWELA** Elephant Orphanage enroute

II. **KATU- UNESCO Cultural Triangle area... namely Anuradhapura-Dambulla/Sigiriya –Polonnaruwa ...**

SRI LANKA

INDIA

Bay of Bengal



0 100 km
0 60 miles

Wilpattu National Park

INDIAN OCEAN



PINNAWELA ELEPHANT Orphanage





PADENIYA TEMPLE at junction of Nikaweritiya-Kurunegala roads.. a 'medieval' edifice – Kandyan period



**The Rajarata Civilisation: C3rd BC to C13th AD ...centred first
at ANURADHAPURA and then at POLONNARUWA**

Abhayagiri Stupa & SHONA
in 1970 ... and today ... with
TWIN PONDS *in left corner*





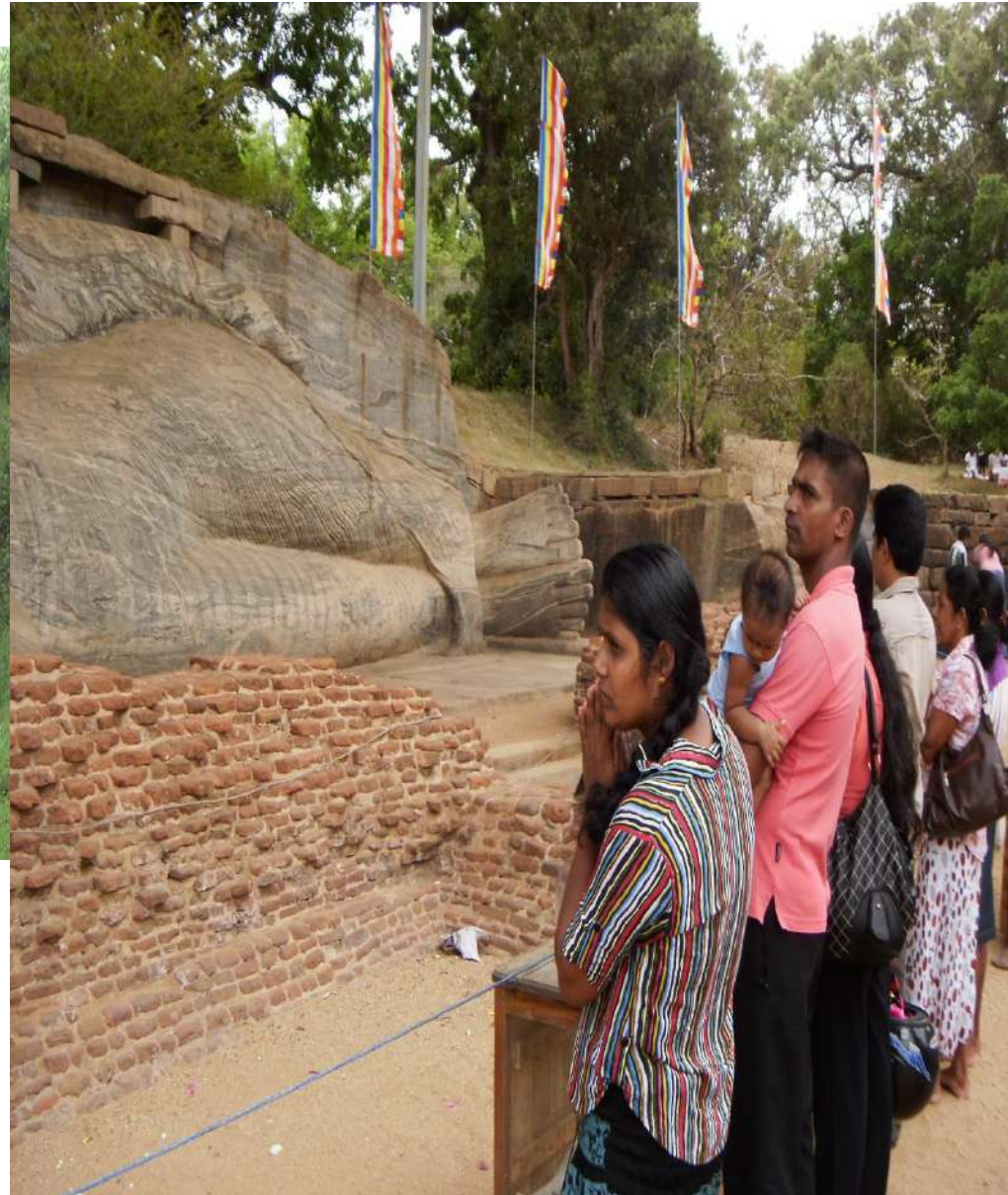
ISURUMINIYA elephant etchings in stone ... and the irrigation tank BASAVAK KULAM



POLONNARUWA – a young buck at the VATADAGE in 1970 And the place today



More at P'NUWA ...The outstanding sculptures at GAL VIHARA ... with devotees this last POSON season



**All these PICs were
snapped by me this June
2013**







SIGIRIYA 5th – 9th *a monastic complex turned into king's palace in and ON the rock*



Approaching the ROCK from the west ... thence steps to the MIRROR WALL where a spiral staircase leads one to the FRESCOES





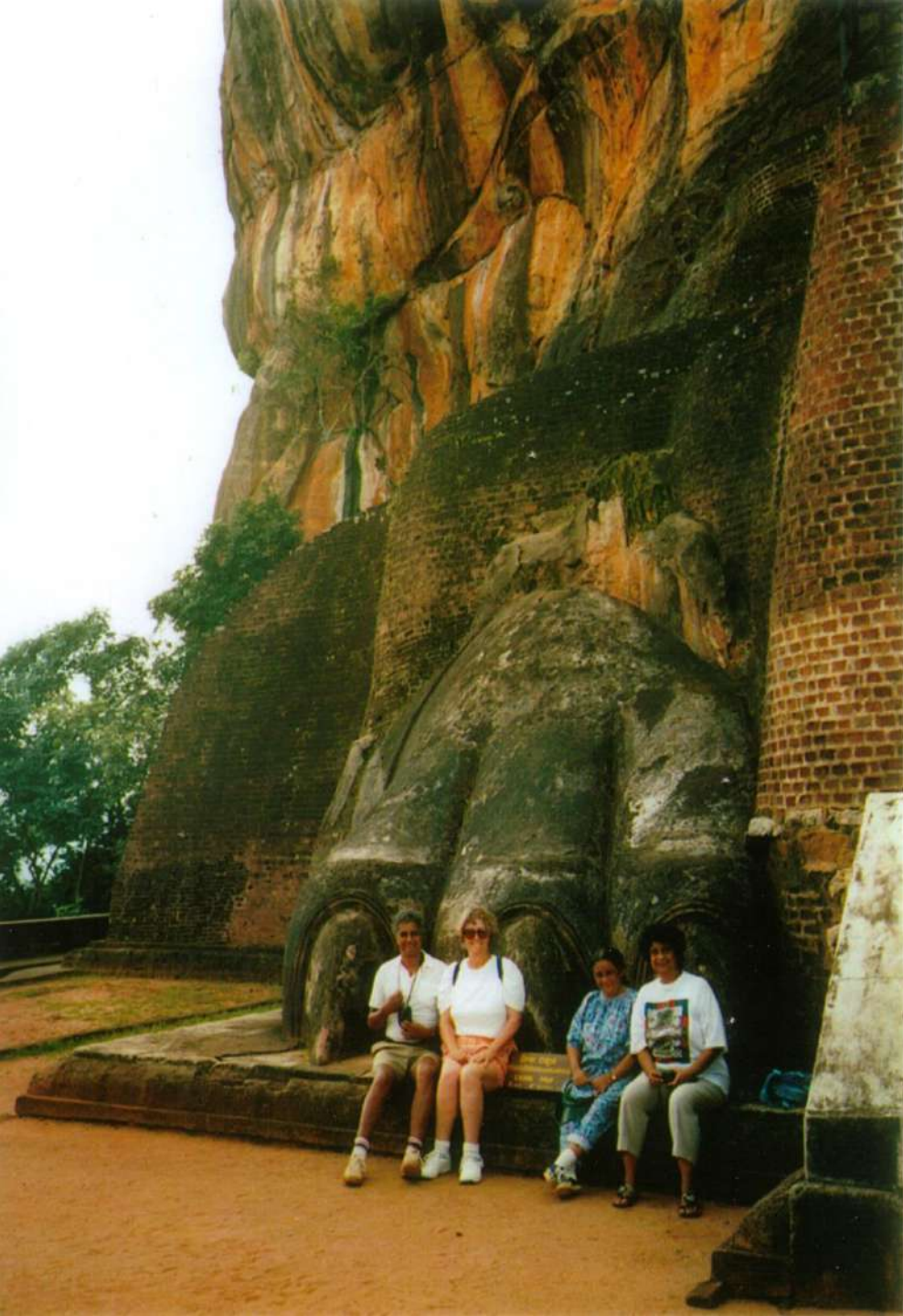
the captivating ladies .. Who inspired visitors in that period to inscribe graffiti poems on the **MIRROR WALL**



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Ascending via Lion Rock.







SRI LANKA

INDIA

Bay of Bengal

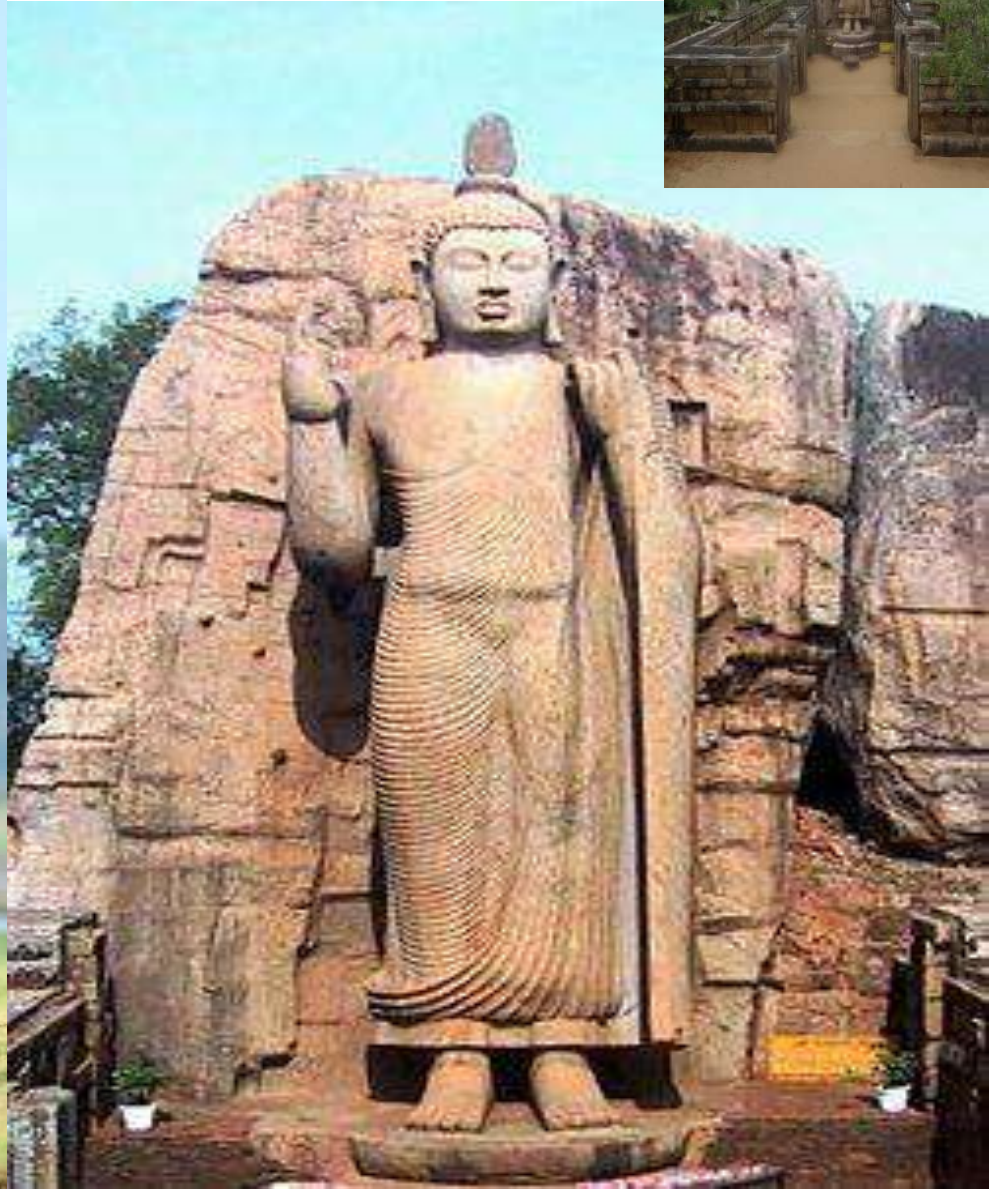
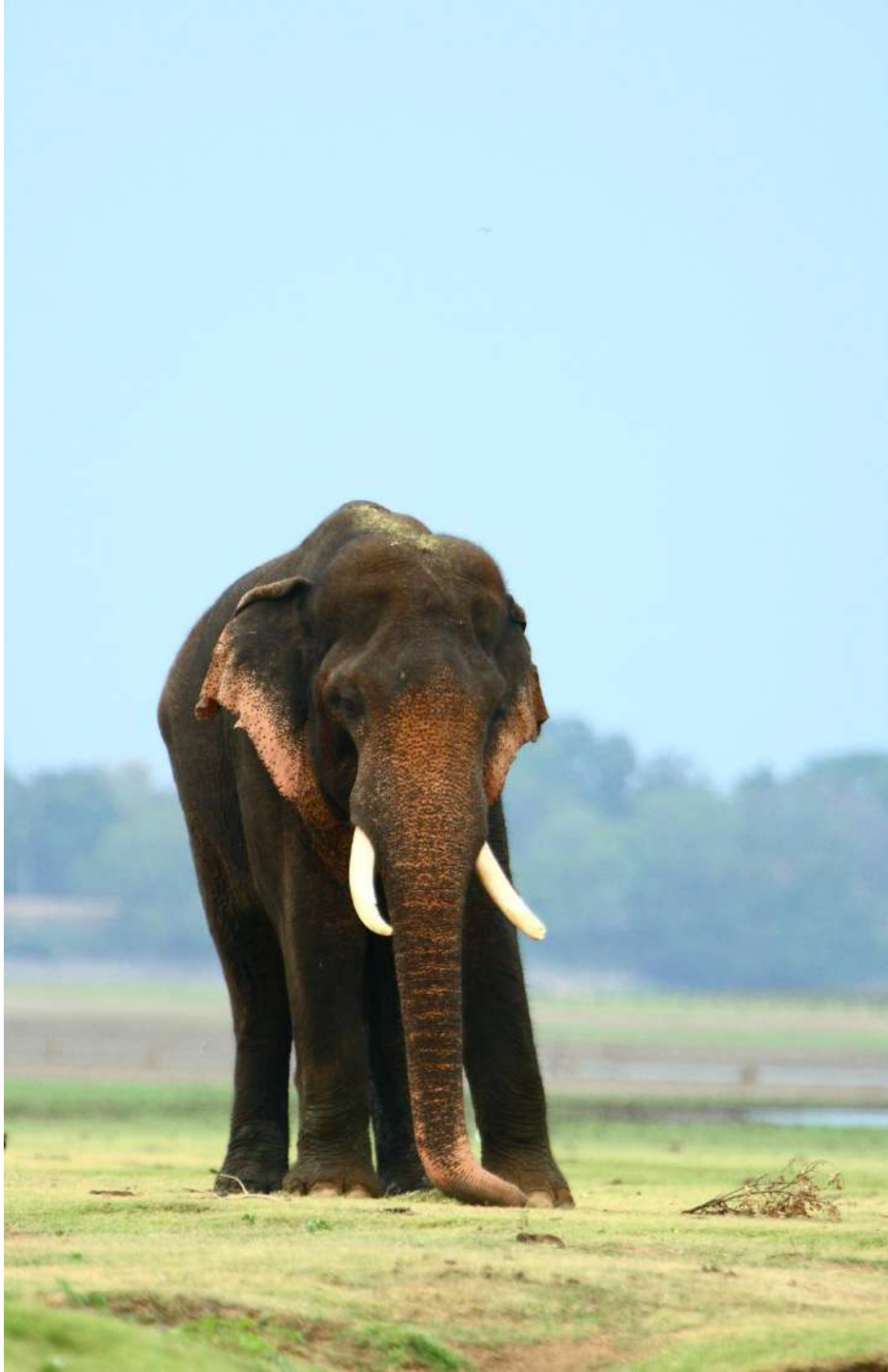


0 100 km
0 60 miles

INDIAN OCEAN

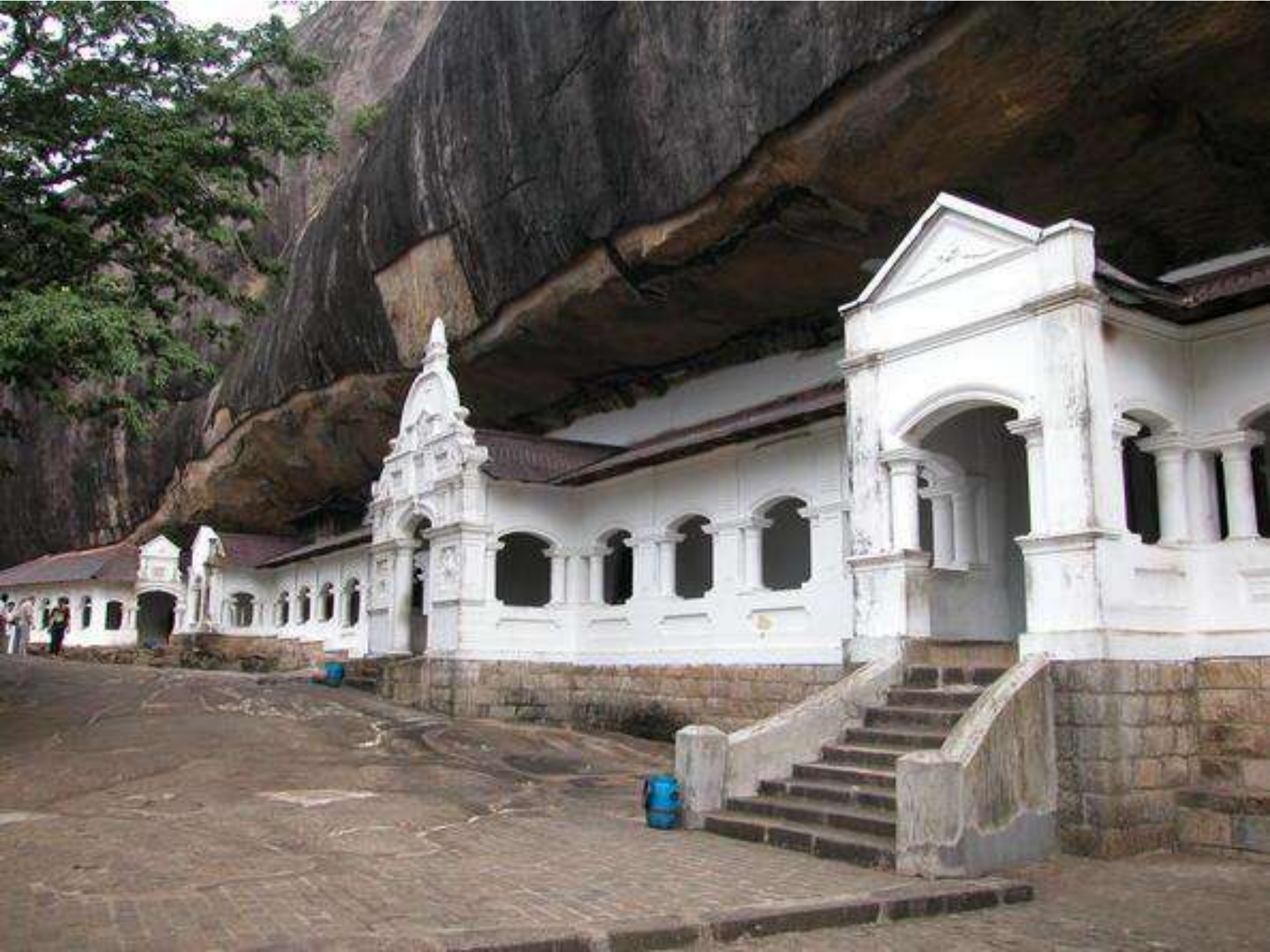


Avukana Buddha statue near KALA WEWA



DAMBULLA Rock Temple – an UNESCO site too





Hill-country scenes & bloom-time at Peradeniya Campus



I LOVE KANDY
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- **BUDURUVAGALA**



• **What is Mahayana Buddhism?**

• **Mahayana Buddhism** emerged in the first century CE as a more liberal, accessible interpretation of Buddhism. As the "Greater Vehicle" (literally, the "Greater Ox-Cart"), Mahayana is a path available to people from all walks of life - not just monks and ascetics.

• Mahayana Buddhism is the primary form of Buddhism in North Asia and the Far East, including China, Japan, Korea, Tibet and Mongolia, and is thus sometimes known as Northern Buddhism. Mahayana Buddhists accept the Pali Canon as sacred scripture with the Theravadans, but also many other works, the Sutras, which were written later and in Sanskrit.

• **Theravada and Mahayana Buddhists differ in their perspective on the ultimate purpose of life and the way in which it can be attained.** As discussed on the last page, Theravada Buddhists strive to become *arhats*, or perfected saints who have attained enlightenment and nirvana. This is considered to only be possible for monks and nuns, who devote their entire lives to the task. The best outcome the laity can hope for is to be reborn in the monastic life.

• Mahayana Buddhists, on the other hand, hope to become not *arhats* but *bodhisatvas*, saints who have become enlightened but who unselfishly delay nirvana to help others attain it as well, as the Buddha did. Perhaps more significantly for one who would choose between the paths, Mahayana Buddhists teach that enlightenment can be attained in a single lifetime, and this can be accomplished even by a layperson. The various subdivisions within the Mahayana tradition, such as Zen, Nichiren, and Pure Land, promote different ways of attaining this goal, but all are agreed that it can be attained in a single lifetime by anyone who puts his or her mind (and sometimes body) to it.

• The Mahayana form of Buddhism tends to be more religious in nature than its Theravadan counterpart. It often includes veneration of celestial beings, Buddhas and bodhisatvas, ceremonies, religious rituals, magical rites, and the use of icons, images, and other sacred objects. The role of such religious elements varies, however: it is central to Tibetan/Tantric Buddhism, but is highly discouraged by Zen practitioners, who have been known to burn statues of the Buddha to demonstrate their unimportance.

• The next few articles outline some of the most significant sects and schools within the Mahayana tradition: [Tendai](#), [Nichiren](#) and [Zen](#).



- **more Pics from YALA
by Janaka**







SRI LANKA

INDIA

Bay of Bengal



0 100 km
0 60 miles



Take-off from **Mirissa** for **WHALE** watching in the southern seas





My trip down south east in Feb-March 2011 ... for CRICKET plus

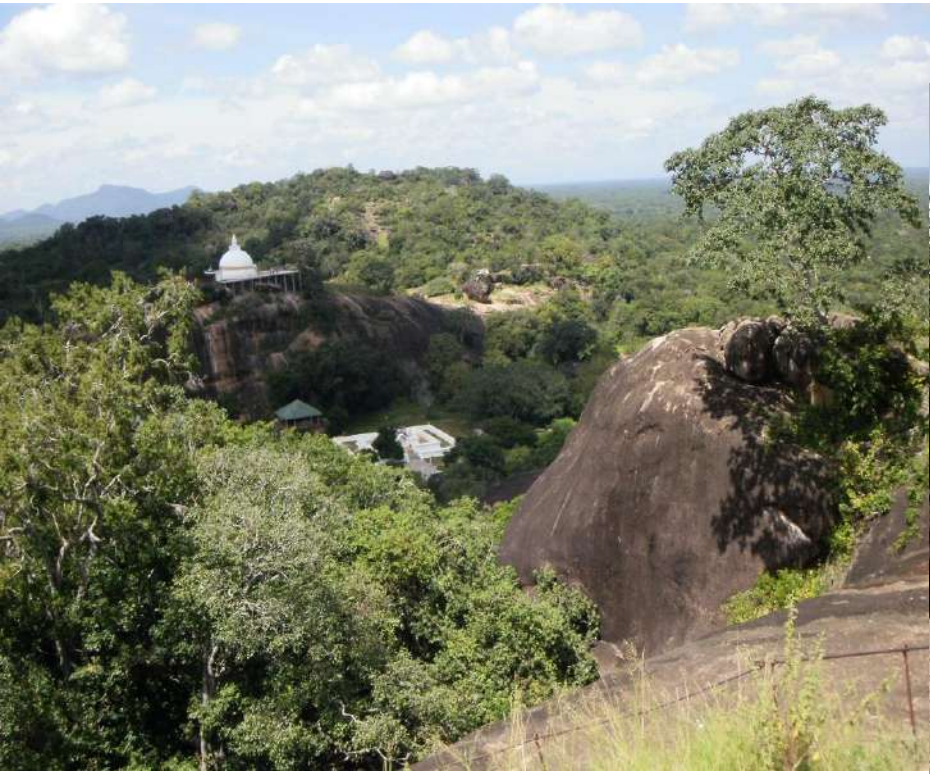




RDA



SITULPAHUA rock temple... with half-cave shrine room



- **Some YALA scenes**









FOUR

6

3

At new SOORIYAWEWA Stadium in southeast –World cup match CANADA vs LANKA



Tsunami Tragedy at Patnangala ... epitaph for some Japanese tourists



On the way to KHETTAARAMA Stadium ... in the north of COLOMBO -- a slum & shanty area with many Moors (Muslims)



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GALLE bus stand and main road after the TSUNAMI, 26 Dec 2004



GALLE -- my home town – several suburbs, with the
FORT being one.... nourished therein





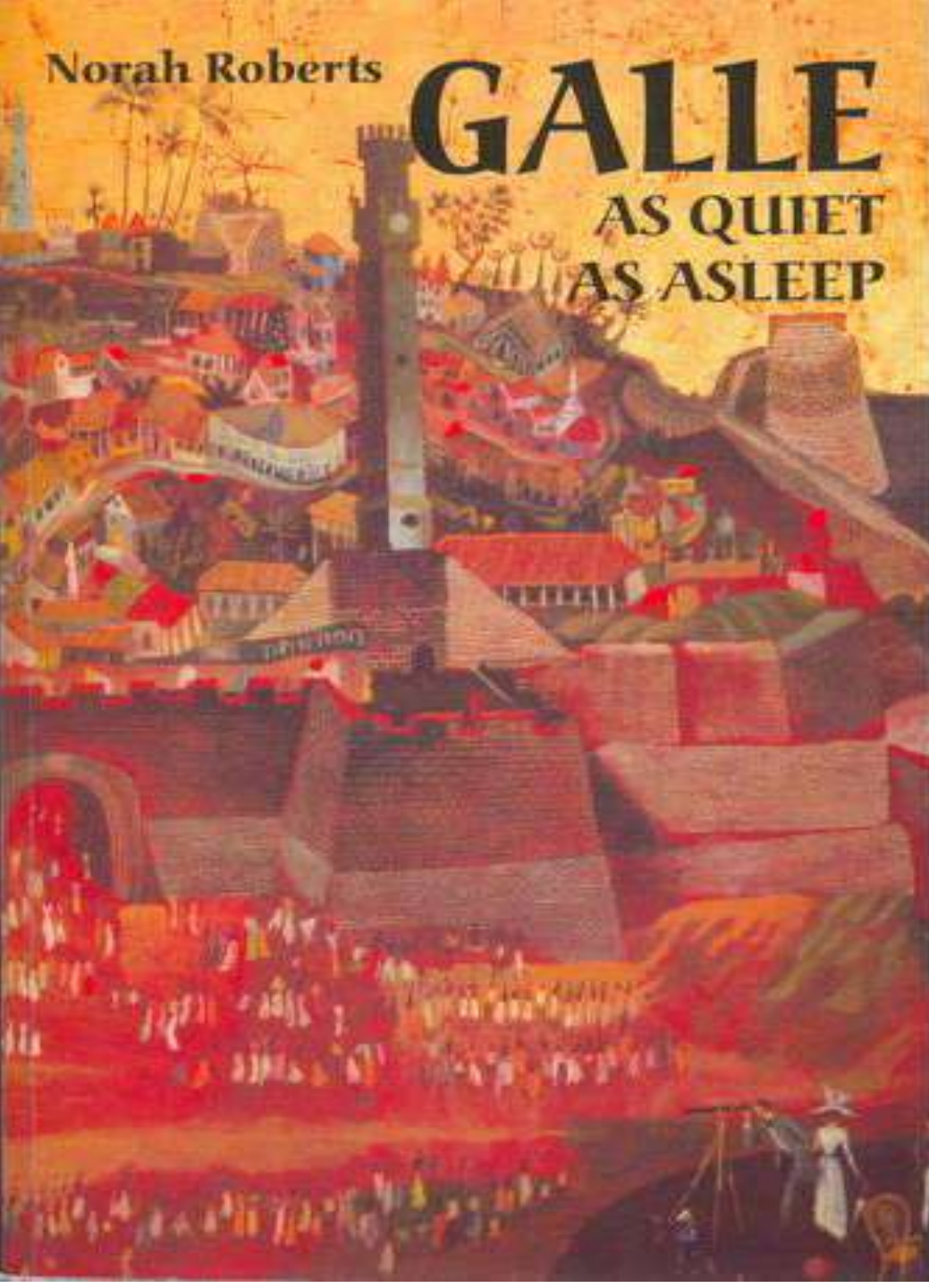




Norah Roberts

GALLE

AS QUIET
AS ASLEEP



Donald Friend and the huge wall mural depicting Galle Fort & harbour as imagined for the 1870s

...with the **NOH** (born c. 1850) as captured today... as **AMANGALLA**





Amateur PICs by *Roberts* -- aspects of the **Galle Fort** **ramparts**









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 கல்லை
THE NATIONAL MUSEUM
GALLE

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 Department of National Museums



Rare scene of fishermen at water's edge Galle fort in the 1930s... and a recent image of the 18th century Dutch Church





GALLE LITERARY FESTIVAL at some point in January most years ... with a few illustrations from that in 2008



Beaches here and there ... and everywhere ...
BUT ... beware snakecharmers





**Clockwise ARUGAM BAY on
east coast – DICKWELLA &
UNAWATUNA on southern**







