

tRAVEL.

By Ask Lanka

October 2014

Free Issue

Global Edition

5th issue of 1st cluster

Secluded Stay
with Wilderness
in **WILD**

FOOD

Story for daily dining

Raftin

International Edition

ASK LANKA DIGITAL TRAVEL MAGAZINE
TRAVEL & LEISURE

Unawatuna Beach

Unawatuna Beach Located in Southern Province of Sri Lanka 124 KM away from Colombo capital of Sri Lanka. Greenish Blue Beach with clean virgin beach area of Unawatuna popular among local & foreign tourist since years ago. History of the Unawatuna go back to 6000 years ago Ramayan mythology

Unawatuna Beach Park covered by reef from deep sea & shallow greenish blue sea perfectly looks like natural swimming pool. And gentle waves are crashing to Golden Sandy beach who feel like came to heaven in earth. You may refreshing with water based activities such as surfing in search of myriads of coral fish angel fish &

puffer fish diving for beautiful and out of this world coral reefs, scuba diving and underwater photography, sailing, yachting and the latest attraction of setting out in search of the blue whales areas are very near to Unawatuna.

The quality of this beautiful beach is that given any time of the day one can get in to the shallow waters without fear of come-out to the open sea and also the level of water which keeps a natural gradient forming a shallow and a deep end on this natural swimming pool. There is a coconut palms covered the over beach if one tired with bright sunny times to have a shade. After a sunny & crystal bath the ayurveda masseurs await for you to offer a perfect bliss and mind boggling spa treatments using local



herbal ointments and medical cr-
eams. Mouth watering Sri Lank
-an foods with spices to arouse
your palette along with seafood
such as crab, prawn, lobster, mu-
-ssel, tuna and cuttlefish make
one feel that this paradise beach
was meant to be the kingdom of
“triton” the god of sea. There are
many more leading hotels & gue-
-st houses for perfect service for
feel you more comfort

Among all these things, Unawat-
una was declared in twelve best
beaches in the World. It is due to
cleanness, perfect human resour-
ces of host, safety of nature, and
safety from human activities too.
And one of best offering destinati-
on in beach stay will be Unawa-
tuna & you need to come once to
have this golden opportunity to ta-
ste the spirit of nature in Unawat-
una.



Gal-oya National Park declared in 1954 as an environment balance project in Gal-oya development project. It is nature reserve area for Senanayake Samudraya the largest reservoir in Sri Lanka Gal-oya popular for elephant you can see each day of the year without any doubt. And other thing is Tri- ayurveda medicine (triphala) Terminalia chebula, Terminalia bellirica and Emblica officinalis can be found in this national park And this is located in mostly mid range lands of Sri Lanka from 30 m to 900m ABSL. Nilgala, Danigala & Ulpotha are the highest places and mountains only we can see in national park. Average annual rainfall around 1,700 mm in this park & it is by north eastern monsoon. And you can see an island called "Bird's Island in the senanayake samudraya reservoir which was used by birds for nesting.

And you can see amazing place called makara kata (Dragon's mouth) a natural tunnel the water flowing through out it. And there are three types of vegetations Shrub, Forest & Grasslands. 32 terrestrial mammal species are living in National Park. The Sri Lankan Elephant, Sri Lankan Axis Deer, Muntjac, Water Buffalo, Sri Lankan Sambar Deer, Sri Lanka Leopard, Toque Monkey and Wild Boar are among them. 150 bird species or more found from gal-oya.

So, you can have a boat ride there to bird watching near bird's island and reservoir near places from reservoir side. Recently, you may watch birds from side of land near water. We suggest you to do a different recreation activity. So, most of people have to visit Yala National Park as recent travel route of travel agencies and you need to come out that popular way to see some different. So, you can have a camping site to spend over night stay also.



Gal-Oya National Park

Hanthana is one of famous hike in Sri Lanka. Specially, it is famous as adventurous tour among youth. Hanthana Forest Reserve is one of nearest forest area to Kandy. It is recently covered by mist in evening time & green natural hill forest is making amazing feelings as you near to sky. And this place was very popular with lovers & you can find few Local songs about this mountain range.

Someone wish to feel the nature without disturbing anyone, the Hanthana range is the most suitable for it. Calm & quite mountains fill out by cold wind with only many more wild animals & birds. Additionally, you may meet, few young guys may be climbed the mountain range. So, there are few camping sites & hotels for feel this calmness. In bright sunny day to Kandy city, the Hanthana may be filling out by mist. It is the difference of Hanthana. You can

can see all the major communication tower of Kandy City limit was situated in Hanthana. Because, it the landscaping background of Kandy.

If you like to spend a cold night with open fire & BBQ dinner, this is the place for lost one's way yourself. After tired trip in Kandy World Heritage City, we process to Hanthana by passing few kilometers. We come with dim light & slowly cause of a news we heard from our guide lecturer that we may able to see one of bigger Leopard in Sri Lanka. Because in the Hill country; the leopard is very rare to see But, if you lucky, you may see the best thing you should see with your eyes in Sri Lanka. Many more people don't know that we can see leopard in Kandy. If you are not fear to spend night with risk, you will meet hill leopard. You may see leopard accidently over Hanthana, Hirassagala, Udawatta kele, Katukelle areas and nearest places in Kandy City limit.

Hanthana Mountains (Lover's Paradise)

05

Whatever, we come to our camp sight & get relaxed with natural water. Already open fire was firing to warm up and to protect us from ice cool wind from Sri Lankan hill country. We didn't want music than nature that made for us. But, we start some music without disturbing nature & just for enjoy the wilderness.

This is really wilderness place separate from Kandy rushing city. The mist made a wall between outside world & wild which we stay.

In many more times, some young people missed their way without any assistance due to fog. Even Air force & Cops have to launch special operations to recover them. This is recent case & always authority advised to public to have the help of professional guide lecturer or trek master to get routed. Whatever, this is really amazing place, still secluded from mass tourism. So, some of unique tour agencies are conducting tours with specialized travelers escape from common mass tourists.



Anuradha
the explorer

Sri Lanka situated pointed & centered to Indian Ocean. So, when you come to this amazing Island you are in a small paradise separated from mainland of Asia continental. Also, there are number of tiny islands around Sri Lanka Main Island. So, you are invited to stay in one of Ancient Island Near To Sri Lanka. The history of this island goes back to British times. In the past, this was nest of British administrators. Sight of Asia's largest natural harbor, we can found this island with calm natural outlook.

Once you come there, you will become a British colonialist who ruled the Asia's natural harbor and marine fortress. You can accommodate, dine at British castle & also you can play badminton at a track used by Britain.

It is really separated by Indian Ocean from Sri Lanka Mainland. And when you swim at the pool, you can feel it parallel with ocean. But, little bit higher from sea level. In the night, you can see shine of lights at the harbor and light house. When you have the BBQ with open fire or your private veranda, you can feel like you have been lost in sea with your sailor ship when you passed the Indian Ocean. You may feel you became a hunter who BBQ meat in open air.

We assure we need to have this experience once in your life if you love to travel. You will get all facilities you need. You will seclude as you wish. It is perfect tour experience for anyone seeking for uncommon highlights.

The logo for Anuradha features a small icon of a hand holding a pen, followed by the name 'Anuradha' in a green, serif font. Below the name, the tagline 'the explorer' is written in a smaller, italicized, lowercase serif font.

Anuradha
the explorer

Kithulgala village located 80 km away from Colombo, the commercial capital of Sri Lanka. It was a popular tourist destination with a unique feature that there we found. It is White Water Rafting. Water Rafting generally done with white water but, not only that. Kelany River, one of longer river in Sri Lanka started from Adam's Peak; is passing Kithulgala as near village area. By the unique geographical features & nature made successful tourist destination for white water rafting; ever famous in Sri Lanka and World-wide. Rafting can be categorized upto 6 rapids by difficulty. In Kithulgala we found 2-3 rapids for 02 hours ride. Its mean, it is can be recommended to 10 years old child. But, you need to

remember, rafting is not a simple thing. It is really adventurous sport & not recommend for unusual health status & special mind or body health issues. You need to get advice from a qualified doctor before rafting. When you plan to "Rafting" while your tour, you can get some special inspection & notes from your medical officer before travel at recent health checkup. With an air filled boat & special rafting boarding panel will be used for white water rafting. There are adventure sports instructors, trek masters & helpers for your assistance. And you need to wear a special floating kit before boarding. You will have special instruction for your all of wears also.



Rafting

08



You need to relax your body & mind also make your attention totally on this activity. You need to play and fight with water for 2 hours. Your boat and you will meet smooth rides, rough gaps, falling downs and many more things. This is really joyful activity and you need to go under 3 rapids until you became an expert in subject. We nominate 4-5 rapids are only for experts also 6 rapid is deathly dangerous also cause to happen serious injuries or death. Recently, tour operators are not handling this level & it is only for professionals.

If you visit Kithulgala, it is easy to access Nuwaraeliya Little England Colonial City, Virgin Forest areas surrounding also. If you interest in pre-historical things, you may found thousands years back historical caves with pre-historical human evidence in Kithulgala. Also, after half and hour drive, you will meet a secluded rainforest. And 20 min drive away, the World's one of fewer railway village situated in Sri Lanka. This is secluded village & there are surrounding hidden water falls, pre-historical stories & tea history monuments as well.

To be continued...  *the explorer*



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09

Milk Rice...

In Sri Lankan traditional foods, Milk Rice comes to first place without doubt. In every good times of Sri Lankan lifestyle including Sri Lankan Traditional New Year in April, Milk Rice Pudding is the first and major food of palette. Today, we guide you to prepare this food & you can taste this with sweet or hot favor.

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INGREDIENTS:

2 cups rice, 1½ - 2 cups thick coconut milk, 2 ½ cups water, Salt – to taste

DIRECTIONS:

Wash the rice and place it in a medium saucepan with water. Bring it to boil in medium heat. Cover the saucepan and cook till the rice is soft and the water is absorbed. Do not burn the rice. Mix little salt with coconut milk and stir it. When the rice is ready reduce the heat to low and pour the coconut milk into the rice and Mix it well. Simmer the rice and coconut milk mixer till the coconut milk is absorbed and the rice is very soft and creamy. Taste for salt. Off the heat, and let it cool for 5 min. Transfer the mixer to a wide shallow dish and flatten down with flat spoon, spatula or with a piece of polythene. Actually, Sri Lankans are using banana leaflets Draw lines on top surface according to the shape (diamond or square) you want and let it cool another 5- 10 minutes, cut it into pieces.

Serving:

Best is Seeni Sambool, Lunu Miris, Katta Sambool, Fish curry or your favorite meat curry. Also you can have milk rice with banana, sugar or juggery.

Note:

1. The amount of water and coconut milk is depend on the kind of rice you use.
2. If you can't find coconut milk, of course you can use normal milk.
3. When you finish flatten down the milk rice on the serving dish, just apply little coconut milk on the top surface. So then the top surface won't get dry and also it's bringing you a good taste too.



FOOD

Story for daily dining

10

National Museum

Sri Lanka National Museum is one of valuable gift of British Colonials established in 1877 year beginning. It was founded by Sir William Henry Gregory; the Governor of Sri Lanka at time of founded this museum. This unique, high-lighted building in City of Colombo was designed according to Italian architecture by J. S. Smither – Chief architecture of Public Work Department – Ceylon. If you saw a pure white coloured Italian style building situated in centre of green garden in Colombo city, it is the National Museum Sri Lanka.

Today, it has 9 branches, a school science programme & a mobile service under department of National Museum.

It has pre-historical evidence to the throne of last king of Sri Lanka to exhibit. Also, natural history, cultural history, cultural heritages & natural heritages are displaying in their galleries. You can refer some guide lines to capture your interest or you can visit one by one to understand Sri Lanka. Also, you need more time to see this place other than one destination. Because, you will feel that you are visiting all the historical places in Sri Lanka to discover pre - historical age to British colonial times of Sri Lanka.



Banana

No festivals without banana are the lifestyle of Sri Lankans. Banana & Milk Rice are the best & never missing food combination in Sri Lankan Festival Dining Table. And banana has a ready market. If we keep a bunch of banana any village or city areas, surely it will be sold for reasonable offer within few hours. So, banana is a tradition of Sri Lankans. Because, it has something more than daily needs. People are thinking if there are bunch of banana in a home, it is making prosperity outlook of that house. It is not extract statement and it is presenting as my point of view as experiences that I felt in our Sri Lankan society. In my life time, I never experienced a person who don't like to bananas.

Sri Lanka has 18 varieties as common known and some people say it is 35. And you can see all the varieties and relevant varieties to banana in Royal botanical garden at Peradeniya. Kolikuttu is a luxury; the queen of banana and no special occasion without it. Embul is the common man's dessert. Polas, and Embun is popular in hotels and tea kiosks as a snack for relieving hunger. There are a few cooking varieties such as Ash plantains and Mondans cultivated in farmers' fields. Some rare varieties like Nethrappalm believed to be good for healthy vision, Ratnamalu, mainly offered for poojas and Suwandel and Puwalu, which are now rarely cultivated. Today, some people interest to produce banana relevant products, such as fruit drinks, cakes & sweets also. If you like to taste something hot & spicy, the solution is cooking banana chips or curry. This is not the end of story of banana. There are many more stories about banana will be offered in near future.

I would like to offer this page to do a little survey about this matter. If you don't like to Bananas, write us with Your Name, Contact Mail, Telephone, Nationality and your comments on bananas.
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Have a Tea in Coopi Kade (Coffee Shop)

In Sri Lanka, the old community was based on one or two retailer shops. It is not only retailer shop, it the coffee shop, pharmacy & all. In evening, tired villagers are gathering on those shops. Recently, that place only has the Radio (There is no any Television) in village. All information spreading based on this place. In evening, villages are waiting for have a cup or tea or coffee on their way home. Mostly people nominate it as coffee shop. So, it is really awesome experience to understand the way of life of Sri Lanka.

Recently the Radio Ceylon traditional service is the radio station play out these shops. So, language that we can hear from radio evens same to traditional language. Also people are using traditional Local Language without any English support words.

You can have some sweet snacks made according to Sri Lankan methods. There are many more foods including Oil cakes, Halapa, Aggala, Athi-rasa and more. And you can have the tea or coffee without Sugar and with Hakuru (Not include Glucose & better for diabetes patients & Sugar controllers) – healthy sweet taste option for sugar. You can play checkerboard with villages. Checkerboard is same to Chess (it has more squares than chess board)

Even today, we found this culture in rural areas. So, it is unique recreation activity to guest. In evening, we can see red-orange sunset in western sky, also the darkness is coming to cover up nature. So, the coffee shop lighted by soft electrical light or petrol-max.

So, we recommend you to have this activity while your evening walks in rural areas. Walk in rural areas such as lakes, temples and monasteries are really awesome for spend your relaxed evening peaceful & joyful.

 **Anuradha**
the explorer



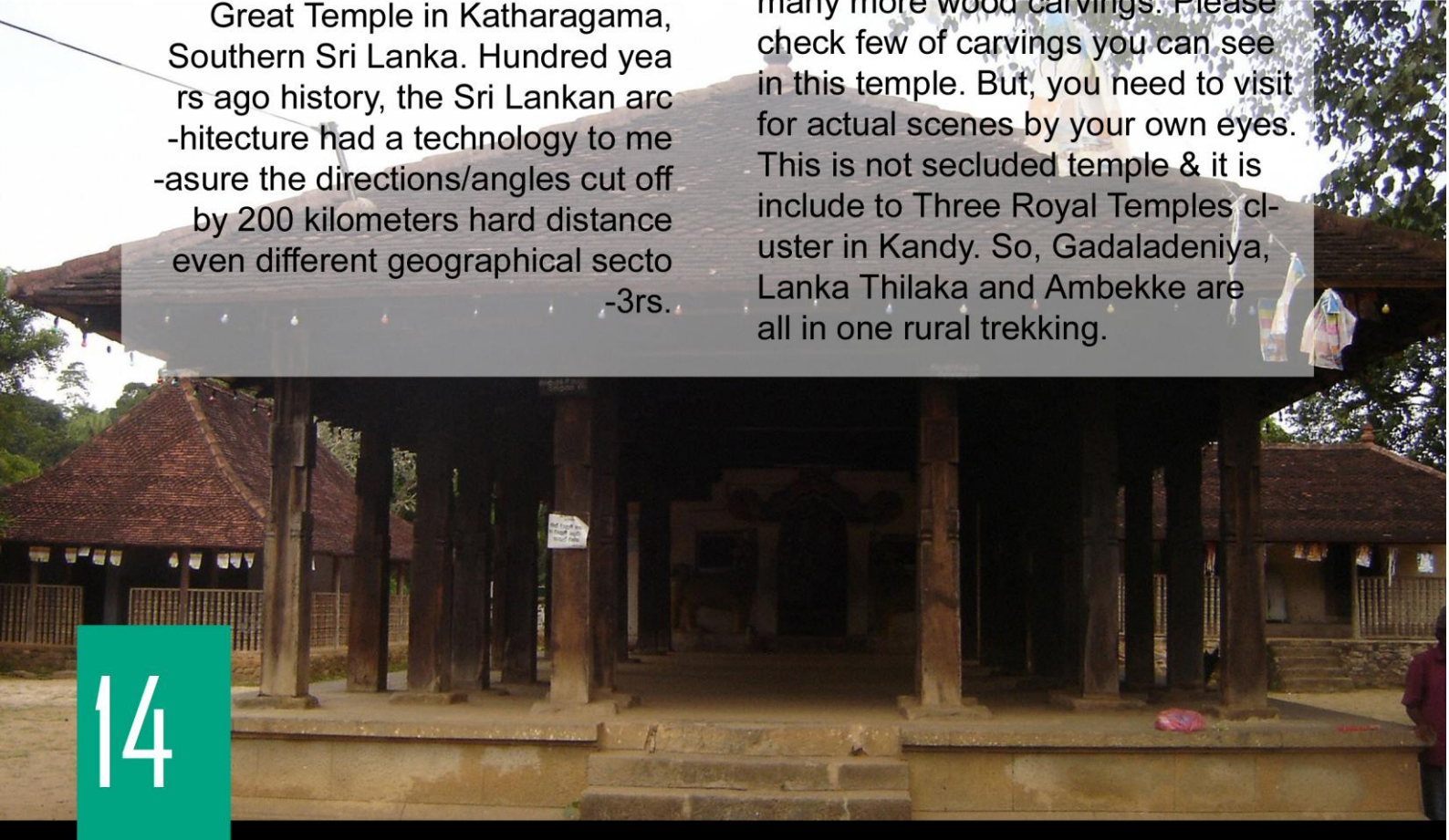
World Famous **WOOD CARVING**

Ambekka Devalaya situated in Kandy District medapalata koralaya. There are wood carvings utilized for the "Drummers' Hall" came from an abandoned "Royal Audience Hall" at Gampola Kingdom. Ganga Siri kingdom or Gampola kingdom is established on valley of Mahaveli and protected by Mahaveli River. Other side covered by mountain range.

This devalaya declared for God Katharagama and there is an important fact you never heard before and you can't get this fact from Internet or anywhere. The old front/entrance of this devalaya is directly faced to Katharagama Great Temple in Katharagama, Southern Sri Lanka. Hundred years ago history, the Sri Lankan architecture had a technology to measure the directions/angles cut off by 200 kilometers hard distance even different geographical sectors.

In this temple, we found three major parts as "Sanctum of Garagha", the "Digge" & "Dancing hall/drummers hall". Local people know God Katharagama in this site as "Devatha Bandara". It can be identified as localization the God Katharagama by Kandyans adding "Bandara"; a higher addressing method of Kandyans. I introduce with the Kandyan's special value a word to localize by Kandyan in Kandy as "Kandyanization".

When we talk about World Famous wood carvings that we found in this temple are wooden pillars of Drummer's hall & Vahalkada (Entrance Arch). Also, the wooden joists have many more wood carvings. Please check few of carvings you can see in this temple. But, you need to visit for actual scenes by your own eyes. This is not secluded temple & it includes to Three Royal Temples cluster in Kandy. So, Gadaladeniya, Lanka Thilaka and Ambekke are all in one rural trekking.



Gallery



Fried Banana



Banana Curry



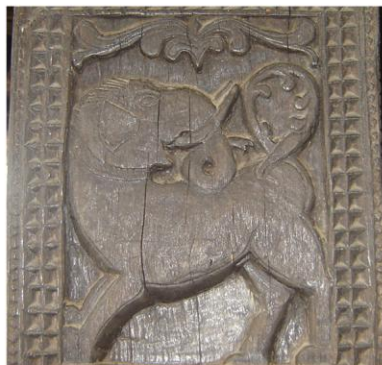
Sweet Milk Rice



Hot Milk Rice



Double headed Eagle



Lion-Elephant Merge



Wrestling (Angampora)



"Madol Kurupawa", pins 26 beams together.



Pillar top has a similar carving across the "Drummers' Hall".

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17

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We are Ask Lanka Digital Travel Magazine freely issue every month for global readers who interest in travel & tourism destinations. We als in travel trade & specially in media industry. As a result of that we introduce this next generation media for our readers. We are co-branding with few leading hotel & travel trading companies very soon.

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