



# Culinary Escape

WITH  
MASTERCHEF'S KUMAR PEREIRA

17 AUGUST – 02 SEPTEMBER 2018





# Sri Lanka Tailor-Made

Sri Lanka Tailor-Made is the luxury travel arm of Jetwing Travels, specializing in bespoke travel programmes off the beaten track to Sri Lanka. We are committed to providing not just a holiday but an authentic experience for the discerning traveler. In order to do so, we create moments in every day of the travel programme paying attention to the details so that the traveler steps beyond the confines of the traditional tourist circuit, gaining insights into the authentic Sri Lanka and coming away inspired. Our team of specialist travel counselors and chauffeur guides have been extensively trained to handle such clientele and as fellow travelers they have gained and continue to gain insights into Sri Lanka's hidden secrets.





## Kumar Pereira

Born in Sri Lanka, Kumar studied typographic design at the London College of Printing. After working in London he lived in Hong Kong for 18 years, working with studios and agencies, and teaching graphic design at the Hong Kong Polytechnic. He left Hong Kong for Australia in 1988 and lives and works in Sydney with his wife Sally and their sons Robert and James.

Kumar Pereira grew up in Colombo in a family who loved travel and entertaining and owes a lot to his mother who was making her own pasta in Colombo in the '60's. He inherited her creativity and love of food and continues her passion. He has always had an interest in food and has featured on ABC radio "Gifted Gourmet" and has had recipes included in publications.

His participation in MasterChef Australia and Masterchef All stars has helped him further his food dreams. In addition to appearances and demonstrations both in Australia and internationally, he continues to cook, write and illustrate and look after his veggie patches.



## Emadhrie Galagoda

Your Tour Designer

An ardent travel geek always in the spirits of experiencing new escapades, Emadhrie is a recent addition to the tailor-made family. Her love for travel was further scrutinized through the lens of an Msc degree in Travel and Tourism which endowed her with the opportunity to experience the pure essence of travel on a global outlook. A Sri Lankan devotee, she loves spontaneous travels, capturing those memorable snippets of picturesque vistas and sharing her personalized reminiscences through social networks. Elated to be a member of such a supportive and passionate team her number one desire is to create a distinctive, blissful and nostalgic experience for the avid traveler.

# Clients Thoughts

## Past Journeys

*The two weeks I spent travelling in beautiful Sri Lanka with Kumar and Sally Pereira were sensational. Literally. Each day was packed with spectacle, music, color, taste and beauty. There were once-in-a-lifetime experiences – the chance to observe wild elephant herds at close range, witnessing the Perahera pageant and visiting stunningly beautiful temples at Dambulla, Buduruwagala and Kandy, as well as the Sigiriya rock fortress. The food was a daily delight: fresh and vibrant but also subtle flavors. Another highlight among many was visiting spice gardens and local markets. Sri Lanka is becoming more popular for international tourists but it is still easy to step off the beaten track and encounter a fascinating culture with a long history. Kumar and Sally were fabulous hosts – helpful and fun, while also adding valuable personal insights and perspectives.*

**P. H, Australia, 2017**

*Our trip in 2016 is up there as one of the best ever travel experiences. Your clever cooking demonstrations and the unique dining experiences that accompanied them were the icing on the cake, to the fantastic Kandy Esala Perahera*

*Your choice of Jetwing hotels is a master stroke, particularly those designed by Geoffrey Bawa; each demonstrated that good design is ageless. For me the visit to the Lunuganga, Bawa's country estate was the architectural highlight of your Sri Lanka tour.*

**D. & R. L Sydney, Australia, 2016**

*Our holiday was in every sense an aesthetic and culinary feast - from the stunning choice of hotels and the carefully chosen itinerary to Chef Kumar's fabulous demonstrations. This is such a beautiful country, and we felt we had the perfect balance of relaxation and culture; idyllic coastal resorts combined with trips inland to visit shrines, temples and UNESCO sites, finishing with a shopping fest in Colombo. Kumar was the perfect host and guide; charming, fun, knowledgeable, unassuming and so considerate of our every comfort. A particular highlight was his demonstration of how to barbeque fish wrapped in huge banana leaf. Sadly not something we can replicate in the UK!*

**K. & J. H, London, 2015**

*Kumar's tour was informative, entertaining and above all, a great introduction to Sri Lanka as we had not been there before. Market visits, shopping trips and visits to cultural sites were all terrific but the most memorable events were Kumar's cooking demonstrations. That is except for the Perahera in Kandy which was truly the most spectacular event - a once in a lifetime experience - and made all the more fun because of the small tour group and fabulous vantage point. We have not been on an organized tour before but we had enormous fun, ate and slept well, saw all the sights, and survived those long drives on the bus with ease. Thoroughly recommended!*

**F & T R, Australia, 2017**

*A feast for the senses, not just the stomach. A fascinating immersion into a small country with a big history. Fine hotels, fine food, spectacular scenery and some of the most bizarre road craft in the world..*

**R. & A. W- NSW Australia, 2016**

*A unique and wonderful trip full of unexpected pleasures- gourmet delights, Sri Lankan historical sites, tea plantations, shopping opportunities and carefully selected high standard accommodation of Bawa designed/inspired resorts, hotels with colonial ambience as well as restful villas in a nature reserve to recharge!*

*Visits to historical sites were well paced as are chef Kumar's cooking demonstrations and introduction to the glorious range of food that is Sri Lanka's.*

*Underpinning all this is Kumar's passion for sharing his knowledge and love of the history culture and food of this country. We were truly fortunate to have Kumar plan and take us through it all.*

**M. & A. N, Australia, 2016**

*'It was certainly happy times being on tour with Kumar and Sally. Kumar generously gave his insights, shared his family stories and opened our eyes and gave us experiences we may have otherwise missed. In addition to his wonderful guidance and hospitality he treated us to some of the most sumptuous food. Certainly happy fun filled times and wonderful memories'*

**T.S & J. M. Sydney, 2016**



# Sri Lankan Food & Spices

Sri Lanka is a small island but the diverse array of food makes eating truly a pleasure. Rice and curry is the staple diet of most Sri Lankans but the two words hardly pay homage to the immense array of dishes that fall under this heading. A plateful of rice is accompanied by either spicy or non-spicy vegetable, meat or fish curries. Mallung (shredded green vegetable leaves), a spicy pol sambol (a coconut sambol) papadams (crispy fried wafers) and chutney are some of the additional dishes found in a traditional Sri Lankan meal. Aside from rice and curry Sri Lankan cuisine has plenty of fascinating dishes such as hoppers, string hoppers, pittu, kottu rotti and rotti. Hoppers (or appa) are a hot favourite. Crispy on the outside with a soft and spongy center, it is made from coconut milk, rice flour and a bit of toddy. Hoppers as well as any of the other dishes mentioned should be eaten with your fingers and coupled with curries or sambols. Sweatmeats, tropical fruit and colonial food such as love cake or lamprais all contribute to create a vibrant and colorful cuisine distinctly Sri Lankan in all its tastes and shapes.



# Day 01

17<sup>th</sup> August  
Friday



 **Airport / Negombo**

 **Approx: 20 mins drive**

 **JETWING LAGOON, NEGOMBO**  
Bed & Breakfast Basis | Deluxe room

Be met at the Colombo International airport and head over to Negombo; a picturesque fishing village located in close proximity to the airport.

Check into your hotel immediately to rest, relax and unwind. Located between the Indian Ocean and the Negombo lagoon, Jetwing Lagoon offers a blend of rejuvenation and relaxation with a unique restaurant called Geoffrey's by the Lagoon offering Geoffrey Bawa's favorites.

Spend the rest of the day at leisure, relaxing and enjoying the breathtaking vistas of the idyllic Negombo Lagoon.

**Dinner will not be included on this date.**



# Day 02

18<sup>th</sup> August

Saturday



 **Airport / Negombo**

 **N/A**

 **JETWING LAGOON, NEGOMBO**  
Half Board Basis | Deluxe room

## Leisure

*\*\*Some guests may arrive on this date\*\**



# Day 03

19<sup>th</sup> August  
Sunday



**Negombo / Dambulla**



**Approx: 5 hour drive**



**JETWING LAKE, DAMBULLA**

Half Board Basis | Deluxe room



After breakfast at your hotel, you will be taken to the Cultural Triangle; the ancient heart of Sri Lanka.

Enroute make an optional visit to the Dambulla Cave Temple Complex.

The ancient Dambulla cave is the largest cave monastery in the country with a history going back to the 1st century BC. Its rock ceiling is a sweep of colorful frescoes depicting Buddhist mythology and the tales of the Buddha's previous births.

Check-into your luxurious abode; an authentic lifestyle hotel that embodies the ultimate eco-friendly luxury and rural simplicity.

**Evening at Leisure**





# Day 04

20<sup>th</sup> August  
Monday

 **Dambulla / Visit to Sigiriya Rock Fortress / Minneriya National Park**

 **Duration : Approx: 4 ½ hours**

 **JETWING LAKE, DAMBULLA**  
Half Board Basis | Deluxe room



Early Morning ascend the majestic Sigiriya Rock Fortress: a 5th century fortress that soars above the surrounding plains of the dry zone. The cloud hugging rock fortress is dubbed the “08th Wonder of the World” highlighting a part of the most turbulent history.

Return for Breakfast.

## - BREAKFAST COOKING DEMONSTRATION -

Experience a truly Authentic Sri Lankan Breakfast demonstration by Kumar;

Afternoon you may enjoy a Safari ride at the **Minneriya National Park (3pm -6pm).**

The Minneriya national park is one of the best places in the country to see wild elephants, which are often present in huge numbers, and wading birds. Dominated by the ancient Minneriya Tank, the park has plenty of scrub, forest and wetlands in its 88.9 sq. km to also provide shelter for toque macaques, sambar deer, buffalo, crocodiles and leopards.



# Day 05

21<sup>st</sup> August

Tuesday

 **Sigiriya / Matale / Kandy**

 **Approx: 3 ½ hour drive**

 **QUEEN'S HOTEL, KANDY**  
Half Board Basis | Balcony Room with Seats

Today you will be taken to the relaxing hill station of Kandy. Surrounded by virgin forests and broken by the great Mahaweli River, Kandy is well known as the Centre of Buddhism and the capital of the last Sinhalese kingdom. The name Kandy evokes romantic notions in people of a lost hill kingdom, a lake, tea plantations, a famous temple...

## **Places to visit Enroute to Kandy;**

1. Participate in a demonstration that showcases using the finest spices that Ceylon is famous for.
2. Enjoy a traditional lunch at the home of a batik artist.

Proceed to Kandy and check into Queen's Hotel; Sri Lanka's most iconic historic hotel situated in the heart of Kandy and the prominent venue to view the momentous 'Kandy Esala Perahera.'





# Day 06

22<sup>nd</sup> August  
Wednesday

 **Kandy**

 **Approx: N/A**

 **QUEEN'S HOTEL, KANDY**  
Half Board Basis | Balcony Room with Seats

After breakfast at your hotel, take a city tour of Kandy including the market place and the Temple of the Tooth Relic, which houses Sri Lanka's most sacred relic, a tooth of the Lord Buddha.

### Things to do in Kandy;

1. Visit the Peradeniya Botanical Gardens; a pleasure garden of a Kandyan King of the 16th Century and later made into a Botanical Garden during the British regime.
2. Garrison Cemetery; a British War-Cemetery
3. Engage in a short forest trek in Udawatte kele Sanctuary. This is a historic forest reserve located in the heart of Kandy.

In the evening, dine at the Legendary Queens Hotel (Dinner will be served from 6.30pm onwards)

Thereafter enjoy the action of the famous Cultural Pageant of Sri Lanka, 'the Kandy Esala Perahera' from the confines of your room at Queen's hotel, Kandy.

The Esala Perahera in Kandy is one of the oldest and grandest of all Buddhist festivals in Sri Lanka, featuring dancers, musicians, fire-breathers, and lavishly decorated elephants.





# Day 07

23<sup>rd</sup> August  
Thursday

**Kandy / Nuwara Eliya / Ella**



**Approx: 4 hour drive**



**98 ACRES RESORT AND SPA, ELLA**



Half Board Basis | Premium Deluxe Room



Take a scenic drive through the Central tea Carpets; Sri Lanka's tea growing region.

During the drive, relish the endless views of tea carpeted valleys, processing factories belching out fragrant aromas and the bright flash of female "tea pluckers" in their pimento, fuchsia, saris picking their way through the plantations.

Enroute, tour the Small Colonial City of Nuwara Eliya, fondly referred to as the Little England of Ceylon.

Thereafter continue your journey to the picturesque town of Ella. Ella is a small village nestled in a valley peering straight through the Ella Gap and is surrounded by hilly countryside perfect for walks; through tea plantations, waterfalls, ancient temples and artifacts.

Arrive at your luxurious Resort.

Set amidst stunning mountains, 98 Acres Resort & Spa is one of the most elegant, that stands on a scenic 98 acre tea estate, surrounded by a stunning lush green landscapes



# Day 08

24<sup>th</sup> August

Friday



**Ella**



**N/A**



**98 ACRES RESORT AND SPA, ELLA**

Half Board Basis | Premium Deluxe Room



This morning engage in a Tea tour (Tea Factory visit) arranged by the hotel.

Take a walk in a lavish plantation with the expert during plucking time, chat with a tea plucker, witness the withering process & the subsequent steps involved in making fresh tea and indulge in a tea tasting session.

Mid-afternoon join Kumar for a scrumptious Demonstration at the restaurant.

### **- LUNCH DEMONSTRATION -**

Join Kumar for a scrumptious lunch demonstration at the restaurant.

**Evening at leisure.**



# Day 09

25<sup>th</sup> August  
Saturday



**Ella**



**Approx:1.5 hours**



**98 ACRES RESORT AND SPA, ELLA**

Half Board Basis | Premium Room or Superior Room



In the morning, visit the Mini Adams Peak and enjoy the magnificent vistas of the rolling mountains. This is a short walk /hike that commences in the morning and offers plethora of wonder views over the hills.

**Time: Walk commences from 5.30AM**

**Duration: Approx:1.5 hours**

**Things to do during your stay in Ella;**

1. Visit the Ravana Ella waterfalls and the iconic Demodara Nine Arch Bridge.
2. Visit a local family whose living is based on producing different products created from coconuts



# Day 10

26<sup>th</sup> August  
Sunday



 **Ella / Buduruwagala / Tangalle**

 **Approx: 5 ½ hour drive**

 **ANANTARA PEACE HAVEN TANGALLE, RESORT**  
Half Board Basis | Premium Ocean View

After breakfast, leisurely proceed to the city of Tangalle; a palm fringed picturesque bay located along the idyllic Southern coast of Sri Lanka.

Enroute visit the Buduruwagala Temple; a 1000-year-old, rock-cut Buddha figures, surrounded by smaller carved figures, the gigantic standing Buddha.

Check into your beach resort immediately to rest, relax and unwind.

Secluded on Sri Lanka's southernmost shore, Anantara Tangalle Peace Haven Resort & Spa stands on a 42 acre coconut plantation and golden crescent beach, with stunning Indian Ocean views.

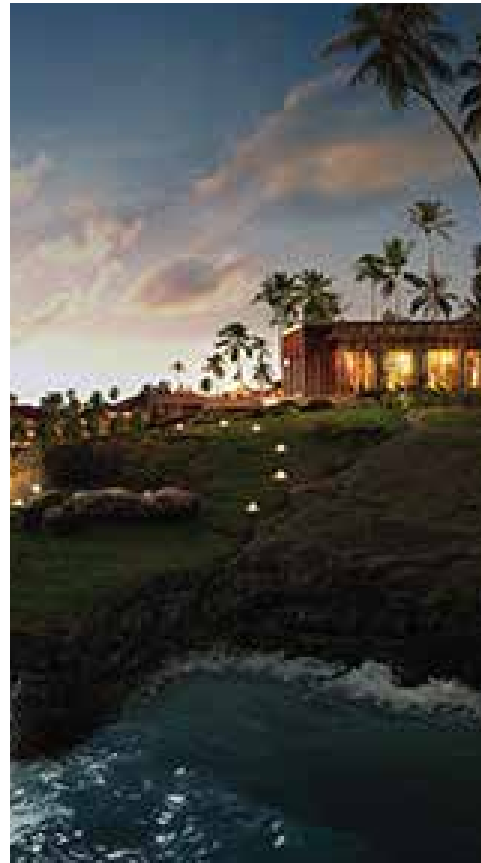
**Evening at leisure.**



# Day 11

27<sup>th</sup> August

Monday



 **Tangalle**

 **N/A**

 **ANANTARA PEACE HAVEN TANGALLE, RESORT**  
Half Board Basis | Premium Ocean View

Spend the morning at leisure by relaxing by the pool and at the beach.

### - DINNER DEMONSTRATION -

Late evening, join Kumar for an exhilarating demonstration at the Spice Spoons Cooking outlet.





# Day 12

28<sup>th</sup> August

Tuesday



**Tangalle / Galle**



**Approx: 2 hour drive**



**JETWING LIGHTHOUSE, GALLE**

Half Board Basis | Deluxe Room



After breakfast, leave for the world heritage city of Galle.

Galle is the country's oldest living city and is sure to capture your interest, with its historic sites and its unique fusion of European and Arabic cultural and architectural influences. Galle rose to prominence as a port of call for Chinese, Persian, Arab and Indian traders, later followed by Portuguese, Dutch and British colonialists, all leaving their indelible mark on this enchanting seaside town.

Optional Activity;

Enroute, you may visit the Handungoda Tea Estate in Galle: The only tea estate situated in the coastal belt of Sri Lanka specializing in the manufacturing of 'virgin white tea'.

Check into your hotel to rest, relax and unwind.

Jetwing Lighthouse is located in the heart of historical Galle. Facing the spectacular sun, sand and sunsets of the southern coast, guests can unwind and indulge in the luxury and exclusivity of this tropical retreat.



# Day 13

29<sup>th</sup> August

Wednesday



**Galle**



**Approx: N/A**



**JETWING LIGHTHOUSE, GALLE**

Half Board Basis | Deluxe Room



Mid-afternoon visit the City of Galle to explore the UN World Heritage site; the eminent Galle Fort. Explore Galle Fort with its low lined streets and history behind its Rampart. The Fort remains a hive of activity and is one of the few World Heritage listed sites in which a bustling population continues to thrive.

After you have explored the city you could proceed to do some shopping in the very heart of Galle; where you will come across shops with fine variety of gems and jewelries, antiques, art galleries and Design stores etc. a few great shops to visit would be Barefoot, Fort Gallery and Elephant walk to name a few.

Evening catch the Sunset in watercolor symphony against the Glorious Ramparts.



# Day 14

30<sup>th</sup> August  
Thursday

 **Galle**

 **N/A**

 **JETWING LIGHTHOUSE, GALLE**  
Half Board Basis | Deluxe Room

Spend the morning at leisure by relaxing by the pool and at the beach.

**- DINNER COOKING DEMONSTRATION -**

In the evening join Kumar for an invigorating dinner demonstration.





# Day 15

31<sup>st</sup> August  
Friday



 **Galle / Bentota / Colombo**

 **Approx: 2.5 hour drive**

 **GALLE FACE HOTEL, COLOMBO**  
Half Board Basis | Landmark Room

After breakfast at the hotel leave for Bentota; a prime beach location along the Southern Coast.

Enroute enjoy a scrumptious lunch and stroll through the gardens at The Lunuganga Geoffrey Bawa Country House.

Lunuganga Estate was the country home of the renowned Sri Lankan architect Geoffrey Bawa. As he went on to become Sri Lanka's and one of Asia's most prolific and influential architects, the garden at the Lunuganga estate remained his first muse and experimental laboratory for new ideas.



# Day 16

01<sup>st</sup> September  
Saturday



**Colombo**



**N/A**



**GALLE FACE HOTEL, COLOMBO**

Half Board Basis | Landmark Room



After breakfast at your hotel, engage in a tour of the Commercial Capital exploring the Architecture of the Colonial Ceylon. Visit some interesting features such as the old city of Fort, the main markets of Pettah, the Hindu Temple at Sea Street, the Dutch Church at Wolfendal, the historic Davatagaha Mosque and the Seema Malaka Temple.

Indulge in some shopping whether it is value for money clothes or impressive antiques – Odel shopping Complex, Paradise Road, Barefoot Gallery



# Day 17

02<sup>nd</sup> September  
Sunday



 **Colombo / Airport**

 **Approx: 55 min drive**

 **N/A**

As all good things must come to an end, we bid you farewell as you set off to the Airport in time to meet your departure flight home.

# Quotation

## Based on 8 Paying Guests

**Date Range:** 17<sup>th</sup> AUGUST – 02<sup>nd</sup> SEPTEMBER 2018

US\$ 6,350 per person; occupying a SINGLE room on the meals basis specified above

US\$ 4,356 per person; sharing a DOUBLE room on the meals basis specified above

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### **Entrance Fees (US\$ approx) - Not included in the final price**

Sigiriya Rock Fortress	US\$ 30.00 P/P
Minneriya National Park	US\$ 30.00 P/P
Dambulla Cave Temple	US\$ 13.00 P /P
Temple of the Sacred Tooth Relic	US\$ 15.00 P /P
Peradeniya Botanical Gardens	US\$ 15.00 P /P
Udawatte Kele Sanctuary	US\$ 5.00 P /P
Buduruwagala Temple	US\$ 4.00 P/P
Galle Museum	US\$ 4.00 P/P
Colombo Museum	US\$ 6.00 P/P
Gangaramaya Temple	US\$ 5.00 P/P
Jeep Hire at National Park	US\$ 45.00 Per Jeep (Maximum 6 per persons)

## **PRICE INCLUDES:**

- Accommodation at the properties specified above.
- Private air-conditioned Mini Coach (12 –Seater) with an English speaking National Guide for 16 nights / 17 days (including pickup and drop-off at Airport)
- Local government taxes & service charges.
- Meal Basis – As specified above
- The Viewing of the Kandy Esala Perahera Pageant
- Tea Factory Visit in Ella
- Visit to Mini Adam’s Peak
- Visit to Geoffrey Bawa’s Country House Followed by Lunch
- Traditional lunch at the home of a batik artist.
- Visit to all the places mentioned in the itinerary
- Oil and Fuel charges.

## **PRICE EXCLUDES:**

- Air Fares
- Airport Taxes
- Visas
- Entrance fees to sites mentioned in the activities section – Mentioned on Page 16.
- Safari Jeep Hire Costs
- Insurance
- Optional tours and activities
- Camera & Video permits at Cultural sights
- All expenses of personal nature
- Tips and portorage
- All entrance fees to tourist and other attractions not specified above.

## **NOTES:**

1. Quote is subject to availability and price fluctuations prior to booking.
2. All drive times are approximate and are subject to change
3. All reservations subject to availability at time of booking
4. The standard check in time in Sri Lanka is 1400 hours and the Check-out time is 12 noon
5. Tipping can be US\$ 10.00 - US\$ 15.00 per person per day, but depending on your level of satisfaction with our services
6. At local restaurants tipping can be about LKR 300.00 per meal
7. Lunch and Dinner and be from outside restaurants which will be about US\$ 18.00 per meal maximum based on the dishes which you order
8. Alcohol will not be served by any hotel on POYA DAYS (FULL MOON) and other days prohibited by the Government.

### **9. Payment Procedure:**

You can make the payment via Credit card for which there is a 2.8% service charge adding to the final price mentioned above for which I can sent you the payment link for the same to be followed online and fill in your credit card details using our safe online payment gateway

OR you can make a bank transfer for the company bank details which I can mail you once the plans are fixed and the price is finalized.

### **10. Cancellation Policy:**

Between 41 and 60 days – forfeit of deposit

Between 30 and 40 days – 50% of total ground arrangement cost

Between 20 and 29 days – 75% of total ground arrangement cost

19 or Less than 19 days – no refund of total ground arrangement cost

## **OTHER CONDITIONS;**

- Optional excursions and additional services could be provided for which we will charge additionally.

- Visits to wild life parks will be at client's own risk.

- Safari vehicles (non air-conditioned) available are very basic with basic insurance cover (not comprehensive as in the case of vehicles used for tours).





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



Jetwing Travels (Pvt) Ltd, Jetwing House, 46/26, Navam Mawatha, Colombo 02, 00200, Sri Lanka

T | +94 11 462 7739 (International Inquiries Only) | +94 11 234 5700 E | [inquiries@srilankatailormade.com](mailto:inquiries@srilankatailormade.com) W | [www.srilankatailormade.com](http://www.srilankatailormade.com)

Whatsapp/Viber: +94 77 264 6513 | Messenger: Sri Lanka Tailor-Made

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