



Location: Galgiriya in Sri Lanka's Cultural Triangle

Ulpotha is a discovery - it tells you things you simply cannot hear from a distance...

Rebuilt on the layout of a deserted traditional village, Ulpotha covers a 20 acre site situated at the base of the Galgiriya Mountains in the jungle heartland of Old Ceylon. Ulpotha literally translates as *water source*, referring to the springs feeding the system of five ancient reservoirs that irrigate the surrounding watershed.

The property is a beautiful private hideaway open to guests for part of the year; a place of total peace, where you can experience the warm, generous and gentle hospitality Sri Lankans love to offer. In this sense, Ulpotha is not a hotel and does not aspire to be one.

This oasis of tranquility is a traditional working village cradled on one side by low mountains and a lotus ringed lake, and on the other by emerald green paddy fields. The bio-diversity of Ulpotha is extraordinary, with flora, fauna and bird life of dazzling variety. Animal life is equally varied, with even wild (but gentle) elephants visiting from time to time.

Guests who come to Ulpotha will find a natural sanctuary of exceptional beauty, where the main activity is simply relaxing in its remarkable atmosphere of peace and calm while indulging in feasts of exquisite organic cuisine.

However for those more purposeful in nature, Yoga and Ayurveda therapies are available, as are excursions to surrounding sites of archeological interest. The yoga classes are led by some of the world's leading Yoga teachers, while the Ayurveda is administered by an acclaimed resident doctor.



"Ulpotha remains for me the most beautiful spot in this whole complex world that I am lucky enough to travel around." – Travel Editor, Harpers & Queen.

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Accommodation

At the centre of the village is the Walauwwa, the traditional main house now restored around a central stone courtyard with an ancient well. The adjoining Ambalama, an open sided pavilion, provides a covered sitting area with mats, cushions, and beautiful views towards the surrounding hills and which is where meals are served. Accommodation is provided in exquisitely but simply detailed wattle and daub huts. These are built using traditional methods and materials, and consist of open sleeping/living areas covered with a pitched roof of thatched palm fronds. Each accommodates two people.

Much use has been made of clay, stone, wood, pottery and fabrics which reflect traditional village aesthetics. By design there is no electricity and life is lived by the rhythm of the day.

Though the loos [toilets] are modern and clean and the showers are open-air, they are not en-suite in keeping with traditional village practice.

Eco Policies

Ulpotha uses natural materials for all its buildings, while following organic farming practices that follow the lunar cycle and use no mechanical means. All crops are hand planted and harvested, while the fields are ploughed and the rice is threshed by buffalo.

However, the most fundamental of Ulpotha's environmental policies is to limit the number of guests it accepts (no more than 19 paying guests at a time) and to do so for a limited period in any given year (a maximum of 33 weeks).

Though there is no electricity, light is provided by flares, lamps and lanterns, lending Ulpotha an ethereal quality at night. Similarly there are no fridges either, since they were deemed by one of the village elders of Ulpotha as little more than a means of eating un-fresh food.

Community

In Ulpotha, the villagers who live and work there are part and parcel of the experience enjoyed by guests. Though they have deliberately not been given any training in any aspect of hotel-type service, they are gracious, hospitable and a lot of fun.

Ulpotha is largely run by the villagers themselves.

"The entire experience is a spiritual high" - Vogue Magazine





Meals

Local village life is based on a vegetarian tradition, with the staple diet centered on highly nutritious strains of red rice. Meals are cooked in clay pots over open fires and are largely produced from the organic crops grown in Ulpotha. Vegetables, yams and melons fill the gardens, along with mature banana, mango, papaya, jack and breadfruit trees.

All meals are cooked in the indigenous style featuring rice, curries, salads, buffalo curd, local savories and sweets and, of course, fruits.

Facilities

There is a treatment centre where one can have complete **Ayurveda** treatments administered by Ulpotha's resident doctor. Proceeds from these go towards funding Ulpotha's newly created Free Clinic for the surrounding local villages. There is also **Yoga** available twice a day taught by some of the world's leading Yoga teachers. In addition, one can go for **walks** in the mountains, **swim** in the lake, participate in **meditation** and **Pranayama** sessions, go **bird watching**, have **massages** with our visiting massage therapists, indulge in **herbal steam baths**, or go on **excursions** to some of the many intriguing cultural sites that surround Ulpotha. Alternatively, one can do what Ulpotha is most amenable to – **relax and hang out** in one of the many hammocks and hanging beds that dot the grounds or in our lovely tree-house or lake huts.

Rates

June 12th 2011 – August 21st 2011

USD 1250 per person per week – one or two weeks available

November 6th 2011 – March 25th 2012 (excluding Christmas and New Year Groups)

USD 1250 per person per week – one or two weeks available

December 18th 2011 – January 3rd 2012 Christmas & New Year

USD 1500 per person per week – one or two weeks or 16 days available

Price includes accommodation in a shared hut, 3 tasty vegetarian meals per day plus snacks, one free massage per week with our visiting therapists, all classes, excursions and facilities. Not included are travel & transfer costs, insurance, Ayurvedic treatments, additional massages, entrance fees to cultural sites or any extras you may want. Please contact us for more detailed information: info@ulpotha.com +442081233603

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