

F-07 Recreational potential of Sabaragamuwa province

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Recreation is defined as an activity undertaken during leisure time. It is an integral and important part of the modern society's social and economic environment. It is a basic component of individual and group behaviour and aspirations. Recreation has become a major national concern in developed countries creating a greater demand for pristine. Natural resources in the less developed countries are situated distantly from demand generating markets in Europe and North America.

Natural and anthropogenic resources have been popular in the recreation industry, Many parts of Sri Lanka haven't fully utilized their recreational potential. The Sabaragamuwa province is one such potential area. It is situated in the highest peneplain in Sri Lanka.

This study (data gathering and data analyzing) included the natural and anthropogenic resources of the area. The natural features included water resources (rivers and waterfalls), principal peaks, National park, forests, peak wilderness areas, natural caves, flora and fauna. The anthropogenic resources included the historico-archaeological monuments, religious places, festivals and socio-cultural attractions of the area. The distances, axis, location, were determined and a map was prepared.

Natural and anthropogenic resources in the area may have high potential for a specialized number of recreational options such as ecotourism, sightseeing tourism, climatic treatment and health sanatorium resort development including waters and clay for therapeutic treatment, cultural tourism, mountaineering and sports, camping, hiking etc.

This study will be useful to introduce and promote recreational resources, recreational resort areas and regional development; such as development of infrastructure facilities, development of local economy, etc. for the Sabaragamuwa province in the near future.