



SPIRIT
LIVEABOARDS

**YOUR ULTIMATE
THINGS TO GUIDE**

BEST HOT SPOT

THINGS TO DO IN SRI LANKA



BEST THINGS TO DO



01

EIGHT WORLD HERITAGE
SITES

02

ELEPHANT GATHERING

03

WILDLIFE SAFARI

04

LOCAL LIFE AND CULTURE

05

HIKING AND TREKKING

06

DIVING AND SNORKELING

07

SURFING

08

WHALE AND DOLPHIN
WATCHING

09

TURTLE RELEASING

10

BIRD WATCHING AND
PHOTOGRAPHY

11

KITE SURFING

12

RAFTING

13

HOT AIR BALLOON

14

AYURVEDIC TREATMENTS
AND MESSAGES

15

YOGA AND MEDITATION

16

TRAIN JOURNEY TO ELLA

LEOPARD HOT SPOT

A leopard with a distinctive spotted coat is sitting in a lush green field. The leopard is looking towards the camera with a calm expression. The background is filled with dense green foliage, creating a natural and serene setting. The entire image is framed by a white border with rounded corners.

**WILPATTU
NATIONAL PARK**



MODERN DAY WONDER

EIGHT WORLD HERITAGE SITES

A World Heritage Site is a landmark or area recognized by the United Nations Educational, Scientific and Cultural Organization (UNESCO) as having significant cultural, historical, scientific, or natural value. These sites are considered to be of outstanding universal value to humanity and are protected and preserved for future generations. Sri Lanka boasts several UNESCO World Heritage Sites, each offering a glimpse into the island nation's rich history and cultural heritage.

Sacred City of Anuradhapura - Anuradhapura was the first capital of ancient Sri Lanka and is one of the oldest continuously inhabited cities in the world. It is home to a vast array of archaeological and architectural wonders, including ancient stupas, monasteries, and irrigation tanks.

Ancient City of Polonnaruwa - This site was the capital of Sri Lanka from the 11th to 13th century AD. It showcases well-preserved ruins of palaces, temples, monasteries, and other structures from that era.

Ancient City of Sigiriya - Also known as the "Lion Rock," Sigiriya is an ancient rock fortress located atop a massive rock plateau. It features remnants of an ancient palace complex, gardens, and extensive frescoes.

Old Town of Galle and its Fortifications - Situated on the southwestern coast of Sri Lanka, Galle Fort is a well-preserved colonial-era fortification built by the Portuguese in the 16th century and later expanded by the Dutch. The fort area features charming streets, colonial buildings, and a rich cultural heritage.

Sacred City of Kandy - Kandy served as the last capital of the ancient kings of Sri Lanka and is home to the Temple of the Tooth Relic, one of the most sacred Buddhist sites in the country. The city is known for its cultural significance and picturesque surroundings.

Sinharaja Forest Reserve - This tropical rainforest reserve is one of the last remaining expanses of primary tropical rainforest in Sri Lanka. It is home to a diverse range of flora and fauna, including many endemic species.

These World Heritage Sites collectively reflect Sri Lanka's rich cultural, historical, and natural heritage, attracting visitors from around the world.



GENTLE GIANTS

ELEPHANT GATHERING

One notable gathering of elephants occurs in the Minneriya National Park and Kaudulla National Park, both located in the North Central Province of Sri Lanka. The highlight of these gatherings is known as "The Gathering," where hundreds of elephants congregate around the ancient Minneriya Tank during the dry season, usually between June and September. This phenomenon is considered one of the largest wild Asian elephant gatherings in the world.

During the dry season, as water sources in other areas diminish, elephants migrate to these parks in search of water and food. The lush grasslands around the Minneriya Tank provide ample grazing opportunities, making it an attractive destination for elephants.

Kaudulla National Park - Adjacent to Minneriya National Park, Kaudulla is another prime location for elephant safaris, especially during the dry season. The Kaudulla Tank attracts herds of elephants, providing memorable wildlife viewing experiences.

Udawalawe National Park - Located in the southern part of Sri Lanka, Udawalawe National Park is renowned for its high density of wild elephants. The park's vast grasslands, forests, and water sources support a large population of elephants, making it an ideal destination for elephant safaris.

Yala National Park - While primarily known for its leopard population, Yala National Park in the southeast of Sri Lanka is also home to a significant number of elephants. Visitors can explore the park's diverse habitats, including scrub jungles and water bodies, to spot elephants and other wildlife species.

Wasgamuwa National Park - Situated in the central province, Wasgamuwa National Park is another excellent location for elephant safaris. The park's extensive grasslands and riverine forests provide habitat for diverse wildlife, including a sizable elephant population.

Gal Oya National Park - Gal Oya National Park, located in the eastern part of Sri Lanka, offers unique opportunities for boat safaris to observe elephants swimming between islands in Senanayake Samudraya, the largest reservoir in Sri Lanka.



TRUE WONDER

SIGIRIYA ROCK FORTRESS

STAY CLOSE TO NATURE



WILDLIFE SAFARI

Yala National Park – Yala is one of the most popular and renowned national parks in Sri Lanka, located in the southeastern part of the island. It is known for its high density of leopards, making it one of the best places in the world to spot these elusive big cats. Besides leopards, Yala is home to elephants, sloth bears, crocodiles, and a variety of bird species.

Wilpattu National Park – Located in the northwest of Sri Lanka, Wilpattu is the largest national park in the country. It is known for its dense forests, natural lakes (villus), and diverse wildlife, including leopards, elephants, sloth bears, and water buffalo. Wilpattu offers excellent opportunities for wildlife safaris, with its remote and untouched wilderness.

Udawalawe National Park – Situated in the southern part of Sri Lanka, Udawalawe is renowned for its large population of elephants. The park's open grasslands and water sources provide ideal habitat for elephants, making it a popular destination for elephant safaris. Visitors to Udawalawe can also spot other wildlife such as deer, water buffalo, and various bird species.

Minneriya National Park – Minneriya is famous for "The Gathering," a spectacular annual event where hundreds of wild elephants congregate around the Minneriya Tank during the dry season (from June to September). The park offers jeep safaris to witness this impressive wildlife spectacle and observe other animals such as deer, crocodiles, and birds.

Kaudulla National Park – Adjacent to Minneriya National Park, Kaudulla is another excellent destination for elephant safaris. Like Minneriya, Kaudulla attracts large herds of elephants during the dry season, providing unforgettable wildlife viewing experiences.

Gal Oya National Park: Gal Oya is unique for its boat safaris on Senanayake Samudraya, the largest reservoir in Sri Lanka. Visitors can observe wildlife, including elephants, swimming between islands in the reservoir. The park is also home to a variety of bird species and other wildlife.

These safari parks offer opportunities to explore Sri Lanka's rich biodiversity and experience close encounters with a wide range of wildlife species in their natural habitats.

AROUND VILLAGE



LOCAL LIFE AND CULTURE

Traditional village tours in Sri Lanka offer visitors a chance to experience the authentic rural life, cultural heritage, and traditional practices of the island. These tours typically take visitors to villages where they can interact with local communities, participate in traditional activities, and learn about Sri Lanka's rural lifestyle.

Welcome and Introduction - Upon arrival at the village, visitors are greeted with a traditional welcome by the villagers. They may be offered refreshments like king coconut water or herbal tea, accompanied by a brief introduction to the village and its customs. Visitors will have the option to participate in activities such as bullock cart rides, boat rides on nearby lakes or rivers, or nature walks to explore the surrounding countryside and wildlife.

Cooking Demonstrations and Village Lunch - Visitors have the opportunity to participate in cooking demonstrations where they learn to prepare traditional Sri Lankan dishes using fresh, locally sourced ingredients. After the demonstration, participants enjoy a delicious village-style lunch cooked by local chefs, featuring authentic Sri Lankan flavors and specialties.

Interactions with Villagers - Throughout the tour, visitors are encouraged to engage with villagers, ask questions, and learn about their way of life, traditions, and cultural practices. This may include conversations with farmers, artisans, elders, and other community members, providing valuable insights into rural Sri Lankan culture and heritage.

Traditional village tours offer a meaningful way for visitors to connect with local communities, gain insights into traditional ways of life, and support sustainable tourism initiatives that benefit rural economies and preserve cultural heritage.

BIGGEST GATHERING OF GIANTS

MINNERIYA NATIONAL
PARK

THE BEST WAY TO EXPERIENCE NATURE IS ON FOOT



HIKING AND TREKKING

Sri Lanka offers diverse and picturesque landscapes that are ideal for hiking and trekking enthusiasts. From lush rainforests and misty mountains to coastal trails and scenic waterfalls, there are numerous opportunities for outdoor adventures across the island.

Adam's Peak (Sri Pada) - Located in the central highlands, Adam's Peak is one of the most famous pilgrimage sites in Sri Lanka. The hike to the summit is steep and challenging but rewarding, especially during the pilgrimage season from December to May when thousands of devotees climb to witness the sunrise from the peak.

Ella Rock - Situated near the charming town of Ella, Ella Rock offers stunning panoramic views of the surrounding hills and tea plantations. The hike to Ella Rock is moderate in difficulty and takes around 2-3 hours, passing through tea estates, forests, and rural villages.

Horton Plains National Park - Known for its unique plateau ecosystem and breathtaking landscapes, Horton Plains National Park is a UNESCO World Heritage Site. The park offers several hiking trails, including the famous World's End trail, which leads to a dramatic cliff with stunning views over the plains below.

Knuckles Mountain Range - Located in the central province, the Knuckles Mountain Range is a UNESCO World Heritage Conservation Area renowned for its biodiversity and scenic beauty. The range offers a variety of hiking trails ranging from easy walks to challenging treks, with opportunities to explore dense forests, waterfalls, and remote villages.

Sinharaja Forest Reserve - As one of the last remaining expanses of primary tropical rainforest in Sri Lanka, Sinharaja Forest Reserve is a paradise for nature lovers and hikers. The reserve offers several trails through dense jungle, providing opportunities to spot endemic wildlife, birds, and lush vegetation.

Pidurangala Rock - Adjacent to the iconic Sigiriya Rock Fortress, Pidurangala offers a less crowded alternative with equally spectacular views. The hike to the top of Pidurangala is moderately challenging and takes about 45 min, culminating in panoramic views of the surrounding countryside and Sigiriya Rock.

Waterfall Hiking - Sri Lanka is dotted with numerous waterfalls, many of which are accessible via hiking trails. Popular waterfall hikes include Bambarakanda Falls, Diyuluma Falls, and Ravana Falls, offering refreshing swims and stunning natural scenery along the way.



DISCOVERING A WORLD UNSEEN

DIVING AND SNORKELING

Sri Lanka offers excellent opportunities for diving and snorkeling enthusiasts, with its crystal-clear waters, vibrant coral reefs, and diverse marine life.

Pigeon Island National Park - Located off the east coast of Sri Lanka near Nilaveli Beach, Pigeon Island National Park is a marine sanctuary known for its pristine coral reefs and abundant marine life. The park offers excellent opportunities for snorkeling and diving, with clear waters and vibrant coral gardens inhabited by reef fish, turtles, and sharks.

Unawatuna - Unawatuna Bay, near the historic city of Galle, is another renowned diving and snorkeling hotspot in Sri Lanka. The coral reefs here are home to a wide variety of marine creatures, including moray eels, rays, and colorful reef fish. Visitors can explore the coral gardens and underwater rock formations while snorkeling or diving.

Hikkaduwa - Located on the southwest coast of Sri Lanka, Hikkaduwa is one of the island's most popular diving and snorkeling destinations. The coral reefs here are teeming with colorful marine life, including reef fish, sea turtles, and various coral species. The Hikkaduwa Marine National Park offers protected areas for snorkeling and diving.

Bar Reef - Situated off the coast of Kalpitiya in the northwest of Sri Lanka, Bar Reef is one of the largest coral reefs in the country. The reef is home to a diverse array of marine species, including reef sharks, rays, and colorful reef fish. Snorkelers can explore the shallow coral gardens, while divers can venture deeper to discover underwater caves and swim-throughs.

Weligama - Weligama Bay, located on the southern coast of Sri Lanka, is a popular spot for snorkeling and diving, especially for beginners. The calm, shallow waters are ideal for snorkeling, with opportunities to spot colorful fish, turtles, and even occasional whale sightings during the migration season.

These are just a few of the many diving and snorkeling sites in Sri Lanka. Whether you're a novice or experienced diver, the island's coastal waters offer an abundance of underwater wonders waiting to be explored.

ENGINEERING WONDER

NINE ARCH BRIDGE

WHEN THE SURFS UP, YOUR LIFE IS TOO



SURFING

Sri Lanka is emerging as a popular surfing destination, offering a variety of surf breaks suitable for surfers of all levels, from beginners to experienced riders.

Arugam Bay - Located on the east coast of Sri Lanka, Arugam Bay is often considered the country's premier surfing destination. It offers several world-class breaks, including the famous Main Point, which provides long, consistent right-hand waves ideal for intermediate to advanced surfers. Other breaks in Arugam Bay include Whiskey Point, Peanut Farm, and Elephant Rock, catering to surfers of all levels.

Pottuvil Point - Situated near Arugam Bay on the east coast, Pottuvil Point is a world-class right-hand point break that offers fast, powerful waves ideal for experienced surfers. The wave can be hollow and challenging, providing an exhilarating surfing experience for those up to the challenge.

Mirissa - Situated on the southern coast of Sri Lanka, Mirissa is known for its laid-back atmosphere and beginner-friendly surf breaks. Mirissa Beach offers gentle waves suitable for novice surfers, while nearby Coconut Tree Point and Weligama Bay provide more challenging conditions for intermediate surfers.

Weligama - Weligama Bay, also located on the southern coast, is a popular spot for learning to surf due to its consistent, gentle waves and sandy bottom. Surf schools and rental shops line the beach, making it easy for beginners to get started. More experienced surfers can explore breaks like Rams, Lazy Left, and Fisherman's Point for larger waves.

Hikkaduwa - Another popular surfing destination on the southwest coast, Hikkaduwa offers a variety of breaks suitable for surfers of all levels. The main break at Hikkaduwa Beach provides long, peeling waves perfect for longboarders and intermediate surfers. Other breaks in the area include Benny's, North Jetty, and Beach Break.

Midigama - Located between Mirissa and Weligama, Midigama is known for its consistent surf and variety of breaks. Lazy Left and Lazy Right are two popular breaks in Midigama that offer mellow, long rides suitable for intermediate surfers. Rams, Plantations, and Coconut Point are other breaks in the area worth exploring. These are just a few of the many surfing points in Sri Lanka. Whether you're a beginner looking to catch your first wave or an experienced surfer seeking world-class breaks, Sri Lanka's diverse coastline has something to offer for every surfing enthusiast.



THE WORLD'S FINEST WILDERNESS LIES BENEATH THE WAVES

WHALE AND DOLPHIN WATCHING

Whale and dolphin watching in Sri Lanka is a fantastic experience due to the rich marine biodiversity around the island. The southern coast, particularly Mirissa and Trincomalee, are renowned spots for these excursions.

Mirissa, located on the southern coast, is one of the most popular destinations for whale watching. From December to April, you can witness the majestic blue whales, the largest animals on the planet, as they migrate through these waters. Alongside blue whales, you might also spot sperm whales, fin whales, and even rare sightings of orcas.

Trincomalee, on the eastern coast, offers another excellent opportunity for whale and dolphin watching, especially during the months of May to October. Here, you can witness pods of spinner dolphins and sometimes even the impressive sight of blue whales and sperm whales.

Both Mirissa and Trincomalee have a guided boat trips for whale and dolphin watching. These tours typically depart early in the morning when the sea is calm, maximizing your chances of spotting these magnificent creatures. It's an experience that combines adventure with a deep appreciation for the wonders of marine life.

Dolphin watching in Kalpitiya is another remarkable experience in Sri Lanka. Kalpitiya, situated on the northwest coast of the island, is renowned for its diverse marine life, including spinner dolphins.

Spinner dolphins are known for their acrobatic displays, leaping out of the water and spinning in the air, making for an enchanting sight. The waters off Kalpitiya are home to large pods of these playful dolphins, offering visitors an opportunity to witness their antics up close.

The best time for dolphin watching in Kalpitiya is typically from November to March, during the dry season when the sea is calmer. During this period, boat tours depart early in the morning to venture into the ocean, providing ample opportunities to encounter spinner dolphins in their natural habitat.

BEST ADVENTURE



NIL DIYA POKUNA



SMILE, BREATHE AND GO SLOWLY

TURTLE RELEASING

Sri Lanka is renowned for its efforts in sea turtle conservation, and there are several turtle hatcheries and conservation projects across the island where visitors can participate in turtle releasing activities.

Kosgoda Turtle Conservation Project - Located on the southwest coast between Bentota and Hikkaduwa, Kosgoda Turtle Conservation Project is one of the oldest and most well-known turtle hatcheries in Sri Lanka. Visitors can learn about different turtle species and participate in releasing hatchlings into the sea.

Rekawa Turtle Conservation Project - Situated near Tangalle on the southern coast, Rekawa Turtle Conservation Project is dedicated to the conservation of sea turtles, particularly the endangered loggerhead turtles. Visitors can join guided night tours to observe nesting turtles and, if lucky, witness hatchlings being released into the ocean.

Kalametiya Turtle Conservation Center - Located near the Kalametiya Bird Sanctuary in the south, this conservation center focuses on protecting sea turtles and their nesting habitats. Visitors can participate in educational programs and release hatchlings into the sea.

Induruwa Sea Turtle Conservation Project - Situated near Bentota on the southwest coast, this project aims to protect sea turtles through conservation efforts and community involvement. Visitors can participate in turtle releases and learn about the threats facing these endangered creatures.

Peraliya Turtle Conservation Center - This conservation center is located near Hikkaduwa and works to protect sea turtles and their nesting sites along the southwest coast. Visitors can observe turtle hatchlings and release them into the sea as part of their conservation efforts.

FEATHERS AND FOCUS, A PHOTOGRAPHER'S PARADISE



BIRD WATCHING AND PHOTOGRAPHY

Sri Lanka is a paradise for birdwatchers, with its diverse habitats supporting a rich array of bird species, including many endemics and migratory birds. Birdwatching tours in Sri Lanka offer opportunities to explore the island's national parks, wetlands, forests, and coastal areas while spotting a wide variety of avian species.

Sri Lanka boasts several key birding sites that attract birdwatchers from around the world. Some popular birdwatching destinations include Sinharaja Forest Reserve, Horton Plains National Park, Udawalawe National Park, Bundala National Park, Yala National Park, and Kumana National Park.

Sri Lanka is home to several endemic bird species found nowhere else on Earth. Birdwatchers visiting the island have the opportunity to spot these unique birds, such as the Sri Lanka Junglefowl, Sri Lanka Wood Pigeon, Sri Lanka Grey Hornbill, Sri Lanka Hanging Parrot, and Sri Lanka Blue Magpie.

This Island nation serves as an important wintering ground for many migratory bird species that travel thousands of kilometers from their breeding grounds. Birdwatching tours during the migratory season offer opportunities to observe these transient visitors, such as shorebirds, waterfowl, and raptors.

Sri Lanka's diverse landscapes, ranging from tropical rainforests and montane forests to wetlands and coastal areas, support a wide range of bird species. Birdwatching tours often explore these varied habitats, providing participants with the chance to observe different bird species in their natural environments.

Overall, birdwatching tours in Sri Lanka offer a rewarding and immersive experience for nature lovers, providing opportunities to observe diverse birdlife in stunning natural settings while contributing to conservation efforts and local communities.

TOP OF WATERFALL

UPPER DIYALUMA



WE FLY BECAUSE WE HAVE WINGS

KITE SURFING

Sri Lanka offers excellent conditions for kite surfing, with its steady winds, warm waters, and scenic coastline providing the perfect backdrop for this exhilarating water sport.

Kalpitiya - Located on the northwest coast of Sri Lanka, Kalpitiya is renowned as one of the top kite surfing destinations in the country. The Kalpitiya Lagoon, with its shallow and flat water, is ideal for beginners to learn kite surfing in a safe environment. Advanced riders can venture out to the Indian Ocean for more challenging conditions and wave riding opportunities. The wind season in Kalpitiya typically runs from May to October, with strong and consistent winds averaging around 20-25 knots.

Mannar - Situated on the northwestern tip of Sri Lanka, Mannar is another popular kite surfing destination known for its vast lagoons and expansive shallow waters. The Adam's Bridge area, a series of sandbars and islands connecting Sri Lanka to India, offers excellent conditions for both beginners and experienced kite surfers. The wind season in Mannar coincides with Kalpitiya, running from May to October, with reliable winds and warm temperatures.

Bentota - Situated on the southwest coast of Sri Lanka, Bentota offers a picturesque setting for kite surfing with its sandy beaches and warm waters. The Bentota Lagoon provides calm and shallow conditions, perfect for beginners and those looking to improve their skills. The wind season in Bentota coincides with the southwest monsoon, running from May to September, with steady winds blowing across the lagoon.

Negombo - Located close to the Bandaranaike International Airport and just north of Colombo, Negombo is a convenient kite surfing spot for visitors arriving in Sri Lanka. The Negombo Lagoon provides flat water conditions, making it suitable for beginners and freestyle riders. The wind season in Negombo typically runs from May to October, with consistent winds blowing across the lagoon.

Arugam Bay - While Arugam Bay is more famous for its surfing, it also offers kite surfing opportunities during the offseason when the wind direction changes. The bay's wide sandy beach and open waters provide space for kite surfers to enjoy the sport in a stunning coastal setting.

Whether you're a beginner or an experienced kite surfer, Sri Lanka's diverse kite surfing spots offer something for everyone, with consistent winds, warm waters, and breathtaking scenery creating an unforgettable kite surfing experience.

RAFTING THROUGH LIFE WITH A BIG SMILE



RAFTING

White water rafting in Sri Lanka offers thrilling adventures amidst the island's scenic rivers and lush landscapes. While Sri Lanka may not be as famous for rafting as some other destinations, it does offer exciting opportunities for rafting enthusiasts, particularly during the rainy season when water levels are higher.

Kithulgala - As the adventure capital of Sri Lanka, Kithulgala offers not only white water rafting but also other outdoor activities such as canyoning, waterfall abseiling, and jungle trekking. Rafting on the Kelani River in Kithulgala is a popular choice for both locals and tourists seeking adrenaline-pumping adventures in a stunning natural setting.

Kelani River: Located near the hill country town of Kitulgala, the Kelani River is one of the most popular rafting destinations in Sri Lanka. The river offers a range of rapids suitable for both beginners and experienced rafters, with sections ranging from gentle Grade 1 to exhilarating Grade 3 rapids. The rafting experience on the Kelani River often includes beautiful scenery, lush forests, and opportunities for swimming.

Kalu Ganga (Black River) -The Kalu Ganga, or Black River, flows through the hill country and southern plains of Sri Lanka, offering challenging rafting experiences for thrill-seekers. Rafting on the Kalu Ganga typically involves navigating through rocky gorges and exciting rapids, including some Grade 3 and Grade 4 sections.

While white water rafting in Sri Lanka can be enjoyed year-round, the best time for rafting is during the rainy season from May to September when water levels are higher, resulting in more exciting rapids.

THE MOST BEAUTIFUL

TRAIN JOURNEY TO ELLA

BIRD'S EYE VIEW



HOT AIR BALLOON

Hot air balloon rides offer a unique and breathtaking way to experience Sri Lanka's stunning landscapes from a bird's-eye view. While not as common as in some other destinations, hot air balloon rides are available in certain parts of Sri Lanka, providing memorable experiences for adventurers and sightseers alike.

Location - Hot air balloon rides are primarily available in the Cultural Triangle region of Sri Lanka, which includes popular tourist destinations such as Sigiriya, Dambulla, and Polonnaruwa. These areas boast impressive historical sites, lush countryside, and panoramic views that make for an unforgettable hot air balloon experience.

Seasonality - Hot air balloon rides in Sri Lanka are typically available during the dry season, which spans from November to April. During this time, weather conditions are more favorable, with clear skies and minimal rainfall, allowing for safe and enjoyable balloon flights.

Duration and Experience - Hot air balloon rides in Sri Lanka typically last for about an hour, during which passengers can enjoy panoramic views of the surrounding landscapes and attractions. The experience often includes a pre-flight briefing, balloon inflation, a serene flight, and a traditional champagne toast upon landing.

Overall, hot air balloon rides offer a memorable and magical way to experience Sri Lanka's breathtaking landscapes and cultural treasures from a unique vantage point. Whether you're seeking adventure or relaxation, a hot air balloon ride in Sri Lanka is sure to leave you with unforgettable memories.

"THE POWER KEY" AYURVEDA UNLOCKS ALL HEALTH ISSUES



AYURVEDIC TREATMENTS AND MASSAGES

Ayurveda, the ancient holistic healing system, has a deep-rooted tradition in Sri Lanka, and the island is renowned for its Ayurvedic treatments and massages. Sri Lanka's tropical climate and diverse landscape provide an abundance of medicinal plants and herbs essential for Ayurvedic treatments. The island's biodiversity contributes to the availability of high-quality ingredients used in Ayurvedic medicines and therapies.

Anuradhapura - This ancient city is home to several Ayurvedic wellness centers and spas offering a range of traditional Ayurvedic treatments, including massages, herbal therapies, and detoxification programs.

Dambulla - Situated in the cultural triangle of Sri Lanka, Dambulla is a hub for Ayurvedic wellness tourism. Travelers can explore Ayurvedic spas and resorts nestled amidst lush greenery and ancient historical sites.

Kandy - In the heart of the island, Kandy boasts numerous Ayurvedic spas and wellness retreats. Visitors can enjoy Ayurvedic massages, herbal baths, and wellness consultations amidst the serene surroundings of the hill country.

Bentota - Located on the southwest coast, Bentota is famous for its Ayurvedic resorts and beachfront spas. Here, you can indulge in rejuvenating Ayurvedic massages, yoga sessions, and meditation programs while enjoying the coastal beauty.

Hikkaduwa - Another coastal town known for its Ayurvedic offerings, Hikkaduwa is home to several Ayurvedic centers and wellness resorts. Visitors can experience traditional Ayurvedic treatments, massages, and wellness therapies overlooking the Indian Ocean.

Kalutara - This coastal town is renowned for its Ayurvedic retreats and wellness resorts. Visitors can enjoy a range of Ayurvedic treatments, including massages, herbal steam baths, and yoga sessions, in a tranquil tropical setting.

Ayurvedic treatments and massages are available throughout Sri Lanka, catering to different preferences and budgets. Whether you're looking for relaxation, rejuvenation, or holistic healing, Sri Lanka offers a diverse range of Ayurvedic experiences to suit every traveler.



SUNRISE

ELLA SOBAWAY



NOTHING CAN BRING YOU PEACE BUT YOURSELF

YOGA AND MEDITATION

Yoga and meditation have deep roots in Sri Lanka, where they are practiced as part of the country's rich cultural and spiritual heritage. Sri Lanka has a long history of meditation practices, influenced by Buddhism and other spiritual traditions. Monasteries and meditation centers throughout the island offer opportunities for individuals to learn and practice various meditation techniques, including mindfulness meditation, loving-kindness meditation (Metta), and insight meditation (Vipassana).

Sri Lanka has become a popular destination for yoga retreats and wellness vacations. From the lush green hills of the central highlands to the tranquil beaches along the coast, numerous yoga retreat centers and wellness resorts offer a range of yoga classes, workshops, and retreats catering to practitioners of all levels. Yoga Styles and Techniques - Sri Lanka embraces a diverse range of yoga styles and techniques, including Hatha, Vinyasa, Ashtanga, Kundalini, and Yin Yoga, among others. Visitors can explore different approaches to yoga through classes led by experienced instructors in scenic settings.

Nature and Serenity - Sri Lanka's natural beauty and serene landscapes provide the perfect backdrop for yoga and meditation practice. Whether it's practicing yoga on a secluded beach at sunrise, meditating amidst the tranquil surroundings of a rainforest, or finding inner peace beside a sacred temple, the island offers abundant opportunities for spiritual connection and self-discovery.

Engaging in yoga and meditation in Sri Lanka offers a unique opportunity for cultural immersion and spiritual exploration. Many yoga retreats incorporate visits to ancient temples, participation in traditional rituals, and interactions with local communities, providing a deeper understanding of the country's spiritual heritage.

Wellness Tourism: Sri Lanka's burgeoning wellness tourism industry includes a focus on yoga and meditation as integral components of holistic health and wellness. Visitors can combine their yoga and meditation practice with Ayurvedic treatments, spa therapies, and healthy cuisine, creating a comprehensive wellness experience.

Yoga and meditation in Sri Lanka provide a transformative journey of self-discovery, spiritual growth, and holistic well-being amidst the island's natural beauty and cultural richness.



THE BEST MEMORIES COME FROM THE CRAZIEST IDEAS

TRAIN JOURNEY TO ELLA

A train journey to Ella in Sri Lanka is often considered one of the most scenic and picturesque train rides in the world. The train journey from Nanu Oya to Ella in Sri Lanka is renowned for its stunning beauty, offering travelers a glimpse into the mesmerizing landscapes of the hill country. Why it's often considered one of the most beautiful train journeys in the world,

Tea Plantations - As the train chugs along from Nanu Oya (the closest station to Nuwara Eliya) to Ella, you'll be treated to expansive views of lush green tea plantations that blanket the hillsides. The neatly manicured rows of tea bushes create a picturesque scene that stretches as far as the eye can see.

Misty Mountains - The hill country of Sri Lanka is known for its misty mountains, and the journey from Nanu Oya to Ella offers plenty of opportunities to witness this ethereal phenomenon. As the train ascends through the highlands, you'll often find yourself surrounded by swirling mists that add an enchanting quality to the landscape.

Waterfalls - The route is dotted with numerous waterfalls cascading down the mountainsides, adding to the scenic beauty of the journey. Some notable waterfalls you may pass by include Ramboda Falls and Devon Falls, among others. Keep your camera handy to capture these breathtaking natural wonders.

Village Life - As the train winds its way through the hill country, you'll catch glimpses of rural village life, with locals going about their daily activities amidst the scenic backdrop of mountains and tea plantations. It offers a fascinating insight into the culture and lifestyle of the people living in these remote areas.

Observation Car - If you can secure a seat in the observation car or open doorway, you'll have an even more immersive experience, with uninterrupted views of the surrounding landscape as the train traverses its route. But this observation car is one of the slow trains to Ella. Time will be consider on this matter.

Overall, the train journey from Nanu Oya to Ella offers a truly unforgettable experience, with its breathtaking scenery, charming villages, and a sense of tranquility that envelops you as you traverse the enchanting landscapes of Sri Lanka's hill country.

HIDDEN BEAUTY





SPIRIT LIVEBOARDS

**ZODIAC INVESTMENTS LLC DBA
SPIRIT LIVEBOARDS**

4782 S Mojave rd,
Las Vegas, NV 89121



+1 (702) 359-3519
(USA Reservations)



+44 (7) 441-422-010
(European Reservations)

reservations@spiritliveboards.com



spiritliveboards.com

