



Indigenous Experiences



ANANTARA
PEACE HAVEN TANGALLE
RESORT



Welcome to Peace Haven

Ayubowan! Sheltered along Sri Lanka's breathtaking southern coast, Anantara Peace Haven Tangalle Resort exudes luxurious coastal seclusion. Only three hours from Colombo, discover an inspirational hideaway to rebalance your body and mind. Relax under the swaying palms of a 21-acre coconut plantation.

Refresh your spirit with views of Indian Ocean waves flowing onto golden sands. Pursue your personal wellness ideals in a revitalising paradise, nurtured by Sri Lanka's thriving heritage of natural ayurvedic healing.

Give yourself the space and time to blossom with tailored ayurvedic programmes that bring long lasting results. Discover how powerful ancient remedies and holistic experiences address the effects of modern life.



Explore Sri Lanka

Discover a variety of activities as you emerge from the luxury of your residence. Whether it is exploring the local culture, untamed landscapes, or experiencing authentic local cuisine, Anantara gives you exclusive access.

Go on an exciting island exploration with its diverse adventures waiting to be discovered, from forest reserves to cultural wonders.

Surf the Indian Ocean and find perfect waves whether you are an experienced surfer, or a beginner. Embark on a boat ride to observe whales and frolicking dolphins, or on a safari to marvel at a host of wildlife in their natural habitat.

Contents

COMPLIMENTARY EXPERIENCES

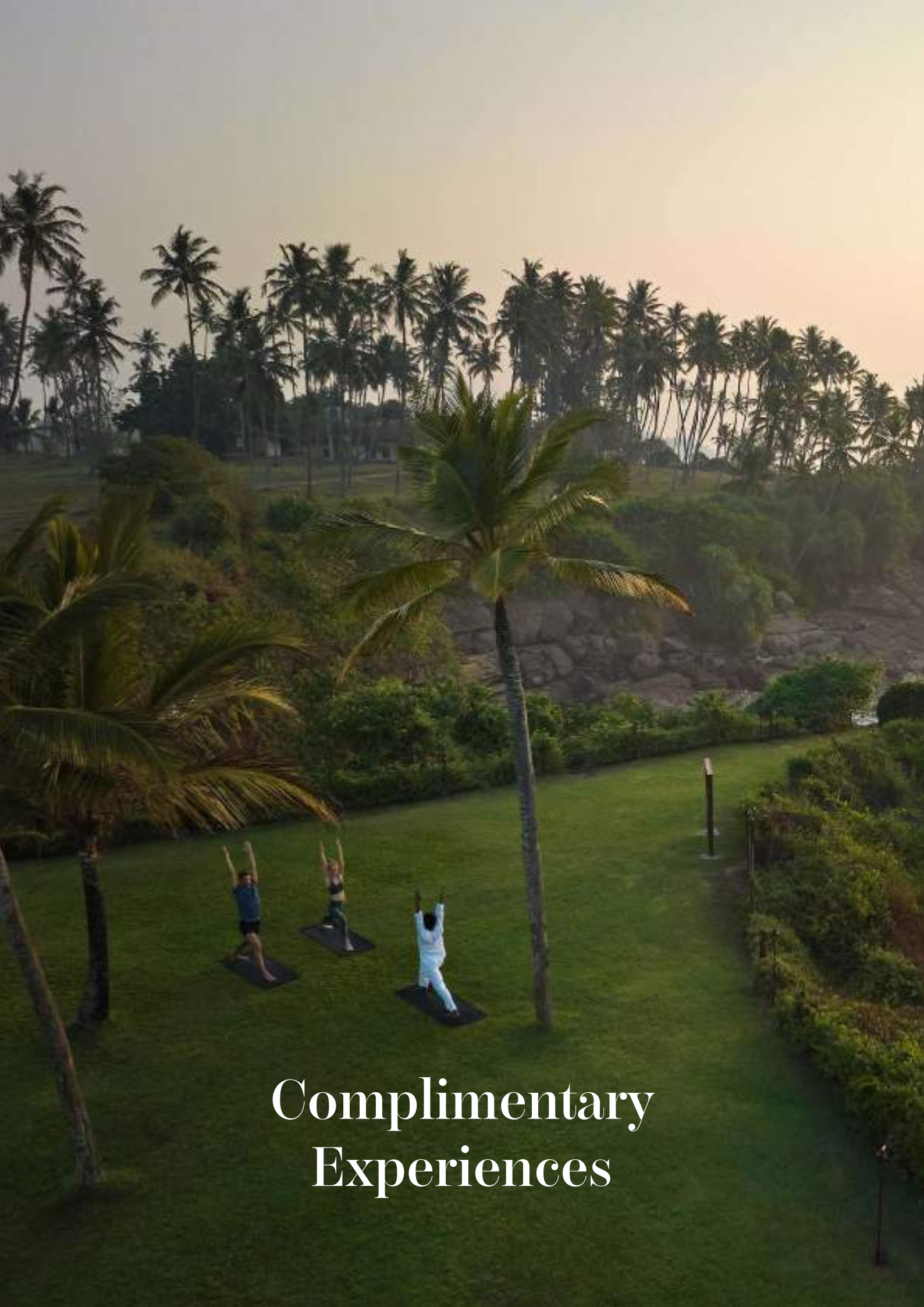
Nature Walk with Bird Watching	07
Complimentary Yoga & Meditation (Sunrise And Sunset)	07
Labyrinth Walking Meditation At Spa	08
Complimentary Ayurvedic Doctor Consultations	08
Lagoon Boat Ride In The Resort	09
King Coconut Guru Experience	09
Ayurvedic Herbal Dispensary Experience	10
Resort Sundown Ceremony	10
Bicycle Ride Within The Property	11
Coconut Shell Craft & Cutlery Making	11
The Tea Quotheque	12
The Orchid Bonding	13
Verala Movie Night	14
Sustainable Horticulture Practices	14

ELEVATED EXPERIENCES

Ayurvedic Rejuvenation Treatments	16
Sunset Meditation In Ancient Temple	16
Anantara Picnic	17
Harvest Table Experience	17
In-Villa Floating Breakfast	18
Designer Dining	18
Mama's Kitchen	19
El Vino	19
Spice Spoons Cooking Class	20
Catch Of The Day	20
Traditional Batik Craft	21
Cinnamon Island Heritage Discovery	22

EXCURSIONS

Udawalawe National Park	23
Kalametiya Bird Sanctuary	23
Hummanaya Blowhole	24
Turtle Watch Rekawa	24
Yala National Park	25
Whale Watching	25
Sinharaja Forest Reserve	26
Bundala National Park	26
Handunugoda Tea Estate	27
Wewurukannala Buddha Statue	27
Dondra	28
Mulkirigala	28
Kataragama	29
Galle Fort	29
Donra Head Lighthouse	30
Fishing Harbour Tangalle	31



Complimentary Experiences

Nature Walk with Bird Watching

Explore the 22-acre resort bustling with diverse flora and fauna, guided by our in-house naturalist who is prepared to take you through the rich biodiversity within the resort borders.

Spot a variety of bird species, some endemic to Sri Lanka, witness the award-winning sustainability initiatives including bee harvesting, turtle hatchery, dragonfly and butterfly gardens, rainwater conservation and verdant paddy fields.

Fuel your mind with the surrounding nature and give your day a refreshing start.



Complimentary Yoga & Meditation (Sunrise and Sunset)

Reconnect with your natural flow through the power of yoga, meditation and stretching. Enjoy daily scheduled group classes at our yoga pavilion in the morning and evening overlooking the Indian Ocean or request for a private session in the privacy of your villa or on the beach.

Enquire at Anantara Spa to discover how these holistic practices are also incorporated into their Ayurvedic wellness programmes.





Labyrinth Walking Meditation at Spa

A labyrinth is an ancient spiritual tool designed to foster contemplation and spiritual transformation.

It is a form of active meditation which is unique from meditation while standing still, sitting, or lying down. Active meditation provides many benefits, and labyrinth walking is a unique spiritual experience.

Experience the benefits of Labyrinth Walking in our herbal garden at Anantara Spa guided by dedicated Gurus and break free of your thoughts or behaviors, focus on your intentions and clear your mind.



Complimentary Ayurvedic Doctor Consultations

Our Ayurvedic physicians and caregivers carry forward a legacy of the ancient wisdom of natural medicine from the Indian subcontinent. Our team of physicians have diverse and decades of experience to evaluate one's needs and personalise a seamless healing experience for each patient.

Our team of specialists will personally design your day-to-day wellness programme based on a detailed diagnosis of the unique condition of every patient with the focus on helping them achieve desired health goals, and ensuring that guests are met with empathy, humility, accessible for care and comfort at all times.

Lagoon Boat Ride in the Resort

Experience a unique boat ride along the natural water stream that runs across the resort, guided by our local canoeists.

Witness the inherent tropical species in their natural habitat along your journey as the sun sets over the Indian ocean.



King Coconut Guru

The resort's coconut guru's task is to climb to the tops of 100-foot tall swaying palms, prune them, and cut coconuts down for a refreshing drink.

Guests are able to avail the services of the coconut guru anytime during their stay on complementary basis.





Ayurvedic Herbal Dispensary Experience

Sri Lanka developed its own Ayurvedic system based on a series of prescriptions handed down from generation to generation over a period of 3,000 years. The Sri Lankan traditional herbal medicinal system predominantly utilizes herbs and spices for the treatment of various ailments.

We at Anantara Peace Haven, create a bespoke herbal dispensary experience for our guests with a selection of indigenous herbal plants that are known to be useful for various herbal medicinal preparations.



Resort Sundown Ceremony

The blowing of the “hak gediya” or conch shell heralds the start of a ceremonial sundown performance at 6.00 pm daily.

The procession moves from the lobby onto a lower platform to the beat of Kandyan drums followed by graceful ladies. The fire pit is lit to pay tribute to the Sun God, worshiped in the olden days by farmers.

The conch shell sounds a final time to conclude this majestic ceremony at our resort.

Bicycle Ride

Set off to explore the beauty of our resort on bicycles. Marvel at the variety of wildlife in and around the gardens.

Stop to converse with local farmers who tend to the organic garden and rice paddy field or find a spot to enjoy the sun, sea and sand.



Coconut Shell Craft & Cutlery Making

The Coconut Shell Crafts and Cutlery Making aims to showcase the indigenous value of the coconut plant and its contribution to the creation of cookery items. This activity takes place twice a week, on Thursdays and Sundays, during breakfast hours in front of the Journeys all-day-dining restaurant and guests are welcome to observe, question and learn.

By presenting and demonstrating this age-old local craft with the help of a local artisan, the resort seeks to highlight the local culture, heritage, and the sustainable use of natural resources.





The Tea Quotheque

The Tea Quotheque experience at Anantara Tangalle, led by our experienced tea guru, offers guests an immersive journey into the world of Ceylon tea in the following order.

Tea Cultivation: Delve into the intricacies of tea plant growth, encompassing planting techniques and care practices to foster an understanding of the tea cultivation process.

Plucking and Pruning Techniques: Learn proper methods for plucking tea leaves and pruning bushes to enhance yield and quality.

Processing Methods: Explore various tea processing methods, from withering to drying, tailored to different tea types like black, green, white, and oolong, unveiling the art behind each.

Tea Tasting: Acquire the skill of tea tasting, including brewing and evaluating diverse teas to discern their unique characteristics and nuances.

Health Benefits and Tea Culture: Delight in discussions on the health benefits of tea consumption and the cultural significance of tea, not only in Sri Lanka but also globally, enriching the understanding of tea's profound influence



The Orchid Bonding

Calling all anthophiles, an exciting floral experience awaits! During the Orchid bonding process, guests are guided through the journey of nurturing orchids from their infancy in the nursery to their vibrant blooming stage by our experienced gardeners, instilling a deep appreciation for the plant's life cycle. The significance of maintaining optimal environmental conditions and promoting sustainability practices is underscored throughout the educational experience, fostering an understanding of the delicate balance required for orchid cultivation.

Guests actively engage in hands-on activity, crafting their own orchid pots under expert guidance, enhancing their connection with the plants.

As a memorable keepsake, guests have the opportunity to plant their orchid pots in the resort garden, creating a lasting bond with their newfound botanical companions and the resort environment.



Verala Movie Night

Sunset, breezy beach, fiery cocktails and cinema: enjoy a one-of-a-kind movie experience during your stay at Peace Haven.

You can watch your favourite movies projected on a screen as you sip our signature sundown cocktails at Verala Beach Lounge.



Master the Fundamentals of Sustainable Horticulture Practices

Embark on a green-thumb journey like no other as you dive into the world of sustainable horticulture practices with a kinaesthetic twist! Get your hands dirty while mastering the art of root balling, grafting, and budding, transforming into a bona fide plant whisperer along the way. Delve into the secrets of greenhouse farming, uncovering its myriad benefits that go beyond just nurturing plants, and explore the futuristic realm of hydroponic farming methods, where soil takes a backseat to nutrient-rich water solutions. But wait, there's more! Learn the alchemy of crafting nutrient-rich compost, turning kitchen scraps into gold for your garden. With each skill acquired, you'll not only cultivate thriving greenery but also nurture a deeper connection with the earth. So, roll up your sleeves and let's learn how to grow something extraordinary!



Elevated
Experiences



Ayurvedic Rejuvenation Treatments

The Ayurvedic school of medicine promotes the idea that wellness is not a single set of principles that apply to everyone. To treat each individual effectively, an Ayurvedic practitioner will consider several unique factors, including season, geography, state of mind, and body constitution.

Ayurveda at Anantara has a formulation of inherent wellness regime for the guests, from personalized consultation, folded therapy program & diet recommendation to consummate personal goals to the diligence transformation. The ayurveda experience has been designed keeping in mind the individual desire to relax, restore & revitalize.



Sunset Meditation in Ancient Temple

Meditation is a healing technique. Take a guided journey towards the inner workings of meditation in the morning and establish a successful meditation practice with the monk who will share learnings of mindfulness meditation and developing healthy mental habits that improve quality of life and happiness.

The practice of meditating enhances peace and tranquility and is known to ease the mind and is a journey channeling one's inner self.

Moreover, meditating leads to the art of practice cultivating universal values of generosity, virtue, patience, contemplation, and wisdom in every aspect of life. Offered in a place of quiet solitude for those seeking a pause, clarity, and purpose, away from their urban environment.

Anantara Picnic

Experience a tropical journey of overlooking the breathtaking southern coast with a personalised meal selection in a Bento box served with sparkling wine and Sri Lankan special king coconuts.



Harvest Table Experience

In this former coconut plantation, Anantara Peace Haven Tangalle Resort has demarcated a sprawling plot to grow its own rice, vegetables, herbs and spices. Harvest Table offers an unforgettable culinary journey based on fresh, home-grown and sustainable ingredients and the daily catch of the day from a local fisherman. And we mean really fresh - menus are created depending on what's picked from the garden just before you are seated for lunch.

Start with a guided stroll with our Chef through our organic garden and paddy fields to self-harvest your fresh seasonal produce while learning about our indigenous farming methods and health benefits of each ingredient.





In-Villa Floating Breakfast

Start your day with a personalised selection of breakfast ranging across unique cuisines at the comfort of your private pool villa.

Feel the warmth of the morning sun rays while popping a bottle of Champagne, as the waves of the Indian ocean collide just a few yards away.



Designer Dining

Anantara's signature private dining concept offers the ultimate personalised romantic occasion, inviting you to choose from a collection of fine dining and dégustation menus.

Collaborate with your personal chef to fine-tune a menu that is tailored to your individual tastes and desires.

Your beautifully decorated table, which takes place in a choice of dream settings, is enhanced by the flawless service of a personal butler.

DESIGNER
dining
BY ANANTARA

Mamma's Kitchen

Nestled within the lush landscapes of Tangalle, the Mama's Culinary Experience is a vibrant ode to the region's gastronomic treasures. Picture yourself amidst the serene backdrop of a rice paddy field, where the essence of local village cooking culture comes to life.

Step into our welcoming kitchen, where the air is imbued with the earthy aromas of native Sri Lankan spices. Here, our beloved local mamas, culinary virtuosos in their own right, extend a warm invitation to explore the rich tapestry of Sri Lankan cuisine. Our culinary ethos revolves around more than just nourishment; it's a heartfelt homage to Sri Lanka's culinary heritage. Each dish served is a labour of love, echoing the care and dedication of a mother's touch. As you savour every bite, enveloped by the natural beauty surrounding you, it's an experience that transcends mere dining—it's a journey through the soul of Sri Lanka's culinary legacy.

Price: 75 USD nett per person
Available for lunch only



El Vino

Journey through the world of wine, discovering the true flavour, aroma, and character of each wine and dish.

Tapas-style creations tempt the palate, and the chef is on hand to expound the delights of various ingredients and offer tips for home cooking.

Discuss bouquets and top notes with our Wine Guru in a convivial meeting of minds.

EL VINO





Spice Spoons

Experience a cuisine rich with aromatic spices and fresh produce at Spice Spoons cooking school.

Your class begins with a local market visit by tuk-tuk. Purchase local ingredients whilst learning the art of exchange from friendly faces.

Back at the resort, learn new techniques and recipes to impress back home.

SPICE SPOONS

BY ANANTARA



Catch of the Day

Between 10.30 am to 11.00 am daily, a collection of fresh fish is displayed in a boat next to our Pool Bar.

Join our Chefs in picking out the fish to be prepared to your individual preference for your dinner at our award-winning Il Mare restaurant, perched on the cliff side with stunning ocean views.

Traditional Batik Crafting

Explore the exquisite world of handmade batik in Matara, a picturesque hour's drive from Tangalle. Explore the art's rich heritage and create lasting memories as you immerse yourself in its timeless allure. The visting batik factory was established in 1958 by the talented B. Jazima Mohamed, boasting a legacy of craftsmanship that spans generations. Discover an array of unique designs, including wall hangings, skirts, silk sarees, and more, each telling a story of Sri Lanka's cultural tapestry. Visit the factory's shop to peruse authentic batik cloths and paintings, offering a glimpse into the intricate artistry that defines this cherished tradition. Experience the magic of batik and take home a piece of Sri Lanka's vibrant cultural heritage.

Price: 75 USD nett per person

This experience is available daily from 8.00 am – 5.00pm.





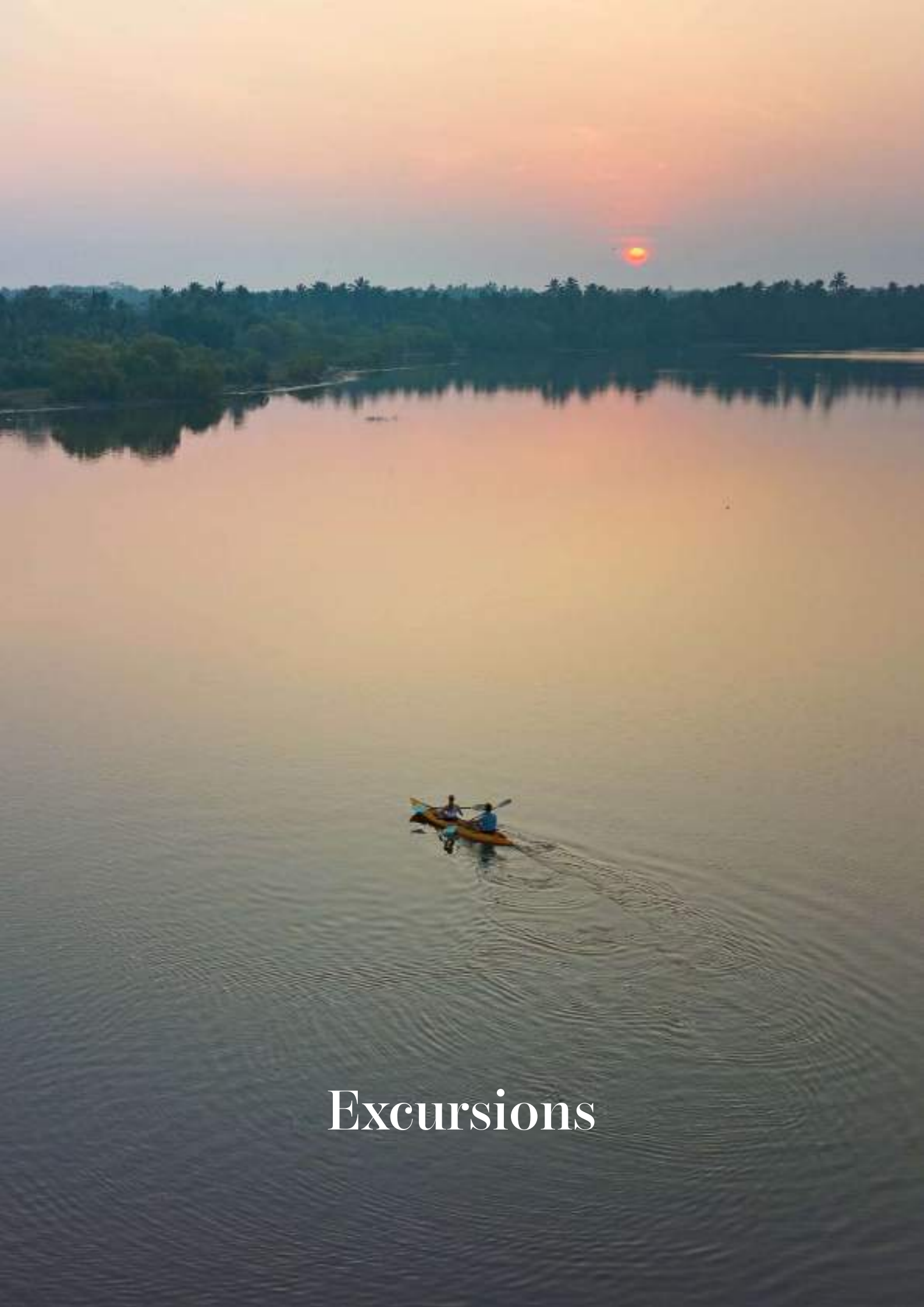
Cinnamon Island Heritage Discovery

Embark on a short one-hour journey to uncover the secrets of Sri Lanka's Cinnamon Plantation nestled on Cinnamon Island in Koggala.

Hop aboard a local boat that will ferry you to this enchanting destination. Upon arrival, you'll have the privilege of touring the plantation, which has been lovingly tended by Sarath and his family for over three generations, yielding not only cinnamon but also a variety of other fruits.

As a gesture of hospitality, guests are treated to complimentary homemade cinnamon tea, brewed to perfection. Additionally, indulge in the purchase of handmade cinnamon products, allowing you to take a piece of this aromatic paradise home with you.

Throughout the experience, you'll gain valuable insights into the spice production process, with a special focus on cinnamon, highlighting Sri Lanka's esteemed reputation in the realm of cinnamon production.



Excursions



Udawalawa National Park

Visit the Udawalawe elephant sanctuary for encounters with Sri Lanka's gentle giants, as well as a host of other wild animals and exotic birds.

Price — USD 350 for 2 guests

Distance from resort — 110 mins (70 km)



Kalamatiya bird sanctuary

Twenty kilometers beyond Tangalle, the little visited Kalametiya Bird Sanctuary comprises an area of coastal lagoons and mangroves rich in marine and other birdlife, similar to that found in Bundala, and best seen from November to March.

Price — USD 150 for 2 guests

Distance from resort — 40 mins (25 km)

Hummanaya Blowhole

The Hummanaya blowhole is the only known blowhole in Sri Lanka and it is considered to be the second largest blowhole in the world. The water fountain created by the geological feature shoots up every couple of minutes, depending on the nature of the sea, with the spray often reaching as high as 25-30 metres.

Price — USD 85 for 2 guests

Distance from resort — 20 mins (11 km)



Rekawa Turtle Watching

From April to September, green, hawksbill and occasionally even leatherback turtles struggle ashore to lay their eggs on Rekawa Beach. Join the turtle watching volunteers to patrol the beach at night to protect the mother turtles whilst they lay eggs. Help to collect the eggs which are then cared for at the project's hatcheries until the baby turtles are born and released back into the ocean.

Price — USD 120 for 2 guests Distance from resort — 15 mins (8 km)





Yala National Park

Discover the natural treasures of Sri Lanka's most visited wildlife reserve with a park tracker in search of storks, crocodiles, fan-tailed peacocks, chattering monkeys in the treetops, and the park's most famous yet elusive residents, the leopards.

Price — USD 350 for 2 guests

Distance from resort — 110 mins (70 km)



Whale Watching Tour (seasonal)

Take a 90-minute drive to Mirissa Harbour and set sail for Weligama Bay where giant blue back whales and dolphins are known to cruise by. Enjoy opportunities to swim, snorkel, and fish with a hand line, stopping off at a coconut-fringed cove for a leisurely picnic lunch.

*December to April only

Price — USD 120 for transfer charges only

Sharing or Private Boat services available

Distance from resort — 60 mins

Sinharaja Forest Reserve

Sinharaja Forest Reserve is a national park and a biodiversity hotspot in Sri Lanka. It is of international significance and has been designated a Biosphere Reserve and World Heritage Site by UNESCO.

The hilly virgin rainforest, part of the Sri Lanka lowland rain forests ecoregion, was saved from the worst of commercial logging by its inaccessibility, and was designated a World Biosphere Reserve in 1978 and a World Heritage Site in 1988. The reserve's name translates as Lion Kingdom.

Price — USD 220 for 2 guests

Distance from resort — 150 mins (70 km)



Bundala National Park

Explore a wetland sanctuary that stretches across 20 kilometres of pristine beach, shimmering lagoons, and dry scrublands. This ecological haven is home to more than 150 bird species, including winter migratory birds and impressive raptors like the white-bellied sea eagle. The wetlands also support a rich variety of wildlife, from basking crocodiles to large herds of up to 60 majestic elephants.

Price — USD 350 for 2 guests Distance from resort — 70 min (55 km)





Handunugoda Tea Estate

This 200-acre estate of tea, rubber, cinnamon, pepper and coconut plantations also features a working museum tea factory with many machines that are over 140 years old. Enjoy an informative tour of the various plantations and factory, and the opportunity to enjoy a tea tasting session and purchase the speciality teas.

Price — USD 150 for 2 guests

Distance from resort — 100 mins (70 km)



Wewurukannala Buddha Statue

The Wewurukannala Vihara is dominated by a seated Buddha statue. It is 160 feet high, the largest statue in all of Sri Lanka, and dates back to the time of King Rajadhi (1782 – 1798). The temple comprises three parts, the oldest being about 250 years old.

Price — USD 85 for 2 guests

Distance from resort — 25 mins (15 km)

Dondra

Dondra, or Devundara (City of Gods), is an ancient temple port town on the southernmost tip of the island, believed to be the abode of the Lord Vishnu. At its prime it was one of the most celebrated religious sites of the island, containing a thousand statues of the various sects of Hinduism and Buddhism.

Price — USD 100 for 2 guests

Distance from resort — 50 mins (30 km)



MulKirigala Rock Temple

This famous ancient monastery, which still functions to this day, is situated on a 210-metre high rocky hillock a few minutes inland of Tangalle. A historian's treasure trove, this tour includes ancient caves with painted murals and statues, all with a story to tell.

Price — USD 120 for 2 guests

Distance from resort — 25 mins (18 km)





Kataragama

Kataragama is a holy town for Buddhists, Hindus and Muslims alike. Pilgrims come from across the island and beyond, paying their respects at shrines to Kataragama, Vishnu and Ganesha; a temple built in honour of the Buddha's visit; and a bodhi tree, a sapling from the original under which the Buddha was born.

Price — USD 175 for 2 guests

Distance from resort — 110 mins (90 km)



Galle Fort

Explore behind the beautiful walls of this ancient coastal citadel. Meet the descendants of the original merchant families, experiencing the spice trade firsthand with glimpses back in time to the colonial Ceylon era. Find out how Asia's largest fort was created using granite ballast from the merchant ships arriving from Europe and coral from the sea.

Price — USD 180 for 2 guests

Distance from resort — 100 mins (80 km)

Donra Head Lighthouse

Donra Head Lighthouse is located near the southern tip of the island and is the tallest lighthouse in Sri Lanka and one of the tallest in South East Asia.

Price — USD 100 for 2 guests

Distance from resort — 50 mins (30 km)

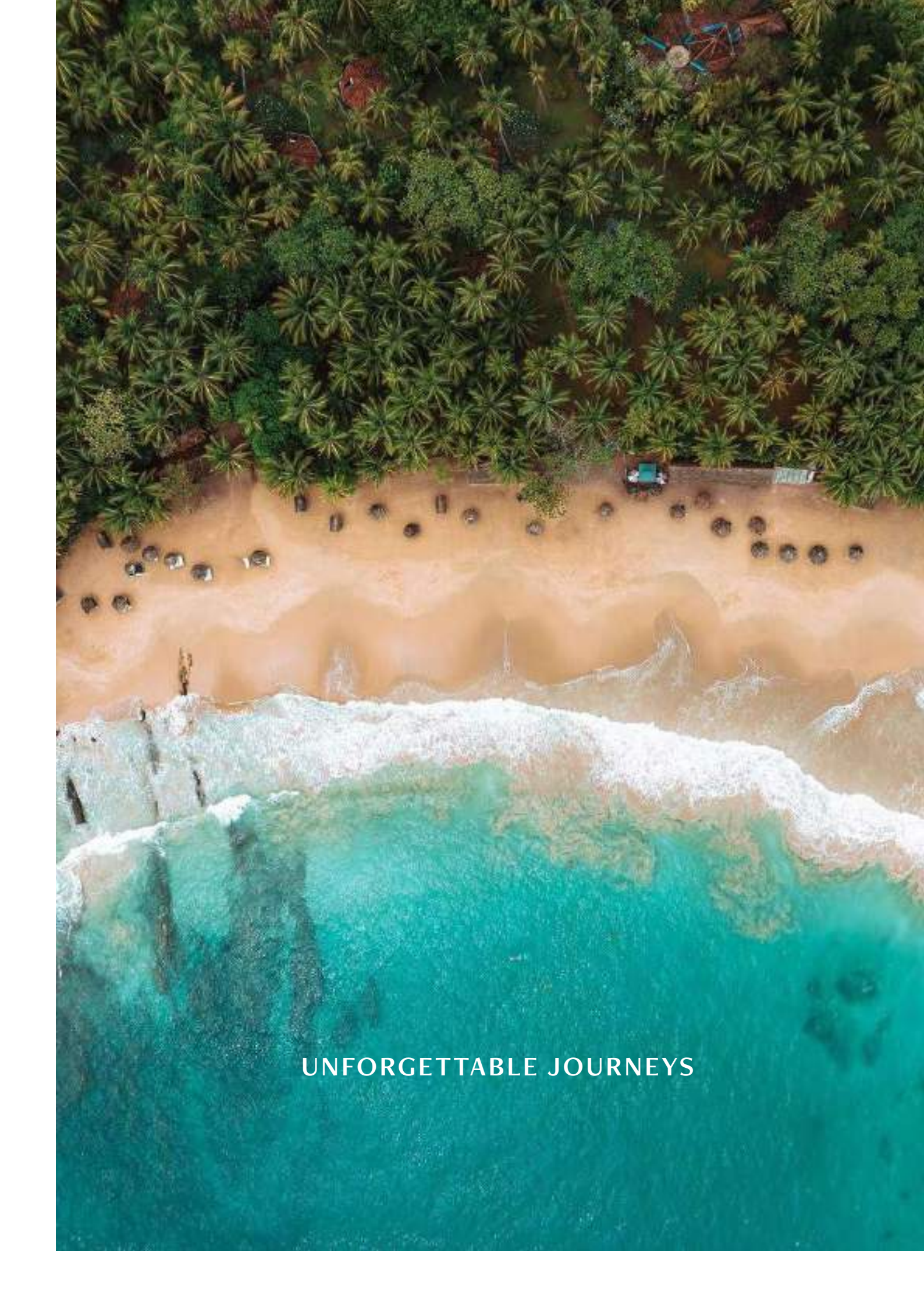


Fishing Harbour Tangalle

Visit a traditional fishing village where colourful boats moor after days at sea. Mornings mean bustling piers with live fish auctions to observe.

Price — USD 30 for two guests Distance from resort — 10 mins (3 km)





UNFORGETTABLE JOURNEYS



ANANTARA

PEACE HAVEN TANGALLE
RESORT

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