

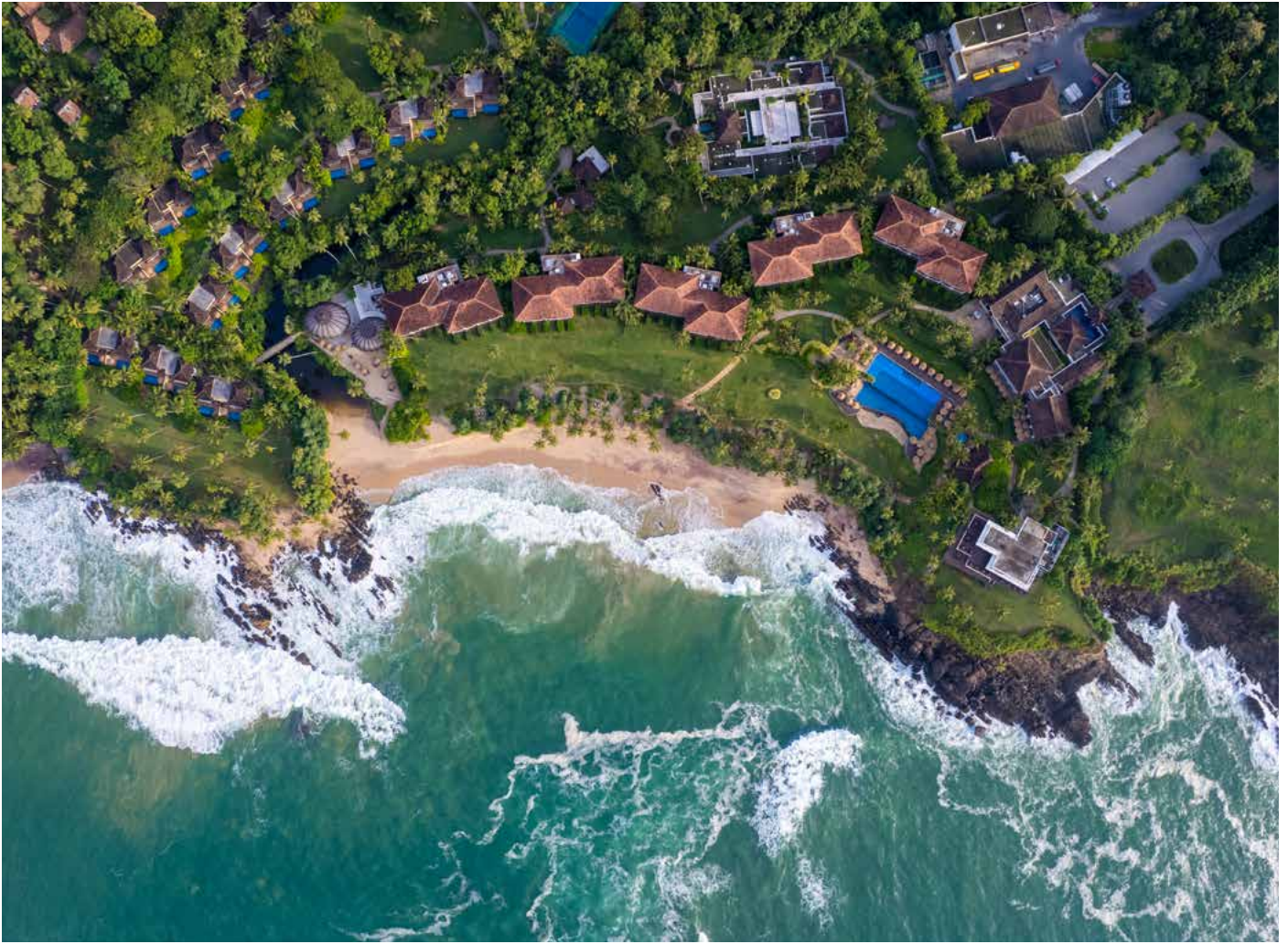


Indigenous Experiences



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.

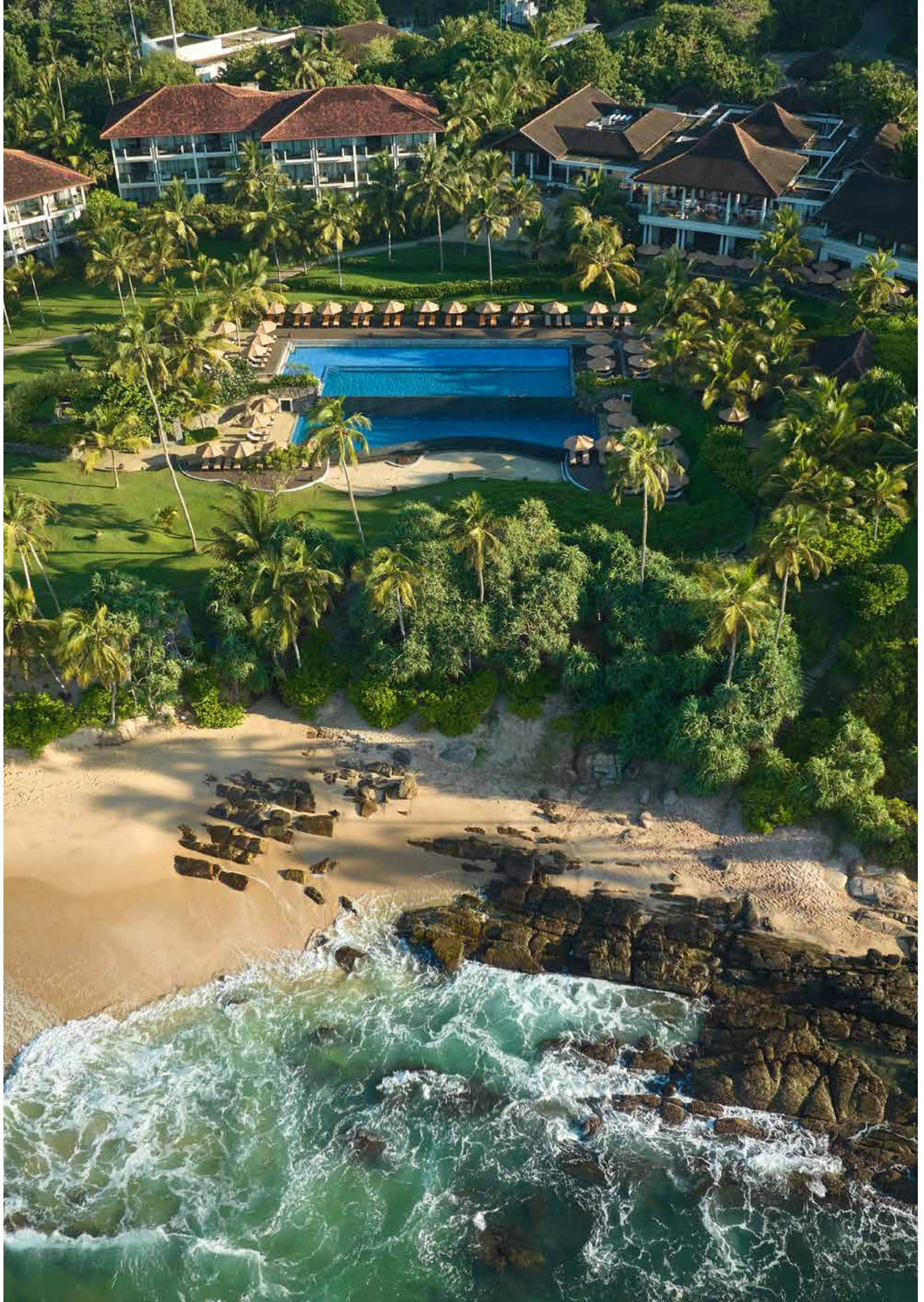


Explore Sri Lanka

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.



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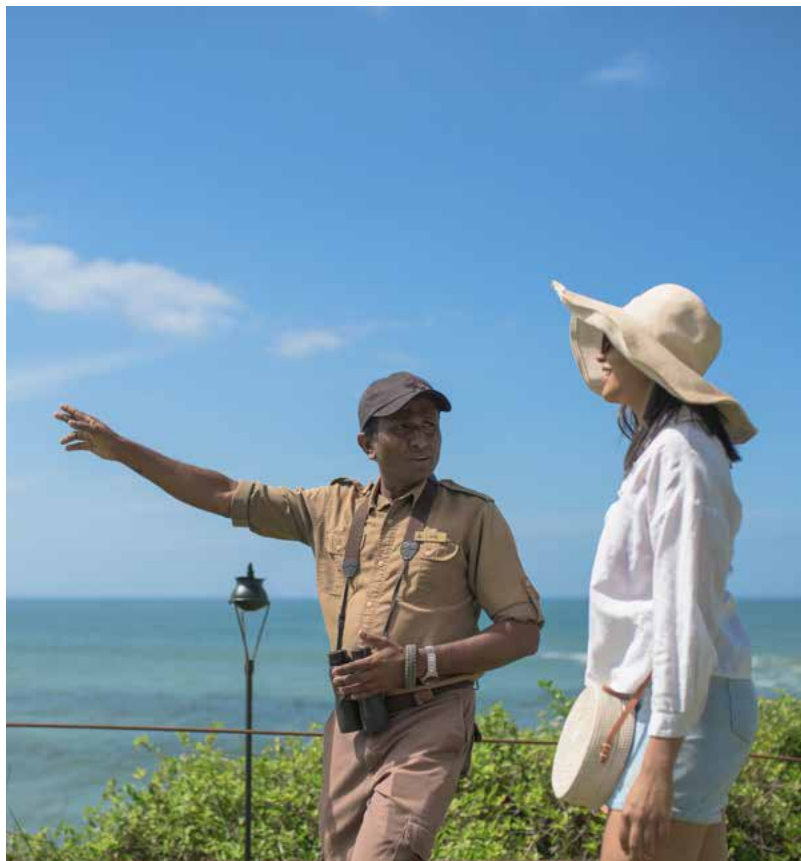
COMPLIMENTARY
EXPERIENCES

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 experience

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 within the property

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.



Indigenous Natural Wellness Petit Déjeuner

Indulge in the ultimate morning ritual with our exclusive Ayurvedic wellness breakfast experience, crafted especially for our villa guests. From 8:00 AM to 10:30 AM, join us at the enchanting Rice Paddy field kitchen, where breakfast comes alive with vibrant tropical flavours. Delight in the essence of south coastal cuisine as you engage with our beloved Mama and talented Chef, who are masters in the art of Ceylonese culinary delights. Immerse yourself in the sensory journey of live breakfast preparation, where every dish is infused with the goodness of local herbs and plants for a truly healthy start to your day. Here, you not only savour the taste but also uncover the secrets of our treasured local breakfast cuisine, firsthand. It's more than just a meal—it's a celebration of wellness and gastronomic delight!

Price – USD 45 per person





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



Tangalle city tour

Explore the sights and sounds of this quaint town, guided by our Experience Guru.

Visit the historic Henakaduwa Temple, an artisan brass making workshop, paddy fields, fishing harbour and organic produce markets including age-old cottage industries such as buffalo curd making and pottery.

If you wish to see other attractions along the way, our Experience Guru will try to accommodate your request.

Duration: 4 hours



Rekawa turtle watching

Sri Lanka has the extraordinary privilege of welcoming five of the world's seven species of sea turtle to its shores.

At Rekawa Beach, the Turtle Conservation Project aims to nurture the sea turtles in their natural habitat and has established an in-situ nest protection and awareness programme since 1996.

Volunteers lead groups to the beach nightly for a chance to sight turtles as they lay their eggs or return to sea. Visitors should note that flash photography and white or yellow torches are not allowed.

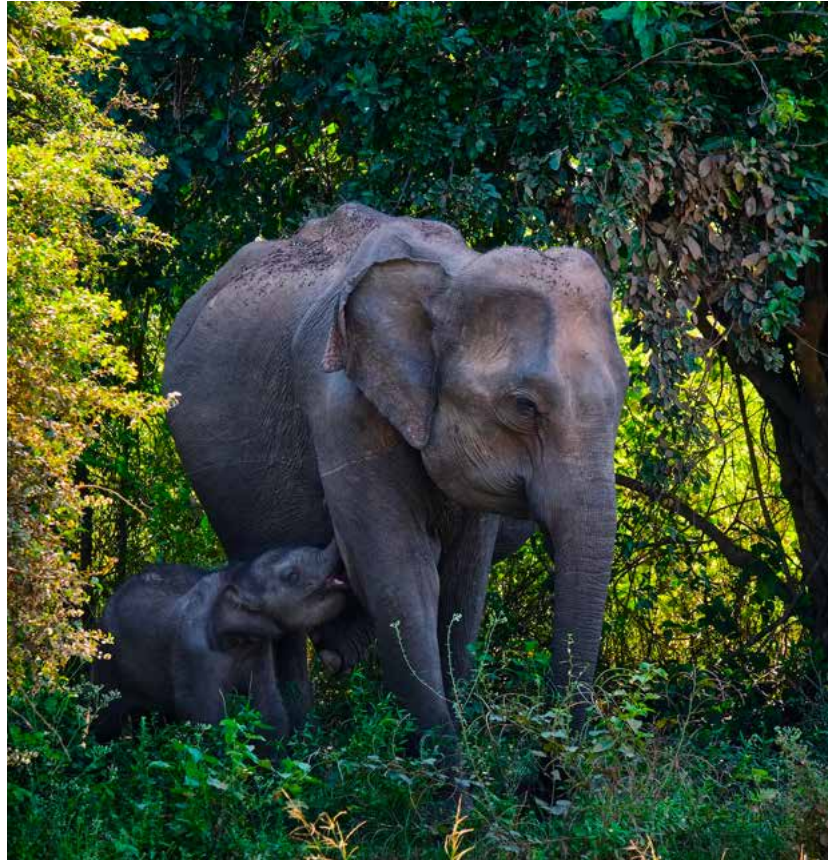
Distance: 13 km per way | Duration: 4 hours

Udawalawa

Established in 1972, the park provides a sanctuary for a host of endemic wildlife and protects the Udawalawe reservoir catchment area.

Spanning over 30,821 hectares, it is also home to over 400 Asian elephants including Maligawa Tuskers. The habitat comprises of the Walawe river and its tributaries, marshes, forests and grasslands. Visit the Elephant Transit Home where orphaned calves are cared for until their release back to the wild with minimal human contact during their rehabilitation.

Distance: 60 km per way | Duration: 7 hours



Yala

Sri Lanka's most popular wildlife reserve, this is the second largest park on the island with a diverse ecosystem ranging from monsoon forests to freshwater and marine wetlands.

Home to 215 bird species including 6 that are endemic to Sri Lanka, discover the natural treasures with a park tracker, in search of storks, crocodiles, fan-tailed peacocks, monkeys and more, including the most famous yet elusive residents, the leopards.

The park has one of the highest leopard densities in the world.

Distance: 70 km per way | Duration: 7 hours





Bundala / Kalamatiya bird sanctuary

Designated as a wildlife sanctuary in 1969, Bundala was subsequently re-designated to a national park in 1993. In 1991, it became the first wetland to be declared as a Ramsar site in Sri

Lanka. In 2005, the national park was designated as a biosphere reserve by UNESCO, making it the fourth biosphere reserve on the island.

Bundala harbours 197 species of birds, the highlight being the greater flamingo which migrate in large flocks. The 6,216 hectare park is also home to very few but evident population of elephants as well as civets, sloth bears, giant squirrels and crocodiles.

Distance: 58 km per way | Duration: 6 hours



Sinharaja rain forest

The majority of areas within Sinharaja was originally declared a forest reserve in 1875, providing a long history of protection. The island's last viable area of primary tropical rain forest, this forest reserve is afforded the highest level of legal protection under the National Heritage and Wilderness Area Act of Sri Lanka.

Declared a Biosphere Reserve in 1978 and subsequently inscribed on the UNESCO World Heritage Site in 1988, more than 60% of the trees are endemic and many of them are considered rare. Home to vast indigenous wildlife, this is a truly bio-diverse hotspot not to be missed.

Distance: 75 km per way | Duration: 10 hours

Galle city tour

Galle Fort was built in the late 1500s by the Portuguese, fortified by the Dutch thereafter and is now a UNESCO World Heritage Site.

Discover how Asia's largest fort was created using granite ballast from merchant ships arriving from Europe and sea coral.

Along the way, you will also visit the Hummanaya Blowhole, Dondra temple and lighthouse, Handunugoda Tea Estate and Habaraduwa turtle hatchery.

Distance: 80 km per way | Duration: 8 hours

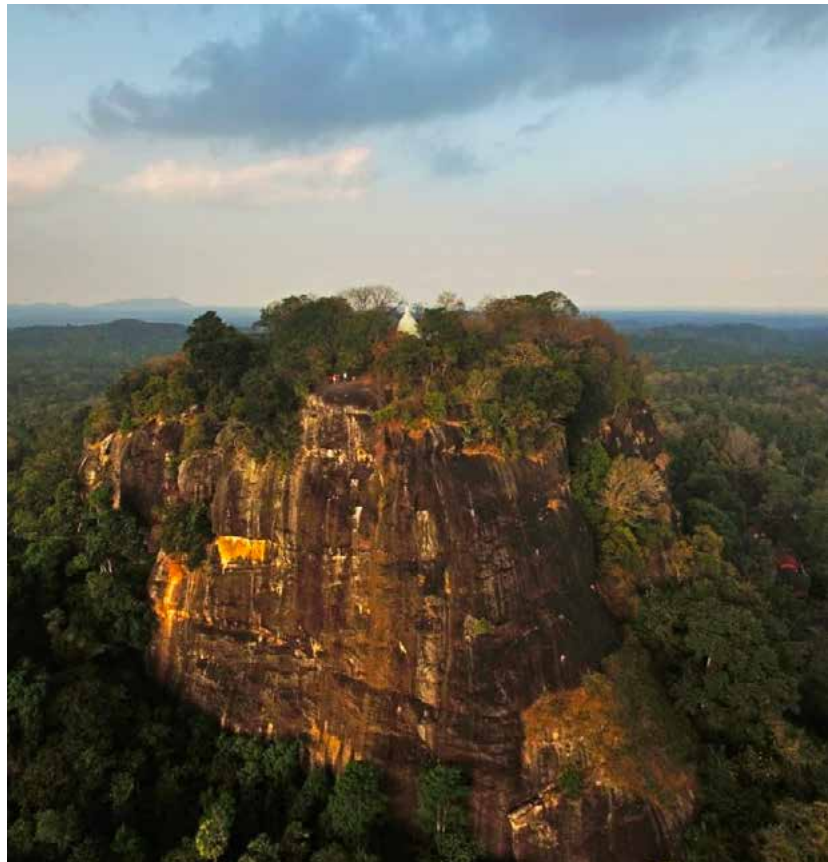


Mulkirigala rock temple

Known as “Punchi Sigiriya” or Little Sigiriya as it is reminiscent in architecture and style to Sigiriya, the Lion Rock. Mulkirigala houses an impressive series of cave temples with sculptures and exquisite murals said to be painted using natural elements during the Kandyan era, similar to those found in Dambulla.

One of the oldest and revered temples in southern Sri Lanka, it is deemed to be the tallest rock standing at 107 metres, surrounded by a ring of small mountains and lush forest. The site comprises of seven smaller temples and has been constructed within five terraces. A flight of rock hewn stairs comprising of 533 steps, guides pilgrims to each terrace before reaching the summit where the stupa is situated.

Distance: 20 km per way | Duration: 3.5 hours





Hummanaya blowhole

The only known blowhole in Sri Lanka and considered to be the second largest in the world, Hummanaya's name refers to the low "hoo" sound that can be heard some distance away when the blowhole is active.

The best times to visit this well-known attraction is during the monsoon season or at high tide when strong winds push the water high up the coast and into the cave. The blowhole can shoot spray up to heights of between 25 to 30 metres.

Distance: 10 km per way | Duration: 2 hours



Wewurukannala temple

Famous for the island's largest Buddha, the temple is divided into three parts, the oldest dating back to the 18th century reign of King Rajadhi.

The giant 50 metre high seated Buddha statue was constructed in the 1960s but to gaze at the statue's visage, visitors must first navigate the Tunnel of Hell which displays life-sized models illustrating various forms of punishments should one succumb to the earthly temptations lining the path to Enlightenment.

Distance: 15 km per way | Duration: 2 hours

Cinnamon plantation tour

Sri Lanka produces 90% of world's supply of true cinnamon and cultivation is a unique, scarcely known process. Visit a hilltop villa surrounded by a working cinnamon plantation with 3600 views over Koggala Lake and misty mountain ranges.

The 1 hour guided tour will encompass the tools, techniques and interesting facts involved in making cinnamon quills. A 2.5 hour guided tour inclusive of a 4-course cinnamon inspired lunch is also available upon request. Combine this aromatic excursion with a visit to Handunugoda tea estate located nearby.

Distance: 65 km per way | Duration: 5 hours



Handunugoda tea estate

This family-owned estate nestled in the southern province, is renowned as artisan producers of luxury teas including the prized Virgin White Tea.

The exquisitely delicate white tea has the highest naturally occurring antioxidant content in any beverage, and is manufactured following an ancient Chinese legend that keeps to the imperial tradition of being completely untouched by human hands from harvest until it is brewed.

They are the only tea estate in the world situated in close proximity to the sea, creating the distinctive flavour of their teas. Learn the age-old art of producing tea from your guided tour and enjoy a delightful tasting session to find your preferred brew.

Distance: 65 km per way | Duration: 5 hours





Whale watching tour (seasonal)

Take a drive to Mirissa Harbour and set sail on a traditional leisure trawler to Weligama bay where giant blue back whales and dolphins are known to frolic in the azure waters.

Opt to go on a private speedboat charter and pack a picnic to enjoy aboard as you look out in search of these ocean's gentle giants.

This seasonal excursion is available on the southern coast of Sri Lanka between December to April.

Distance: 55 km per way | Duration: 4-5 hours

Unforgettable Journeys



ANANTARA

PEACE HAVEN • TANGALLE
RESORT

Goyambokka Estate, Tangalle, Sri Lanka.
Tel: +94 (0) 34 722 6060 | Email: reservations.srilanka@minor.com



@anantaratangalle