SHANGRI-LA
HAMBANTOTA

6 Wellness Highlights
ON THE RUHUNU RING



1 BENTOTA

A calm beach setting with strong Ayurvedic traditions. Try beach yoga and a meditative sunset boat ride along the Bentota River.

To: Weligama 90KM (1.30 hours)



2 WELIGAMA

Learn to surf or relax with sunset meditation by the bay. Visit Taprobane Island for a calm nature walk.

To: Mirissa 7.5KM (16 minutes)



3 MIRISSA

Spot majestic blue whales, practise paddleboard meditation, explore Hummanaya Blowhole and embrace Mirissa's relaxed café culture.

To: Rekawa 60KM (1.30 hours)



4 REKAWA

Enjoy a mindful turtle encounter, ayurvedic massage, sea-salt scrubs and gentle beach walks and breathwork.

To: Udawalawe 60KM (1.20 hours)



5 UDAWALAWE

Immerse in nature and embark on a safari, birdwatch expedition, or try a guided forest bathing walk.

To: Ella 100KM (2.10 hours)



6 ELLA

Embrace slow, soft energy and try forest yoga, a mindful tea ritual, scenic plantation walks, purposeful hikes at sunrise or a restorative ayurvedic spa.

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COLOMBO

ELLA

BENTOTA

UDAWALAWE

WELIGAMA

MIRISSA

REKAWA

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W
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INDIAN OCEAN