



The East

Includes →

Monaragala	245
Arugam Bay	246
Pottuvil & Around	251
Arugam Bay to Panama	253
Panama to Okanda	253
Ampara	254
Batticaloa	255
Trincomalee	261
Uppuveli	265
Nilaveli	267

Best Places to Eat

- Hideaway Restaurant (p250)
- Sana's (p267)
- Coconut Beach Lodge (p267)
- Sun Shine Cafe (p259)

Best Places to Sleep

- Stardust Beach Hotel (p249)
- Riviera Resort (p258)
- Laya Waves (p261)
- Hilltop Beach Cabanas (p252)
- Trinco Blu by Cinnamon (p266)

Why Go?

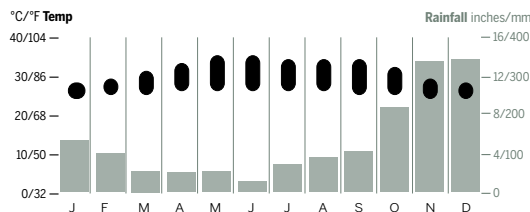
Maybe you're searching for somewhere in Sri Lanka a little less developed, a coastline that retains a more earthy, local feel. Or maybe you just want the best beach of your life. Well, the East might just offer that place and that beach.

Many people come here and start investigating how to delay their onward journey. Still a little rough around the edges, the East remains primarily a land of fishing villages, sandy lanes, chickens in the yard, and tradition. It's a culturally fascinating combination of ocean-orientated Muslim communities, astonishing Hindu temples, crumbling colonial forts, dazzling markets, and a coastline of killer surf, hidden bays and stretch-for-kilometres white-sand beaches.

The entire region is well linked to the rest of the country by road, bus and rail, so there's really no reason to skip the many allures of the East.

When to Go

Trincomalee



Mar–Apr The most reliable months for spotting blue whales in the seas off Trincomalee.

May–Jun This is shoulder season; nesting season in Kumana and good elephant-spotting.

Jun–Jul White-sand beaches (and surfing) from Nilaveli to Arugam Bay are at their prime.

The East Highlights

1 Uppuveli (p265)

Enjoying the chilled-out beach vibe at this strip of sand.

2 Kumana National Park

(p254) Spotting a skittish leopard – or monitoring the road to avoid a rogue elephant – in this blissfully uncrowded park.

3 Pigeon Island National Park

(p268) Snorkelling or diving with reef sharks around this gem of an island off Nilaveli.

4 Arugam Bay

(p246) Hanging ten on the endless rights of this chilled-out surf mecca.

5 North of Nilaveli (p269)

Venturing up the quiet B424 Hwy past empty idyllic beaches, lagoons and ancient cultural sites.

6 Pottuvil Lagoon

(p251) Listening to the quiet ripple of the water and watching rainbow-coloured kingfishers flit around mangroves.

7 Battalcoala

(p255) Losing yourself in the fort, before losing yourself in the old colonial town, before losing yourself in the beaches of Kallady.

8 Trincomalee

(p261) Exploring the fortress, Hindu temples and sights in this historic port.

B424 Hwy Pigeon Island National Park

