

Windsurfing

For beginners of windsurfing, the more tranquil waters of the Bentota river or any of Sri Lanka's many tanks and lakes offer an ideal training zone before heading out to the challenge of the ocean. North of TRINCOMALEE, in the west coast of Sri Lanka, the sea off Nilaveli beach provides a fantastic east coast alternative for when the Yala monsoon brings strong winds and rough seas to the west. So whatever your level of experience, leave your wetsuit at the door and make the most of what Sri Lanka has to offer this exciting sport.

N.B. If venturing out on the south-west coastline, grab your sail and board between November and April before the monsoon hits. To ensure the best wind and water conditions on the east coast, go from May-October.



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