



## Story of Tea essence of the story of tea plants

### **Ceylon Tea: A Brief Overview**

Ceylon tea, renowned for its distinctive taste and quality, is one of Sri Lanka's most famous exports. Here's a quick look at its history, types, and significance:

#### **History**

- **Introduction:** The tea industry in Sri Lanka, formerly known as Ceylon, was introduced by the British in the 19th century. James Taylor, a Scottish planter, established the first successful tea plantation in 1867.
- **Growth:** Following a devastating coffee blight, tea quickly became the primary export crop, transforming Sri Lanka into one of the world's leading tea producers.

#### **Types of Ceylon Tea**

- **Black Tea:** The most popular type, known for its rich flavor and strong aroma. It can be categorized into:
  - **High-grown:** Grown at elevations above 4,000 feet, offering a delicate flavor.
  - **Mid-grown:** Cultivated between 2,000 to 4,000 feet, providing a robust taste.
  - **Low-grown:** Produced below 2,000 feet, known for its full-bodied, strong character.
- **Green Tea:** Less oxidized than black tea, it retains more antioxidants and has a lighter, more delicate flavor.
- **White Tea:** The least processed, made from young tea buds, offering a subtle and mild taste with numerous health benefits.

#### **Significance**

- **Economic Impact:** Tea is a major contributor to Sri Lanka's economy, supporting millions of livelihoods through plantation work, processing, and export.
- **Cultural Importance:** Tea culture is deeply embedded in Sri Lankan society, with tea being a daily staple and a key aspect of hospitality.

- **Global Recognition:** Ceylon tea is celebrated worldwide for its high quality and unique flavor profile, attributed to the island's ideal climatic conditions and skilled cultivation practices.

### **Experience**

Visitors to Sri Lanka can explore the picturesque tea plantations, particularly in the central highlands around Nuwara Eliya and Kandy. Many plantations offer guided tours, tea tastings, and insights into the tea production process, providing a rich cultural and sensory experience.

Ceylon tea's legacy continues to thrive, maintaining its reputation as a symbol of quality and tradition in the global tea market.

Here's a 4-day tour itinerary focusing on visiting tea plantations in Sri Lanka, providing a scenic and immersive experience:

#### **Day 1: Arrival in Colombo**

- **Morning/Afternoon:** Arrive at Bandaranaike International Airport, Colombo.
- **Transfer:** Head to your hotel in Colombo and check-in.
- **Evening:** Explore Colombo city, visiting places like Galle Face Green and the Gangaramaya Temple.
- **Overnight:** Stay at a hotel in Colombo.

#### **Day 2: Colombo to Nuwara Eliya**

- **Morning:** Travel to Nuwara Eliya (approximately 5-6 hours from Colombo). Alternatively, take a scenic train ride for a more leisurely journey.
- **Afternoon:** Visit a tea plantation and factory in Nuwara Eliya. Learn about the tea-making process, from plucking to processing.
- **Evening:** Explore the picturesque town of Nuwara Eliya known as "Little England," with its colonial architecture and cool climate.
- **Overnight:** Stay at a hotel in Nuwara Eliya.

#### **Day 3: Nuwara Eliya to Ella**

- **Morning:** Travel from Nuwara Eliya to Ella (approximately 2-3 hours by road).
- **Afternoon:** Visit tea plantations in Ella and enjoy stunning views of the surrounding hills and valleys.
- **Optional:** Hike to Little Adam's Peak or visit the Nine Arches Bridge for breathtaking scenery.

- **Evening:** Relax in the tranquil ambiance of Ella.
- **Overnight:** Stay at a hotel in Ella.

#### **Day 4: Ella to Colombo**

- **Morning:** Return to Colombo (approximately 5-6 hours by road).
- **Afternoon:** Visit a tea museum or shop in Colombo to purchase some authentic Ceylon tea as souvenirs.
- **Evening:** Enjoy a farewell dinner at a local restaurant.
- **Overnight:** Stay at a hotel in Colombo.

#### **Day 5: Departure**

- **Morning:** Free time for last-minute shopping or sightseeing in Colombo.
- **Afternoon:** Transfer to Bandaranaike International Airport for departure.

#### **Additional Recommendations**

- **Guide:** Consider hiring a guide at tea plantations for insights into the tea industry and local culture.
- **Accommodation:** Book hotels in advance, especially in Nuwara Eliya and Ella, to ensure availability.
- **Transport:** Opt for a comfortable vehicle with a driver for ease of travel between destinations.

This tour offers a delightful blend of cultural exploration and scenic beauty, centered around the renowned tea plantations of Sri Lanka.