**High-grown tea plantations in Sri Lanka**

High grown tea is found in the central highlands of Sri Lanka at elevations over 6000ft. Nuwara Eliya, Uda Pussellawa and Dimbulla are the main high-grown tea regions of the country.

* **Nuwara Eliya** – One of the major tea growing districts in the country since its first tea yields in the 1870s plantations. This small town, fondly known as the little England, produces some of the most relished tea types in Sri Lanka, such as Orange Pekoe (OP) and Broken Orange Pekoe (BOP).
* **Uda Pussellawa** – While being a neighbor to Nuwara Eliya, the climate of the Uda Pussallawa region is quite different due to its location. The tea itself is slightly darker and appears more potent in flavor compared to the tea found in the Nuwara Eliya region.
* **Dimbulla** – If you are travelling through Hatton to Nuwara Eliya, you are in the Dimbulla tea country. Tea from this region has a golden-orange hue and a clean and fresh aftertaste.

**Mid-grown tea plantations in Sri Lanka**

Mid grown tea is produced at an altitude of 2000 to 4000 ft above sea level and is commonly found in the Central and Uva provinces of Sri Lanka.

* **Badulla** – Badulla is a tea region located in the Uva province of Sri Lanka. The tea that you find in Badulla generally has a mellow, smooth taste which is a unique flavor profile that you do not find anywhere else in the country.
* **Kandy** - The hill capital of Kandy that is well known for the Temple of the Sacred Tooth Relic is a popular destination among travellers to Sri Lanka. Kandy is another location for mid-grown tea with its bright and robust infusions.

**Low-grown tea plantations in Sri Lanka**

You can find tea plantations that belong to the low-grown tea category in the Sabaragamuwa and Southern provinces of Sri Lanka at elevations that do not exceed 2000 ft.

* **Sabaragamuwa**– All the way from the west of Kandy to Udawalawae, passing through Horton Plains, you may see the tea-growing regions in Sabaragamuwa. Tea in this area grows at about 600m above sea level. Due to the long period of sunshine and dry weather here, this tea variety presents a noticeably different aroma with a hint of caramel.
* **Ruhuna** – Another region famous for low-grown tea with its full and strong flavors, Ruhana offers intensely black and withered looking tea leaves due to its climate and topography. You can find this tea in the southern province close to the coast.