**Beaches in Sri Lanka**

**Beaches for Swimming**

1. **Unawatuna**:
   * **Location**: Near Galle, on the southern coast.
   * **Description**: famous for its calm and clear waters, making it ideal for swimming. The beach is also known for its beautiful coral reefs and vibrant marine life.
2. **Bentota**:
   * **Location**: Southwest coast, near Aluthgama.
   * **Description**: offers long stretches of golden sand and gentle waves, perfect for swimming. The area is also known for its water sports facilities and luxury resorts.
3. **Hikkaduwa**:
   * **Location**: Southwest coast, near Galle.
   * **Description**: Known for its coral reefs and marine sanctuary, great for swimming and snorkeling. The waters are generally calm, and there are plenty of restaurants and bars along the shore.

**Beaches for Whale Watching**

1. **Mirissa**:
   * **Location**: Southern coast.
   * **Description**: the premier destination for whale watching in Sri Lanka. Between November and April, you can embark on boat tours to see blue whales, sperm whales, and dolphins.
2. **Kalpitiya**:
   * **Location**: Northwestern coast.
   * **Description**: from November to April. The lagoon and the surrounding waters are home to a diverse range of marine life.

**Beaches for Surfing**

1. **Arugam Bay**:
   * **Location**: East coast.
   * **Description**: internationally renowned for its surf breaks, attracting surfers from around the world. The best time to surf here is from April to October.
2. **Weligama**:
   * **Location**: Southern coast.
   * **Description**: great spot for beginner surfers, with gentle waves and surf schools offering lessons.
3. **Hikkaduwa** :
   * **Location**: Southwest coast.
   * **Description**: In addition to swimming, Hikkaduwa offers good surf spots, particularly for intermediate surfers. The beach has a lively scene with plenty of surf shops and cafes.

**Beaches for Sunbathing and Relaxation**

1. **Nilaveli**:
   * **Location**: Northeast coast, near Trincomalee.
   * **Description**: known for its pristine white sands and tranquil waters. It’s a perfect spot for sunbathing and enjoying the serene environment. The nearby Pigeon Island offers great snorkeling opportunities.
2. **Tangalle**:

* **Location**: Southern coast.
* **Description**: offers a more secluded and less crowded environment, perfect for sunbathing and relaxation. The palm-fringed shoreline and turquoise waters create a picturesque setting.

1. **Pasikuda**:

* **Location**: East coast.
* **Description**: famous for its shallow, calm waters and long stretches of sandy beach. It’s ideal for sunbathing, and the water is perfect for a leisurely dip.