



WELCOME

Welcome to Panta Rei!
We are dedicated to providing the best service possible.

Here are some tips for a smooth stay:



Respect the Property: We kindly ask that you refrain from eating in the rooms.

No Smoking: Smoking is not allowed inside the rooms.

Quiet Hours: Quiet hours between *10 PM and 8 AM* to respect the neighbors.

Energy Conservation: Turn off lights and air conditioning when not in use.
In case of a power outage, our generator will supply electricity to all areas of the hotel

Security: Please store all your valuables in the safe box.

Cleaning Signs: Please don't forget to put the cleaning sign on the door when you leave the room to schedule your room cleaning.

Recommendations and Inquirie: Our staff is here to make your stay as enjoyable as possible. For local recommendations, activity bookings, or any inquiries please come over to the restaurant.

Laundry: Our cleaning ladies provide a private laundry service. Just hand your laundry bag to the staff. Please pay in cash directly to them. As this is a private service, the hotel cannot take responsibility for it.

Wifi: Panta Rei Guests - **Password:** pantarei@1111



CHECK OUT at 11 AM

BREAKFAST & RESTAURANT

Breakfast is included and served in our restaurant daily from:

8:30 AM - 11:30 AM

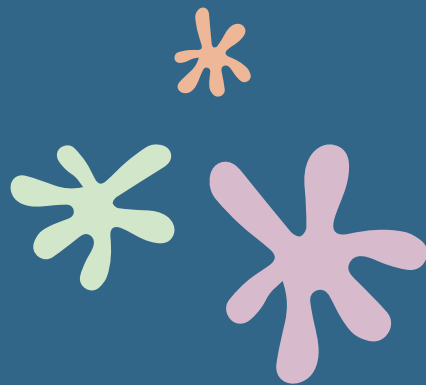
(Coffee from 08:00am)

Restaurant Hours

Our restaurant offers a variety of delicious meals and drinks.

Lunch: 1:00 PM - 5:00 PM

Dinner: 6:00 PM - 9:30 PM



HOW TO MOVE AROUND?

- 1. BUS OR TRAIN:** Local buses are cheap and you will enjoy the most local way of traveling. Find train times at Rdmns.lk App.
- 2. TUK TUK** is also another option, we have some drivers always waiting at the door of the hotel. We recommend you to agree to a price before you take them. *Let us know and we can also give them a call .*
- 3. PRIVATE TAXI:** If you want to move around with a private taxi, please let us know. We will arrange everything for you!

ARE YOU FEELING ILL?

If you not feeling good, please contact:



ASIRI HOSPITAL

No.10 Wakwella Rd,
Galle 80000, Sri Lanka
Telf: +94 914 640 640



FITNESS SCHEDULE

During the season, our resort offers a extended schedule of activities. Please keep an eye on the Instagram **@pantarei_resort** or the website **www.pantareiresort.com** for classes information and times.

YOGA at THE NUGA HOUSE

During the season, our partner hotel The Nuga House, offers a extended schedule of yoga classes and workshops. Please keep on eye their Instagram **@thenugahouse** for classes information.

FOLLOW and TAG US

@pantarei_resort

#pantareiresort #pantareiahangama #experiencepantarei

CONTACT US



Panta Rei Contact +94 72 800 3022
Emergency Contact +94 74 209 5135



pantareiresort@gmail.com

Cafes MUST TRY!

1. The Nuga House (*our sister hotel*) - Ahangama
2. Meori - Ahangama
3. Moochies - Ahangama / Weligama
4. Zippi - Midigama
5. Cactus - Ahangama
6. Black honey - Ahangama
7. Soul Temple - Ahangama

Food to not forget!

1. Panta Rei (*obviously LOL*)
2. Mezze - Ahangama
3. Citra- Ahangama
4. The Kip - Ahangama
5. Wayside Thai - Ahangama
6. Veda - Ahangama
7. East Falafel - Ahangama
8. Dumplings Caffé - Galle
9. Indigo - Ahangama
10. Vertigo - Ahangama
11. Surfing Wombats - Midigama / Mirissa
12. Kaiyo - Weligama
13. The Hideout - Unawatuna

& for a Drink?

1. Crust (bar) Ahangama
2. Uncels (bar) Ahangama
3. Kicks (bar with pool tables) Ahangama
4. Terra - Saturday party Ahangama
5. Trax - Friday party Ahangama
6. Lazies - Tuesday party Midigama
7. The Doctors House - Saturday party Madiha
8. Soul&Surf - Sunday sunset session Ahangama

WHAT CAN YOU DO, AROUND AHANGAMA?

1. Sunset at Coconut hill Mirissa
2. Koggola Lake Boat Trip
3. Swim with turtles in Wijaya Beach
4. Tea Plantation tour Ahangama - *Virgin Tea Plantation*
5. Turtle Koggola Beach
6. Sooriya Weaving Mill Galle
7. Galle Fort
8. Unawatuna Town
9. Ayurvedic shop Ahangama
10. Local Cooking class with Deevi *+94 777939190
11. Safari Tour - Yalla/Udawalawe **We can help to organise it*

Activites

- Padel Ahangama - GOOD STORY CLUB
- Ember and Ice - Sauna and Ice Bath
- Fitnees at Panta Rei (*obviously LOL*)
- Yoga (*Ac yoga Shala*) -& Ice Bath - The Nuga House
- Reformer Pilates at Terra Resort & Pura Pilates (*Ac pilates Studio*)
- Unawatuna Leasure Land

Beaches to chill

- Kabalana Beach
- Secret Beach Ahangama
- Mididgama Beach
- Wijaya Beach (*you can see turtles*)
- Jungle Beach Weligama
- Hirikatiya Beach / Blue Beach

PANTA REI MASSAGE THERAPY

All our massages blend the best of Asian and Western techniques, incorporating elements of stretching, lymphatic drainage, acupressure, and deep relaxation with special focus on the back, shoulders, neck, and arms.

Surf Therapy Massage Full recovery after active surfing

A unique program created specifically for surfers, targeting every muscle in your body. This comprehensive full body oil massage combines sport massage techniques to address the physical demands of surfing and help your body recover faster.

60 min Full Body / 20,000 LKR

45 min Back, Neck & Shoulders / 17,000 LKR

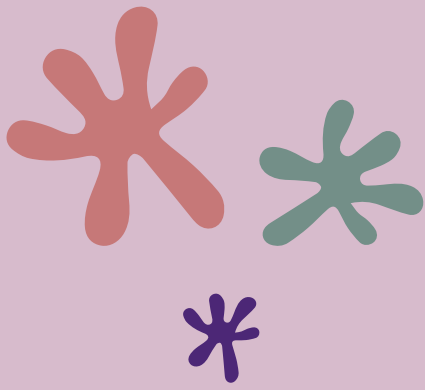
Revitalizing Massage

A full body oil massage designed to activate blood circulation and lymph flow while releasing muscle tension throughout the body. This treatment supports the natural flow of energy through meridians and channels, promoting deep healing and regeneration.

60 min Full Body / 20,000 LKR

45 min Back, Neck & Shoulders / 17,000 LKR

TO BOOK, PLEASE MESSAGE WHATSAPP AT +79995285952



WE HOPE YOUR STAY WITH US IS UNFORGETTABLE

**WE'D LOVE TO HEAR YOUR FEEDBACK!
IF YOU ENJOYED YOUR STAY,
PLEASE SHARE A GOOD REVIEW.**

**IF SOMETHING WASN'T AS YOU EXPECTED,
KINDLY LET US KNOW SO WE CAN IMPROVE.**

