

The   
Travel Log

# Sri Lanka

*Mini Guide*

# Sri Lanka's Seasons

*at a Glance*

Sri Lanka doesn't have a single monsoon – it has two. They affect opposite coasts at different times, which is why the “best place to go” changes throughout the year. Understanding this simple pattern helps you avoid rainy regions and choose the coast with calmer seas and better weather.

## **Southwest Season (May–Sept):**

Affects the South + West  
Expect short tropical  
showers and rougher  
seas

## **Northeast Season (Nov–Mar):**

Affects the East Expect  
showers and breezier  
conditions

**Shoulder Months (Mar–Apr + Sept–Oct):**  
A mix of sunshine and light rain across the island  
Great for flexible travellers

**Note: Rain usually comes in short bursts – not all day – but choosing the right coast makes a big difference to your trip.**



# Where to go

*month by month*

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Jan – Apr

**Best for:**  
South & West

**Also good:**  
Central Region

**Region Notes:**  
Sunny, settled, great for  
beaches and train journeys

May – Aug

**Best for:**  
East Coast

**Also good:**  
Central Region

**Region Notes:**  
East has calm seas; Central  
Region stays cool with light  
showers





Sept - Oct

**Best for:**  
Flexible travellers

**Also good:**  
Central Region

**Region Notes:**  
Mixed weather across  
the island; lush  
landscapes.

Nov - Dec

**Best for:**  
South & West

**Also good:**  
Central Region

**Region Notes:**  
South + West begin to settle;  
Central Region stays mild.



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**The Central Region (Sigiriya, Kandy, Ella, Nuwara Eliya) is enjoyable year-round with cooler temperatures and occasional short showers.**



## Quick Decision Guide

If you're travelling in...

### **Winter (Dec–Apr):**

Expect sunshine on the South + West coasts

### **Summer (May–Aug):**

Expect sunshine on the East coast

### **Shoulder Season (Sep–Nov):**

Expect a mix of sun and showers across the island

### **Unsure or flexible:**

Choose the coast with calmer seas and shorter travel distances

**Want help choosing the best route for your month?**

**[Explore the full Sri Lanka Travel Guide.](#)**

# Travelling During the Monsoon and Shoulder Seasons

**Sri Lanka's monsoon and shoulder seasons are often misunderstood. They're not months to avoid – they're simply different. Expect a mix of sunshine, warm tropical rain, dramatic skies, and beautifully green landscapes. Rain usually comes in short bursts rather than all day, and many travellers love these seasons for the quieter beaches, softer light, and better prices.**

With the right coast and a flexible mindset, these months can be some of the most rewarding times to visit. In fact we travelled during the shoulder seasons. Here are some reasons why the shoulder months may be good for you;

- Short tropical showers not full-day rain
  - Lush scenery and cooler evenings
- Fewer crowds and amazing hotel rates
  - Great wildlife in many regions
- Beautiful dramatic skies for photos



# Plan your trip

*with confidence*

If you want a route that matches your month, avoids the monsoon, and gives you the smoothest possible travel days, the full **Sri Lanka Travel Guide** goes deeper into everything you need – routes, timings, maps, budgets, and insider tips.

For readers of this Monsoon Guide, you can get **20% off** the full guide for a limited time.

## **WHAT'S INSIDE:**

- Month-matched routes (14 days)
- Maps and offline Google maps links
  - Budget breakdowns
- Wildlife and safari planning
  - Packing lists
  - Cultural tips
- Hotel recommendations
- Activity recommendations

**Get 20% Off the Full Sri Lanka Guide**

