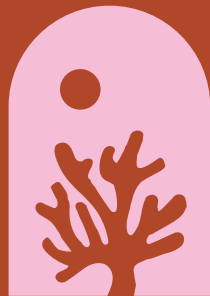


THE
NUGA
HOUSE



of Yoga

WELCOME

Welcome to The Nuga House!
We are dedicated to providing the best service possible.

Here are some tips for a smooth stay:

Respect the Property: Please treat the room with care. 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 leave your door at all time.
During the night a security guard will be around.
Please store all your valuables in the safe box.

Drinkin Water: Drinking water available in the restaurant area.

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.

Wifi: The Nuga House - Password thenugahouse@123

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.

CHECK OUT at 11 AM

BREAKFAST & RESTAURANT

Breakfast is included and served in our restaurant daily from:

8:30 AM - 12:00 AM

(Coffee from 08:00am)

Restaurant Hours

Our restaurant offers a variety of delicious meals and drinks

8:30 AM - 8:00 PM

**Kitchen closes 7:30pm*



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 guys always waiting at the door of the hotel. We recommend you to agree to a price before you take them.
CALL GAYAN +94 770254494
CALL ASANKA +94 770428373
- 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 are not feeling good, please contact:



ASIRI HOSPITAL

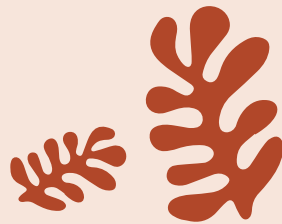
No.10 Wakwella Rd,
Galle 80000, Sri Lanka
Telf: +94 914 640 640

ACTIVITES SCHEDULE

During the season, our hotel offers an extended schedule of yoga. Please keep on eye to on the Instagram [@thenugahouse](#) or the website www.thenugahouse.com for classes information and workshops.

RESORT DAYS AT PANTA REI

During the season, our partner resort Panta Rei, offers a extended schedule of activities, delicious food, from breakfast to dinner, and daily resort hangs. Please keep on eye their Instagram [@pantarei_resort](#) for classes information and restaurant opening times



FOLLOW and TAG US

[@thenugahouse](#)

[#thenugahouse](#) [#thenugahouseahangama](#) [#yogaatthenugahouse](#)

CONTACT US



Nuga House Contact +94 768849776
Calling and Whatsapp



thenugahouse@gmail.com

CAFES MUST TRY!

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

AND FOR DRINKS?

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*

ACTIVITIES

- Padel Ahangama - GOOD STORY CLUB
- Ember and Ice - Sauna and Ice Bath
- Fitnees at Panta Rei (*our sister resort*)
- Yoga (Ac yoga Shala) -& Ice Bath - The Nuga House (*obviously LOL*)
- 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

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.

THE NUCA HOUSE of Yoga