

# Ceylon Tea Regions: Elevation Is Everything

From the Teas.co.uk wiki

**Ceylon tea regions, in summary:** Same island, same plant: Nuwara Eliya, Dimbula, Uva, Kandy and the low country give very different cups purely by altitude. The region map.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Ceylon Tea Regions: Elevation Is Everything. Canonical: <https://teas.co.uk/wiki/ceylon-tea-regions-explained/>*

Ceylon, the tea of Sri Lanka, is the clearest lesson in the world that elevation makes the tea. The same island, the same plant, produces brisk bright high grown tea and dark strong low grown tea depending purely on altitude. This page is the region map; the general guide is [Ceylon tea](#), and the brand that built itself on single origin Ceylon is [Dilmah](#).

*Last reviewed by the teas.co.uk team in April 2026.*

## The high grown districts: Nuwara Eliya and Dimbula

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The high grown districts: Nuwara Eliya and Dimbula, Ceylon Tea Regions: Elevation Is Everything. Canonical: <https://teas.co.uk/wiki/ceylon-tea-regions-explained/>*

Nuwara Eliya, the highest district, gives the lightest, brightest, most delicate and fragrant Ceylon, often pale in the cup and best without milk, sometimes called the champagne of Ceylon teas. Dimbula, also high grown, gives a refined, brisk, mellow tea with a clean finish. These are the elegant end of Ceylon, and they reward the gentler treatment described in the [water temperature guide](#).

## Uva: the famous one

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Uva: the famous one, Ceylon Tea Regions: Elevation Is Everything. Canonical: <https://teas.co.uk/wiki/ceylon-tea-regions-explained/>*

Uva, on the eastern slopes, is the most internationally renowned Ceylon district, producing a distinctive, mellow yet brisk tea with a characteristic aromatic note, shaped by the dry seasonal winds. Uva quality season tea is a benchmark, and its character is exactly the kind of seasonal place signature the [black tea by origin](#) map describes.

## Kandy and the low grown districts

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Kandy and the low grown districts, Ceylon Tea Regions: Elevation Is Everything. Canonical: <https://teas.co.uk/wiki/ceylon-tea-regions-explained/>*

Kandy, mid grown, gives a stronger, fuller, coppery tea that takes milk well. The low grown districts such as Ruhuna and Sabaragamuwa give the darkest, strongest, most full bodied Ceylon, often used where robust colour and strength are wanted, including in blends. This is the milk friendly end, opposite in character to Nuwara Eliya.

## How elevation maps to the cup

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How elevation maps to the cup, Ceylon Tea Regions: Elevation Is Everything. Canonical: <https://teas.co.uk/wiki/ceylon-tea-regions-explained/>*

The rule is simple and reliable: the higher the district, the brighter, lighter and more aromatic the tea and the less it needs milk; the lower the district, the darker, stronger and more milk friendly. Once you know a Ceylon's district, you can predict the cup, which is the whole point of buying by origin rather than by a generic "Ceylon" label.

## Why single origin matters here

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why single origin matters here, Ceylon Tea Regions: Elevation Is Everything. Canonical: <https://teas.co.uk/wiki/ceylon-tea-regions-explained/>*

A pack simply marked "Ceylon" is often a blend that averages these districts into anonymity. A single district or single estate Ceylon lets the place speak, which is precisely the founding argument of [Dilmah](#), the producer owned single origin brand. If you have only had blended Ceylon, a named high grown is a different and revelatory tea.

### Want to actually buy a good one?

If a bright Ceylon is your cup, a good one is worth buying over a generic blend. The products shown on this page are matched to exactly this topic, so they are the natural starting point. To see the wider range, browse [Ceylon and black tea at teas.co.uk](#) or the full [tea shop](#). As everywhere on this wiki: buy on the cup and the description, never the marketing, check the per cup price, and remember free UK delivery is over £35.

[Browse the tea range ?](#)

## Ceylon by elevation

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Ceylon Tea Regions: Elevation Is Everything. Canonical: https://teas.co.uk/wiki/ceylon-tea-regions-explained/*

District	Elevation	Character
Nuwara Eliya	highest	lightest, brightest, fragrant; pale, best without milk; "champagne of Ceylon"
Dimbula	high grown	refined, brisk, mellow
Uva	high, eastern slopes	distinctive, mellow yet brisk, aromatic; benchmark seasonal tea
Kandy	mid grown	balanced, full, the everyday Ceylon character
Ruhuna / low country	low grown	dark, strong, bold; breakfast blend backbone

## The bottom line on Ceylon's districts

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The bottom line on Ceylon's districts, Ceylon Tea Regions: Elevation Is Everything. Canonical: https://teas.co.uk/wiki/ceylon-tea-regions-explained/*

Ceylon proves that elevation makes the tea: the same island and plant give a light, bright, milkless high grown cup (Nuwara Eliya, Dimbula, Uva), a balanced everyday mid grown one (Kandy), and a dark, strong, milk friendly low grown one (Ruhuna). Pick the district to suit the cup you want rather than just "Ceylon", with the full taste and brewing detail in the [Ceylon pillar](#) and the protected-origin story on [the "Ceylon" page](#), and single-origin Ceylon from [Hyson](#) in the full [tea shop](#).

**FROM THE CURATOR** *teas* · One good loose-leaf in a clean teapot beats five exotic bags drunk in a hurry.

## Reference noted

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Ceylon Tea Regions: Elevation Is Everything. Canonical: https://teas.co.uk/wiki/ceylon-tea-regions-explained/*

- [PubMed: Green tea catechins and human health](#)

If you want the shopping shortlist: [English Breakfast](#), [Earl Grey](#), [green tea](#), [loose leaf tea](#), [Darjeeling](#), [oolong](#), and [herbal tea](#). Wander the [tea shop](#) for the wider range, with free UK delivery from £35.

## Tea reading

- [Ceylon tea \(the full pillar\)](#)
- [The "Ceylon" name and origin mark](#)
- [What Ceylon tea offers](#)
- [Black tea by origin](#)

## Shop the topic

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Ceylon Tea Regions: Elevation Is Everything. Canonical: <https://teas.co.uk/wiki/ceylon-tea-regions-explained/>*

## More from the tea wiki

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- [Black tea](#)
- [Oolong tea](#)
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- [Herbal tea](#)
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- [How to make tea properly](#)
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