



**FOUR SEASONS RESORT**  
*Maldives at Landaa Giraavaru*

*Recreation Activities*

*2014*

## Table of Contents

### **Recreation**

1. Snorkeling
  - i. Snorkeling Introduction
  - ii. Guided Adventure Snorkel
  - iii. Turtle Safari & Snorkel
  - iv. Landaa Reef Snorkel
  - v. Night Snorkel
  - vi. Beach Front Snorkel
2. Tennis
  - i. Court Rentals
  - ii. Tennis Lessons
  - iii. Tennis Clinic
  - iv. Match h Play
3. Volleyball
  - i. Volleyball Tournament
4. Fitness Center
  - i. Personal Training
  - ii. Boot Camp
5. Group Island Visit
  - i. Dharavandhoo Island Visit
  - ii. Kudarikilu Island Visit
6. Fishing
  - i. Big Game Fishing
  - ii. Sunset Fishing
  - iii. Private Fishing
7. Private Tours
  - i. Private Island Escape
  - ii. Private Sandbank Picnic
  - iii. Four Seasons Cast Away
8. Cruises
  - i. Dolphin Talk & Cruise
  - ii. Hi-Life Cruise
  - iii. Private Over Night Cruise
  - iv. Sunset Dhoni Cruise (F&B)

### **Water Sports**

- i. Water Skiing / Wakeboarding / Knee Boarding
- ii. Banana Boats and Tubes
- iii. Kite Surfing
- iv. Water Ski Boats and Wave Runners/ Jet Skis
- v. Catamaran Sailing
- vi. Wind Surfing
- vii. Kayaking
- viii. Seabob

*For all reservations or additional information, please contact a member of your Recreation Team at extension 8697. Reservations are based on availability and a 24-hour advance booking is recommended. Prices subject to change.*

## Snorkeling

### Snorkeling Introduction

Come and learn how to snorkel with our recreation guide. You will be shown how to fit your mask properly and how best to use your fins to find the amazing marine life in the Indian Ocean.

***Time: Tuesday, Thursday & Sunday 9:30am - 10:30am***

*Location: Meet at the Excursions Deck at 9:15am*

*Reservations: Excursion Desk*

*Fee: US\$48 + 10% service charge + 8% T-GST per person*

### Guided Adventure Snorkel & Briefing

Join our resident Marine Biologist in the Marine Research Centre for a 30 minute briefing on the marine life of the Maldives. Then hop on board our traditional Maldivian dhoni to visit a nearby coral reef and explore the amazing underwater world of the Maldives. (Snorkelling experience required)

***Time: Wednesday, Friday, Sunday & Monday 2:00pm - 4:00pm***

*Locations: Meet at the Excursions Deck Centre at 1:50pm*

*Reservations: Excursion Desk before 6:00pm on prior day*

*Fee: US\$50 + 10% service charge + 8% T-GST per person*

### Turtle Safari & Snorkel

Join our Marine Biologist for an educational briefing that provides insight and understanding into the lives and habits of these beautiful creatures. Following this briefing, you will set off to one of our beautiful snorkelling sites to have the opportunity to see these animals up close and personal. (Snorkelling experience required)

***Time: Tuesday, Thursday & Saturday 2:00pm - 4:00pm***

*Location: Meet at the Excursions Deck at 1:50pm*

*Reservations: Excursion Desk*

*Fee: US\$55+ 10% service charge + 8% T-GST per person*

***(US\$3.00 goes towards the Green Fund for environmental initiatives)***

*For all reservations or additional information, please contact a member of your Recreation Team at extension 8697. Reservations are based on availability and a 24-hour advance booking is recommended. Prices subject to change.*

## Snorkeling

### Landaa Reef Snorkel

Our coral reef research expert will lead you on a tour of the stunningly successful artificial reef structures located in our lagoon. This tour will include an insight into the fragile life of corals and how we are working to minimize the impact we have on these ecologically important animals. (Snorkelling experience required)

*Time: Wednesday & Saturday 9:30am - 10:30am*

*Location: Meet at the Excursion Deck at 9:15am*

*Reservations: Excursion Desk before 6:00pm on prior day*

*Fee: US\$50+ 10% service charge + 8% T-GST per person  
(US\$3.00 goes towards the Green Fund for environmental initiatives)*

### Night Snorkel

Our lagoon is a completely different environment once the sun goes down, and our Marine Biologist is the perfect person to guide you through this dark and exhilarating world. (Snorkelling experience required)

*Time: Wednesday & Sunday 7:30pm - 8:30pm*

*Location: Meet at the Excursion Deck at 7:15pm*

*Reservations: Excursion Desk before 12 noon on that day*

*Fee: US\$50 + 10% service charge + 8% T-GST per person*

### Beachfront Snorkel

Discover the beauty of our island's underwater marine life just steps from the shoreline. Explore our coral regeneration project under the guidance of a Recreation Attendant and discover the beautiful array of marine life that makes our lagoon home. (Snorkelling experience required)

*Time: Monday & Friday 9:30am - 10:30am*

*Location: Meet at the Excursion Deck at 9:15am*

*Reservations: Excursion Desk before 6:00pm on prior day*

*Fee: Complimentary*

*For all reservations or additional information, please contact a member of your Recreation Team at extension 8697. Reservations are based on availability and a 24-hour advance booking is recommended. Prices subject to change.*

## Tennis

### Court Rental

An all-weather surface court provides an exceptional playing surface for a great game of singles or doubles play. The tennis court is available from 7:00am to 9:00pm daily and is equipped with lights for night play.

**Time:** Daily 7:00am until 9:00pm

**Location:** Tennis Pavilion

**Reservations:** Excursion Desk

**Fee:** Courts are complimentary

### Private Tennis Lessons

Enjoy the fun and learn the essential skills to develop your tennis game. Our tennis pros will teach you the proper techniques to improve your forehand, backhand, serve and/or net skills.

**Time:** Daily 7:00am until 9:00pm

**Location:** Tennis Pavilion

**Reservations:** Excursion Desk

**Fee:** US \$70 + 10% service charge + 8% T-GST per person

### Tennis Clinic

This session is the perfect opportunity for you to quiz our tennis pro on the techniques needed to perfect your game. Come and be put through your paces on the court while refining your skills.

**Time:** Thursday at 5:00pm

**Location:** Tennis Pavilion

**Reservations:** Excursion Desk before 12:00 noon

**Fee:** US\$70 + 10% service charge + 8% T-GST per person

## Tennis

### Match Play

Enjoy a fun, competitive match where you can work on your tennis skills or test one of the tennis pros.

*Time: Daily 7:00am until 9:00pm*

*Location: Tennis Pavilion*

*Reservations: Excursion Desk*

*Fee: US\$70 + 10% service charge + 8% T-GST per person*

*\* Complimentary tennis equipment is available upon request*

### Volleyball Tournament (Seasonal)

Serve, bump, set and spike in a fun game of volleyball. Join our staff and other guests in a socially enjoyable game on our beautiful white sand beach. Recommended for guests over 12yrs of age.

*Time: Wednesday 4:30pm until 5:30pm*

*Reservations: Not required*

*Location: Water Sports*

*Fee: Complimentary*

## Fitness

### Fitness Centre hours

24 hours a day

### Fitness Centre Features

Cybex Equipment

Free Weights

Cardio Equipment (Flat Screen Monitors)

BOSU

Sauna

Steam Room

### Personal Training

Certified personal trainers are available to take you through a workout tailored to your specific needs and fitness goals. Ask today and allow us to make your time in the gym more effective.

***Reservations: 24 hour advance request suggested***

***Fee: \$75 + 10% service charge + 8% T-GST per person***

**\* Complimentary work out shorts, shirts, socks, shoes, gloves, weight belts, and headphones are available upon request**

*For all reservations or additional information, please contact a member of your Recreation Team at extension 8697. Reservations are based on availability and a 24-hour advance booking is recommended. Prices subject to change.*

## Group Island Options

### Dharavandhoo Island Visit

This little island was the original capitol of Baa Atoll. After enjoying a leisurely transfer to the island, stop by and see the array of shops, houses, smiles and handicraft skills of the local people.

Please note that as most local shops accept only cash payment, you are encouraged to bring adequate cash to complete any desired purchases. Small denomination of notes are recommended (\$1.00, \$5.00 and \$10.00)

***Time: Tuesday 4:30pm - 7:00pm***

***Locations: Meet at the Excursion Deck (4:15pm)***

***Reservations: Advance reservation required***

***Fee: US\$ 50 +10% service charge + 8% T-GST per person  
(Children under 12 complimentary)***

### Kudarikilu Island Visit

A visit to this island is a great glimpse into life in the Maldives, both past and present. After enjoying a leisurely half hour dhoni transfer to the island you can visit a house brimming with historical artefacts, a mosque over one hundred years old and walk the quiet streets to view the change in architectural styles.

Small denomination of notes are recommended (\$1.00, \$5.00 and \$10.00)

***Time: Saturday 4:30pm - 7:00pm***

***Locations: Meet at the Excursion Deck (4:15pm)***

***Reservations: Advance reservation required***

***Fee: US\$ 50 +10% service charge + 8% T-GST per person  
(Children under 12 complimentary)***



## Group Island Options

### Maldivian Crusoe

Sail across the atoll on a local dhoni for an exciting snorkel and picnic excursion. Take in the ocean views or sunbathe on the rooftop of this traditional Maldivian boat, then snorkel amidst the beauty of a magnificent reef before resting on an idyllic beach as we prepare a delicious picnic.

***Time: Wednesday & Sundays 10:00am - 2:00pm***

***Locations: Meet at the Excursion Deck (9:45am)***

***Reservations: Excursion Desk by 6:00pm the day prior***

***Fee: US\$ 165+10% service charge + 8% T-GST per person  
(US\$83 Children under 12age)***

## Fishing

### Big Game Fishing

Set off to the sea and cast your lines in search of a great big game fish. The recreation team will assist and guide you through the area to find sailfish, mahi mahi, tuna, jack fish and much more. If you get lucky enough to catch the big one, our chefs at Café Landaa will be delighted to prepare it to your liking for a leisurely lunch the next day.

**Time: Daily (6:30am)**

*Locations: Meet at the Excursion Deck at 6:20am*

*Reservations: Excursion Desk*

*Fee: Please Inquire*

### Sunset Fishing

Cruise with us at dusk and catch the sunset and a bite to eat for lunch tomorrow! If you get lucky enough to catch the big one, our chefs at Fuego will be delighted to prepare it to your liking for a leisurely lunch the next day.

**Time: Monday, Wednesday, Friday & Sunday 6:30pm - 8:30pm**

*Location: Meet at the Excursion Deck (6:15pm)*

*Reservations: Excursion Desk before 12:00 noon*

*Fee: US\$ 50 + 10% service charge + 8% T-GST per person*

*Under 12 yrs US\$ 25+ 10% service charge*

### Private Fishing

Choose from one of our several fishing boats, set a time and we will set off to catch some of the Indian Ocean's finest fish. The recreation team are equipped to bottom line fish or to search for big game fish. If you get lucky enough to catch the big one, our chefs at the Resort will be delighted to prepare it to your liking for a leisurely lunch the next day.

**Time: Daily**

*Locations: Meet at the Excursion Deck*

*Reservations: Excursion Desk*

*Fee: Please Inquire*

*\*The Four Seasons promotes conservation and the sustainable use of ocean resources. This is why our resident marine biologists have teamed up with the National Oceanic & Atmospheric Administration of North America (NOAA) to conduct a tag and release program for billfish caught in the local area.*

*For all reservations or additional information, please contact a member of your Recreation Team at extension 8697. Reservations are based on availability and a 24-hour advance booking is recommended. Prices subject to change.*

## Private Tours

### Private Island Escape

Imagine being whisked away by speedboat to an unspoiled and uninhabited island where you will enjoy a day doing whatever your heart desires. Snorkelling, fishing, and lounging are just a few suggestions for time on this island paradise. Of course, a delicious prepared picnic or BBQ will top off this great day of discovering the hidden side of the Maldives.

**Time:** *Based on Availability*

*Location: Meet at the Excursion Deck*

*Reservations: Excursion Desk - 24 hour notice requested*

*Fee: Please Inquire*

### Four seasons Cast Away

There are over 1200 islands in the Maldives — and only a few are inhabited, leaving many for you to be discovered, playing Robinson Crusoe for a few hours . . .r  
Cruise in the Indian Ocean on a speedboat until we drop you off with beach toys and a picnic... then we leave you to explore and enjoy until you ask us to come to your rescue.

**Time:** *Based on Availability (Half Day)*

*Location: Meet at the Excursion Deck*

*Reservations: Excursion Desk - 24 hour notice requested*

*Fee: US\$ 310+10% service charge + 8% T-GST per couple*

## Cruise

### Dolphin Talk and Cruise

Did you know that there are hundreds of dolphins in the waters near Landaa Giraavaru? Join our Marine Biologist for a short briefing on this fascinating marine animal, then hop on board a boat and cruise through the atoll where we hope to have the opportunity to watch schools of dolphins spin around the boat.

**Time:** *Tuesday, Thursday & Saturday*

*Location: Meet at the Excursion Deck*

*Reservations: Advance booking required*

*Fee: Adults US \$50+10% service charge + 8% T-GST per person*

*Under 12 yrs US\$25 + 10% service charge + 8% T-GST per person*

*(Proceeds go towards the Green Fund for environmental initiatives)*

## Hi-Life Cruise

Toast the sunset, and your luxurious vacation, on board our comfortable Luxury Yacht. Relax and keep your eyes open for dolphins as the sun dips into the Indian Ocean. You may sip champagne and indulge in our light canapé selection while you take in this beautiful moment.

**Time: Thursday & Saturday 6:30pm - 7:30pm**

*Location: Meet at Excursion Deck 6:15pm*

*Reservations: Excursion Desk before 12 noon*

*Fee: Adult US\$120+10% service charge + 8% T-GST per person*

*\* Adults Only*

## Private Overnight cruise –“Sleeping Out”

Make one of the luxurious yachts yours for a private overnight cruise. We leave in time for sunset, catch dinner on the way while your personal chef and butler will wine and dine you into the night. After a good night's sleep on board and a hearty breakfast, enjoy some time snorkelling in the beautiful Maldivian reefs before returning to the comforts of Landaa Giraavaru.

**Time: 6:00pm - 10:00am**

*Location: Meet at the Excursion Deck*

*Reservations: 24 hour notice requested*

*Fee: US\$1320+10% service charge + 8% T-GST per couple*

## Romantic Sunset Cruise

Celebrate your holiday with champagne, canapés and a cruise into the sunset on the Al Barakat dhoni.

*Time: 06:30pm to 07:30pm*

*Reservations: Al Barakat (touch 2) before 12 noon*

*Location: Main jetty*

*Fee: US\$ 120+10% service charge + 8% T-GST per couple*

## Kids Club

### **Kuda Velaa - Ages 4 through 12**

We have a dedicated program for children aged 4 to 12 to keep them running, smiling and laughing during your stay with us. As well as having access to the M<sup>2</sup> teen center until 8:00pm every night, we also have a selection of scheduled activities for them to join in with every day.

*Kuda Velaa*, located by the Main Pool, is open daily from 10:00am to 6:00pm. We are ready to welcome you into our club to introduce you to all the new friends that you'll be making during your holiday with us. We've lined up a terrific selection of games, indoor and outdoor activities, and arts and crafts projects for you! So please, come and join us in the fun, excitement, laughter and good times. The "Passport to Adventure" will ensure all our younger guests will have a thrilling time discovering all the secrets of Landaa Giraavaru.

## Teen Centre

### **Majaa Maizan - Ages 13 through 18**

*Majaa Maizan*, or M<sup>2</sup>, is our 13 and up only space located by the tennis courts. Foosball, table tennis, a pool table, PS2, Flat Screen TV, DVD and computer with internet are just a few of the things you will find at this space. The M<sup>2</sup> guide will outline some possible activities and suggestions for you during your stay here. Please see one of the Recreation Attendants with any questions.

## Water Sports

### **Catamaran Sailing Introduction**

Sail across the azure waters of our lagoon as you learn how to handle the lines and tiller of this island sailing vessel.

*Time: Monday at 10:30am*

*Location: Meet at the Water Sports Centre at 10:25am*

*Reservations: Not Required*

*Fee: Complimentary*

### **Private Catamaran Lesson**

Learn the skills and sailing essentials from one of our sailing experts. You will receive one-on-one instructions and have the opportunity to sail on the amazing waters of the Maldives.

*Time: 8:30am - 6:00pm*

*Location: Meet at the Water Sports Centre*

*Reservations: Excursion Desk or Water sports Centre*

*Fee: US\$105 + 8% T-GST per person*

## Water Sports

### **Windsurfing Introduction**

Come get your feet wet while learning the basic moves of this exciting sport.

*Time: Friday at 10:30am*

*Location: Meet at the Water Sports Centre at 10:25am*

*Reservations: Excursion Desk or Water Sports Centre*

*Fee: Complimentary*

### **Private Windsurfing Lesson**

Learn the skills and windsurfing essentials from one of experts. You will receive one-on-one instructions and have the opportunity to surf the amazing waters of the Maldives.

*Time: 8:30am - 6:00pm*

*Location: Meet at the Water Sports Centre*

*Reservations: Excursion Desk or Water Sports Centre*

*Fee: US\$105 + 8% T-GST per person*

### **Lagoon Kayak Adventure**

Here at Landaa Giraavaru we are blessed with a large safe shallow lagoon that stretches towards the horizon. Join our recreation team as we take you paddling through our turquoise waters and see the lagoon and its inhabitants from a new perspective.

*Time: Wednesday & Friday at 10.30am*

*Location: Meet at the Water Sports Centre (10:25am)*

*Reservations: Excursion Desk or Water Sports Centre*

*Fee: US \$25 + 8% T-GST per person*

*For all reservations or additional information, please contact a member of your Recreation Team at extension 8697. Reservations are based on availability and a 24-hour advance booking is recommended. Prices subject to change.*

## Water Adventures Activities

### **Wakeboard, Water Ski or Knee Board for Beginners**

Using the best equipment available, learn the essential skills and techniques from one of our professional instructors.

*Time: 8:30am - 6:00pm*

*Location: Water Sports Centre*

*Reservations: Excursion Desk or Water Sports Centre*

*Fee: US\$110 + 8% T-GST per person*

### **Wakeboard, Water Ski or Knee Board for Experts**

Choose from a selection of high performance equipment and rip into the blue Maldivian waters. Our guides will provide tips and suggestions, but this is your opportunity to test your skills and improve your technique.

*Time: 8:30am - 6:00pm*

*Location: Water Sports Centre*

*Reservations: Excursion Desk or Water Sports Centre*

*Fee: US\$85 + 8% T-GST Per person*



## Equipment Rentals

### **Banana Boat and Tubes**

Laugh and enjoy the fun of being pulled behind one of our boats atop a selected inflatable water toy.

*Time: 8:30am - 6:00pm*

*Location: Water Sports Centre*

*Reservations: Excursion Desk or Water Sports Centre*

*Fee: US\$45 + 8% T-GST per person*

### **Master craft - Maristar 230 SS**

Take advantage of water skiing, wake boarding or wake surfing behind one of the best boats on the market. Along with our professional boat driver, you can enjoy all the advantages and the multi-dimensional components of this highly versatile ski boat.

*Time: 8:30am - 6:00pm*

*Location: Water Sports Centre*

*Reservations: Excursion Desk or Water Sports Centre*

*Fee: US\$400 + 8% T-GST per hour*

### **CrownLine Motorized Water Sports Package**

Guests can enjoy water skiing, wake boarding or tube rides behind this fantastic boat that will certainly create lasting memories.

*Time: 8:30am - 6:00pm*

*Location: Water Sports Centre*

*Reservations: Excursion Desk or Water Centre*

*Fee: US\$300 + 8% T-GST per hour (Maximum 4 persons), US\$175 + 8% T-GST 30min (Maximum 4 persons)*

*For all reservations or additional information, please contact a member of your Recreation Team at extension 8697. Reservations are based on availability and a 24-hour advance booking is recommended. Prices subject to change.*

## Equipment Rentals

### **Wave Runner / Jet Ski - Escorted Tour - Yamaha VX**

Cruise around the beautiful Maldivian waters aboard this enjoyable water craft.

*Time: 8:30am - 6:00pm*

*Location: Water Sports Centre*

*Reservations: Excursion Desk or Water Sports Centre*

*Fee: US\$175 + 8% T-GST 30min (maximum 2 person)*

### **Wave Runner / Jet Ski - Adventure Tour - Yamaha VX**

Speed your way along the waters and navigate through the beautiful Baa Atoll.

*Time: 8:30am - 6:00pm*

*Location: Water Sports Centre*

*Reservations: Excursion Desk or Water Centre*

*Fee: US\$275 + 8% T-GST /45min. (Maximum 2persons)*

*US\$325 + 8% T-GST /60min. (Maximum 2persons)*

*US\$550 + 8% T-GST /120min. (Maximum 2persons)*