



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

*Recreation Activities*

*2011*

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*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. All prices quoted are subject to 10%  
service charge and a 3.5% government goods & service tax...*

## Recreation



## Snorkeling

### Snorkeling Introduction

Come and learn how to snorkel with our resident Marine Biologist. You will be shown how to fit your mask properly and how best to use your fins to find the amazing animals under the surface.

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

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

*Reservations: Excursion Desk*

*Fee: US\$30 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: Monday, Wednesday, Friday & Sunday 2:00pm - 5:00pm*

*Locations: Meet at the Excursion Desk Centre at 1:50pm*

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

*Fee: US\$42 per person*

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

### 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 – 5:00pm*

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

*Reservations: Excursion Desk*

*Fee: US\$48 per person*

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

### 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: Not Required*

*Fee: Complimentary*

### 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 included 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 on scheduled day*

*Reservations: Excursion Desk*

*Fee: US\$20 per person*

*(Proceeds go 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 6:00pm that day*

*Fee: US\$35 per person*

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service charge and a 3.5% government goods & service tax...*

## **Recreation**



### **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: East of the Fitness Centre*

*Reservations: Excursion Desk*

*Fee: Courts are complimentary*

#### **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 and refine your skills.

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

*Location: Tennis Pavilion at 4:50pm*

*Reservations: Excursion Desk before 12:00 noon*

*Fee: US \$25*

#### **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 \$65*

#### **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\$ 65*

*\* Complimentary tennis equipment is available upon request*

### **Volleyball**

#### **Volleyball Tournament**

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: Wednesdays 5:00pm - 6:00pm*

*Location: Blu Beach*

*Reservations: Not required*

*Fee: Complimentary*

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## **Recreation**



## **Fitness**

### **Fitness Center Hours**

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

### **Fitness Centre Features**

Cybex Equipment	Free Weights
Cardio Equipment (Flat Screen Monitors)	BOSU
Sauna	Steam Room

### **Boot Camp**

Join one of our instructors who will take you on a jog around the island and test you with various fitness challenges.

*Time: Monday 5:00pm until 6:00pm*

*Location: Fitness Center*

*Reservations: Excursion Desk (24 hour advance booking)*

*Fee: Complimentary*

### **Personal Training**

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

*Time: Daily 7:00am until 8:00pm*

*Location: Tennis Pavilion*

*Reservations: Excursion Desk (24 hour advance booking)*

*Fee: US \$65*

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

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## **Excursions**



### 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.

*Time: Tuesday 4:30pm – 7:00pm*

*Reservations: Excursion Desk by 12:00 noon Tuesday*

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

*Fee: US\$ 40 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.

*Time: Saturday 4:30pm – 7:00pm*

*Reservations: Excursion Desk by 12:00 noon Friday*

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

*Fee: US\$ 40 per person*

*(Children under 12 complimentary)*

#### **Maldivian Crusoe**

Take off across the atoll aboard a local dhoni for an exciting snorkel and picnic excursion. Take in the ocean views or sunbathe on the rooftop of a 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 – 3:00pm*

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

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

*Fee: US\$150 per person*

*(US\$60 Children under 12)*

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## *Excursions*



### **Fishing**

#### **Big Game Fishing**

Set to the seas 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 restaurants 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*

*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 restaurants will be delighted to prepare it to your liking for a leisurely lunch the next day

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

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

*Reservations: Excursion Desk before 12:00 noon*

*Fee: US\$ 45 per person*

*Under 12 yrs US\$ 20*

#### **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 can be 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 restaurants 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. All prices quoted are subject to 10% service charge and a 3.5% government goods & service tax...*

## *Excursions*



### **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*

#### **Private Sandbank Picnic**

Board one of our speedboats, laden with snorkelling gear, beach games and picnic supplies, and let us whisk you away to your own exclusive sandbank. You can enjoy snorkelling the azure waters of the ocean, relax under the warm sun, or throw a Frisbee on the fine white beach sand while we prepare the picnic.

*Time: Based on Availability (Half Day)*

*Location: Meet at the Excursion Deck*

*Reservations: Excursion Desk – 24 hour notice requested*

*Fee: Please Inquire*

#### **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 and 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 on a secluded beach before returning to the comforts of Landaa Giraavaru.

*Time: 6:00pm – 10:00am*

*Location: Meet at the Excursion Deck*

*Reservations: Excursion Desk – 24 hour notice requested*

*Fee: US\$900*

**\* All Private Tours are based on the selected boat (priced per hour) and the duration of the excursion. Please contact a member of Reservations or the Recreation Team for a complete list of boat options.**

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## *Excursions*



## **Cruises**

### **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, Saturday 10:30am – 12:30pm*

*Location: Meet at the Excursions Desk*

*Thursday 17:00pm – 19:00pm*

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

*Fee: Adults US \$45 per person*

*Under 12 yrs US\$25*

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

### **Hi-Life Cruise**

Toast the sunset, and your luxurious vacation, on board our comfortable yacht, Landaa Summer II. Relax and keep your eyes open for dolphin as the sun dips into the Indian Ocean. You may sip champagne and nosh on our light canapé selection while you take in this beautiful moment.

*Time: Sunday and Thursday 6:30pm – 7:30pm*

*Location: Meet at Excursion Deck 5:45pm*

*Reservations: Excursion Desk before 12 noon*

*Fee: Adult US\$95 per person*

*\* Adults Only*

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## **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 (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 Centre*

*Fee: US\$75 per hour.*

### **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 (10:25am)*

*Reservations: Excursion Desk or Water 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 off on the amazing waters of the Maldives.

*Time: 8:30am – 6:00pm*

*Location: Meet at the Water Sports Centre*

*Reservations: Excursion Desk or Water Centre*

*Fee: US\$75 per hour.*

### **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: Sunday and Wednesday at 10.30am*

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

*Reservations: Excursion Desk or Water Centre*

*Fee: US \$25 person*

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**FOUR SEASONS RESORT**  
*Maldives at Sandaa Gaavaru*  
**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*

*Reservations: Excursion Desk or Water Centre*

*Location: Water Sports Centre*

*Fee: US\$70 /person (One Session)*

### **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*

*Reservations: Excursion Desk or Water Centre*

*Location: Water Sports Centre*

*Fee: US\$60 /person (One Session)*

### **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*

*Reservations: Excursion Desk or Water Centre*

*Location: Water Sports Centre*

*Fee: US\$35 / person (One Session)*

### **Lagoon Races**

First one across the line wins!!! Bring your competitive spirit and enjoy kayaks, catamarans, and/or more.

*Time: 5:00pm – 6:00pm*

*Reservations: Not Required*

*Location: Water Sports Centre*

*Fee: Complimentary*

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## **Water Adventures**



## **Equipment Rentals**

### **Mastercraft - 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*

*Reservations: Excursion Desk or Water Centre*

*Location: Water Sports Centre*

*Fee: US\$300 /hour (Maximum 6 persons)*

### **Viceroy 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*

*Reservations: Excursion Desk or Water Centre*

*Location: Water Sports Centre*

*Fee: US\$250 /hour (Maximum 4 persons)*

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

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

*Time: 8:30am – 6:00pm*

*Reservations: Excursion Desk or Water Centre*

*Location: Water Sports Centre*

*Fee: US\$175 /45 min. (Maximum 2 persons)*

### **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*

*Reservations: Excursion Desk or Water Centre*

*Location: Water Sports Centre*

*Fee: US\$250 /45 min. (Maximum 2 persons)*

*US\$300/60 min.(Maximum 2 persons)*

*US\$500/ 90 min.(Maximum 2 persons)*

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## **Young Guests**



## **Kids Program**

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

We have a dedicated program for children ages 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 you to join in with every day.

*Kuda Velaa*, located next the main pool, is open daily from 10:00am to 6:00pm. We are ready to welcome you into our club and 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. We look forward to seeing you very soon.

## **Teen Program**

### **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, PS3, 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.