

SPORTS & ACTIVITIES

Like all Beachcomber hotels, Sainte Anne Resort & Spa offers a range of land and water sports, most of which are complimentary.

Land Sports

A few examples :

- Badminton
- Beach volley
- Bicycle riding
- Bocciball
- Football
- Jogging
- Stretching
- Table tennis
- Tennis (2 floodlit courts)
- Tennis volley
- Trekking
- Yoga



Others :

- Excursion to Moyenne Island

Sports Centre

A few examples :

- Cardio
- Body-building
- Power plate
- Stretching
- Weights
- Personal training
- Hammam
- Health Bar
- Sauna
- Lockers



Water Sports

Located in the heart of a Marine Park, the waters around Sainte Anne island teem with rare species of fish and colourful coral. To preserve these natural wonders the resort offers a range of complimentary non-motorised water sports and facilities :

A few examples :

- Aquagym
- Diving
- Glass-bottom boat
- Glass-bottom kayak
- Kayak
- Laser
- Pedal boat
- Snorkelling



****All sports are free of charge except: scuba diving, tennis balls, personal training, entrance fee to visit Moyenne Island.**



SPORTS & LEISURE

The concept of « *Island Inclusive* » also offers you the possibility of enjoying unlimited sport and leisure activities on the island of Sainte Anne.

Fitness	07h00 - 19h00	1 fitness room and 1 cardio room
Yoga	17h00 – 18h00	Yoga class (for beginners) on Wednesday and Saturday
Tennis	07h00 - 19h00	2 floodlit courts with synthetic grass (on reservation with Sports bar)
Nautical activities		Snorkeling equipment, kayak, glass-bottom canoe, pedal boat, laser boat
Boat Excursions	Depart. 10h30, 12h30 et 14h30 Return 12h45, 14h45 et 16h30	Trip to Moyenne island (max capacity 15 pax) – Wedn., Friday and Sat.
	Depart. 11h15 and 15h15	Snorkeling (max capacity 15 pax) – Daily except on Monday
	Depart. 10h15 and 14h15	Bottom-glass boat (max capacity 15 pax) - Tuesday, Thursday and Sat.
Treks/ Walks		Follow the guide during our several treks/walks on the island of Ste Anne: Trek to Anse Manon (discover the vegetation of the island) – 3 hours total Trek to Anse Cabot (sunset) - 1h½ hour total Botanical walk (discover the endemic species) – 1 hour total