



CONRAD<sup>®</sup>  
MALDIVES  
RANGALI ISLAND

*the luxury of being yourself<sup>™</sup>*

*Your holiday planner*

There are a million ways of doing nothing here at Conrad Maldives and we hope this booklet will be a useful guide to some of the many activities on offer. We ask your understanding that these activities are subject to change or cancellation due to weather conditions and minimum number of participants required. Please enquire about cancellation charges for your preferred event.

### *Excursions and cruises schedule*

DAY	TIME	EXCURSION	PRICE	
Sunday	9.00 - 12.00	Whale shark snorkeling	\$ 200	per person
	10.00 - 13.00	Fishing village	\$ 110	per person
	14.00 - 17.00	Snorkeling hopping	\$ 110	per person
	18.00 - 19.30	Luxury lucky dolphin cruise	\$ 140	per person
	18.30 - 20.30	Sunset fishing	\$ 80	per person
Monday	9.00 - 12.00	Snorkeling safari	\$ 70	per person
	10.00 - 15.00	Island hopping	\$ 170	per person
	18.00 - 19.30	Lucky dolphin	\$ 90	per person
Tuesday	10.00 - 15.00	Picnic on a deserted island	\$ 100	per person
	14.00 - 17.00	Snorkeling hopping	\$ 110	per person
	18.00 - 20.00	Luxury sunset cruise	\$ 160	per person
Wednesday	9.00 - 12.00	Whale shark snorkeling	\$ 200	per person
	14.00 - 17.00	Fishing village	\$ 110	per person
	18.00 - 19.30	Luxury lucky dolphin cruise	\$ 140	per person
	18.30 - 20.30	Sunset fishing	\$ 80	per person
Thursday	9.00 - 12.00	Snorkeling safari	\$ 70	per person
	10.00 - 15.00	Island hopping	\$ 170	per person
	18.00 - 19.30	Lucky dolphin	\$ 90	per person
Friday	9.00 - 12.00	Whale shark snorkeling	\$ 200	per person
	14.30 - 17.30	Snorkeling safari	\$ 70	per person
	18.00 - 20.00	Luxury sunset cruise	\$ 160	per person
	20.00 - 22.00	Night fishing	\$ 80	per person
Saturday	9.00 - 12.00	Snorkeling safari	\$ 70	per person
	14.30 - 17.30	Mandhoo island tour	\$ 50	per person
	18.30 - 20.30	Sunset fishing	\$ 80	per person



### *Daily events and private excursions*

EXCURSION / EVENT	WHEN	NOTES	PRICE	
Dream island	On Mondays, Tuesdays, Thursdays, Saturdays	Subject to availability	\$ 650	per couple
Discover snorkeling - private snorkeling in our lagoon	On Fridays and Wednesdays / 10.30 - 12.00	Subject to availability	\$ 40	per person
Big game fishing	Every morning or every afternoon	Subject to availability	\$ 1,500 \$ 300	per half day per extra hour
Sunrise cruise with breakfast on our Rangali Raani yacht	Every day / 6.00 - 9.00	Subject to availability / Min 4 guests required	\$ 250	per person
All-day cruise on Rangali Raani	Every day / 10.00 - 16.00	Subject to availability / Min 4 guests required	\$ 350	per person
Sunset cruise by Rangali Raani	Every day / 18.00 - 20.00	Subject to availability / Min 4 guests required	\$ 250	per person
Boat rental (private hire)	Any boat any day	Subject to availability	It varies according to boat and length of time	

All prices are in US\$, subject to 10% service charge and T-GST.

## Special dining events schedule

DINING EXPERIENCE	WHERE	WHEN	PRICE
Maldivian night	Atoll restaurant	Monday	\$ 115
Koko Grill dinner	The Quiet Zone	Every day except Wednesday and Saturday (vegetarian menu upon request)	\$ 250 \$ 180
Lobster & Champagne dinner	The Quiet Zone	Saturday	\$ 250
The Wine Cellar dinner	The Wine Cellar	Tuesday and Friday	\$ 280
Congratulations dinner at Sunset Grill (includes one bottle of Champagne per couple)	Sunset Grill	Daily	\$ 195
Degustation menu at Vilu restaurant	Vilu restaurant	Daily	\$ 195
Cheese fondue	Cheese & Wine Bar	Thursday and Saturday	\$ 75
Cheese & tapas	Cheese & Wine Bar	Wednesday and Sunday	\$ 125
Beach BBQ	Deluxe Water Villa beach	Wednesday	\$ 225
Ithaa undersea restaurant cocktail	Ithaa	Daily	\$ 55
Ithaa undersea restaurant lunch	Ithaa	Daily	\$ 195
Ithaa undersea restaurant dinner	Ithaa	Daily	\$ 320
Ithaa undersea restaurant vegetarian dinner	Ithaa	On request	\$ 250

PRIVATE DINING ON THE BEACH	WHERE	WHEN	PRICE
Candlelight beach dinner	Water Villa island beach	On request	\$ 350
Vegetarian candlelight beach dinner	Water Villa island beach	On request	\$ 190
Shipwreck beach dinner	Water Villa island beach	On request	\$ 290
Vegetarian shipwreck beach dinner	Water Villa island beach	On request	\$ 190



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## Evening entertainment

DAY	TIME	EVENT	LOCATION
Sunday	18.00 - 19.00	Happy hour	At The Quiet Zone and at Rangali Bar
Monday	18.00 - 19.00	Happy hour	At The Quiet Zone and at Rangali Bar
	22.00	Maldivian bodu beru show	At Rangali Bar
Tuesday	18.00 - 19.00	Happy hour	At The Quiet Zone and at Rangali Bar
	19.00	Live music	At Rangali Bar
Wednesday	18.00 - 19.00	Happy hour	At The Quiet Zone and at Rangali Bar
	21.15	Star Gazing cinema under the stars	At The Quiet Zone
Thursday	18.00 - 19.00	Happy hour	At The Quiet Zone and at Rangali Bar
	18.00 - 21.00	DJ & sundowner cocktails	At Rangali Bar
Friday	18.00 - 19.00	Happy hour	At The Quiet Zone and at Rangali Bar
	19.00	Live music	At Rangali Bar
Saturday	18.00 - 19.00	Happy hour	At The Quiet Zone and at Rangali Bar
	21.00	DJ night	At Rangali Bar



## Fitness timetable

SUN	MON	TUE	WED	THU	FRI	SAT
	7.15 - 7.45 POWER WALKING	7.00 - 8.00 SUNRISE BOOTCAMP	7.15 - 7.45 RUN RANGALI		7.15 - 7.45 POWER WALKING	7.00 - 8.00 SUNRISE BOOTCAMP
	8.00 - 8.30 MORNING STRETCH		8.00 - 8.30 MORNING STRETCH		8.00 - 8.30 MORNING STRETCH	
9.00 - 10.00 YOGA FOR BODY & MIND		9.00 - 10.00 YOGA FOR BODY & MIND		9.00 - 10.00 YOGA FOR BODY & MIND		9.00 - 10.00 YOGA FOR BODY & MIND
10.30 - 11.30 BODY BLAST	10.30 - 11.00 INTRO TO BOXERCISE	10.30 - 11.30 FITBALL PILATES	10.30 - 11.30 BOXERCISE	10.30 - 11.30 BODY BLAST	10.30 - 11.30 FITBALL PILATES	10.30 - 11.30 BODY BLAST
17.00 - 18.00 HATHA YOGA	17.00 - 18.00 HATHA YOGA		17.00 - 18.00 HATHA YOGA		17.00 - 18.00 YOGA FOR BODY & MIND	
17.30 - 18.30 BEACH VOLLEYBALL	18.00 - 19.00 SUNSET BOOTCAMP	17.30 - 18.30 TABLE TENNIS	18.00 - 19.00 SUNSET BOOTCAMP	17.30 - 18.30 BEACH VOLLEYBALL	18.00 - 19.00 SUNSET BOOTCAMP	17.30 - 18.30 TABLE TENNIS

■ CHARGED ACTIVITIES

■ COMPLIMENTARY ACTIVITIES

CHARGED GROUP YOGA CLASSES \$30 per person per session (minimum two people, maximum six people)

CHARGED GROUP FITNESS CLASSES \$20 per person per session (minimum two people, maximum six people)

YOGA FOR BODY & MIND A one-hour session to soothe and engage your soul, mind & body through techniques of yogic stretching and meditation.

BODY BLAST A strength and cardio workout that will challenge your entire body top-to-bottom using different pieces of fitness equipment in a fun and energetic environment.

BOXERCISE A fun and intense boxing workout for cardiovascular fitness and full-body toning.

FITBALL PILATES A full core workout incorporating fitball and mat work. Suitable for beginners to advanced.

HATHA YOGA A combination of yogic postures and breathing exercises to achieve self awareness and mind control.

BOOTCAMP A challenging one hour class held around Rangali Island to get the best out of your workout.

All fitness levels are welcome.

PERSONAL TRAINING Allow our expert instructors to create a program especially designed for you. Whether it's a combination of weight training and cardio, or personal yoga and tennis, or maybe even all four, the individually designed session will leave the body at its peak performance level.

PERSONAL TRAINING (60 minutes) \$90 (per single) \$130 (per couple)

GYM PROGRAM (60 minutes) \$60

PRIVATE YOGA A one-to-one lesson with the yoga instructor.

(60 minutes) \$100 (per single) \$150 (per couple)

BODY COMPOSITION ANALYSIS A non-physical and non-invasive test. Find out your true body fat percentage, your basal metabolic rate (BMR) and how much water your body is retaining. With this vital information your personal fitness instructor can design an action plan for you based on your goals to fast track you to where you want to be.

BCA TEST (60 minutes) \$55 (per person)

BCA TEST (75 minutes) \$85 (per couple)

POWER WALKING A fast-paced and enjoyable guided power walk along the resort's beach and tracks.

MORNING STRETCH Start the day with a 30-minute stretch to kick start the body's metabolism.

RUN RANGALI A 30-minute guided group run along the Rangali beach over the bridge and around our two islands.

\*BEACH VOLLEYBALL A fun and friendly match with other guests, hosted by our recreation team.

\*TABLE TENNIS A chance for you to join in a friendly tournament, hosted by our recreation team.

\*Available 7.00 - 20.00 on a complimentary basis, for your enjoyment at the fitness centre.

### TENNIS

Tennis sessions can be booked from 7.00 until 22.00 for one hour per guest. Complimentary bookings can be made 24 hours in advance and private lessons will take priority over casual bookings.

Equipment rental is complimentary and shoes, clothing and new balls can be bought at the Fitness Centre. Four hour's notice is required for tennis coaching. Note: four hour's cancellation notice is required; if no notice is given 100% of the fees will be charged.

HITTING PARTNER \$60

PRIVATE TRAINING SESSION - SINGLE \$90

PRIVATE TRAINING SESSION - COUPLES \$130

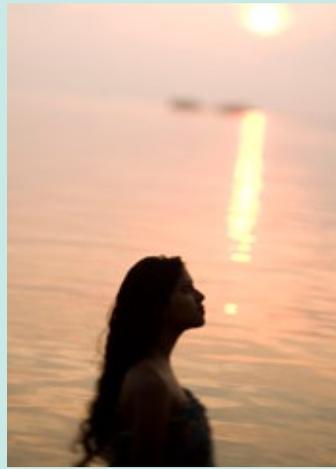
PRIVATE JUNIOR TENNIS LESSON: \$35 (30 MIN / SINGLE), \$55 (60 MIN / SINGLE)

GROUP JUNIOR TENNIS LESSON: \$95 (60 MIN / 2 CHILDREN), \$17 (60 MIN / GROUP OF MINIMUM 4 CHILDREN / price per child)



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## Highlights



### *Book an Iru Revival Ritual in the first 48 hours of your stay*

The ritual includes: foot cleansing ceremony, body scrub, signature back massage, body moisturizing, de-stress scalp therapy.

At The Spa Retreat.

For further information or bookings please contact Spa reception on ext. 5360.



### *Book a facial on Sundays...*

...and enjoy 30% off any 60 minute massage.

At The Spa Retreat.

For further information or bookings please contact Spa reception on ext. 5360.



### *Bubbles on the beach excursion.*

This is the ultimate Robinson Crusoe experience, except much, much better! We'll whisk you off to a deserted island by speedboat, where a picnic, complete with a bottle of Veuve Clicquot Ponsardin "Yellow Label" champagne, awaits.

Spend the afternoon relaxing under the sun, snorkeling and chilling out.



### *Private cruise on Rangali Raani yacht*

Charter a yacht and lose yourself on the horizon of your dreams.

Whether your fantasy is to simply cruise around the atoll, dropping anchor wherever the snorkeling takes your fancy, or the lure of your own chef setting up a seafood feast on the perfect sandbank or your own private island is more your cup of tea, there's no getting away from it: this is perfection in paradise.

