



WALDORF ASTORIA®  
MALDIVES ITHAAFUSHI

AQUATIC ACTIVITIES



## ACTIVITIES AT WALDORF ASTORIA MALDIVES ITHAAFUSHI

Memorable occasions last a lifetime and Waldorf Astoria Maldives Ithaafushi's island paradise is an idyllic stage for your special moments.

Explore the wonders of the Maldives with its backdrop of azure skies and the endless blue of the Indian Ocean.

Waldorf Astoria Maldives Ithaafushi offers a myriad of activities for all generations to unlock local treasures, from memorable coral conservation and distinctive adventures, to diving with manta rays and thrilling watersports.

It's all for you to discover.

**LIVE UNFORGETTABLE**



# WATERSPORTS

Waldorf Astoria Maldives Ithaafushi offers the idyllic setting for a range of exciting recreation and watersport activities. Enjoy a blast of fun with our watersports featuring myriads of activities to suit all age groups and interests. Experience spectacular views of the resort and nearby reefs by parasailing high above the sea or ride the Seabob underwater scooter.





# NON-MOTORIZED WATERSPORTS

## WINDSURFING LESSON

All you need is some wind and a little skill to experience the fun of windsurfing across the water. Learn simple skills to manoeuvre the board, including how to balance on the board, hold the sail and make the first move, and let the fun begin.

## WINDSURFING SHORT COURSE

Perfect your windsurfing techniques with an extended windsurfing training session. The instructor will take you to the next level in handling the sail and the board for increased manoeuvrability to glide effortlessly over the water.

## CATAMARAN SAILING EXCURSION

Enjoy the calmness of the beautiful turquoise Maldivian sea while your skipper takes you sailing. Bring your family and friends along to make the experience unforgettable, perhaps relaxing on a pristine sand bank in the midst of the ocean or taking a swim in the glistening blue water.

## CATAMARAN SAILING LESSON

Learn all the basics of Catamaran sailing, from dealing with different wind conditions to steering and learning how to control the main sail and jib sail so you can catch the gentle breezes while you manoeuvre through the turquoise Maldivian waters.

## CATAMARAN SAILING SHORT COURSE

Sharpen your sailing skills with this short course over 2 to 3 days and learn how to manoeuvre the Catamaran with greater ease and control. This course is ideal for those who wish to advance to the next level of sailing.

## KITESURFING

The Maldives offers some of the best consistent wind conditions. For experienced kitesurfers, enjoy this adrenaline rush sport while pushing your skills to the next level and get airborne to a height you never thought was possible.

## KITESURFING PACKAGE FOR BEGINNERS AT SANDBANK

## KITESURFING PACKAGE FOR EXPERTS AT SANDBANK

## STAND-UP PADDLE BOARDING LESSON

Learn the basic techniques of balancing on the board and, before you know it, you will be gently paddling over the water. Grab a paddle and start your SUP adventure.

## GROUP STAND-UP PADDLE BOARDING

Enjoy peace of mind in this group activity. Strengthen your paddling skills while taking in the beautiful view of the resort lagoon.

## TRANSPARENT KAYAK

## CATAMARAN SAILING

Sail on our catamaran around the blue waters of the Indian Ocean. Join a trip to explore and discover the beauty of the Maldivian ocean. Should you wish to sail without an instructor, a compulsory orientation sail will be conducted by our experienced instructor.

## KAYAK

Take a leisurely kayak ride out to sea. Paddling is a great way to exercise and explore the island lagoon.

## PADDLE BOATS

A great activity for families with kids. Paddle at your own pace and enjoy the bonding time with your family and loved ones.

## STAND-UP PADDLE BOARDING

Stand up paddle boarding (SUP) originated in Hawaii as an offshoot of surfing. Strengthen your core muscles while paddling on your board and explore the shallow blue waters on your own.

## WINDSURFING BOARD





## MOTORIZED WATERSPORTS

### WATER SKIING LESSON

The Maldives is a great place for your first water skiing lesson thanks to the year-round warm water. Learn all the basic techniques so you can balance on the skis and up your skills with simple steering moves.

### WATER SKIING FOR EXPERTS

The choice is yours, combo or mono skis. Slalom across the boat's wake and enjoy the thrill of speed as you cut through the water from one side to another while making quick turns.

### WAKESKATING LESSON FOR BEGINNERS

### WAKESKATING LESSON FOR EXPERTS

### WAKEBOARDING LESSON

Take your first wakeboarding lesson in the Maldives. After practicing all the basic techniques, experience being gently pulled out of the water for the first time. Ride behind the wake and enjoy the challenge.

### WAKEBOARDING FOR EXPERTS

Gear up with our wide range of boards and enjoy the thrill of this adrenaline rush sport. Tune in your own playlist on the boat and get airborne, cutting across the wake from side to side.

### KNEEBOARDING LESSON

Experience the thrill of being pulled across the water by boat while sitting balanced and strapped to a board. Learn how to ride over the wake, as well as simple manoeuvres shifting your weight from side to side on the board.

### KNEEBOARDING FOR EXPERTS

Play in the wake of the boat as you are pulled along while seated and strapped on the kneeboard. Make 360 degree turns, ride backwards or simply glide through the water and feel the speed, freedom and limitless energy.

### PARASAILING

Take off from the parasailing boat for an exhilarating flight up to an impressive 750 feet, or 228 metres. Fly solo or with a loved one and enjoy the stunning panoramic view of the Indian Ocean. For a truly unforgettable experience, parasail during sunset and soak up the warmth and glow of the remaining rays of the day. This is a good chance to spot schools of dolphins when they come out to play.

### SUNSET PARASAILING



# MOTORIZED WATERSPORTS

## ESCORTED JET SKIING

Enjoy the fun of jet skiing outside the resort’s lagoon in the crystal blue ocean with our jet ski instructor. Ride freely on your own jet ski within a 1.5km radius and discover the effortless fun.

## ADVENTURE JET SKI

This guided jet ski tour is a great way to explore the beautiful Indian ocean surrounding the resort. Take control of your own jet ski as you skip across sapphire blue lagoons and look for encounters with marine life such as dolphins, sail fish, manta rays and flying fish.

## X-JETS JETPACK

Ever dreamt of flying? With the X-Jetpack, your dream can come true. Grab the control arms and steer over the water or try leaping through the water up to a maximum height of 15 metres. This ultra-hydro-sport is not to be missed.

## X-JETS JETBLADE

## X-JETBLADE FOR EXPERTS

Feel like being an ironman? Now you can with the X-Jetblade, the latest underfeet hydro sport. Fly it. Dive it. Loop it. The options are endless. Bring your imagination out to enjoy this high-octane water sport, an Instagram-worthy photo opportunity for you to share with friends and family

## ELECTRIC LIFT FOIL

## ELECTRIC LIFT FOIL FOR EXPERTS

## SEABOB

The Seabob is the ultimate high-performance marine toy. Powered by an E-Jet electric jetstream system, it allows you to effortlessly zip in and out of the water like a dolphin, moving freely on the surface and exploring the underwater world. Rent a Paralenz underwater camera and capture your adventure in full action.

## MASTERCRAFT X26 PRIVATE RENTAL FOR WAKE SURFING AND BOARDING

## INFLATABLES

Inflatable rides are a great way for family and friends to have some splashy fun time together on the water. Find out who can stay on the longest as the boat slings you back and forth across its wake. Ideal for novices, just hop on and go.

# SURFING

## SURFING LESSON FOR BEGINNERS IN RESORT LAGOON

Build your surfing skills by learning all the basics in a calm lagoon. Master paddling skills on the board and balance confidently to be well on your way to the next level.

## SURFING LESSON FOR BEGINNERS AT QUARTERS

Catch your first ever waves with the guidance of your instructor at Quarters surf spot. Your lesson will sharpen the skills that you have learned in the resort lagoon.

## GROUP GUIDED SURFING TOUR

For surfers of all levels, choose from taking a speedboat out with other surfers to Quarters, or to more challenging surf spots such as Chickens, Cokes, Sultans, Honkys and Jailbreaks in North Male Atoll or Riptides, Kandooma Right, Natives, Foxes, Kate’s, Twin Peaks, Guru’s and Joe’s in the South Male Atoll. Improve your skills on the board and catch the next big wave.

## SURFING AND PRIVATE SPEED BOAT HIRE

For expert surfers in search of a good break, take an hour’s speedboat ride out with our surf guide to popular surf spots in the Northern Atolls, such as Chickens, Cokes, Sultans, Honkys and Jailbreaks or Riptides, Kandooma Right, Natives, Foxes, Kate’s, Twin Peaks, Guru’s and Joe’s in the South Male Atoll. Grab your own board and have a go.



# UNDERWATER WORLD

The Maldives boasts an abundance of diving sites with one thrilling dive opportunity after another. Experience some of the most magnificent underwater wildlife, as well as untouched scenery in balmy waters with outstanding visibility. Our Diving and Snorkelling programmes offer exhilarating activities for complete novices as well as certified divers.





## PADI FOR BEGINNERS

### BUBBLEMAKER

Blow your first bubbles underwater and play around in our lagoon. The Bubblemaker lesson introduces young guests aged 8-10 to scuba diving and the wonders of marine life under the supervision of our experienced instructor.

### DISCOVER SCUBA DIVING

Take your first breath underwater with this brief introduction to scuba diving and learn the most important skills needed, then dive in our beautiful house reef to see the wonders of the underwater world.

### DISCOVER SCUBA DIVING – BY BOAT

Explore the far end of the house reef while practicing what you have learned in the lagoon. Enjoy the freedom of breathing underwater and find your first eagle ray swimming along the reef and spot beautiful schools of fish up close. Minimum of 4 guests.

## PADI COURSES

### PADI SCUBA DIVER

Learn the basics of scuba diving with this entry-level dive course. Practise the essential techniques of diving in the lagoon before going out on open water dives.

### PADI OPEN WATER DIVER

Obtain PADI certification to dive down to 18 metres. Learn the theory of scuba diving before your instructor takes you into the lagoon to practice your skills and explore the amazing underwater world.

### PADI ADVENTURE DIVER

Build your confidence as a diver and explore new areas through three different adventure dives.

### PADI ADVANCED OPEN WATER DIVER

Explore new depths and learn how to navigate underwater. Fine tune your diving skills and expand your dive knowledge through five adventure dives.

### ENRICHED AIR DIVER COURSE

Extend your bottom time by learning how to dive with enriched air. This short course teaches you the difference and prepares you to dive with enriched air.

### WRECK DIVING

Keen to explore some beautiful wrecks? Join this exciting dive to explore four wrecks – Victory Wreck, Alia Wreck, Muthi Wreck and Kuda Giri Wreck. Each of these wrecks is unique and abundant with healthy marine life, schools of reef fish and beautiful corals.



# SNORKELLING

## GUIDED HOUSE REEF SNORKELLING

Begin your snorkelling adventure here. Learn some simple techniques to clear masks and snorkels, as well as safe snorkelling around the corals. Our experienced Ocean team will guide you to the resort house reef near the island for this activity.

## PRIVATE HOUSE REEF SNORKELLING

Explore the house reef and swim with schools of vivid reef fish. Find eels hiding underneath the rocks and spot fully camouflaged octopus and stonefish. Look out for the colourful lionfish hunting for prey.

## NIGHT SNORKELLING

The underwater marine life changes dramatically after sunset. Corals transform into living animals, blooming out in stunning colours and feeding with their tentacles. Many creatures feed at night that are not around during daylight. Eels and octopus, lobsters and shrimps are all much more active at night. Don't miss out on this spectacular adventure.

## ADVENTURE SNORKELLING

Join us for an adventure just an hour away from the resort to experience the Maldives' abundant marine life. Witness schools of sting rays feeding on the reef and the spectacular view of eagle rays gently gliding by. Spot magnificent Napoleon Wrasse, one of the world's biggest reef fish, and try to find Nemo dancing inside the colourful anemones.

## PRIVATE SNORKELLING LESSON

Take a private lesson to learn all the basic skills to begin your underwater snorkelling adventure. Swim along the resort house reef and discover the vibrant marine life. Take a loved one along and discover the fun of snorkelling together.

## PRIVATE SNORKELLING TOUR

Venture out on our Crownline speedboat to experience drift snorkelling and explore the magnificent reef while swimming in the bluest ocean. Witness schools of fish swim past as you glide over the edge of the reef.

# SNORKELLING

## NURSE SHARK SNORKELLING

## DOLPHIN SNORKELLING

## WHALE SHARK SNORKELLING

## PRIVATE CHARTERS price upon request

Explore the Maldivian waters on one of our luxurious speed boats. Our guides will take you to beautiful coral reefs and stop by private sandbanks. To elevate your experience, rent an underwater scooter and swim with the sea life. Snack and refreshment can be arranged upon request.

# CORAL CONSERVATION

## CORAL FRAME ADOPTION

Restore the beauty of the ocean while helping with its preservation and conservation by adopting a coral frame. The coral frames are built using broken coral fragments found on local reefs, which are then rehabilitated in our coral nursery. The fragments are left to grow and regain their health before being used in the Ocean Conservation Program.



# ADVENTURE

Getaway with astonishing adventures in the Maldives, from sunbathing on a sandbank, game fishing and cruising on a luxury yacht to discovering secluded beaches for restful snorkeling and idyllic picnic excursions. Take advantage of our world-class facilities. Our experienced team is on hand to make your holiday as adventurous as you would like.







## FISHING

### SUNSET FISHING

What better way to enjoy the beautiful Maldivian sunset than with a Sunset Fishing trip. Popular with families and friends, experience bottom-line fishing in traditional Maldivian style using lines and baited hooks on handheld reels. Hook a red snapper, white snapper, grouper or barracuda, bring your catch back and let one of our signature restaurant's chefs prepare it for you for an additional charge.

### BIG GAME FISHING

#### WITH VIKING SPORTFISHER 56FT YACHT

Embark on this multi-sensory trip with an early morning boat ride. Gear up and head along the reef as the beautiful sunrise appears on the horizon. Enjoy the thrill of battling with dogtooth tuna, mahi-mahi, wahoo and giant trevally. Choose to release your catch or have your catch prepared by our talented chef for an additional charge.

## EXCURSIONS

### SUNSET CRUISE

#### PRIVATE CRUISE WITH VIKING SPORTFISHER 56FT YACHT

The Maldives is renowned for dolphin spotting. Join us on this water adventure and be mesmerised when dolphins, including bottlenose and spinner dolphins, come out to play. Get up close and personal and capture your best photographs as the dolphins are looping in the air.

#### PRIVATE SUNSET CRUISE WITH VIKING SPORTFISHER 56FT YACHT





## GLASS BOTTOM BOAT

| SCHEDULED TRIPS

| PRIVATE TRIP

## PRIVATE BOAT RENTAL

| LUXURY FISHING YACHT

| TRADITIONAL DHONI

| CROWNLINE E255 XS

| PARASAILING 34

| GULFCRAFT TOURING 38



WALDORF ASTORIA®  
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Waldorf Astoria Maldives Ithaafushi  
Ithaafushi Island, South Male Atoll, Male, Maldives  
Tel: +960 400 300 | Fax: +960 4000 333  
[WALDORFASTORIAMALDIVES.COM](http://WALDORFASTORIAMALDIVES.COM)