



## ANANTARA KIHAVAH MALDIVES VILLAS RECREATIONAL ACTIVITIES.

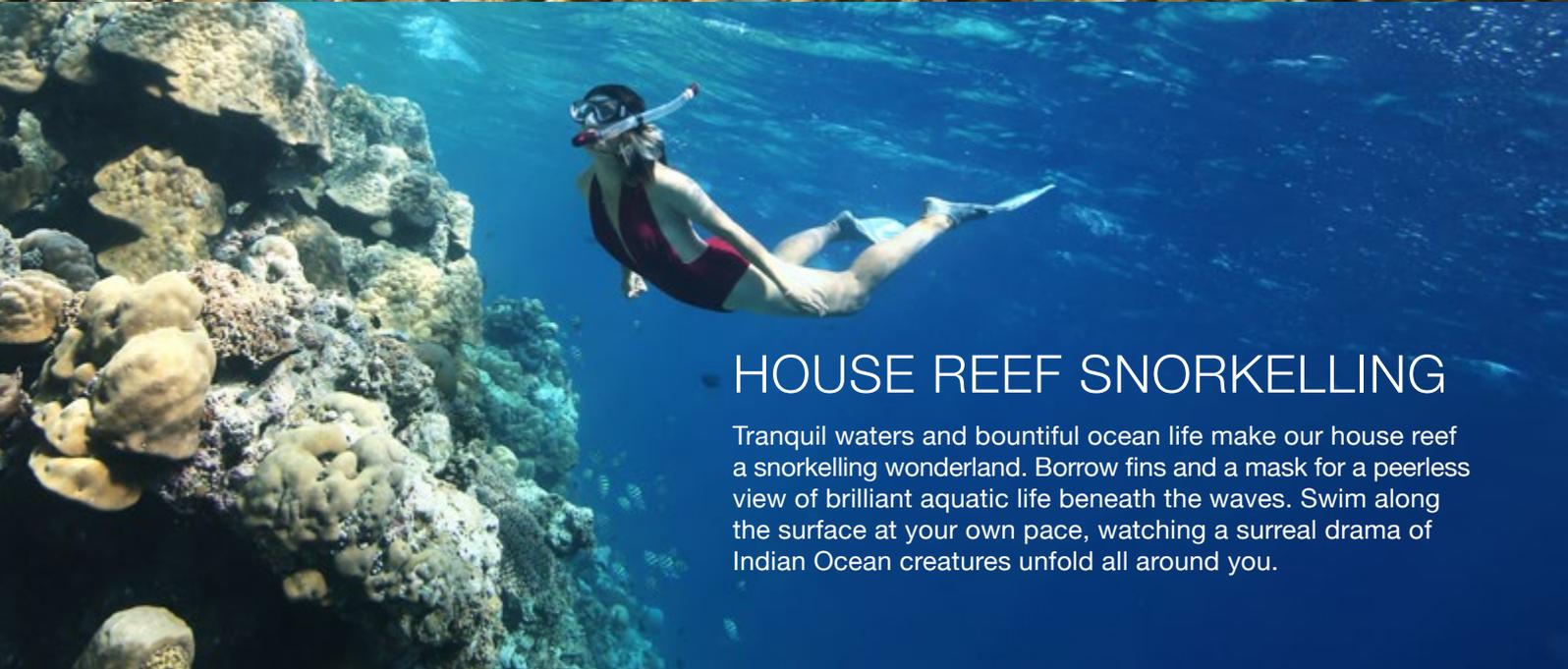
Call our island and ocean paradise your fun and adventure playground. Master Thailand's exhilarating martial art. Jump for joy on trampolines. Dive into a captivating underwater world. Splash out at our very own water park. Aim high on the rock climbing wall. Excite your passions from dazzling perspectives.



# SCUBA DIVING

The Indian Ocean's warm clear water and myriad of marine life is one of the world's most famous scuba utopias. Elements Dive Centre provides access to a world of limitless discovery. Enroll in a wide range of PADI certification courses to suit your ability and aspirations. Descend into an explosion of colourful coral gardens and glide amongst schools of tropical fish. Advanced divers can customise the ultimate experience with our Dive Master to explore magnificent nearby reefs.





## HOUSE REEF SNORKELLING

Tranquil waters and bountiful ocean life make our house reef a snorkelling wonderland. Borrow fins and a mask for a peerless view of brilliant aquatic life beneath the waves. Swim along the surface at your own pace, watching a surreal drama of Indian Ocean creatures unfold all around you.

## DOLPHIN CRUISE

Baa Atoll is one of the best atolls to spot dolphins! The most common species are Spinner Dolphins which provide a spontaneous and breathtaking show of their own. Watch them playing in their natural habitat from the comfort of our traditional Dhoni boat. This activity is enjoyed from the boat therefore children of all ages may participate as no swimming is required.





## MANTA RAY SNORKELLING

The waters of the pristine Baa Atoll around Anantara Kihavah Maldives are some of the richest in the Maldives. Discover the majestic giant manta rays dancing in front of you during their migration season from June – November. A once-in-a-lifetime encounter not to be missed!



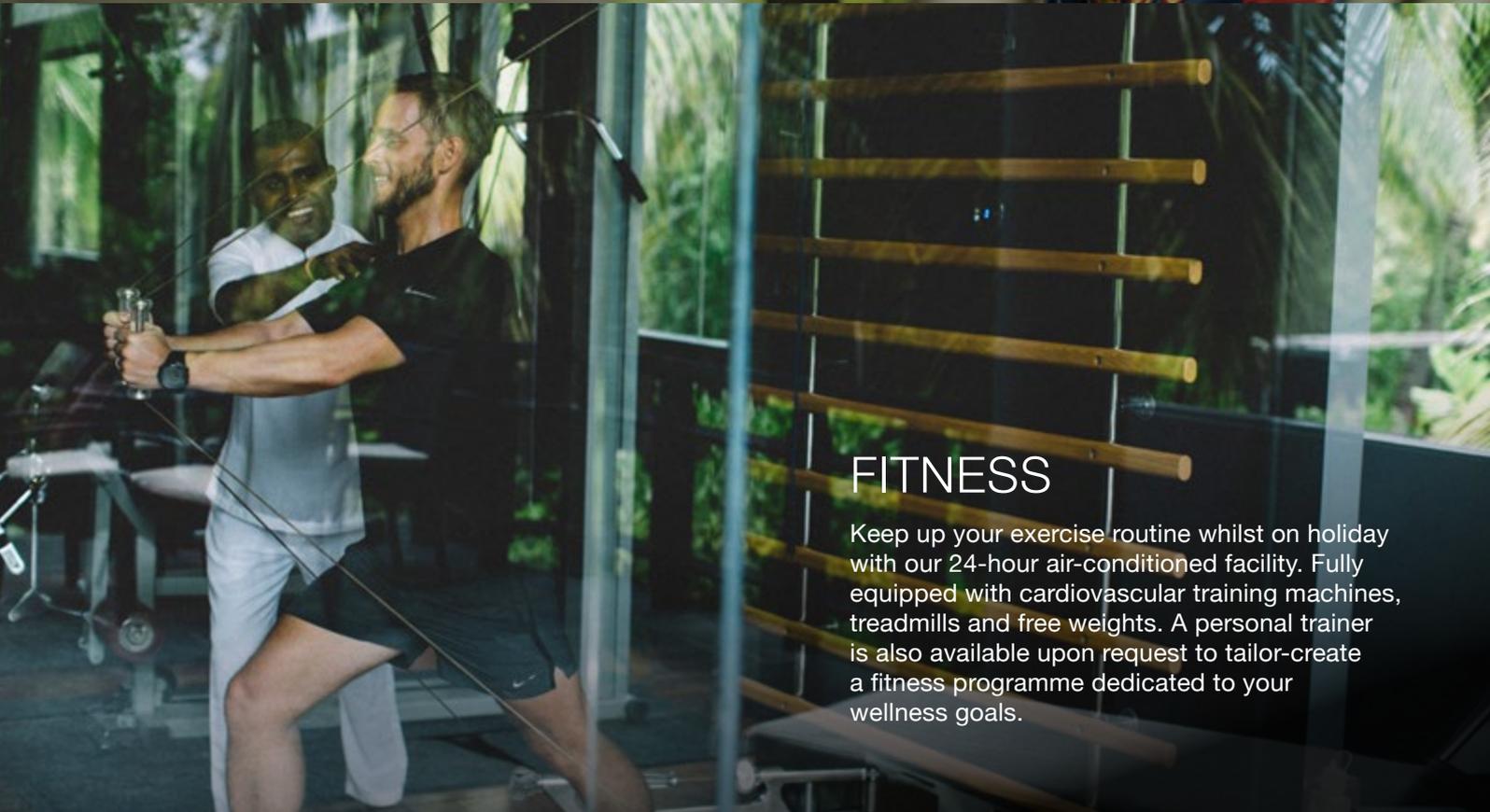
## TURTLE QUEST

Observing sea turtles in their natural habitat is a magical experience. Journey by boat to a vibrant and colourful reef which is home to these majestic creatures. Dive in and swim alongside an abundance of marine life.



## MUAY THAI BOXING

Get fighting fit in the Maldives' first and only Muay Thai boxing ring with a personal instructor. Learn about this unique martial art's fascinating combat history. Punch and kick out stress with pad and mitt work to improve your co-ordination and agility, stamina, strength and mobility. Children and family boxing sessions are also available upon request.



## FITNESS

Keep up your exercise routine whilst on holiday with our 24-hour air-conditioned facility. Fully equipped with cardiovascular training machines, treadmills and free weights. A personal trainer is also available upon request to tailor-create a fitness programme dedicated to your wellness goals.

## TRAMPOLINE PARK

Hop over to Thiththiboli Kids Club to share jumping fun for the young and young and heart. Bounce to your heart's content on a series of trampolines and shoot for the basketball hoops when you reach the end.



## YOGA

Yoga is an intrinsic part of the overall Ayurveda journey, and our paradise island hideaway is a breathtaking setting in which to practice. Find inspiration from empowering classes that support and complement your chosen Ayurvedic programme. Synchronise your meditation, pranayama breathing and movement to the boundless ocean horizon and rhythmic waves. Allow your energy to flow as you stretch out stress and blockages.

## MEDITATION

Through soothing meditation classes, we invite you to find that balance that has drifted too far from your core centre. Delve deep into the self and let go of your worries and stored negative energy. The Panchakosha and Hari Om meditations are both offered at Anantara Kihavah.



## AQUA AEROBICS

Slip into Manzaru pool and dance to upbeat music, with a qualified fitness instructor leading you through a fun aqua aerobic routine.



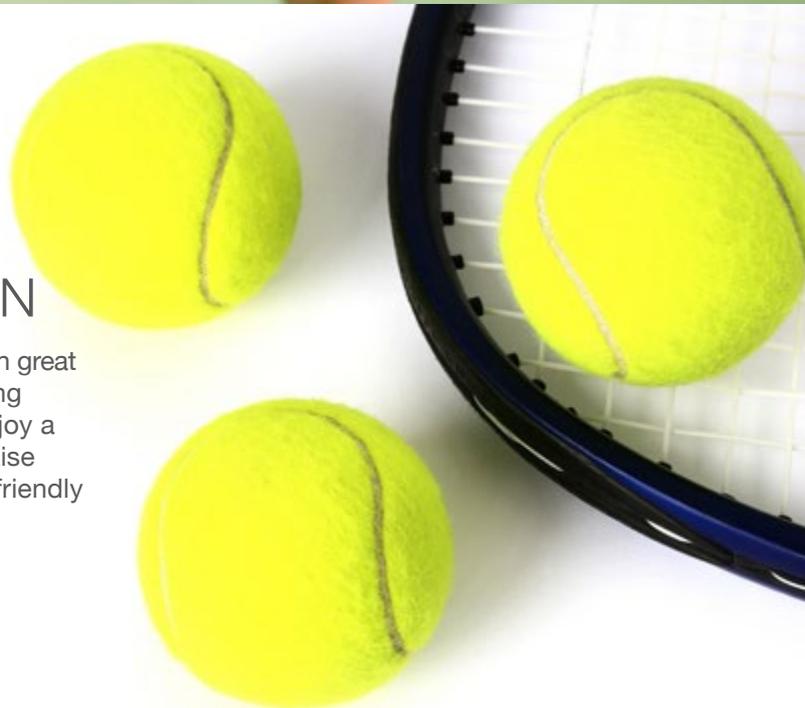


## TENNIS

Challenge a companion to a match at our tennis court, which is floodlit for evening play. Brush up your technique and take your play to the next level.

## BADMINTON

Burn off stress and get in great shape with an energising badminton session. Enjoy a competitive game to raise your level of play, or a friendly match with the family.



## ARCHERY TAG

Master an ancient sport that develops focus, strength and precision. A great activity for all the family, as well as seasoned archers looking to fine tune their aim.



A young girl with dark hair in a ponytail, wearing a black t-shirt, is climbing a light-colored rock wall. She is seen from behind, with her arms extended upwards, gripping a red handhold. The wall is covered with various colorful holds in shades of red, blue, and orange. The girl's right hand is on a blue hold to the right, and her left hand is on a red hold. The wall has a textured, slightly mottled appearance. The overall scene is brightly lit, suggesting an indoor climbing facility.

## ROCK CLIMBING

Enjoy a clampering challenge for young explorers at Thiththiboli Kids Club. Design your own ascent, using a variety of foot and hand holds to climb the 3-metre high wall. Experience how outdoor rock climbing safely builds confidence and agility.

## MINI MASTER CHEF CLASS

For an unforgettable holiday experience, young budding chefs are invited to showcase their culinary skills with a choice of sushi, pizza and cupcake making classes. Junior chefs will learn everything from kitchen safety to cooking techniques from Kihavah's team of friendly chefs.

