

beru

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ON THE ISLAND
OF YOUR CHOICE



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ANANTARA APP
to find out about our
promotions and activities.



MARUHABA!

Welcome to our tropical paradise. We truly care about your travel needs and making your holiday comfortable and memorable. With superb restaurants and bars, Anantara Dhigu and Anantara Veli offers dining experiences that are delightful and delicious. Be sure to pamper yourself at Anantara Spa or Balance Wellness by Anantara, with spa experiences and wellness retreats tailored to your specific needs and desires. Explore the above and underwater excursions that our island has to offer for an unforgettable Maldivian getaway.

We wish you a wonderful stay in our resort.

MICHAEL PARKER – Complex General Manager

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Anantara Dhigu Maldives Resort
Anantara Veli Maldives Resort



anantaradhigu
anantaraveli

MEET... OUR CULTURAL GURU, JAVID HILMEE!

Originally from F. Magoodhoo, located in the southwest of the Maldives, Javid grew up in a family surrounded by a very culturally diverse environment. This ignited a love for learning about cultural music and art. "I remember as a kid, coming home from school and playing Boduberu with my brother just for fun. Leaf weaving is a also skill I learned from my grandfather. I used to hang around when he is weaving, trying to pick up some of the techniques, and my grandfather would show me the tricks," said Javid.

After finishing high school, Javid joined the hospitality industry in hopes to save up the funds needed to pursue his studies in logistics. He started as a waiter at Origami, Anantara Veli's Japanese restaurant, where he used to weave little trinkets out of palm leaves to entertain guests, and they would complement him. His talent for the Boduberu was also put to shine when the resort's when he's frequently asked to perform the arrival ritual during his free time.

From there, Javid was appointed the Cultural Guru, a position created specifically for him, and he spends his day at his little corner in Anantara Dhigu. "I took the leap of faith, giving up my study plans and pursuing a career I have so much passion for. I wouldn't have been here for almost 11 years if I didn't love it!" he shares.



DINING EXPERIENCES



ORIGAMI

Are you a Sushi Connoisseur? We know we are! And now you can enjoy your favourite Japanese fare in an island setting.

Satisfy your cravings with fresh sashimi and sushi creations, highlighting local catches of yellowfin tuna. Sink your teeth into juicy Hokkaido scallops straight from the robata grill, or signature dishes such as thinly sliced seabass garnished with yuzu, truffle oil and salmon roe. Our personal favourite: the Wagyu Gunkan, a wagyu beef sushi with daikon and black truffle.

Go “ooh” and “ahh” as the chef brings his tricks to the Teppanyaki table with a selection of wagyu beef or Alaskan king crab, sliced, diced, sizzled and served before you.

Dinner: 6.30 pm – 10.00 pm

Teppanyaki: 6.30 pm and 8.30 pm slots (*Advance reservation is required*)

Dining Under the Stars

5-course menu with live BBQ

Every Saturday, 6.30 pm – 10.00 pm

USD 165 net per person / USD 100 net per person for half board and full board

Zen & Sake

5-course Japanese set menu with sake pairing

Every Monday, 6.30 pm – 10.00 pm

USD 260 net per person / USD 200 net per person for half board and full board

Origami Wine Cellar Dinner – Joiner's table (*Up to six persons*)

5-course Japanese set menu with wine pairing

Every Saturday, 7.00 pm – 9.00 pm

USD 260 net per person / USD 200 net per person for half board and full board



DHONI BAR

Soak up the sun in a casual poolside setting with all-day refreshments of iced coffees, smoothies and mocktails, as well as an array of international options to whet your appetite.

As the sun sets, Dhoni Bar transforms into the perfect spot for sundowners while you groove to the music with our resident DJ. Sip on our signature cocktails as you treat your taste buds to tantalizing tapas and ease your way into the evening.

While you are there, don't forget to check out the extensive collection of Gin featuring 76 brands from all over the world.

Lunch: 12.00 noon – 4.00 pm

Dinner: 6.30 pm – 10.00 pm

Bar: 10.00 am – 12.00 midnight

Dhoni Bar Sunday Brunch and Pool Party

Every Sunday

12.00 noon – 4.00 pm (*Adults only*)

USD 49.50 net per person (*Food only*)

USD 60 net per person (*VINO – Free-flow of house beverages and wines*)

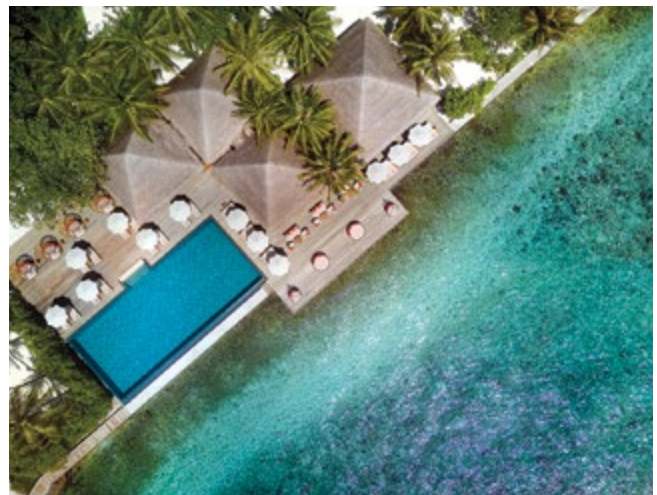
USD 90 net per person (*BUBBLY – Free-flow of house champagne, select white and rose wine, and house spritz*)

Dhoni Gin Fest

Take a sip on our vast variety of premium Gins and Gin cocktails

Daily from 12.00 noon – 4.00 pm (*Adults only*)

USD 69 net per person



CUMIN



Traverse the Indian Ocean in search of new South Asian flavours, where spices from India meets the Maldivian novelties and the deliciously complex flavours of Sri Lanka.

At Cumin, we take your taste buds on a journey across the Indian Ocean, utilising the bounty of the waters that surround us and fresh herbs and spices from the chef's garden. Dine in a beautiful beach setting kissed by sea breezes and explore our personal favourites like butter chicken and naan to comfort your soul. Local curry prepared using freshly caught tuna and some kottu with flavours that take you on a roller coaster ride simply makes your stay on the sunny side of life an unforgettable one.

Breakfast: 7.00 am – 11.00 am

Dinner: 6.30 pm – 10.00 pm

Kebab Night

Every Thursday

USD 99 net per person

(Included in half board and full board)

Chef's Special Tasting Menu

A South Asian tasting menu featuring, Indian, Sri Lankan and Maldivian favourites.

Daily from 6.30 pm – 10.00 pm

USD 99 net per person *(Included in half board and full board meal plans)*



BAAN HURAA



Sawasdee!

Let's embark on a journey to explore authentic Thai cuisine, with dishes fit for a family feast just as they do in Thailand. Choose from an array of delicacies from across the kingdom – spice up your palate with sour spicy salads from the Northeast, piping hot coconut curries from the South, beloved dishes from the Central Plains accompanied by fragrant jasmine rice that takes you back to the land of smiles. You can always count on the traditional desserts such as our all-time favourite sticky rice and mango or bananas poached in coconut milk to sweeten your experience.

Walk out over the lagoon and into a traditional teak house on stilts, magically lit with a sunset glow and warm greetings from our Baan Huraa team who come from various regions of Thailand.

Dinner: 6.30 pm – 10.00 pm

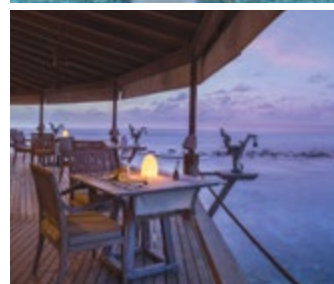
Thai Market

Every Tuesday

USD 99 net per person

USD 39 net per person for half board and full board

Enjoy unlimited Thai-inspired cocktails at USD 40 net per person



FUSHI CAFÉ

Can't decide what to have for breakfast? We got you!

Start your day with a lavish buffet breakfast at Fushi Café featuring a selection of fresh tropical fruits and juices, homemade breads and pastries, European cold cuts and cheeses, and made-to-order eggs cooked by our chef at the cooking station. Don't forget to grab a Nutella crepe from the live station while you're there!

By night, the spread transforms into a feast fit for a king! Start from your classic favourites to pizza, seafood and meat, and not to be missed, mouth-watering desserts. Dine indoors or al fresco under the starlit Maldivian sky.

Breakfast: 7.00 am – 11.00 am

Dinner: 6.30 pm – 10.00 pm

Maldivian Night

Immerse yourself in the local culture while you feast on an authentic Maldivian spread, with live Boduberu cultural performance.

Every Friday, 7.00 pm – 10.00 pm

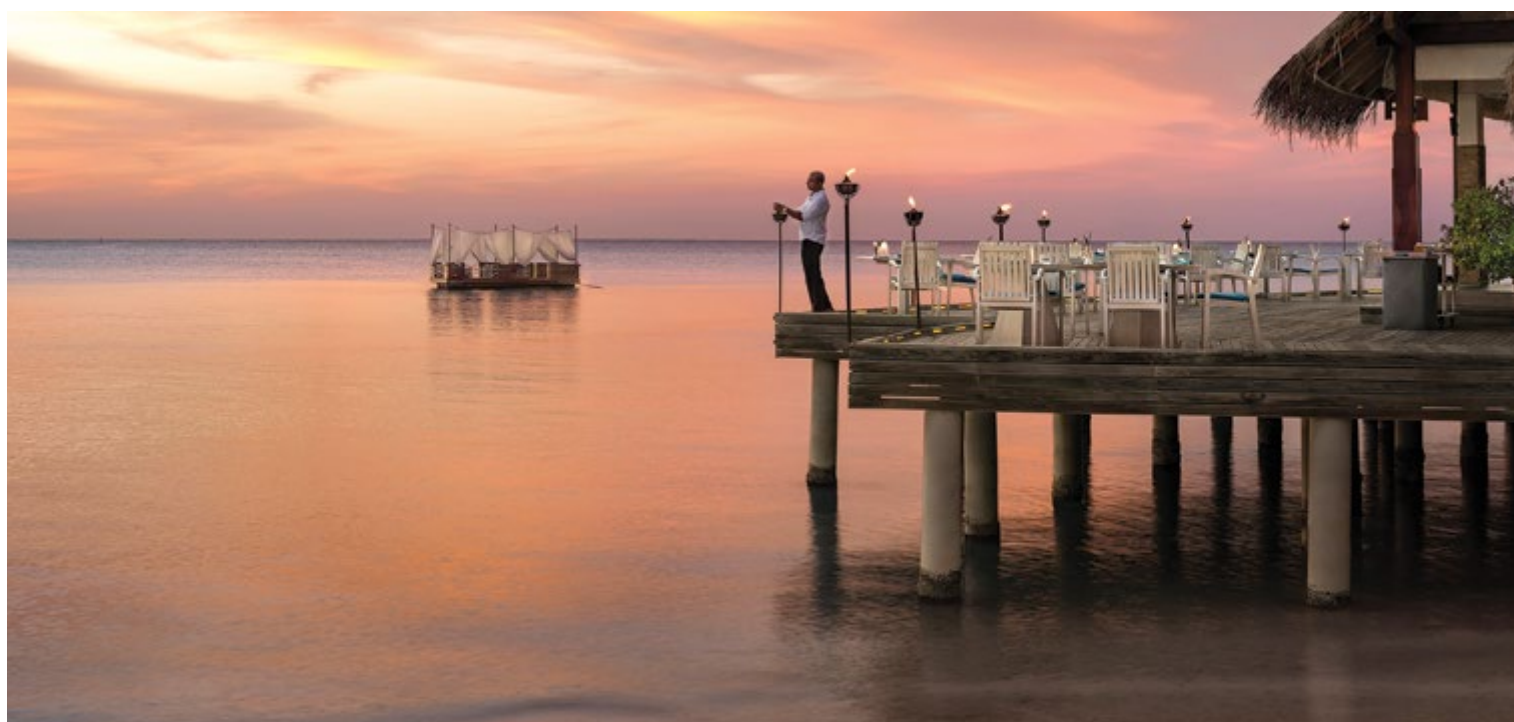
USD 120 net per person *(Included in half board and full board meal plans)*

Italian Market

Mamma mia! Here we go again...with a feast of Italian favourites.

Every Saturday, 7.00 pm – 10.00 pm

USD 120 net per person *(Included in half board and full board meal plans)*



SEA.FIRE.SALT

Turquoise lagoon, stunning sunset, and the occasional visit from Nikki, our resident makana, Sea.Fire.Salt promises nothing but a memorable dining experience over prime-aged cuts and fresh catch from the Maldivian waters – especially with the right company. Paired with the right selection of fine wine and a hint of sea breeze, there's no reason to not wine, dine and be merry.

No meat? No problem! Our chefs are always ready to put their creative hats on and cook up a vegetarian storm.

Lunch: 12.30 pm – 2.30 pm

Dinner: 6.30 pm – 10.00 pm

Butcher Night

3-course menu with your choice of meat

Every Sunday

USD 180 net per person

USD 120 net per person

for half board and full board

Champagne & Lobster

Indulge yourself at the live lobster station and some bubbles

Every Thursday

USD 199 net per person with Champagne

USD 99 net per person for food only

USD 60 credit applies for half board and full board



AQUA BAR



Mamma mia, here we go again!

On another Italian affair that is. At Aqua Bar, vibrant Italian flavours take reign by the pool, set right by the beach with endless lagoon views. The ambiance changes throughout the day, with poolside refreshments and light meals served all afternoon. Munch on Chef Jacopo's specialty pizzas, fresh from the wood fire oven. And don't forget to stop by our ice-cream hut with a variety of flavours and ingenious toppings. Staying true to the Italian affair, we recommend the tiramisu ice-cream or a scoop of vanilla for an affogato!

Lunch: 12.00 noon to 4.00 pm

Dinner: 7.00 pm to 10.00 pm

Drinks: 10.00 am to 12.00 midnight

Aqua Beach BBQ

5-course menu with live BBQ station on the beach

Every Wednesday, 6.30 pm to 10.00 pm

USD 165 net per person

USD 100 net per person for half board and full board

Winemaker's Dinner

5-course menu with specially curated wine pairing

Please connect with our team to learn more about the next dinner

USD 150 net per person

USD 60 credit applies for half board and full board

AROUND THE WORLD WITH THE STARS

Kick-starting Anantara Veli Maldives Resort's Around the World Michelin Star Guest Chef Series are two culinary greats, Chef Dan Bark of Thailand's Cadence and Chef Denis Lucchi of Buona Terra in Singapore.

Hailing from Chicago, Chef Dan moved to Bangkok with his partner, Fay, back in 2015. He opened a small restaurant called Upstairs in 2016, serving progressive American cuisine, which earned a Michelin Star the next year. Following the success of Upstairs, he decided to move forward with his team to create a fine dining tasting experience, Cadence by Dan Bark, earning a Michelin Star within 6 months of opening in 2020.

Exploring the depth and complexities of the natural flavours of ingredients and combining them with artfully crafted dishes Chef Dan will bring inspiration from his personal memories, favourite flavours, and stories from his life to Anantara Veli this February. In March, Chef Denis will be showcasing an ode to the Italian love affair with food crafted at its most thoughtful, original and gastronomically refined. Taking the cherished basics commonly seen at Buona Terra to Anantara Veli, Chef Denis is set to deliver the conscious, unhurried enjoyment of flavours and enduring memories that come from a truly great meal, alongside hospitality that makes the Maldivian vacationers feel right at home.

Join Chef Dan and Chef Denis for an exclusive Michelin starred dinner!

Chef Dan Bark

Cooking Class: Wednesday 21 February

Dinner: Thursday 22 February

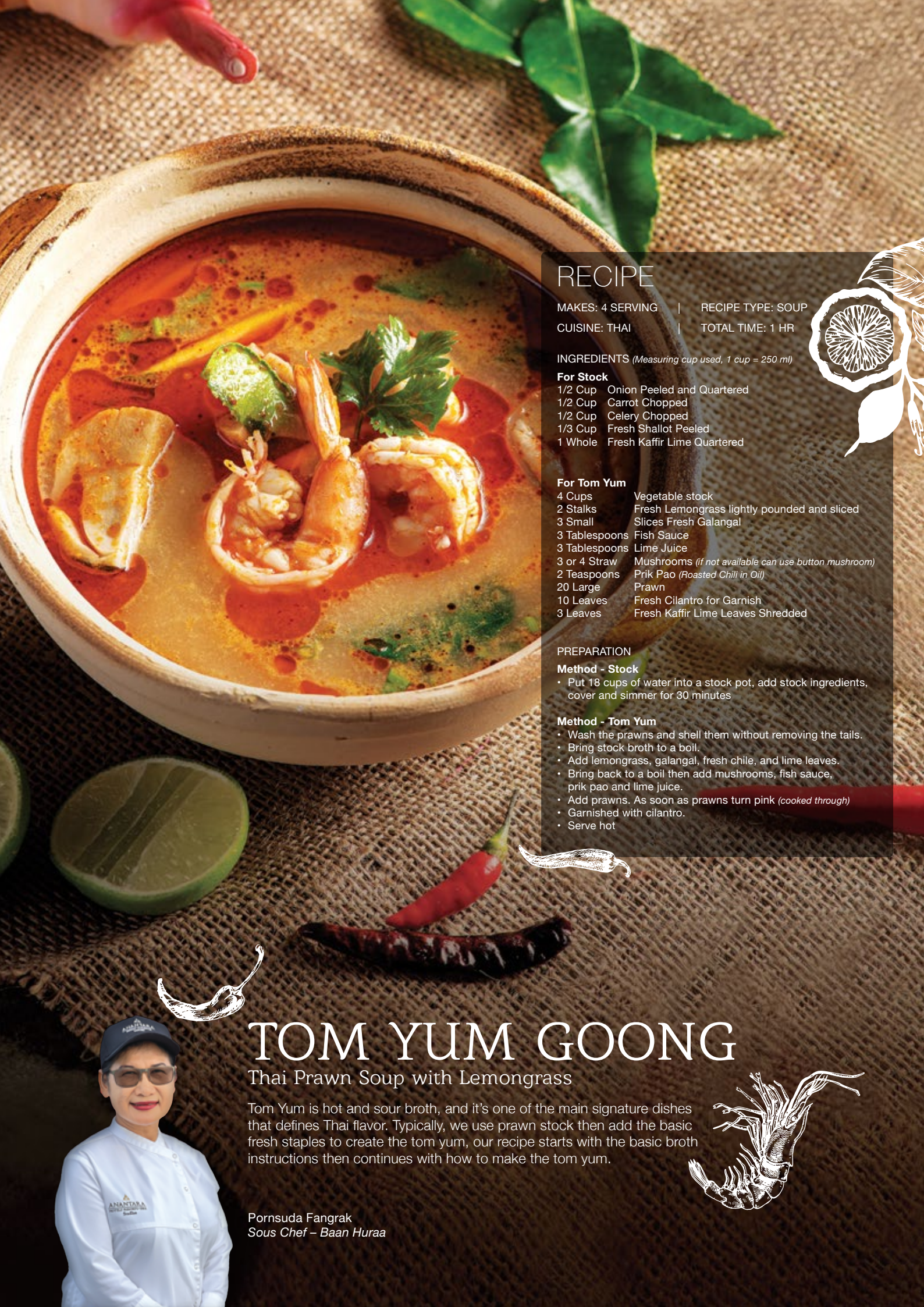
Chef Denis Lucchi

Cooking Class: Wednesday 13 March

Dinner: Thursday 14 March

Limited seats available, advance reservation is required.





RECIPE

MAKES: 4 SERVING

RECIPE TYPE: SOUP

CUISINE: THAI

TOTAL TIME: 1 HR

INGREDIENTS *(Measuring cup used, 1 cup = 250 ml)*

For Stock

- | | |
|---------|-----------------------------|
| 1/2 Cup | Onion Peeled and Quartered |
| 1/2 Cup | Carrot Chopped |
| 1/2 Cup | Celery Chopped |
| 1/3 Cup | Fresh Shallot Peeled |
| 1 Whole | Fresh Kaffir Lime Quartered |

For Tom Yum

- | | |
|---------------|---|
| 4 Cups | Vegetable stock |
| 2 Stalks | Fresh Lemongrass lightly pounded and sliced |
| 3 Small | Slices Fresh Galangal |
| 3 Tablespoons | Fish Sauce |
| 3 Tablespoons | Lime Juice |
| 3 or 4 Straw | Mushrooms <i>(if not available can use button mushroom)</i> |
| 2 Teaspoons | Prik Pao <i>(Roasted Chili in Oil)</i> |
| 20 Large | Prawn |
| 10 Leaves | Fresh Cilantro for Garnish |
| 3 Leaves | Fresh Kaffir Lime Leaves Shredded |

PREPARATION

Method - Stock

- Put 18 cups of water into a stock pot, add stock ingredients, cover and simmer for 30 minutes

Method - Tom Yum

- Wash the prawns and shell them without removing the tails.
- Bring stock broth to a boil.
- Add lemongrass, galangal, fresh chile, and lime leaves.
- Bring back to a boil then add mushrooms, fish sauce, prik pao and lime juice.
- Add prawns. As soon as prawns turn pink *(cooked through)*
- Garnished with cilantro.
- Serve hot

TOM YUM GOONG

Thai Prawn Soup with Lemongrass

Tom Yum is hot and sour broth, and it's one of the main signature dishes that defines Thai flavor. Typically, we use prawn stock then add the basic fresh staples to create the tom yum, our recipe starts with the basic broth instructions then continues with how to make the tom yum.

Pornsuda Fangrak
Sous Chef – Baan Huraa



SPA AND WELLNESS

YOUR GUIDE TO THE ULTIMATE REVIVING VACATION

For most of us, massages are usually the go-to solution for maximum relaxation when on vacation. But the growth in lifestyle disorders these days calls for a deeper understanding of one's needs to address the root cause and heal the mind, body and soul. Here are some tips on how you can spice up your wellness journey:



THE AYURVEDIC PATH

One of the oldest practices which holds a pearl of ancient wisdom and ayurveda treats the whole body system, healing from the root of the issue. It mainly believes that there are three elements in the body named vata, kapha and pita, and imbalance in these doshas results in various problems and diseases. Therefore, ayurvedic treatments and therapies focus on bringing balance to the doshas, bringing additional relief to those who engage in heavy exercise and activities.

One of the more popular Ayurvedic treatment is Pinda Swedhana, a therapeutic treatment which involves applying warm herbal pouches to the body to open the energy channels. With the application of this herbal press, medicinal herbs absorb into the underlying tissues, improving blood circulation and repairing neuromuscular conditions to ease joint pain and leave the body feeling revitalised.



FACIAL ESSENTIALS

One thing you would gift to yourself as someone who values self-care is a facial. Going beyond external beauty, facials these days promote the wellbeing of your skin against acne and discoloration caused by air pollution, especially when combined with a daily skin care regime and good nutritional diet.

Treatments like the high-performance Signature Restorative Facial at Balance Wellness by Anantara is formulated with powerful antioxidants to neutralize free radical damage, and to repair irritated skin. The facial also targets skin issues such as dehydration, sensitivity and rosacea. Start with a thorough cleansing using Diamond Microdermabrasion, application of highly effective products with NAC Y2 active ingredients to accelerate the skin's healing, visibly reduce fine lines and brighten the skin.

RETAIL CORNER

Apart from the exotic spa treatments, we highly recommend to follow a skincare routine in order to be healthy on a longer, please visit us at Overwater Spa Dhigu Retail Store. We feature 111 Skin products and Anantara Products.



FLOAT LIKE A BUTTERFLY, STING LIKE A BEE

One of the oldest combat sports in the world, boxing, is an efficient yet fun way to workout. With guidance from a certified trainer, you'll be guided through a combination of cardio warmup, dynamic mobility, boxing technique and pad work, and of course, full body conditioning. All in all, this equates to a great way to tone and strengthen the body.

At Anantara Maldives, our boxing coach, Borch, specialises in advanced boxing and functional fitness training for toning and general health. Gloved with a competitive sporting background across many disciplines, including boxing, basketball, table tennis and chess, he incorporates elements of each into his training methodology for the most effective workout, both for the mind and the body. Feel free to consult with him about physical training whether your goals are for toning, strengthening, or simply learning new exercises. Available for single individual, couple's and kids.

GETTING TO KNOW YOU

Are you having allergic reactions to specific food items? Did you know that some allergies might just be a sensitivity to certain food items develop for a short period of time. With the Epigenetics Hair Test, you'll be able to dig deeper into your genetic data through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalised reading with our Balance Wellness Consultant, how to reverse your epigenetic expression and live a healthier more resilient life.





SUPPLEMENTS: FACTS AND FADS

A BROAD, INFINITE, EVERGREEN TREND OF ALL TIME!



WELLNESS CONSULTANT AND HOLISTIC NUTRITIONIST

Pranathi Bollapragada
*Master's in Nutrition, Certified in
Behavior Changing Skills Coach*

Pranathi is a wellness consultant and a Holistic Nutritionist, she finds her immense pleasure and fulfilment in helping people lead healthier and happier lives. She believes in integration; hence she found a balance of integrating modern clinical approach with strong principles of ancient wisdom of Ayurveda and Holistic Nutrition, she is an advocate of diet that are balanced and nourishing rather than restrictive. Over the years she has developed a magnificent hands-on experience to cater the individual needs according to their physical, psychological factors.

With massively growing health issues that are sorely due to the outcome of poor lifestyle habits and choices, studies are constantly computed to find practical ways which can be implemented to enhance the overall wellbeing of individuals.

Due to the drastic decrease in naturally grown local and organic foods, most foods are being harvested and grown by using pesticides and chemicals, which can be deadly with prolonged consumption. It also compromises the digestive track, accumulating toxins and reducing the absorption of nutrition in foods.

Every individual requires certain protein, energy, carbohydrates, fats, vitamins, and minerals. This is calculated based on one's bodily needs, activity levels, health status, occupation, and goals – known as the “Recommended Dietary Allowance” (RDA). Most times, it is challenging to meet the RDA, hence supplements are recommended to make up for the nutrients needed.

Our resident nutritionist, Pranathi, shares her insights on ways to incorporate balanced nutrition habits. Here are her recommendations:

VITAMIN C

Vitamin C is the most important vitamin one must aim to meet on daily basis. It has several important functions, including helping to protect cells and keep them healthy and supporting healthy skin, blood vessels, bones, and cartilage.

It is highly recommended to combine certain foods in order to enhance the vitamin C absorption to the body, a squeeze of lemon juice into lentil soup, bell pepper sticks with hummus extra tomatoes and bell peppers mixed into black bean chili.

The greatest food sources of vitamin C include lemon, lime, orange, tomato, kiwi and berries like strawberries and blueberries.

VITAMIN E

Vitamin E is a powerful antioxidant and is one of the best summer supplements for skin care. It has several important functions, but primarily, Vitamin E protects skin from the harmful effects of the sun. It can also help with faster recovery from sunburn, which is crucial when travelling to sunnier climates.

The body can absorb vitamin E more effectively when consumed alongside some fat, like salad dressing, avocado, cheese, or nut butter. Good sources of vitamin E include sunflower seeds, corn, soybean and nuts like peanuts, hazelnuts, and almonds.

COENZYME Q10

A substance that helps convert food into energy, Coenzyme Q10 (CoQ10) is a powerful antioxidant found in almost every cell in the body, motivating energy production and powers biochemical reactions. Antioxidants fight damaging particles in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death.

A powerful antioxidant, CoQ10 protects your brain, heart and muscles and has anti-inflammatory properties. There are a few food sources that are naturally abundant in Coq10 which include organ meat, fatty fish, legumes, broccoli, oranges and peanuts.

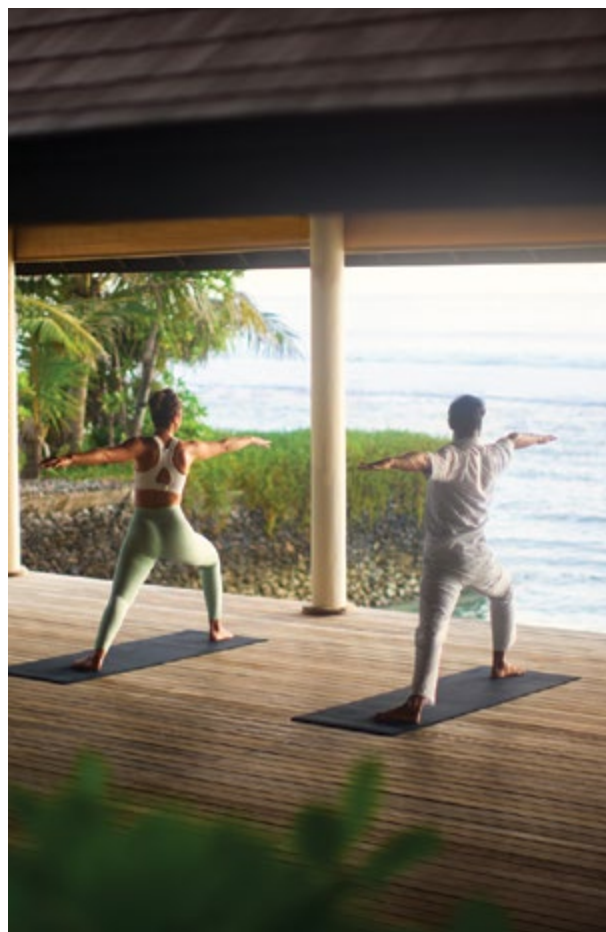
CELL WELLBEING EPIGENETIC TEST

The nutritionist here runs through a detailed consultation and Cell Wellbeing Epigenetic Test, which allows one to witness the genetic data through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells.

WELLNESS ACTIVITIES AND WORKSHOP SCHEDULE

Booking is not required. The time schedule might change without prior notice. Please check in Anantara Apps or at our Spa Reception for more details.

MONDAY	8.00 am Art of Breathing at Yoga Pavilion 9.00 am Guided Smoothie Session at Fushi Café 5.00 pm Sunset Yoga at Yoga Pavilion
TUESDAY	8.00 am Hatha Yoga at Yoga Pavilion 3.00 pm Meet Masters Wellness at Yoga Pavilion 5.00 pm Art of Four Limbs at Boxing Ring
WEDNESDAY	8.00 am Keep Fit Workout at Aqua Beach 9.00 am Guided Smoothie Session at Fushi Café 5.00 pm Balance Workout at Yoga Pavilion
THURSDAY	8.00 am Yin Yoga at Boxing Ring 3.00 pm Sound Healing at Yoga Pavilion 5.00 pm Fitness First at Veli Outdoor Gym
FRIDAY	8.00 am Ashtanga Yoga at Yoga Pavilion 3.00 pm Kids Fitness at Kids Club 5.00 pm Keep Fit Workout at Boxing Ring
SATURDAY	8.00 am Island Run at Aqua Beach 3.00 pm Wellbeing Workshop at Yoga Pavilion 5.00 pm Sunset Yoga at Yoga Pavilion
SUNDAY	8.00 am Sun Salutation at Yoga Pavilion 3.00 pm Happy little masters at Kids Club 5.00 pm Sound Healing at Boxing Ring



HOME REMEDY

100% Edible Sugar Scrub

A long week at work calls for a weekend in, and we have just the perfect remedy for a relaxing spa-turday. How does a blend of fresh fruits peel and aromatic coffee in the morning shower sound? Here's a homemade concoction you can try as your morning ritual:

Mix...

- 1 cup of sugar (*refine granules*)
- ½ cup of coconut oil (*organic if possible*)
- 2 tbsp of dried fruit peels (*pineapple, lemon and orange – all naturally sun-dried and finely grounded*)
- 1 tbsp of grounded coffee (*reused, sun-dried*)

With a generous amount of sugar scrub, start from the bottom of your legs towards the upper body, gently massaging in a circular motion from right to left. If you are taking bath, soak in with the scrub on for at least 15 minutes for the maximum effect. Remember, don't use any soap when rinsing and gently towel dry to keep the glow and the lovely scent to last for the whole day.

Make this your weekly ritual and you'll feel renewed with softer looking skin as it affectively removes dead skin cells.

TIP!

Brushing your body with a dry body brush before jumping into the shower helps remove toxins from your body. To enhance the result of the scrub, try this before applying the sugar scrub to your body.



AQUAFANATICS

DOLPHIN SNORKELLING

Go for an exhilarating swim in Dolphin Lagoon. A unique place in the Maldives where Spinner Dolphins go for mating and socialising. At times in this season there can be hundreds of dolphins at the same time. However, they are wild animals and therefore their presence is not guaranteed, though this is the best season to swim with them. Ability to swim is required as they are fast moving animals.

Trip duration: 2 hours

Adult: USD 205 / Child: USD 155 (3 – 11 years old)

WHALE SHARK SNORKELLING

Join us on our amazing full-day trip to snorkel with whale shark in Ari Atoll. The trip starts at 7.00 am and it takes approximately 1.5 hours to arrive at Ari Atoll. Once there, it is just a matter of time until the adrenaline kicks in as we prepare to jump into the water when a whale shark is spotted. The chances of seeing whale sharks in the area (*even though we cannot guarantee it*) are very high as it is one of the places where they do not migrate from. The snorkelling area is easy to navigate and whale sharks are very gentle, they come close to the surface. If it's your lucky day, you might spot dolphins, mantas and turtles along the way!

Trip duration: 6 to 8 hours

Adult: USD 495 / Child: USD 370 (3 – 11 years old)

BIG GAME FISHING

Hop on to our modern-day dhoni that runs approximately 12 to 14 knots, taking only 10 minutes to get to the fishing ground from the resort. The fishing takes place in the open sea, but never far from the outer reef, because predatory fishes come to hunt near the reefs. Hence, the chances to catch a wahoo, sailfish, trevally etc. is quite good.

Half Day (4 hours): USD 1,400 / Full Day (8 hours): USD 2,050

JETSURF

Jet across the lagoon on our electric surfboat. A unique and fun experience in our amazing lagoon.

20 mins: USD 205



TROPICSURF

Ideally located in the heart of South Male's surf scene, Anantara Dhigu Maldives is a few minutes away from a variety of breaks, which cater to all surfing levels and abilities from peeling, playful rights to down-the-line left barrels. The peak surf season is from April to October, when the winds are from the west and the swell is from the southeast. From November to March, we organise trips to North Male Atoll where waves are stronger, however, swell is less consistent.

For those wanting to stretch their legs a little further afield, we offer half day trips to the famous North Male' breaks too. During the off season from November to March, we can still find some good waves at Honkey's which offers shelter from the prevailing North East winds at this time. These trips are a 5 hour round trip, which includes three hours of surfing time and a transit time of one hour each way via speedboat.

TropicSurf operates exclusively from Anantara Dhigu and offers expert guidance, water safety and coaching tips. One of the advantages of surfing from our resorts is the wide range of experiences on offer, which cater to any level, from beginners to advanced surfers. For first-timers, our surf gurus will teach you the basics of surfing within the safety of the lagoon. This flat water lagoon session is offered all year round and is for first time learners, both young and old before moving into learning in the waves. In the lagoon session we teach, ocean awareness, safety, board control, and the take off technical in the waveless calm waters of the lagoon.

Within a 10 minute boat ride from the resort we have a dreamy beginner wave named "Henrys", perfect for those looking to catch their first wave.

Additionally to surfing, TropicSurf has stand-up paddleboards for rental allowing guests to paddle around the crystal clear lagoon granting great views of the sea life underneath. Whether it be sunrise, during the day or sunset it is a great way too unwind and take in the beauty of Anantara Dhigu/Veli.



TURTLE TALES

The Maldivian archipelago is home to five of the seven species of sea turtles: green (*Chelonia Mydas*), hawksbill (*Eretmochelys Imbricata*), loggerhead (*Caretta Caretta*), olive ridley (*Lepidochelys Olivacea*), and leatherback (*Dermochelys Coriacea*).

Green and hawksbill sea turtles are the most commonly sighted sea turtles, known for nesting nationwide.



SEA TURTLES ARE WHAT THEY EAT!

Green sea turtles are unique among sea turtles. During the first few years of their lives, they are omnivorous, but when they reach the adult phase, they become primarily herbivores, eating mostly seagrass and algae. This diet is what gives their cartilage and fat – surprisingly not their shells – a greenish colour, which is where their name comes from.

SEA TURTLES SPEND ALL THEIR LIVES IN THE WATER

However, female sea turtles will come to the land to lay eggs. The group of eggs is called a clutch. They usually lay between 60 to 120 eggs per nest and will nest multiple times, each about two weeks apart, over several months. It takes roughly 2 months for the eggs to hatch and as soon as they hatch, the hatchlings dig out of their nest. This process generally takes a few days. Once they emerge, the tiny turtles hurry to the sea and make their way offshore into the open ocean. Baby sea turtles face many threats, but those that survive to become adults will live for decades.

SAND TEMPERATURE MATTERS

The gender of sea turtles, like that of many other turtles, is determined by the temperature in the nest. Cooler incubation temperatures produce male hatchlings, and warmer incubation temperatures produce female hatchlings. Temperatures that fluctuate between the two extremes will produce a mix of male and female hatchlings.

SEA TURTLES DON'T RETRACT INTO THEIR SHELLS

Unlike other turtles, sea turtles cannot retract their flippers and head into their shells. Their streamlined shells and large paddle-shaped flippers make them very agile and graceful swimmers. In the water, their rear flippers are used as rudders for steering.

REMEMBER!

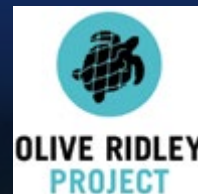
Upon spotting these fascinating creatures, it's very important to keep in mind that they are endangered, and we need to be respectful and responsible. Here's what you should do:

- Move slowly in the water with minimal splashing and refrain from talking where possible (*especially when diving!*), although you may feel like shouting for joy at seeing a turtle, you don't want to scare it away.
- Leave a clear path for the turtle to get to the surface for their next breath. Never swim directly above the turtle.
- Keep your distance and approach calmly from the side. Your encounter will be much longer if the turtle is not frightened.
- Never chase or attempt to touch turtles.





CITIZEN SCIENTIST PROGRAMME IN COLLABORATION WITH THE OLIVE RIDLEY PROJECT



DID YOU KNOW, THAT THE PATTERNS OF SCALES ON A TURTLE'S FACE ARE AS UNIQUE AS FINGERPRINTS ARE TO HUMANS?

Photo-ID is a non-invasive technique used to identify individual turtles in a population and track them over time. It allows scientists to study the population structure, distribution, habitat use, and migration patterns of all sea turtle species. At Anantara Maldives, we collaborate with the Olive Ridley Project (ORP) through a photo-ID programme. Every time we go snorkelling or diving, we collect the photo ID of sea turtles and send it to ORP for identification.

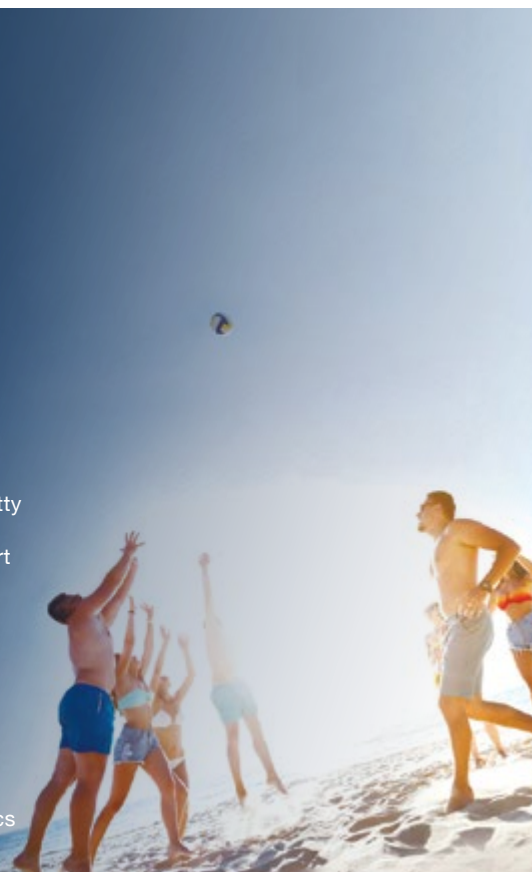
Guests are also welcomed to help and become citizen scientists. To contribute to our ID programme, we need the following images: Left and right profile, top view. The pictures can be sent to omigliaccio@anantara.com.

After the ID process is completed, a special code and a nickname of your choice will be assigned to the sea turtle, and if there is any other sighting of that specific turtle, you be notified by email.



RECREATIONAL WEEKLY ACTIVITIES

MONDAY	11.30 am 4.30 pm	Water Polo at Aqua Pool Beach Football at Aqua Beach
TUESDAY	11.30 am 4.30 pm	VDO Games Challenge at Aqua Bar Beach Volleyball at Vollley Court
WEDNESDAY	11.30 am 5.30 pm	Darts Game at Aqua Pool Sunset Jogging at Aqua Beach
THURSDAY	11.30 am 4.30 pm	Water Polo at Aqua Pool Beach Football at Aqua Beach
FRIDAY	11.30 am 12.00 noon 4.30 pm	Table Tennis Near Boxing Ring Stand-up Paddle Lesson at Arrival Jetty Guest vs Team members Beach Volleyball Match at Vollley court
SATURDAY	11.30 am 4.30 pm	VDO Games Challenge at Aqua Bar Beach Volleyball at Vollley Court
SUNDAY	11.30 am 4.30 pm 7.00 pm	Water Gymnastic at Aqua Pool Guest vs Team members Football Match at Marina Court Camping on the Beach at Aquafanatics





KIDS ACTIVITIES

At Anantara Dhigu, families and the little VIP's are invited to engage with the destination through our kids activities.

Our kids program is built around the young adventurers and features a daily program of activities including sports, arts and crafts, cooking classes, and more. The experience is based out of Dhoni Kids Club, an exciting indoor-outdoor playspace with a climbing wall, a treehouse, and two Dhoni boats packed with fun.

MONDAY

MAKE IT

- 9.00 am – 9.30 am Registration
- 9.30 am – 10.00 am Stretching Exercise
- 10.30 am – 11.30 am Aqua Pool Game
- 12.00 noon – 12.30 pm Make Your Own Chef's Hat
- 12.30 pm – 1.00 pm Sushi Making Class*
- USD 25 Maximum 8 kids, minimum 2 kids.*
- Bookings required at least 24 hours in advance.*
- 1.00 pm – 2.30 pm – Closed for Break
- 2.30 pm – 3.30 pm – Bracelet Making
- 4.00 pm – 5.30 pm – Beach Fun Games

TUESDAY

TRY IT

- 9.00 am – 9.30 am Registration
- 9.30 am – 10.00 am Beach Walk
- 10.30 am – 11.30 am Swimming Time
- 12.00 noon – 1.00 pm Yarn Crafts
- 1.00 pm – 2.30 pm Closed for Break
- 2.30 pm – 3.30 pm Discovering Marine Life with Coral Planting
- 4.00 pm – 5.30 pm Beach Crafts

WEDNESDAY

WONDERFUL

- 9.00 am – 9.30 am Registration
- 9.30 am – 10.00 am Tug of War
- 10.30 am – 11.30 am Water Games
- 12.00 noon – 12.30 pm Make Your Own Chef's Hat
- 12.30 pm – 1.00 pm Spring Roll Cooking Class*
- USD 25 Maximum 8 kids, minimum 2 kids.*
- Bookings required at least 24 hours in advance.*
- 1.00 pm – 2.30 pm Closed for Break
- 2.30 pm – 3.30 pm Balloon Popping
- 4.00 pm – 5.30 pm Beach Games

THURSDAY

TRICKY

- 9.00 am – 9.30 am Registration
- 9.30 am – 10.00 am Water Balloon Challenge
- 10.30 am – 11.30 am Tie Dye
- 12.00 noon – 1.00 pm Origami
- 1.00 pm – 2.30 pm Closed for Break
- 2.30 pm – 3.30 pm Leaf Painting
- 4.00 pm – 5.30 pm Nature Scavenger Hunt

FRIDAY

FUN

- 9.00 am – 9.30 am Registration
- 10.00 am – 11.30 am T-Shirt Painting
- 12.00 noon – 12.30 pm Make Your Own Chef's Hat
- 12.30 pm – 1.00 pm Pizza Cooking class*
- USD 25 Maximum 8 kids, minimum 2 kids. Bookings required at least 24 hours in advance.*
- 1.00 pm – 2.30 pm Closed for Break
- 2.30 pm – 3.00 pm Card Game
- 3.00 pm – 3.30 pm Happy Little Master
- 4.00 pm – 5.30 pm Jute Rope Crafts

SATURDAY

SPLASH

- 9.00 am – 9.30 am Registration
- 10.00 am – 11.30 am Tote Bag Painting/ Glass Bottom Boat
- 12.00 noon – 1.00 pm Swimming Time
- 1.00 pm – 2.30 pm Closed for Break
- 2.30 pm – 3.30 pm Journal Making
- 4.00 pm – 5.30 pm Beach Treasure Hunt
- 7.00 pm – 8.00 pm Kids Camping

SUNDAY

SUPER

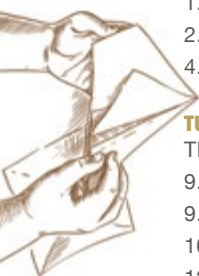
- 9.00 am – 9.30 am Registration
- 9.30 am – 10.00 am Finding Seashells
- 10.30 am – 11.30 am Shell Art
- 12.00 noon – 1.00 pm Bracelet Making
- 1.00 pm – 2.30 pm Closed for Break
- 2.30 pm – 3.00 pm Mini Canvas Painting
- 3.00 pm – 3.30 pm Kids Fitness
- 4.00 pm – 5.30 pm Beach Fun Time

EXTRA ACTIVITY: Complimentary Kids Surfing
Complimentary Kids Boxing (8 years old and above)
Complimentary Snorkelling (7 years old and above)

PLEASE NOTE:

- ALL ACTIVITIES ARE SUBJECT TO CHANGE DEPENDING ON WEATHER CONDITIONS AND NUMBER OF CHILDREN PRESENT.
- ADVANCE BOOKING IS REQUIRED. CHILDREN MUST BE BETWEEN 4 AND 11 YEARS OLD.

For more details, please dial ext. 0 or visit Dhoni Kids Club.



SUSTAINABILITY

LOVE OUR REEF? HELP US PROTECT IT.

Immersing guests in the spirit of giving back, Anantara Dhigu invites you to donate USD 1 per night stay in the Dollars for Deeds programme. The resort will match guests' donations dollar for dollar during their stay to raise funds to support Coral Reef CPR by protecting our flourishing reefs, reducing our impact on the environment and promoting sustainability.

