

beru



FIND YOUR RHYTHM
IN THE ISLAND
OF YOUR CHOICE



Enhance your stay
DOWNLOAD THE
ANANTARA APP
to find out about our
promotions and activities.



WELCOME

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 offering spa experiences tailored to your specific needs and desires. We invite you to explore the above and underwater excursions that our island has to offer.

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*)

Zen & Sake at the Origami

5-course Japanese set menu with sake pairing

Every Monday

USD 260 net per person (*USD 180 net per person food only*)

USD 200 net per person for half board and full board (*USD 120 net per person food only*)

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

Every Sunday, 12.00 noon – 4.00 pm (*Adults only*)

USD 49.50 net per person (*Food only*)

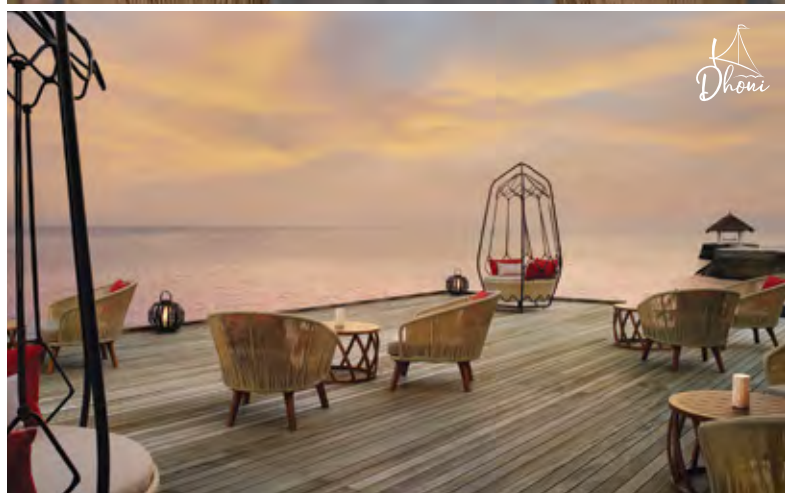
USD 100 net per person (*Free-flow Rosé*)

USD 129.50 net per person (*Free-flow Champagne*)

Sundowner Gin Masterclass

Every Sunday, 5.00 pm – 7.00 pm

Enjoy your first drink on us and select your next drink at a special price!



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)

Special Celebration Thali Menu

Available everyday

USD 120 net per person

USD 60 net per person for half board and full board



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 Hot Pot

Every Tuesday

USD 99 net per person

USD 39 net per person for half board and full board

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



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 to 2.30 pm

Dinner: 6.30 pm to 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



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

DINING WITH THE STAR

Chef Gary Foulkes has a wealth of high-end culinary experience, after cooking in some of the most highly acclaimed establishments in the UK for over two decades.

Starting his career under the guidance of Gary Rhodes, he has since worked with a long line of acclaimed chefs, including John Campbell at The Vineyard at Stockcross (**), Richard Neat (**) and William Drabble at the Aubergine in Chelsea (*). Gary then moved to Philip Howard's revered two Michelin starred restaurant, The Square in Mayfair (**), where he progressed to the role of Head Chef.

In April 2016, Gary joined Angler, as Executive Head Chef, achieving a Michelin star after just five months, whilst creating a new reputation for Angler, focusing on his unique and clean style of cooking with the aim to simply deliver pleasure.

Gary has retained the Michelin star ever, since up to and including the 2023 Michelin Guide whilst pushing the food offering to greater heights.

As an avid traveller, many of his skills draw strong influence from the three years he spent travelling across France, Southeast Asia, Japan, Central America and more recently South America. Gary's cooking is inspired by these travel experiences with the use of different styles, flavours and techniques to create vibrant, seasonal dishes using the best of British produce where possible.

Join Chef Gary for an exclusive Michelin starred dinner!

Saturday 2 – Sunday 3 September

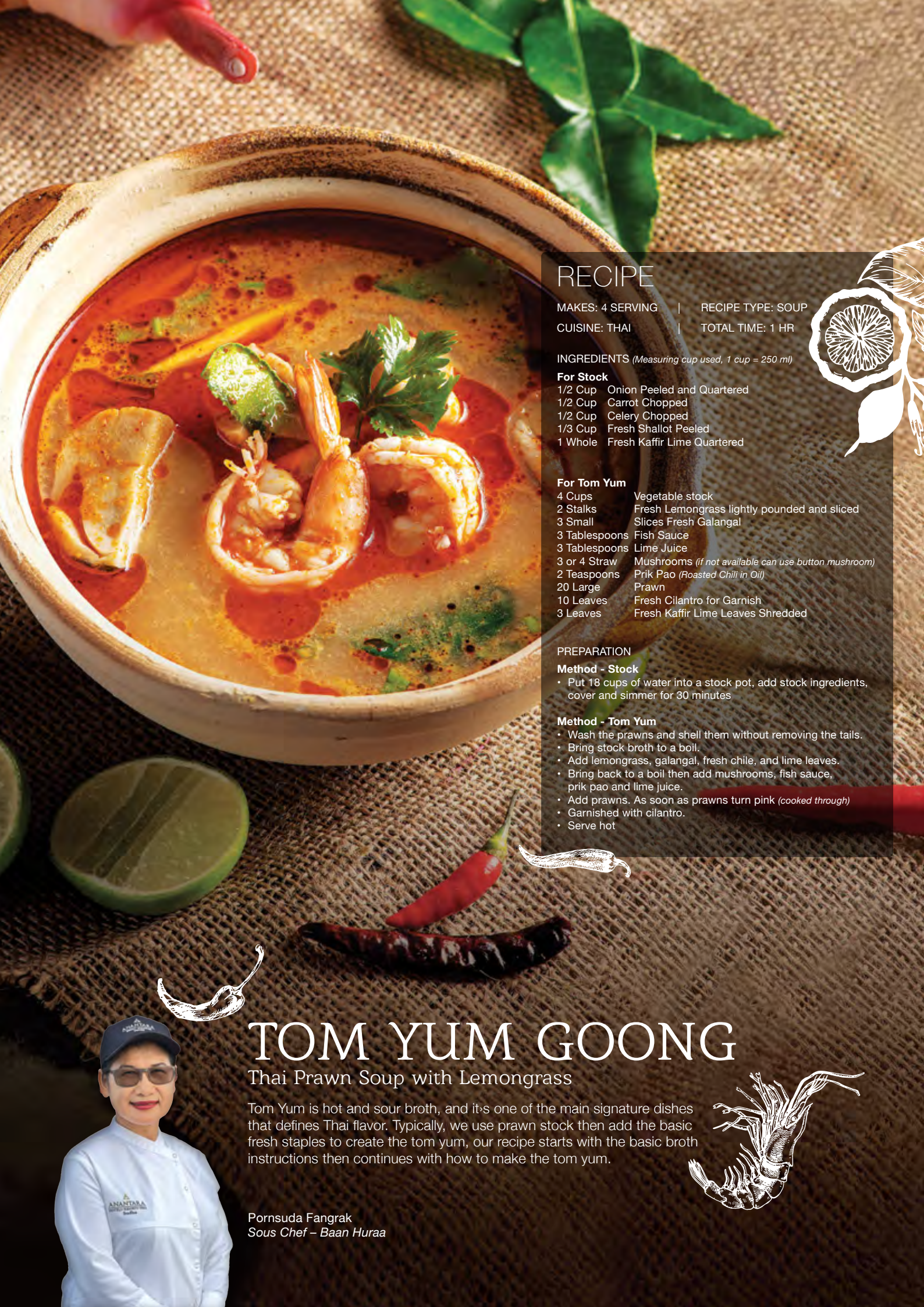
At Origami Wine Cellar

USD 399 per person

Limited seats available, advance reservation is required.



Gary Foulkes



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

WELLNESS OR WELLBEING: WHAT'S THE DIFFERENCE?

While wellness and wellbeing has been the talk of town, especially since the dawn of the pandemic, one could not help but wonder: Which comes first?

Before we attempt to answer that million-dollar question, it's important to first understand the meaning behind these words. The Oxford Dictionary defines wellness as the state of being healthy, especially when you actively try to achieve this. Wellbeing, on the other hand, is defined as general health and happiness – emotionally, physically, and psychologically.

Now that we've gotten those sorted, it's pretty clear to us that both should come hand-in-hand, like butter to your bread. What matters is balance and moderation and here are three tips to start your balanced journey during your stay at Anantara Maldives:

FIND YOUR INNER PEACE

To start your wellness journey, yoga and meditation are the most effective ways to connect the body and mind as it helps to balance your inner energy, connect you to the natural world, and help you think about life. Most of us are often too busy to reflect on life and frequently use time as an excuse to avoid having a workout regime. Trust us, we're sometimes guilty of that too!

But try to take 10 from your daily routine. Practise Zen meditation for relaxation and we assure you, you'll find yourself with a calmer mind, which leads to a reduction in organ-specific anxiety and an improved immunity. All it takes is 10 minutes a day!

Simply start with basic yogic postures to improve your blood circulation. Then sit in a comfortable pose, close your eyes, practise the "Ohm" chanting, and start with breathing techniques – inhale from the nose and exhale from your mouth, organise your breath – as thoughts come into your mind, acknowledge them, and let them go. Take a few more deep breaths, and when you're ready, slowly open your eyes.

Sounds easy? It sure does.

But if you need boost of motivation to kick it off, try a private yoga session with Anish, our resident wellness and holistic practitioner, and slowly immerse yourself into the lifestyle. Baby steps goes a long way!



MELT YOUR STRESS AWAY

Stress is a major obstacle in the journey towards achieving one's wellbeing goals. We live in a world where stress is an integral part of our lives, and sometimes it can get a bit too overwhelming (*whether we would admit it or not*). It is extremely important for us to find a way to destress ourselves and take some timeout.

Have a hobby, read a book, bake a cake, volunteer, spend time with friends and family, travel... do something you really love for a start. Finding time for a much-needed break is easier when you're doing something you enjoy doing – like weekly visits to the spa for example.

Our personal favourite here at Balance Wellness by Anantara Spa is the Candle Sensory Awakening Massage that guarantees to melt your stress away, literally! It starts with stretching combined with the candle's circular movements to release tension from the legs, forearms, and stomach, followed by the arms, back of the legs, and back. 60 minutes later, you'll be leaving the spa feeling like you're walking on clouds.

But don't just stop there. Try penning down the things you're grateful for. If you have never thought of it, now is the time to give it a go. And while you're at it, take a minute to check in with yourself – ask yourself how you're feeling. Your thoughts count and the key to your wellbeing is you.





YOU ARE WHAT YOU EAT

As the saying goes, we are what we eat and that's exactly why we should be mindful of our daily diet (*no matter how much we insist that the "D" word does not exist in our dictionary*).

We're not saying it's an ultimate "NO" to fast foods and the occasional gummy bear fix. Let's admit it, a Happy Meal never fails to put a smile on our face – except for that time when you don't get that toy you're eyeing for. But it is important to find a balance in our food intake.

Remember how wellness and wellbeing work hand-in-hand? Having your favourite food may bring you happiness but consuming them excessively may harm your wellness. This is when our in-house nutritionist, Pranathi comes in to save the day (*without the cape of course!*). Depending on your goals, body composition analysis and medical history, she'll cook up a list of dietary recommendations.

Unhealthy diets, combined with several other factors led by modern lifestyles make our digestive systems sluggish, affecting the elimination of waste which can lead to problems such as constipation, extreme fatigue, and premature aging. When this happens, all you need is a detailed nutrition consultation to understand deeper about your body's needs.

WHY NOT?

Private Yoga Session

Yoga is an intrinsic part of the overall wellness and Ayurvedic journey. Find inspiration surrounded by breath-taking views as you practice your poses or asanas. Reap deeper, accumulative benefits each time you practice, under the expert guidance of highly qualified instructors. 60-minute session with choices of styles are available, including Hatha, Ashtanga, or Vinyasa, with a personalised twist to meet one's needs.

Candle Sensory Awakening Massage

This takes about 60 minutes and achieves optimal relaxation with a calming, gentle movement using natural bee wax mixed with a mesmerising essential fragrance. This massage will boost your passion and promote your happiness.

Nutrition and Lifestyle Consultation

A 60-minute consultation that includes a personalised nutrition and lifestyle report with diet plan and the option to add a full analysis of your body composition.





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.

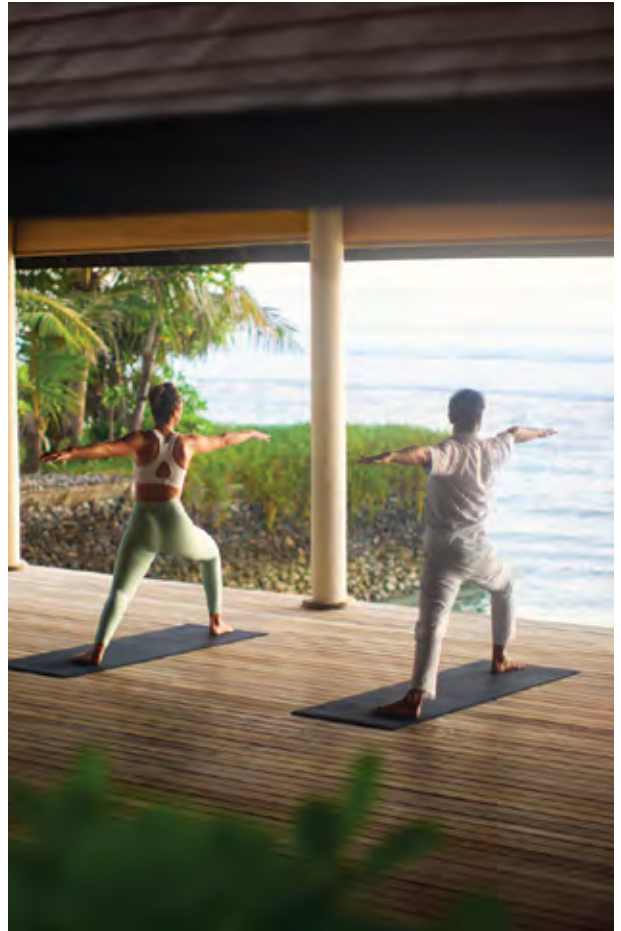
CELL WELLBEING EPIGENETIC TEST

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 Power Yoga at Yoga Pavilion 9.00 am Guided Smoothie Session at Fushi Café 5.15 pm Meet Masters of Wellness at Boxing ring
TUESDAY	8.00 am Flow Yoga at Yoga Pavilion 3.00 pm Women's Workshop at Balance Wellness Spa 4.00 pm Sound Healing at Boxing Ring
WEDNESDAY	8.00 am Balance Workout at Boxing Ring 9.00 am Guided Smoothie Session at Fushi Café 3.00 pm Happy Little Masters at Kids Club
THURSDAY	8.00 am Yin Yoga at Yoga Pavilion 3.00 pm Active Stretching at Boxing Ring 5.00 pm Balance Workout at Veli Outdoor Gym
FRIDAY	8.00 am Pranayama at Yoga Pavilion 4.00 pm Sound Healing at Boxing Ring 5.15 pm Active Stretching at Boxing Ring
SATURDAY	8.00 am Core Workout at Boxing Ring 3.00 pm Incorporating Ayurveda into Lifestyle Workshop at Balance Wellness Spa 5.00 pm Sunset Yoga at Yoga Pavilion
SUNDAY	8.00 am Active Streching at Yoga Pavilion 3.00 pm Pranayama at Yoga Pavilion 5.00 pm Keep Fit Workout at Veli Outdoor Gym



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.





RECREATION EXPERIENCES

KITE SURFING

Learn to ride the wind in one of the most amazing lagoons in the Maldives for this. We will teach you 1:1 from the basics to advanced levels, as we are an official VDWS school. If you know how to ride, you can rent all the equipment from us, and we will assist you in catching the winds. Kite Lesson: USD 200 net per hour - Equipment Rental: USD 110 net per hour

RAY SNORKELING

Experience one of the most amazing snorkelling spots in South Male Atoll. Encounter here Pink Whip Rays, Nurse Sharks, an abundance of tropical fish, and the occasional black-tip reef shark too.

Trip is 2 hours / USD 275 net per adult / USD 205 net per child (3 – 11 years old)

FLY BOARD

Learn to fly like Iron Man. This is an adrenaline-pumping, fun experience you can't miss. Anyone can try from the age of 10. It is done in the calm waters of the lagoon, and we will teach you in a 30 minutes session. USD 270 per session.

SCUBA DIVING

Discover the amazing underwater world of the Indian Ocean around the resort with our experienced Diving Instructors. If you have never tried it before, you can experience this in one afternoon with our Discover Scuba Diving programme. Also, you can do the full PADI Open Water diving course with us in just 3 to 4 days. Around the resort, we have over 35 dive sites. The amount of life is extremely superb! Not to mention all the different schools of colourful fish we can find. It is very easy to see many different kinds of moray eels, sting rays, Lionfish, Eagle Rays, Turtles, big Napoleon wrasse, Jackfish, Barracudas, White Tip sharks, Grey Reef sharks, Nurse Sharks, etc., and we also have a shipwreck very close to Anantara!



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!

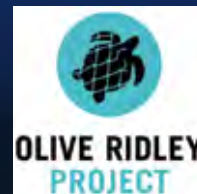
Upon spotting these fascinating creatures, it's very important to keep in mind that they are endangered, and we need to be respectful and responsible. Here's what you should do:

- 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.



MON	MARVELOUS	9.00 am – 9.45 am Colored Sand Art 12.00 noon – 12.30 pm Leaf Art	10.00 am – 11.30 am Nail Clinic 12.30 pm – 1.00 pm Sushi Making Class* USD 25 <i>Maximum 8 kids, minimum 2 kids</i> 2.30 pm – 3.00 pm DIY Kite Making 5.00 pm – 6.00 pm Your Choice of Fun Game
		1.00 pm – 2.30 pm Closed for Break 3.30 pm – 4.00 pm Kite Flying in the Beach	
TUE	TERRIFIC	9.00 am – 9.45 am T-Shirt Painting 12.00 noon – 1.00 pm Palm Weaving 2.30 pm – 3.00 pm Discovering Marine Life 5.00 pm – 6.00 pm Your Choice of Fun Game	10.00 am – 11.30 pm Yarn Craft 1.00 pm – 2.30 pm Closed for Break 3.30 pm – 4.45 pm Word Game
WED	WONDERFUL	9.00 am – 9.45 am Water Balloon Fight 12.00 noon – 12.30 pm Uno Card	10.00 am – 11.30 am Wind Chime Making 12.30 pm – 1.00 pm Spring Roll Cooking Class* USD 25 <i>Maximum 8 kids, minimum 2 kids</i> 2.30 pm – 3.00 pm Balloon Art 5.00 pm – 6.00 pm Your Choice of Fun Game
		1.00 pm – 2.30 pm Closed for Break 3.30 pm – 4.45 pm Beach Fun Time	
THUR	TREMENDOUS	9.00 am – 9.45 am Create Your Own Bookmark 12.00 noon – 1.00 pm Water Games 2.30 pm – 3.00 pm Origami 5.00 pm – 6.00 pm Your Choice of Fun Game	10.00 am – 11.30 am Tie Dye Shirt 1.00 pm – 2.30 pm Closed for Break 3.30 pm – 4.45 pm Nature Scavenger Hunt 7.00 pm – 8.30 pm Kids Cinema
FRI	FANTASTIC	9.00 am – 9.45 am Coconut Painting 12.00 noon – 12.30 pm Chef Hat Making	10.00 am – 11.30 am Aqua Pool Game 12.30 pm – 1.00 pm Pizza Cooking Class* USD 25 <i>Maximum 8 kids, minimum 2 kids</i> 2.30 pm – 3.00 pm Balloon Popping 5.00 pm – 6.00 pm Your Choice of Fun Game
		1.00 pm – 2.30 pm Closed for Break 3.30 pm – 4.45 pm Sand Sculpture	
SAT	STUPENDOUS	9.00 am – 9.45 am Journal Making 12.00 noon – 1.00 pm Bingo Card Game 2.30 pm – 4.45 pm Pirate Accessory Making 7.00 pm – 8.30 pm Kids Camping (4 - 8 years old) <i>Minimum 4 kids</i>	10.00 am – 11.30 am Glass Bottom Boat 1.00 pm – 2.30 pm Closed for Break 5.00 pm – 6.00 pm Treasure Hunt
SUN	SUPER	9.00 am – 9.45 am Tote Bag Decoration	10.00 am – 11.30 am Different Fun Games with Hula Hoops
		12.00 noon – 1.00 pm Bracelet making 2.30 pm – 3.00 pm Card Games 5.00 pm – 6.00 pm Your Choice of Fun Game	1.00 pm – 2.30 pm Closed for Break 3.30 pm – 4.45 pm Nature Walk Art



EXTRA ACTIVITY: Depends on the availability
Kids Complimentary Surfing
Kids Complimentary Boxing
Kids Complimentary Yoga
Lucky Dolphin Cruise*

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.

