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Colourful Side of Life

For snorkelling and diving enthusiasts, Maldives is undoubtedly an underwater paradise!

Snorkelling is perhaps the easiest way to explore the Maldives' vibrant underwater world. Most islands feature a 'house reef' close to their shore, where the shallow lagoon precipitously drops off into the deeper ocean waters. Islands with larger lagoons are also within short boating distance of striking reefs, populated by myriads of small and big sea creatures.

Known internationally as one of the world's best scuba diving destinations, the Maldives has an abundance of dive sites with one thrilling dive opportunity after another. The islands of Maldives have consistently warm waters with outstanding visibility throughout the year. There are a number of exhilarating dive sites such as vibrant thila(s), exciting channels, coral-filled overhangs, and fascinating wrecks.





TAKE A LOOK AT SOME OF THE BEST DIVE SITES IN THE MALDIVES

North and South Male Atoll

Okobe (Barracuda) Thila: three reefs with an abundance of marine life

Manta Point: manta ray cleaning station

Furana Thila: caves frequented by sharks

Banana Reef: colourful fish population

Colosseum: a reef gently sloping down to 25m; blue stripe snapper, red and midnight snapper, eagle ray, whitetip reef shark, leopard shark, batfish and sometimes manta ray and whale shark

Prisca Head: moray eel, red snapper, blue fin, and big eye Trevally and whitetip reef shark

Kuda Wreck: grey reef shark, whitetip reef shark, schools of sergeant fish, black jack fish and moray eel

Asdhoo Rock: small pinnacles on northeast side; is home to Napoleon wrasse, schools of hump head snapper and blue stripe snapper, turtles, red snapper and big schools of fusilier. To the east are live corals.

Ari Atoll

With feeding manta rays, graceful whale sharks and schooling hammerheads, Ari Atoll is home to some of the Maldives' best dive sites such as Maaya Thila and Fish Head.

Baa Atoll Biosphere Reserve

Designated by UNESCO in 2011, the Baa Atoll Biosphere Reserve supports one of the largest groups of coral reefs in the Indian Ocean. The reserve is home to a globally significant biodiversity, including some 250 species of corals and 1,200 reef and reef-associated fish species as well as a population of marine turtles, manta rays, whale sharks and seabirds. These also include threatened and endangered species such as the green turtle, hawksbill turtle, Napoleon wrasses, and tawny nurse shark.



Dos and Don'ts

Do:

- bring dive certification and logbook (for certified divers)
- make your first dive a guided orientation one
- check the tide and current
- watch out for motorboats
- limit dive depth to 30m
- wear a computer and an alternate source of air
- always bring along a partner on dives
- leave the sea before sunset

Don't:

- step on coral
- stir the sediment
- chase or touching any marine life
- feed fish
- litter
- wear gloves
- collect dead or live marine life
- anchor on reefs
- use harpoons or spears
- buy souvenirs made of turtle shell



Photo: SHANFEL LA MALDIVES



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Spiritual Side of Life



Photo: HURAWALHI

Photo: BRAOS

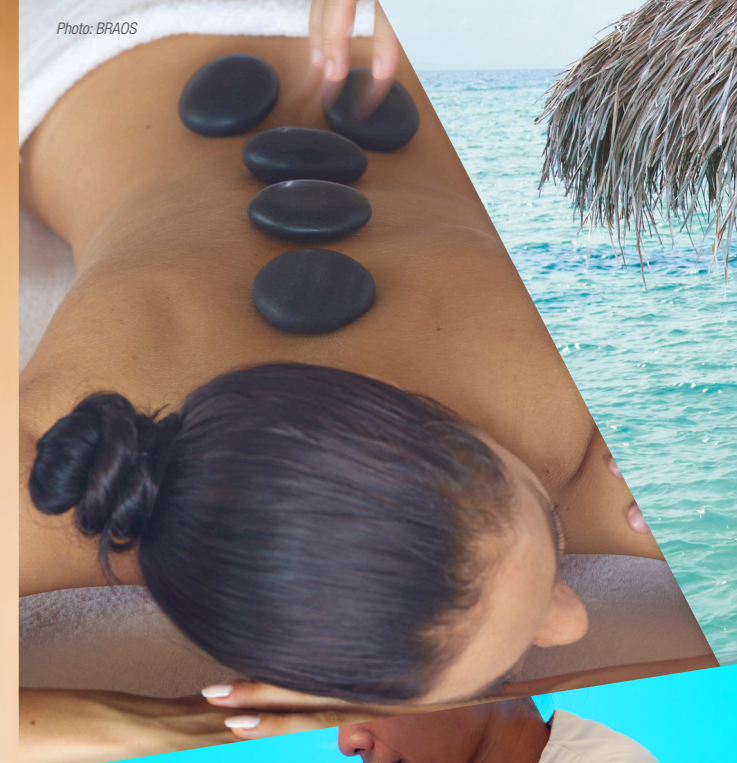


Photo: HUAFEN FUSHI

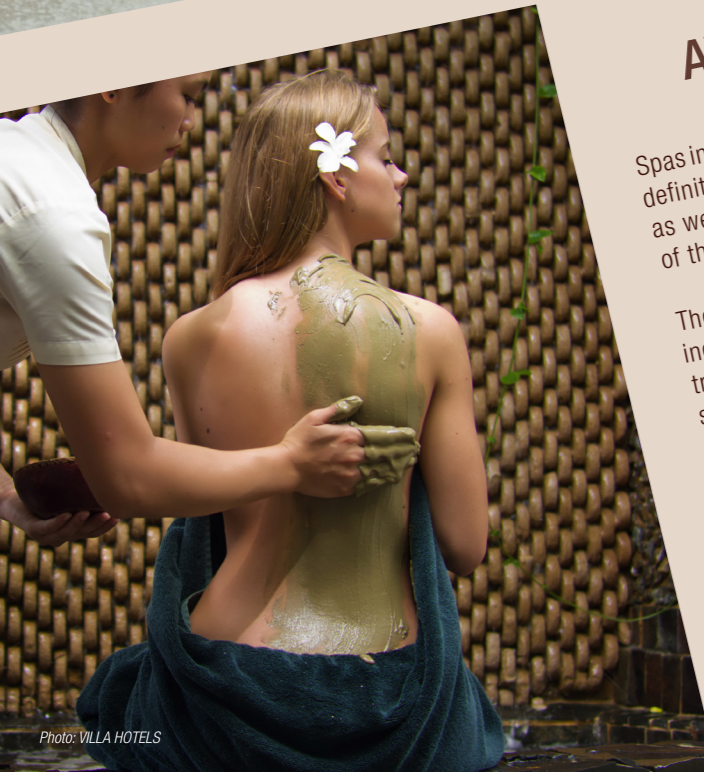
Salute the sun. Meditate before the calming waves of the Indian Ocean. Indulge in soothing Ayurvedic rituals tailored to your needs or locally inspired therapies. Join in daily sunrise or sunset yoga classes. With resident wellness gurus, fitness boot camps, healthy menus, and many more world-class offerings, the Maldives offers the best in wellness holidays without compromise.



AWARD-WINNING SPAS

Spas in the Maldives go well beyond the conventional definition. Overwater, underwater and jungle spas as well as spas on its own private island are some of the options available in the Maldives.

These spas offer a wide range of treatments, incorporating Reiki, Ayurveda, and sometimes traditional 'Dhivehi Beys' techniques. Complete spa packages are also available on offer, combining wellness, health, and beauty.



YOGA & MEDITATION

The Maldives does yoga and meditation a little differently. Guests can start or finish the day practising asanas on the beach or overlooking the ocean, and later with meditation on an isolated sandbank set in a picturesque lagoon. With the sun's rays breaking through dawn to greet the day or slipping below the horizon at dusk, it creates the ultimate in a peaceful yoga journey.





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*Romantic
Side of Life*

Photo: HURAWAHI



CELEBRATE
your new-found
ROMANCE
or renew your
LOVE
for each other in
PARADISE

Photo: INNAHURA



Maldives is the ultimate destination for once-in-a-lifetime romantic moments. With each resort located on its very own private island in the middle of the ocean, you can find intimate moments in perfected settings and make a bold declaration of love – be it on Valentine's Day, or to celebrate your engagement or honeymoon. You cannot ask for a more romantic setting than the soft white sand beaches, bright blue skies and the endless turquoise ocean glistening in the sun – all beckoning you to come and celebrate your new-found romance or renew your love for each other.

Love is in the air

Propose underwater in an aquatic wonderland with tropical shoals and swaying corals as your witness. Have your fairy-tale wedding on a secluded beach, a remote and deserted sandbank, an enchanting glass pavilion overlooking the shimmering turquoise lagoon, or even an underwater exchange of vows.

Celebrate with a dinner for two on a secluded sandbank. Indulge in a romantic moment with a private screening of your favorite movie under the stars, complete with Champagne, canapés, and popcorn. Set sail for the sunset on a traditional dhoni. Swim with manta rays and turtles. Surrender to spa bliss with couple's treatments.





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Culture & Heritage



A holiday in the Maldives is more than a date with Mother Nature. With a settlement that is said to date back to at least 1500 BC, the Maldives has a rich culture and heritage. A visit to the Maldives is a chance to gain an insight into this unique culture, by exploring island lifestyle, sourcing local handicrafts, visiting heritage sites, tasting local cuisine and watching cultural performances.



CULTURAL PERFORMANCES

Bodu Beru: dance song with African influences; starts with a slow beat and develops into a hyperactive, frenetic beat

Dhandi Jehun: energetic synchronised live singing and dancing

Maafathi Neshun: festival dance for women

Bandiyaa Jehun: synchronised female group dance characterised by the idiophone percussions created by striking metal pots

Thaara: dance music with Arabic influences; 22 men seated in two lines facing each other, playing tambourines while singing live

HERITAGE SITES

Hukuru Miskiiy (Friday Mosque): dates back to 1656; magnificent carvings of coral stone

Munnaaru: outside Friday Mosque; medieval-looking minaret, used to call for prayer

Medhu Ziyaaraiy: a mausoleum to Moroccan scholar Abu Barakath Yoosuf Al-Barbari who converted the Maldives to Islam

Muleeage: old palace; now used as a presidential residence

National Museum: open from Sundays to Thursdays (except on public holidays) from 10.15 to 17.00hrs; Entrance fee, MVR100 for adults and MVR20 for children





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Fun Side of Life



Treasured for its white-sand beaches, crystalline lagoons, majestic coral reefs and azure skies, the Maldives is a little slice of paradise in the midst of the Indian Ocean. This wondrous tropical playground has a bit of everything for everyone!





With amazing family friendly accommodation where you can enjoy that all important family time together and plenty of activities for the whole family, it's time to bring along your kids too. To help keep your little ones entertained, several resorts offer kids' clubs, babysitting services as well as exciting activities such as treasure hunts and beach games – allowing you to have some relaxation time on your own as well.



The Maldives is famous for its laid-back culture; its picturesque beaches, warm waters and the tropical vibe often remind you to slow down.

However, it will be hard to not run when your spirit is freed. These islands are exhilarating and uplifting. You can find a range of indoor and outdoor sports and exciting cruises at resorts as well as guesthouses. Go ahead, hop on and enjoy excursions such as fishing and dolphin cruises as well as expeditions to neighbouring inhabited islands.



Photo: AMILLA FUSHI



Photo: SONEVA



Photo: KUDADOO

Photo: LUX*



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Thrilling Side of Life

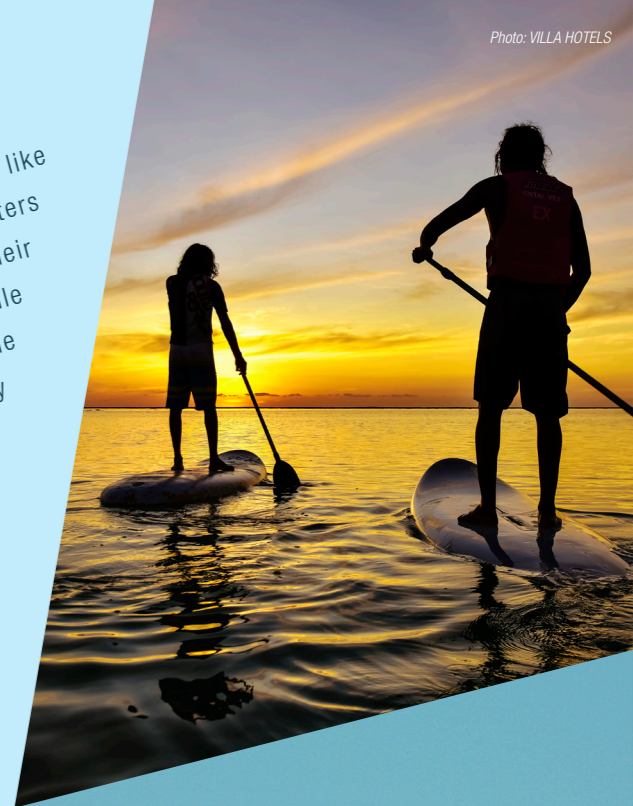
Photo: VELASSARU



Photo: SIX SENSES

Imagine a surf break against a pure blue sky and clear visibility under the water. That's Maldives. Small islands scattered through a vast clean blue sea. Each island surrounded by white sand beaches and gardens of coral. There is no complete description of the boundless beauties of the Maldivian islands and its vibrant and multi-coloured waters.

Photo: KIHAA MALDIVES



A variety of new high-tech toys like flyboards and underwater scooters allows adventurous souls fulfil their adrenaline fuelled fantasies while exploring the rich marine life of the Maldives in style. Revolutionary personal submarine excursions have also arrived in the Maldives, enabling visitors to have once-in-a-lifetime sub-aquatic explorations – all without getting wet!



Maldives provides the perfect playing ground for all water sports enthusiasts. The absolute clarity of Maldivian waters makes it perfect for kayaking and canoeing in glass-bottom boats. The warm sea breeze is perfect for windsurfing and catamaran rides or a thrilling ride on a jet-ski. Resorts that have their own or nearby wave surfing points offer it, while liveaboards take to travellers to some of the toughest surf points located across the archipelago.

