



Sunday 3rd August		Message in a Bottle	
10.30am - 11.00pm	Sustainable Garden Tour*	<p>Around the gardens of our private Island we have hidden some Messages in A Bottle containing special vouchers that can be used within the resort. Please contact your Guest Experience Host when you find a Message in A Bottle and they will handover your treat. Happy hunting!</p>	
12.00pm - 12.45pm	Maldivian Game of Eight Hole at Chill Zone		
12.00pm - 01.00pm	Maldivian Cooking Class at Kakuni**		
02.00pm - 04.00pm	Snorkelling Adventure Excursion**		
03.00pm - 04.00pm	Magey Hiya Tour*		
04.00pm - 05.00pm	Cocktail Master Class at Veli Bar*		
05.00pm - 07.00pm	Traditional Sunset Fishing**		Notes
07.30pm - 10.00pm	Movie Night at Movie Room*		*Booking required **Charges applicable

## FOOD AND BEVERAGE PROGRAM

[illegible]



## MUST DO'S AT JA MANAFARU

### Sunset and Dolphin Discovery Cruise

Join us to cruise the unspoiled northern waters of the Maldives in search of wild dolphins. Watch out for the playful antics of Spinner dolphins and listen for the hypnotic sound of Bottlenose dolphins taking breaths as they cruise by. Enjoy canape's and drinks as the sun dips below the horizon and the glow tints the skies pink.

### Housereef Snorkelling

Immerse yourself in the beauty of marine life as you glide over the waters of our house reef. Our snorkeling map highlights the best areas for exploration, ensuring you experience the most vibrant underwater scenery. Additionally, our comprehensive snorkeling factsheet is available on our website. Should you prefer a personal copy, please don't hesitate to reach out to your Thakuru for assistance.

### Discover Scuba Diving

Our dive partners at Best Dive are waiting to introduce you to the world under the turquoise waters of the surrounding ocean. Have your first diving experience with our PADI qualified and experienced instructors guiding you every step of the way.

### Big Game Fishing

Head out in search of Tuna, Wahoo and more aboard our dedicated Big Game Fishing Boat. Test yourself in a battle of wits and strength with the mighty fish of Haa Alifu Atoll. Enquire at the dive centre to plan your perfect fishing trip.

### Jet Ski & Snorkel Expedition

Get up close to marine life while skimming across the waters of Haa Alifu Atoll. Visit two remote reefs and take the plunge to discover all that thrives under the surface. Watch out for dolphins as you leisurely return to your private island home.

### Underground Wine Cellar Dinner

Enjoy Maldives first and deepest subterranean wine cellar with a 7-course degustation prepared by our skilled culinary team paired with selected wines. Browse our collection of 1500 wine labels during your meal and end your night with a fine digestif.

### Castaway Island Dining

JA Manafaru is blessed with a choice of a castaway island within a few minutes speedboat ride. Choose between a sunrise breakfast, picnic lunch or full service BBQ for lunch or dinner or for The Real Maldives experience, enjoy a magical Ancestral Dinner experience that starts with watching the same sunset views that have been seen in this untouched atoll over millenia.

### Cinema under the Stars

Our private island is home to the only resort in Haa Alifu Atoll. This contributes to our clear blanket of stars in indigo skies under which to enjoy your favourite movie. Choose food and beverages of your choice to snack on while you relax in front of the big screen.

### Maldivian Cooking Class

JA Manafaru is one of the few resorts to boast a local Executive Chef. Join Chef Moosa or one of this trusted team to guide you in the intricacies of the local cuisine. Learn how delicate spices are blended with truly authentic ingredients including fish caught fresh by local fisherman. Join our twice weekly group sessions or book an exclusive culinary experience.

### Teppanyaki

Dive into a multi-sensory adventure at the White Orchid Teppanyaki Experience. Witness our skilled chef transform fresh ingredients into culinary delights right before your eyes on the sizzling teppanyaki grill. To fully immerse yourself in this experience, we kindly request your timely arrival.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	28-Jul	29-Jul	30-Jul	31-Jul	01-Aug	02-Aug	03-Aug
Music & Entertainment							
Veli Bar				Karaoke 9:00pm-11:00pm		Karaoke 9:00pm-11:00pm	
Manafaru Lifestyle Boutique							
Retail	9.00am to 9.00pm						
Dive Schedule							
2 Tank Dive Trip**	8.30am - 12.30pm	8.30am - 12.30pm	8.30am - 12.30pm	8.30am - 12.30pm	8.30am - 12.30pm	8.30am - 12.30pm	8.30am - 12.30pm
Single Tank Dive Trip**	2.00pm - 4.00pm	2.00pm - 4.00pm	2.00pm - 4.00pm	2.00pm - 4.00pm	2.00pm - 4.00pm	2.00pm - 4.00pm	2.00pm - 4.00pm
Night Dive		5.45pm - 7.15pm		5.45pm - 7.15pm		5.45pm - 7.15pm	

We are The **Real Maldives**, visit our Recreation Pavilion to learn more about the culture of the nation  
CALM SPA SANCTUARY

**Calm Spa Sanctuary takes inspiration from culture of the Maldives and the traditions of the East. Drawing from the energy of our lush natural island the quiet spaces are surrounded by tropical plants and majestic banyan trees. The bounty of the earth balances body, mind and soul.**

**A Maldives vacation offers wellbeing in the everyday and our Wellness offering works to enhance your relaxation and rejuvenation through bespoke treatments or a complete wellness journey.**

THIS WEEK'S SPECIAL OFFER:  
EPIGENETIC TEST.

Curious about which supplements you should take or how your environment affects your wellness? This hair stand test reveals all that and more. Its a quick, painless in-person test and you will receive your report in under 40 minutes.

Get an Epigenetic Test and enjoy a complementary Vitamin CheckAll prices are in USD and Subject to 27.6% government taxes.  
\$250++per person.

Contact our Spa on extension 418 or your Thakuru to secure your booking.

Give yourself the gift of health with our range of Wellness Retreat Programs. You can enjoy in 5, 7 or 10 day programs.  
Choose from Detox and Reset, Mindful Journey, Active De-Stress or the JA Signature Culinary Retreat.

JA Manafaru's retreat programs are customisable and designed to integrate into your Maldives vacation. Ask your Thakuru or our Spa Team for more details.