

Activities Guide

Manava Beach Resort & SPA Moorea



manava
BEACH RESORT & SPA - MOOREA

Welcome to Moorea



Dear guests,

Our activities desk is at your service to help you organize an amazing stay.

In this brochure you will find a selection of activities that our agents recommend for an unforgettable vacation on the island of Moorea!

All activities booked with us include transportation except Golf & Helicopter Tour.

The hotel declines any responsibility for activities booked on your own.

Please feel free to contact us should you need additional information and booking.



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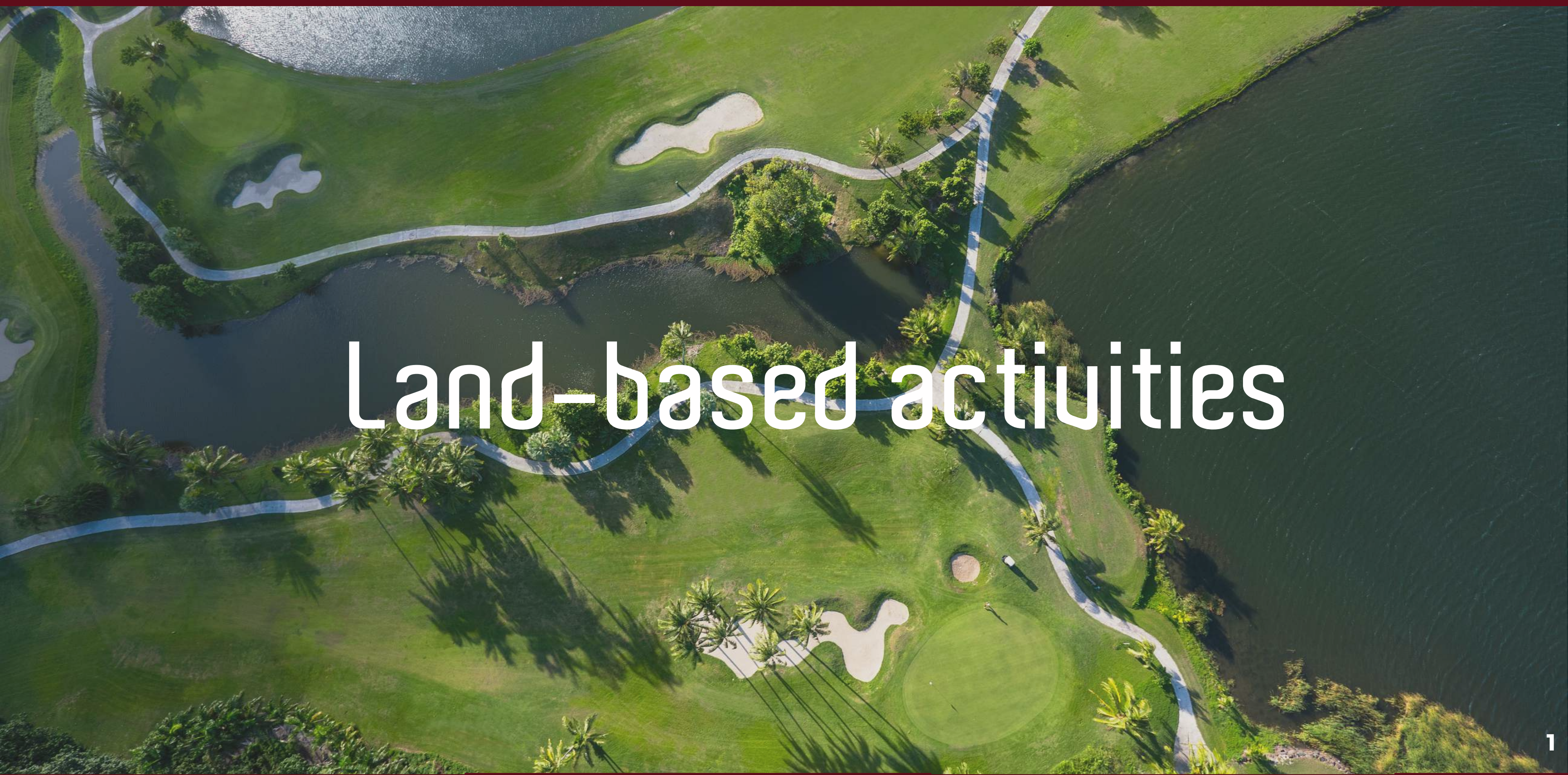
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Land-based activities



Nature & Culture Tour

Departure : 7:45am

Duration : 4:00

*Price : **8.000 XPF/pers.** (half price child -10 years old)*

** Every day except Sunday*

Travel through history with Polynesian legends and local customs in the midst of magnificent sites lush with tropical flora and fauna.

You'll visit the volcano caldera that includes the Belvedere lookout with a spectacular view onto Cook's and Opunohu bays, archaeological sites - restored remains of an ancient Polynesian village, the agricultural high school domain and the famous film set of the Mutiny on the Bounty.

A tour that marvelously combines discovery, pleasure, nature and culture with amazing photo opportunities. A total immersion where you'll get to fully experience our island interior.



Jeep Safari Tour

Departure : 8:15am

Duration : 4:00

*Price : **6.000 XPF/pers.** (half price child -10 years old)*

Possible on Sunday mornings but with a minimum of 4 people (the local distillery is closed on Sundays).

**Warning: this tour is not recommended for people with back problems*

** Every day except Sunday*

On board a 4X4 vehicle, your guide will help you discover the island interior with visits to ancient archaeological sites, pineapple plantations, the beautiful Belvedere and Magic Mountain lookouts....and to finish, a tasting of liqueurs made from tropical fruits at the local distillery.

Please note: The local distillery may be closed without notice.



Sea Side and Land Side

Departure : 8:15am

Duration : 6:00

Price : **13.500 XPF/pers.** (children 4-10 : 7 500 xpf)

**Warning: this tour is not recommended for people with back problems*

Visit of the island interior and coastline.

The Belvedere lookout, the agricultural high school, the pineapple plantations...

Then head to a private beach where a local lunch will be served including water, juice, beer and rum punch.

To finish the day you'll discover the east coast of the island with the fabulous Afareaitu waterfall.
(20-minute walk to reach the waterfall)



Horseback Riding

Departure : 8:00am or 2:00pm

Duration : 3:00

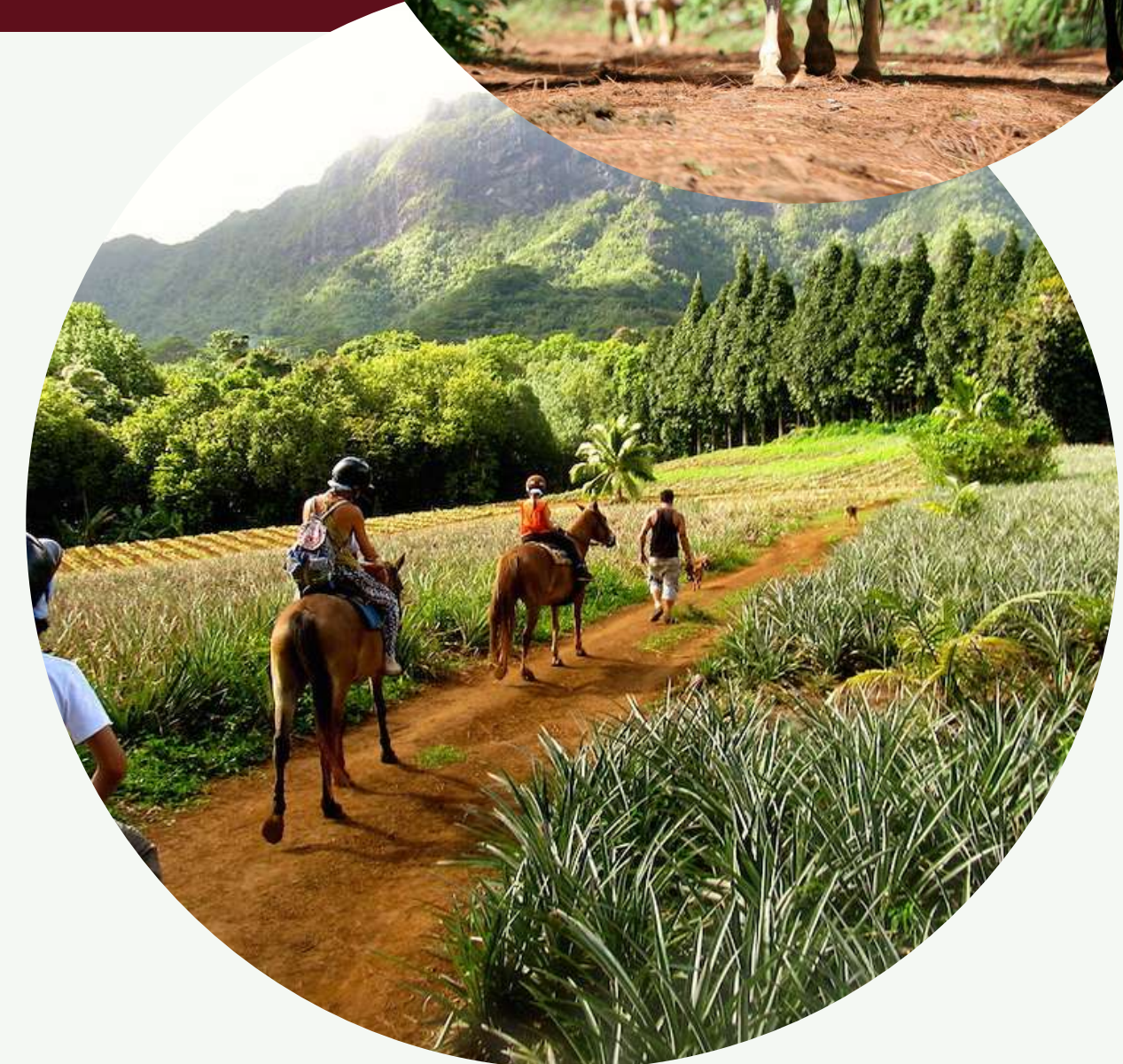
Price : **9.000 XPF/pers.**

**Warning: this tour is not recommended for people with back problems*

**Every day except Monday*

**Maximum Weight 90 KG*

A tranquil horseback ride with a guide to discover the beautiful Opunohu valley and its plantations.



Street Food Adventures

Departure : 8:40 am

Duration : 4 to 5 hours

Price : **16.000 XPF/pers.**

** Every day except Sunday*

Tama'a means 'to eat' in Tahitian, and that's what you'll do when you and your taste buds discover Moorea.

During your gastronomic tour you will discover local finds offering unique flavors. Cuisine in Tahiti is influenced by 3 cultures: Tahitian, Chinese and French. There are 6 to 8 tastings depending on season and availability; the tour takes between 4 and 5 hours.



100% local cooking class with lunch

Departure : 8:45am

Return : 12:45pm

Price : **15.000 XPF/pers.**

** Offered every Monday, Wednesday and Friday
(Possibility on Sunday with a minimum of 5 persons)*

A true cultural journey, you'll discover a part of French Polynesia through an unforgettable culinary course!

You'll learn about the use of all plant parts (banana leaves, wild hibiscus) in preparation and cooking.

Then you'll go into the kitchen, using simple utensils just like at home.

You'll combine ingredients to make the best sauces and accompaniments.

You'll learn traditional cooking methods that reveal new flavors.

And finally, you'll sit down at the table to taste your creations and enjoy a pleasant chat with your hosts.



Tiki Village Evening



The Great Polynesian Evening
Dinner + Show

Departure : 5:45pm
Return : around 11:00pm
Price : **11.550 XPF/Adult**
5.775 XPF/Child -10 years old

Show only

Departure : 7:45pm
Return : around 11:00pm
Price: **8.550 XPF/Adult**
4.550 XPF/Child -10 years old

The Great Polynesian Evening : *Every Tuesday and Friday night*

The cultural artists will welcome and accompany you to the opening of the Tahitian oven. You'll then get to visit their village after which you are invited to the restaurant for a Polynesian feast along with other international dishes. The evening continues with a fabulous Polynesian dance show including the infamous fire dances.

The Show Alone :

You will attend the fabulous Polynesian song and dance show and also enjoy the famous fire dances.

Waterfall getaway

Departure : 7:45am

Duration : 4:00

Price : **9.000 XPF/pers.** (half price children -10 years old)

LEVEL OF ACTIVITY AND RESTRICTION

The hike to Afareaitu waterfalls involves strenuous, slippery, rocky uphill & downhill trails. It is therefore not recommended for kids under 8 years old, pregnant women, seniors, overweight guests, those with bad backs, knee problems, balance problems, persons who suffer from motion sickness or vertigo.

** Every day except Sunday*



Escape to the sumptuous Afareaitu Valley with its lush vegetation and archaeological sites. Explore the tree-fern forest and rivers lined with tropical flowers and fruit. Enjoy the waterfalls and bathe in natural forest pools where it feels so good to unwind.

The waterfall is located in a private valley on a site of great beauty.

Medium-level hike: 30 to 45 minutes.

Cultural escape in the sacred valley of Afareaitu

Duration : 7:00 Departure : 8:30am

Price : **16.000 XPF/pers.** (half price children -10 years old)

**Every Tuesday and Thursday - Minimum 4 persons*

LEVEL OF ACTIVITY AND RESTRICTION

The hike to Afareaitu waterfalls involves strenuous, slippery, rocky uphill & downhill trails. It is therefore not recommended for kids under 8 years old, pregnant women, seniors, overweight guests, those with bad backs, knee problems, balance problems, persons who suffer from motion sickness or vertigo.

Enjoy a unique, authentic experience in a lush jungle setting, surrounded by tree ferns, flower-fringed rivers, natural pools and waterfalls for swimming. Don't forget your bathing suit!

You'll prepare your meal with us: fish, garden vegetables and, depending on the season, breadfruit, manioc, sweet potatoes, plantains, taro or tarua!

For dessert, fill up on vitamins with our fresh garden fruit and our famous Coconut Milk Poo, made with fresh fruit, cassava flour and brown sugar and baked in the oven.

End the day with **cultural activities** such as fern wreath braiding, pareo tying...

Medium-level hike: 30 to 45 minutes

Please note that this hike is not compulsory; you can also just relax at the Fare potee and enjoy the scenery.



Hike in the interior of the island

Discover the island of Moorea from the inside. Beautiful guided hikes offer you the opportunity to fully enjoy the lush vegetation and breathtaking landscapes!



3 Pines Trail

Duration : 3:00

Level : Easy

Price: **6.600 XPF/pers.**

3 Coconut Trees Pass Trail

Duration: 4:00

Level: Medium

Price: **6.600 XPF/pers.**

Mountain with the hole

Duration: 8:00

Level: Hard

Price: **12.500 XPF/pers.**



Moorea Golf

**Transfers are not included*



SWING PASS Package :

9 holes + cart + clubs

Price: **11.900 XPF/pers.**
18.900 XPF/2 pers.

BOGEY PASS Package :

18 holes + cart + clubs

Price : **17.900 XPF/pers.**
29.900 XPF/2 pers.





Yoga class and pilates

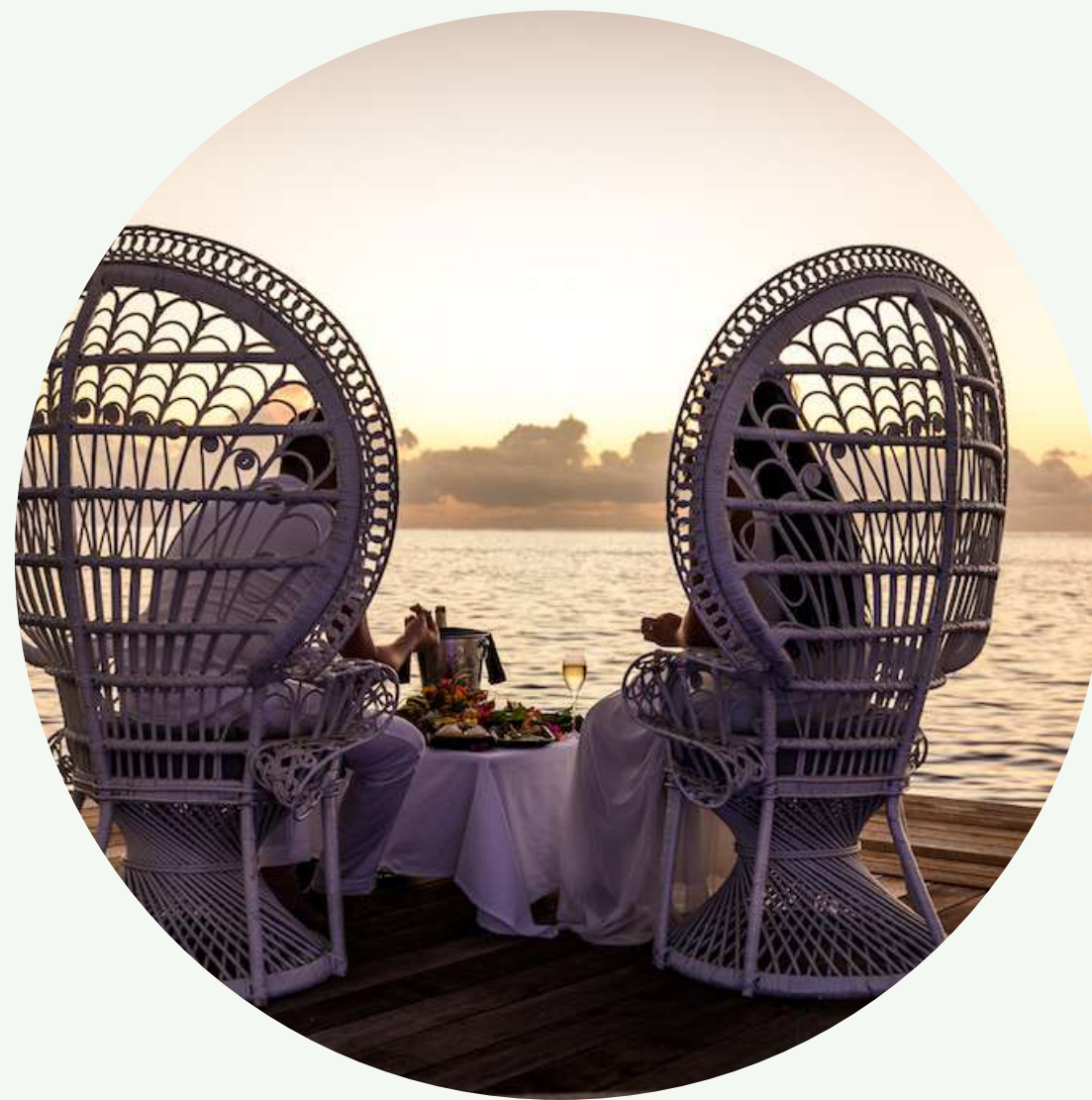
On every Monday at 7:30 till 9:30, yoga class
On every Wednesday at 7:30 till 9:00, pilates class
2 000 xpf/Pers.





Photo shooting

One hour photo shooting on site with a professional photographer : 42 400 xpf





For Rental



Electric Bikes

Duration: 4:00

Price: **5.000 XPF**

Duration: 8:00

Price: **6.000 XPF**



2 electric wheels

Ecological, electric and noiseless.

A cross between scooter and trotinnette, most novices should find this easy to handle due to big wheels that stabilize and ensure safer driving.

Duration - *Price*

8:00	6.000 XPF
1 day	8.000 XPF
2 days	13.000 XPF

*1 adult per vehicle OR 1 adult + child -10 years old

Car rental

Manuals



Automatics



Consult us





Roadster

Roadster for 2:

Duration - *Price*

Manual

4hrs	16.000 XPF
8hrs	21.000 XPF
1 day	26.000 XPF

Automatic

4hrs	17.000 XPF
8hrs	22.000 XPF
1 day	27.000 XPF





Scooter 50 cc

2 seats

Duration: 4:00
Price: **5.500 XPF**

Duration: 8:00
Price: **6.000 XPF**

Duration: 1 day
Price : **6.500 XPF**

Duration: 2 days
Price: **12.000 XPF**

Scooter 125 cc

2 seats (Motorcycle
licence mandatory)

Duration: 4:00
Price: **6.500 XPF**

Duration: 8:00
Price: **7.500 XPF**

Duration: 1 day
Price : **8.500 XPF**

Duration: 2 days
Price: **16.000 XPF**



Helicopter tour

Private tour

*Minimum 1 pers.
Maximum 5 pers.*

Duration: 20mn flight time

*Price: **165.000 XPF***

** Transfers to and from the airport not included*





Aquatic activities



Scuba diving center on site

2 successive Shark & Turtle Dives*

Departure: 7:30am

Return: 11:30am

Price: **15.000 XPF/pers.**

*Level 1 or Open Water certification required

1 afternoon dive*.

Turtle & Coral Watching

Date : From May to December

Price: **8.500 XPF/pers.**

*Every day except Wednesday & Saturday

Full moon dive*

Price: **12.000 XPF/pers.**

*Minimum 3 participants

Sunset dive*

Date : From May to December

Price: **8.500 XPF/pers.**

*Wednesday & Saturday only



Scuba diving center



Diving in a private boat

2 successive dives*

- Boat + 1/2 monitors

Price: **120.000 XPF**

**maximum 6 divers*

Sunset dive or afternoon dive*

- Boat + 1/2 monitors

Price: **80.000 XPF**

**maximum 6 divers*

Full moon dive*

- Boat + 1/2 monitors

Price: **80.000 XPF**

**maximum 4 divers*

Packages

(not valid on night and training dives)

Refresh Package for 2

- 2 lagoon refresh dives
- 2x2 tanks in ocean

Price: **45.000 XPF**

6-dive package

Price: **42.000 XPF**

10-dive package*

Price: **64.000 XPF**

12-dive package*

Price: **75.000 XPF**

**May be used by 2 certified divers*

Scuba diving center

First dives*

1 introductory dive

- Maximum depth 6m
- 1 instructor for 2 children from 8 years old

Price: **10.000 XPF/pers.**

1 introductory dive Honeymoon

- 2 pers.
- photos + video included

Price: **30.000 XPF**

Introductory dive family

- 2 adults + 2 children (from 8 years old)

Price: **35.000 XPF**

**No medical certificate is necessary; dive is done in the Cook's Bay lagoon for an average duration of 40 minutes.*

Diving certification*

Certification is completed in 3 half days:

- 2 afternoon dives
- 1 morning dive for validation in the ocean

Open Water SSI

Price: **65.000 XPF**

Level 1/FFESSM/CMAS/ANMP certificate

Price: **45.000 XPF**

**Medical certificate required*



Helmet Dive

*Price: **10.000 XPF/pers.***

- *From age 6, no need to know how to swim*
- *No medical certificate required*
- *This activity is not available to pregnant women.*
- *Every day except Sunday*

Discover the aquatic world of Moorea with a waterproof helmet. You'll be able to walk under the sea and be enchanted by schools of multicolored fish while admiring the beauty of the island's lagoon.

Now, the underwater world is within everyone's reach with this unique experience.





Tour of the lagoon by motorized canoe

Departur: 8:10am

Duration: 6:00

Price: **14.000 XPF/pers.** (half price children -10 years old)

3 boats with 12 people max

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*



You will be aboard a large motorized outrigger boat for the visit of Cook's and Opunohu Bays.

During this excursion, you'll be able to swim with rays and sharks and discover the beautiful coral garden in between the islets.

You'll then enjoy a barbecue lunch on the beach with drinks such as water, juice, beer and rum punch.

Tour of the lagoon by pontoon boat

Departure: 8:45am

Duration: 6:00

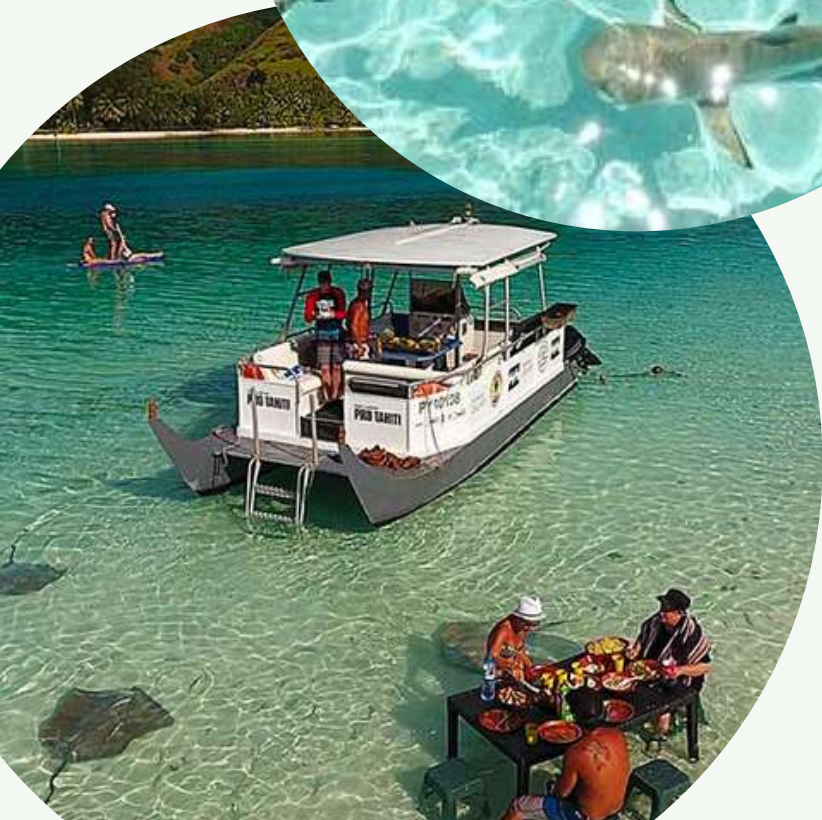
*Price: **16.000 XPF/pers.** (half price children -10 years old)*

1 boat of 10 people maximum

Private tour : *90 000 xpf for 2*

From 3 up to 10 persons : 160 000 xpf

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*



You will be aboard a pontoon boat for a visit to Cook's and Opunohu bays.

During this excursion, you'll be able to swim with rays and sharks as well as discover the coral garden and sea turtles (with any luck).

A delicious barbecue lunch is then served with your feet in the water and includes beverages (water, juice, beer, rum punch and wine) for you to enjoy. You'll also learn how to prepare our famous 'poisson cru' dish (marinated fish with coconut milk).



Half day Lagoon tour

Available only from November, 15 till July, 31
1 boat of 8 Persons maximum

Departure: 8:00am **or** 1:30pm

Duration: 4:00

Price: **12 000 XPF/Pers.**

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

Visit of the 2 famous Cook's bay and Opunohu's bay

Snorkeling at the coral garden with a chance to swim with the turtle, sharks and rays spot..

**Each tour includes drinks and snacks*





Tour of the lagoon in a traditional pirogue

Departure: 7:25am

Duration: 4:00

*Price: **12.000 XPF/pers.** (half price children -10 years old)*

1 boat of 8 people maximum

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

Connect with ancient Polynesian sailing culture while discovering Moorea's lagoon.

You'll have the opportunity to :

- Hoist the sails
- Steer the ship
- Learn traditional navigational techniques
- Share Polynesian legends

Explore our lagoon with a visit of both bays, stops at the sandbanks and the *motu* (islets) swimming with rays and sharks, diving with submerged Tiki...

**Water, fruit juice and fruit tasting on board*



Half day Private lagoon tour

Departure: 8:00am **or** 1:30pm

Duration: 4:00

Price: **60.000 XPF/1-2 pers.**

115.000 XPF/3-8 pers.

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

Visit of PaoPao bay with nurse sharks at the fishing dock,
visit of Opunohu bay with a welcome cocktail,
snorkeling at the *motu (islet)*, sea turtles, rays and sharks.

**Drinks and tropical fruit salad included*





Seascooter Snorkeling Tour

Departure: 7:45am (3 hours tour) **14 500 xpf/Pers.**

1:30 pm (2 hours tour) **10 000 xpf/Pers.**

minimum age: 7 years old

8 persons maximum

**Every day except Sunday*

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

Discover the coral reef propelled by the latest model of underwater scooters at a speed of 7 km/h.

This activity will allow you to cover more distance, more easily, so you can enjoy Moorea's beautiful underwater sites. Colorful fish, turtles and spectacular coral are the promise of a magical spectacle where time stands still and nature takes over. And if you're lucky, you'll even come across majestic leopard rays, black-tip sharks and friendly dolphins.



Jet Ski Tour

Departure: 9am **or** 1:30pm

Duration: 2:00

Price: **22.000 XPF/Jet Ski**

1 or 2 pers.

**This activity is not suitable for pregnant women*

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

Drive your own jet ski following your guide and discover the north coast with its famous Cook and Opunohu bays. Enjoy a swim with rays and sharks.



Whales excursion

August, 01st to November, 10th only

Duration: 4:00

Price: **15.000 XPF/pers.**

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

**This tour is not recommended for people with seasickness*

Humpback whales spend several months in Polynesian waters during the southern winter to give birth and mate. Then, they leave for the cold waters of Antarctica.

The whale watching trip takes place in the open ocean. After searching for them, we observe their behavior from the boat then **propose a launch if conditions allow.**

All whale watching activity is strictly regulated and a fair distance must be kept between the boat and the whales. For this reason individuals should be seasoned swimmers as **long distances** may have to be covered.

Private lagoon Fishing tour

Duration: 4:00

Price: **90.000 XPF/2 pers.**

95.000 XPF/3 pers.

1000.000 XPF/4 pers.



**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

Initiation to lagoon fishing; an experience to live solo, as a couple or together with the family to share unique moments.

Water, juice, beer, rum punch and fruit are included.



Lagoon fishing tour + lunch

Private tour

Duration: 7:00

*Price: **150.000 XPF/2 pers.***

155.000 XPF/3 pers.

160.000 XPF/4 pers.

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

Catch and clean your own fish as you discover the lagoon and ocean marine life.

You'll also learn how to prepare our famous raw fish dish with coconut milk as well as carpaccio and get to enjoy a delicious lunch.

Water, juice, beer, rum punch and fruit are included.



Deep sea fishing on a shared tour

Half a day*

Departure: 7:00am

Duration: 4:00

Price: **33.000 XPF/pers.**

2 pers. min/6 pers. max

*Water and juice included

Full day*

Departure: 7:00am

Duration: 7:00

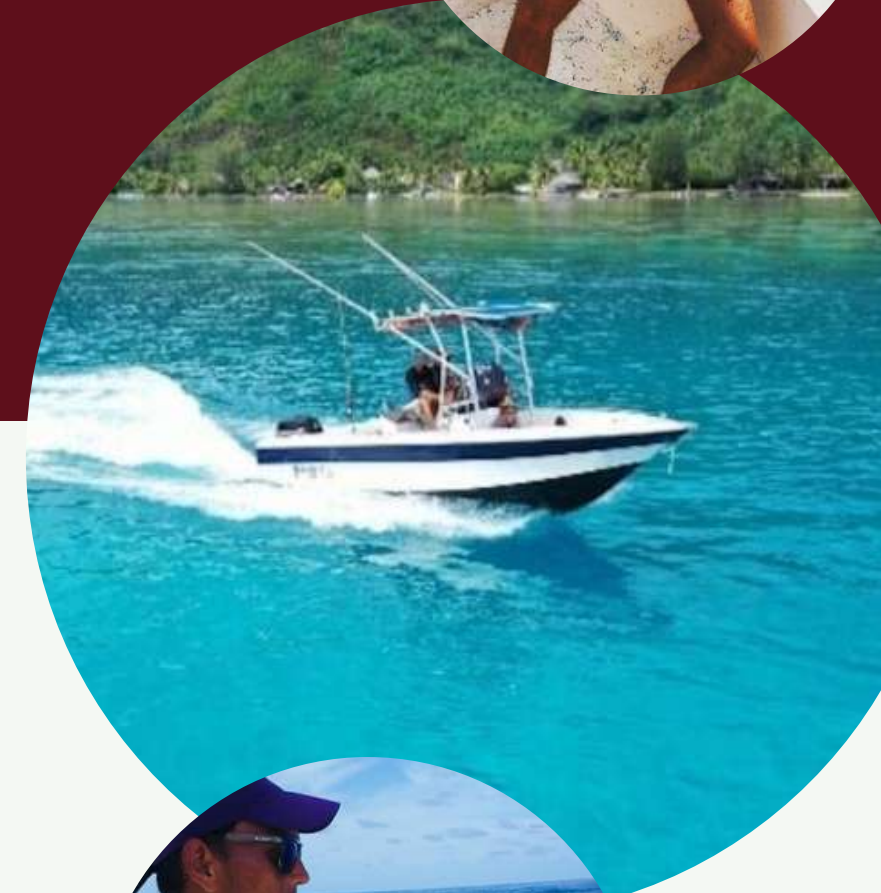
Price: **48.000 XPF/pers.**

2 pers. min/6 pers. max

*Local lunch & drinks included

*We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes

For fishing amateurs or people with a passion for fishing, go out to sea for sports fishing.





Deep sea fishing on a private tour

Half a day*

Departure: 7:00am

Duration: 4:00

Price: **98.000 XPF**

1 pers. min/3 pers. max

**Water and juice included*

Full day*

Departure: 7:00am

Duration: 8:00

Price: **130.000 XPF**

1 pers. min/3 pers. max

**Local lunch & drinks included*

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*

For fishing amateurs or people with a passion for fishing, go out to sea for sports fishing.

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Sunset cruise cocktail

Departure : 5:00pm

Duration : 2H

Prix : **10.000 XPF/pers.**

4 persons minimum for shared tour

PRIVATE TOUR : 30 000 xpf for 2

**be sure to bring your camera*



Aboard a pontoon boat, you will enjoy two hours of relaxation with spectacular views to admire the sunset.

**Water, juices, cocktails, beers, fruits and snacks included*

Private cruise and romantic dinner

Departure: 5:00pm

Duration: 4:00

Price: **70.000 XPF/2 pers.**

Embark on a sunset cruise and enjoy a romantic dinner to the sounds of the waves in the majestic Cook's Bay.

**Meals & drinks (rum punch cocktails, beers, wines, water and juices) included*



E-Paddle

Come and discover Moorea's lagoon during a private excursion aboard a bike-paddle or E-Paddle available directly at the hotel.

You will be accompanied by a qualified guide who will take you to explore the coral garden with its splendid marine life.

**We advise you to bring sunscreen, hat, sunglasses and slippers/water shoes*



30 minutes package* LITTLE TOUR

E-Paddle Price :
3.000 XPF/pers

1 hour package* INITIATION

Drinks, photo/video included
Duration : 40mn of paddle bike
20mn snorkeling
E-Paddle Price :
4.500 XPF/pers.

2-hour package* DISCOVERY

Drinks, photo/video included
Duration : 1h20 of paddle bike
30mn snorkeling
10mn break
E-Paddle Price : **7.000 XPF/pers.**
2 persons min

3-hour package* EXCURSION

Drinks+fruits, photo/video included
Duration : 2h of paddle bike
40mn snorkeling
20mn break
E-Paddle Price :
9.000 XPF/pers.
2 persons min


E-Paddle : **2h SUNRISE*** 6-8am- **8.500 XPF/pers.** (2 pers. min) fresh juice tasting
E-Paddle : **2h SUNSET*** 5-7pm - **8.500 XPF/pers.** (2 pers. min) fresh juice tasting

**Accompanying child -1m45 : -50%*





Contact us :

 +689 40 55 17 97

 activites@manavamoorearesort.pf

A reservation is a commitment to a provider.

CANCELLATION FEE

For cancellations up to 48 hours before the excursion, there will be a 100% refund.
For cancellations within 48 hours, there is no refund.

FOR PRIVATE TOURS

For cancellations up to 5 days before the tour, there will be a 100% refund.
For cancellations within 5 days, there is no refund.

Thank you for your understanding.

The management.

