

Activities guide

Manava Beach Resort & SPA Moorea



Welcome to Moorea



Dear guests,

Our activities office team is at your disposal to help you organize your stay.

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

Do not hesitate to contact our agents if you need more information.





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Land-based activities

Nature & Culture Tour*

Departure : 7:45 AM

Duration : 4:00

*Price : **8.000 XPF/pers.** Half price child -10 years old*

** Every day except Sunday*

Travel through Polynesian legends, ancient histories, fauna, flora and local customs amidst magnificent sites.

The Belvedere overlooking Cook and Opunohu bays, the volcano caldera and the famous film set of the Mutineers of the Bounty, the agricultural high school domain and its tropical fruits and flowers, the archaeological sites, real remains of an ancient Polynesian village.

A tour that marvelously combines discovery, relaxation, pleasure, photography, nature and culture. A total immersion where you will be able to see and taste.



Jeep Safari Tour*

Departure : 8:15 AM

Duration : 4:00

*Price : **5.000 XPF/pers.** Half price child -10 years old*

** Every day except Sunday*

On board a 4X4, the guide will make you discover the ancient archaeological sites, the pineapple plantations, the Belvedere.... And to finish, a tasting of liqueurs made from tropical fruits.

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



ATV Quad Tour

Departure : 8:30 AM or 1:30 PM

Duration : 4:00

*Classic ATV: **21.000 XPF/2 pers.***



Discover the interior of the island of Moorea at the controls of an ATV.

The Belvedere and its viewpoint, the magic mountain, the tropical garden with jam tasting, the pineapple road and its plantations, the Bounty plateau, the volcano caldera...





Sea Side and Land Side*

Departure : 8:15 AM

Duration : 6:00

*Price : **13.500 XPF/pers.***

** Every day except Sunday*

Visit of the interior of the island:

The Belvedere, 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.

Swimming, snorkeling, sunbathing,

And to finish the day you will go to discover the east coast and the fabulous Afareaitu waterfall.

20 min walk to reach the waterfall



Horseback Riding*

Departure : 8:00 AM or 2:00 PM

Duration : 3:00

*Price : **7.500 XPF/pers.***

**Every day except Monday*

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



Street Food Adventures*

Departure : 8:40 AM

Duration : 4 to 5 hours

*Price : **13.000 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.

The food in Tahiti is made up of 3 cultures: Tahitian, Chinese and French. There will be 6 to 8 tastings, depending on the season and availability. The tour will take between 4 and 5 hours. We will also stop at breathtaking sites and discover some of the cultural history of the island.



Tiki Village Evening

The Great Polynesian Evening Dinner + Show

Departure : 5:45 PM

Return : around 11:00 PM

*Price : **10.950 XPF/Adu.***

4.950 XPF/Child. -10 years old

The show alone

Departure : 7:45 PM

Return : around 11:00 PM

*Price: **5.950 XPF/Adu.***

2.950 XPF/Child. -10 years old



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

You will be welcomed by the artists of the village. You will attend the opening of the Tahitian oven.

Then, the artists will make you the visit of their village, then you will be invited to the restaurant for a Polynesian and international meal.

To finish, you will attend the fabulous show of Polynesian songs and dances as well as the famous fire dances.

The Show Alone :

You will attend the fabulous Polynesian song and dance show as well as the famous fire dances.



Moorea Golf*

**Transfers are not included*

SWING PASS Package :

9 holes + cart + clubs + 1 bottle of water

Price: **9.900 XPF/pers.**
16.900 XPF/2 pers.

BOGEY PASS Package :

18 holes + cart + clubs + 1 bottle of water

Price : **16.500 XPF/pers.**
28.000 XPF/2 pers.

Waterfalls getaway*

Departure : 7:45 AM

Duration : 4:00

*Price : **8.000 XPF/pers.** Half price children -10 years old*

** Every day except Sunday*

Escape to the sumptuous Afareaitu Valley, with its lush vegetation, tree fern forest, tropical flowers and fruits, archaeological sites, waterfalls, rivers lined with flowers and natural pools where it is so good to bathe.

The waterfall located at the bottom of a private valley on a site of great beauty.

Medium level hike: 30 to 45 minutes.



Hike in the interior of the island

Discover the island of Moorea.

Beautiful guided hikes will be offered to you to discover the lush vegetation and breathtaking landscapes!

3 Pinus Trail

Duration : 3:00

Level : Easy

Price: **5.250 XPF/pers.**

Duration: 4:00

Level: Medium

Price: 5.250 XPF/pers.

Hole Right Through Mountain

Duration: 8:00

Level: Hard

Price: **10.500 XPF/pers.**



Electric Bikes

Duration: 4:00

Price: **5.000 XPF**

Duration: 8:00

Price: **6.000 XPF**



Scooter

Duration: 4:00

Price: **5.000 XPF**

Duration: 8:00

Price: **5.500 XPF**

Duration: 1 day

Prix : **6.000 XPF**

Duration: **2 days**

Price: **11.000 XPF**



Roadster

Roadster 2 places :

Duration - Price

4:00	15.000 XPF
8:00	19.500 XPF
1 day	25.000 XPF



2 electric wheels

Ecological, electric and without noise.
Between the scooter and the trotinette, the most novices will be able to use it easily thanks to its big wheels which stabilize and ensure a driving in full safety.

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

Helicopter tour*

Private tour

Minimum 1 pers.

Maximum 5 pers.

Duration: 10mn flight time

*Price: **85.000 XPF***

Duration: 20mn flight time

*Price: **140.000 XPF***

** The transfer to the airport is not included*





Scuba diving center

2 Successive Shark & Turtle Dives*.

Departure: 7:30 AM

Return: 11:30 AM

Price: **14.500 XPF/pers.**

*Level 1 or Open Water required at least

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

Dive at sunset*.

Date : From May to December

Price: **8.500 XPF/pers.**

*Wednesday & Saturday only



Scuba diving center

עסקת צלילה
Dive 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: **60.000 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 dives package

Price: **42.000 XPF**

10 dives package*

Price: **64.000 XPF**

12 dives package*

Price: **75.000 XPF**

**Can be used by 2 certified divers*

First dives*

1 introductory dive

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

Price: **9.000 XPF/pers.**

1 introductory dive Honeymoon

- 2 pers.
- photos + video included

Price: **25.000 XPF**

Introductory dive family

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

Price: **30.000 XPF**

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

Diving training*

The trainings are prepared in 3 half days:

- 2 afternoons
- 1 morning for the validation dives in the ocean

Open Water SSI

Price: **60.000 XPF**

Level 1/FFESSM/CMAS/ANMP certificate

Price: **45.000 XPF**

**Please bring a medical certificate*



Helmet Dive*

Price: **9.500 XPF/pers.**

**For safety reasons, this activity is forbidden to children under 6 years old and to pregnant women*

Discover the underwater world of Moorea with a waterproof helmet. Thanks to this equipment, the underwater world is now within everyone's reach!

Thus, you will be able to walk in the middle of multicolored fish and admire the beauty of the lagoon.

Tour of the lagoon by pontoon boat*

Departure: 8:45 AM

Duration: 6:00

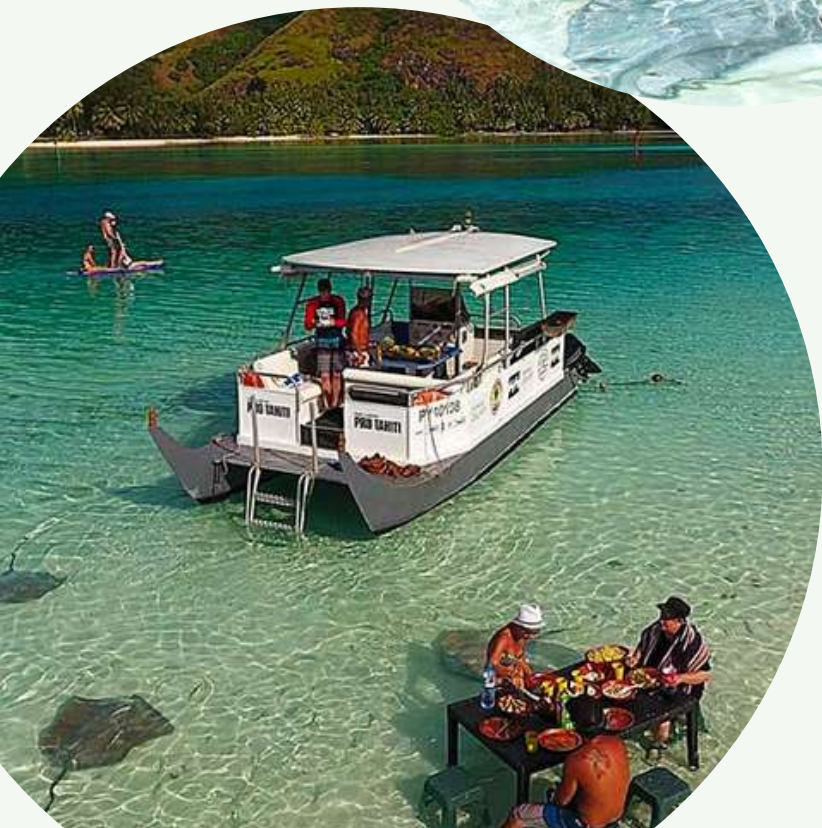
Price: **13 500 XPF/pers.** Half price children -10 years old

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

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

During this excursion, you will be able to swim with rays and sharks as well as discover the coral garden and with luck some turtles.

A lunch will be served with your feet in the water. You can then enjoy a barbecue and drinks such as water, juice, beer, rum punch and wine. Also, you will be able to attend the preparation of the famous "poisson cru" (marinated fish with coconut milk)



Private lagoon tour*

Departure: 8:45 AM

Duration: 6:00

Price: **80.000 XPF/2 pers.**

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

Visit of the North coast with the famous Cook and Opunohu bays,.

During your excursion you will have the opportunity to swim with rays and sharks, or to dive in the lagoon.

A lunch with your feet in the water will be served, as well as an open bar.



Private lagoon tour on demand*

Without lunch

Departure: 8:45 AM **or** 13:30 PM

Duration: 4:00

Price: **55.000 XPF/2 pers.**

75.000 XPF/3 à 8 pers.

With lunch

Departure: 8:00 AM

Duration: 7:00

Price: **95.000 XPF/2 pers.**

115.000 XPF/3 à 8 pers.

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

Meet an exceptional marine wildlife, this tour* is oriented towards observation and launching with the encounters of the day .

You will be supervised by a lifeguard who will ensure your safety and accompany you, as well as a marine biologist guide who will give you various information on the biology and marine species.

From July to October you will be able to observe but also immerse yourself and have the chance to swim with humpback whales.

**Each tour includes drinks and snacks*

Tour of the lagoon in a traditional pirogue*

Departure: 7:25 AM

Duration: 4:00

Price: **9.000 XPF/pers.** Half price children -10 years old

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

This tour allows you to connect with the culture of the ancient Polynesian sailors while discovering Moorea's lagoon.

You will have the opportunity to :

- Hoist the sails
- Steer the ship
- Learn navigation techniques
- Share Polynesian legends

And you will discover the lagoon of Moorea with the visit of bays, stops on sandbanks and motu, swimming with rays and sharks, diving with the submerged Tiki, ...

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



Lagoon tour on a small catamaran*

Departure: 7:45 AM

Duration: 4:00

Price: **8.500 XPF/pers.** Half price children -10 years old
maximum 8 pers.

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

Discover Moorea's exceptional lagoon aboard a small sailing catamaran.

You'll visit Cook and Opunohu bays, as well as stop at the stingrays and sharks and the coral garden for a swim.

In addition, water, juice and a fruit platter are available on board.



Half day lagoon tour*

Departure: 8:00 AM

Duration: 4:00

Price: **10.500 XPF/pers.** Half price children -10 years old
12 pers. maximum

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

Discover the exceptional lagoon of Moorea.

You will discover Cook and Opunohu bays, swim with rays and sharks and dive in the coral garden.

Fruit platter, water and juice will be at your disposal.



Lagoonarium Snorkeling Tour*

Departure: 1:30 PM

Duration: 2:30

Price: **6.900 XPF/pers.** Half price children -10 years old

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

Discover Moorea's best snorkeling sites on the east coast and swim with thousands of tropical fish and stingrays.

The snorkeling tours are guided by a qualified instructor and combine comfort and safety. Equipment is provided (easy-breath mask and reef shoes).

Seascooter Snorkeling Tour*

Departure: 7:45 AM

Duration: 4:00

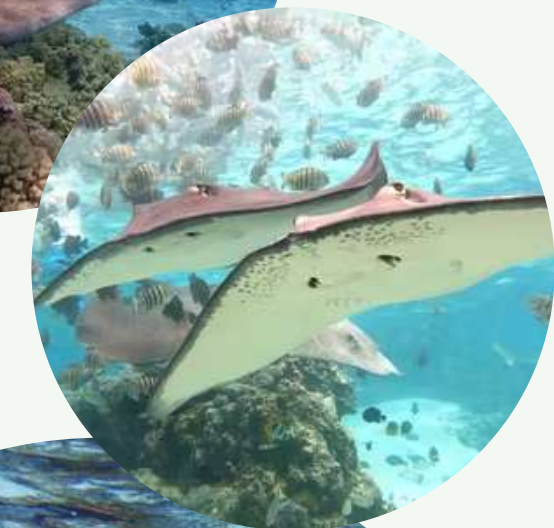
*Price: **13.500 XPF/pers.***

4 pers. min. - 6 pers. max.

Minimum age: 10 years

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

Discover the coral reef propelled by the latest generation of underwater scooters driving you at a speed of 7 km/h and allowing you to travel long distances without effort...



Coral Grafting

RESEARCH
IN
MARINE
BIOLOGY

Duration: 1h30

*Price: **4.900 XPF/pers.***

Coral cuttings are used to create new reefs by transplanting coral cuttings to areas of the lagoon threatened by global warming.

When these small coral shoots grow, a new habitat will be created and marine animals will be able to live in harmony.

To finish this workshop, the guide will accompany you on a snorkeling trip on the reef.

*Select a coral fragment
and
prepare for cutting*



*On a bamboo peg,
stick your little piece of coral*



*On an area to be colonized,
Implant your cutting*





Jet Ski*



**We advise you to bring: sun's cream, hat, sunglasses and slippers
This activity is not suitable for pregnant women*

Accompanied by a guide,
discover the North coast of
Moorea on board a Jet Ski

Departure: 9 AM or 1:30 PM

Duration: 2:00

*Price: **22.000 XPF/Jet Ski***

1 or 2 pers.

Jet Ski tour of Moorea Island
with a guide*.

Departure: 9 AM

Duration: 3:00

*Price: **28.000 XPF/Jet Ski***

1 or 2 pers.

**minimum 2 Jet Skis*

Private lagoon tour*

Private tour

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

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



Lagoon fishing + lunch*

Private tour

Duration: 7:00

*Price: **100.000 XPF/2 pers.***

105.000 XPF/3 pers.

110.000 XPF/4 pers.

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

Fish your own fish by discovering the marine fauna of the lagoon and the ocean and then assist in the cleaning of the fish.

You will learn how to prepare raw fish with coconut milk, carpaccio, ... You will taste the barbecue feet in the water.

התאחדות המורים

A man wearing a blue t-shirt, black shorts, and a black baseball cap with a white logo is smiling while holding a large, vibrant fish. The fish has a yellowish-gold body with a greenish-blue iridescent sheen on its back and sides. He is standing in the white hull of a boat, with the blue water of the ocean in the background. The image is framed by a circular border.

A circular collage of three photographs. The top photo shows a white speedboat with a blue stripe moving across clear turquoise water, leaving a white wake. The background is a lush green tropical shoreline. The bottom-left photo is a close-up of a person wearing a blue baseball cap and sunglasses, looking towards the right. The bottom-right photo shows a person's legs from the knees down, wearing white shorts, standing on a sandy beach.

Full day*

Departure: 6:00 AM

Duration: 7:00

Price: 35.000 XPF/pers.

**Local lunch & drinks included*

Deep sea fishing on a private tour*

For the amateurs or the passionate persons of fishing, go to sea for a sporting fishing.

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

Half a day*

Departure: 8:00 AM

Duration: 4:00

Price: 70.000 XPF/pers.

min 1 pers. - max 3 pers.

*Water and juice included

Full day*

Departure: 8:00 AM

Duration: 8:00

Price: **110.000 XPF/pers.**

min 1 pers. - max 3 pers.

**Local lunch & drinks included*

Sunset cruise cocktail*

Departure : 05H00 PM

Duration : 2H

*Prix : **10 000 XPF/pers.***

4 pers. min. et 8 pers. max.

**get sure to bring your camera*

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

This moment of relaxation will be accompanied by a live musical performance.

*Water, juice, cocktail, wine, beer and fruit included



Private sunset cruise*

Departure: 5:00 PM

Duration: 2:00

*Price: **30.000 XPF/1 à 2 pers.***

40.000 XPF/3 à 8 pers.

**We advise you to bring: sun's cream, hat, sunglasses and slippers*

A wedding proposal, an anniversary, a private moment as a couple, with family or friends....

Let us help you discover another aspect of the Moorea lagoon through an unforgettable sunset.

We will serve you a local aperitif that you will enjoy with a tray of petits fours, all accompanied by music.

Private cruise and romantic dinner

Departure: 5:00 PM

Duration: 4:00

*Price: **55.000 XPF/2 pers.***

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

**Meals & drinks (rum punch cocktail, beers, wine, water and juice) included*



[illegible]

Price: 10.000 XPF/pers.

Whale watching activity is strictly regulated and a fair distance must be kept between the boat and the whales; You are therefore expected to swim sometimes long distance and must be a seasoned swimmer.

Flyboard & Hoverboard*

Age : from 16 years old

Duration: 30 min

Price: **16.500 XPF/pers.**

**Transfers are not included*

The principle of the flyboard and hoverboard is identical:

Connected to the board comes a 23m hose, which is directly connected to the turbine of the jet ski.

The water that is propelled by the turbine is sent to the hose that allows you to go up in the air or even dive into the water.

In initiation, the power of the water jet that propels you is adjusted by a qualified instructor. All you have to do is concentrate on your balance, which is what makes the flyboard or hoverboard safe and easy to steer for everyone, even the non-sportsman.



Bike-Paddle*

Come and discover Moorea's lagoon during a private excursion aboard a bike-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: sun's cream, hat, sunglasses and slippers*

30 minutes package * LITTLE TOUR

Photo/video included
Prix : **1500 XPF/pers.**

1 hour package* INITIATION

Drinks, photo/video included
Duration : 40mn of paddle bike
20mn snorkeling
Price : **2 600 XPF/pers.**

2 hours package* DISCOVERY

Drinks, photo/video included
Duration : 1h20 of paddle bike
30mn snorkeling
10mn break
Price : **4 500 XPF/pers.**
2 persons minimum

3 hours package* EXCURSION


Drinks+fruits, photo/video included
Duration : 2h of paddle bike
40mn snorkeling
20mn break
Price : **6 000 XPF/pers.**
2 persons minimum

2h SUNRISE* - 6am to 8am- **6000 XPF/pers.** (minimum 2) fresh juices tasting
2h SUNSET* - 5pm to 7pm - **5000 XPF/pers.** (minimum 2) fresh juices tasting



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

Contact us :

 +689 40 55 17 97

 activites@manavamoorearesort.pf

A reservation is a commitment to a provider.

Please note that a fee will be charged by the provider for cancellations made on the day of the tour or 24 hours before.

For all excursions booked outside of our activity office, the hotel cannot be held responsible for any problems encountered before, during or after the excursions.

Thank you for your understanding.

The management.

