



Activities Guide

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.



Land-based Activities



Summary

Land-based Activities

Nature & Culture Tour

Jeep Safari Tour

Back to the Past: Moorea in Virtual Reality

Sea Side and Land Side

Horseback Riding

Street Food Adventures

100% Local Cooking Class + Lunch

The Tiki Village

Waterfall Getaway

Hiking in Moorea

Golf

Yoga and Pilates

Photographer

Rentals

Helicopter Tours



Nature & Culture Tour

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.

Departure: 7:45am

Duration: 4 hours

Closed on Sundays.

Prices

8 000xpf per person

50% discount for children under 10

Private tour: 50 000xpf



Jeep Safari Tour

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.

Departure: 8:15am or 1:15pm

Duration: 4 hours

Possible on Sundays morning but with a minimum of 4 people (the pineapple factory is closed on Sundays).

This tour is not recommended for people with back problems.

Prices

6 000xpf per person

50% discount for children under 10



Back to the Past: Moorea in Virtual Reality

For half a day, you will discover the most beautiful sites of Moorea. You will immerse yourself in the history of these people who crossed the oceans to finally "anchor" their genealogical and cultural heritage in the magnificent islands of Polynesia. Your guide, a history specialist, will enrich your experience with lesser-known stories and facts that are centuries old.

You will discover it thanks to our reconstructions in computer-generated images and virtual reality. Get your helmets on...and let yourself be carried away.

Departure: 7:45am

Duration: 4 hours

Closed on Sundays.

This tour is not recommended for people with back problems.

Prices

12 000xpf per person

50% discount for children under 10



Seaside & Landside

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)

Departure: 8:15am

Duration: 6 hours

Possible on Sundays mornings but with a minimum of 4 people (the pineapple factory is closed on Sundays).

This tour is not recommended for people with back problems.

Prices

16 000xpf per person

7 500xpf for children aged 4 to 11 years



Horseback riding

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

Departure: 7:45am or 1:45pm

Duration: 3 hours

Closed on Mondays.

This tour is not recommended for people with back problems.

Prices

9 000xpf per person





Street Food Adventures

Tama'a means “to eat” in Tahitian and that's what you'll be doing when you and your taste buds discover Moorea.

During your gastronomic tour, you will discover local finds offering unique flavors.

Tahitian cuisine is a blend of three cultures: Tahitian, Chinese, and French. There will be 6 to 8 tastings, depending on the season and availability.

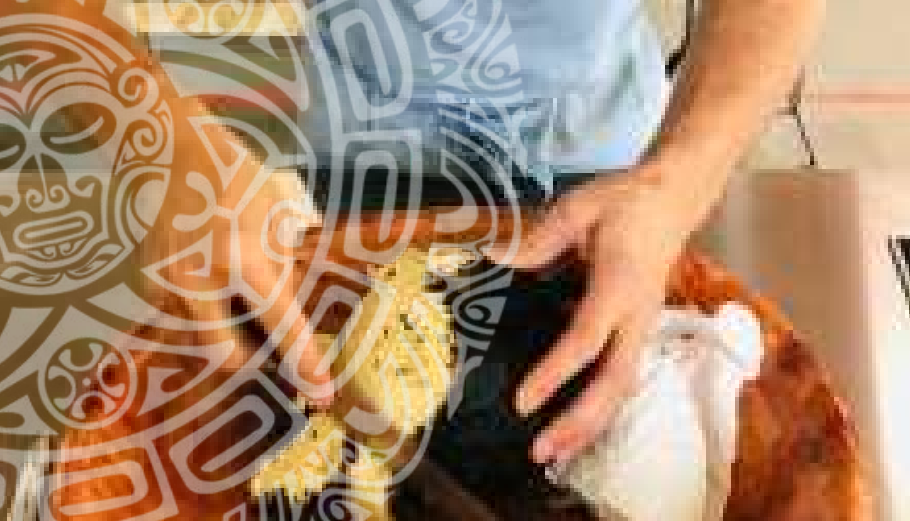
Departure: 8:40am

Duration: 4 to 5 hours

Closed on Sundays.

Prices

17 000xpf per person



Cooking classes

100% local with lunch

A true cultural journey, you will discover a part of French Polynesia while experiencing an unforgettable cooking class!

You will learn all about the use of plants and plant parts (banana leaves, wild hibiscus) in preparations and cooking.

Then you will go into the kitchen, equipped with simple tools just like at home.

You will combine the products together, and create the best sauces and side dishes.

You will learn traditional cooking methods that reveal unique flavors.

And finally, you will sit down to enjoy your creations and spend a pleasant moment chatting with your hosts.



Departure: 8:45am

Return around 12:45pm

Every Monday, Wednesday and Friday.

Possible on Sundays but with a minimum of 5 people.



Prices

16 000xpf per person



Tiki Village

The Grand Polynesian Evening:

You will be welcomed by the village artists. You will witness the opening of the Tahitian oven. Afterwards, the artists will give you a tour of their village, followed by a Polynesian and international meal at the restaurant. Finally, you will enjoy a fabulous show of Polynesian songs and dances, including the famous fire dances.

The Show Alone:

You will witness the fabulous show of Polynesian songs and dances as well as the famous fire dances.

The Grand Polynesian Evening

Departure: 5:45pm

Return around 11pm

Prices

12 500xpf per person

5 950xpf for children under 10

The Show Only

Departure: 7:45pm

Return around 11pm

Prices

8 800xpf per person

4 550xpf for children under 10



Waterfalls gateway

Escape to the magnificent Afareaitu Valley, with its lush vegetation, tree fern forests, tropical flowers and fruits, archaeological sites, waterfalls, flower-lined rivers, and natural pools perfect for swimming. The waterfall is nestled at the end of a private valley in a truly beautiful setting.

Medium-level hike: 30 to 45 minutes.

Departure: 7:45am

Duration: 4 hours

Closed on Sundays.

DIFFICULTY LEVEL AND RESTRICTIONS

The path leading to the waterfall is narrow in some parts, slippery, stony with ascents and descents.

This activity is not recommended for children under 8 years old, pregnant women, seniors, overweight people, people with back, knee, balance or vertigo problems.

Prices

9 000xpf per person

50% discount for children under 10

Private tour: 55 000xpf



Hiking in Moorea

Explore the island of Moorea.

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

3 Pines trail

Duration: 3 hours

Difficulty: Easy

Prices

7,000 XPF per person

5,000 XPF for children under 15

Private tour: 30,000 XPF for 2 persons

Pierced Mountain

Duration: 8 hours

Difficulty: Difficult

3 Coconut Trail

Duration: 4 hours Difficulty:

Intermediate

Prices

14 000xpf per person

Private tour: 60 000xpf for 2 persons

Prices

7 000xpf per person

5 000xpf for children under 15

Private tour: 30 000xpf for 2 persons



Moorea Golf

Transfers are not included.

SWING PASS Package
9 holes + golf cart + clubs

Prices

14 400xpf per person
26 200xpf for 2 persons

BOGEY PASS Package
18 holes + golf cart + clubs

Prices

22 800xpf per person
41 600xpf for 2 persons



Yoga and Pilates

Yoga classes every Monday: from 7:30 am to 9:30 am.

Pilates classes every Wednesday: from 7:30 am to 9:00 am.

Prices

2 000xpf per person





Photographer

Photo shoot with a professional photographer inside the hotel.

Prices

44 400xpf per hour



Bikes Rentals

Electric Bikes

All repairs will be charged at 5,000 XPF

Prices

5 500xpf for 4 hours

6 500xpf for 8 hours

Mountain Bikes

Prices

3 500xpf for 4 hours

4 500xpf for 8 hours





Scooter Rentals

Scooter 50cc - 2 seats

Prices

5 500xpf for 4 hours

6 300xpf for 8 hours

7 000xpf for 24 hours

12 000xpf for 48 hours

125cc scooter - 2 seats

Motorcycle license required

Prices

6 500xpf for 4 hours

7 500xpf for 8 hours

8 500xpf for 24 hours

16 000xpf for 48 hours



Car Rentals

Please contact the Activities Desk directly for options and rates.





Roadsters Rentals

2-seater roadster - manual transmission

Prices

18 000xpf for 4 hours

23 000xpf for 8 hours

28 000xpf for 24 hours



Helicopter tours

Please contact the Activities Desk directly for options and rates.



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BEACH RESORT & SPA - MOORER

Water-based Activities



Summary

Water-based Activities

Scuba Diving

Helmet Diving

Freediving

Lagoon Tour by Motorized Canoe

Lagoon Tour by Cruising Boat

Half-Day Lagoon Tour

Private Lagoon Tour

Snorkeling Tour with a Seascooter

Jet Ski Tour

Whale Watching

Lagoon Fishing

Deep Sea Fishing

Sunset Cocktail Cruise

Private Cruise and Romantic Dinner

E-Paddle

Coral Grafting

Luxury Motor Catamaran



Scuba diving

The diving center is located within the hotel.

No medical certificate is required, the dive takes place in the Cook's Bay lagoon for an average duration of 40 minutes.

Introductory scuba diving sessions

Prices

1 Introductory Dive

10,000 XPF per person

Depth: 6m maximum

1 monitor for 2 children (aged 8 and over)

1 Introductory Honeymoon Dive

30 000xpf

2 people

Photos and video included

Family Introductory Dive

35 000xpf

2 adults + 2 children (aged 8 and older)

1 Afternoon Dive

9,000 XPF per person

Turtle & Coral Watching.

From May to December.

Every day except Wednesday & Saturday.

Two consecutive dives: Sharks & Turtles

16,000 XPF per person

Departure: 7:30 am.

Return: 11:30 am.

Level 1 or Open Water certification required.



Scuba diving

The diving center is located within the hotel.
A medical certificate is required for these dives.

Diving Certifications

*The Certifications are prepared in 3 half days:
2 afternoons & 1 morning for the validation dives
in the ocean.*

Prices

Open Water SSI

65 000xpf

Level 1 Certification/FFESSM/CMAS/ANMP

45 000xpf

Full Moon Dive

12,000 XPF per person

Minimum 3 participants

Sunset Diving

8,500 XPF per person

From May to December

Wednesdays & Saturdays only.



Scuba diving

The diving center is located within the hotel.

Private Boat Diving

2 consecutive dives

Boat + 1/2 instructors

Maximum 6 divers

Prices

150 000xpf

Afternoon or sunset dive

Boat + 1/2 instructors

Maximum 6 divers

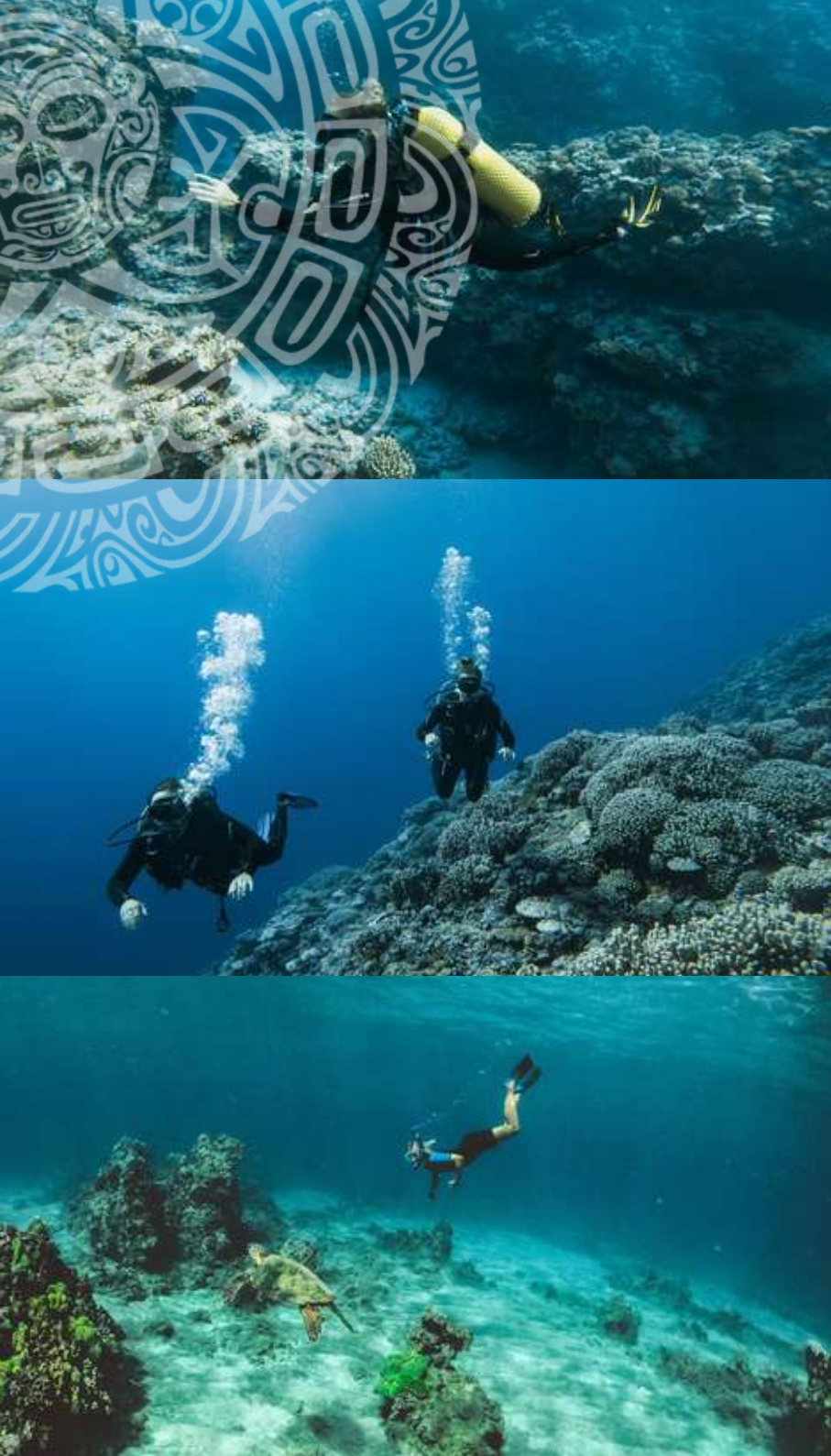
90 000xpf

Full Moon Dive

Boat + 1/2 instructors

Maximum 6 divers

80 000xpf



Scuba diving

The diving center is located within the hotel.

Packages

Not valid on night dives and training dives

Prices

*Refresh package for 2
2 refresher dives in the lagoon
2x2 tanks in the ocean*

45 000xpf

6-dive package

45 000xpf

*10-dive package
Can be used by 2 certified divers*

70 000xpf

*12-dive package
Can be used by 2 certified divers*

78 000xpf



Helmet Diving

Discover the underwater world of Moorea with a waterproof helmet. This will allow you to walk among multicolored fish and admire the beauty of the lagoon.

Thanks to this equipment, the underwater world is now accessible to everyone!

Departure: 8:15 am or 1 pm

Closed on Sundays.

From the age of 6, there is no need to know how to swim.

No medical certificate is required.

This activity is not available for pregnant women.

Prices

10 500xpf per person

Private Tour: 84 000xpf



Free Diving

Want to discover freediving gently, explore the lagoon in a new way, or deepen your first experience? Dive beneath the surface during semi-private freediving lessons designed for all levels. Guided step by step, let time slow down, listen to your breath, and experience the lagoon in its most beautiful simplicity.

Suitable for ages 6 and up.

No medical certificate is required.

Knowing how to swim is mandatory for this activity.

Prices

15 000xpf for a freediving initiation (meeting at 1pm)

23 000xpf for a morning coaching session (meeting at 8am)



Lagoon Tour in a motorized canoe

You will be aboard a large motorized outrigger canoe for a tour of Cook's Bay and Opunohu Bay. During this excursion, you will have the opportunity to swim with rays and sharks, as well as explore the coral garden. Lunch will be served on the beach, featuring a barbecue and drinks such as water, juice, beer, and rum punch.

Departure: 8:10am

Duration: 6 hours

3 canoes for 12 people each.

We recommend you bring: sunscreen, hat, sunglasses and water shoes.

Prices

15 000xpf per person

50% discount for children under 10



Lagoon Tour

by boat Pontoon/Robinson

You will be aboard a pontoon boat for a tour of Cook's Bay and Opunohu Bay. During this excursion, you will have the opportunity to swim with rays and sharks, explore the coral garden, and, with luck, spot some turtles. Lunch will be served with your feet in the water, alongside the rays. You will enjoy a barbecue with drinks such as water, juice, beer, rum punch, and wine (open bar). You will also witness the preparation of the famous raw fish in coconut milk.

Departure: 8:45am

Duration: 7 hours

1 boat for 10 people and 1 boat for 20 people (subject to availability).

We recommend you bring: sunscreen, hat, sunglasses and water shoes.

Prices

17 000xpf per person on a shared tour

-50% discount children under 10

Private Tour:

90 000xpf for 2

170 000xpf for 3 to 10 people



Lagoon Tour

half day

Visit to the two famous bays of Cook and Opunohu. Snorkeling in the coral garden, rays, sharks... and perhaps the chance to swim with turtles.

Departure: 8am or 1pm

Duration: 3 hours

1 boat for 8 people.

Valid only from November 15th to July 31st.

We recommend you bring: sunscreen, hat, sunglasses and water shoes.

Prices

14 000xpf per person



Private lagoon tour

Visit Cook's Bay with nurse sharks at the fishermen's wharf, visit Ophunohu Bay with welcome cocktail, snorkeling between the two motu (islets), turtles, rays and sharks.

Departure: 8am or 1:30pm

Duration: 3 hours

Closed on Sundays.

Drinks and tropical fruit salad included.

We recommend you bring: sunscreen, hat, sunglasses and water shoes.

Prices

80 000xpf for 1 to 2 people

120 000xpf for 3 to 8 people



Snorkeling Tour with a Seascooter

Discover the coral reef aboard the latest generation of underwater scooters, cruising at speeds of up to 7 km/h. This activity allows you to cover more ground more easily, so you can fully enjoy Moorea's stunning underwater sites. Colorful fish, turtles, and spectacular corals promise a truly magical experience where time seems to stand still and nature reigns supreme. And with a bit of luck, you might even spot majestic leopard rays, blacktip reef sharks, and friendly dolphins.

Starting April 1, 2026.

Departure: 7:45am (3-hours tour) or 1:30pm (2-hours tour)

Closed on Sundays.

Maximum 8 people.

Minimum age: 7 years.

We recommend you bring: sunscreen, hat, sunglasses and water shoes.

Prices

3-hours tour: 18 000xpf per person

2-hours tour: 14 000xpf per person



Jet Ski Tour

Drive your own jet ski, following your guide, and discover the North Coast with the famous Cook's Bay and Opunohu Bay. Enjoy a swimming stop with rays and sharks as well.

Departure: 8:45am or 12:45pm

Duration: 2 hours

Minimum age to drive: 16 years old.

This activity is not suitable for pregnant women.

We recommend you bring: sunscreen, hat, sunglasses and water shoes.

Prices

23 500xpt/Jet Ski for 1 to 2 people



Whale watching

Humpback whales spend several months in Polynesian waters during the austral winter to give birth and mate. Afterwards, they return to the cold waters of Antarctica. The whale watching tour takes place on the ocean side. After locating them, we observe their behavior from the boat, and then, if conditions permit, we offer you the opportunity to enter the water. Approaching whales is regulated, with a minimum distance to be maintained between the boat and the whales, so expect to swim, sometimes for long distances, especially if they are moving.

From August 1st to November 10th only. Observation period confirmed during the year (usually March/April).

Duration: 4 hours.

This activity is not recommended for people prone to seasickness. We advise you to bring: sunscreen, a hat, sunglasses, and water shoes.

Prices

Lagoon tour + Whale watching: 20 000xpf per person

Whale watching (ocean side): 22 000xpf per person

Swimming with whales (ocean side): 30 000xpf per person

Private tour: 200 000xpf



Lagoon fishing

Private tour

Introduction to lagoon fishing, an experience to enjoy alone, as a couple or with family and share unique moments.

Duration: 4 hours

Maximum 4 people.

Water, juice, beer, rum punch and fruit will be included.

We recommend you bring: sunscreen, hat, sunglasses and water shoes.

Prices

90 000xpf for 2 people

100 000xpf for 3 people

110 000xpf for 4 people



Lagoon fishing

Private Tour & Lunch

Catch your own fish while discovering the marine life of the lagoon and ocean, then watch the fish being cleaned. You'll learn how to prepare raw fish with coconut milk, carpaccio, and more.

Duration: 6 hours

Maximum 4 people.

Drinks included (Open Bar).

We recommend you bring: sunscreen, hat, sunglasses and water shoes.



Prices

150 000xpf for 2 people

170 000xpf for 3 to 4 people





Deep Sea fishing

Shared tour

For fishing enthusiasts and amateurs alike, head out to sea for some sport fishing. We recommend bringing: sunscreen, a hat, sunglasses, and water shoes.

Half-day

Departure: 6am

Duration: 4h

Minimum 2 people, maximum 6 people.

Water and juice included.

Prices

38 000xpf per person

Full day

Departure: 6am

Duration: 7h

Minimum 2 people, maximum 6 people.

Local lunch and drinks included.

Prices

54 000xpf per person



Deep Sea fishing

Private tour

For fishing enthusiasts and amateurs alike, head out to sea for some sport fishing. We recommend bringing: sunscreen, a hat, sunglasses, and water shoes.

Half-day

Departure: 8am

Duration: 4h

Minimum 1 person, maximum 4 people.

Water and juice included.

Prices

134 000xpf

Full day

Departure: 8am

Duration: 8h

Minimum 1 person, maximum 4 people.

Local lunch and drinks included.

Prices

188 000xpf



Sunset Cruise and cocktails

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

Departure: 5pm

Duration: 2 hours

Make sure you bring your camera.

Water, juice, cocktails, beers, fruit and small snacks included.

Prices

Private tour only: 40 000xpf for 2 people



Private Cruise and romantic dinner

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

Departure: 5pm

Duration: 3 hours

Meal & drinks (rum punch cocktail, beers, wine, water and juice) included.

Prices

75 000xpf for 2 people





E-Paddle

Come and discover the Moorea lagoon on a private excursion aboard an e-paddleboard, 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 flora and fauna. We recommend you bring: sunscreen, a hat, sunglasses, and water shoes.

Maximum weight: 120kg

Minimum age: 7 years old

Drone photos option: 2 000xpf

Little Tour

30 minutes

Photo & Video included.

Prices

3 500xpf per person

Initiation

1 hour

Photo & Video included.

Prices

5 000xpf per person

Discovery

2 hours

Duration :

1 hour 20 minute walk

30 minutes of free diving

10-minute break

Minimum 2 people

Photo & Video included.

Prices

7 500xpf per person



Coral grafting

Discover the art of coral propagation. Preserve coral reefs while creating unforgettable memories. Make a difference in ocean conservation and start a movement to protect coral reefs.

3 sessions per week: Tuesday at 9am, Thursday at 1:30pm, Saturday at 9am.

Duration: 2 hours

Prices

8 000xpf per person

50% discount for children under 10



Round trip to Tetiaroa in a luxury motor catamaran

Treat yourself to an exceptional experience aboard our private luxury catamaran, designed to offer you an unforgettable journey between two paradise islands. Departing from Moorea, let yourself be carried away by the crystal-clear waters of French Polynesia and sail to Tetiaroa, a secret and pristine atoll, for a day.

Duration: 9 hours.

For 2 to 6 people.

Make sure you bring your camera.

Prices

480 000xpt for 2 people



Luxury motor catamaran

Treat yourself to an exceptional experience aboard our private luxury catamaran. Relax in absolute comfort, with personalized service at every moment, while enjoying the spectacular panoramas unfolding around you. Dive into the turquoise waters for a snorkeling session among tropical fish and stingrays.

Duration: half day (3 hours) or full day (6 hours)

From 2 to 6 people.

Make sure you bring your camera.

Prices

170 000xpf for half a day

250 000xpf for a full day



Contact us



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activites@manavamoorea-resort.pf

A reservation is a commitment to a service provider.

Cancellation Policy: For cancellations made up to 48 hours before the excursion, there will be a 100% refund. For cancellations made less than 48 hours in advance, there is no refund.

For private tours, for cancellations up to 5 days before the tour, there will be a 100% refund. For cancellations made less than 5 days in advance, there will be no refund.

**Thank you for understanding.
The management.**