



EEGEEZ

**manava**  
BEACH RESORT & SPA - MOOREA

# 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.

The logo consists of the word "manava" in a stylized, lowercase, sans-serif font, with the "m" having a small vertical bar above it. Above the "m", there are four small, vertical, rounded rectangles of varying heights, creating a graphic element.

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# 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*

### *The Show Only*

*Departure: 7:45pm*

*Return around 11pm*

## Prices

**12 500xpf per person**

**5 950xpf for children under 10**

## 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.*



# 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**

**65 000xpf**

*Open Water SSI*

**45 000xpf**

*Level 1 Certification/FFESSM/CMAS/ANMP*

**12,000 XPF per person**

*Full Moon Dive*

*Minimum 3 participants*

**8,500 XPF per person**

*Sunset Diving*

*From May to December*

*Wednesdays & Saturdays only.*



# Scuba diving

The diving center is located within the hotel.

## *Private Boat Diving*

## Prices

**150 000xpf**

*2 consecutive dives*

*Boat + 1/2 instructors*

*Maximum 6 divers*

**90 000xpf**

*Afternoon or sunset dive*

*Boat + 1/2 instructors*

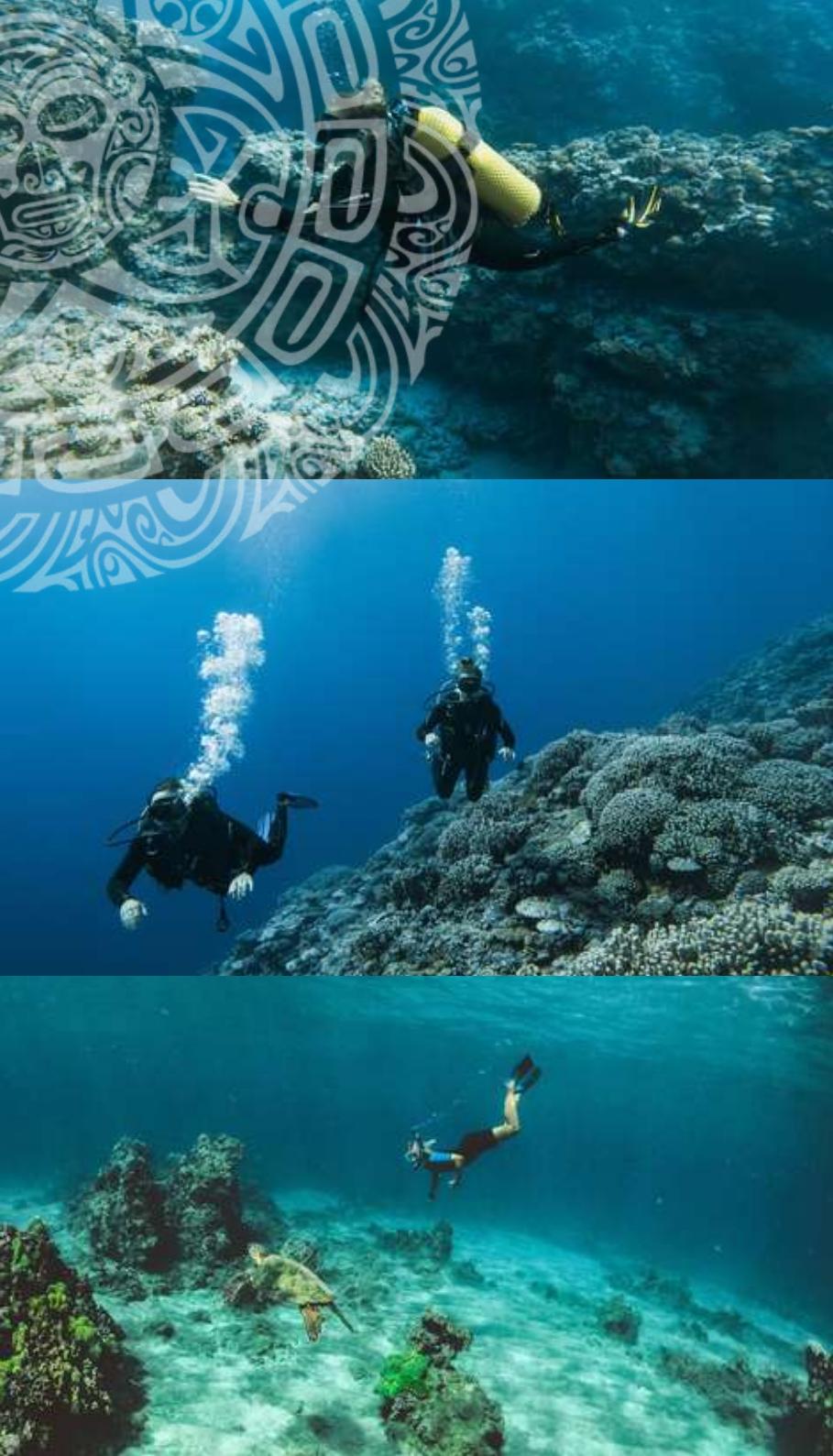
*Maximum 6 divers*

**80 000xpf**

*Full Moon Dive*

*Boat + 1/2 instructors*

*Maximum 6 divers*



# 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 500xpf/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.*

### *Full day*

*Departure: 6am*

*Duration: 7h*

*Minimum 2 people, maximum 6 people.*

*Local lunch and drinks included.*

### **Prices**

**38 000xpf per person**

### **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.*

*Full day*

*Departure: 8am*

*Duration: 8h*

*Minimum 1 person, maximum 4 people.*

*Local lunch and drinks included.*

### Prices

**134 000xpf**

### 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 000xpf 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

 +689 40 55 17 97

 [activites@manavamoorearesort.pf](mailto:activites@manavamoorearesort.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.**