



DAILY SCHEDULED AND RECOMMENDED ACTIVITIES 日常出海活动表 & 餐饮特色活动表

MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五	SATURDAY 星期六	SUNDAY 星期日
<p>06:00 to 08:00 hours Enjoy a Sunrise Champagne Breakfast on our sandbank. 日出的拖尾沙滩上享受浪漫的香槟早餐(US\$299美金一对夫妇,包括一瓶香槟,需提前预约) 如需预定,请接"1"</p> <p>09:30 to 11:30 hours Catamaran Snorkelling Trip 双体风帆船浮潜之旅(需提前预约) 价格: US\$140美金一条船(最多2名成人及1名儿童)</p> <p>11:00 to 13:00 hours Cooking Demonstration 烹饪课程(包括品尝) (需组队4位起,需提前预约) 组队价格US\$49美金一位 私人组队US\$158美金二位</p> <p>14:00 to 15:00 hours Complimentary guided snorkeling at Cocoa's House Reef 可可亚本岛珊瑚礁指导浮潜(免费,需提前预约)</p> <p>16:30 to 17:30 hours Complimentary Yoga at Yoga Pavilion 瑜伽课程(免费不需要提前预约) (地点: SPA旁边的瑜伽亭)</p> <p>16:30 to 18:30 hours Sunset Cruise by boat 夕阳巡航之旅 (需组队4位起,需提前预约) 组队价格US\$250美金一对 私人包船价格US\$350美金一对</p> <p>18:00 to 19:00 hours Night Snorkeling at Cocoa's House Reef 可可亚本岛珊瑚礁夜间浮潜(需提前预约) 价格: US\$75美金一位</p> <p>19:00 to 22:00 hours Surprise your loved one with a unique dinner on our sandbank. 一次给你爱的他/她一个惊喜拖尾沙滩浪漫晚餐 (US\$599美金5道菜一瓶香槟,需提前预约) 如需预定,请接"1"</p>	<p>08:00 to 09:30 hours Complimentary 60min Yoga followed by 30min Meditation & Pranayama at Yoga Pavilion 瑜伽课程免费,不需要提前预约 (60分钟瑜伽之后可选择继续30分钟呼吸调节和冥想课程)</p> <p>10:00 to 12:00 hours Aquarium Snorkelling Trip by boat Price: US\$55 per person 珊瑚礁鱼群浮潜之旅(需提前预约) 价格: US\$55美金一位</p> <p>12:00 to 15:00 hours Taco Tuesday at Ufaa Restaurant Price: From US\$26 墨西哥手工卷饼(多种口味可选) 价格: US\$26美金起</p> <p>14:00 to 16:00 hours Local Island Cultural Tour Price: From US\$200 per couple 马尔代夫居民岛参观(需提前预约) 价格: US\$200美金一对</p> <p>16:30 to 17:30 hours Complimentary Yoga at Yoga Pavilion 瑜伽课程(免费不需要提前预约) (地点: SPA旁边的瑜伽亭)</p> <p>17:30 to 20:00 hours Sunset Fishing by boat 夕阳垂钓(多尼船) (需提前预约) 价格: US\$75美金一位</p> <p>18:00 to 19:30 hours Night Dive at Cocoa's House Reef 可可亚本岛珊瑚礁夜间潜水(仅持有潜水执照者) (需提前预约) 价格: US\$125美金一位</p> <p>19:00 to 22:00 hours Thai Dinner at Ufaa Restaurant Price: US\$110 per person 泰国菜(Ufaa餐厅) 价格: US\$110美金一位 (不需要提前预约)</p>	<p>11:00 to 12:00 hours Complimentary Aquathery Session at Hydrotherapy Pool 水疗瑜伽课程 (免费,需提前预约) 着穿泳衣 地点: 水疗中心的按摩游泳池</p> <p>12:00 to 15:00 hours Sushi Lunch at Ufaa Restaurant Price: From US\$3 寿司午餐(Ufaa餐厅) (不需要提前预约) 价格: US\$3美金起</p> <p>14:00 to 15:00 hours Complimentary guided snorkeling at Cocoa's House Reef 可可亚本岛珊瑚礁指导浮潜(免费,需提前预约)</p> <p>15:00 to 16:00 hours Contribute to our reef regeneration initiative by sponsoring a coral frame. Price from US\$150 per frame 赞助珊瑚框架有助于我们的珊瑚礁再生的活动 价格: US\$150美金一个框架</p> <p>16:30 to 17:30 hours Parasailing by Speedboat 帆船滑翔运动(快艇)(需提前预约) 价格: US\$120美金一位 飞翔时间: 15分钟</p> <p>16:30 to 17:30 hours Complimentary Yoga at Yoga Pavilion 瑜伽课程(免费不需要提前预约) (地点: SPA旁边的瑜伽亭)</p> <p>18:30 to 19:00 hours Marine Talk at Faru Bar Complimentary 海洋知识解说 在Faru酒吧进行 (免费,不需要提前预约)</p>	<p>08:00 to 09:30 hours Complimentary 60min Yoga followed by 30min Meditation & Pranayama at Yoga Pavilion 瑜伽课程免费,不需要提前预约 (60分钟瑜伽之后可选择继续30分钟呼吸调节和冥想课程)</p> <p>10:00 to 12:00 hours Turtle Snorkelling Trip by boat Price: US\$65 per person 海龟点浮潜之旅(需提前预约) 价格: US\$65美金一位</p> <p>12:00 to 15:00 hours Book your private Island Picnic on our sandbank. 拖尾沙滩上享受私人野餐(US\$149美金设台费用,需提前预约) 如需预定,请接"1"</p> <p>14:00 to 16:00 hours Local Island Cultural Tour Price: From US\$200 per couple 马尔代夫居民岛参观(需提前预约) 价格: US\$200美金一对</p> <p>16:30 to 17:30 hours Complimentary Yoga at Yoga Pavilion 瑜伽课程(免费不需要提前预约) (地点: SPA旁边的瑜伽亭)</p> <p>17:30 to 20:00 hours Sunset Fishing by boat 夕阳垂钓(多尼船) (需提前预约) 价格: US\$75美金一位</p> <p>18:00 to 19:30 hours Night Dive at Cocoa's House Reef 可可亚本岛珊瑚礁夜间潜水(仅持有潜水执照者)(需提前预约) 价格: US\$125美金一位</p> <p>19:00 to 22:00 hours Seafood BBQ at Ufaa Restaurant Price: US\$165 per person 海鲜自助烧烤(Ufaa餐厅) 价格: US\$165美金一位 (不需要提前预约)</p>	<p>09:30 to 11:30 hours Catamaran Snorkelling Trip 双体风帆船浮潜之旅(需提前预约) 价格: US\$140美金一条船(最多2名成人及1名儿童)</p> <p>11:00 to 13:00 hours Cooking Demonstration 烹饪课程(包括品尝) (需组队4位起,需提前预约) 私人组队US\$158美金二位</p> <p>14:00 to 15:00 hours Complimentary guided snorkeling at Cocoa's House Reef 可可亚本岛珊瑚礁指导浮潜(免费,需提前预约)</p> <p>15:00 to 16:00 hours Windsurfing lesson 风帆冲浪课程(需提前预约) 价格: US\$75美金每人每小时</p> <p>16:30 to 18:30 hours Sunset Cruise by boat 夕阳巡航之旅(需提前预约) 组队价格US\$250美金一对 私人包船价格US\$350美金一对</p> <p>17:00 to 18:00 hours Sunset Cocktail hour at Faru Bar. Two for one cocktails & mocktails Faru酒吧 鸡尾酒买一送一</p> <p>18:00 to 19:00 hours Night Snorkeling at Cocoa's House Reef 可可亚本岛珊瑚礁夜间浮潜(需提前预约) 价格: US\$75美金一位</p> <p>19:00 to 22:00 hours Reserve a Tented Candlelight Dinner on the beach. 帐篷浪漫烛光晚餐 (US\$199美金设台费用,需提前预约) 如需预定,请接"1"</p>	<p>06:00 to 10:00 hours Game Fishing 放长线钓大鱼(深海长线鱼具大船特约活动如需预定,请接"3") US\$1000美金起一条船(需提前预约)</p> <p>08:00 to 09:30 hours Complimentary 60min Yoga followed by 30min Meditation & Pranayama at Yoga Pavilion 瑜伽课程免费,不需要提前预约 (60分钟瑜伽之后可选择继续30分钟呼吸调节和冥想课程)</p> <p>10:00 to 11:00 hours Parasailing by Speedboat 海上降落伞运动(快艇)(需提前预约) 价格: US\$120美金一位 飞翔时间: 15分钟</p> <p>10:00 to 12:00 hours Aquarium Snorkelling Trip by boat Price: US\$55 per person 珊瑚礁鱼群浮潜之旅(需提前预约) 价格: US\$55美金一位</p> <p>16:30 to 17:30 hours Complimentary Yoga at Yoga Pavilion 瑜伽课程(免费不需要提前预约) (地点: SPA旁边的瑜伽亭)</p> <p>17:00 to 18:00 hours Sunset Cocktail hour at Faru Bar. Two for one cocktails & mocktails Faru酒吧 鸡尾酒买一送一</p> <p>17:30 to 20:00 hours Sunset Fishing by boat 夕阳垂钓(多尼船) (需提前预约) 价格: US\$75美金一位</p> <p>18:00 to 19:30 hours Night Dive at Cocoa's House Reef 可可亚本岛珊瑚礁夜间潜水(仅持有潜水执照者) (需提前预约) 价格: US\$125美金一位</p> <p>19:00 to 22:00 hours Thali Dinner at Ufaa Restaurant Price: US\$110 per person 印度咖喱(Ufaa餐厅) 价格: US\$110美金一位 (不需要提前预约)</p>	<p>08:30 to 12:30 hours Two-tank Dives Price: US\$220 per person 深海潜水(二罐气瓶,仅持有潜水执照者) 价格: US\$220美金一位</p> <p>10:00 to 11:00 hours Parasailing by Speedboat 海上降落伞运动(快艇)(需提前预约) 价格: US\$120美金一位 飞翔时间: 15分钟</p> <p>11:00 to 12:00 hours Complimentary Aquathery Session at Hydrotherapy Pool 水疗瑜伽课程 免费,需提前预约,着穿泳衣 地点: 水疗中心的按摩游泳池</p> <p>16:30 to 17:30 hours Complimentary Yoga at Yoga Pavilion 瑜伽课程(免费不需要提前预约) (地点: SPA旁边的瑜伽亭)</p> <p>17:00 to 17:30 hours Fish Feeding at Private Jetty 喂鱼活动(不需要提前预约) (#831房间旁边的私人码头)</p> <p>17:30 to 20:00 hours Sunset Fishing by boat 夕阳垂钓(多尼船) (需提前预约) 价格: US\$75美金一位</p> <p>18:00 to 19:00 hours Oyster Bar at Ufaa beach 新鲜生蚝宴 Ufaa餐厅沙滩上 价格: US\$4美金一只起 (不需要提前预约)</p> <p>19:00 to 22:00 hours Book a Candlelight Beach Dinner under the stars 浪漫烛光晚餐 (US\$50美金设台费用,需提前预约) 如需预定,请接"1"</p>

Printed on September 2014

24 hours advance booking is required for most activities 所有项目需提前24小时预订。

Private or tailor-made activities and special dining options can be organized daily upon request with advance notice 所有的出海活动请参阅我们的顾客服务目录全里,如有私人或特制的旅行都可以要求组织,需提前预约。

Scheduled Sunset Cruise is a group activity and requires a participation of minimum 2 adults. Other scheduled activities requires minimum of 1 adults. 夕阳巡航之旅最少2人组队,其他出海项目可按照行程表执行。

For further information or assistance, please contact our Marine Sports Center on extension "3" or alternatively contact our Guest Services Team on extension "0". 如需预定或咨询,请接"3"联系我们海上运动中心,或请接"0"联系我们客户服务团队。

For Aquathery session, please contact our COMO Shambhala Team on extension "2" to check the availability. Advance booking is required due to limited space. 水疗瑜伽需提前预订,请联系COMO Shambhala前台或拨打分机"2"。

All marine sports activities and special outdoor dining experiences are subject to weather condition. 所有的出海项目,如天气原因行程需要变更,我们将提前另行通知。

All prices are subject to 10% service charge and prevailing government taxes. 所有价格均加收10%服务费及8%政府税。