CONRAD MALDIVES RANGALI ISLAND
CURATED EXPERIENCES
M A R U H A B A A

Ready to dive in and soak up the sunshine?

For those who journey to discover inspiration, the award-winning Conrad Maldives Rangali Island is the quintessence of resort destinations, inspiring travellers to lose themselves in a sanctuary of bliss and live their passionate selves.

Whether you are a Rangali regular or a first-time guest, this holiday planner will help you uncover our insider tips on where to eat, drink, relax and explore.

Get wander-fully lost exploring the lush tropical greenery and unparalleled views of the Indian Ocean at every turn, demystify the life aquatic, navigate the coral gardens that envelop the two islands, discover rare marine life and dine above and below the water.

Discover the heartbeat of Maldivian culture; catch a Dhoni and discover life in a fishing village, soak in the sunset while enjoying local cuisine that has been prepared by the women from a local island, learn the art of palm weaving and dance the night away under the stars to the heavy beats and rhythmic movements of Bodu Beru music.

Let your palate guide you on a nomadic foodie experience, embark on a food safari with 12 award-winning restaurants and bars to enjoy. From 101 cheeses in the cheese and wine bar, bespoke mixology in Rangali bar and the Quiet Zone, organic spa cuisine in Mandhoo, celebrity Chinese cuisine in Ufaa by Jereme Leung and watch flames dance under the starry night sky in Koko Grill and dine 16ft below the ocean in Ithaa, the world’s first undersea restaurant.

Conrad Maldives is an inspirational backdrop featuring intuitive service and a distinctive mix of experiences, activities and dining making it an unforgettable destination for couples and families to truly stay inspired.

Share your inspiration by tagging your #ConradMaldives and #StayInspired moments.

Please note Conrad Maldives Rangali Island is one hour ahead of the capital Male’.
Atoll Market
Take a culinary journey around the world at Atoll Market, the resort's only buffet restaurant. Atoll Market features eight show kitchens featuring Asian, Italian, Japanese, Indian, a grill, the deli, bakery and handcrafted desserts.
Open for breakfast and dinner daily

Vilu Restaurant
Recognized with awards for excellence by Wine Spectator, Vilu Restaurant is dedicated to the art of food and wine pairing. Located on the edge of the lagoon, Vilu is an open-air restaurant that showcases the resort's extensive wine selection that has been expertly matched to the contemporary Mediterranean-inspired cuisine on offer.
Breakfast: Daily
Dinner: Sunday, Monday, Tuesday, Thursday and Friday

Sunset Grill
Set on stilts 50-metres out to sea above a coral reef, this open-air restaurant showcases the country's fresh seafood and imported meats prepared simply alongside a carefully crafted wine list.
Open for dinner daily

Rangali Bar
Set on the edge of the main pool, the sand-floored bar provides extensive lunch and dinner menus alongside innovative cocktails, regular live music and events.
Open daily for lunch, happy hour and dinner.

The Quiet Zone
An open-air tented lounge on the beach, located on Rangali island. For adults only, The Quiet Zone features comfy daybeds, a fully stocked bar and a lunch and dinner menu.
Lunch: Daily
Dinner: Sunday to Friday

Mandhoo Spa Restaurant
Set on stilts in the lagoon, the menu at Mandhoo has been specially prepared to energize, nourish, detoxify, relax and fortify the body utilizing organic produce. Diners should look out for sting rays and baby sharks which sometimes swim underneath the restaurant.
Open daily for lunch and dinner except on Mondays
Daily fish feeding at 13:30

Ufaa by Jereme Leung
Ufaa presented by celebrated Chef Jereme Leung is an innovative Chinese culinary concept that showcases the iconic flavours from the distinctive provinces across China. The restaurant presents various dining options including fresh handmade noodles and dim sum.
Open daily for lunch and dinner except on Wednesdays

All prices listed in this brochure is in USD and is exclusive of 10% service charge and 12% T-GST.
For more information or reservations please contact your Island Host or dial extension 5283/5284
Koko Grill Dinner
19:30
Located on the Quiet Zone Beach, Koko Grill provides an intimate dining experience. Watch flames dance on the open grill as the chef prepares up to 10 courses of Japanese cuisine under the stars.
Every evening except Saturday

Lobster and Champagne Dinner
A bountiful feast of local lobster, seafood and quality meats off the grill accompanied by flowing Champagne.
Saturdays at The Quiet Zone Beach

The Wine Cellar Dinner
19:30
Located two meters underground the Wine Cellar is the setting of two weekly degustation dinners hosted by the island’s executive chef and head sommelier, who skillfully match a five course menu with eight hand-picked wines.

Tuesday and Friday

Congratulations Dinner
Enjoy a special romantic dinner for two over the water at Sunset Grill. (Includes one bottle of champagne per couple).

The Cheese and Wine Bar
Home to over 100 of the world’s best cheeses, The Cheese and Wine Bar is the Maldives’ first purposely designed cheese and wine bar.

Monday and Saturday- Cheese Fondue
Wednesday and Sunday- Tapas

Beach BBQ
Sit under a blanket of stars with your feet in the sand as you dine on fresh seafood and the best cuts of meat fresh off the grill.

Wednesdays at Deluxe Beach Tip

Ithaa Undersea Restaurant
Cocktails • 11:00 - 12:00
Lunch • 12:30
Dinner • 18:30
Savour fine contemporary cuisine at the world’s first undersea restaurant.

Daily

Ufaa by Jereme Leung
Hot Pot
Savour premium hot pot with Chef Jereme’s signature broth and top quality produce including fresh seafood, high quality cuts of meat and vegetables.

Daily except on Wednesdays

Chef’s Table
Be guided on an intimate gastronomic journey at a chef’s table exclusively hosted by the resort’s culinary team. Watch on as our chefs prepare a five course meal especially for you.

Thursday evenings at The Cheese and Wine Bar

Maldivian Night
Immerse yourself in Maldivian culture with a special Maldivian dinner presented at Ari Lounge beach. Savor local cuisine specially prepared by the women from the local islands and traditional Bodu Beru music at Rangali Bar.

Monday at Ari Lounge Beach

S H A R E   Y O U R   #   C O N R A D M A L D I V E S   M E M O R I E S

We love seeing how Conrad Maldives inspires you. Tag us and share your ConradMaldives memories on your favourite social media platform.

@conrad_maldives
@ConradMaldives
Conrad Maldives Rangali Island

Complimentary Wi-fi is available in your villas and public areas such as the reception and restaurants. Just click to the hhonors network to connect.

Images via Instagram
First row: @sabrina_chakici, @thefierce_nay, @stylonylon
Second row: @modestinations, @parkncube, @iamchouquette
Third row: @andathousandwords, @moners_ @thesandgypsy
Entertainment at Rangali Bar

Relax amidst breathtaking lagoon views, sipping on specialty cocktails at Rangali Bar, where regular entertainment takes centre stage in the heart of the resort.

Happy Hour

Rangali Bar and The Quiet Zone

Enjoy 50% off selected drinks from 17:00 to 19:00 daily

Rangali Inspired Cocktails

Treat your senses with an array of perfectly concocted libations exclusively created for Conrad Maldives by award-winning global cocktail consultant Grant Collins.

Inspired by the chilled vibe of the resort’s Maldivian surroundings, the cocktail menus are bursting with fresh fruits and vegetables coupled with a subtle bite of spice omnipresent of the perfect libation to sip on a summer’s day or night.

Sit back and let our internationally trained mixologists guide you through our unique bespoke cocktail lists.

Never Just Stay. Stay Inspired.

At Conrad, we understand that traveling isn’t just about the destination, it’s about the journey. And how you use every moment. That’s why we’ve curated a list of quintessential experiences called Conrad 1/3/5. Each experience reflects a local take on culture, art, food, and adventure, so you can now make the most of your trip, even when time is at a premium.

To find out more and curate your own inspired stay visit www.StayInspired.com

#StayInspired
Snorkeling Hopping
For more advanced swimmers and snorkelers, this excursion takes you further afield to some of the most vibrant coral reefs where you might spot turtles, sharks and possibly even a manta ray.
Sunday and Friday 9:00-12:00

Whale Shark Talk and Tour
Did you know that South Ari Atoll is famous for its resident population of Whale Sharks? Come and see this graceful giant of the seas on our Whale Shark watching tour. Advanced bookings are recommended due to limited availability and whilst we do our best to find the Whale Sharks, a sighting can never be guaranteed. Please come by the Dive Centre to secure your place.
Wednesday, Friday and Sunday 8:30-12:00

Sunset Fishing
The beauty of a glorious sunset matched with all the fun of fishing on a traditional Dhoni. Our experienced crew will take you to their best fishing spots and help you to catch the next day’s dinner. Enjoy the stunning colors of the sky as the sun slowly dips into the Indian Ocean in a tranquil sojourn at sea.
Sunday, Wednesday & Saturday 18:30-20:30

Turtle Safari
On this excursion we will take you to some of our favorite snorkeling spots as we look for sea turtles. Now incredibly common near our islands, join us as we seek out these beautiful creatures.
Sunday 14:00-17:00
Wednesday 9:00-12:00
Thursday 9:00-12:00

Snorkeling Safari
Join us as we venture to some of the best snorkeling sites in South Ari Atoll and discover a range of unique marine life.
Monday 9:00-12:00
Saturday 14:00-17:00

Adventure Snorkeling
Located in South Ari Atoll, the waters around Conrad Maldives is one of the country’s best locations to spot giant manta rays. We’ll take you out to where these magnificent creatures are usually found, for an up-close and personal snorkel session.
Tuesday and Saturday 10:00-13:00

Night Fishing
All the fun of line fishing, but during the peaceful hours of the evening. Some say that more fish can be found at night, but you won’t find out until you try.
Friday 20:00-22:00

Island Hopping
Discover more about island life and Maldivian culture in this speedboat excursion to the nearby islands, where you will also have the opportunity to stop for a snorkel at some beautiful reefs and enjoy a picnic lunch somewhere special.
Sunday 14:00-17:00
Wednesday 9:00-12:00
Thursday 9:00-12:00

From Ocean to Plate
Set out bright and early on a traditional Dhoni to see if you can get the catch of the day. Our chefs at Ufiaa by Jereme Leung will then prepare your morning catch into a Chinese favorite for lunch.
Daily except Wednesdays
Fishing Trip: 08:00 to 10:00
Lunch at Ufiaa: 12:00 to 15:00

Discover Snorkeling
Discover the abundance of marine life in your very own backyard with a guided snorkeling session in the resort’s house reef. You can also let one of our specially trained team members guide you through the basics of snorkeling as you explore the house reef. Ask about discover snorkeling lessons.
Friday & Wednesday
Subject to availability

Big Game Fishing
Charter our big game fishing boat, Haka for a day of high intensity fishing in the Indian Ocean. Try your luck at catching big game such as tuna when you head out to deep waters and return with the catch of the day.
Daily
Mornings 7:00-12:00
Afternoons 14:00-19:00

For more information or reservations please contact your Island Host or dial extension 5283/5284
**Group Cruises •**

**Luxury Lucky Dolphin Cruise**
Head out to sea onboard our luxury yacht and see if you are lucky enough to spot the playful spinner dolphins who call this region of the Indian Ocean home.
Sunday & Wednesday 18:00-19:30

**Luxury Sunset Cruise**
Take an awe-inspiring cruise over the deep blue ocean on board our luxury cruiser. As the sun sinks into the ocean in a glory of colours, our friendly crew members will serve Champagne and chef’s special canapés. It’s moments like these that you’ll remember for a lifetime.
Tuesday & Friday 18:00-20:00

**Exclusive Cruises •**

**Luxury Sunrise & Breakfast Cruise**
Enjoy the breathtaking Maldivian sunrise on board our luxury yacht, Rangali Raani. Cruise between scattered islands as our team prepares a delicious continental breakfast.
Daily 06:00-09:00

**Day Cruise on Rangali Raani**
Sail away with your loved ones for the day and stop by some of the best snorkeling spots in South Ari Atoll. Enjoy the luxury of our yacht as the crew prepare a special picnic lunch on the deck.
Daily 10:00-16:00

**Sunset Champagne Cruise**
Treat your loved ones to a truly unforgettable experience as you sail away at sunset. Watch the Maldivian sunset as our crew serve Champagne and special canapés.
Tuesday & Friday 18:00-20:00

Please note a minimum of four guests are required for cruises.

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**Majaa Kids’ Club**

There is so much excitement that awaits our young guests on the island.
From marine adventures and sporty pursuits, to arts and crafts and culinary workshops, we have a world of discovery just waiting to be explored everyday.

**What you need to know:**
- Majaa is open from 8:30 to 19:00 daily.
- Majaa is for children aged 3 to 12 years old and is free of charge, with the exception of some activities.
- Children under the age of three can enjoy Majaa with the supervision of a parent, guardian or babysitter.
- We do offer babysitting services at the rate of $20 per hour, per child. 24 hour notice is required.
- Children who would like to enjoy a meal at Majaa need to book 24 hours in advance.

For more information on Majaa, please do not hesitate to drop by and say hello or contact us via the Kids Club extension 5276.

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**Complimentary Activities**

**Power Walking**
A fast-paced and guided power walk along the resort’s beach and tracks.

**Morning Stretch**
Start the day with a 30-minute stretch to kick start the body’s metabolism.

**Beach VolleyBall**

**Table Tennis**
*Available 7.00 - 20.00 on a complimentary basis, for your enjoyment.

**Suggested Activities**

**Personal Training** - 60 minutes
- $90 per person
- $130 per couple

**Private Yoga** - 60 minutes
- $100 per person
- $150 per couple

**Charged Activities**

- **Yoga for Body & Mind**
  A one-hour session to soothe and engage your mind and body using stretching and meditation.

- **Body Blast**
  A strength and cardio workout that will challenge your entire body top-to-bottom using fitness equipment in a fun and energetic environment.

- **Xpress Circuit**
  The ideal workout combining weight equipment and cardiovascular training methods to keep the body moving and burn fat.

- **Boxercise**
  A fun and intense boxing workout for cardiovascular fitness and full-body toning.

- **Fitball Pilates**
  A full core workout incorporating fitball and mat work. Suitable for beginners to advanced.

- **Hatha Yoga**
  A combination of yoga postures and breathing exercises to achieve self awareness and mind control.

- **Bootcamp**
  A one hour class incorporating circuit exercises held around Rangali Island.

**Complimentary Classes**

- **Charged group yoga classes** $35
- **Charged group fitness classes** $35
- **Minimum two people, maximum six people**

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Rejuvenate your senses in the idyllic tranquility of the Over Water Spa and The Spa Retreat.

Set over a lagoon at the tip of Rangalifinolhu Island, The Spa Retreat offers an extensive range of wellness and beauty treatments.

Experience ultimate relaxation in a private pavilion, many of which house private pampering facilities such as a Jacuzzi, whirlpool, Vichy shower or steam and sauna room.

Embark on an unforgettable sensorial odyssey at the Over Water Spa on Rangali Island and be lavishly pampered in glass-floored treatment rooms offering entrancing views of the colourful coral reefs beneath. A secluded serenity deck with an open-air whirlpool provides the perfect finale to your spa journey.

• Signature Treatment •

Maldivian Indigenous Treatment (90 minutes)
This localized blend of products is designed to relieve muscle tension, nourish the hair and body. It consists of a coconut scrub, scalp massage and full body massage using heated coconut sticks.

• Weekly Highlights and Workshops •

Monday Recovery
Muscle Ease (90 minutes)
Medium to deep pressure massage, combined with heat and organic herbs.

11am workshop: Spa Retreat Tour
Join us for a tour of the Spa Retreat.

Tuesday Rejuvenation
Elemis Oxygen Facial (75 minutes)
A great treatment to even skin tone and offer immediate comfort to irritated skin.

11am workshop: Skincare
Learn about different skin types and solutions to target skin concerns.

Wednesday Detox
Detoxifying Facial (75 minutes)
This luxurious facial and scalp massage melts away stress and tension while detoxifying and stimulating the skin, leaving it looking bright and fresh.

11am workshop: Benefits of Massage
Our experienced therapists will share their knowledge about different massage techniques and their benefits.

Thursday Pampering
Manicure and Pedicure (90 minutes)
Nourishing and indulgent hand therapy followed by a sensory experience for your feet.

11am workshop: Over Water Spa Tour
Join us for a tour of the Overwater Spa.

Friday Relaxation
Aroma Hot Stone Therapy (90 minutes)
This treatment uses heated stones to slowly release heat into your muscles and relieve tension.

11am workshop: It’s All About Exfoliating
Learn about the many benefits of different body scrubs and body wraps.

Saturday Indulgence
Absolute Spa Ritual (120 minutes)
An indulgent package that combines full body deep tissue massage and a facial prescribed to your needs.

11am workshop: Food For The Hair
Meet our spa professionals for a quick consultation on hair treatments.

Sunday Bliss
Art of Love (180 minutes)
Celebrate the art of love with this luxurious couple’s full body spa ceremony.

11am workshop: Benefits of Thai Massage
Our experienced therapists will take you through the stretching techniques practiced in Thailand for over 2500 years.

*All Spa workshops are complimentary
POOLS
1 - Main Pool
2 - Kids’ Pool
3 - The Quiet Zone Pool

RECEPTION AND UTILITIES
4 - Main Reception
5 - Ari Lounge Reception
6 - The Spa Retreat Reception
7 - Concierge Desk Hosts
8 - Business Centre
9 - Clinic
10 - Seaplane Departure and Arrival Platform

SPA
11 - The Spa Retreat
12 - The Over-Water Spa

RESTAURANTS AND BARS
13 - Ithaa Undersea Restaurant
14 - Sunset Grill Restaurant
15 - Ufaa by Jereme Leung
16 - Atoll Market Restaurant
17 - Mandhoo Restaurant
18 - Vilu Restaurant and Vilu Bar
19 - The Wine Cellar
20 - Koko Grill
21 - The Quiet Zone Lounge Bar
22 - Cheese & Wine Bar
23 - Rangali Bar

LEISURE
24 - Majaa Kids’ Club
25 - Watersport Centre
26 - Dive Centre
27 - Fitness Centre
28 - Tennis Court
29 - Yoga Pavilion
30 - Meditation Pavilion
31 - Wedding Pavilion
32 - Shopping Plaza