

# Maldives Active Holiday: Fitness, Paddleboarding & Yoga

Prepared by TourGrids



Destination  
**Maldives**



Duration  
**5 Nights 6 Days**



Starting from  
**Rs. 95,000 / person**

## ITINERARY ROUTE

✓ **Resort Island · 5N**

<https://tourgrids.com/packages/maldives/maldives-5-nights-6-days-package-822>

## Overview

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A rejuvenating 5 nights / 6 days Maldives tour package designed for active travellers who want to combine wellness, paddleboarding and beach fitness with classic Maldivian island experiences. This Maldives Adventure tour package is crafted to boost fitness, build paddle skills and deepen your yoga practice while enjoying crystal-clear waters and white-sand beaches. Ideal as a Maldives Adventure package or as a specialized 5 and 6 Maldives Adventure tour package offering structured daily workouts, guided SUP (stand-up paddleboarding) sessions, sunrise and sunset yoga, plus snorkelling and a local culture visit.

### Highlights:

- Sunrise & Sunset Yoga at the beachfront Yoga Pavilion
- Stand-Up Paddleboarding (SUP) lessons and guided sandbank paddles
- Beach Bootcamp & Functional Fitness sessions on the sand
- Snorkelling the House Reef and a Dolphin Cruise
- Sandbank Picnic & Photography opportunities
- Half-day Malé Cultural Visit to experience local life

Tip: This package balances active sessions with free time—bring reef-safe sunscreen, a water-friendly fitness outfit, and a sense of adventure.

### ✓ What's Included

- ✓ 5 nights accommodation at a beachfront resort (double/twin occupancy options)
- ✓ Daily breakfast, 3x lunch or dinner (half-board/food plan to be confirmed)
- ✓ Roundtrip speedboat/seaplane transfers from Velana International Airport (Malé)
- ✓ Daily scheduled activities: 6 x yoga sessions, 4 x fitness classes, 3 x SUP lessons/excursions
- ✓ Guided snorkelling session and equipment
- ✓ Dolphin cruise (shared)
- ✓ Guided half-day Malé city tour
- ✓ Use of resort fitness facilities and non-motorised watersports equipment
- ✓ Local taxes and resort service charges

### ✗ Not Included

- ✗ International flights to/from Maldives
- ✗ Travel insurance and personal expenses
- ✗ Optional spa treatments, scuba diving and specialty excursions not listed above
- ✗ Alcoholic beverages and some meals if full-board not selected
- ✗ Tips/gratuities and portorage
- ✗ Any PCR/visa requirements or related testing fees
- ✗ Tip: Book scuba dives and spa treatments in advance to secure availability.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Transfer & Welcome Orientation**

Arrive at Velana International Airport (Malé) and take the speedboat or seaplane transfer to your resort. Check in, settle into your room and join the welcome orientation where the activity team will outline the week's fitness, SUP and yoga schedule.

- Meet & greet and health & equipment briefing.
- Light evening stretch session to release travel fatigue.

Note: Transfers depend on flight arrival times; aim for morning arrivals to enjoy a full first day.

Day

2

### **Beach Bootcamp & Intro to SUP**

Start strong with a morning Beach Bootcamp — a 60-minute functional fitness session focusing on core, mobility and strength using minimal equipment. After breakfast, take your first SUP (stand-up paddleboarding) lesson with certified instructors.

Afternoon at leisure: snorkel the house reef or relax by the pool. Finish the day with sunset stretching.

Fitness level: Beginner to intermediate. Modifications provided.

Day

3

### **Sunrise Yoga, Sandbank SUP Excursion & Snorkel**

Early Sunrise Yoga session to center the body and breath. Then embark on a guided SUP excursion to a nearby sandbank — perfect for skill practice, photos and a picnic.

Post-lunch: guided snorkelling trip to a vibrant coral patch and reef exploration. Evening free for optional spa treatments.

Reminder: SUP to sandbanks is weather-dependent. Instructors will advise daily.

Day

4

### **Active Recovery: Pilates & Dolphin Cruise**

Morning Pilates / Active Recovery class focusing on alignment and mobility to complement previous strength sessions. After brunch, set out on a half-day Dolphin Cruise to spot spinner dolphins and enjoy marine life watching.

Late afternoon: optional personal training session or free time to explore the island.

Tip: Bring a light jacket for the boat and a waterproof camera for dolphin sightings.

Day

5

## Full-Day Malé Cultural Visit & Sunset Yoga

After breakfast, take a guided trip to Malé City: visit the Grand Friday Mosque, the local market, and the National Museum for a glimpse of Maldivian culture. Lunch in Malé with local cuisine sampling.

Return to the resort for sunset Yoga & Meditation on the beach to wind down the day.

Important: City visits include walking and short transfers—carry comfortable shoes and sun protection.

Day

6

## Final Workout, Free Time & Departure

Enjoy a final energising Beach Circuit session or a gentle morning yoga class depending on your flight schedule. Pack, check out and take your transfer back to Velana International Airport (Malé).

- Quick farewell stretch and certificate of completion (optional).

Note: Confirm transfer timing with the resort front desk at check-in to ensure a smooth departure.

## ? Frequently Asked Questions

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### ? When is the best time to visit the Maldives and what's the weather like?

The best time to visit the Maldives is during the dry season from November to April, with peak conditions from December to March. During this period, expect clear skies, calm seas, and excellent underwater visibility for snorkeling and diving. Temperatures remain tropical year-round (26-32°C). The wet season (May-October) brings occasional tropical showers and livelier seas, but it's also the best time for surfing and manta ray encounters, especially in Baa Atoll. This period offers better value with fewer crowds. Note that the Maldives has no 'winter' or snow - it's tropical throughout the year. The country is 30 minutes behind Indian Standard Time, which is helpful for planning transfers and activities.

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## ❓ **How do I reach the Maldives from India and what are the transportation options?**

The easiest way to reach the Maldives from India is by direct flights to Velana International Airport (MLE) near Malé. Multiple airlines operate direct flights from Mumbai, Delhi, Bengaluru, Kochi, Chennai, and Thiruvananthapuram, with flight times ranging from 2–3.5 hours. Once in the Maldives, transportation options include speedboats (10–120 minutes to resorts), scenic seaplanes (daytime only to distant atolls), domestic flights to regional airports followed by speedboat transfers, and budget-friendly public ferries for local islands. Within Malé and Hulhumalé, taxis are available. Most resort transfers are pre-arranged and included in packages, so confirm your transfer method when booking accommodation.

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## ❓ **Do Indian citizens need a visa to visit the Maldives?**

Indian citizens receive a free 30-day visa on arrival in the Maldives – no advance application required. You'll need a valid passport with at least 6 months validity, confirmed accommodation booking, return flight tickets, and sufficient funds for your stay. The immigration process is straightforward at Velana International Airport. Ensure you have your hotel confirmation or guesthouse booking details readily available, as immigration may ask for these. If you plan to stay longer than 30 days, you'll need to apply for an extension through Maldivian immigration authorities. The visa allows for tourism purposes only, and you cannot work on a tourist visa.

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## ❓ **What are the local transportation options within the Maldives?**

Transportation in the Maldives is primarily water-based due to its scattered island geography. Speedboats are the most common option for resort transfers and inter-island travel, taking 10 minutes to 2 hours depending on distance. Seaplanes offer scenic transfers to distant atolls but operate only during daylight hours. Domestic flights connect to regional airports like Gan, Maafaru, and Hanimaadhoo, followed by speedboat connections. Public ferries provide budget-friendly inter-island transport but are less frequent and slower. Within Malé and Hulhumalé, taxis and buses are available. On resort islands and local islands, walking and bicycles are common due to their small size. Most resort transfers are pre-arranged, so coordinate with your accommodation.

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## ❓ **What accommodation options are available and which areas should I stay in?**

The Maldives offers accommodation for every budget. Luxury resorts feature overwater villas and beachfront suites on private islands, with options like Conrad Maldives, Baros, and Gili Lankanfushi. Mid-range resorts like Kurumba and Meeru offer excellent value with good facilities. Budget travelers can stay in guesthouses on local islands like Maafushi, Fulidhoo, or Ukulhas, which offer cultural experiences and are significantly cheaper. North and South Malé Atolls provide quick speedboat access from the airport. Baa Atoll is perfect for manta ray encounters, while South Ari Atoll offers whale shark experiences. Choose based on your priorities: quick transfers (Malé Atolls), marine life (Baa/Ari), or budget (local islands). Book early for peak season (December–March).

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## ❓ **What are the must-visit attractions and places in the Maldives?**

Top attractions include Malé City with its Grand Friday Mosque, Islamic Centre, and vibrant local markets. Hulhumalé offers family-friendly beaches and a relaxed atmosphere. Baa Atoll's Hanifaru Bay is a UNESCO Biosphere Reserve famous for seasonal manta ray aggregations (June–November). South Ari Atoll is renowned for year-round whale shark encounters. Addu Atoll lets you cross the Equator and explore WWII history. Vaadhoo Island occasionally displays bioluminescent 'Sea of Stars' phenomena. Don't miss house reef snorkeling, sunset dolphin cruises, private sandbank picnics, and island-hopping to experience local culture. Each resort typically has excellent house reefs for snorkeling, and many organize excursions to nearby attractions. The key is choosing your base atoll according to your interests.

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## ❓ **What local food and cuisine should I try in the Maldives?**

Maldivian cuisine centers around fresh seafood, coconut, and rice. Must-try dishes include Mas Huni (shredded tuna with coconut and chili, served with roshi flatbread), Garudhiya (clear tuna broth with rice and condiments), and Rihaakuru (rich tuna paste). Sample hedhikaa snacks like gulha (tuna dumplings), bajiya (curried pastries), and bis keemiya (vegetable rolls). Coconut and seafood curries range from mild to spicy. Resorts offer extensive international menus with vegetarian and Jain-friendly options. In Malé, try Seagull Café House for local flavors or Sala Thai for excellent Thai cuisine. Local islands provide authentic Maldivian experiences at lower prices. Fresh tropical fruits, coconut water, and locally-made ice cream are perfect for the tropical climate.

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## ★ **Traveller Reviews**

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**Vinayak Rao**

★★★★★ 5/5

### **Dreamy Honeymoon**

Our honeymoon here was nothing short of a dream. Private beach dinners and romantic strolls made it picture-perfect.



**Heena Verma**

★★★★★ 5/5

### **Unbeatable Views**

Waking up to such breathtaking views every day was surreal. The photographs don't even do it justice!



**Nitin Mathur**

★★★★★ 5/5

### **Best Vacation Ever!**

This has honestly been the best vacation we've ever had! We fell in love with the islands, the view, the food, everything!



**Sandeep Kaur**

★★★★☆ 4/5

### **Traveling with Friends**

Great place to travel with friends! We had a fantastic time trying out all the activities together.



**Reema Joshi**

★★★★★ 5/5

### **Incredible Marine Life**

Every snorkeling session revealed stunning coral reefs and vibrant fish. A true marvel of nature!

## **Why Choose TourGrids?**

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Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

 **Expert-Guided Planning**

Personalized guidance from verified travel experts who understand your needs.

 **Customizable Packages**

Tailor your trip your way — destinations, experiences, budget. All up to you!

 **Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

 **Best Price Guarantee**

Multiple free quotes and booking at the most competitive rates available.

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<https://tourgrids.com/packages/maldives/maldives-5-nights-6-days-package-822>