

A woman in a black dress is seen from behind, walking along a long wooden pier that extends from a sandy beach into the turquoise ocean. At the end of the pier, there are several overwater bungalows with thatched roofs. The sky is a mix of blue and orange, suggesting sunset or sunrise. A large palm frond hangs down from the top right corner of the frame.

**CONRAD MALDIVES RANGALI ISLAND**  
**CURATED EXPERIENCES**

**CONRAD**  
MALDIVES  
RANGALI ISLAND

# 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 hand crafted 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.

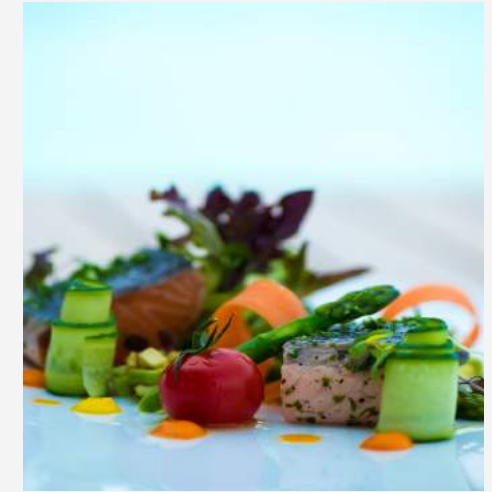
Open daily for lunch and dinner except on Mondays

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





**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).

Daily

**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 Unndersea 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**

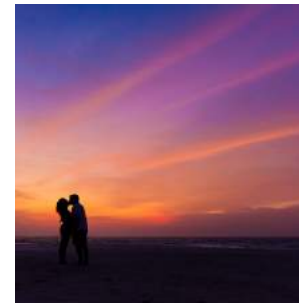
Be guided on an intimate gastronomic journey at a chef's table exclusively hosted by the resort's culinary team. Watch on as our chefs prepare a five course meal especially for you.

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



**SHARE YOUR #CONRADMALDIVES MEMORIES**

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

@conrad\_maldives

/ConradMaldivesRangaliIsland

@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 hthonors network to connect.

**Images via Instagram**

First row: @sabrina\_chakici, @thefierce\_nay, @stylonylon

Second row: @nodestinations, @parkcube, @iamchouquette

Third row: @andathousandwords, @moners\_, @thesandgypsy

## 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.



Image: @sabrina\_chakici



Image: @iamchouquette

## 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

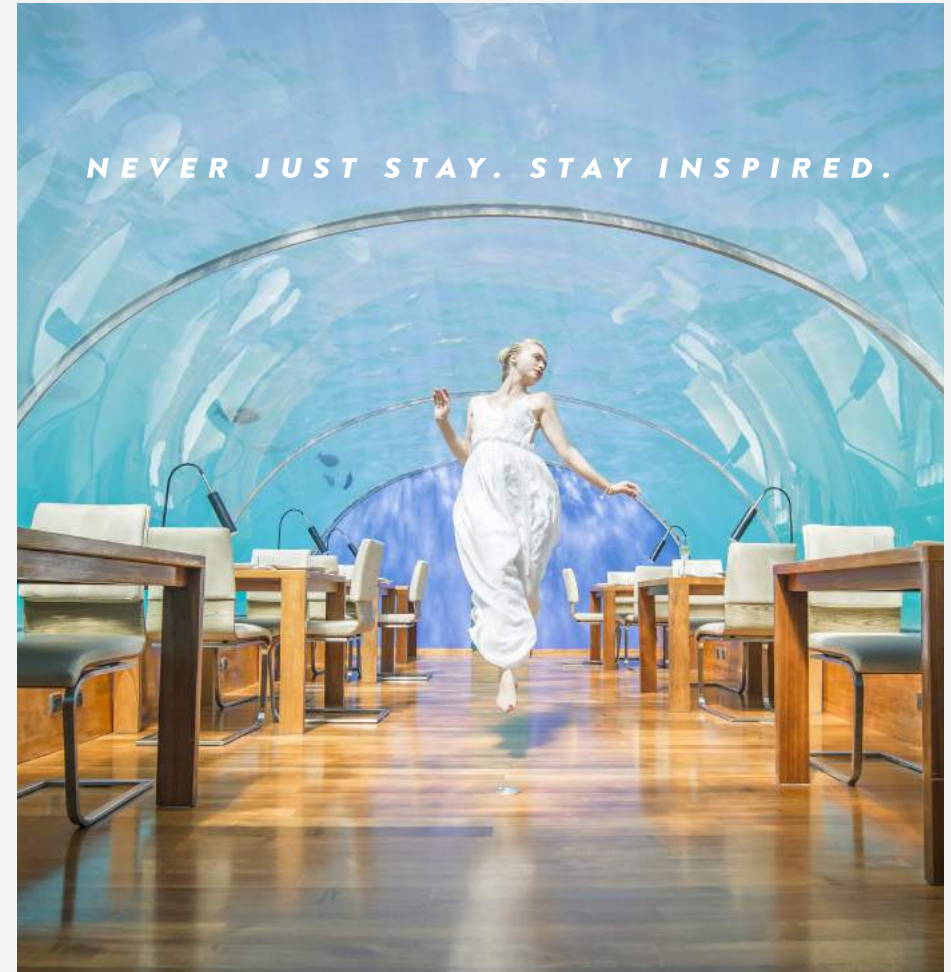


Image: @annamidday

## #StayInspired

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](http://www.StayInspired.com)



### 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.

Monday & Thursday 10:00-15:00

### Local Island Tour

Immerse yourself in the traditions and culture of the Maldives as we guide you through the Maldivian way of life at one of our neighbouring local islands.

Tuesday 14:00-17:00  
Friday 14:30-17:30

### Picnic on a Deserted Island

Escape to a world of romance on a beautiful tropical island, where you can while away the time before sharing a lavish picnic on the sand.

Tuesday 10:00-15:00

### Lucky Dolphin Cruise

Head out to sea right before sunset and see if you are lucky enough to spot dolphins. Of course no sightings are guaranteed, but it's always a lovely sunset at sea.

Monday & Thursday 18:00-19:30

### 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 Ufaa 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 Ufaa: 12:00 to 15:00

### • Daily Events and Private Excursions •

#### Dream Island

Escape to your own tropical island, where you can snorkel, explore and relax as our team prepare a private castaway style picnic just for you.

Monday, Tuesday, Thursday & Saturdays  
Depending on island availability.

*Please note complete exclusivity is not guaranteed*

#### 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



#### • 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.



#### **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.



**• 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 exerises held around Rangali Island.

**Personal Training** - 60 minutes

\$90 per person  
\$130 per couple

**Private Yoga** - 60 minutes

\$100 per person  
\$150 per couple

**• 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.

**Tennis**

Tennis sessions can be booked from 7:00 to 22:00 for one hour per guest. Hitting Partner \$80

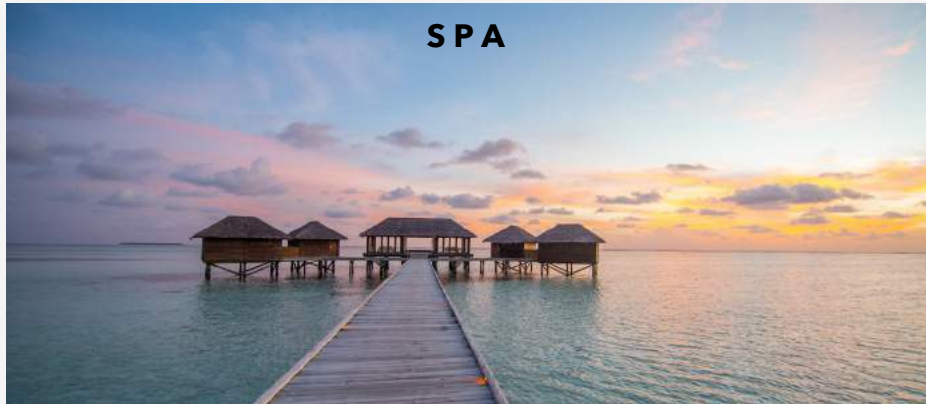
Private Training Session- Single \$90  
Private Training Session - Couples \$130  
Private Junior Tennis Lesson  
Single \$35 (30 minutes)  
Single \$55 (60 minutes)  
Group Junior Tennis Lesson  
Doubles \$95 (60 minutes)  
Group \$17 (60 minutes) price per child

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		7.15 - 7.45	7.00 - 8.00	7.15 - 7.45	7.00 - 8.00	7.15 - 7.45	
		POWER WALK 8.00 - 8.30	BOOTCAMP EXPRESS	RUN RANGALI 8.00 - 8.30	BOOTCAMP EXPRESS	POWER WALK 8.00 - 8.30	
		MORNING STRETCH		MORNING STRETCH		MORNING STRETCH	
	9.00 - 10.00		9.00 - 10.00		9.00 - 10.00		9.00 - 10.00
	SUN SALUTATION 10.30 - 11.30		YOGA FOR BODY & MIND 10.30 - 11.00		HATHA YOGA 10.30 - 11.30		YOGA FOR BODY & MIND 10.30 - 11.30
	BODY BALST	FITBALL PILATES	INTRO TO BOXERCISE	YOGALATES	BOXERCISE	YOGALATES	XPRESS CIRCUIT
	17.00 - 18.00	17.00 - 18.00		17.00 - 18.00		17.00 - 18.00	
	YOGA FOR BODY & MIND 17.30 - 18.30	HATHA YOGA 18.00 - 19.00		YOGA FOR BODY & MIND 18.00 - 19.00		POWER YOGA 18.00 - 19.00	
	BEACH VOLLYBALL	BOOTCAMP EXPRESS	TABLE TENNIS	BOOTCAMP EXPRESS	BEACH VOLLYBALL	BOOTCAMP EXPRESS	TABLE TENNIS

**Complimentary Classes** Charged Activities  
 Charged group yoga classes \$35  
 Charged group fitness classes \$35  
 Minimum two people, maximum six people

All prices listed in this brochure is in USD and is exclusive of to 10% service charge and 12% T-GST. For more information or reservations please contact your Island Host or dial extension 5283/5284





## SPA

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



● FIRE ASSEMBLY POINT  
● TSUNAMI ASSEMBLY POINT

**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 Piazza



CONRAD®

MALDIVES  
RANGALI ISLAND

*NEVER JUST STAY. STAY INSPIRED.*

Conrad Maldives Rangali Island  
South Ari Atoll, 20077, Republic of Maldives  
Tel: +960 668 0629 Email: [mlehi.maldives@conradhotels.com](mailto:mlehi.maldives@conradhotels.com)  
[conradmaldives.com](http://conradmaldives.com)