

2017 Activities & Day Trips

On-site Activities (complimentary)

- **Yoga & Fitness**
- **Flui-ball classes**
- **Table games**
- **Outdoor bowls**
- **Beach volley**
- **Guided village walk**
- **Guided Coral reef walk**
- **Water Sports Centre:**
 - ✓ **Snorkeling** - The reef on The Ocean SPA Lodge beachfront is rich in sea-life. During mid and low tides, it is perfect for beginners and children.
 - ✓ **Body Boarding** - Ride the smooth, but thrilling Msambweni waves on a body board towards the shore
 - ✓ **Kayaking** - Explore the Msambweni coastline in a kayak with unique views.
 - ✓ **Hey! What's S.U.P? (Stand up paddle boarding)** - The SUP board conditions along Msambweni are ideal for cruising and paddling the smooth ocean ripples. This sport is easy and fun to learn, offers remarkable views of the coastline and is a fun way to get your daily dose of endorphins.

Off-site Activities & Day Trips (extra charges apply)

- **Fisherman boat trip**

For a local experience, accompanied by a local fisherman in a fishing dhow, you can venture out to slightly deeper waters within the Msamwbeni Reef. This is a good introduction to the snorkeling experience. US\$15 for snorkeling; US\$30 for fishing

- **Mangrove River Excursions**

You will be taken on an adventure of approx. 2 hours through a maze of mangroves in a motorised canoe. The trip will go to the Ramisi River abundant with exceptional birdlife and who knows, even the occasional crocodile. You will then be taken to shore for a traditional lunch with beverages provided. Funzi Island Tour: US\$50 per person. Meals and Beverages included. Transportation not included.

- **Organised Snorkelling & Scuba Diving Experience (Pilli Pipa Dhow Experience)**

Kisite-Mpunguti Marine Park has the best reef in Kenya in terms of species' diversity, coral quality and reef build-up. The warm, pristine waters are host to dramatic coral formations, dolphins, turtles, stingrays, moray eels and a bewildering variety of sea life that comprise a unique ecosystem that could be referred to as a 'garden under the sea'.

An early morning departure from The Ocean SPA Lodge heading south towards Shimoni will lead you to this unique experience. You will cruise the ocean on board a traditional Arabian-style 'dhow'. Guided snorkeling, in protected waters, will keep your heart racing with unexpected sea treasures. Scuba diving is available for beginners and advanced divers. Fun Scuba is available for adventurous beginners who want to try out, and discover diving without a complete certification programme.

On the private residence at Wasini Island, a Robinson Crusoe hideaway, you will be welcomed with an appetizing seafood banquet. On your way back, you can choose to add an optional visit to a local community project. The Kisite-Mpunguti Marine Park voyage is an educational day that reveals the amazing kaleidoscope of natural colours and beauty of the world under the sea.

Day Trip + snorkelling US\$135 per adult, US\$67.50 per child (3-11 years old), free of charge if under 3 years' old

Day Trip + 1 dive: US\$175 per adult

Day Trip + 2 dives: US\$205 per adult

Day Trip + Fun Scuba: US\$185 per adult

- **Golfing – Diani Beach**

In the late 19th century, when the first Europeans settled in Kenya, it was commonly said each community should have a church, a club and a golf course. Golfing in Kenya has had a royal pedigree since the colonial époque. Great legendary figures like Lord Baden Powell, Seve Ballesteros, Winston Churchill, Bing Crosby, among others, have played under the baking African sun in Kenya. Pack your clubs and gloves and enjoy the 18 hole par 72 course, measuring 6,084 metres (6.632 yards), designed by Thomas (Tommy) Fjastad; a beauty on the sparkling Indian Ocean coast.

- 18 holes, one person: US\$90 per person
- 9 holes, one person: US\$65 per person
- 18 holes, 2-4 people sharing: US\$60 per person
- 9 holes, 2-4 people sharing: US\$40 per person

An additional fee applies for transfers from The Ocean SPA Lodge. Private and group golf coaching, equipment and golf cart rental information is available on request. Gentlemen must have a handicap of at least 28 and ladies of 36. Dress code is smart golf outfit.

- **Deep-Sea Fishing**

Kenya's topography changes along the entire coast. The South Coast is home to prawns and small bait fish, which attract sail game. The reefs of Msamwbeni provide drop-offs along the outer edge. Barracuda, tina, gilthead, king cod, snapper, marlin and sailfish can all be found here and provide a thrilling experience. The captain and crew are experienced and know these waters like the back of their hands, providing you with a rewarding, game-packed fishing safari.

9 hour fishing day (05.15Hrs pick-up – 16.00Hrs*) – US\$950 per boat (4 pax max). Includes return transfers, light breakfast, sandwiches and soft drinks on the boat and lunch after fishing.

6 hour fishing day (05.15Hrs pick-up – 13.00Hrs*) – US\$750 per boat (4 pax max). Includes return transfers, light breakfast, sandwiches and soft drinks on the boat and lunch after fishing.

**Times may vary*

Not included: alcohol and crew gratuities

- **Safari & Game Drive in the Magical Shimba Hills**

On this experience, you will be immersed into one of the last intact wild rainforests in Kenya. The sunrise will be your companion whilst riding a Land Cruiser towards Shimba National Reserve. The adventure begins in the footsteps of Hemingway. During the game drives it is possible to spot colourful birds, forest elephants, giraffes, Colubus monkeys and the very rare, and unique, sable antelope. A ranger will take you on a guided walk to the famous Sheldrick Waterfalls. Lunch will be at the Shimba Lodge, the only tree hotel on the South Coast. Before the sun starts to set, you will drive back to The Ocean SPA Lodge, just in time to enjoy a beach sundowner.

- 2 people sharing vehicle: US\$189 per person
- 3 people sharing vehicle: US\$156 per person
- 4-5 people sharing vehicle: US\$124 per person

Guaranteed departure every Thursday

Any other departure day upon request with a minimum of two people required to book

- **Sky-diving**

Discover what it means to fly during a tandem skydive over the beach! Tandem skydiving allows you to experience the thrill of free fall and a magnificent canopy flight over the coastline without any significant training. You will feel the wind blast, and your heart pound with excitement, as you hang your feet outside the aircraft and look at the ground 10,000 feet below.

You can expect an intense rush as you free fall towards the earth, reaching terminal velocity at approximately 200km/h. This is 35 seconds of pure adrenaline – don't forget to smile to the camera! At 5,000 feet, your main parachute is deployed and you can catch your breath, while enjoying a spectacular five-minute canopy ride back to earth. Nothing on earth can beat this experience, so stop thinking about it and book your sky-dive today!

Tandem Skydive: US\$395 per person; US\$70 for the video

Roundtrip transportation from The Ocean SPA Lodge to Diani included

- **Water Sports Activities - Provided by H2O Extreme in Diani Beach**

- ✓ **Kitesurfing** - Freedom powered by a unique adrenaline rush is what this sport will bestow upon you. It is also known as kiteboarding and is the perfect fix for the thrill-seeker. Become a wind walker, whilst gracefully blowing along the air currents.

Introductory Course (2.5 hours over 1 day) - €100: The first instalment that takes you from flying the land kite through to the water, using our inflatable water kites. It will cover body dragging, water re-launch and all relevant safety protocols.

Discovery Course (10 hours over 4 days) - €360

Intermediate Course (15 hours over 6 days) - €450: A complete programme which will allow you to become independent on the water with both the kite and board.

- ✓ **Coaching**

Refresher/Private lesson - 2 hours, €160

Advanced/Private clinic – 2 hours, €160

Self-Recovery/Pack Down Procedure & Technique - 1 hour, €80

- ✓ **Windsurfing** - If you've ever wanted to try your hand at windsurfing, or you are already a pro at bumping and jumping, we can arrange windsurfing courses and lessons, for beginners to advanced alike. Courses are for groups of 2-4 students, with private lessons also available, along with windsurfing rentals. Instructors are well skilled and extremely experienced.

Lesson Prices (per person)

2-hour group lesson, €50 - 6 hour group package, €100

2-hour private lesson, €100 - 6 hour private package, €200

1 hour windsurf clinic, €15

Rental Prices

Windsurf Rental Hourly – Full equipment for 1 hour, €15

Windsurf Rental Half Day – Full equipment for 5 hours, €50

Windsurf Rental Daily – Full equipment for 8 hours, €90

Windsurf Rental Unlimited – Full equipment for 7 days, €200

Lesson time will be reduced appropriately when only one person is in class. All courses are designed to match the VDW's Windsurfing levels 1-7 and safety standards.

Costs for partial rentals (only board, only rig etc) available on application. All rentals come with support such as supervision while windsurfing, rigging and de-rigging the sail. Equipment storage and repair service are available.

Activities provided by H2O Extreme are payable in Euros. Prices are on a per person basis. 24 hours advance booking required. All activities are subject to weather conditions and tides schedules

- **Day Flying Safaris - Provided by Wild Coast Air Safaris**

These Safaris out of Diani Ukunda, are ideal for holiday makers who would like to incorporate a bush experience into their beach holiday. These trips are to locations in Tsavo East, Tsavo West, and Amboseli.

- ✓ **Lions Bluff Day Safari** (08.00Hrs to 16.00Hrs) - Lions Bluff is nestled between the Taita Hills and Mount Kilimanjaro, and rests high on a ridge with a view over the Tsavo West and surrounding conservancies. It is common to see Lion, Elephant, Buffalo, and a range of antelope species. From time to time Leopard and Cheetah can also be seen
- ✓ **Galana River Day Safari** (10.00Hrs to 14.30Hrs) - Fed by the tributaries that originate in Kilimanjaro and the central Highlands, Kenya's second longest river is the most important perennial water source in Tsavo East. Elephant, Buffalo, Hippo, and a variety of other animals line its palmed banks to get much needed water in the heat of the day.
- ✓ **Amboseli Day Safari** – (07.00Hrs to 16.30Hrs) - Amboseli National Park is a stunning park on the foothills of Mount Kilimanjaro. Amboseli is simply the land of giants, practically unscathed by ivory poaching in the 1980s, it still harbors some of the regions oldest and bulkiest elephants. Towering above the park is Mount Kilimanjaro, the highest point in Africa and the tallest free standing mountain in the world. The wetlands of Amboseli provide water and grass for the huge elephant populations that migrate through it.

Prices available on request

All prices are subject to change without notice - kindly verify before booking. All activities are subject to weather conditions and tide schedules. Contact the Lodge Managers for timing and availability.