



THEMATIC FACTSHEET

SPORTS & LEISURE

01/11/2023 - 31/10/2024 (€)

All information & rates in this document are subject to change.



WATER SPORTS

All information and rates in this document are subject to change.

Gentle, inviting waters make Mauritius a perfect destination for water activities. All Beachcomber resorts offer the same standards of free water sports and facilities including unlimited sailing, windsurfing, water-skiing, snorkelling, kayaks, glass-bottom boats and pedal boats.

THEMATIC FACTSHEET - WATER SPORTS - 2023/2024



| Boat House opening hours Winter hours (Apr-Sep) Summer hours (Oct-Mar) | Royal Palm Beachcomber | Dinarobin Beachcomber | Paradis Beachcomber | TAB Beachcomber 9 a.m 5 p.m 9.30 a.m. 5.30 p.m | Shandrani Beachcomber | Victoria Beachcomber | Canonnier Beachcomber | Mauricia Beachcomber |
|--|---------------------------|---------------------------------|------------------------|--|--------------------------|-------------------------|--------------------------|-------------------------|
| Free activities | | | | | | | | |
| Optimists | yes | - | - | - | - | - | - | - |
| Lasers | - | yes* | yes | yes | - | yes | yes | yes |
| Hobie cats | yes | yes* | yes | yes | yes | - | - | - |
| Sailing | yes | yes* | yes | yes | yes | yes | yes | yes |
| Windsurfing | yes | yes* | yes | yes | yes | yes | yes | yes |
| Kayaks | yes | yes* | yes | yes | yes | yes | yes | yes |
| Pedal boats | yes | yes* | yes | yes | yes | yes | yes | yes |
| Stand-up paddles | yes | yes* | yes | yes | - | yes | yes | yes |
| Water skiing | yes | yes* | yes | yes | yes | yes | yes | yes |
| Wakeboarding | yes | yes* | yes | yes | yes | yes | yes | yes |
| Glass bottom boats | yes | yes* | yes | yes | yes | yes | yes | yes |
| Snorkelling | yes | yes* | yes | yes | yes | yes | yes | yes |
| Signature Outing - During snorkelling an | d glass bottom boat outii | ngs, guests can discove | er and learn about the | marine and coastal ecosy. | stems of Mauritius. | | | |

| | Royal Palm Beachcomber | Dinarobin Beachcomber | Paradis Beachcomber | TAB Beachcomber | Shandrani Beachcomber | Victoria Beachcomber | Canonnier Beachcomber | Mauricia Beachcomber |
|---|----------------------------------|--------------------------|------------------------|--------------------|--------------------------|-------------------------|--------------------------|-------------------------|
| COACHING with supplement - € | | | | | | | | |
| Swimming | | | | | | | | |
| Private lessons* | - | - | yes | yes | - | - | - | - |
| Windsurfing | | | | | | | | |
| Instructor(s) | yes | yes** | - | yes | yes | yes | yes | yes |
| Free Collective lessons | - | yes** | yes | yes | yes | yes | yes | yes |
| Free Initiation | yes | - | - | - | - | - | - | - |
| Private lessons* | - | yes** | yes | - | yes | - | - | - |
| Sailing | | | | | | | | |
| Instructors(s) | yes | yes** | yes | yes | yes | yes | yes | yes |
| Free Collective lessons | - | yes** | - | yes | yes | yes | yes | yes |
| Free Initiation | yes | - | - | - | - | - | - | - |
| Private lessons* | - | yes** | yes | - | yes | - | - | - |
| Water-skiing | | | | | | | | |
| Instructors(s) | yes | yes** | yes | yes | yes | yes | yes | yes |
| Private lessons* | - | - | - | yes | yes*** | - | - | - |
| Water ski Academy | - | - | - | - | yes**** | - | - | - |
| Other proposed activities | | | | | | | | |
| Kitesurfing | on request | on request | on request | on request | - | - | - | - |
| Offshore speed boat - per hour (€) | on request | 245**** | 150 | 245**** | 150 | - | - | - |
| Diving (not available at Shandrani) | | | | | | | | |
| Signature Dive - As part of our Diving activities g | uests are invited to participate | e in: | | | | | | |
| - Beautiful Discovery - for beginners | | | | | | | | |

- Beautiful Discovery for beginners
- Beautiful Dive to discover and encounter Five Beautiful fish

For more information and rates please refer to the Diving factsheet

SAFETY RULES for Water Sports

- Life jacket is required to practice any activity
- Minimum age to practice water Ski and wakeboarding is 8 yrs as per legal requirement.
- Security boats are on permanent alert during boat houses' opening hours.

N.B. Deep-sea fishing enquiries and bookings through your ground handler.

Time table for these activities may vary according to tides

- * For more information and rates on private lessons please refer to the 'COACHING' section of this document.
- ** Available at Paradis
- *** From 12.30 p.m. to 2 p.m.
- **** Water-Ski Academy:
- Theoretical and practical sessions by professional water-ski instructors.
- Courses: Two sessions of 30mins per day for 4 days.
- High-end equipment from recognised brands.
- Educational content provided
- Certificate awarded at the end of the 4-day course.
- Price: € 270 for 8 sessions of 30mins per person.
- Courses schedule: From 7 a.m to 08.30 a.m. & from 12.30 p.m to 1.30 p.m, from 4.30 p.m to 5.30 p.m.

***** For a minimum of 2 hours



LAND SPORTS

All information and rates in this document are subject to change.

All Beachcomber resorts offer the same standards of free land sports. From volleyball to soccer, to bocciball and tennis, there is something for everyone looking for an active holiday.



| | Royal Palm | Dinarobin | Paradis | TAB | Shandrani | Victoria | Canonnier | Mauricia |
|--|----------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Free Activities | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber |
| Tennis* | | | | | | | | |
| Number of courts (floodlit) | 3 | 3 | 6 | 6 | 6 | 3 | 3 | 3 |
| - Hard | - | - | 5 | 4 | 6 | 3 | 3 | 3 |
| - Artificial grass (astro turf at Royal Palm & Dinarol | oin) 3 | 3 | 1 | 2 | - | - | - | - |
| Facilities : - Rackets | Free of charge | | | | | | | |
| - 4 Balls (for sale) (€) | Free of charge | 12 | 12 | 12 | 12 | 12 | 12 | 12 |
| Free group lessons adults | yes | yes | yes | - | yes | - | - | - |
| Free group lessons kids | - | - | - | yes | - | yes | - | yes |
| Tennis Fitness | - | - | - | - | - | yes | - | - |
| Signature activity - Tennis Beachcomber Discovery Individual lessons on reservation** | yes | yes | yes | yes | yes | yes | - | yes |
| Table tennis | yes | yes | yes | yes | yes | yes | yes | yes |
| Tennis volley | - | - | - | - | yes | yes | - | yes |
| Volley ball | - | - | - | - | - | yes | yes | - |
| Squash | yes | - | - | - | - | - | - | - |
| Football | yes | yes | yes | - | yes | yes | - | |
| Bocciball | yes | yes | yes | yes | yes | yes | yes | yes |
| Speedminton | - | on request | - | yes | - | - | - | - |
| Badminton | - | - | - | - | yes | yes*** | - | - |
| Beach volley | - | yes | yes | yes | yes | yes | - | yes |
| Mini golf | - | - | - | yes | - | yes | yes | - |

^{*} Dress code: Players should wear shorts, t-shirts or polos and sports shoes with socks

^{**} For more information and rates on private lessons please refer to the 'COACHING' section of this document.

^{***} Badminton on the beach





| | Royal Palm | Dinarobin | Paradis | TAB | Shandrani | Victoria | Canonnier | Mauricia |
|---|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Other Land Sports (with supplement - €) | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber |
| Nature walk | - | on request* | on request* | - | free | - | - | - |
| Power walk | - | - | free** | - | - | free** | - | - |
| Hiking | - | - | - | - | on request | - | - | - |
| Horse riding | - | on request | on request | on request | - | - | - | - |
| Biking *** (€) | | | | | | | | |
| Bike rental (€) | free | yes |
| Guided bike tour (€) - Group tour **** | - | yes | yes | yes | yes | - | - | - |

Beachcomber Sport & Nature (BSN) available at Shandrani (on request)

Driving time from Royal Palm, Canonnier, Mauricia, Trou aux Biches, Paradis, Dinarobin and Victoria: 1 hour

Prices (per person)

1/2 day bicycle excursion at Ile aux Aigrettes (Not exclusive) - To and from Mahebourg and ferry boat (to and from the island) 40
1/2 day bicycle excursions (Not exclusive) 15

SAFETY RULES for Land Sports

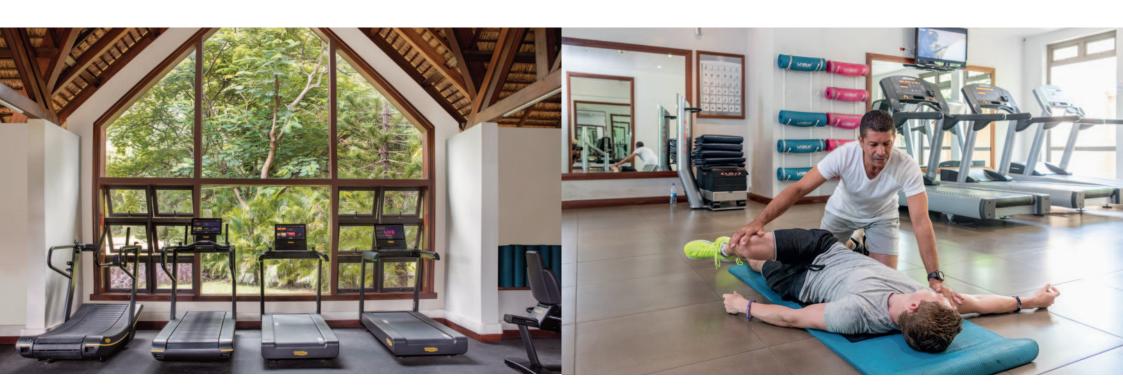
• For biking: Helmet and hair net will be provided

^{*} Free activity at the foot of Le Morne mountain.

^{**} On request. Paradis Beachcomber (Along jogging track between Paradis Beachcomber & Dinarobin Beachcomber)

^{***} For more information and rates on Bike rental and Guided bike tour please refer to the 'COACHING' section of this document.

^{****} Within hotel premises.



FITNESS

All information and rates in this document are subject to change.

Our fully appointed Fitness Centres will help you keep fit during your holidays with up-to-date equipment and professional instruction.

| | Royal Palm | Dinarobin | Paradis | TAB | Shandrani | Victoria | Canonnier | Mauricia |
|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | Beachcomber |
| Fitness centre on the premises | yes | yes | yes* | yes* | yes | yes | yes | yes |
| Opening hours: - | < | | | 7.30 | 0 a.m 7.30 | p.m. | | > |
| Instructor (s) | yes | - |
| Private coaching** | yes | yes | yes | yes | - | yes | yes | - |
| Personal training Pilates - per hour (€) | 74 | - | 50*** | - | - | - | - | - |
| FREE CLASSES | | | | | | | | |
| ACTIVE - Art of Movement | | | | | | | | |
| Toning | | | | | | | | |
| Beachcomber Sunrise | yes | - |
| ABS/BUNS | yes | - |
| Aerobics | yes | yes | yes | - | - | - | - | - |
| Body shape | yes | - | yes | yes | - | - | - | - |
| Body sculpt | - | - | yes | yes | yes | - | - | - |
| Body pump | - | - | yes | - | - | - | - | - |
| Stability ball | - | yes | yes | yes | - | - | - | - |
| Machine & weight training | yes | yes | yes | yes | - | yes | yes | - |
| Power plate | yes | - | - | - | - | - | - | - |
| Cardio | | | | | | | | |
| Aqua gym | yes |
| Aqua zumba | - | - | yes | yes | - | yes | - | - |
| Body max | - | - | - | - | - | yes | - | - |
| Circuit training | yes | yes | yes | yes | - | yes | - | - |
| Spinning | - | - | yes | yes | - | yes**** | - | - |
| Cardio training | yes | yes | yes | yes | - | yes | yes | - |
| Hiit Cardio | - | - | - | yes | - | yes**** | - | - |
| Step | - | - | yes | yes | - | - | - | - |
| Dance | | | | | | | | |
| Zumba | yes | - | yes | yes | - | on request | - | - |
| Fit Dance | - | - | - | - | - | yes | - | - |
| ZEN - Art of Balance | | | | | | | | |
| Stretching | | yes | yes | yes | yes | yes | yes | _ |

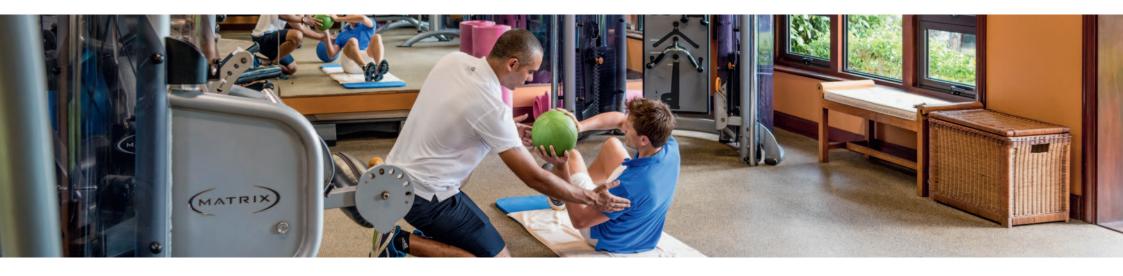
*** Matwork only

**** Once a week

^{*} Fitness, cardio room and body-building room by **Technogym** - Paradis & Dinarobin Beachcomber. Cardio room by **Technogym** - Trou aux Biches Beachcomber

^{**} For more information and rates on Private coaching please refer to the 'COACHING' section of this document.

^{*****} Outside session with supplement



| | Royal Palm | Dinarobin | Paradis | TAB | Shandrani | Victoria | Canonnier | Mauricia |
|--------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Paying courses per person (€): | Beachcomber |
| Aqua gym | 63 | - | - | - | - | - | - | - |
| Spinning | - | - | - | - | - | 15 | - | - |
| Body weight workout | - | - | - | 32 | - | Free | - | - |
| Power Plate | - | - | - | - | - | - | - | - |
| Multi-function | 58 (1hr) | - | - | - | - | - | - | - |
| Body Balance | 63* | - | - | - | - | - | - | - |
| Vibro Training | - | 20 (30min) | - | - | - | - | - | - |
| Tai Chi | - | - | - | 65 | - | - | - | - |
| Smart stretch | - | 25 | - | - | - | - | - | - |
| Pilates Mat & Ball | - | - | 64 | - | - | - | - | - |
| Free facilities: | | | | | | | | |
| Sauna | Free | N/A | N/A | N/A | N/A | Free | Free | Free |
| Hammam | Free | Free | Free | Free | N/A | Free | Free | Free |
| Jogging | - | yes | yes | - | - | on request | - | - |

^{*} Collective 50 per person

COACHING

Water Sports

| LESSONS | | DURATION | | | | PRICE / | LESSON | | | |
|-----------------------|------------|----------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| BOATHOUSE | | | Royal Palm | Dinarobin | Paradis | TAB | Shandrani | Victoria | Canonnier | Mauricia |
| Paying courses (€): | | | Beachcomber |
| Swimming | Individual | 30 min | - | - | 20 | 20 | - | - | - | - |
| | | 60 min | 53 | - | - | - | - | - | - | - |
| Sailing / Windsurfing | Individual | 45 min | - | 20 | 20 | - | 18 | - | - | - |
| Salling / Windsurning | maividuai | 60 min | - | 24 | 24 | - | 22 | - | - | - |
| Water skiing | Individual | 30 min | - | - | - | 81 | 77 | - | - | - |
| Swimming | Package | Over 3 days - 30 min | - | - | 53 | - | - | - | - | - |
| Swimining | Package | Over 5 days - 30 min | - | - | 84 | - | - | - | - | - |
| Sailing / Windsurfing | Package | Over 3 days - 60 min | - | 64 | 64 | - | - | - | - | - |
| Saling / Willusuring | Fackage | Over 5 days - 60 min | - | 103 | 103 | - | - | - | - | - |
| Water skiing | Package | Over 3 days - 30 min | - | - | - | 220 | 209 | - | - | - |
| vvater skiirig | rackage | Over 5 days - 30 min | - | - | - | 345 | 328 | - | - | - |

Land Sports

| LESSONS | | DURATION | | | | PRICE / | LESSON | | | |
|--|----------------|----------------------|-------------|-----------------|-----------------|-----------------|-----------------|-------------|-------------|-------------|
| TENNIS | | | Royal Palm | Dinarobin | Paradis | TAB | Shandrani | Victoria | Canonnier | Mauricia |
| Paying courses (€): | | | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber |
| Tennis Beachcomber Discovery | Max group of 6 | 60 min | - | Free Initiation | Free Initiation | Free Initiation | Free Initiation | - | - | - |
| | One to One | 30 min | 44 | 33 | 33 | 33 | 22 | 22 | - | 22 |
| Tennis Private Lessons | One to One | 60 min | 74 | 55 | 55 | 55 | 37 | 37 | - | 37 |
| | One to One | 90 min | 99 | 66 | 66 | 66 | 53 | 53 | - | 53 |
| Play with the Head Coach\ sparring Partner | One to One | 60 min | 44 | 37 | 37 | 37 | 26 | 26 | - | 26 |
| Tennis | Package | Over 3 days - 60 min | - | 150 | 150 | 150 | - | 101 | - | 101 |
| Terrins | Fackage | Over 5 days - 60 min | - | 233 | 233 | 233 | 158 | 158 | - | 158 |
| BIKING | | | | | | | | | | |
| | to all dates a | 120 min | Free | 9 | 9 | 9 | 4 | 4 | 4 | 4 |
| | Individual | 300 min (half day) | Free | 15 | 15 | 15 | 9 | 9 | 9 | 9 |
| Bike Rental | Package | Over 3 days | - | 42 | 42 | 42 | - | 24 | 24 | 24 |
| | rackage | Over 5 days | - | 66 | 66 | 66 | - | 37 | 37 | 37 |

NB: This document provides a guideline for Coaching Rates at Beachcomber resorts.

All rates are subject to change.

COACHINGLand Sports

| LESSONS | | DURATION | PRICE / LESSON | | | | | | | | | |
|---------------------|------------|----------------------|----------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--|--|
| FITNESS | | | Royal Palm | Dinarobin | Paradis | TAB | Shandrani | Victoria | Canonnier | Mauricia | | |
| Paying courses (€): | | | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | | |
| | One to One | 30 min | 42 | 26 | 26 | 26 | - | 22 | 22 | - | | |
| Private Coaching | One to One | 60 min | 63 | 44 | 44 | 44 | - | 35 | 35 | - | | |
| | One to Two | 60 min | 95 | 55 | 55 | 55 | - | 48 | 48 | - | | |
| | Package | Over 3 days - 60 min | - | 119 | 119 | 119 | - | 95 | 95 | - | | |
| | | Over 5 days - 60 min | - | 187 | 187 | 187 | - | 150 | 150 | - | | |

| ACTIVITIES | | DURATION | | | | PRICE / LESSON | (PER PERSON) | | | |
|---------------------|---------------|---------------|-------------|-------------|-------------|----------------|--------------|-------------|-------------|-------------|
| BIKING | | | Royal Palm | Dinarobin | Paradis | ТАВ | Shandrani | Victoria | Canonnier | Mauricia |
| Paying courses (€): | | | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber | Beachcomber |
| Guided Bike Tour | Group Tour | 90 - 150 min | - | 13 | 13 | 13 | 11 | - | - | - |
| | | 180 - 240 min | 74 | 18 | 18 | 18 | 13 | - | - | - |
| FITNESS | | | | | | | | | | |
| | 4 - 10 pax | 45 - 60 min | - | 22 | 22 | 22 | 11 | 11 | 11 | - |
| Group Classes | (depending on | | | | | | | | | |
| | size of area) | | | | | | | | | |

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