

8 DAYS COOKING & CULTURE PACKAGE

VALID TILL: 30 APRIL 2016

OVERVIEW

Stay on the southern island of Fuvahmulah and not only enjoy the uniqueness of this Maldives Island but return home and impress your friends with your Maldivian menu! Combining the opportunity to learn how to cook traditional Maldivian food with discovering the culture and tradition of the Maldives as well as allowing plenty of time to enjoy the things for which the Maldives is renowned.

Fuvahmulah is the nearest atoll to the Equator and the first atoll in the Southern Hemisphere; it has many distinctive features which make it quite unique. It is a one-island atoll and the second largest island in the Maldives (if not for land reclamation) and includes a diverse range of habitats ranging from tropical woodlands and wetlands to freshwater lakes, well-vegetated marshland areas, white sandy beaches of different variations and pebble texture, plus gravel beaches and fertile agricultural lands greater in area than any other island in the Maldives. The two freshwater lakes in the island, plus the many number of swamps and marshland areas give habitat to different plant and animal species not found anywhere else in the Maldives. The wetland areas of Fuvahmulah are mostly made up of dense vegetation of different kinds ranging from ferns to reeds traditionally used for weaving mats to an abundance of water spinach and plant varieties such as Mango, Pineapple, Screwpine, Banana trees and many more. Fuvahmulah is also home to farmland where local grow crops such as cucumber, tomato, carrot, cabbage, pepper, capsicum, eggplant and ladies' fingers which makes Fuvahmulah the ideal destination for a culinary holiday!

Our guesthouse is built in a contemporary style complete with small garden and sun terrace and plenty of space for indoor activities should you want to escape the midday sun or a seasonal thunderstorm. Located close to the famous Thoondu beach and offering 10 rooms including 2 Suites, it is the perfect place from which to explore Fuvahmulah. Sunbeds are provided within the large private grounds for sunbathing in swimwear. Sunbeds are provided on the beach where we request shorts and t-shirt are worn.

All rooms are equipped with TV, A/C, Fan, Safe, Tea & Coffee making facilities, complimentary bottled water, Beach towels, Mini Bar (chargeable), private bathroom, Hairdryer and Toiletries.

Note: The Maldives is a Muslim country and therefore alcohol is not available on local islands. Bikinis are also not allowed to be worn on local island beaches; however most of our guesthouses offer private gardens or private beach areas for guests.

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Day One

Transfer from Male International Airport by domestic flight to Fuvahmulah, South Maldives just 10km from the equator.

Freshen up and settle in to your guesthouse before enjoying sunset mocktails and the sound of the waves crashing onto the shore on Fuvahmulah's unique shiny pebble beach.

Day Two

Following breakfast you will be accompanied by a local guide from Fuvahmulah on an island exploration. There is lots of history to be discovered on Fuvahmulah, the covered remains of an ancient Buddhist chaitya, ancient circular baths and a number of old mosques are all waiting to be explored. Add to that the diverse range of habitats ranging from tropical woodlands and wetlands to freshwater lakes and well-vegetated marshland and agricultural areas you will discover that Fuvahmulah is not your typical Maldives Island.

Following lunch at the guesthouse the afternoon is free for you to relax or enjoy optional activities available including guided snorkeling trips with the opportunity to encounter sharks, turtles, groupers, mantas and a myriad of colorful fish. This evening dine at Lakeside Restaurant overlooking one of the islands freshwater lakes.

Day Three

After breakfast you will be taken to the fish market to see what the local fishermen have caught this morning and watch their skills as they prepare them for sale before selecting fish for your lunch time recipes.

Returning to the guesthouse the rest of the morning will be spent learning to cook Maldivian fish dishes with the guesthouse chef, a former 5* resort chef, who has returned to his home island, before enjoying the fruits of your labour for lunch.

Mid- afternoon take a walking tour of the central area of the island allowing you to discover how the local community lives and works, with the possibility to see inside a traditional coral built home, before experiencing 'hedika'. This is a very traditional part of daily life, similar to the western culture of afternoon tea. Enjoy savoury and spicy, as well as sweet bite sized short eats served with black tea in one of the local cafes.

Day Four

Today you have a free morning. You may opt to relax on the beach or sun terrace or participate in the optional activities available including diving or surfing. Lunch will be served alfresco at a shaded, secluded location on the island! Back in the kitchen this afternoon you will learn to prepare a selection of hedika which you can then share with a family as guests in their home.

Day Five

Following breakfast the morning will be spent learning to prepare and cook a selection of typical Maldivian dishes including garudhiya, a clear broth fish soup and accompaniments which you will then enjoy for lunch.

The afternoon is free for you to relax or enjoy optional activities available including freshwater fishing. The two fresh water lakes are both guaranteed fishing areas where even an amateur can catch a fish! Dinner this evening is taken in the home of a local family, where you will be taught, if you wish the art of eating like a local - with your fingers!

Day Six

Following breakfast you will learn to prepare Maldivian sweets. Most traditional sweets are based on coconut, sugar, flour and essence and you will be able to take home your efforts as souvenirs of your trip. Enjoy a lazy lakeside lunch which involves a surprise mode of transport!

After lunch visit a local wood turner and learn about the traditional craft of laquerware before having the rest of the afternoon to relax or participate in optional activities including sunset fishing and mud bathing!

Day Seven

Today is a free day allowing you to choose to do as you please on your final day on Fuvahmulah before enjoying a farewell beach BBQ under the stars.

Day Eight

Transfer to Male International Airport and your onward destination.

INCLUDED

- ✓ 7 Night Deluxe room guesthouse accommodation based on double/twin share
- ✓ 7 Dinners including Lakeside Restaurant, Beach BBQ and dinner with local family
- ✓ 7 Lunches including alfresco lunch and lakeside lunch
- ✓ 4 Maldivian cooking experiences
- ✓ Airport and domestic transfer assistance
- ✓ Local Island Return transfer by domestic flight
- ✓ Sunset mocktails
- ✓ Local Island tours and hedika Experience
- ✓ Personal Island Host
- ✓ Local Tax

Tailor Made:

Minimum group size 2

| 2016 RACK RATES | | DOUBLE SHARE PER PERSON | |
|-----------------|--------|--------------------------|--------------------------|
| PACKAGE | Nights | Jan/Feb/March/Apr | May/June/July |
| | | 11th Jan - 30th Apr 2016 | 1st May - 31st July 2016 |
| COOKING/CULTURE | 7 | 2199 | 2099 |

| 2016 RACK RATES | | SINGLE PER PERSON | | CHILD 2-12 Years |
|-----------------|--------|--------------------------|--------------------------|------------------|
| PACKAGE | Nights | Jan/Feb/March/Apr | May/June/July | All Year |
| | | 11th Jan - 30th Apr 2016 | 1st May - 31st July 2016 | |
| COOKING/CULTURE | 7 | NA | NA | NA |

(SP:30/01/16)

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