

ACTIVITIES TO HELP YOU RECONNECT WITH NATURE AT CONSTANCE MOOFUSHI

The mesmerising paradise that is **Constance Moofushi** oozes serenity and tranquillity. It is the perfect place to explore whilst enjoying the finer things in life.

The resort is located on its own private island, effortlessly combining luxury and simplicity. A Maldivian dream; the natural beauty of the island is profound, with tantalising clear water and spectacular marine life. It is a combination of these things which makes Constance Moofushi so perfect for reconnecting with nature.

We offer a range of activities at the resort that enables you to delve deep into the beautiful natural surroundings of the island.

To find out more about the selection of true experiences you can take part in during your stay, continue reading.

PADDLE THROUGH PARADISE

With a rich underwater world surrounding the island, take time to absorb the magnificent views beneath. Our transparent canoes and paddleboards are the ultimate way to do this!

A significant advantage is that both of these activities are carbon-free watersports. This means you don't need a motor – just you, a paddle and the open water.

We find this is a great way to de-stress and forget about life's insignificant problems. With no wifi or chaotic crowds acting as distractions, we encourage you to embrace the magical moment and take it all in.

A SENSATIONAL SNORKELLING ADVENTURE

The house reef at Constance Moofushi is considered one of the best in the Indian Ocean so it is essential to savour this opportunity.

The majestic marine life is widely unspoilt despite ever-growing concerns around global warming. As part of our sustainability pledge, we take great care of the Indian Ocean. One of our main areas of focus is marine life conservation. This means ensuring wastewater is not discharged in the ocean, encouraging and supporting clean-up of the marine and coastal environment and organising coral planting.

Snorkelling at Constance Moofushi is a great option for those who enjoy swimming through calm, transparent water. This is a fantastic form of exercise and can also promote feelings of calmness and wellbeing, particularly so when enjoyed at dusk or dawn.

DELVE INTO DEEP SEA DIVING

For those who want to explore their adventurous side, diving is an invigorating activity that will enable you to do just that. Immerse yourself into the sub-aquatic sanctuary, the ultimate place for an underwater adventure.

Under the water, you'll find a whole new universe tucked away that is as exotic and exciting as the one on land. One where you can swim amongst breathtakingly beautiful marine life, explore ships and caves.

With a colourful display of fish and up to 65 different species of coral, divers will be presented with a whimsical vision of beauty.

You should also prepare to meet some of the rare and extremely beautiful underwater residents of Constance Moofushi. Some of which includes whale sharks, manta rays, turtles and much more. There will be so many different species, you won't know where to look first!

This luxury diving experience is adaptable to cater for those at all levels and varied abilities. The adventure begins just a few metres below sea level amongst the calm water and continues down to up to 40 metres deep.

Which activity would you like to get involved in? Let us know in the comments below.

Find out more about the incredible [diving facilities at Constance Moofushi](#).

Take a look at our recent blog to find out [How To Ease Yourself Into Yoga](#).

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