

The Fun Stuff
Six Senses
Ninh Van Bay

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Experiences at Six Senses Ninh Van Bay

We're the Experience Team and we are here to create inspiring, educational and fun activities. All our experiences can be tailored to suit your individual requirements and personal preferences.

Six Senses Ninh Van Bay enjoys a private and secluded setting with a host of activities on hand to entertain all ages and satisfy the most discerning of tastes. From water sports and beach activities to hiking and discovering local culture and nature, Six Senses Ninh Van Bay has something special for everyone.

All experiences described in this booklet are fully covered with public liability insurance. We take great pride in assuring that our guests are in safe hands at all times.

It is always possible to add additional beverages and food to your trip and to adjust the excursions to our guests' need. If you require any further information or wish to book any of the Experiences please do not hesitate to contact your GEM or the Experience Team.

The Experience Center is located between Drinks by the Beach and the lobby. It is open from 7:00 am to 6:00 pm daily and available by phone at Ext. 6040.



Booking

We are only able to confirm bookings between the hours of 7:00 am and 6:00 pm. If the Experience Center is closed, please contact your GEM to book one or more activities.

Environment

We are only able to confirm bookings between the hours of 7:00 am and 6:00 pm. If the Experience Center is closed, please contact your GEM to book one or more activities.

Cancellation Policy

If you wish to cancel your excursion, please inform the Experience Team or your GEM at least one day before you are due to depart, otherwise the full cost of the tour will be charged to your account. For same day cancellations 50% charge will be applied.

Cancellation of any tour due to inclement weather may result in the full cost of the tour being charged, unless personal safety is considered at risk. In such cases a commensurate charge may be applied.



Into Trekking and Adventure

BAI NHO HIKE AND OTHER HIKING TRAILS

The Bai Nho hiking trail leads to the top of Heo Mountain which overlooks our bay. As you summit the hill you will reach the reservoir where you may spot the endangered Black-shanked Douc Langur (*Pygathrix nigripes*). Continuing on the trail you will reach Bai Nho, our private beach where you can enjoy snorkeling before taking a boat back to the resort.

To top off this experience we recommend enhancing it with a picnic or barbecue on the beach. Kindly let us know in advance so arrangements can be made. Please refer to the menu in The Tasty Stuff.

- **Essentials:** Comfortable walking shoes, hat, sunblock and a camera
- **Duration:** Two to three hours, with approximately 90 minutes of hiking
- **Includes:** Guide, return transfer by boat
- **Why not ...** Prepare ahead and book a foot acupuncture treatment after the tour at Six Senses Spa to soothe your feet?

The Experience Team is proud to offer 2 hiking trails surrounding the resort. The trails have been prepared with maximum effort to reduce the impact on our surrounding. The trails are left in a natural state therefore proper equipment (walking shoes are a must) and physical fitness is advised when hiking.

1. Have a look at the Bay: The starting point is from the Jungle Gym and it ends at the yoga pavilion, the trail takes you to beautiful views of the bay, along the boulders using ropes and signs to guide you along (30-45 minutes hike). *Difficulty: Medium*



2. Nước (Water) Circuit: Rise and shine! Enjoy a morning hike on a new trail to the reservoir which provides the main supply of fresh water for the resort. The trail was initially charted by the project team during the construction phase of the resort. You could even stop by a communal kitchen and resting area formerly used by the resort's builders. The hike takes less than an hour and it is ideal for the whole family to experience and reconnect with nature (50 – 60 minutes hike). *Difficulty: Medium*

3. Hike To The Fairy Beach: The trail starts just off from Dining by the Bay restaurant, through the forest with fairly challenging routes to Bai Tien (Fairy Beach) where you can enjoy snorkeling or swimming before taking a speedboat back to the resort. Please let us know in advance if you would like to enjoy a private picnic style breakfast after the hike. (30 to 45 minutes hike) *Difficulty: Medium*

4. Hike to the “Castaway” Private Beach: Guided hiking to Bai Nho is on request only (90 minutes hike) and with a guide. *Difficulty: Challenging*

KAYAK ADVENTURE

This experience is tailored to the aqua adventurer. Take a kayak from our bay, along the breathtaking shoreline to our private beach. This scenic journey takes about 45 minutes and passes busy fishermen tending their nets.

After reaching Bai Nho beach enjoy a short rest on the shore before kayaking back to the resort.

For guests who would like to savor the sunshine, snorkel or explore the surrounding area, they can stay longer and return via boat to the resort.

- **Essentials:** Comfortable clothing or swimsuit, cap, sunglasses and sunblock
- **Duration:** 90 minutes for kayaking guests; two to three hours for guests returning later by boat
- **Includes:** Tour guide, drinking water
- **Why not ...** Complement this experience with a private picnic on the beach?



SQUID FISHING

Special fishing experience for the night time, you will join with our guide for the night boat trip, some light set up on the boat to attractive the squid, rest will be on your lucky and patient, end of trip will be a short boat ride under the night sky.

- **Proposed time:** 19:00 PM - 20:30 PM

GO FISHING WITH THE CAPTAIN

This is a unique experience for early risers interested in heading out with a local captain. He just happens to have been fisherman and will explain the art of fishing. After watching some of the locals preparing their nets and catching fish, you can try your luck. Our chefs will happily prepare your catch to your specifications.

- **Essentials:** Comfortable clothes, camera, sunblock, hat
- **Duration:** Three hours; from 5:00 to 8:00 am
- **Includes:** Wooden boat and drinking water
- **Environment:** To preserve the fish population please observe your captain and release the juvenile fish back to the water.
- **Why not ...** Book a Vietnamese cooking class and learn how to make traditional sweet and sour fish soup.



LOCAL FISHING

Hook, line and catch is fun for the entire family! Cruise the scenic bay in the comfort of our pleasure craft while combing the waters for a bite. If you catch a sustainably-sized fish the chefs are happy to cook it to your specifications.

And to manage expectations and allay any fisherman's tales, the usual catch is approximately 10 to 18 ounces (300 to 500 grams). Anything over 2 pounds (one kilo) breaks records!

- **Essentials:** Casual clothing, camera, cap and sunblock
- **Duration:** Two hours; recommended start time is 7:00 am
- **Includes:** Wooden boat, guide, drinking water, fishing rods and bait
- **Environment:** To preserve the fish population, please listen to your guide and release the juvenile fish back to the sea.

ISLAND HOPPING

Travel by speedboat to three of the outlying islands dotted around Nha Trang Bay and enjoy the abundant and colorful marine life. First visit the marine protected area with some of the best coral reefs in the region. Next head to the caves where swiftlet birds make their salanganes (bird nests). Afterward, see floating farms where fishermen raise fish, lobster and squid. Then stop at a fishing village to discover a day in the life of the local community. Last, but not least, select to dine at a floating restaurant in the middle of Nha Trang Bay. This is hard to deny extra option.

- **Essentials:** Casual clothing, camera, cap and sunblock
- **Duration:** Four to five hours; recommended starting time is 9:00 am
- **Includes:** Speedboat transfers, guide, snorkeling gear and drinking water, fruits.
- **Environment:** Hon Mun Marine Protected Area has some of the best coral reefs in the region. Please help us to protect this fragile environment by not touching or removing any marine life, shells or coral.
- **Why not ...** Stop at Drinks by the Beach on your return at the Resort for a coconut smoothie or mid-afternoon libation while lounging on the catamaran- styled daybeds.



ROMANTIC CRUISE

Cruise Nha Phu Bay on a traditional wooden boat with an iced bottle of sparkling wine and canapés. Toast to the sun as it slips beyond the South Vietnam Sea, setting the ideal moment to pop the question or to enjoy an intimate moment together.

Please advise us of any special request that will enhance your experience, such as your favorite wine, Champagne, surprise gifts, etc.

- **Essentials:** Camera, sunblock and maybe a ring?
- **Duration:** One hour; recommended starting time for sunset cruising is 4.30pm
- **Includes:** Wooden boat, guide, canapés and a bottle of chilled sparkling wine
- **Environment:** Keep your eyes peeled for the endangered Black-shanked Douc Langurs or a sea eagle patrolling the sky.

SUNRISE CRUISE

This is a magical experience for early risers as you capture the golden moment when the glowing sky exposes the spectacular bay, very likely becoming the highlight of your vacation. Smile, click, smile!

- **Duration:** One hour
- **Includes:** Boat charter or wooden boat, drinking water and guidet



CRUISE CATCH & DINE

The Name says it all.

Cruise: Sit back and laze the afternoon away, along our beautiful coastline on a traditional local wooden boat to visit a local fish farm.

Catch: At the fish farm, you will support the local community by selecting your favourite fresh fish or lobsters and purchase it directly from the Fisherman.

Dine: On your return, our chef will be on hand to discuss the best options for preparing your “catch” which will be cooked to your liking and served on the beach for a private romantic dinner with your loved one. A truly unique experience and do not forget your wallet as the local Fishermen only accept cash.

- **Destination:** Ninhvanbay
- **Essentials:** Comfortable clothing, cap, sunglasses and sunblock, cash for seafoods.
- **Duration:** 1,5 hour for cruising and catching. The rest is your dinner.
- **Includes:** Boat charter; coconut juice; fruit skewers and guide for cruise; private romantic dinner setup.



Into Culture

NHA TRANG CULTURAL TOUR

During this informative trip you will visit numerous cultural attractions in Nha Trang. The Cham civilization is represented by Po Nagar Tower, a sacred Hindu site dating back to the seventh century; a stone Cathedral built during French colonial time and Long Son Pagoda, a Buddhist pagoda built in commemoration of the monks and nuns who died while fighting the Diem Government.

Afterward, immerse yourself in the busy life of a typical Vietnamese market and enjoy lunch at a local restaurant.

- **Essentials:** Camera, hat, sunblock and Vietnamese currency
- **Duration:** Seven hours, recommended start time is 9:30 am
- **Includes:** Transfers, lunch, coffee, entry fees for indicated sites and tour guide

DISCOVER REAL VIETNAM

If you are looking for something off the beaten track, then this is the right trip for you. Passing breathtaking landscapes and rice fields you will visit traditional family businesses, such as Vietnamese conical hat makers and kitchens that produce rice noodles and paper. You can even try your hand at making a traditional Vietnamese hat or a mat. In between touring, enjoy a lunch break at an authentic Vietnamese restaurant, sampling local delicacies followed by traditional iced coffee.

- **Essentials:** Cap, camera, sunblock and Vietnamese currency
- **Duration:** Seven hours; recommended start time is 9:30 am
- **Includes:** Transfers, lunch, coffee, entry fees for indicated sites and tour



BACK TO TRADITION

Passing by the beautiful landscape and rice fields we will visit traditional family factories. Learn how conical hat and sleeping mats are made – you may even try by yourself.

We continue with the visit of the Ancient House, built 200 years ago.

In between the visits take a well- deserved break and experience one of the many authentic Vietnamese Restaurants, sampling local delicacies followed by the traditional iced coffee.

- **Essentials:** Camera, Cap, sunblock, Vietnamese currency
- **Duration:** Seven hours; recommended starting time is 9:30 am
- **Includes:** Transfers, lunch, coffee, entry fees for indicated sites and tour guide
- **Why not ...** Organize a detoxifier treatment at our Spa where our therapist will look after you and all you have to do is relax.

MORE SHOPPING SOME CULTURE

This trip is designed to visit the top highlights of Nha Trang and spend your free time to piscine the many handicraft filled shops, whilst taking in local life.

We start visiting the Po Nagar Tower, a sacred Hindu site dating back to the 7th century. We then visit the Long Son Pagoda, founded in the late 19th century, where we will visit the huge white Buddha seated on a lotus blossom. Afterwards immerse yourself in the busy life of a typical Vietnamese market and enjoy time at leisure in the City Center.

- **Essentials:** Camera, cap, sunblock and Vietnamese currency
- **Duration:** Seven hours, recommended starting time is 9:30 am
- **Includes:** Boat and car transfers, lunch, coffee, entry fee for indicated sites and tour guide
- **Why not ...** Pamper yourself with a BBQ in your villa after all that shopping.



NHA TRANG CULTURAL & MUD BATH (RAINY DAYS)

Learn more about the history of the city by visiting numerous cultural attractions including Nha Trang Cathedral, Long Son Pagoda (with its white Buddha statue) and the Po Nagar Temple, an outstanding example of Cham architecture. There is always time to stop at the handicraft shops and afterward enjoy fresh seafood at one of our favorite local restaurants.

Continue your journey to the hot springs to enjoy a wallowing bath and relax in the warm mud while listening to the mesmerizing sound of the beating rain during rainy days.

Even in paradise it tends to rain from time to time, so why not make the most of it and discover Nha Trang with a bit of relaxation before heading back to the resort?

- **Essentials:** Camera, cap, swimsuit and Vietnamese currency, rain coat for rainy days
- **Duration:** Seven hours, recommended starting time is 9:30 am
- **Includes:** Boat and car transfers, lunch, coffee, entry fee for indicated sites and tour guide
- **Why not ...** Return to your villa and order snacks with a movie from our extensive digital collection.
- **Environment:** You can help to minimize the impact of your tour by sharing transportation with others to reduce fuel consumption.



RURAL VIET NAM AND ZEN TEMPLE

Join us on a tour to visit the rural Vietnam. We start by a short visit of Lương Sơn fishing village before going to Tong Lam Pagoda, famous for the 48 meter tall statue of Buddha (the highest in Vietnam).

Afterwards, passing by the beautiful landscape and rural villages, we move towards the impressive Zen Temple Pháp Viện Thánh Sơn – the site is wonderfully picturesque, set amongst a beautiful rice fields in between surrounding mountains - a place of worship and perfect calm. A traditional Buddhist visits the temple on the fifteenth day of the Lunar month (Ram), and on various other festival days of the Mahayana Buddhas and Bodhisattvas.

You will then have time for lunch and leisure at Nha Trang Xua restaurant – have a look at their beautiful lotus garden and enjoy a typical Vietnamese meal.

We then head back and finish with the visit of a 200 year old Ancient House before coming back to the resort.

● **Essentials:** Camera, cap, swimsuit and Vietnamese currency, rain coat for rainy days

● **Duration:** Full Day, 7 – 8 hours

ESCAPE TO DA LAT

Take a "day off from Ninh Van Bay" and escape to Da Lat with 1475m above sea level.

Da Lat's specific sights are pine wood (forming the name: "City of thousands of pine trees") with twisting roads and tree marigold (Vietnamese: dã quỳ) blossom in the winter.

The city's temperate weather stands in contrast to Vietnam's otherwise tropical climate.

Mist covering the valleys almost year-round leads to its name "City of eternal spring".

Many reminders of Dalat's colonial past can be seen in the hundreds of European style villas, chalets and other buildings still standing around town.

To reach Da Lat it is an one way 4hrs car drive from Nha Trang (sea level) you will go up to 1475 whilst enjoying the changing nature and the amazing waterfalls.



FRIDAY SHOPPER

Join us on a communal trip to visit the top highlights of Nha Trang and spend your free time to explore the many handcraft filled shops, whilst taking in local life.

We start with its historical relics from Cham civilization represented as Po Nagar tower, a sacred Hindu site dating back to the 7th century. It is dedicated to Yan Po Nagar, the goddess of the country, who came to be identified with the Hindu goddesses Bhagavati and Mahishasuramardini, and who in Vietnamese is called Thiên Y Thánh Mẫu.

We then visit Long Son Pagoda - This striking pagoda was founded in the late 19th century. The entrance and roofs are decorated with mosaic dragons constructed of glass and ceramic tile while the main sanctuary is a hall adorned with modern interpretations of traditional motifs. Behind the pagoda is a huge white Buddha seated on a lotus blossom. Around the statue's base are fire-ringed relief busts of Thích Quảng Đức and six other Buddhist monks who died in self-immolations in 1963.

Afterwards immerse in the busy life of a typical Vietnamese market and enjoy time at leisure in the City Center.

- **Essentials:** Camera, cap, swimsuit and Vietnamese currency, rain coat for rainy days
- **Duration:** Full Day, 7 - 8 hours



Have It Your Way

BOAT CHARTERS

Select from a variety of boat trips tailored to your individual preferences and pleasure. You can choose from speedboats or local motorized wooden boats.

- **Essentials:** Comfortable clothing, cap, sunglasses and sunblock
- **Duration:** Flexible; minimum two hours
- **Environment:** We do not offer jet skis at our resort because of the excessive noise. Therefore a boat charter is the ideal way to explore outside of the resort.
- **Why not ...** Enjoy the privacy and control over your time and destination? Book yourself a private speedboat and car transfer on departure.

CAST AWAY PICNIC

Picnic and Hike: Take a stroll on one of our guided hiking trails followed by a beach picnic for two or the whole family. Enjoy snorkeling and sunbathing before returning to the resort by boat.

Kayak adventure with picnic: This guided water adventure for two people is by kayak and back to the resort by boat.

Snorkeling with picnic: A snorkeling trip by boat, followed by a picnic on our private beach.

Picnic at Home: If you prefer to stay home, picnic in style on the beach front in front of your villa. The most ideal times are sunrise or sunset.

- **Essentials:** Comfortable clothing, swimsuit, camera, cap, sunglasses and sunblock
- **Duration:** Two to three hours
- **Includes:** Classic picnic menu with 1 fruit juice or 2 soft drinks or 2 local beers per person
- **Why not ...** Ease the effects of a day in the sun by treating yourself to a sunburn soother body treatment at the Six Senses Spa. The lavender-infused towels and aloe vera gel soothe the skin and stimulate new cell growth.



Activities

INTO SPORTS

Are you finished with lounging by the pool? We offer a variety of options from tennis, volleyball, darts, badminton, football, basketball, pétanque and table tennis.

Gather a team and get your adrenaline pumping in a friendly football or volleyball match. After scoring some points, jump into the sea to cool down.

- **Fitness by The Trees**

Are you the type of person who prefers to exercise outdoor?

Try out our Jungle Gym, naturally shaded and surrounded by lemongrass and kumquat.

- **Essentials:** Comfortable clothing, cap, sunglasses and sunblock

- **Duration:** Flexible

- **Includes:** Rackets, balls, darts and birdies

- **Environment:** We have several acres of lemongrass and kumquat trees planted around the resort, in particular by the sports courts. We harvest these clippings and distill our own essential oils through an on-site alembic. The oils are then used to create soap and salt scrubs for you.

- **Why not ...** Challenge one of our hosts or managers to a friendly competition?



INTO WATER SPORTS

To enjoy water sports activities it is essential that you can swim.

In-water activities are dependent on weather, tide and sea conditions.

1. Kayak / standup paddleboard (SUP)

Explore beautiful Ninh Van Bay; the tranquil waters are the perfect environment to test your kayaking or paddling skills.

- **Fitness by The Trees**

Are you the type of person who prefers to exercise outdoor?

Try out our Jungle Gym, naturally shaded and surrounded by lemongrass and kumquat.

- **Essentials:** Comfortable clothing, cap, sunglasses and sunblock

- **Duration:** Flexible

- **Includes:** Rackets, balls, darts and birdies

- **Environment:** We have several acres of lemongrass and kumquat trees planted around the resort, in particular by the sports courts. We harvest these clippings and distill our own essential oils through an on-site alembic. The oils are then used to create soap and salt scrubs for you.

- **Why not ...** Challenge one of our hosts or managers to a friendly competition?



2. Wake-board/Water-Ski/ Mono-Ski or Water-Tube/Banana ride

- **Essentials:** To ensure maximum safety of our guests these activities are offered to guests eight years of age and older.
- **Duration:** 15-minute increments, from 9:00 am to 4:30pm
- **Includes:** Life jacket, guide, drinking water
- **Environment:** To reduce the environmental impact to the beach and shoreline, these activities can only be experienced outside the bay
- **Why not ...** Balance this rush of adrenaline with a Vietnamese massage that includes fire cupping to stimulate circulation and maximize blood flow during relaxation

NIGHT KAYAKING

For the first time in Vietnam, you can discover the mystical world of the underwater through a crystal-clear kayak. As you set out on the calm waters of the evening, you will enjoy a serene tour across Ninh Van Bay, floating above the natural coral reef and vibrant marine life. You surroundings will be bathed in the soft glow of LED light.

- **Duration:** 30 minutes

HOBIE CAT SAILING

Here, it does not even matter if you are the most experienced sailor or a total novice, fun is guaranteed. Boat capacity is limited to three adults.

E-FOIL ELECTRIC SURFBOARD

Excite your stay with our e-Foil, as it sets you up for a ride to fly above water whether there is no wave nor wind to propel.

E-Foil turns the experience into a smooth levitating over the calm crystal blue sea while enjoying the scenic beauty of Ninh Van Bay.

- **Duration**
 - Beginner : 15 minutes instruction + 15 minutes playing
 - Intermediates : 30 minutes playing



ROCK CLIMBING

Ready to Rock 'N' Rope at the Hangout Zone. Unleash your inner rock star when testing your climbing skill at the natural rock formation of our Hangout Zone.

- **Duration**

Beginner : 5 meters route, 45 minutes playing

Intermediates : 5 meters and 6 meters route, 60 minutes playing

Intermediates : 5 meters, 6 meters and 7 meters route, 90 minutes playing



Just Kids

VOOC VILLAGE

Six Senses Ninh Van Bay introduces an exciting kid's journey to support the group-wide Grow With Six Senses initiative with no less than 58 arts, crafts, discovery, sports, ecology, and outdoor activities at the brand new Vooc Village club. Kids will also receive a copy of Grow With Six Senses passport. It's the gateway to your kid's adventure that contains various challenges to accomplish, collect stamps and get a special reward upon completion. Suitable for children from 4 to 12 years old.

Hours of operation: Supervised from 8:00 am to 6:00 pm

Why not ... Take advantage of our Babysitter service to spend one romantic evening together. Let your GEM or the Experience Team know one day in advance and we'll be delighted to organize it for you.

Here is a sampling of some of the activities on offer:

- Little Chef
- Little Mixologist
- Be a Farmer
- Save the Reef
- Making Beeswax Wraps
- Essential Oil Workshop
- Learn about Langurs
- Yoga
- Discover Inner Sound
- Be an Alchemist
- Herbal Ball Compress
- Be a Therapist
- Pirate's Treasure Hunt
- Junior Photographer
- Stargazer
- Origami
- Folk Games
- Traditional Vietnamese Music, Recycled Paper Ornament
- Kid's Movie Night and many more!



SIX SENSES

NINH VAN BAY

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