

# Activities Description and Information

During the registration process you will be allowed to choose one activity per day for Thursday, October 23rd, Friday, October 24th and Saturday, October 25th.

You will also have the opportunity during the registration process to choose to be "At Leisure", in which case, the beautiful Banyan Tree Beach Club is the perfect place to relax and unwind.

The following activities will be offered on Thursday, October 23rd and Friday, October 24th.







# Banyan Tree Activities

### **Thai Cooking Class**

In this 90 minute cooking class, you will have the opportunity to learn about the blending of different flavors and taste that is so uniquely Thai cuisine. Led by Banyan Tree's masterful chef, you will cook your own savory Thai dishes and then enjoy them for lunch. Thai cuisine is light, fresh and traditionally seasoned with chili, peppers and aromatic herbs that work harmoniously together to create culinary delights.

What's included: Chef instruction, Chef's hat and apron, recipes to take home with you.







# Golf El Cameleon Mayakoba

### (Designed by Greg Norman)

Winding under a forest canopy and through the tropical landscape, El Camaleón is unique, not just to Mexico but to the entire world of golf. Here, golf enthusiasts of all skill levels can experience the pristine and natural landscape, recognized by the Audubon Society. Like the chameleon from which it takes its name, the course offers ever-changing challenges and alluring vistas: fairways lined with sand dunes and mangroves, distinctive hazards such as cenotes (subterranean caves) and crystal-clear lagoons, and greens perched on the edge of the Caribbean Sea.

**What's included:** 18 holes, par 72, 7,067 yards of 100% Paspalum grass, Golf carts equipped with advanced GPS yardage and golfer assistance systems, TaylorMade Club rentals available upon request

### What to Wear:

Collar shirt, bermuda shorts or trousers, soft spike golf shoes, jeans are not permitted, sneakers are allowed but not recommended as they can be slippery.







# Golf Lesson

### Jim McClean Golf School

El Camaleon is proud to be the host of the only Jim McLean Golf School in Mexico. Take a onehour lesson at The Jim McClean Golf School, rated the #1 golf school in America, offering state-of-the-art JC Video Swing Analysis technology.

### What's included:

private 1:1 instruction, print out of swing analysis

### What to Wear:

Collar shirt, bermuda shorts or trousers, soft spike golf shoes, jeans are not permitted, sneakers are allowed but not recommended as they can be slippery



# Banyan Tree Spa



You will have the option to select the following treatments upon registering:

The Rainforest Experience - 60 minute to explore eight different hydrothermal therapy bathing experiences.

- **1. Rain Walk** Embark on the rainforest trail and surrender yourself to an invigorating walk in the rain. Be caressed with a generous cascade of warm water to cleanse your body in preparation for The Rainforest Experience.
- **2. Aroma Steam** Feel the tension melting away in this steam chamber while eliminating impurities. A salt scrub is available for your use, to further complement the detoxification process.
- **3. Herbal Sauna** High humidity steam gently warms the body to stimulate blood circulation and detoxify while your mind slowly relaxes with the therapeutic herbal aromas infused into the cabin.



- **4. Rasul** Expect an incredible sensory experience in this pre-heated Rasul chamber as therapeutic mud, with detoxifying effects, is applied to the body. The chamber is beautifully designed with a ceiling filled with twinkling starlights for a tantalizing experience.
- **5. Brine Cavern** The combination of steam and salt is the ideal remedy for enhancing respiration. The body heats up gradually which gently strengthens the circulatory system and initiates a purifying and detoxifying process.
- **6. Ice Fountain** This unique and refreshing experience helps boost one's blood circulation. Rub fresh ice on your body to tighten your skin while enhancing your circulatory system. Recommended for those who wish to address a specific cellulite-prone area.
- 7. Experience Showers Tantalize your senses and choose from varied rain shower experiences, including a Summer Storm, an Arctic Mist and a Tropical Rainbow. These showers are designed to increase or reduce body temperature, making them a good complement between your hydrothermal treatments and bring the showering experience to a whole new level.
- **8. Vitality Pool** Water jets are used for the treatment of stress and various types of muscles aches. It is a soft acupressure over all the body, which calms the mind and reduces tension.



All massages and facials are 60 minute treatments and include an additional 30 minutes of relaxation time.

**Ayurvedic Massage -** A soothing Indian massage with relaxing movements using mostly palm strokes to ease aches and tension while promoting blood circulation. Sesame oil is used for its warming and purifying properties.

**Balinese Massage -** A medium to strong deep tissue massage where the therapist applies thumb and palm pressure in firm strokes complemented by Spirit Oil for its warming and circulatory benefits. This massage stimulates blood circulation, improves energy flow and relieves tension.

**Island Dew Massage -** A gentle massage specifically devised for sensitive skin where long palm strokes are applied to relieve tired muscles. The Soothing Oil, a harmonius blend of rose, plai, chamomile and Vitamin E, is used for it's skin renewal and repairing properties.

Lomi Lomi Massage - Originating from Hawaii, this is a deeply revitalizing massage. The therapist uses full body techniques applied with rhythmic grace using thumbs, palms and elbows. Love Oil, a blend of ylang ylang, plai and black pepper is used to ease and loosen stressed muscles.

**Swedish Massage -** A medium pressure full body massage that stimulates blood circulation and soothes tense muscles. The massage uses a combination of long strokes, kneading strokes and small circular strokes to relieve stress. Peace Oil, a blend of lavender, geranium and black pepper is used, to enhance inner spirituality.



Thai Classic Massage - This classic massage blends subtle stretching with rhythmic massaging and compression to balance energetic bodies and stimulate energy flow. The therapist uses traditional Thai techniques and Inner Balance Oil, a blend of bergamot, almond and Vitamin E, applying deep palm strokes with delicate stretching.

Anti-Oxidant Facial - Restores suppleness and infuses skin with vital anti-oxidants by protecting the skin from environmental pollutants while providing exceptional firmness. The experience begins with a gentle exfoliation of the Vitamin C micro-granulated scrub before an application of an anti-aging concentrated pure Vitamin C serum for maximum hydration. A massage with Vitamin C cream enhances clarity and a restoring mask locks in the moisture for an instant glow.

**Radiant Facial -** Lightens pigment and dark spots by providing oxygen intake to the skin to restore radiance. An oxygen firming mask helps to alleviate fatigue and stressed skin, bringing about a clearer complexion and radiant looking skin.

**Renewal Facial -** Experience an instant glow with firmer looking skin. A steam detox ritual is performed before a rich application of nourishing moisturizer containing isoflavones which promotes the improvement of skin collagen and renewal of skin cells. A revitalizing and firming mask completes the experience.



Soothing Facial - Suitable for even the most delicate skin, this hypoallergenic and paraben free nurturing facial effectively calms irritated skin with a Tolerance Recovery Cream containing Pro-tolerance Peptide Complex to deeply nourish and stimulate the skin's defense mechanism. The soothing mask, infused with floral and green tea extracts, intensely moisturizes and balances skin tone leaving it glowing and refreshed.

### Mani / Pedi Combo

Treat your hands and feet to a session of pampering with treatments to cleanse, massage and moisturize leaving them in tip top condition. During the 60 minute hand treatment, hands will be given an Apple Green Tea hand bath and scrubbed with a Kieffer Lime Hand Scrub followed by a trim, shape and polish. Enjoy a 60 minute pedicure immediately following where your feet will be soaked in a Tea Tree foot bath to soften the skin followed by a Bergamot Caramel Foot Scrub. Nails are trimmed, shaped and polished.









# Rio Secreto

The region's most unique natural treasure. Rio Secreto is a spectacular journey through a natural museum filled with a kaleidoscope of speleotherms. You will walk amidst thousands of stalactites and stalagmites and swim through rare underground rivers and illuminated canals found in this protected natural reserve. Learn and marvel in this ancient, magical subterranean world that until now has remained unexplored for millions of years.

### What's included:

Equipment (wet suits, special shoes, helmet and lanterns), Specialized guide

### What to wear/bring:

Comfortable clothing and walking shoes / sneakers (no flip-flops) bathing suit, additional set of clothes, money (it's always a nice gesture to tip your guide)

### **Transfer Time:**

Approximately 1 hour
Approximate time of departure from hotel:
Thurs 10/23 departure at 9:30 AM, Frid 10/24
departure at 8:30 AM
Approximate time of arrival to hotel: Thurs 10/24
arrivial at 3:30 PM, Fri 10/24 arrival at 2:30 PM

- Maximum weight: 250lb /120 kg
- This tour is not available for people with severe physical handicaps, heart diseases, pregnant women, nor for people under the influence of alcohol



# **XENOTES**

The Xenotes Tour includes a visit to four cenotes (sinkholes) where you will enjoy activities such as kayaking, snorkeling, rappelling with aided descent, zip lines, inner tubes and swimming. A true oasis in the middle of the jungle where you enjoy nature at it's grandest and learn about respect for the soil the ancient Mayan once walked on and the mythical guardians of the jungle.

### What's included:

Equipment (life jacket, snorkel equipment, rappel gear, kayak and/ or inner tube), specialized guide

### What to Wear/bring:

Change of clothing, bathing suit, water shoes are highly recommended due to wet surfaces, suntan lotion, insect repellent, waterproof cameras, money (it's always a nice gesture to tip your guide)

### **Transfer Time:**

- Approximately 90 minutes
- Approximate time of departure from hotel:9:30 AM
- Approximate time of arrival to hotel: 6:00 PM

- Not recommended for any of the following conditions: heart problems, diabetes, epilepsy, asthma, high blood pressure or claustrophobia
- Pregnant women are not allowed









## **XPLOR**

Xplor is a unique underground park, with 4 amazing activities that invite you to test your courage and rediscover natures incredible beauty. Dare to ride the 13 Zip lines high above the Riviera Maya Jungles and be awe-struck by the lush vegetation that surrounds this incredible paradise. Enjoy the refreshing crystal clear waters of the underground rivers which flow beneath your feet; you can swim through the pristine waters or "hand" paddle your own canoe. Either way, you will be left speechless by the unbelievably beautiful sights of the stalactites and stalagmites. After, drive your own off-road amphibious vehicle through the jungle on an unstoppable journey in and out of the underground paradise that makes Xplor such a one of a kind experience.

### What's included:

Equipment (life jacket, helmet, harness, rowing paddles, canoe and amphibious vehicle for 2)

### What to Wear/bring:

An extra change of clothing, water shoes are highly recommended due to wet surfaces, suntan lotion, insect repellent, waterproof cameras, money (it's always a nice gesture to tip your guide)

### **Transfer Time:**

- Approximately 90 minutes
- Approximate time of departure from hotel:9:30 AM
- Approximate time of arrival to hotel: 4:30 PM

- Not recommended for any of the following conditions: heart problems, diabetes, epilepsy, asthma, high blood pressure or claustrophobia
- Maximum weight limit for the Zip line is 300 lbs; Minimum required height of 55" or 88 lbs in weight
- Pregnant women are not allowed







# SHOPPING TOUR AT 5TH AVENUE PLAYA DEL CARMEN

Playa del Carmen is a little Caribbean beach town that has grown tremendously in popularity during the last decade. The main street is called Quinta Avenida, or 5TH Avenue. The stores of La Quinta, as it's often called, and it's surrounding side streets offer an eclectic assortment of hand-made pottery, arts and crafts, gifts and restaurants beachside.

### What's included:

Equipment (life jacket, helmet, harness, rowing paddles, canoe and amphibious vehicle for 2)

### What to Wear/bring:

Comfortable clothing, walking shoes / sneakers, sunscreen, hat, sunglasses, money

### **Transfer Time:**

- Approximately 20 minutes
- Departure time from hotel and return time will be communicated at a later date once we know how many people are interested in visiting the shopping area



# The following activities will be offered on Saturday, October 25th.

On Saturday, we will be taking the group to Marina Maroma! At Marina Maroma there are many activities for you to choose from. In addition to choosing one activity at Marina Maroma, you can also opt out of taking an activity but still join the group in a private area at the Marina and relax on what is considered to be one of the Top 10 beaches in the world by Travel Channel. You will also have the option of remaining at Banyan Tree for Spa, Golf or At Leisure.









# HORSEBACK RIDING

The 2 hour Paradise Horseback Riding tour takes you past open cenotes, known as sink holes, beautiful trees and tropical surroundings. Continue the journey on the beach to see the most wonderful Caribbean landscapes.

### What's included:

Horseback riding instruction and the horse of course :)

### What to Wear/bring:

Comfortable clothing and shoes (no flip flops or sandals), swimsuit, sunglasses, hat, sunscreen, insect repellent, money (it's always a nice gesture to tip your guide)

### **Transfer Time:**

- Approximately 30 minutes
- Approximate time of departure from hotel:8:30 AM
- Approximate time of arrival to hotel: 4:00 PM

### **Restrictions:**

• This expedition is not recommended for persons with severe back problems, any severe physical or motor handicaps, with recent surgery or allergy to dust . (maximum weight 120 kilos)



# OCEAN SAFARI TOUR

Live a high speed adventure on this 90 minute tour! Enjoy the radiant sun and clear sea, while enjoying two action-packed activities: challenging the Caribbean's waves on a Waverunner, and snorkeling into the underwater reef to observe its natural diversity.

### What's included:

Wave runner for one or two people, Instructions, Life vest, snorkel gear (fins, mask, tube)

### What to Wear/bring:

Comfortable clothing and shoes (no flip flops or sandals), water shoes are highly recommended, swimsuit, sunscreen, insect repellent, waterproof camera, money (it's always a nice gesture to tip your guide)

### **Transfer Time:**

- Approximately 30 minutes
- Approximate time of departure from hotel:
   8:30 AM
- Approximate time of arrival to hotel: 4:00 PM

### **Restrictions:**

• This expedition is not recommended for persons with severe back problems, any severe physical or motor handicaps, with recent surgery or pregnant woman. (maximum weight 120 kilos)



# ATV's & WAVE RUNNER TOUR

On this 90 minute tour, explore the jungle on an ATV through dirt terrain and winding narrow roads covered by canopies of rainforest. After that, you will take to the beach and challenge the waves on your wave runner.

### What's included:

ATV and Wave runner for one or two people, Instructions, Life vest

### What to Wear/bring:

Comfortable clothing and shoes (no flip flops or sandals), water shoes are highly recommended, swimsuit, sunscreen, insect repellent, towel, waterproof camera, money (it's always a nice gesture to tip your guide)

### **Transfer Time:**

- Approximately 30 minutes
- Approximate time of departure from hotel:8:30 AM
- Approximate time of arrival to hotel: 4:00 PM

- This tour is not recommended for persons with severe back or neck problems, sea sickness, any severe physical or motor handicaps, with recent surgery.
- Pregnant women, and persons under the effects of alcohol or drugs will not be permitted
- Maximum weight allowed 265 Lb per ATV. Maximum speed of 30km per hour.



# ATV & SPEED BOAT RIDE

On this 90 minute tour, explore the jungle on an ATV through dirt terrain and winding narrow roads covered by canopies of rainforest. After that, you will take to the beach and challenge the waves on a speed boat.

### What's included:

ATV and Speed Boat for one or two people, Instructions, Life vest

### What to Wear/bring:

Comfortable clothing and shoes (no flip flops or sandals), water shoes are highly recommended, swimsuit, sunscreen, insect repellent, towel, waterproof camera, money (it's always a nice gesture to tip your guide)

### **Transfer Time:**

- Approximately 30 minutes
- Approximate time of departure from hotel:
   8:30 AM
- Approximate time of arrival to hotel: 4:00 PM

- This expedition is not recommended for persons with severe back or neck problems, sea sickness, any severe physical or motor handicaps, with recent surgery. (maximum weight 120 kilos)
- Pregnant women, and persons under the effects of alcohol or drugs will not be permitted









# DOLPHIN SWIM AND RIDE

In this one hour adventure, you will closely interact with the dolphins for an unforgettable experience. This activity includes the famous belly ride where you hold on to the dolphin's fins as he swims backwards. Other activities you will perform include hug, kiss, boogie board ride, feet push, and free time to swim with them.

### What's included:

15 minutes of briefing and 50 minutes interaction with the dolphins, life jackets

### What to Wear/bring:

swimsuit, sunscreen, insect repellent, towel, waterproof camera, money (it's always a nice gesture to tip your guides)

### **Transfer Time:**

- Approximately 30 minutes
- Approximate time of departure from hotel:8:30 AM
- Approximate time of arrival to hotel: 4:00 PM









# DEEP SEA FISHING

At the Maroma Beach Marina, you can drop your line in the water after just a five- to tenminute boat ride. The deep water just on the other side of the Mayan Barrier Reef is known as the #1 Sailfish Spot, and is also greatly enriched year round with a wonderful array of other fish like Barracuda, Amberjack, Grouper, Spanish Mackerel, Bass & Shark.

### What's included:

4 hour tour, fishing equipment, charter boat (33 or 34 feet)

### What to Wear/bring:

Comfortable clothing and shoes, sunscreen, insect repellent, towel, camera, money (it's always a nice gesture to tip your guides)

### **Transfer Time:**

- Approximately 30 minutes
- Approximate time of departure from hotel:7:00 AM

\*Please note - for this tour you will be departing earlier then the rest of the group to Marina Maroma but when you return from the tour you will be able to join the group in the private beach area.

Approximate time of arrival to hotel: 4:00 PM

### **Restrictions:**

 This activity is not recommended for persons with severe back or neck problems, sea sickness, any severe physical or motor handicaps, with recent surgery.







# Parasailing Activity

Feel the rush of adrenaline and enjoy the views of Maroma from 180 to 200 meters high. The boat ride is approximately 2 hours and the individual parasailing activity will last between 10 – 12 minutes.

### What's included:

Instructions and Equipment

### What to wear/bring:

Comfortable shoes (no flip-flops), water shoes are recommended, bathing suit, money (it's always a nice gesture to tip your guide)

### **Transfer Time:**

- Approximately 30 minutes
- Approximate time of departure from hotel:8:30 AM
- Approximate time of arrival to hotel: 4:00 PM