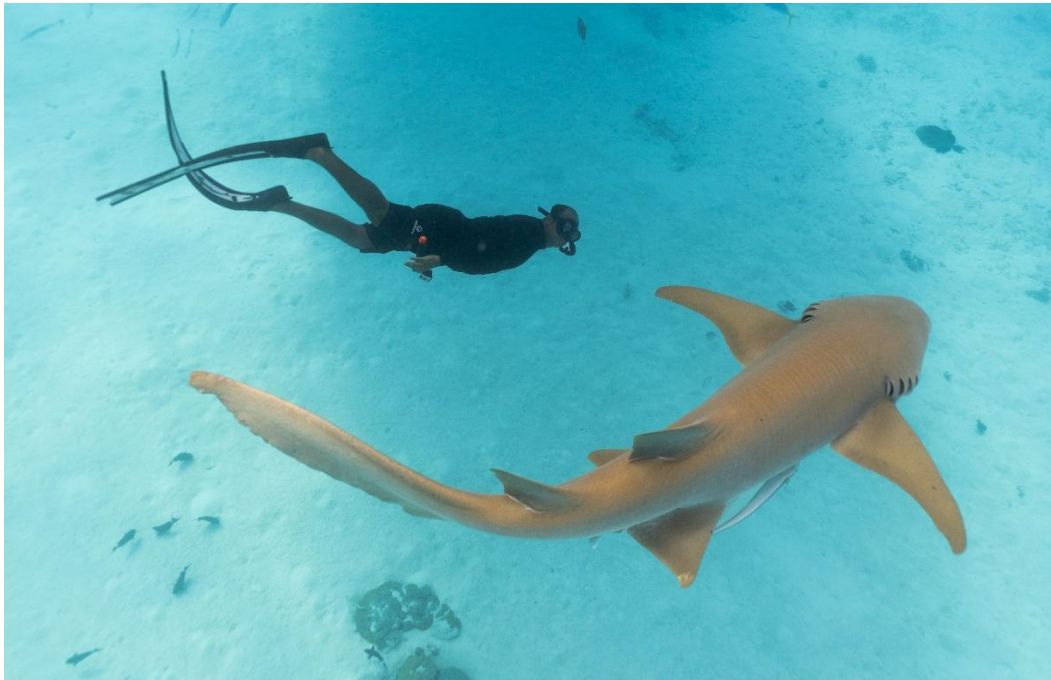


INTERCONTINENTAL MALDIVES MAAMUNAGAU RESORT DEBUTS ‘CALM WATERS: SWIM WITH NURSE SHARKS’: A WELLNESS-LED OCEAN ENCOUNTER

A thoughtfully curated journey blending marine discovery, mindful wellness, and immersive ocean encounters in the remote Raa Atoll



April 2026... // [InterContinental Maldives Maamunagau Resort](#) has debuted ‘Calm Waters: Swim with Nurse Sharks,’ a new, thoughtfully designed package that pairs adventure with holistic wellness and marine education in the pristine quietude of the Raa Atoll. As experiential travel continues to evolve, today’s luxury traveler is seeking more than just beautiful surroundings - they are drawn to meaningful, educational, and deeply personal opportunities to connect with the natural world in ways that are both responsible and transformative. Boasting one of the most accessible nurse shark snorkeling spots in the Maldives, just a ten-minute boat ride from the resort, InterContinental Maldives is ideal place to observe these docile creatures in their natural habitat.

At the heart of the experience is a guided swim with nurse sharks, offering guests a rare opportunity to observe these fascinating creatures, renowned for their calm, docile nature, up close in their natural habitat. Designed to foster both confidence and curiosity, the experience is preceded by a complimentary presentation led by one of the resort’s resident marine biologists. Hosted two days prior to the excursion, the session aims to debunk common misconceptions surrounding sharks while providing meaningful insight into their behavior and ecological importance. Complete with light refreshments and an interactive Q&A, the presentation serves as both an educational touchpoint and a gentle introduction to the experience ahead.

Reflecting InterContinental Maldives’ commitment to wellness-led travel, the Calm Waters experience extends beyond the ocean, incorporating a series of thoughtfully curated spa rituals

designed to prepare and uniquely restore both body and mind. On the morning of the swim, guests are invited to take part in a pre-swim ritual, with a 60-minute Morning Meditation & Slow Stretch session held in the resort's waterfront Yoga Pavilion. Guided breathwork and mindful movement gently awaken the senses, helping guests feel grounded, centered, and present before entering the water, a specially designed amenity to ensure guests feel comfortable and fully engaged. *USD \$35++ per person (group session).*

When it's time to enter the water, the resort's marine team carefully assesses shark activity and visibility in Maamunagau Lagoon, ensuring conditions that feel calm and unhurried. There is no chasing or feeding, just the quiet experience of floating alongside nurse sharks as they rest on sandy seabeds or glide gently along the reef. Guests are invited to observe from a respectful distance, facilitating an encounter that is defined less by adrenaline and more by a sense of peaceful coexistence with these docile creatures. Gentle and accessible, the experience is well-suited to families, providing guests of all ages with a memorable introduction to ocean ecosystems and conservation (*USD \$120+*).

Following the swim, a selection of optional restorative rituals at the award-winning [AVI Spa](#) allow guests to unwind and reflect on their encounter. The Floating Sound Healing offers a deeply immersive moment of relaxation, as guests are cradled in water while therapeutic sound vibrations restore balance and promote a profound sense of inner calm (*USD \$150+*). For those seeking a more comprehensive treatment, the Maldivian Essence ritual draws on local healing traditions throughout the 120-minute full-body experience that is purposefully designed to soothe muscles, nourish the skin, and rebalance the senses (*USD \$280+*).

By seamlessly integrating guest education, responsible marine practices, and restorative wellness, the 'Calm Waters: Swim with Nurse Sharks' package redefines the concept of ocean exploration - transforming it into a mindful, multi-sensorial journey. Whether floating through crystal-clear waters alongside these gentle creatures or surrendering to moments of stillness in the spa, guests are invited to deepen their connection to nature in a way that is both exhilarating and profoundly grounding.

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About InterContinental Maldives Maamunagau Resort

InterContinental Maldives Maamunagau Resort is an exclusive destination getaway offering a unique opportunity for those looking to unwind and reconnect in an enviable island setting, where exclusive privileges go hand in hand with the personal touch of our signature service at InterContinental Hotels & Resorts' first and only all-Club InterContinental resort. Located in the Raa Atoll; 35 minutes by seaplane from the Velana International Airport, InterContinental Maldives Maamunagau Resort is an award-winning island escape offering beach, lagoon and overwater villas and residences with up to three bedrooms. Curated dining and wellness experiences, an extensive kids' club, as well as The Retreat, an adult-only enclave, along with a myriad of recreational adventures for families and couples alike are also available.



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