



INTERCONTINENTAL®
PHU QUOC LONG BEACH RESORT



RESORT RECREATION ACTIVITIES



Welcome to your own slice of tropical paradise! Make the most of the sunny days with exhilarating watersports, tap into your creative side with a candle-making workshop or re-balance with yoga and meditation.

Take to the waters in a kayak or on a SUP paddle board while the little ones are busy making new friends at Camping Day, exploring our lush grounds on nature walks, and enjoying the glorious sunshine thanks to a busy program of fun outdoor games.

Contact our Front Desk team to register for our daily complimentary bus traveling to Duong Dong town and discover the local hidden gems. Our bus will take you to the island centre at 10 am and take you back to resort for relaxation at 1 pm daily.

Kindly make your booking for the activities 1 day in advance. In case of no-show for the first 15 minutes, the activities will be canceled.

For further information & reservations, please contact our Planet Trekkers team at extension number 0.

InterContinental Phu Quoc Long Beach Resort
Bai Truong, Duong To, Phu Quoc, Kien Giang, Viet Nam

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Private Yoga Session

Rediscovering the exclusive state of peace and happiness with our personal yoga and meditation sessions, guided by experienced wellness professionals. Exercise and yoga postures will be best tailored based on your health condition.



Guided Meditation

Get in touch with your mind and set the conditions for a more successful day with guided meditation. Feel more aware, focused, content, energized and optimistic as the stress dissipates.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7 am – 8 am	Meditation 30 min (Spa)	ABS Exerices (Gym)	Morning Yoga 45 min (Spa)	Meditation 30 min (Spa)
10 am – 11 am	Resort Bicycle Tour (Planet Trekkers)	Swimming Class (Oasis Pool)	Resort Bicycle Tour (Planet Trekkers)	Swimming Class (Oasis Pool)
11 am – 12 pm	Coconut Leaf Art (The Hideout)	Candle Making (The Hideout)	Wooden Fish Decoration (The Hideout)	Candle Making (The Hideout)
2 pm – 3 pm		CARDIO (Gym)		
2 pm – 4 pm	Movie Screening (The Theatre, Level 2)			
7 am – 6 pm	Kayak / Supboard (Beach)			
9 am – 5 pm	Water Sports, Parasailing (Beach – Provided by third party with additional fee)			
8 pm – 10 pm	Movie Screening (The Theatre, Level 2)			

FOR ADULTS

	FRIDAY	SATURDAY	SUNDAY
7 am – 8 am	Morning Yoga 45 min (Spa)	Stretching 45 min (Gym)	Morning Yoga 45 min (Spa)
10 am – 11 am	Resort Bicycle Tour (Planet Trekkers)	Swimming Class (Oasis Pool)	Resort Bicycle Tour (Planet Trekkers)
11 am – 12 pm	Coconut Leaf Art (The Hideout)	Yarn Art (The Hideout)	Wooden Fish Decoration (The Hideout)
2 pm – 3 pm	Zumba (Gym)	Kick Boxing (Gym)	
2 pm – 4 pm	Movie Screening (The Theatre, Level 2)		
7 am – 6 pm	Kayak / Supboard (Beach)		
9 am – 5 pm	Water Sports, Parasailing (Beach – Provided by third party with additional fee)		
8 pm – 10 pm	Movie Screening (The Theatre, Level 2)		

Paddle Boarding and Kayaking

Kayaking along the coast or riding on a SUP board will be a must-try if you love being on the water and enjoy a full-body workout.

Candle Making

Learn how to make natural candles using a variety of scents and fragrance oil. Add a splash of color to wax or dust your creation with glitter to make a truly unique souvenir to take home.

Parasailing

Enjoy the fresh breeze on your face and the exhilarating freedom of soaring through the sky as you take in the breathtaking panorama.

Watersports

Strap on a snorkel mask and a pair of flippers to marvel at its variety or try canoeing, rowing, sailing or fishing.



Inflatable Ring Toss

The perfect game for those who are competitive and want to test their target, our inflatable ring toss game offers fun in the sun and helps the children improve their throwing skills with every toss.



Water Balloon Volleyball

Unlike a traditional water balloon fight, water balloon volleyball is played in pairs on a grass lawn and is easy to master for even the youngest players. It is also a lot of fun and will keep the youngsters laughing all the way!

	MONDAY Ocean Day	TUESDAY Plants Day	WEDNESDAY Healthy Day
9 am – 9:45 am	Nature Walk	Plant a Garden	Scavenger Hunt
10 am – 10:45 am	Sea Shell Art	Origami	Leaf Art Making
11 am – 11:45 am	Balloon Volleyball	Obstacle Course	Red Light and Green Light Game
2 pm – 2:45 pm	Shark Attack	Hide and Seek	Hot Seat
3 pm – 3:45 pm	Art and Craft	Bracelet Making	Foam Sheet Art Making
4 pm – 4:45 pm	Pool Time: Inflatable Ring Toss	Beach Time: Water War	Pool Time: Water Volleyball
5 pm – 5:45 pm	Kite Flying	Kid Yoga	Kite Flying

FOR CHILDREN

	THURSDAY Let's be Green	FRIDAY Vietnamese Tradition	SATURDAY Nature Day	SUNDAY Family Fun Day
9 am – 9:45 am	Nature Walk	Plant a Garden	Camping Day with Fun Games	Scavenger Hunt
10 am – 10:45 am	Rock Art	Origami		Leaf Art Making
11 am – 11:45 am	Balloon Volleyball	Obstacle Course		Red Light and Green Light Game
2 pm – 2:45 pm	Shark Attack	Hide and Seek		Hot Seat
3 pm – 3:45 pm	Art and Craft	Bracelet Making		Foam Sheet Art Making
4 pm – 4:45 pm	Beach Time: Limbo Gameplay	Pool Time: Water Scavenger Hunt		Pool Time: Inflatable Ring Toss
5 pm – 5:45 pm	Kid Yoga	Kite Flying		Kite Flying

Camping Day with Fun Games

An unforgettable outdoor adventure, our Camping Day is a mini summer camp experience with new friends, teepee sleepovers, arts and crafts activities, fun games and movies in a real cinema.

Nature Walk

Our garden is a precious treasure and a unique ecosystem where native plants and wildlife flourish. An engaging walk around the resort grounds will help the children learn to appreciate the beauty of the world in all its forms.

