



FOR ADULTS

Seaside Wellness Oasis

Recharge your body – mind – spirit through curated experiences rooted in holistic well-being.

	MONDAY	TUESDAY	WEDNESDAY
7 am – 7:45 am	Energising Yoga ♥ Spa	Mobility Workout ♥ Fitness Centre	Stretching ♥ Fitness Centre
8:30 am – 9:15 am	Meditation ♥ Spa	Boxing ♥ Fitness Centre	Cardio ♥ Fitness Centre
10:30 am – 11:15 am	Resort Bicycle Tour ♥ Planet Trekkers	Scented Candle Making Workshop ♥ The Hideout	Body Scrub Workshop ♥ Spa
1 pm – 3 pm	Movie Screening ♥ Theater, Level 2		
3 pm – 3:45 pm	Wooden Fish Decoration ♥ The Hideout	Breathwork ♥ Spa	Mosaic Art ♥ The Hideout
4 pm – 4:45 pm	Pilates for Beginners ♥ Fitness Centre	Coconut Leaf Art ♥ The Hideout	Aqua Fitness ♥ Oasis Pool
5 pm – 5:45 pm	Frisbee ♥ Beach	Power Yoga ♥ Beach	Beach Volleyball ♥ Beach
9 am – 5 pm	Water sports, Parasailing (Beach-provided by third party with additional fee)		
8 pm – 10 pm	Movie Screening ♥ Theater, Level 2		

Scented Candle Making Workshop

Let your creativity shine while crafting a scented candle to treasure as a lasting souvenir of your stay.

Botanic Walk

Stroll through our lush greenery, scan each tree's QR code, and uncover the stories they've been waiting to share with you.



	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 am – 7:45 am	Taichi ♥ Fitness Centre	Meditation ♥ Spa	Stretching ♥ Fitness Centre	Basic Yoga ♥ Spa
8:30 am – 9:15 am	Core Workout ♥ Fitness Centre	Advanced Yoga Flow ♥ Spa	Core Workout ♥ Fitness Centre	Pilates for Beginners ♥ Fitness Centre
10:30 am – 11:15 am	Scented Candle Making Workshop ♥ The Hideout	Body Scrub Workshop ♥ Spa	Resort Bicycle Tour ♥ Planet Trekkers	Paracord Bracelet Making ♥ The Hideout
1 pm – 3 pm	Movie Screening ♥ Theater, Level 2			
3 pm – 3:45 pm	Paracord Bracelet Making ♥ The Hideout	Yarn Art ♥ The Hideout	Breathwork ♥ Spa	Coconut Leaf Art ♥ The Hideout
4 pm – 4:45 pm	Boxing ♥ Fitness Centre	Cardio ♥ Fitness Centre	Wooden Fish Decoration ♥ The Hideout	Aqua Fitness ♥ Oasis Pool
5 pm – 5:45 pm	Frisbee ♥ Beach	Beach Basketball ♥ Beach	Taichi ♥ Beach	Beach Volleyball ♥ Beach
9 am – 5 pm	Water sports, Parasailing (Beach-provided by third party with additional fee)			
8 pm – 10 pm	Movie Screening ♥ Theater, Level 2			



UNWIND & OPEN
TO A WORLD OF FASCINATION



INTERCONTINENTAL.
PHU QUOC LONG BEACH RESORT

“XIN CHÀO” FROM PHU QUOC!

On the Pearl Island, every journey expands the mind, and every moment opens doors to a world of fascination. From creative craft sessions to exhilarating water sports, incredible experiences unfold to spark joy and brighten your coastal escape.

Kindly reserve your booking for the activities 24 hours in advance. In case of no-show for the first 15 minutes, the activity will be offered to other guests.

For further information and reservations, please contact our Planet Trekkers team at extension number 6305.

InterContinental Phu Quoc Long Beach Resort
Phu Quoc Marina, Bai Truong, Duong To,
Phu Quoc Special Zone, An Giang, Viet Nam

T: +84 263 976 8888 | phuquoc.intercontinental.com/leisure



FOR CHILDREN

Kids Camp

A full day of fun, learning, and creativity for kids, led by professional childminders across the resort and Kids Can Cook cooking school.

Kids Yoga

An exciting activity for the young athletes to experience with easy postures.



Kite Flying

Catch the wind and watch your kite fly high!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9 am – 9:45 am	Nature Walk	Leaf Art	Garden Planting	Picture Frame Decorating
10 am – 10:45 am	Capture the Flag	Pilot Game	Mystery Box	Blindfolded Toss
11 am – 11:45 am	Tote Bag Decorating	Friendship Bracelet Making	Coconut Leaf Art	Tote Bag Decorating
2 pm – 2:45 pm	Koi Fish Feeding	Music and Movement	Little Warrior Race	Frozen Game
3 pm – 3:45 pm	Swimming Class	Statue Painting	Conical Hat Painting	Swimming Class
4 pm – 4:45 pm	Beach Time: Flag Football	Pool Time: Water Balloon Fight	Beach Time: Water Volleyball	Pool Time: Squirrt Ball
5 pm – 5:45 pm	Kite Flying	Little Fisherman	Kite Flying	Kids Yoga

FOR CHILDREN

Conical Hat Painting

Create your own masterpiece on Vietnam's iconic conical hat and take home a stylish cultural keepsake.



	FRIDAY	SATURDAY	SUNDAY
9 am – 9:45 am	Herb Garden Care	Seashell Necklace Making	Creative Ocean Craft Workshop
10 am – 10:45 am	Over Under Relay Game	Musical Statues	Obstacle Course
11 am – 11:45 am	Friendship Bracelet Making	Coconut Leaf Art	Sand Colour Painting
2 pm – 2:45 pm	Koi Fish Feeding	Conquer The Race	Crocodile Game
3 pm – 3:45 pm	Statue Painting	Conical Hat Painting	Colour Experiment
4 pm – 4:45 pm	Beach Time: Beach Scavenger Hunt	Pool Time: Ring Toss Game	Beach Time: Parachute Game
5 pm – 5:45 pm	Kite Flying	Little Fishman	Kids Yoga