



AVAILABLE FROM 1 TO 17 DECEMBER

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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 Exercises (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)			

	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.

Parasailing

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

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.

Watersports

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

