

CHEF’S TOQUE & APRON

A Culinary journey from the market to the chef’s table



Experience the Chef kitchen-preparation, cooking, sharing cooking skill and finally the tasting...

Every Wednesday  
Rs 2,500/per guest  
Please contact F&B Concierge on ext 6200 for more information

CECILE JEANSON



French former professional swimmer, Cecile participated with the French swimming team at three Olympic Games, in 1992 in Barcelona, 1996 in Atlanta and 2000 in Sydney. In addition to swimming lessons, Cecile brings her own technique as a professional sports coach activating personalized wellbeing, muscle building sessions and rehabilitation exercises.

Contact the Sports Centre on Ext 6108

CINQ MONDES SPA



Cinq Mōndes spa offers to the guests ultimate health and wellness treatments, with a focus on augmented relaxation and beauty treatment for physical and mental recovery, at leisure & yoga, sleep, deep recovery & meditation, aqua sensorial treatments and health & nutrition.

Opening hours: 09:00 – 19:00

SUN KIDS CLUB

A family Playground



Sun Kids Club welcomes children between 2-11 years old and provides exciting and imaginative daily fun programs with age-appropriate activities, facilities and amenities,

Children of 2-3 years old need to be accompanied by a parent or a babysitter if they are not toilet trained. Professionally trained nannies are available on request at a fee.

Open 12 hours/day. It also features a 33m² pool.

Contact Sun Kids Club on Ext 6120 for more information about the activities

SUN KIDS ACTIVITIES

- Painting Class Rs300 per Child
- Para sailing Rs800 per child

Free activities

- DJ Class
- Karaoke Night
- Archery
- Cocktail Mixology
- Yoga
- Glass Bottom boat
- Crabs Hunt
- Tennis Initiation
- Kids Show
- Water ski Initiation
- Mini Golf
- Kids Character Breakfast
- Nature Trail
- Sega Night
- Pizza/Fruit salad/Cookies Making

LONG BEACH JOURNEY

TIMELESS MEMORIES

Our tribute to the SUN

This booklet is an open invitation.  
Each story unfolds its own set of  
Experiences, memories & emotions.

The whole creating a full, sensory-laden, happiness-filled moment in time, inscribed forever in the minds of those who stay with us. These timeless memories, inscribed by the SUN.

Step by step , we will take you there...

SUN MIXOLOGY

Expertly Crafted Blends



The essence of each of our hotel is found in our Signature Cocktails.  
Distinctive, sensationally unique, these couture blends englobe a palate of flavours found nowhere else. We take pride in the savoir-faire of our mixologists, in the precise way that they meld local and foreign ingredients, creating these sensorial moments that are miles away from the ordinary.

Mixology Class – Every Friday at 17:00 at Shores Bar

SUNRISE & SUNSET



Our Resort offers unparalleled views of the sunrise and sunset. We’ve crafted an array of experiences to honour these marvels: so whether you are practicing morning yoga sessions or indulging in our magic hour entertainment, you’ll be living it up with the Sun

- Sunrise Yoga – Every Saturday at 07:00 at Main Beach
- Yoga – Every Saturday at 15:00 at Spa Relaxation Pergola
- Sunset Yoga - Every Friday & Sunday at 17:00 and every Saturday at 15:00 on the Green Lawn
- Children’s Yoga – Every Saturday at 16:00 at SUN Kids
- Sunrise from your Kayak – Every Tuesday at 06:30 at the boat house

Every Tuesday at 06:30 at the Boat House

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QI GONG



Qi Gong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. Qi Gong is now practiced worldwide for recreation, exercise and relaxation, preventive medicine and self-healing, alternative medicine, meditation and self-cultivation, and training for martial arts.

Every Friday at 08:00 for a collective session  
Private session Rs 2,000 for 1 hour  
On reservation at Sports Center one day in advance

ENDEMIC NATURE TRAIL



Explore our local Flora & Fauna.

There are around 5,000 trees and palms, including 26 endemic species.  
Join our in-house biologist for a 45 minutes nature walk that will take you through our culture.

Every Monday at 10:00 or every Saturday at 15:30 at the Sports Centre

Contact the Sports Center on Ext 6108



ARTIST IN RESIDENCE



Open to guests throughout the year, Long Beach accommodates an artist-in-residence programme. This is a fantastic activity for adults and children alike. Let your creativity flow and take your holiday canvas back home with you.

- Art Classes and Workshops every Thursday at 15:00 at Tides Poolside
- Adult at Rs 700
  - Children at Rs 300

ARCHERY



No prior archery experience is required.  
Price: Rs 800/ per person

Every Tuesday or Friday (on request)  
Every Friday at 14:00 (kids above 8 yrs old)  
Contact the the Sports Centre on Ext 6108

SUN GOLF

A Unique Golf Course Collection!



Our guests have privileged access to two Signature golf courses designed by world-class champions, Bernhard Langer and Ernie Els.

Shuttles are available from the resort for our golfers to make the most of their favorite game on the championship golf courses.

You will experience the two best golf courses in Mauritius. Ile aux Cerfs ranked No.1 of the 20 Must-Play Golf Courses to be played in a Lifetime by Golf Magazine and Anahita voted among the 10 most scenic golf courses on the European Tour.

Contact the Concierge team on Ext 6073

SUN BEACH



Discover our dedicated Beach Service. We are taking, pampering to new heights. Our Beach Butlers offer a state of the Art Beach Experience: Seamless, all exploring service. Designed to redefine the time you spend basking in the Sun: Refreshment like fresh juice, coconut water, and plenty of other delights will be delivered straight to you, in our very own Sun Trolley.

VOLUME 01

LONG BEACH JOURNEY

LOBSTER & ASTRONOMY

The world is your Lobster



Every Thursday  
Boat House Restaurant  
Rs. 2,500/ for HB & FB Guest  
Rs 3,500 for BB guest

Guest journey under the star of the Southern Hemisphere  
Experience a boat ride from the Mojito Bar to the Boat House Restaurant at 17:45, where you will be welcomed by the Segá Dancers.  
Freshly lobster will be brought by the fisherman from the ocean, perfectly grilled to your taste. Guests are invited to experience a unique star gazing session by our master Astronomer

CINEMA UNDER THE STARS



Enjoy an evening watching a movie under the star and on the beach

Every Friday at 21:30 at Tides Poolside

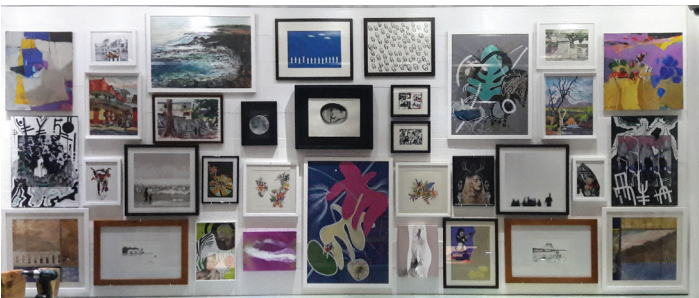
BUBBLES & PEARLS

Bubbles & Pearls is an event for Champagne lovers!



Enjoy the bubbles & our freshest oysters.  
Our Resident DJ will set the sound to an unforgettable Friday evening at the Shores Bar from 17:30 till 19:30.

THIRD DOT



Come discover carefully selected pieces of art from up and coming contemporary Mauritian artists. The Passage Contemporary Art Boutique is the result of a partnership between the Long Beach and the regional curatorial platform THE THIRD DOT. All works showcased are for sale and can be shipped to your doorstep around the world.

DJ MASTER CLASS



Learn & curate your own music with our resident DJ for adults & children  
Every Monday at 18:00 at Shores Bar  
Contact the Concierge team for booking on Ext 6013