



# Activities & Spa Menu



## Cocktails

Please note that all drinks on this list can be either alcoholic (cocktail) or non-alcoholic (mocktail).

Mocktails	MZN 350
Cocktails	MZN 450

**Tequila Sunrise**  
Tequila, Orange Juice and Lime Cordial with a dash of Grenadine.

**Mojito**  
Bacardi Rum, Home made Lemonade topped with Soda Water and garnished with Lime Wedges and Mint Leaves.

**Margarita**  
Tequila, Tripple Sec, Fresh Lemon Juice and Lime Cordial.

**Pineapple Dream**  
Bacardi Rum, Banana Liqueur Pineapple Juice and Home made Lemonade.

**Long Island Iced Tea**  
Vodka, Tripple Sec, Gin, Bacardi Rum, Tequila and a Sweet and Sour Mix with a splash of Coke.

**Pina Colada**  
Bacardi Rum, Malibu, Pineapple Juice bleded with Coconut Milk and a dash of Cream.

**Sex on the Beach**  
Vodka, Archer Peach, Pineapple Juice blended with Coconut Milk and Cream.

**Caipirinha**  
Cachaca, Home made Lemonade garnished with Lime wedges and Brown Sugar.

**Machangulo Honey Bay**  
Apple Juice, Home made Lemonade with a dash of grenadine and honey.

**Plunters Punch**  
Pineapple Juice, Orange Juice and Home Made Lemonade with a dash of Grenadine and Passion Fruit.

**Sun Downer**  
Mango Juice, Orange Juice and Raspbery Sparletta with a dash of Grenadine.

**Melon Punch**  
Yellow & Green Melon bleded with Pineapple Juice and Condensed Milk.

**Santa Maria Breeze**  
Tropical Juice mixed with Full Cream Milk and a dash of Grenadine.



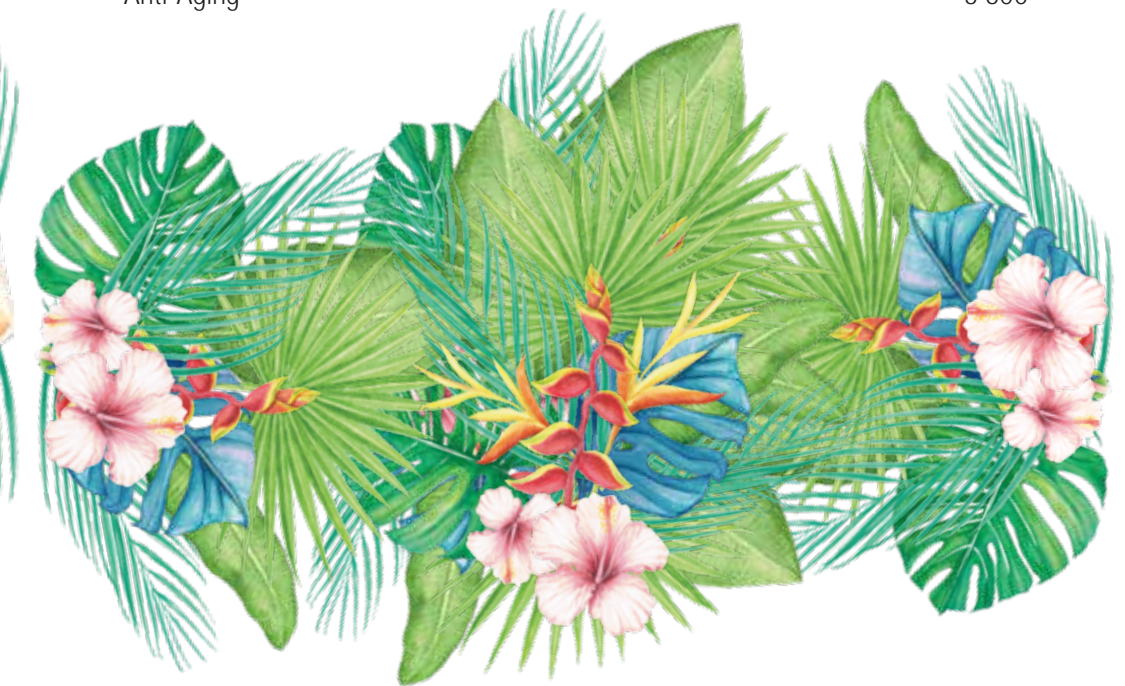
## Spa

Machangulo Beach Lodge's Spa offers a great selection of relaxing treatments that will leave you feeling rejuvenated and relaxed. A wide variety of massages, wraps, skin care treatments and more.

	MZN
Standard Manicure 60 min	1 858
Standard Pedicure 60 min	1 858

## Facials

Express	MZN 1 500
Anti-Aging	3 600



## Massages

30 min Swedish	MZN 2 100
60 min Swedish	3 500
90 min Swedish	5 265
30 min Deep Tissue	2 100
60 min Deep Tissue	3 500
30 min Aroma Therapy	2 100
60 min Aroma Therapy	3 500
90 min Aroma Therapy	5 265
60 min Full Body	3 500
30 min Scalp Massage	2 100

## Walk to the Wreck at Ponta Abril

A nice walk along the beach on the East side of the lodge to the Ship wreck that was stranded on 15 October 2018 due to the bad weather that suddenly blew from the South.

The walk to the Wreck takes about 3 hours, please remember to bring your water and sunscreen!

Dune Walk 30-60 min  
 Bemugi's Restaurant  
 Visit Maputo National Park Full Day

**Take the great dune walk from Vista Mar on the sunset deck, to discover more about the lodge.**

## External Charters

		MZN
Half Day Fishing	6 hours	44 800
Full Day Fishing	8 hours	51 200
Marlin Fishing	8 hours	57 600

## Scuba Diving

Inhaca Reserve Shore Entry 1 hour  
 Off Shore Reef Dive 1.5 hours

## Transfers one way per person

		MZN
Lodge to Bemugis	10 min	400
Lodge to Inhaca Point/ Reserve	5 min	200
Lodge to Inhaca Village	30 min	1 600
Lodge to Portuguese Island	35 min	1 800
Lodge to Maputo	90 min	6 000
Lodge to Santa Maria	20 min	600



## Picnics

		MZN
Beach Picnic Inhaca Island	half day	2 500

The picnic takes place on Inhaca Island opposite the lodge, it is a 7 - 10 min trip per boat. We will take tables, chairs and a Gazzibo to the site and will do the setup for you.

Please arrange with a waiter for a coolerbox of drinks for the excursion. Departure from the lodge is at 11:00 am where lunch will be delivered to you at 12:30. Please be sure to arrange with the your guide or skipper for returning to the lodge.

## Other Experiences

Fat Bike Rental per hour  
 Only available at low tides, please do not ride in the water.

Dhow is a local wooden boat that can be explored on the bay between Inhaca and Machangulo bay and is much recommended to cruise and enjoy the beautiful sunset on the bay, the lodge will organize snacks for you.

**Remember your camera and cooler box!**

Dhow Cruise	2 hours	1 500
Santa Maria Village Tour	2 hours	1 000

This is a great opportunity to meet the community of the village by visiting. It is small village with shops and a small market. We recommend bringing cash with if you want to support the local community. The boat will depart at hightide.

Inhaca Island Village Tour	Half Day	4 000
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From the Lodge you will take the boat across to Inhaca Island where you will the get the 4x4 (vehicle) so you can explore more about the Island.

Your guide will drive you all way to the famous light house then to the village where there are two famous restaurants that we can recommend to have a great lunch (Tropical Restaurant & Lucas Restaurant, cash only).

Please note that there is Handicraft shops if you want to support the local community.

## Snorkeling

		MZN
Fins Hire	Full Day Hire	200
Mask & Snorkel Hire	Full Day Hire	200
Fins Retail	Adult/Kids Scubapro Sets	3 000
Mask & Snorkel Retail	Various Sizes	3 200
Inhaca Island Reserve Snorkel		1 600
Inhaca Island Reserve Snorkel with Picnic		2 600

## Area / Location

**Remember your snorkel, mask, fins & sunscreen!**

Snorkelling mainly happens on Inhaca Island at the Marine reserve. The location is easy to access by boat and there are two reefs. The Marine reserve Reef is an easy shore entry from the beach. The Coral Gardens reef is about 100 meters from the beach and can be reached by boat or by swimming. There is also a beautiful reef right in front of the lodge. It is a bit deeper and only 10% covered with coral but there are lots of cool things to see. Look out for turtles, eels, nudibranchs, shipwrecks and loads of fish.



## When to go

The visibility is best on the incoming tide and the very best visibility is just before and during the ebb of the high tide. As soon as the water turns and starts going out toward the low tide visibility falls dramatically. This reef is more difficult to snorkel due to tides and we recommend snorkelling here during neap tides and just before the ebb of the high tide.

## Good to know & Safety

Never touch the reef, it is sharp and fragile. Please also avoid touching the reef with your fins, it breaks easily and grows very slowly. Avoid the reef in front of the lodge completely during the outgoing tide, the tides can be strong and will pull you directly toward the open ocean.

## Paddling

		MZN
Single Kayak Rental	per hour	300
Double Kayak Rental	per hour	340
Stand Up Paddle Board Rental	per hour	300
Guided Kayaking Trip to the Mangrove Estuary	2 hours	1 600

## Area

Paddling from the main beach into the bay is loads of fun.

## When to go

Take note of the tide and ensure you do not have to paddle against it on your way back.

## Good to know

Avoid the outgoing tide and the open ocean.