

### SPORTS, RELAXATION, DISCOVERIES...

### *My day at «Anbalaba»*

**8am** Slowly, the world awakes. Birds sing and bright sunshine dapples the lagoon... The weather is perfect as I step out to buy fresh bread in «Anbalaba Village», a few minutes from my home.



**9am** After a family breakfast on the terrace, we head to the lagoon for a dolphin-watching excursion aboard a boat. A magical experience, like so many others we've had in Mauritius!



**12noon** We get back to «Anbalaba» just in time for lunch. There's nothing like a delicious club sandwich at the **Pool & Spa club**, next to the magnificent swimming pool that overlooks the ocean, to impart a feeling of utter wellbeing. While we wait for our order, the children play on the **water slides** and at the **kids' club**.



**2pm** We relax on the airy veranda adjoining our pleasant **swimming pool**, while the sportier among us rent **bicycles** and explore the mountains of Chamarel.



**4pm** In the late afternoon, we take our **stand-up paddles** out onto the lagoon, while the others relax with a **massage at the spa**.



**7pm** We meet up for some **shopping** in «Anbalaba Village» before indulging in an evening drink as the sun sets over the water. For dinner, we opt for succulent grilled fish as we listen to the concert taking place in the **market hall**. (Come to think of it, I really need to organise that **boat trip** with the fishermen of Baie du Cap!)



Tomorrow, we'll spend the day on the water, **exploring the lagoon by boat**. A perfect opportunity to discover the shapes and colours of the island's underwater world.