

TRAVEL GUIDE

Maldives

TELAMON TRAVEL

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EDITION



Welcome to the Maldives

A place where the ocean whispers, the sunsets linger, and every moment invites you to slow down, breathe deeply, and fully immerse in the beauty around you.

The Maldives may be one of the smallest nations in Asia—but its allure is boundless. These ancient islands have weathered storms of history and time to emerge as one of the most sought-after luxury destinations on Earth.

From heart-pounding water sports like flyboarding to exquisite, chef-curated cuisine served under the sea, this Indian Ocean paradise offers a rare blend of adventure, culture, and utter serenity.

Whether you're craving pure relaxation, world-class diving, or meaningful cultural experiences, this curated guide will help you design the perfect Maldivian escape.



AT A GLANCE

Capital: Malé

Language: Dhivehi
(English widely spoken)

Currency: Maldivian Rufiyaa
(MVR)

Time Zone: Maldives Time
(UTC+5)

Visa Requirements: Free 30-day
visa on arrival for all nationalities

Population: Approx. 379,000

Safety Note: Not currently ranked
on the Global Peace Index

When to Visit the Maldives

HIGH SEASON | NOVEMBER - APRIL

Ideal for: Sunseekers, honeymooners, smooth sailing

The dry season offers calm seas, clear skies, and plenty of sunshine—perfect for overwater stays, diving, and relaxing in luxurious seclusion. Resorts book up early, so advanced planning is key.

SHOULDER SEASON | APRIL - MAY & OCTOBER - NOVEMBER

Ideal for: Flexible travelers, fewer crowds

Weather can be mixed, but you may catch great deals and quieter experiences. A good balance for travelers who value peace over perfection.

LOW SEASON | MAY - OCTOBER

Ideal for: Surfers, value-conscious escapes

Expect occasional downpours and humidity. That said, it's the best time to catch world-class waves—and many resorts offer promotions and packages during these months.

Travel Tip: Even in peak season, many luxury resorts occupy their own private islands, so you'll rarely feel crowded—no matter when you go.

The Iconic Overwater Experience

Where the sea is your front door, and serenity surrounds you.

The Maldives is the birthplace of the overwater bungalow—and nowhere does it better. Suspended above turquoise lagoons, these villas offer the ultimate in privacy, peace, and barefoot luxury.

WHAT TO EXPECT

- **Private decks with direct sea access**—swim, snorkel, or sunbathe in complete seclusion
- **Glass floors or viewing panels** to observe marine life below
- **Outdoor showers & plunge pools** with endless views
- **Personal butler service** at select luxury resorts
- **Sunset or sunrise views** depending on villa orientation

NOTABLE OPTIONS

- **Soneva Jani:** Famous for retractable roofs and water slides
- **Baros Maldives:** Classic elegance and personalized service
- **The St. Regis Maldives Vommuli:** Cutting-edge design and indulgent extras
- **JOALI Maldives:** Feminine, artistic, and wellness-centered
- **Gili Lankanfushi:** Sustainable, spacious, and supremely serene

Curated Tip: Overwater villas range from intimate hideaways to two-bedroom sanctuaries with hammocks, infinity pools, and private dining decks. We'll match you with the one that fits your travel style and vision.





Top 5 Experiences in the Maldives

01. STAY IN AN OVERWATER VILLA

Experience the Maldives' most iconic luxury: a private villa suspended over turquoise waters. Wake to ocean breezes, soak in your infinity pool, and step straight into the sea. It's serenity, redefined.

02. EMBRACE THE OCEAN'S THRILL

Jet-ski across a sunlit lagoon, try flyboarding, or glide on a paddleboard at sunrise. Whether you're new to water sports or a seasoned adventurer, there's a thrilling experience waiting for you.

03. DIVE INTO A VIBRANT UNDERWATER WORLD

Snorkel alongside sea turtles or scuba dive through coral gardens teeming with life. For a touch of magic, dine at an underwater restaurant or stay in a fully submerged suite.

04. DISCOVER 2,000 YEARS OF ISLAND CULTURE

From ancient Buddhist stupas to coral-stone mosques, the Maldives holds a rich and layered history. Visit Malé's Grand Friday Mosque or explore the British War Memorial on Gan Island.

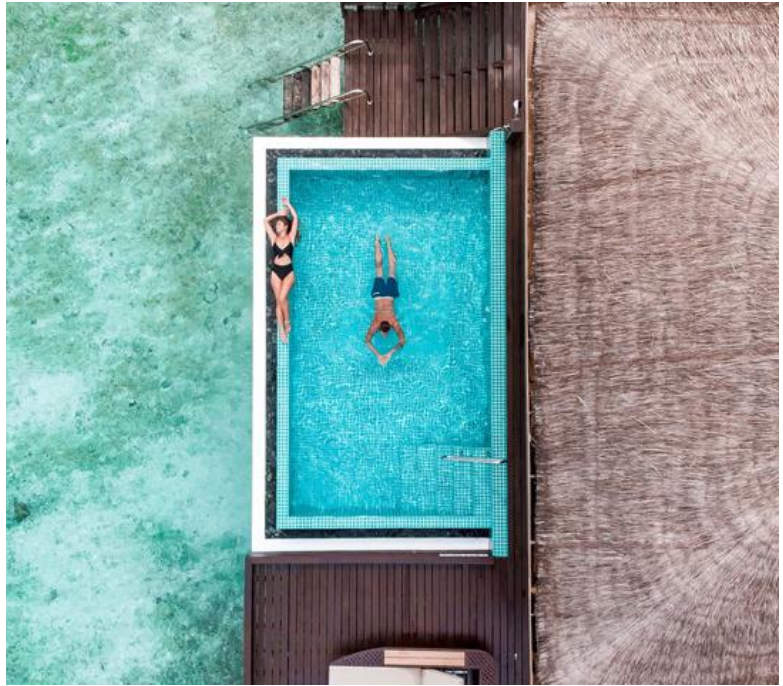
05. INDULGE IN WORLD-CLASS CUISINE

From plant-based tasting menus to Michelin-starred sushi, dining in the Maldives is an experience unto itself. Many resorts host chef-led dinners and barefoot beach feasts under the stars.

Looking for something unique? We can help you plan a private sandbank dinner, sunset dolphin cruise, or a spa day afloat on a luxury dhoni.

EXPLORE MALDIVES





More to Explore

Beyond the postcard views, the Maldives offers hidden corners, cultural richness, and authentic island charm.

HITHADHOO ISLAND

The second-largest island in the Maldives offers a refreshing blend of culture and nature. Explore the ancient Koatthey fort ruins or wander the Eydhigali Kilhi wetlands—one of the Maldives' most pristine nature reserves.

BIYADHOO ISLAND

A diver's paradise. With vibrant reefs just off the shore, it's perfect for snorkeling and underwater photography—no boat required. Expect close encounters with rays, reef sharks, and rainbow-colored schools of fish.

ALIMATHA ISLAND

If relaxation is your goal, head to Alimatha for luxurious wellness treatments. Indulge in ayurvedic massage therapies, sunset yoga sessions, or a beachfront spa day that renews body and spirit.

Curated Tip: Let us help you discover your ideal island match—whether you're seeking adventure, healing, or cultural immersion.

Cultural Etiquette and Smart Travel Tips

Respectful travel makes every journey more enriching. Here's what to know before you go.

DO

- **Dress modestly** when visiting local islands or religious sites. Women should cover shoulders and knees, and men should avoid sleeveless tops.
- **Remove shoes** before entering mosques and certain local homes or buildings.
- **Support local artisans** by buying handmade crafts and shopping at island markets.
- **Use reef-safe sunscreen** and bring a waterproof phone pouch for underwater photos.

DONT

- **Sunbathe topless** or wear revealing swimwear outside of designated resort beaches.
- **Bring alcohol** into the country. Alcohol is only served at licensed resorts.
- **Eat, drink, or smoke** in public during Ramadan (especially on local islands).
- **Forget to express gratitude**—a simple thank you (or tip) is genuinely appreciated by resort and service staff.



A Taste of the Maldives

Fresh, flavorful, and infused with island tradition—Maldivian cuisine is a journey in itself.

COCONUT

From fresh coconut water to rich coconut milk used in curries, this tropical staple appears in nearly every dish. Its subtle sweetness and versatility make it the heart of Maldivian cooking.

FRESH SEAFOOD

The Maldives' culinary soul lies in the sea. Expect just-caught tuna, reef fish, lobster, and crab prepared with fragrant spices and island flair. Many resorts offer catch-of-the-day menus sourced straight from local waters.

ISLAND STARCHES

Instead of typical bread or potatoes, the Maldives offers breadfruit, sweet potatoes, cassava, and rice. Don't miss trying roshi (local flatbread) or a dish made with screwpine fruit—a true island specialty.

ELEVATED DINING EXPERIENCES

Enjoy a sunset tasting menu crafted by Michelin-starred chefs or explore plant-based dining at eco-luxury resorts like Soneva Fushi. Every meal is an opportunity to indulge—whether beachside, overwater, or underwater.

Looking for something special? Ask about private sandbank dinners, floating breakfasts, or cooking classes with a resort chef.



Wellness in the Maldives

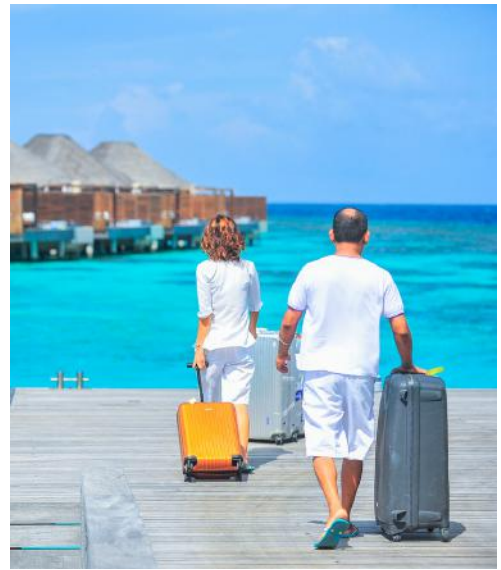
Tranquility isn't a feature here—it's a way of life.

The Maldives offers one of the most serene environments on Earth for rest and renewal. Whether you're unwinding in an overwater spa suite or practicing yoga with the sound of waves beneath you, wellness is naturally woven into every moment.

- **Overwater spas with** panoramic views and signature treatments
- **Sunrise yoga** on private decks or beach platforms
- **Ayurvedic therapies** and holistic massage traditions
- **Healthy, clean cuisine** featuring fresh seafood, tropical fruits, and detox options
- **Wellness resorts** like Soneva Fushi, JOALI BEING, and Anantara Veli specialize in immersive mind-body experiences

Curated Tip: Want a fully restorative escape? We'll tailor your itinerary around spa days, meditation classes, and wellness-focused resorts so you return refreshed—inside and out.





Getting Around the Maldives

Island hopping, elevated.

The Maldives is made up of nearly 1,200 islands—many accessible only by air or sea. Whether you're traveling to your private resort or exploring nearby atolls, here's how to do it in style:

SEAPLANE TRANSFERS

The most scenic way to arrive. These floatplanes land directly on the water and offer stunning aerial views of atolls and reefs. Many luxury resorts coordinate transfers directly from Malé International Airport.

SPEEDBOATS

Fast and reliable, speedboats are ideal for resorts closer to Malé. It's a comfortable and direct way to start your vacation without needing to fly again after landing.

TRADITIONAL DHONI BOATS

Want a taste of local flavor? These handcrafted wooden boats were once used for fishing and trade—and now offer a slower, cultural way to cruise between islands. Some resorts offer sunset sails aboard a dhoni as part of their experience.

Curated Tip: Resort transfers are often arranged as part of your package, and timing is tightly coordinated with your flight. Let us handle the logistics so your arrival is seamless.



Packing Tips for a Seamless Escape

In the Maldives, packing light means packing smart.

Between boat transfers, beach days, and barefoot resorts, less is truly more here.

RESORT WEAR MUSTS

- Lightweight, breathable clothing (linen, cotton, resort wear)
- Swimsuits (bring a few!)
- Sarongs or cover-ups for poolside lounging
- Sandals or flip-flops (many resorts are no-shoes entirely)

PRACTICAL ESSENTIALS

- Reef-safe sunscreen
- Waterproof phone pouch or GoPro
- Reusable water bottle
- Bug spray (especially in rainy season)
- Sunglasses, sunhat, after-sun lotion
- Light sweater for cooler evenings or boat rides
- Adapters for Type D or G plugs (230V)

Curated Tip: Most luxury resorts provide beach towels, snorkeling gear, and spa robes—no need to overpack. We'll also let you know if your specific property has any unique dress codes or amenities.



Gratuities & Service Tips

When and how to tip during your Maldivian escape.

Tipping in the Maldives is appreciated but not always expected. Most luxury resorts include a service charge (typically 10%) in their pricing. However, personal gestures of gratitude are always welcome.

RESTAURANTS

In most cases, service charges are already included. If not, rounding up or leaving a few extra dollars for exceptional service is a thoughtful gesture.

HOTEL STAFF

A small tip of \$1–2 per day for housekeeping or bell staff is appreciated, especially at luxury resorts. Consider leaving a thank-you note with your gratuity at the end of your stay.

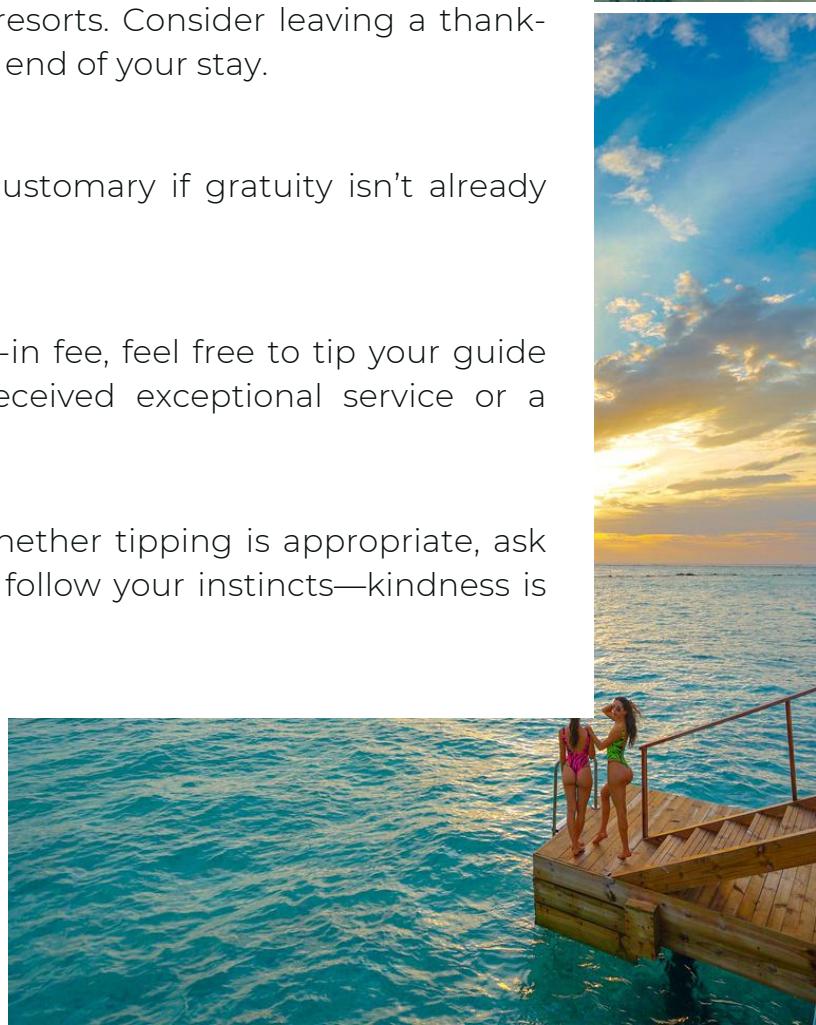
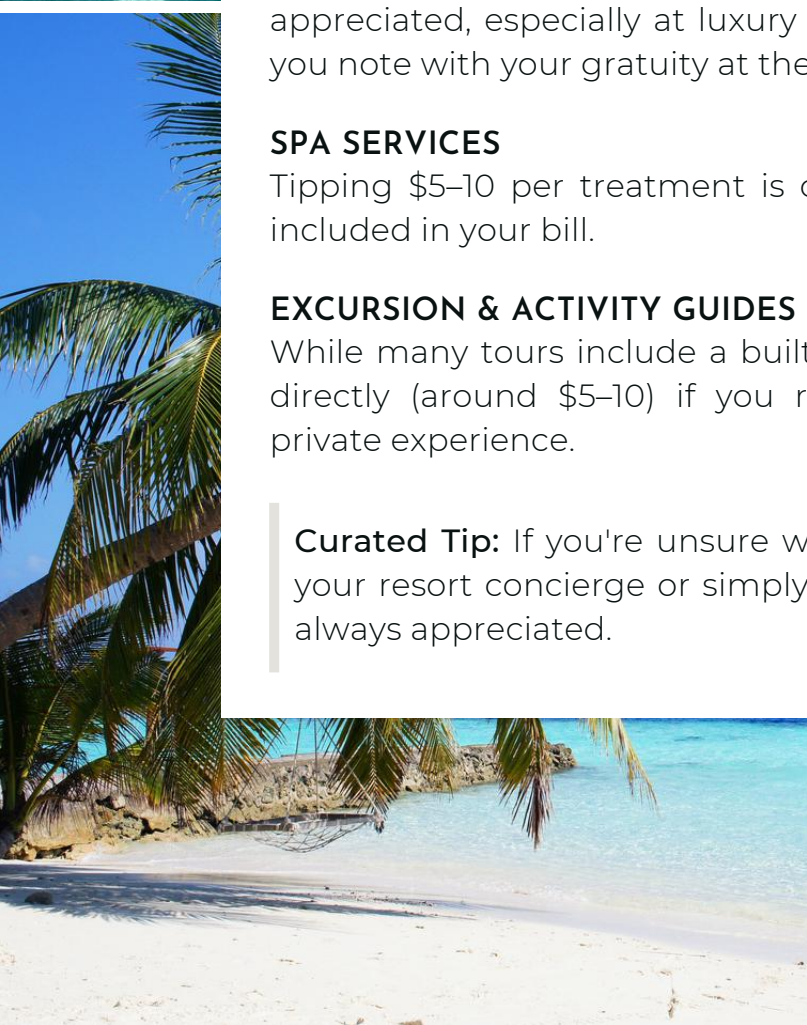
SPA SERVICES

Tipping \$5–10 per treatment is customary if gratuity isn't already included in your bill.

EXCURSION & ACTIVITY GUIDES

While many tours include a built-in fee, feel free to tip your guide directly (around \$5–10) if you received exceptional service or a private experience.

Curated Tip: If you're unsure whether tipping is appropriate, ask your resort concierge or simply follow your instincts—kindness is always appreciated.



Travel Safety Overview

Safe, serene, and well-staffed—your peace of mind comes naturally in the Maldives.

The Maldives is considered a very safe destination for travelers. Resorts are located on private islands, often with on-site security, medical personnel, and 24/7 staff support.

WHAT TO KNOW

- Petty crime is rare, especially at resorts
- Alcohol is only served at licensed resorts—public consumption is prohibited
- Tap water is generally not safe to drink—resorts provide filtered or bottled water
- Emergency care is available in Malé; many resorts have on-site doctors
- Seaplane and boat transfers are tightly coordinated for your safety and convenience

Curated Tip: We work only with vetted luxury properties and trusted suppliers, so you can travel with confidence every step of the way.





Your Escape Awaits

The Maldives offers more than just a vacation—it's a chance to reconnect with beauty, peace, and wonder. Whether you're craving adventure, healing, or a once-in-a-lifetime celebration, your perfect journey begins with expert planning.

Let us handle the details so all you have to do is arrive and exhale.

Laura + Ann



Let's curate your dream
Maldivian escape.

Laura Adams
Certified Travel Advisor

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