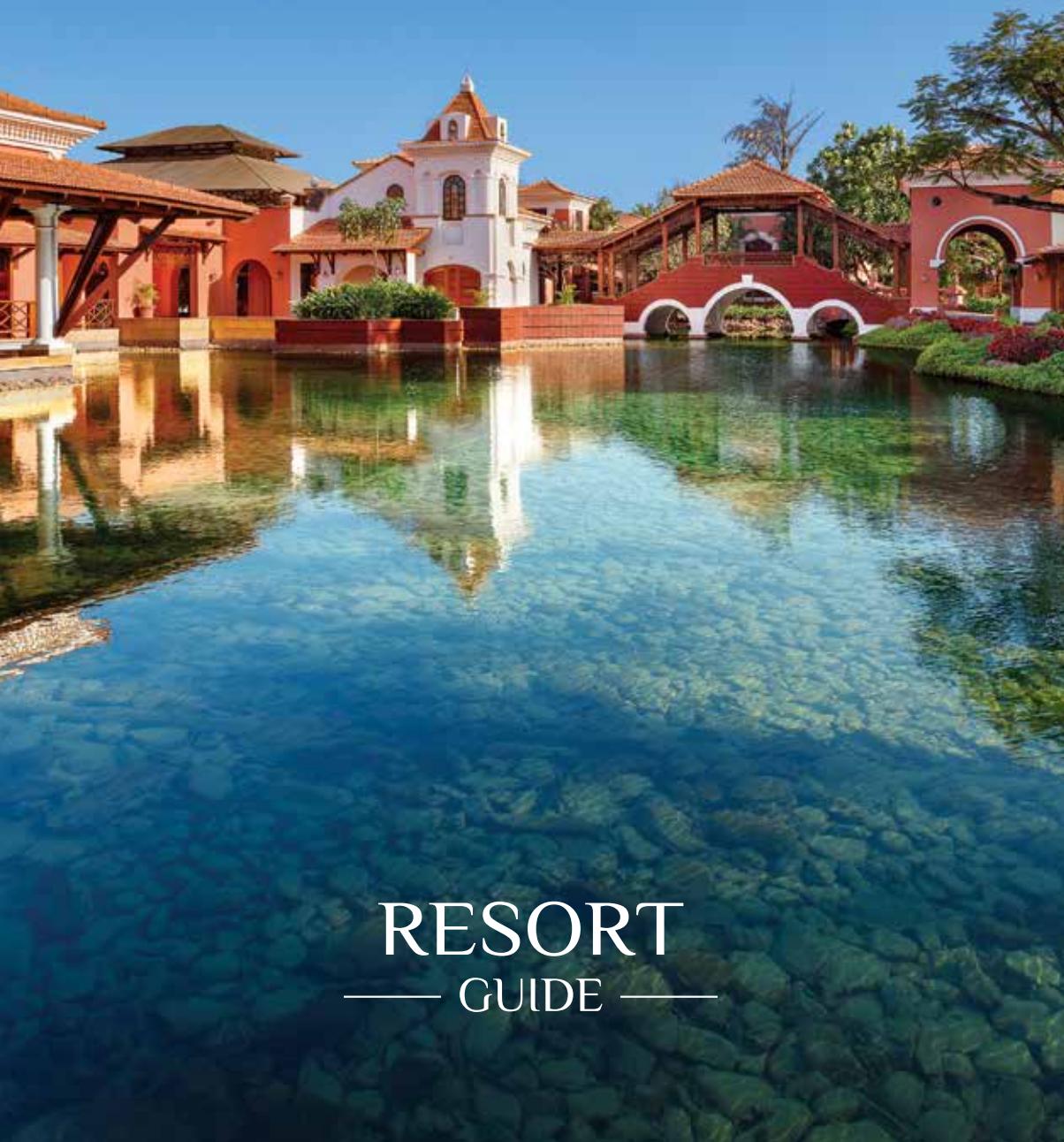




# ITC GRAND GOA

RESORT & SPA

GOA



# RESORT

— GUIDE —

# NAMASTE

When you stay at ITC Grand Goa Resort & Spa, you are ensured of an experience that captures the Essence and Spirit of Goa.

Spend a day as you bask by the swimming pool, whilst your younger guests have a fun-filled adventure at Ollie's Club. Head to an intriguing Horticulture Tour with our resident expert and indulge in our award winning Kaya Kalp - The Royal Spa for a rejuvenating experience.

Discover a host of exciting activities as our team ensures you have a memorable vacation in Goa.

# VILLAGE-STYLED ARCHITECTURE

Right from stunning architecture to award winning cuisine and world class spa experiences all these are accomplished with the highest principles of environmental stewardship.



The lobby resembles the character of a grand old Goan home and overlooks shimmering waterways.

Set within 45 acres of landscaped gardens with shimmering waterways and lagoons with direct access to the pristine Arossim beach.

Cobbled pathways, lagoons and well-designed bridges lead to Indo-Portuguese style comprising of 252 guestrooms including 15 suites.

## LEED PLATINUM RESORT IN GOA

Embodying the ethos of 'Responsible Luxury', ITC Grand Goa was certified 'LEED Platinum' under the aegis of USGBC (US Green Building Council). Spread across 45 acres, this Resort achieved a Platinum rating under LEED v4 O+M: HP within just the month of its launch. ITC Grand Goa is the first Platinum Certified Project in India under LEED v4 O+M: HP.

# SUITE EXPERIENCES

## SEA VIEW SUITE WITH LAP POOL EXPERIENCE

Immerse yourself in serenity in your exclusive private lap pool, have a relaxing swim and enjoy alluring views of the endless horizon, whiff of refreshing air and a mesmerizing view of the Arabian Sea. Our Sea View Suites with a lap pool are well accommodated with spacious living area & a separate bedroom, sunken bath along with a lap pool that maintains privacy from your suite.



Offering a host of fun and interactive indoor and outdoor recreational activities. Ollie's Club ensures that our younger guests have an unforgettable stay.

An exclusive facility, it has a fantastic range of activities and amenities for children between 4 and 12 years. The club also has a toddlers section with plush toys.



(Ollie's Club is ITC Hotels' tribute to the endangered Olive Ridley Turtles, visiting the Morjim Beach (Goa) and the Gahirmata Beach (Odisha). We endorse their long term survival in India.)



## SCHEDULED

Time: 9:00 am to 6:00 pm

### REGULAR ACTIVITIES



Craft Workshops



Wealth out of Waste



Kids' Movie Time



Cookery Time



Musical Games



Friendship Band Making

### SEASONAL ACTIVITIES



Fun Dance Sessions



Nature Walk



Sand Castle Building



Lawn Races

Welcome to Ollie's.  
Have the most adventure  
and fun; see your dreams  
come true.



Kindly check the Newsletter placed in your room for daily schedule.



## NON-SCHEDULED

Other offerings at Ollie's Club available between 9:00 am and 6:00 pm



### REGULAR ACTIVITIES



Xbox Gaming



Kids' Book Library



Kids' Movie Library



Board Games  
(Scrabble, Snakes & Ladders, Chess, etc.)

Come aboard Ollie's.  
Play and learn. Discover  
real-life excitement.



## TODDLER'S SECTION

The Toddlers' Section in Ollie's Club is a fun space for children (up to 4 years of age), filled with soft toys and a variety of activities. The floors are padded for extra safety and comfort.

Parent/Guardian supervision is required.

# HOBBY STUDIO

The Hobby Studio in Ollie's Club is an exclusive creative zone for all residents to perfect their talents in arts and crafts, learn new skills and enhance the artist within.



## SCHEDULED

Time: 10:00 am to 5:00 pm

### REGULAR ACTIVITIES



Canvas Painting



Flower Making



Glass Painting



Plate Painting



Mug Painting



Quilling



Crafts

# FOOD & BEVERAGE

With five signature restaurants and a bar, you will be spoiled for choice.



## PAVILION AT THE VILLAGE SQUARE

Pavilion at the Village Square, reminiscent of a casual street side cafe offers a fine spread of Indian and inventive global cuisines with an elaborate buffet and a wide choice of a-la-carte fare. The restaurant is a perfect option for round the clock dining with its spacious and affable ambience, elegant interiors and al fresco seating.

## KEBABS & KURRIES

Kebabs & Kurries is a coming together of ancient culinary secrets, long forgotten herbs and exotic tastes to pamper the palate. It captures the originality and evolution of multiple cooking styles in a comfortable and earthy ambience.

## TEMPERO FLAVOURS OF GOA

Explore a culinary experience representing Goa with all its fascinating diversities -an amalgamation of indigenous and Portuguese influences that has come to represent Goa of today. 'Tempero' means 'seasoning' in Portuguese. Join in celebrating the unique cooking style, relishing the role of spices and the robust flavours of the 'fusion of cultures'.



Embark on a memorable journey through Goan kitchens, with traditional recipes and signature masterpieces, curated by Chef Sacramento Carvelho.

## ROYAL AFGHAN

Perched on multi-level decks, alongside the Arossim beach, with panoramic views of the Arabian Sea, the outdoor barbecue and grill restaurant will feature robust flavours from the tandoor and fresh bounty from the sea, cooked to perfection in clay ovens and over sizzling grills.

**\*Operational only during non-monsoon months**

## OTTIMO CUCINA ITALIANA

Ottimo brings you Italy on a platter, serving wood-fired pizzas, wide selection of antipasti and pastas, delectable cheeses and more. The rustic interiors of restaurant give an ambience of cosy family style dining room.

## FAROL

Remindful of towering lighthouse, the bar spread over two floors, commands a stunning view of the sea and is the perfect place to revel in a glorious sunset while sipping your favourite beverage.

# CUISINE CLASSICA

Cuisine Classica is our initiative to engage guests in an interactive experience of Cooking with the Master Chefs. The experience is customized as per the guest preference and a cookery demo session is personalized for the same.



## MIXOLOGY WITH LOCAL SPIRIT & SPICE

Learn the fine art of crafting Feni-infused cocktails from our star mixologist. Learn how to whip up a variety of beverages, from classic cocktails to refreshing mocktails, during a special session.

“Feni” is a spirit produced in Goa, India. The two most popular types of Feni are cashew Feni and toddy palm Feni, depending on the original ingredient; however, many other varieties are sold.

“Kokum” is an Indian spice that is native to the western coastal region. It is being used extensively across the state for curries, beverages and possesses medicinal value.

This session is held at the Poolbar and Farol Bar as scheduled.

Please dial WelcomAssistance at '0' for more details.



# BEACH SERVICES

Experience the sun, sand and sea as you venture into the crystal blue water or watch the excitement unfold from deck chairs by the shore. Sip on a beverage or request for an intimate dining experience with your loved one at the Cabana by the beach.



*\*Beach Services, Beach Beds and Parasols are available during the months of October to May, subject to weather conditions and as per government regulations.*



# KAYA KALP – THE ROYAL SPA



## A DANCE OF ELEMENTS

Journey through a majestic land of ancient customs and rituals –and recapture the spiritual and medical legacies of India, home to some of the world’s most precious stones and metals-such as diamond, ruby, gold and platinum. The healing stones, music and therapists hands will be effectively integrated into an experience that is deep and meaningful to each person at a spiritual level. The universe is the energy of the soul and from this energy comes life, consciousness and the elements.

Deep within the “dance of the elements” lays the secret symphony of life.

Experience it at the Kaya Kalp-The Royal Spa

## REVITALIZING BODY TREATMENTS

In Ancient India, it is traditional to prepare the body through a cleansing ritual. To honour this tradition, we have created various body scrubs and envelopments to our carefully selected body treatments.

## RELAXATION RITUALS

Relax your mind, body and soul with one of our mystic massages that helps you to increase circulation, remove physical tension, nourish the skin and leaves you with a sense of well-being, total relaxation and rejuvenation.

## BEAUTY ELIXIRS

Our skin care professional will analyse your skin and create a healthy skin care regime based on your skin type. Each of our specially designed facials are customized to your specific needs. The youthful glow of your pampered skin will reflect your inner beauty.

## ATTAIN WELLNESS THROUGH AYURVEDA

Ayurveda, meaning "Science of Life", teaches the ancient Indian holistic tradition that unites mind, body and spirit. These wellness-enhancing rituals are uniquely designed to detoxify, purify



and bring balance, well-being and energy to the body & mind. They release physical tension, harmonies the energies and deeply nourish your core, bringing tranquility and peace to every cell of your body.

## YOGA PHILOSOPHY AND SERVICES

Yoga at Kaya Kalp – The Royal Spa acquires a new meaning in the spectacular surrounding of lush beachfront gardens, swaying coconut trees and a pristine beach. Drawing its philosophy from the ancient traditions of Ashtanga and Hatha Yoga, Yoga principle at Kaya Kalp – The Royal Spa assist guests in re-discovering the mind-body balance within.



Aerobic Class



Meditation Class

### WELLNESS

- **YOGA SESSIONS**  
Daily 7:30 am to 8:30 am, except Wednesday
- **MEDITATION SESSIONS**  
Daily 3:30 pm to 4:00 pm, except Wednesday
- **AYURVEDA SESSION**  
Every Monday and Friday at 3:00 pm - 4:00 pm
- **FITNESS SESSION**  
On Tuesday and Thursday, 11:00 am



Kindly contact Kaya Kalp - The Royal Spa from your extension or please dial WelcomAssistance at '0'

## REJUVENATION

Rejuvenation – The term itself means “reversing the aging process” and this program aims at making one feel younger. This program includes treatments using herbal oils and therapies, which revitalizes and detoxifies your body thus purifying you and making you feel completely rejuvenated.

This therapy helps to slow down the aging process. The major benefits of this treatment is to prolong life span, strengthen sense organs, improve memory, obtain perfect health, youthfulness and increased physical endurance.



## PANCHAKARMA

These are the body purification procedures which are mentioned in Ayurveda to purify our body. According to Ayurveda the human body is prone to get accumulate the toxins in the body due to improper food habits, life style, which in long term leads to various diseases. By having the purification of the body on regular basis we will be healthy.

This program includes treatments using medicated herbal oils and also Vastis (medicated enemas which will help in removing the toxins away from the body), which revitalizes and detoxifies your body. The major benefits of this treatment is to prolong life span, strengthen sense organs, improve memory, obtain perfect health, youthfulness and increased physical endurance.

## DETOXIFICATION

A Detoxification programme is vital to help you to prevent disease and to facilitate an incredible sense of wellbeing and happiness. It is a passive process of purifying the whole body by eliminating the toxins accumulated as a result of improper diet and lifestyle. This enables you to attain proper balance of Vata, Pitta and Kapha, the bio regulating forces in your body resulting in improved immunity and optimum functioning of the body systems.

Rates are subject to the prior notice.

Kindly contact Kaya Kalp - The Royal Spa from your extension or please dial WelcomAssistance at '0'

# GAMES ROOM

Enjoy a variety of exciting indoor games and activities which are complimentary for all in-house guests.

Located at Village Square, above Wine Room



**SCHEDULED**

Time: 9:00 am to 8:00 pm

## REGULAR ACTIVITIES



Pool Table



Table Tennis



Carrom Board



Chess



Reading Library



Foosball

Please dial WelcomAssistance at '0' for more details.

# OUTDOOR SPORTS

Enthusiasts can indulge in a variety of outdoor games at the resort between 9:00 am and 6:00 pm.

## ACTIVITIES



Football



Volleyball



Cricket

## OTHER OUTDOOR ACTIVITIES

Besides sports, you can experience a variety of other outdoor activities at ITC Grand Goa Resort & Spa.



## SCHEDULED

Time: 9:00 am to 6:00 pm

## ACTIVITIES



Kite Flying



Archery\*



Giant Chess



Garden  
Croquet



Bocce Ball

Please dial Welcom Assistance at '0' for more details.

# SWIMMING POOLS

Beautifully landscaped over multiple levels, the free-form lagoon-style swimming pool at ITC Grand Goa Resort & Spa is one of the largest in India, and is surrounded by swaying palm trees and lush tropical gardens.

In-house guests have complimentary access to the swimming pool, fun pool slides and the outdoor Jacuzzi.



## SCHEDULED

Time: 7:00 am to 8:00 pm

<b>TOTAL POOL AREA</b>	1855 square metres/ 19967 square feet		
<b>MAXIMUM DEPTH</b>	<b>Adult Pool:</b> 5.5 feet/ 1.67 metres	<b>Fun Pool:</b> 5.5 feet/ 1.67 metres	<b>Kids Pool:</b> 1.6 feet/ 0.5 metres
<b>MAXIMUM POOL CAPACITY</b>	200 persons		

Please dial WelcomAssistance at '0' for more details.

# RECREATION DURING YOUR STAY

The Resort hosts a wide range of activities for guests and young adults.

Cycling within the Resort: Get around the Resort on your cycle whilst you paddle across the cobbled pathway. Experience the laid back way of life as you take in soothing views of the landscape coupled with scenic views of the Arossim beach.

Please dial WelcomAssistance at '0' for more details.

*\*This activity is provided by our partner services.*



**KEY:**

- Rooms
- Swimming Pool
- Lagoon
- Ollie's Club
- Kebabs & Kurries
- Pavilion at the Village Square
- Ottimo - Cucina Italiana
- Kaya Kalp - The Royal Spa
- Temple
- Boathouse
- Cansaulim Room
- Meeting Rooms
- Gym
- Benaulim
- Salcete
- Colva
- Loutolim
- Temporo
- Farol



This map is an artist's impression. Plans shown here are for reference only and not to scale.

# RESORT CYCLING ROUTE



(Kindly check the points on the map)

- 1** Fun Pool opposite #325.
- 2** 3rd Court Fountain: Take right.
- 3** After #315/#317: Take left and get onto the bridge leading to 2nd court.
- 4** After you pass #265/266, take a left at the T-junction.
- 5** Take a right turn before you cross the buggy parking area.
- 6** You will pass the Resort Gardening area on your right, and at the T-junction (Magical Forest), continue right.
- 7** Magical Forest Entry Point: Take a U-turn and return to T- junction Point.
- 8** Beach Entry Wood Bridge Junction: Continue straight with the swimming pool on your left.
- 9** Archery Lawns Point: Continue straight.
- 10** Dunes Lawns Entry Point: Take a U-turn and return to Beach Entry Wood Bridge Junction through Archery Lawns Point. At the Beach Entry Wood Bridge junction after you cross the swimming pool on your right, take a right turn which will lead you to 3rd Court Fountain and finally back to Family Pool.

# RESORT JOGGING ROUTE



(Kindly check the points on the map)

- 1** Starting point at Magical Forest.
- 2** You can jog past the Resort Garden area and continue straight.
- 3** Beach Entry Wood bridge Junction: Continue straight with the swimming pool on your left.
- 4** Archery Lawns Point: Continue straight.
- 5** End point is the Dunes Lawns entry.

	APPROXIMATE TIME	APPROXIMATE DISTANCE
CYCLING	12-14 minutes	3.5 km.
JOGGING	4-5 minutes	500 m

## ADDITIONAL ATTRACTIONS:



Nursery



Beach



Archery

Please dial WelcomAssistance at '0' for more details.



# SPECIALLY CURATED CONCIERGE EXPERIENCES

Please dial WelcomConcierge from your extension if not please dial WelcomAssistance at '0' for more details.



## SPICE PLANTATION AND CASHEW FACTORY

Discover the natural beauty of the spice plantations scattered across Goa's beautiful landscape. Learn more about the land and local customs, and experience a typical Goan Hindu meal served in mud pits and banana leaves.

**Locations:** Tropical Spice Plantation, Ponda, and Sahakari Spice Farm, Ponda.

## THE JOY OF FISHING

Sail on the beautiful river Sal, surrounded by tropical vegetation, and try your luck with fishing. What you catch is your feast for lunch; just ask the hotel chef to prepare it for you.

**Duration:** Half a day



## DISCOVER GOA

Discover the true and authentic side of Goa, away from areas that tourists frequent. A coastal route takes you through small villages still filled with old and unique traditions and simple handicrafts.

**Duration:** Half a day

## CATCH THE CRAB

Travel on a boat along the beautiful mangrove forests on the River Sal and cherish the flora and fauna, while trying to catch some crabs in our local nets.

**Duration:** Half a day



Please dial WelcomConcierge from your extension if not please dial WelcomAssistance at '0' for more details.



## THE HERITAGE OF GOA

Visit some of Goa's historical landmarks –Reis Magos Fort, built by Adil Shah of Bijapur in 1493, and Fort Aguda, built by the Portuguese in 1613 on the shore of the Mandovi river. Then, take a ferry to the idyllic tourist attraction of Dona Paula.

**Duration:** Half a day

## THE CLASSICAL AND THE MODERN

Discover a blend of traditional tastes and modern sensitivities in the capital city of Panjim. Visit famous monuments such as the Shantadurga Temple, Basilica of St. Francis Xavier, St. Cajetan's Church, the Latin quarters of Fontainhas, and more.

**Duration:** A full day



## HERITAGE TRAIL

Explore the Portuguese legacy of Goa and admire the European touch in this exotic environment. Travel through the passages of history and visit the ancient capital of Margao, the majestic town of Quepem, and others.

**Duration:** Half a day (High Tea included)

## NETRAVALI FALLS

Experience a picturesque waterfall tucked away from busy roads. Be captivated by the verdant greenery of Goa and relish the hospitality of a local family while visiting their spice garden.

**Duration:** A full day



Please dial WelcomConcierge from your extension if not please dial WelcomAssistance at '0' for more details.



Palolem Beach, CANACONA



Basilica de Bom Jesus, OLD GOA



Braganza House, CHANDOR



Shantadurga Temple, KAVLEM, PONDA



Sé Cathedral, OLD GOA



Reis Magos Fort, REIS MAGOS & NERUL BEACH



Fishing in Goa



Shri Mangeshi Temple, MANGESHI, PRIOL, PONDA



Church of Our Lady of the Immaculate Conception, PANAJI



Anjuna Market, VADDO SOUTH, ANJUNA



Dudhsagar Falls, MOLEM REGION



Baga Beach, CALANGUTE

# FOOD SHERPA TRAIL

This experience allows you to go on an exciting culinary journey around the most popular destinations of Goa, while relating interesting legacies, behind the scene secrets giving you a guide to explore.

**Time:** 12: 00 PM - 6:00 PM

Bookings are required 24 hrs. in advance with the WelcomConcierge at (extension 1300)

## ITINERARY – FOOD SHERPA TRAIL

Visit to Goa's famed fish market in Margao. This visit also includes a curated walk through, the local fruits, vegetable and spice market. Guests seeking an authentic and memorable experience shouldn't miss the opportunity to visit South Goa Planning and Development Authority (**SGPDA**) Market Complex located at Fatorda which can be reached by taxi around 20 mins from the Resort. The market accommodates all sorts of shops such as general stores that supplies basic staples along with fresh flowers, fruits, vegetables, live meat and seafood stalls.

The market is best visited early morning for its bustling atmosphere.

Experience a live session on local bread making at the "Poder " Aka (Poi bread). Learn the art of preparing local Goan bread known as 'Poi'. Head to the quaint village of Betalbatim and experience the bakers prepare warm breads. These breads go perfect with a cup of hot coffee or tea.

**Time:** 15:30 PM ( Live session )

A visit to the nearest Portuguese home 'Menezes Braganza House' in Chandor followed by lunch at a local restaurant.

**Time:** 09:00 AM – 16:00 PM

Sail on the beautiful river Sal and catch the sights of birds, local fishermen and submit to the laid back form of life whilst you 'Catch a Crab'. A small river in Salcete, it passes through the villages of Benaulim, Navelim, Orlim, Carmona, Dramapur, Assolna, Cavelossim, Mobor and drains itself into the Arabian Sea at Betul. Best recommended from mid-afternoon

\*This tour is priced for a minimum of two guests only inclusive of transportation, English speaking guide, fishing equipment and soft beverages. The Food Sherpa trails by ITC Hotels are exclusively for resident guests. Any of the experiences part of the Food Sherpa trail can be experienced individually as well.

# TERMS & CONDITIONS

- ITC Grand Goa will be operational as per administrative and Government guidelines. Some Resort services may be curtailed as per directives by the local authorities including Swimming pool, Private pools, Ollie's Club, Games room, Sports Paradiso, etc. We regret any inconvenience caused & for any more information/ queries please reach us at [reservations@itchotels.in](mailto:reservations@itchotels.in) or call +91 832 668 1234.
- For reservations and assistance on any of the listed activities and services please feel free to write back to us on [reservations@itchotels.in](mailto:reservations@itchotels.in) or call us on +91 832 668 1234.
- Please note that all activities are subject to availability and guests are requested to book activities and experiences atleast 24 hours in advance.
- The Resort Management reserves for itself the sole discretion of scheduling the activities and services and hold the right to change the offerings at any moment without previous notice and without assigning any reason whatsoever. The guest shall be bound by the rules set by the Resort Management.
- Kindly note that all prices listed in the booklet of activities are subject to change by the Resort Management without prior intimation and are exclusive of applicable taxes.
- Kindly be advised to wear the appropriate attire for the activities and services selected. For any information on this please feel free to write to us on [reservations@itchotels.in](mailto:reservations@itchotels.in) or call us on +91 832 668 1234.
- Please be advised that certain activities attract an age restriction to ensure the safety.



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GOA

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