

below and reflect on this earthly paradise. It was a proper post-surf wind down, and gratefully received, I can tell you.

As is the way with island life, the rest of the week unfolds in much the same fashion. When there are waves, I surf, and always with only Maude except only once when a group of Aussies descends on us from a touring boat trip. But on this particular occasion I actually welcome the crowd, such is the multitude of waves on offer.

And when the surf isn't cooperating, there is plenty to keep us occupied

beyond resting  
prostrate on the

dazzling white beaches.

For instance, we dive **inshore reefs** with the resident marine biologist and hear her plans to sustain the water life in the area. We also take sunset boat trips in search of more dolphins and – my personal highlight – are abandoned for a day on a tiny desert island with only hermit crabs for company.

And like that, my week in the Maldives is over. Island time rules state that everything feels like slow motion, but it disappears in the blink of an eye.

As we take to our 5am speedboat I can still hear the roar of the Yin Yang Break detonating tantalisingly on the reef behind me, sounding more powerful than ever before through the inky night.

I find myself yearning for one more wave, and as we fly back overhead I crane my neck to get a view of other surf spots tucked away among the atolls. Honky's, Sultans, Jailbreaks and most of all, Pasta Point, the wave that claimed the life of Tony Hussein Hinde 33 years after he first discovered it. So much history here in the Maldives, and so many reasons to come back. €

## GIVE ME A BREAK

So named after the Chinese philosophical concept symbolising the two conflicting but interrelated sides of nature, the Yin Yang break has two sides to its personality. A right-hander initially breaking over deep water, it first pitches gently but cleanly allowing for an easy paddle-in before trundling its big, open face on to the corner of the reef where it morphs into a spitting barrel that races over shallow coral to its eventual demise. Two waves in one then – and depending on the size and power of the swell, certainly not for the uninitiated.



## GETTING THERE

Trips to Six Senses are available from Turquoise Holidays starting from £2,279 per person half board for one week including flights from London Heathrow with Sri Lankan airlines. See [sixsenses.com](http://sixsenses.com) and [turquoiseholidays.co.uk](http://turquoiseholidays.co.uk)

## WHERE TO STAY IN THE MALDIVES

### BEST FOR: ROMANCE

Taj Exotica Resort and Spa, an exclusive and private island resort, is found 15 minutes away by luxury speedboat from Malé. Here you can stay in one of 64 villas, each of which has been furnished in natural tones and textures. All of them offer ocean views. Enjoy total relaxation at this high-end resort, make the most of the spa and lap up cocktails and wines.

[tajhotels.com](http://tajhotels.com)

### BEST FOR: WILDLIFE

Four Seasons at Landaa Graavaru allows guests to join sealife experts to learn about manta rays, which are found in temperate and tropical waters. Conceived in conjunction with The Manta Trust – the world's leading manta ray charity – and escorted by its founder and world-renowned manta honcho Guy Stevens, all-inclusive seven-day expeditions will immerse those who take part in every aspect of the Trust's research and conservation efforts.

[fourseasons.com/maldiveslg](http://fourseasons.com/maldiveslg)

### BEST FOR: RELAXATION

Atmosphere Kanifushi, which opened last year, brings together a fusion of modern design and Maldivian architecture. Located among tropical vegetation in Lhaviyani Atoll, lapped by the Indian Ocean, it spreads along a two-kilometre-long lagoon, offering maximum privacy.

[atmosphere-kanifushi.com](http://atmosphere-kanifushi.com)