


Minimum Requirements Formula 2026

Resort Name	 <p>Flow Aqua Legends Resort, Sahl Hasheesh</p>
Added Values	<p>-Premium All-Inclusive Concept</p> <ul style="list-style-type: none"> - Hotel Services start upon arrival until pick-up from the resort. - Legend Aqua Park with 76 slides, adults and kids. - Local premium alcoholic drinks (+18) and minibar. - Lobby bar (24 Hrs.) From 10:00 to 00:00 (mid night) all drinks are available including alcoholic beverages (served for +18 guests). - Soft drinks and Hot drinks are available 24h. - 2 A La Cart Restaurants Prior reservation. -Snack Restaurant from 12:00 to 17:00. - Sprinkles ice cream bar. - Food court with 7 cuisines. - Free access to sister hotel beach, shuttle bus service scheduled and organized every 30 minutes to & from the beach.
Beverages	<ul style="list-style-type: none"> -You can enjoy our premium All-Inclusive privileges upon arrival -24 hours operation -Local Premium alcoholic drinks from 10:00 am to 00:00 am are available, from 00:00 am till 10:00 am against charge (served for +18 guests). -Non-alcoholic drinks, fresh or packet juices, hot and cold drinks, non-alcoholic cocktails are available 24h

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<p>Early breakfast 01:00 – 05:00 Breakfast 07:00 – 10:30</p>	International Restaurant Open Buffet
<p>Lunch 12:30 - 14:30</p>	International Open Buffet Restaurant
<p>Dinner 18:30 – 21:30</p>	<p>At International Restaurant (Open Buffet) Dinner at à la carte/themed restaurants is upon prior reservation and as per availability - options are available for guests with specific dietary restrictions. Pasta Restaurant (À la Carte Italian Cuisine) Mediterranean Restaurant (À la Carte Mediterranean Cuisine)</p>
<p>Snacks 12:00 – 17:00 12:30 – 17:00</p>	<p>Aqua Food court (7 cuisines) Pool Snacks restaurant Beach snacks restaurant</p>
<p>Lunch Bags</p>	Breakfast and Lunch Boxes available upon request from the tour leader for excursions, minimum 24 hours in advance
<p>Bars 24 Hours 10:00 till sun set 10:00 till sun set 12:00 till 17:00 12:00 till 22:00</p>	<p>Lobby Bar & Lobby bar Terrace Pool Bar Relaxing Pool Bar 2 Aqua pool bar Ice Cream Bar</p>
<p>Tea & Coffee Facilities</p>	Tea & coffee making facilities with complimentary daily refill with 2 Lipton Tea, 4 Nescafe, 2 Green Tea 4 Sugar Portion, 4 Sugar Brown, 2 Sugar Diet, (Local Tea Brand)

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Accommodation	<p>Superior rooms (mountain View): Max Person 03, Max Adult 02, Max CHD 02</p> <p>Superior rooms (Pool view-aqua- sea side): Max Person 03, Max Adult 03, Max CHD 02</p> <p>Family bunkbed (mountain-Pool view-aqua- sea side): Max Person 05, Max Adult 03, Max CHD 03</p> <p>Junior suite (mountain-Pool view-aqua- sea side): Max Person 04, Max Adult 04, Max CHD 02</p> <p>Executive Family Suite (mountain-Pool view-aqua- sea side): Max Person 04, Max Adult 04, Max CHD 02</p> <p>Deluxe swim up +16 (Pool View): Min Adults 02, Max Adults 03 -Valid for Adults +16 only</p> <p>Junior swim up suite +16 (pool View): Min Adults 02, Max Adults 04 -Valid for Adults +16 only</p>						
Spa & Wellness 10:00 – 19:00	<p>16+ / Upon prior reservation and availability (against charge)</p> <p>Opening Hours 10:00 – 19:00</p>						
GYM	opening Hours from 08:00 till 20:00 (Free of Charge)						
Sports & Activities	<p>Water Activities</p> <ul style="list-style-type: none"> • Diving Center (chargeable) • Legend Aqua Park 76 slides <table style="width: 100%; border: none;"> <tr> <td style="text-align: center;"><u>summer time</u></td> <td style="text-align: center;"><u>winter time</u></td> </tr> <tr> <td style="text-align: center;">10:00 – 12:00</td> <td style="text-align: center;">10:00 – 12:00</td> </tr> <tr> <td style="text-align: center;">15:00 _ 17:00</td> <td style="text-align: center;">14:00 – 16:00</td> </tr> </table>	<u>summer time</u>	<u>winter time</u>	10:00 – 12:00	10:00 – 12:00	15:00 _ 17:00	14:00 – 16:00
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Entertainment	<ul style="list-style-type: none"> • Daily Live music • Weekly Fruit festival and nationality gathering nights • Daily evening entertainment show • Weekly Pool party • Weekly G.M Party • Weekly Oriental sensation • Weekly Family & kids' parade • Weekly sports party 						
Wi-Fi service	Wi-Fi Connection throughout the resort (free of charge).						
Kid's Club 10:00 – 12:30	<p>Kids Concept, daily for children (Age: 3-12).</p> <p>Languages: English, German, & Russia, Arabic</p>						

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15:00 – 17:00	<p>Activities:</p> <ul style="list-style-type: none"> • Kids Swimming Pool • Kids Playground • Painting and Cooking • Daily Educational, Entertaining Sports & Activities • Mini-Disco • Baby Sitting (Against Charge)
Hotel Service	<ul style="list-style-type: none"> • 24/7 Front desk • Concierge service • Multilingual staff • Guest Experience Center • Limousine service (Chargeable) • 24/7 Clinic, doctor available 24/7 for emergency (chargeable) • Laundry & dry-cleaning service (chargeable) • 24/7 Room service • ATM machine (with exchange possibility) • Gift & souvenir shops (chargeable) • Book shop • Parking • Mini market • Sunglasses cleaning around the Pools & Beach
Comments	<p>Swimming suites are not allowed in the restaurants and Lobby Area. Upon c/in a towel card will be handed to the guest to exchange with towels and the guest handed the card back during c/out. In case it lost the guest will pay 15 USD. Smoking is allowed only in the terraces and open-air areas In case of guest allergy, please inform the reception for assistance upon check in. Being topless isn't allowed in the public areas To enjoy your day without interruptions, you are kindly requested to put the red flag on your umbrella. The red flags are available at the Towel Center.</p>

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