

SOUTH PACIFIC

Fiji: Yasawas Tropical Island Dreaming

South Pacific Paddling Adventure

8 day trip • 2018 Itinerary



Fiji: Yasawas Tropical Island Dreaming



8 day trip 5-6 days kayaking

Fiji is an archipelago of 330 islands with a coastline of over 1129 kilometres. The Yasawa group is a chain of 16 islands located north-west of Fiji's main island, Viti Levu. We spend our time in the Yasawas kayaking between islands, camping on isolated beaches, snorkelling the coral reefs and staying in small native villages getting to know the friendly locals. This is a trip that will appeal to all your senses, giving you a well-earned break from modern living.

A Quick Itinerary

B = Breakfast • L = Lunch • D = Dinner

Day 1: Pre trip briefing & overnight at the group hotel in Nadi.

Day 2: Boat to Tavewa Island, Yasawas. Afternoon instructional paddle. B • L • D

Days 3–7: Kayak through island chain. B • L • D

Day 8: Morning on Tavewa Island, boat to Nadi. Trip concludes. B • L

Meeting Place and Time

We meet at our group hotel in Nadi at 8:00 pm on Day 1. You can check into the hotel anytime after 2.00 pm on Day 1. Hotel accommodation is based on a twin share room but single rooms are available for an additional charge.

How to Get There

Flights to Nadi can be booked through a travel agent or through airline websites. Our group hotel provides a free airport shuttle bus for all international arrivals.

Sea Kayaking

Sea kayaking is an activity that any reasonably fit person can participate in and could be compared to brisk walking or cycling. Some previous paddling experience can be useful. The degree of difficulty of the trip **will depend on the weather** we encounter. The sea and weather conditions in the outer islands are predominantly stable but in windier conditions we may require a full day of paddling. An "average" paddling day will range from 3–4 hours and we mix in as much snorkelling and exploration walking as possible. We ask that all participants feel confident in swimming.

The kayaks are stable, easy to paddle and control- ideally suited for this remote trip. They are very forgiving and are suited for beginners to experts. The kayaks are designed as an expedition boat and it is important to keep gear to a minimum as we carry all of our food and equipment on board with us. We use a combination of double and single kayaks. Our guides are highly experienced sea kayakers and professional wilderness guides. On Day 2 you will be given a thorough briefing on all aspects of sea kayaking techniques with ample time to practice and familiarise yourself with the kayaks. We generally limit our group size to a maximum of 10 clients, plus two guides.

In general, the fitter you are, the more you will enjoy the paddling. It's a good idea to begin some regular exercise like walking, jogging, cycling, aerobics or swimming well before the trip. If you have not paddled a sit in kayak, we highly recommend some tuition before your trip and may be able to suggest a local operator near your home.

Proposed Itinerary

The following itinerary should be seen as an approximate guide only. Please note that weather conditions can cause alterations and delays to our itinerary.

Day 1: Arrive Nadi. If arriving by an international flight today, a free airport to hotel transfer will be provided by the hotel. Upon leaving customs, a Fiji Visitors Bureau agent will show you where the transfer shuttle bus is waiting. The trip briefing with your guide is held at 8pm in the hotel. If your flight arrives after this, please advise our office so we can arrange an alternate time. The trip briefing will last for approximately an hour, so it's a good idea to eat dinner prior to the meeting. Dinner tonight is not included in the trip cost.

MEALS NOT INCLUDED/OVERNIGHT MERCURE NADI HOTEL (SUBJECT TO AVAILABILITY)

Day 2: After an early breakfast at the hotel, the group will transfer to Denarau marina for the 8.30am boat to the islands. The *Yasawa Flyer*, the boat servicing the Yasawas, is a 267-passenger catamaran. All luggage can be taken with you on the boat, but please do keep your valuables on your person during the journey. It's a good idea to bring some snacks and reading matter for the boat trip. The *Flyer* transports us approximately 72 kms to Tavewa Island and the Blue Lagoon, arriving at approximately 1.30 pm. From the *Yasawa Flyer*, we will transfer to our base on Tavewa Island by small island boat. The combination of reefs, close island grouping and shallow waters create the stunning aqua colours for which this area is famous. Our Fijian hosts will make us comfortable at their island home, providing a dining bure (hut) and grassy campsites. After customising our kayaks and getting acquainted with our expedition gear, we'll have an instructional paddling session before a short excursion in the lagoon. Your guide will issue watertight bags to carry your personal gear during the

kayak trip. The bags are between 25–35 litres in volume (about 2/3 the size of a pillow case). Luggage not wanted while kayaking can be stored in our locked shed on the island. Watching the sunset from the beach in front of our tents is a great way to end the day followed by a wholesome tropical dinner.

B • L • D / CAMPING

Day 3: After breakfast, we'll pack our snorkelling gear and picnic lunch and head off to circumnavigate nearby Matacawalevu Island. We seek out the best coral reefs, explore a delightful maze of sandbars and time permitting, visit the local primary school. Paddling distance today is approximately 15kms. Tonight, weather dependent, we'll enjoy an island BBQ back at our Tavewa base.

B • L • D / CAMPING

Day 4: Load the expedition craft and weather permitting, we paddle 15km to Navotua village. With favourable tides we'll have lunch where fringing reefs run directly off the beach. After rounding the point of Nacula Island, we head for Navotua. The villagers of Navotua are particularly friendly and the special warmth and reception we receive has made it our favourite spot. Personal escorts will show us through the village and nearby plantations where we can observe the making of mats and perhaps the building of a Fijian bure (hut). If the winds are too strong, we will only paddle what is comfortable and then transfer to an accompanying boat to cover the remaining distance.

B • L • D / CAMPING

Day 5: We paddle 6-8kms to Sawa-I-Lau and back, a scenic island with sharp limestone peaks and salt-water caves that make for fascinating exploring. We round out the day with afternoon entertainment provided by the village and an invitation to join the chief for a social kava party in the evening (kava is a non-alcoholic drink with mild numbing effects).

B • L • D / CAMPING

Day 6: Weather permitting, we continue our journey and explore the Nacula coastline and nearby islands. Paddling breaks can be spent snorkelling the reefs or stretching out on one of the numerous palm-fringed, white sand beaches. We'll search out the best beach campsite for our overnight stay and have the afternoon to explore our surrounds, perhaps stretching our legs to seek superb views over the Blue Lagoon. We can even try our hand at climbing some of the low coconut trees to secure vital ingredients for our tropical punch!

B • L • D / CAMPING

Day 7: Paddle back to Tavewa Island, exploring the many inlets and bays of Natcula en route. Time permitting, we can snorkel off the back of the island. Tonight we enjoy our last island dinner together, listening to the rustling of the coconut palms. Savouring the flavours of the South Pacific is a great time to reflect on the trip and dream about our next adventure!

B • L • D / CAMPING

Day 8: We spend a relaxing morning on Tavewa Island before departing on the *Yasawa Flyer* at 1.30 pm. The *Flyer* arrives at Denarau Marina in Nadi at approximately 6.00 pm. Trip concludes.

B • L / ACCOMMODATION NOT INCLUDED

End of Trip

We finish the trip with a boat transfer from the Yasawa Islands to Denarau marina in Nadi on Day 8. Accommodation on this night (and transfers to your hotel) need to be booked by you and are not included in the trip cost.

You may like to extend your stay in the Yasawas at one of the resorts and return to the mainland on a later day. If you would like to stay longer in the islands, please let us know at least six weeks prior to your trip departure date so we can change your boat reservation (boat surcharge may be applicable). A few suggested Nadi hotels and Yasawa resorts are listed at the end of these notes. If departing Fiji the evening of Day 8, we recommend not booking a flight that departs before 10pm.

The Country and its People

The many islands of Fiji are spread around the reef-strewn Koro Sea in the southwest Pacific Ocean. About 100 of over 300 islands are inhabited and range from large mountainous wooded landmasses to coral cays that you can walk across with a few steps. The population of 900,000 is made up of 37% Indians and 57% native Fijians. The remaining population is made up of Chinese, European, Rotuman and other Pacific islanders. Fiji's main island, Viti Levu, covers 10,388 square kilometres and its highest peak, Mt. Victoria, is 1323 metres. Viti Levu has 80% of the population and is the major centre for air and sea communication in the southwest Pacific. The Yasawas are a chain of 16 volcanic islands with summits ranging from 229 to 579 metres. The Yasawas are strictly populated by native Fijians.

Fiji has three official languages—Fijian, Hindi and English—but there are some 300 communalects (variations) in the Fijian language. English is widespread and most young people have a good working grasp of English. Although some of the older generation may have difficulties speaking, most understand English.

Climate

Generally you will experience a mild tropical climate from May to November. The weather is generally drier in the Yasawas compared to the main island of Viti Levu. Nights may be cool, perhaps 16–20° C. The days are generally hot and dry with temperatures ranging from 24–30° C. There may be some spells of cloudy weather and showers. Humidity increases in October and November and the trade winds blow from May to November.

Trip Organisation

The sun sets quickly in the tropics so paddling days will start early to take advantage of daylight hours and cooler temperatures. It's a good idea to pack your dry bags before breakfast, prepare your personal items for the day and take down your tents so that loading for departure can be organised. On a paddling day we'd like to be on the water before 9:00am and arrive into camp just after lunch. It's important to realise that the group will kayak at the speed of the slowest members. On arrival in camp you will be expected to unload your own boats, set up tents and perhaps each night a few can help with preparing the evening meal.

Expedition Staff

Your kayak guides will be two of our most experienced leaders. The guides' role is to co-ordinate the expedition and ensure the safety of the group. They will answer questions and inform you of the objectives and progress of the trip. They will decide on safety matters, administer the medical kit and liaise with the local



villagers on your behalf. Should you have any inquiries during the trip, feel free to ask your guides.

Travel Arrangements

Should you voluntarily decide to alter your travel arrangements after commencement of your trip, Southern Sea Ventures is not responsible for any additional charges involved. Our staff will assist you if possible but you are responsible for organising these arrangements yourself. Delays may occur due to weather or transport difficulties and Southern Sea Ventures will do its best to rectify the situation. Please understand that in this part of the world, delays and waiting are commonplace and although we do our best to keep to schedule, it is not always possible. We are sure you will appreciate this and accept it as part of the whole Fijian island experience.

Travel Insurance

It is necessary to take out a personal insurance policy to cover yourself against sickness, accident, loss of baggage, trip cancellation due to weather or other reasons and in the unlikely event that you need emergency evacuation by plane or helicopter due to illness or accident. Ensure you have read the policy thoroughly and are familiar with the claim process in case it becomes necessary to make an emergency claim. We will require proof of your insurance prior to departure.

Time & Communication

Nadi is two hours ahead of Australian Eastern standard time. Mobile coverage (by Vodaphone and Digicell) is sometimes patchy in the islands. It is possible to buy a Fijian SIM card for an overseas phone in Nadi.

Accommodation

Our group hotel is comfortable and clean. Rooms are based on twin share, although single rooms may be requested for an additional charge. We will stay in two person tents while kayaking. We have not included a hotel on the last night as many people choose to extend their stay in the islands or sometimes depart on a late evening flight when available.

Food & Water

On the kayaking trip, the food is freshly prepared by the guides who are all fantastic wilderness cooks. On longer paddle days, breakfasts consist of cereal, fresh fruit and bread. On more relaxed mornings, the guide will cook a hot breakfast of bacon and eggs or pancakes. Lunches are picnic-style, with a selection of cheese, cold meat, fresh vegetables, fruit, bread and/or salads. Dinners are two to three courses prepared with fresh ingredients and varied daily. Dinners may be pasta, curries, Asian stir fries or Mexican style. We'll try to supplement meals with freshly caught fish!

We are happy to cater for vegetarians and other special dietary requirements. Please write your dietary requirements on your medical form. Some specialist diet food products are not available to buy in Fiji. For example, gluten-free cereal and UHT soy milk are

sometimes hard to find, therefore, we recommend you bring some from home for your personal consumption during the trip.

In Nadi town there are many restaurants to choose from. European, Chinese, Fijian and Indian food is available. There are reasonably priced restaurants and cafes near our Nadi hotel. As with any change in diet, it is wise to accustom yourself slowly to different foods. It is recommended to wash any fruit bought in the market. Tap water in the hotel is chlorinated and we use boiled or sterilised water when kayaking.

Cultural Considerations

It is very important to behave in a respectful way towards both the people and their land. While the islanders will never rebuke you for unknowingly offending them, it is desirable to try to respect as many of their customs and beliefs as you can. For example, it is disrespectful for women to wear bathing suits in a village and a 'sulu' or a sarong should be carried by both men and women while kayaking (sulus can be bought in Fiji costing between FJ\$10–25).

While in a village it is disrespectful to wear hats, sit on doorways or stand up during a 'sevu sevu' ceremony. Shoes should be removed when entering a Fijian hut. Simple courtesy and a bit of sensitivity will satisfy most of the customs of village life. Swearing is frowned upon.

Some basic practices you should observe are:

- Ask the locals if they mind being photographed.
- Restrict wearing bathing suits to beaches.
- In villages use a sulu with a shirt or long pants in the evenings (shorts are acceptable during the day).

Gifts

Fijians are very friendly and often offer their own limited food to strangers. We will be self-contained and provide all our own food and camping equipment so as to minimise our impact on the villages.

If you bring any gifts, we would prefer to make a presentation of them from the group to the village chief, or community, rather than to individuals. This helps to reduce jealousy and expectations. We do pay when we stay in a village and that money goes to the community in an equitable fashion for things like building supplies for cyclone damaged houses.

If you would like to provide something personally, consider making a donation to the Navotua school and community fund we established in 1988. Southern Sea Ventures manages the fund in conjunction with the village chief and the school secretary. The purpose of the fund is to assist with community projects, such as installing solar panels or compost toilets and for the education of the village children. The new Navotua Infant Primary School opened in October 2013 and has been generously stocked with school supplies donated by our trip participants. A donation to the village fund may be something you may wish to consider after you have completed a trip. Contact the office for more details.



Conservation

It has always been our motto that “we take only photographs and leave only footprints”. We are keenly aware of the ecology of the areas we visit and try to limit our impact on them. We ask that each person takes out everything they bring in including sweet wrappers, batteries, etc. We have installed composting toilets in each of the villages we visit to dispose of the group’s human waste.

Photography

The humidity is always high in Fiji and as we are paddling in a salt water environment the delicate electronics in cameras can be damaged. You might consider a waterproof camera or a small plastic waterproof case or dry-bag with a supply of silicon packs. Ensure you have sufficient memory storage and batteries as there is no opportunity to purchase batteries or access electricity during our island stay. It is wise to keep lenses to a minimum. One variable lens will reduce your load and the amount of your equipment that can be damaged. If you are buying a new camera, consider a waterproof one and get it well before departure so you can practice with it.

Money Matters

Your tour cost includes:

- Hotel accommodation on a twin share basis for the first night of the trip.
- Internal boat and bus transfer excluding airport transfers.
- Double and single expedition kayaks, paddles, life jackets and safety equipment.
- Two person tents.
- Sleeping mats (full length thermarest pads).
- Watertight bags for your personal gear.
- Professional guides.
- All meals (except in Nadi).
- Group first aid kit.

Your tour cost *does not* include:

- Meals in Nadi (except breakfast at the hotel on Day 2).
- Alcoholic beverages.
- Airport taxes (if any) on departure from Nadi.
- Travel insurance.
- Accommodation for the night of Day 8.
- Transfers in Nadi at the end of the trip on Day 8.
- Items of a personal nature such as WIFI charges and laundry.

Money to Bring With You

\$200 in Fijian cash will be more than enough to bring during the kayaking and it is unlikely you will be able to spend that. The amount required in Nadi for meals and sightseeing will generally be covered by about \$40–60 a day not including alcohol. There are ATM machines at the airport and in the main centres and there is a 24 hour bank at the airport. This is the most efficient way to obtain Fijian dollars. Credit cards are accepted in larger stores or hotels but don't rely on being able to use one everywhere. Traveller's cheques and cash can be changed at the airport or in banks but can take time to process.

Currency

The unit of currency is the Fijian dollar. The exchange rate is approximately AU \$1 = FJ \$1.50 or US\$1 = FJ\$2.

Tipping

Tipping may be expected by the local people for services such as baggage handling, taxis or in restaurants. Our guides do not expect tips.

Security

Before leaving home, photocopy your passport, airline voucher and make a note of your credit card and ATM card numbers in case you lose or misplace them. Theft is a consideration in Fiji (like at home) so it is always a good idea not to leave things unattended when in the towns or villages. Do not carry large amounts of cash with you and always be aware of what you are carrying, especially personal valuables like cameras, jewellery and watches. Do not display valuable items or leave them lying around in such a way that might tempt a thief. It's a good idea to use a money belt or neck wallet. You may also like to look up the contact details of your country's consulate in Fiji.

Medical Matters

Any passenger undertaking this trip is required to provide us with a medical questionnaire filled out completely and accurately. Please advise us of any side effects of any medication you take and of any dietary requirements related to the medication. Be sure to let your guide know of any drugs to which you are allergic as well as noting this on your medical form. You will be isolated from modern medical facilities, so attention to medical matters is vital.

Hygiene

Be conscious of hygiene. Regularly wash your hands, be wary of uncooked food and wash fruit or preferably peel it (with clean hands!).

Vaccinations

For entry into the Fiji Islands there are no statutory vaccinations at the time of writing. However, you should check with your doctor or medical centre for current information.

Dental

Due to the remoteness of the trip, it is advisable to have a checkup before departure.

Mosquito Borne-Diseases

Fiji has no incidence of malaria, however, in urban areas dengue fever has been recorded. The outer Yasawas are in a rain shadow and as a result there is a low risk of contracting mosquito-borne diseases while kayaking in the islands.

Prevention is the key and a few simple measures can mitigate mosquito contact both on mainland Fiji and during your kayak trip.

Precautions to be taken include regularly applying insect repellent (containing DEET) and, where possible, avoiding sheltered areas where mosquitoes are more abundant than in windy areas. Wear long pants long sleeved shirts and socks in the evenings. Use mosquito nets if staying in unscreened accommodation. Please note, all our tents have mosquito nets.

Medical Supplies

On our trips into more isolated areas we carry a comprehensive medical kit. However, it is your responsibility to bring sufficient quantities of any specific medications you require. In addition we suggest that each passenger bring:

- Sun screen (water resistant variety at least SP30).
- Lip protectant.
- Band-aid strips.
- Insect repellent.
- A mild anti-nausea drug if you are concerned about sea sickness.
- A mild antiseptic soap/liquid hand wash.

Equipment & Clothing: What You Need to Bring

To minimise our impact on the villages and the environment through which we pass, we travel self sufficiently. That means that we carry everything with us, so it's important to keep personal gear to a minimum. In your kayak, all equipment is packed in water proof containers. We recommend you bring your own small 5–10 litre dry bag for items you may need during the day while kayaking. Excess luggage can be stored at our base on Tavewa Island while kayaking. Keep in mind that water is scarce on some of the islands and there are no shops. We will carry our own drinking water but it may be several days before we can wash with fresh water instead of salt.

The list below should be used as a guide when packing, but it should all fit into about half a large garbage bag.

Gear List

Essential Items:

The following checklist is a guideline for your trip. Contact us if you have any questions.

- A wide brimmed hat for protection from the sun is essential. Visors are inadequate. A hat with a stiff brim that will hold rigid in a breeze, e.g. straw hat with a strap to put under your chin is good. A scarf made from a light material like silk to protect your neck can be useful too.
- Sun-glasses with a cord to prevent them from falling into the water. Side flaps are a good idea, in particular the type that can be added to conventional sun-glasses by slipping them onto the arms.
- Light weight rain jacket or spray jacket.

- Two long sleeve lightweight shirts. A synthetic shirt is highly recommended for sun protection while paddling and a separate camp shirt for mosquito protection in the evening.
- Two or three t-shirts.
- A lycra sun top is useful for snorkelling.
- One pair of light-weight, quick drying, full length trousers to wear in camp.
- Two pairs of shorts and swimwear.
- Sulu or sarong (this can double up as a second sheet).
- Very light-weight fleece jacket (not a heavy jacket), i.e. Polartec 100 is sufficient, or a sweatshirt.
- Sleeping sheet.
- Sleeping bags are generally not required with fairly mild nights but you might like to bring a small airline size blanket. If you tend to feel the cold easily and if you do choose to bring a sleeping bag, ensure it is lightweight, very compact and zips open.
- One pair of running shoes (recommend to get away from wet thongs and sand in the evenings).
- Reef shoes or a good fitting pair of sandals that attach solidly for paddling.
- Lightweight socks to wear with your running shoes in the evening for mosquito deterrent.
- Small towel (a chamois towel is ideal, or a medium sized hand towel).
- Minimal toiletries (a bio-degradable soap that will lather in salt water is very useful).
- A headlamp or small torch and batteries (batteries can be expensive and difficult to obtain in Fiji).
- One or two 1-litre water bottles—the type used by cyclists are fine and inexpensive.
- A small dry bag is good for holding things like sun screen, glasses, water bottle, etc (try and avoid day packs with metal zips as they will corrode).
- Snorkelling gear is not provided nor is it readily available to hire, so you should bring your own mask and snorkel. Fins are optional. Really keen divers might bring a small but bright waterproof torch for night snorkelling.
- Lightweight cycling gloves can ease blistering if you are not used to paddling.
- Pillow case or very small pillow (e.g. airline pillow). It must fit into your dry bag.

Optional items:

- Camera with waterproof container if the camera is not waterproof.
- Book.
- 10 metres of lightweight clothesline.
- Binoculars.
- Talcum powder to prevent salt water rash.
- Ear plugs—noisy roosters!!

Delays or Problems

In case of last minute delays or problems, contact Southern Sea Ventures in Australia on +61 2 8901 3287. A Fijian number for your guide will be provided on your final trip itinerary.

SOUTHERN SEA VENTURES

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Places to Stay Pre and Post-Kayak Trip *Recommended by our paddlers*

Fiji Visitors Bureau

A comprehensive guide to accommodation in Fiji.
<http://www.fiji.travel>

Hotels in the Nadi area:

Mercure Nadi Hotel

Ten minutes from Nadi International airport (also 10 minutes from Nadi town). Local restaurants, cafes and a convenience store are within walking distance of the hotel.

Tel: (679) 6722255 • www.mercure.com/gb/hotel-5930-mercure-nadi/index.shtml

Tanoa International Hotel

Three minutes from Nadi International airport.

Tel: (679) 6720277 • www.tanoainternational.com

Nadi Bay Resort Hotel

A well regarded backpacker resort with different accommodation choices.

Tel: (679) 6723599 • www.fjinadibayhotel.com

There are a number of 4 and 5 star resorts located in the Denarau area including:

Sheraton Fiji Resort (5 star)

Tel: (679) 6750777 • www.sheratonfiji.com

Radisson Blu Resort Fiji Denarau Island (4 star)

Tel: (679) 6756677 • www.radissonblu.com/en/resort-fiji

For those wishing to spend more time in the beautiful Yasawas, the following resorts can be reached by the Yasawa Flyer:

Coconut Beach Resort (formerly Otto and Fannys)

A small resort very close to our kayak base on Tavewa Island.

Tel: (679) 6666481 • www.coconutbeachfiji.com

Nanuya Island Resort

Nanuya Island is across the lagoon from our base. A boat transfer can be arranged for a small cost.

Tel: (679) 6667633 • www.nanuyafiji.com

Octopus Resort

A resort with different styles of accommodation to suit most budgets. From our base on Tavewa Island, a boat transfer on the Yasawa Flyer takes approx. two hours. Surcharge payable for boat transfer.

Tel: NZ(64) 34429998 or toll free +NZ 0800449944 • www.octopusresort.com

Paradise Cove Resort

A new resort situated on Naukacuvu Island, in the Naviti group.

Surcharge payable for boat transfer.

Tel: (64) 34429998 or toll free +NZ 0800449944 • www.paradisecoveresortfiji.com