



# ACTIVITIES GUIDE

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## SPA TREATMENTS - THE ULTIMATE RELAXATION

Our pure Fiji trained massage therapists proudly provide a variety of relaxing treatments that are sure to relax and rejuvenate. Only the finest, Pure Fiji products made from coconut oil, macadamia nut oil and vitamin E oil, along with tropical fruits are used. Spa treatments are available between 8:00am and 5:00pm and can be reserved through your staff after breakfast or the night before.

Prior to your treatment don't forget to make your therapist aware of any injuries or specific areas you would like to be avoided or alternatively, areas of your body that need particular attention. You will be given a sarong to wear for your massage. We respectfully suggest that you have a shower immediately after your treatment as the oils, while beautiful and soothing, can stain clothing and furniture.

Some of the specific treatments you can choose include:

### MASSAGES

#### [ISLAND RELAXATION MASSAGE](#)

A combination of Swedish and Island style massage utilizes pre-aromatic plant fruits and coconut oils guaranteed to improve circulation and boost vitality.

**60 minutes: US\$59**

#### [SIGNATURE MASSAGE](#)

Look forward to long flowing strokes alternated with deep tissue pressure point techniques applied with pure aromatic essential oils and fresh coconut oils. It's a deep, soothing massage that gets rid of the stress and tension that may be locking up your body.

**90 minutes: US\$89**

#### [HOT STONE MASSAGE](#)

Hot stone massage is a natural therapy in which warmed stones are used to massage and positioned on parts of body to maximize their therapeutic benefit. These stones are heat- ed in sanitizing water before use. Hot stone massages are beneficial on both physical and mental as it helps relieve muscle tension and pain, improves circulation, promotes sleep and may boost immunity and psychological levels as hot stone massage may help reduces stress, tension and anxiety. Always check with your doctor before getting a hot stone massage; people with high blood pressure are advised to avoid this type of therapy.

**70 minutes: US\$69**

#### [BACK AND SHOULDER MASSAGE](#)

Many of us have shoulders and necks that are knotted with stress and tension. This massage focuses entirely on these areas.

**40 minutes: US\$39**

### TROPICAL SUGAR SCRUB

One of guests' favourites – specifically to prepare for getting a healthy island suntan as the tropical sugar scrub removes dead skin cells that inhibit the tanning process. In this process, tropical fruit oil and raw sugar is gently rubbed over your body. The 30 min treatment includes back and legs. The 50 min treatment is full body.

**30 minutes: US\$29**

**50 minutes: US\$49**

### FOOT MASSAGE

Perhaps you've been hiking more than usual? Soothe those aching feet! Start with a relaxing soak in a fragrant footbath. Then drift away as your therapist massages your lower legs and feet and delivers an invigorating sugar scrub.

**30 minutes: US\$29**

### DILO WRAP (BANANA LEAF WRAP)

Sunburned? Or maybe you just want to refresh your skin? The Dilo rescue wrap, using Dilo rescue gel, is the answer. This sensational product soothes and boosts the skin's own repair mechanism. You are wrapped in banana leaves while the gel is absorbed by your skin. While this happens, you'll receive a relaxing scalp massage.

**40 minutes: US\$79**

### HAIR AND SCALP MASSAGE

Everyone loves a hair and scalp massage. Enjoy a spot treatment or add to any of the other massages.

**20 minutes: US\$19**

Please note:

- Cancellation of any spa treatment is subject to a 20% charge of the treatment cost.
- Prices are subject to Fijian taxes.

## SKIN CARE

### REJUVENATING NONI WRAP

Combat visible effects of skin aging and restore the appearance of younger skin with this collagen boosting, rejuvenating body treatment super charged with the power of Noni. At this treatment begins with a raw cane sugar scrub followed by a body masque application and a warm oil scalp massage. Our anti-aging botanical blend is enriched with Noni leaf and Noni seed oil, rich in antioxidants repairing damaged skin cells, rejuvenating aging skin whilst locking in moisture to hydrated and nourish.

**60 minutes: US\$79**

### TONE AND GLOW

Combat the visible effects of skin aging and restore the appearance of the younger and more tone body with pure Fiji's signature guava products. The treatment begins with raw cane sugar scrub followed by warm oil massage and body butter application. This ritual is completed with a warm oil scalp massage. The anti-aging botanical blend is enriched with guava fruit to tighten and tone the skin whilst hydrating, nourishing, and leaving skin shimmering with a healthy glow.

**85 minutes: US \$89**

### HYDRALIFT FACIAL

Deliver a powerful hydration boost to your skin with high- performance, plant derived natural Dilo oil and nGi grass, which will help rejuvenate your skin and reduce the appearance of fine lines. Skin is deeply nourished and repaired, hydration of the epidermis significantly improved resulting in Armer, hydrated skin.

**50 minutes: US\$49**

### PAPAYA ENZYME EXFOLIATING FACIAL

Exfoliate skin, naturally, with this enzyme masque using highly effective papaya and pineapple enzymes. A natural alternative to a chemical peel, this high-performance masque will effectively and gently remove the build-up of dead skin cells and brighten and even if out skin tone.

**50 minutes: US\$49**

Please note:

- Cancellation of any spa treatment is subject to a 20% charge of the treatment cost.
- Prices are subject to Fijian taxes.

## HOUSE ACTIVITIES

The following activities are available in front of the villa.

### SNORKELLING

You can snorkel right in front of Lomani, we recommend high tide to get over the reef without injury. If you are adventurous, we have several small bommies located a few hundred yards after the barrier reef (taking a kayak is ideal), ask your service staff to coordinate snorkelling equipment the staff will be happy to escort you if you prefer.

### KAYAKING

Take advantage of our glass bottom sea kayaks to venture around the tip of Matei or to several bommies a few hundred yards from shore where you can encounter rays and turtles and hundreds of species of coral and Ash.

### BIKE RIDING

There's not much traffic on Taveuni so you're not fighting for the road with automobiles. But there's not much paved road either-except for the Matei to Somosomo road. The coastal road is hillier than you might think. As you pass by you can expect the friendly locals to call out "bula" in greeting. A great place to bike.

## ISLAND ACTIVITIES

### WATER

#### [SNORKELLING EXCURSION](#)

You can snorkel right off the shore from Lomani. If you are an avid snorkeler, we can organize a top-notch excursion to the local bommies or the Rainbow Reef.

Local reef- Private boat (min 2 guests)

**Fijian fiber 23ft US\$59 pp**  
**Robalo 25ft US\$100 pp**

Rainbow reef- Private (subject to availability), (min 2 guests)

**Fijian fiber 23ft US\$100 pp**  
**Robalo 25ft US\$125 pp**

Rainbow reef -Public Taveuni ocean sports (8 to 10 people)

**US\$55 pp**

Snorkel with the Manta Rays is a breathtaking experience. This experience is seasonal (generally from May to October). Between the islands of Kioa and Rabi, the current is strong allowing the manta rays to feed on plenty of plankton.

Snorkelling with the Giant Manta Rays (May to Oct)

**Fijian fiber 23ft US\$100 pp**  
**Robalo 25ft US\$125 pp**

#### [WATER SPORTS EXCURSIONS](#)

Enjoy the beautiful 25ft Robalo boat to have a fun day on the water. Subject to availability, if the boat is out of the water these excursions are subject to a US\$250 launch fee.

#### [TUBING](#)

Being pulled by a boat on an inflatable is exhilarating. This is a fun activity for all ages. Helmets available.

**US\$59 p/hr**

#### [WATER SKIING](#)

On a calm day enjoy water-skiing on the Somosomo straight. (Double skis, Slalom ski, children's skis)

**US\$69 p/hr**

#### [ZUP BOARD](#)

All in One water sports board - Wakeboard, Kneeboard, Wakesurf Board and Water Skis in One! The built-in handle hook allows riders to start, move to a kneeling position or move to a standing position without worrying about holding onto the handle. This feature combined with the unique Double ZUP handle allows for the easiest starts possible and unmatched control.

**US\$69 p/hr**



## ISLAND HOPPING

Take a private cruise to three neighbouring islands East of Taveuni. Visit Qamea, Matangi and the famous Laucala Island. Hear stories of local legends and spot the plentiful marine life. Then enjoy beach time and a picnic and snorkel on the surrounding reefs. This trip includes usage of a private boat, boat captain/guide, snacks, lunch, beach towels, and snorkelling gear.

**Fijian fiber 23ft Full day: US\$800**

**Robalo 25ft Full day: US\$1,100**

## KOROLEVU BEACH PICNIC

Hop on board your private boat for a trip down the western coast of Taveuni to the island of Korolevu. This small, quiet island is a great getaway. You'll be dropped off at one of three coves, which you may well have all to yourselves to enjoy the beach, snorkelling and your picnic. It's unlikely that anyone else will share the beach with you, although we cannot promise complete privacy. This trip includes usage of a private boat, boat captain/guide, snacks, lunch, beach towels, and snorkelling gear.

**Fijian fiber 23ft Full day: US\$800**

**Robalo 25ft Full day: US\$1,100**

## NANUKU SAND-BAR EXPERIENCE

This full day event will be engraved in your memory forever. Your day starts off early where you make your way 30 miles off the coast of Taveuni to the Island of Nanuku and its beautiful white sandbar and beach. While you wait for the tides to be perfect you will fish along the extensive reef system for a chance at an exciting catch. You will then make your way to a deserted sand bar in the middle of the ocean where your team will prepare a beautiful picnic for you to enjoy a glorious lunch. Enjoy the use of the sea scooters before or after lunch. You can fish your way home or enjoy a cruise ride back home.

**Robalo 25ft Full day: US\$1,750**

## RABI ISLAND PICNIC AND SNORKELING

Hop on board your private boat for a trip across to Rabi Island. You will be dropped off on a beautiful beach to enjoy the beach, sunbathing, snorkelling and your picnic lunch. It's unlikely that anyone else will share the beach with you, although we cannot promise complete privacy.

**Fijian fiber 23ft Full day: US\$450**

**Robalo 25ft Full day: US\$1,100**

## COASTAL FISHING

Within five minutes of setting out into the Somosomo Straights your exciting day of fishing begins. Under the expert guidance of our experienced captain, you'll experience an action-packed day. Depending on the time of year and your preference you may well catch Black Marlin, Blue Marlin,

Sailfish, Wahoo, Mahi-mahi, and Yellow Fin Tuna. Reef fisherman can cast for Giant Trevally, Blue Fin Trevally, Barracuda, Walu, Dogtooth Tuna and more. Our fishing guides know-how and passion make us the perfect choice for the serious coastal fisherman.

Fishing Seasons: Most tropical game fish species are caught here year-round however some have peak seasons when they are caught far more frequently.

23ft Fijian center console boat (60hp, without toilet, limited shade).

**Fijian fiber 23ft, Half day: US\$600 Full day: US\$1,100**

25ft Imported Robalo dual console (300hp, with toilet, ample shade, range 200 to 300 miles with a 10% fuel reserve).

**Robalo 25ft Full day only: US\$1,375**

| Species                       | Season            | Best Months              |
|-------------------------------|-------------------|--------------------------|
| <b>Blue Marlin</b>            | All Year          | February / March / April |
| <b>Black Marlin</b>           | July - October    | August / September       |
| <b>Striped Marlin</b>         | July – October    | August / September       |
| <b>Short Billed Spearfish</b> | May – October     | July / August            |
| <b>Pacific Sailfish</b>       | May – October     | June / July / August     |
| <b>Wahoo</b>                  | May – October     | June / July / August     |
| <b>Yellowfin Tuna</b>         | February – August | March and August         |
| <b>Mahi Mahi</b>              | All Year          | March                    |
| <b>Mackerel</b>               | All Year          | August and November      |
| <b>Giant Trevally</b>         | All Year          | January – April          |
| <b>Bluefin Trevally</b>       | All Year          | January – April          |
| <b>Dogtooth Tuna</b>          | All Year          | January – April          |
| <b>Barracuda</b>              | All Year          | December - March         |

## SCUBA DIVING & SNORKELING ON THE WORLD FAMOUS RAINBOW REEF

Many visitors are drawn to Taveuni Island simply because it is home to some of the best diving spots on the planet and is known as "the soft coral capital of the world."

Each of Taveuni's numerous dive sites delivers a unique experience exploring multi-coloured reefs and stunning varieties of marine life. There are a variety of sites to dive on, all are dependent on the moon phases and currents. Some of the famous dives are The Great White Wall, Annie's Bommie, The Ledge, Yellow Grotto, The Purple Wall, The Zoo, The Fish Factory, and more.

Get up close to manta rays, barracudas, white tip sharks, large groupers, sea turtles, moray eels, long nose hawk fish, leopard sharks-and more.

Our partner, Julie the premier dive operator in Taveuni, caters to all levels of experience and only uses the latest dive equipment and the services of friendly and highly trained PADI instructors. Here is a word from Julie:

*"This is Julie with Taveuni Ocean Sports. We would love to give you a world-class experience on the Rainbow Reef. All of our local PADI Instructors and Dive Masters are trained underwater naturalists and they are incredibly knowledgeable about Fiji's unique underwater ecology. Diving is truly our passion! "*

To make a reservation we would need a bit of info: names of all divers, name of accommodation, dates you'd like to dive, certification and experience level and # of dives, height, weight, and shoe size for equipment (if you need gear rental), Visa or Master card# and exp date just to hold your spot (we have a 24hr cancellation policy).

Lots more info below so you know what to expect:

"Sensory overload" may be the best description for Taveuni diving. The diving on Taveuni is phenomenal, mostly because of our currents. About 98% of our diving is drift diving and we have advanced and challenging conditions. Expect lots and lots of current while you are here. The plankton and upwelling to the reef, jumpstarting the entire food chain. Each site is very tide specific since the tide is what determines current direction and strength. All our diving takes place on the Rainbow Reef. We have about 20 dive sites, all of which are world-class and are within a 15–30 - minute ride from our dive shop. We choose dive sites each day based upon exactly what the current and tide cycle is doing. Some of our most famous dives are the Great White Wall, The Zoo, Annie's Bommie, The Purple Wall, The Ledge, Rainbow's End, The Fish Factory, Jerry's Jelly, and Barracuda Pinnacle. Especially for multiple days of diving, you will see a nice array of sites as well as a great combination of soft and hard corals and big and small animals. Virtually every family of tropical fish known to man will be represented on every dive on the Rainbow Reef.

We believe in small groups and taking our time, so that we can assure quality, not quantity. We feel that safety and clear communication are the most important aspects of a successful scuba company. We pride ourselves in giving an extensive dive site orientation including safety procedures, depth, entries and exits, topography, hazards, drift diving procedures, and dive profile. We believe in a "no touch" policy, teaching our divers that diving in Fiji is like walking through a museum full of precious and fragile artifacts.

We also give a very detailed marine biology-oriented briefing regarding Fiji's unique underwater critters. We teach identification of many species of fish and Invertebrates, along with information about their behaviour. Fiji has approximately 390 species of coral and 2300 species of Fish, with many endemics that are found nowhere else on the planet. There is an impressive amount of symbiosis that occurs in Fijian waters such as anemone fish with their host anemone, blind shrimp that live with a special species of goby that serves as "the eyes" for the pair, cleaning stations etc. We want our guests to know what they're seeing on our dives to make it a more interesting experience.

Our three dive boats are purpose-built, comfortable, and un-crowded. We have 2 dive boats which could each carry 10 divers, but we never do more than 6 divers for our guest's comfort and safety. We also have a new 12 meter/40 ft dive boat which carries 12 divers plus crew. We guarantee very small groups of four divers or less per instructor. This ensures attention to detail and personalized service for every diver. We carry a VHF radio, cell phone, lifejackets, first aid kits, an AED, safety flares, safety sausages for all our divers, a state-of-the-art GPS system, as well as emergency oxygen. We provide towels, fresh baked goodies, fruits, juice, and water, along with a post-dive hot shower at our dive shop.

Taveuni is a very isolated island with no recompression chamber; therefore, we strongly advise all our divers to purchase their own dive accident insurance policy prior to their trip through Divers Alert Network. The link to their website is <http://www.diversalertnetwork.org/insurance/>. Policies are inexpensive and would cover any diving-related injury or complication.

Our goal is to give every diver an amazing, first- class experience that they will never forget. We strive to provide an experience that's fun, dynamic, safe, and thorough... one that we would truly appreciate if we were on vacation.

## ADVENTURE

Once you're well rested you may well feel inclined to do something a little more energetic. Here are a few ideas.

### FOREST HIKE

If you're feeling fit and up for a full-day excursion, put this on your 'must-do' list. Taking an experienced and knowledgeable guide you'll start with a scenic drive to Vidawa village before embarking on a rigorous hike that's suitable for regular walkers and not the faint of heart. Along the trail you'll enjoy spectacular views of the coast and outer islands and get an education about the abundant flora and fauna.

**US\$69 pp**

### HORSE RIDING

How about horse riding? Suitable for beginners as well as experienced horse riders. From quick trail rides to full day horseback riding, Charlie's offers a wide variety of experiences for all to enjoy! Feel the warm tropical breeze on your skin as you ride atop the mighty and gentle horses of Fiji. Locally operated on 864 acres of lush and unspoiled Fijian wilderness with panoramic ocean and tropical forest scenery. For adventurers the Volcano Cave Ride is a must, this ride includes a 20-minute bush walk to a small hidden cave created during the eruption of an ancient volcano. Feel like Indiana Jones and discover the only cave on Taveuni.

**Volcano cave tour US\$105 pp**

Another option is a full day excursion that will take you to Vuna at the southern end of the island. Your local guide will lead you on a two to three hour ride up a beautiful, rugged mountain side to an elevation of 1000 feet. From this view point you can see the famous Twin Craters, the entire Somosomo Strait, both sides of the island and the beautiful Taveuni countryside.

**Full day Vuna tour US\$145 pp**

### DES VOEUX PEAK

This is another tough climb but worth it. Des Voeux, at 3921 feet (1,195m), is the second highest peak on the island but when you reach the summit you have the best views of Taveuni. It's a steep climb but hiking through the tropical rainforest gives you the chance to see some of Fiji's wonderful indigenous fauna along the way - and the vistas from the mountain's summit are amazing. On a clear day you can not only see neighbouring Vanua Levu but also the peaks of the Lau Islands - Fiji's remote eastern islets. This is a chance of finding the "tagimoucia" flower in full bloom (Oct to Feb).

This flower is only found on Taveuni and only on this peak, nowhere else in the world, talk about exclusivity! Hike takes 3 to 4 hours depending on fitness level.

**Hike from the base of the peak US\$105 pp**

#### [HALF DAY TAVEUNI ISLAND TOUR](#)

This tour takes you halfway down the island and includes the following stops:

Stop 1: The International Date Line. There are few land masses in the world that are crossed by the International Date Line - the 180-degree Meridian Line - and Taveuni is one of them. It's safe to say that each new day starts here. Mark the occasion by a visit to this famous landmark at an elevated viewpoint at Waiyevo. Photo opportunity!

Stop 2: Wairiki Mission Church just a kilometre away is the picturesque Catholic mission - a large stone church with stained glass and acclaimed sculptures making it the most architecturally interesting building on the island. You won't see any pews, though. The congregation sits on the floor Fijian-style. Visit on a Sunday to hear singing that will live in your mind forever.

Stop 3: Waitavala natural waterslide is another of the island's striking natural beauties and a lot of fun especially after heavy rains. Set in the midst of beautiful tropical foliage. Try to visit on the weekends or during school holidays when the local kids can show you how it's done.

**US\$59 pp**

#### [BLOW HOLE](#)

A scenic day trip ventures to the southern part of the island. Get the timing right and you'll be witness to the power of the Taveuni blowhole. This area of Taveuni is very volcanic. Don't forget your camera. The contrast between the black rocks and blue ocean provides a great photo opportunity. Time to drive down: 2 hrs

**US\$69 pp**

#### [BOUMA NATIONAL HERITAGE PARK WATER- FALLS \(TAVORO FALLS\)](#)

Take a trip to the Bouma National Heritage Park, just a 30-minute drive from the property. This important nature reserve in the northeast of the island offers a beautiful rainforest where you can walk to the three incredible waterfalls of Bouma.

Thrill to the sights and sounds of rare tropical birds as you make your way through the exotic plant life. Located in Heritage park, this national park protects over 80% of Taveuni's total area, covering about 150 sq km (58 sq mi) of rainforest and coastal forest.

The park includes the three Tavoro Waterfalls, each with natural swimming pools. The first waterfall is about 24m (79ft) high and only 10 minutes' walk along a flat cultivated path. The second waterfall, 40 minutes further up, is a bit smaller, 15 m (49 ft) high, and has a good swimming pool too. The track is quite steep in places but has steps, handrails, and lookout spots to rest. Caution it can be very slippery.

Finally, the double-barrelled Upper Bouma Falls has the shortest drop of the three at 10m (33 ft), but it has a serene setting, and it seems to be a much more secluded place for a swim to beat the tropical heat. Go there, you only live once and it's worth the trip.

**US\$59 pp**

#### [THE LAVENA COASTAL WALK \(AND KAYAK\)](#)

You can't leave Taveuni without making your way to Lavena, the furthest point you can venture on the eastern side of the island. You can walk in and out or take our advice and kayak (or take a boat) there and walk back for a truly memorable day out.

Your walk begins on a white sandy beach. You ford rivers, cross a suspension bridge, marvel at the rushing waterfalls and pass Naba village, still inhabited by descendants of "blackbirded" Solomon Islanders. The walk is about ninety minutes each way.

**Walk both ways US\$69 pp**

**Kayak & walk back US\$105 pp**

**Walk there & boat back US\$139 pp**

**Boat trip there and back US\$175 pp**

#### [BIRD WATCHING AT NABOGIONO](#)

Nabogiono Farm is a family-owned heritage property with close links to the National Trust of Fiji. The Farm is located on the southern part of the island and is just over 40 hectares (98 acres).

Initially used for coconut/copra farming until 1978 the farm has since been conserved by the owning family as a natural habitat for wildlife, while continuing to be run as a farm. The colonial designed home which is where the owning family resides, is over 70 years old, and is made from timber and concrete. The property comprises of 400 meters of sea frontage, 10 hectares of jungle regrowth around the homestead, a rich natural habitat for the birds, and approximately 17 hectares of farming area.

The farm is broken into three sections comprising of: a section of coconut palms, fruit trees, and yaqona and dalo (traditional field crops); another section of coconut palms for green fuelwood trees, yaqona and dalo; and the balance of the area comprises tropical virgin rainforest. A wide range of seasonal fruit trees, 35 varieties, produce seeds which are collected for local distribution. A similarly broad collection of traditional medicinal plants are grown which are necessary for traditional medicinal practices.

The Farm actively preserves traditional knowledge and demonstrates this to all visitors, and in particular the young people of Fiji. More than 20 species of birds (including the rare and iconic Orange Dove) as well as fruit bats depend upon this rainforest. Nabogiono Farm receives visitors for all over the world although not in large numbers.

**2hr guided bird watching trip US\$75 pp**

**Half Day tour; Bird Watching & guided hike, includes lunch US\$99 pp**

#### [GO FIJIAN FOR A DAY](#)

Want to experience the Fijian culture? Go Fijian for a day at Raiwasa.

We take you by boat to a small island off the coast of Taveuni, where you can play Family Robinson. You will be able to snorkel and enjoy the Sea doo® scooters as well as the kayaks (or you can request the paddle boards), try hand line fishing off the rocks and enjoy a traditional picnic on the beach. You will then be transported back to Raiwasa where your cultural attaché will walk you through the whole Lovo cooking experience (Fijian fare cooked underground) from lighting the fire to final degustation. While you wait you will be treated to a traditional Fijian Meke (dancing), basket weaving and experience a real traditional Kava ceremony. You should not leave Fiji without experiencing this full day activity.

**US\$1,150**

### TREASURE HUNT

If you have children and they love Pirates of the Caribbean, you can't pass up this excursion! At low tide we will hide a message in a bottle containing a secret hidden treasure map signed by Jack Sparrow. With your help, you will lead your child to the beach and help them find the bottle. Your job is to get them excited about it. (How hard can that be?). Then you will meet with our boat captain and ask if he recognizes the map? The adventure begins, via boat you make your way to a small island off the coast of Taveuni. There your child, with your help, will search for the hidden treasure. They will be given a small shovel and dig down to find a hidden chest of old pirate coins (sorry you can't keep the treasure we need it for the next kiddos). After finding gold, you will be able to snorkel and enjoy the Sea doo scooters and enjoy a traditional picnic on the beach. This is an amazing experience for both adults and children; don't forget your camera to capture the magic of discovery.

**US\$650**

In addition to those activities, there are also several other options subject to your interest:

There are an endless number of diverse hikes available on Taveuni from beachfront and river hikes through to mountain climbs amidst dense lush jungle vegetation. One can even choose to cross the island from the west to the sparsely populated and extremely rugged east coast which is full of wondrous waterfalls and ocean cliffs. It takes approx. 3 hours to cross the island so a 6-hour hike in total.

Recommended hikes include the Bouma Falls (3-hour return journey including swimming time) and Lavena Walk (4-hour return journey including swimming time).

You can combine visits to Bouma Falls and Lavena Walk in the same day also and take advantage of their proximity to each other.

There is also a fantastic hike behind Lomani that leads to a creek which you can swim in whilst taking in the rugged tropical flora and fauna on offer.

Rosie can make recommendations for other hikes and arrange local guides should they be required.

### BIRD WATCHING

Perhaps the main reason for the amazing variety of bird life in Taveuni is the absence of the mongoose, which was introduced on many of the other islands (particularly where cane was grown) to control the rat population. Taveuni's relatively inaccessible mountains and abundant food supply

also have made it a haven for many species once found throughout the group including big pigeons, parrots including the Taveuni Parrot which is ubiquitous, the Azure Crowned Flycatcher, the fabled Orange Dove. There is also the Australian magpie which was introduced to control coconut pests. In addition to several varieties of dove, there is also a species of Goshawk, with a salmon pink breast, and the Vanikoro Broadbill that has a gunmetal blue head, dark blue wings and orange breast. Other birds on Taveuni include Collard Lory, Vanikoro Broadbill, Black-naped Tern, Wattled Honeyeater and the Fiji Goshawk.

### [WAIRIKI MISSION](#)

Wairiki Mission is the most architecturally interesting edifice on the island. Situated on the edge of a splendid coconut plantation, it is also known as The Taveuni Anglican mission. It's a good example of British colonial Romanesque architecture. Located on a hill, it overlooks the historic site where Taveuni warriors turned back thousands of invading Tongans in a battle that was fought in canoes just off the beach. It was this battle that turned the tide in a war that had seen the Tongans take over much of Fiji. The locals celebrated by cooking their enemies and eating them with breadfruit. Modern day visitors are invited to attend Mass on Sundays from 7am to 9am. Check it out, the singing is wonderful. (Note that there are no pews or seats so be prepared to sit on the floor.)

### [Vuna Village, Blow Hole, Vatuwiri Estate and Navakawau](#)

Vuna, a village near the southernmost end of the island, played an important role in the early European settlement of the Island. The original plantations and homes of the early planters were purchased from Tui Vuna (the local chief) and at least one of the homes, Vatuwiri Farm, is within spitting distance of the village. The Vatuwiri Estate is still owned by the Tarte family, who are descendants of the original settlers. On the property are the ruins of an old Fijian village and one can hike to an extinct volcanic crater. At the road's terminus you reach Navakawau Village which translates as 'end of the road'. En-route you will pass a blow hole where the sea has eroded a passage at the edge of the shoreline. A stop at Vatuwiri Farm costs extra but highly recommended.

### [LAKE TAGIMAUCIA](#)

Lake Tagimaucia is the most famous geographical landmark in Taveuni. Situated in an extinct volcanic crater, at a height of 832 meters, the lake is filled with floating masses of vegetation. It is also home to the indigenous tangimaucia flower which produces red blooms with white centers. The lake is reachable on foot, but the hike is an arduous all day affair. Better to take a 4-wheel drive vehicle and view the lake from afar.

## **LOCAL ACTIVITIES & FIJIAN CULTURE**

Fijian people are some of the friendliest in the world. Sharing time with local Fijians will inspire and delight you.

Some local activities, including Fijian cultural experiences, are described below. It is also recommended to discuss with Rosie upon arrival to determine those activities and experiences which best suit your interests.

### [CHURCHES](#)

There are several places of worship on Taveuni of different denominations. Generally, Fijians are very spiritual, and you will be inspired and enlightened sharing the experience of church with them. Many ceremonies include beautiful singing.



## MARKETS

There are limited markets in Fiji where locally grown produce is offered. You will find stalls in Somosomo/Naqara every day of the week in the main street.

Another unique experience available to you whilst in Taveuni is watching a local rugby game. Rugby is the national Fijian sport, and they take it very seriously. You are welcome to join the locals to watch games held every Saturday. You will be pleasantly surprised by the quality of the game and the enjoyment you will take from this experience.

Knox once trialled for the Fijian national team and was a junior Fijian representative. Alternatively other sports such as volleyball can be watched.

## LOCAL VILLAGE AND SCHOOL VISITS

The opportunity to visit a traditional Fijian village or school is highly recommended. Villages include Bouma and Lavena which can be combined with visits to the Bouma Falls and Lavena Walk.

Alternatively, Knox lives in a village near to Lomani. Visiting Rosie's village is a magical and unique opportunity to experience the traditional Fiji and its people.

Knox's village is famous across Fiji and other parts of the world for its program of rehabilitating troubled youths from Fiji. The object of this rehabilitation is to build a sense of faith, self-esteem and personal worth as distinct from the often-Western approach of punishment. The results achieved by this program are quite amazing and are now being recognised through other parts of the world.

This is a unique experience that is highly recommended. Obviously, any such visit requires Knox's approval.

If visiting, it is suggested that donations (whether monetary or in the form of books, clothes, shoes etc) are appropriate.