



P A R A D I S E

T A V E U N I - F I J I

Complimentary Activities for Paradise Guests

(last updated March 2013)

There is so much to do in Paradise! From snorkelling the crystal clear waters directly off the Resorts private marina, to learning to dive, hiking up a volcanic mountain, waterfall or tropical rainforest coastal trail. Visit a Fijian village, learn to speak Fijian, open a coconut the Fijian way and learn a great recipe to try at home. There are so many activities and adventures for you to experience to ensure your Paradise Fiji Vacation is unforgettable.

Snorkelling

Experience the beauty of the underwater world first hand! Our friendly Pro Dive Taveuni crew will assist you in choosing snorkelling gear and point you in the right direction for an exciting adventure within the crystal clear waters of Paradise. Mask, fins and snorkel are complimentary during your stay.



Snorkelling Safari

Our local guides will escort you to the departure point, where you will embark on a voyage of discovery. *1 - 2 hours*. Wet suit hire is recommended to protect you from the Fiji sun.

Please note that House Guests are offered complimentary use of mask, snorkel and fins. There is an extra charge for wet suit hire at FJ\$20 per day. Snorkelling from the boat incurs additional charges.

SCUBA Pool Splash

Experience what it feels like to breath under water!
Try a SCUBA dive in the safety of the horizon edge swimming pool with our PADI Instructors. If you enjoy the experience, why not sign up for a PADI Discover Scuba Dive Course for 2 hours or a 4 day PADI Open Water Course and learn to dive in Paradise. It's another world under there, just waiting for you to discover it!



Sulu Tying Demonstration

Let the Fijian girls show you the many intricate ways to tie the colourful Sulu (sarong).*10 minutes*

Learn To Speak Fijian

An easy lesson giving you the basics of the Fijian Language.*30 minutes*

[FronD Weaving](#)

Make a basket, dinner plate, sunglasses and so much more. Lots of fun! It's amazing what you can do with a Coconut Leaf and some imagination! *1 hour*

[Kayaking](#)



Take one of the Resort Kayak's and head north to Dolphin Bay or south to Vuna Reef and discover the beauty of the Taveuni coastline. Take a backpack with water bottle and snorkelling gear and discover the beautiful underwater world in this area. The waters of Paradise are particularly calm in the morning and perfect for an early morning paddle.



[Fish Feeding](#)

Feed the beautiful tropical reef fish that inhabit the surrounding waters.

[Coconut Lesson](#)

Learn some interesting facts about coconuts, how to open them the Fijian way and an easy dish you can prepare at home. *30 minutes*



[Guided Cultural Walk](#)

Set off with our local guide for an educational & leisurely walking tour of the local area. The 2 hr walk visits a village ruins, a deserted cemetery, the nearby black sand beach & the southern reservoir. Learn about the people of this beautiful island along the way.

The 4 hour walk towards the south includes a tour of past the Indian school, Vuna, the local village with Masi (Tapa) production and mat weaving. Wander through the endless coconut plantations along the way. Your guide will point out features of interest including vegetation and its traditional uses.



[Coconut Tree Climbing](#)

Watch as the limber staff scale even the highest of trees on the resort. Sample the tropical tastes of fresh coconut juice. *15 minutes*

[Dive Team Information Evening](#)

Our PADI Dive Instructors offer an interesting and informative DVD presentation to tease you with a taste of what to expect to see when you venture into the crystal clear waters of Paradise. This is the perfect opportunity to ask them any questions you have about snorkelling or diving. They will be delighted to join your table for dinner and tell you of their diving tales.

[Snake Show](#)

We are fortunate to have some Fijian Boas – normally kept in cages at the back of the property and away from our Guest areas. However if you are interested, request to see them up close and personal. Learn interesting facts about the non-venomous 'Candoia Bibroni Bibroni. Touch a snake and have your photo taken. *20 minutes*



[Bury TheLovo](#)

You will experience a “Lovo” feast on Fiji Night during your stay. Here is your chance to learn how our Team prepare, bury and cook the Fijian delicacies in the Lovo fire. The Lovo is a culinary voyage through authentic Fijian food. This Fijian version of a roast dinner consists of mainly fish, organic beef, chicken and certain root crops, which are wrapped in coconut leaves, cooked over hot stones in an underground oven (lovo) and unearthed straight to the carving table for your enjoyment. *30 minutes*



[Garden Tour](#)

Our Grounds Team member will take you on a short walking tour of the Resort gardens giving you local knowledge of the flora and fauna within the Resort. Visit our small vegetable garden on site where we grow our own herbs and salad staples. Learn about the local plants and trees with Fijian names given in most cases. You will also learn about the natural healing properties our local plants offer and how the Fijian people use them. *30 minutes*

[Fiji Library](#)

Located in the Tekiteki Bar, you will find a selection of Fiji interest books for your use during your stay. Ranging from Fijian history to fish identification you are welcome to make use of these books at any time. See our helpful Tour Desk attendant.



[Book Exchange](#)

Located by the Tekiteki Bar, you are welcome to take a book and replace it with one of yours. You will find magazines, travel handbooks, children’s books and a selection of novels. Help yourself!

[Board Games](#)

You will find a selection of games to pass your time including Backgammon, Chess, Checkers, Dominos and playing cards.

[Jogging / Power Walking](#)

Keeping fit in Paradise is easy to do with our large range of activities, however if jogging and running is what you desire, take off along the main road along the back of the Resort. The public roads are safe to run on (and a little dusty) during the day and you can head north to Nobognio Farm to get more of a hilly workout or south to Vuna Village keeping a flat pace most of the way. Keep an eye on your footing, wear good running shoes, take some water with you and it’s best to set off either before breakfast or after 4.00pm. Let our Security Team know where you are going to ensure your safety.

Other Adventures In Paradise

FISHING ADVENTURE – Sports Fishing

We offer a Sports Fishing experience for your enjoyment – half day or full day charters are available. Our local Team of fishermen will take you out for a 4 hour or 8 hour Sports Fishing experience. Our local Team, fishes daily and knows the Taveuni waters well. They'll get you pulling the big ones and they are also happy to 'catch & release'.

Sports Fishing Trips depart daily on request.

4 hour Sports Fishing Trip: \$795

8 hour Sports Fishing Trip: \$1260

Departs from Paradise Marina on request. Maximum 6 person per trip. You are welcome to split the cost with other Guests. Ask our Manager if you would like a cooler of beverages and refreshments to be charged to your room.



SURFING ADVENTURE – Surfing Day Trip or Learn to Surf

The island north of Taveuni is Qamea (pr: ga-may-ya) and it has one of the best hidden surf breaks in Fiji. Take a day trip to discover it or learn to surf it!

An early breakfast gets you started at 6.00am with a 6.30am departure from Paradise. A 1 hour drive up the island gets you to a smaller Taveuni Resort where you will choose your board. The island boat will meet you at the wharf at 7.00am and a small boat trip takes you across to the picturesque island of Qamea.

Your local guides will brief you and get you out to the break for a day of surfing. If you are a learner, the local guide will teach you the basics so you can get out there too.

Enjoy lunch on the island, snorkelling, beach combing or more surfing. A short boat trip takes you back to Taveuni and our driver will be waiting to drive you back to Paradise.

Experienced Surfer: \$600

Learn to Surf: \$700

Not surfing: \$550

Prices are per person and includes lunch, towels, board hire, road and water transfers. Ask our Manager if you would like to take a cooler of beverages and refreshments to be charged to your room.

BEACH TOUR – Vanua Levu Beach Trip

Escape the resort for a fun-filled trip to a white sandy beach on the Island of Vanua Levu across the Somosomo strait from Paradise. Jump aboard a boat trip with divers bound for the beautiful Rainbow Reef and soon arrive at turquoise waters to experience snorkelling, swimming, sunbathing and beachcombing. Beverages and refreshments are available to charge to your room. Towels and snorkelling gear provided. A picnic lunch can also be arranged if you are away from the resort over lunch.

3 – 4 hour trip departs when Rainbow Reef divers are on board.
FJ\$100 per person. For a private trip add \$100.



Local Beaches

A 10 – 15 minute walk north takes you Dolphin Bay where you will find 2 black sand beaches with crystal waters. Ask our Managers to point you in the right direction.

Vuna Village has a beautiful white sand beach just 10 minutes drive from Paradise. We can drive you there for the morning, afternoon or day and pick you up afterwards. Take a picnic lunch with you and get away from it all.
\$20 return trip by car for up to 4 Guests.



You can also visit the beautiful white sandy beach on Vanua Levu when our divers visit the Rainbow Reef, normally every second day. Enjoy your time on the beach while the divers and snorkelers discover the underwater beauty of these reefs. 3-4 hours \$100 per person for the return boat trip.

Ask our Manager if you would like to take a cooler of beverages and refreshments to be charged to your room.

Snorkelling Trips

Snorkelling the warm tropical waters of Paradise offers sensational colours, life and clarity. Snorkelling gear – mask, fins and snorkel – is provided free of charge to all House Guests. The guided snorkelling Safari is a complementary activity for our in-house Guests and an ideal way to experience the underwater world with our guides offering local knowledge and helpful hints.

Snorkelling from the boat with divers and snorkelers is a fun way to discover the nearby pristine Vuna Reef and the legendary Rainbow Reef. Snorkelling from the boat with divers is \$35 per snorkel trip to Vuna Reef or nearby reefs. Snorkel from the boat at Rainbow Reef on 2 snorkelling sites and enjoy a divers surface interval with refreshments on a beautiful white sand beach on Vanua Levu for just FJ\$60 per person.



For private boat snorkelling trips add \$40 per person. Please note that snorkelling from the boat is an unguided snorkel trip.

Night Snorkelling is an experience not to be missed! Discover the underwater world as the day fish prepare for sleep and nocturnal fish arise. Perhaps you'll encounter a school of Flashlight Fish – turn off your torch and enjoy nature's light show around you! You'll experience the night snorkelling trip directly off the Paradise Marina. FJ\$50 per person includes guide, torch and wet suit.



Our House Guests are not charged for mask, snorkel and fins hire, however wet suit hire is FJ\$20 per day. Should you take a trip on the boat without diving or snorkelling there is a charge of FJ\$25 or FJ\$65 to Rainbow Reef.

HIKING ADVENTURE – Mountain Trek Guided Hike

Enjoy an exhilarating 4 hour hike to the top of the Southern Taveuni Mountain offering spectacular 360 degree views of the reefs and rainforest.

Hike through the local farms and rainforest discovering the local flora and fauna along the way. Your guide will point out interesting features and enthral you with some history and tales from days gone by.

4 hour hike departs daily on request at 8.30am or 2.00pm according to weather conditions. FJ\$50 per person.



GUIDED TOUR – Cannibal Cave Tour

A short walk from the resort & you arrive at a hidden underground cave. This mysterious cannibal prison is made from lava rock, and you descend part of the way on hands & knees. Wonder at the ancient legends of the cave & look for old bones from days gone by. Discover mud pools within the cave that were once used for their healing properties. This is an eerie journey into the lost culture of these remarkable islands.

3 hour tour FJ\$50 per person includes guide, knee pads and headlamp
(maximum 2 person trip)



GUIDED TOUR – Southern Taveuni Tour & Village Visit

This is the ideal tour to allow you to discover where and how the local Taveuni people live as well as visiting the unique Southern Blowhole.

Set off in a 4WDrive vehicle with our local guide to see the white sandy beach of Vuna. Visit the Village of Vuna. Here the local people live in the traditional Fijian community and prepare and produce Tapa (bark cloth) and woven mats. The women work hard to prepare the pandanus leaves by boiling them, stripping them with shells to remove thorny edges, then drying the leaves in racks for days until they are dry enough to weave into beautifully handcrafted mats. Bark from the Paper Mulberry tree is used to make Tapa. The tree is uncommon throughout Fiji except for select regions. Learn how the village women produce this unique paper. You can buy an authentic Tapa and woven mats from the ladies to help the local community.



Visit the famous 'Southern Blowhole', the only one on Taveuni. Created by the forces of nature combining volcanic molten lava and the cooling attributes of the ocean, water on the incoming tide can shoot up to 50 metres into the sky.

Trips depart at 9.00am or 1.00pm daily. \$160 for 1-2 persons includes vehicle, water, driver and guide.

Bring your camera, Fiji dollars (should you wish to purchase local arts and crafts – see our Managers to exchange any foreign currency) and bring your sulu to wear when entering the local villages. Ladies are asked to have covered shoulders and for all to remove hats and sunglasses when entering the village. This is all seen as signs of respect to our local Village neighbours. We trust this will not inconvenience you.



HIKING ADVENTURE - Bouma National Heritage Park & Lavena Coastal Walk Guided Trip

Enjoy a scenic coastal drive to the Bouma National Heritage Park to discover the beauty of the Tavoro Waterfalls. A 10 minute walk to the first and most famous waterfall of Fiji, and decide whether to go onward to the picturesque second and third falls.

You may also wish to experience another one of Taveuni's natural wonders - The Lavena Coastal Walk. A 3 hour return hike along a coastal and rainforest track to find another tropical waterfall.

Return to Paradise, stopping along the way at the Waitavala Waterslide, 180 Meridian Line and Wairiki Catholic Mission.



battle.

The Waitavala Waterslide is a natural waterslide made from the erosion of water over rocks making the stones smooth to slide down. Watch your guide or one of the locals before attempting to slide as the conditions vary with the water flow and can be dangerous. The 180 Meridian Line passes through Taveuni and you will visit the sign erected to mark the spot where today and tomorrow meet. Take a photo of you time travelling on Taveuni! The Holy Cross church and Wairiki Catholic Mission was built in 1907 and overlooks the playing field and Somosomo Strait. An important canoe battle between the invading Tongans and the fierce Taveuni warriors took place in this area and the mission was built to thank the French Missionary who helped the local warriors with their fight strategy. The stained glass is thought to have been imported from France and in the presbytery there is a painting of the famous

Bouma Park Day Trip: FJ\$210 for 1 – 2 adults. Excludes park entry fees of FJ\$15 per person. Bring a local Guide with you for the day for only FJ\$50.

Bouma Park & Lavena Coastal Walk Day Trip: FJ\$265 for 1 – 2 adults. Excludes park entry fees of FJ\$30 per person. Bring a local Guide with you for the day for only FJ\$50.

HIKING ADVENTURE – Wild Boar Hunting

The ultimate hiking adventure! Take a walk on the wild side and go in search of the king of the Taveuni jungle – the Wild Boar. Our local hunter will lead you on an exhilarating hike in search of the local boar armed only with homemade spears and with the help of our hunting dogs.



Learn about the local flora and fauna on the way as well as some useful jungle survival skills.



Hunts depart on request and according to our local hunters timings. FJ\$300 pp includes picnic lunch and water.

HORSE RIDE – Mountain Trek Guided Ride

This scenic 2 hour guided horse ride is perfect for beginners and the experienced rider.

A short drive from Paradise finds you at a local farm and stable of Fijian horses. Get fitted for saddles and get a few tips from our local guide and you are off up the tropical mountain trail. Pass through farms and learn about the different flora

on the way. Your guide will point out interesting features and at the peak of the southern Taveuni mountain you'll be rewarded with a 360 degree view of the islands and waters that surround Paradise.

We recommend you wear long pants and sleeves with covered shoes for your own protection. Hat, sunscreen and don't forget your camera

Trips depart on request. \$150 per person includes guide and water.

CULTURAL ENTERTAINMENT - Fijian Night

Fijian Night is a theme night dedicated to the culture and people of this mystical tropical paradise! Sit back and relax as you are invited to spend an evening with friends.



Begin your evening with a traditional Fijian Lovo Feast. The 4 course dinner includes meats, fish and local vegetables prepared Fijian style with a tropical dessert. After dinner, you are entertained by the Paradise Cultural Group as they perform a Meke (traditional Fijian dancing) for your enjoyment. You are invited to take photos and join in the dancing celebrations. Then join the villagers and staff for a Yaqona (Kava) Ceremony complete with storytelling, dancing and serenading.

This weekly event is a true Fijian experience not to be missed

FJ\$75 per person or complimentary for all House Guests on a Meal Package. This includes dinner, Fijian entertainment and Kava ceremony.

CULTURAL ADVENTURE – Shopping Trip

A 30 minute scenic drive takes you to the shopping area of Taveuni, called Naqara (pr: Nung-ga-ra). See the vegetable markets selling fresh produce from local farms, visit handicraft shops and the other locally run shops in the area selling anything from groceries to Flip Flops. Your driver will point out interesting points along the way.

Shopping Trip is FJ\$100 for 1 – 4 persons return road trip.



Take the local open-air bus for an interesting, scenic and slow paced ride to town. One way bus trip to Naqara is FJ\$3-\$4 per person.

CULTURAL ADVENTURE – Church Service

The Holy Cross Church and Wairiki Catholic Mission was built in 1907 and overlooks the playing field and Somosomo Strait. An important canoe battle took place of this beach in the mid17th Century. The mission was built to thank the French Missionary who helped the local warriors with their fight strategy.

The Mass each Sunday is in Fijian and the church choir singing is certainly something to experience. The stained glass is imported from France and in the presbytery there is a painting of the famous battle.



Sunday Mass transfers depart Paradise at 8.00am or 10.00am are \$100 1-4 persons return road transfers.

Take the local open-air bus for an interesting, scenic and slow paced ride to town. One way bus trip to church is FJ\$3-FJ\$4 per person.

All activities in Paradise are on request. Activities can be pre booked prior to your arrival or arranged on arrival and during your stay. Please book any activities at the Tour Desk with our Managers within 2 hours of activity commencing.

All rates are in Fijian Dollars, exclude Fiji taxes and are valid to March 2014

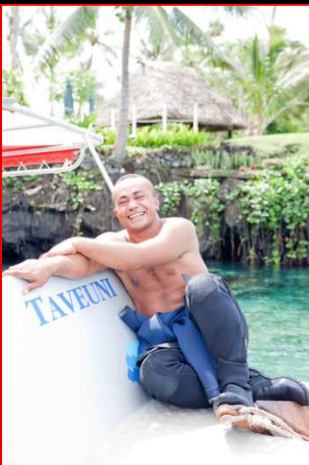
[Read what some of our Guest have to say](#)

A big Vinaka to Terry & Allan and the Paradise staff – we had a great time it will be a very special memory for us. The resort is beautiful the food excellent, pampering. The bures are very nice and comfortable...but most of all were thankful for the opportunity to come and share this week with all of you in Fiji! We hope to see you all again someday. The Welcome Foot Massage was heaven sent after a long day at the Nadi Airport. Thanks for the great time we had here. The facilities, cultural exposure and of course the diving that brought us here was professional and top notch. Hope to come back in a couple of years. The pods of whales were fantastic to see up close. It will be hard to match that!



Mark & Jerolynne Johnstone, USA

What an unbelievable 'piece of paradise.' We stumbled upon your resort and now couldn't imagine holidaying anywhere else. The resort is breath taking, the grounds, bures and the views will stay with us forever. The dive team is the best we have ever had. They made every dive memorable and we learned so much 'under the water'. They take such pride and care of the coral - it is hopeful to last a life time. The staff are truly amazing - their smiles and generosity did not go unnoticed. They truly made the stay remarkable. We have made friend's. It's hard to pick one exceptional person because they are all so special. I have to say Fiji Night and our kava ceremonies will stay in our hearts forever. It felt as we had been welcomed into their families. What beautiful individuals they are. Maikeli is a gem. A truly wonderful person. Very knowledgeable and so willing to share his tradition. He made our activities & tours so fantastic. Terry & Allan you have a wonderful place and you have made it an amazing holiday. Jessica & Thomas are the sweetest little children and so very lucky to have been raised here in the wonderful setting. We will cherish each memory and picture of your family. We are so sad to leave. I am always ready to go home after week's holiday. But here two weeks just wasn't enough. I hope you will enjoy memories of our dive group as much as you have touched our lives. Vinaka. Thank you so very much.



Jim & Shannon Austin, Canada

