



ACTIVITIES IN PARADISE

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 along a tropical rainforest coastal trail.

You can also 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...

Complimentary activities for Paradise Guests

Snorkelling

Experience the beauty of the underwater world first hand, our friendly Paradise Dive 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 breathe under water!

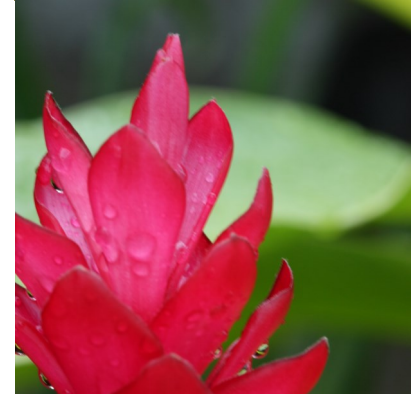
Try a SCUBA dive in the safety of the horizon edge swimming pool with our PADI Divers. If you enjoy the experience, why not sign up for a PADI Discover Scuba Dive Course for 2 hours or a 4 day PADI Open Water Course and learn to dive in Paradise. It's another world under there, just waiting for you to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

Kayaking

Take one of the resort kayak's and head north to Dolphin Bay or south towards Vuna Reef and discover the beauty of the Taveuni coastline. Take a backpack with water bottle and snorkelling gear to discover the beautiful underwater world in these areas. The waters off 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. Fish feeding is available off Bula Bula Point and is so much fun! Find the fish identification book in the Dive Shop for you look back on and identify later. Ask our Managers or wait staff for some bread.





Sulu tying demonstration

Let our Fijian Team 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

Join our clever local guide and make a basket, dinner plate, sunglasses, bird and so much more. It's lots of fun & amazing what you can do with a coconut leaf and some imagination! *1 hour*

Coconut Tree Climbing

Watch as the limber staff scale even the highest of trees on the resort & you can sample the tropical tastes of fresh green coconut juice. *15 minutes*

Bury the Lovo

You will experience a "Lovo" (earth oven) Feast on Fiji Night during your stay. This is your chance to learn how our Team prepare, bury and cook the Fijian delicacies in the Lovo fire. The Lovo is authentic Fijian food and we liken it to a roast dinner with a smoky flavour. The Paradise Lovo consists of organic beef, chicken, pork and local root crops, all wrapped in coconut leaves, cooked over hot stones in an underground oven. Once unearthed, we serve straight to the table for your enjoyment. *30 minute demonstration*

Fiji Library, Book Exchange & Board Games

Located in the Library in the Main Bure, you will find a selection of Fijian interest books for your use during your stay. These range from Fijian history to local fish identification & you are welcome to make use of these books at any time. We also have a selection of games to help you pass the time including Backgammon, Chess, Checkers, Dominos and Playing cards. Please help yourself.

Garden Tour

Our Guide will take you on a short walking tour of the resort gardens & share with you their local knowledge of the flora and fauna. Visit our vegetable garden where we grow our own herbs & salad staples. You will also learn about the local plants and trees and the natural healing properties our local plants offer and how the Fijian people use them. We also have a Chicken Farm producing farm fresh eggs and a Piggery. *30 minutes*

Exercise - Jogging / Walking

Take the main road along the back of the resort and head north for a hilly workout or south for a flat route. Take water, wear running shoes, mind your footing, stay on the left side. Miss the heat and go at 7am or 4pm





WATER ADVENTURES IN PARADISE

Local Beaches

A 10 – 15 minute walk north takes you to Dolphin Bay where you will find 2 black sandy beaches with crystal waters, ask our Managers to point you in the right direction - take a bottle of water with you. You can also kayak there. Borrow a backpack for your snorkel gear and water.

BEACH TRIP – Vanua Levu Beach Trip

Escape the resort for a fun-filled trip to a white sandy beach on the Island of Vanua Levu, Fiji's 2nd largest Island, located across the Somosomo Strait. Jump aboard the boat trip with our divers bound for Rainbow Reef and you will soon arrive at turquoise waters of Vanua Levu to experience snorkelling, swimming, sunbathing and beachcombing. We can arrange a cooler of beverages and refreshments to charge to your room. We arrange a picnic lunch if you are away over lunch time. Towels and snorkelling gear are provided. 4 hour trip departs on request and according to conditions. Beach Drop Off with other Guests - \$100 per person. Private Beach Drop Off \$500 for 1 - 2 Guests.

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. Jump in off from our private Marina or at Bula Bula Point to enjoy snorkelling any time of the day. We also offer a guided snorkelling safari. This complementary activity is an ideal way to experience the underwater world with our guides offering local knowledge and helpful hints. A short walk to the nearby black sand beach with a snorkel back to Paradise with our guide. This snorkel trip departs daily according to the tide.

Snorkelling from the Boat with Divers:

This is a fun way to discover the nearby pristine reefs and the legendary Rainbow Reef. Snorkelling from the boat with divers is \$45 per snorkel trip to Vuna Reef or nearby reefs.

Snorkel from the boat at Rainbow Reef on 2 snorkelling sites is \$50 per person. A trip on the boat without diving or snorkelling incurs a additional charge of \$35 per person to Vuna Reef or nearby reefs or \$55 per person to Rainbow Reef.

Private Snorkel Trips:

Private boat snorkelling trip to Vuna Reef or nearby reefs with snorkel guide
1 to 2 snorkelers - \$200

Private boat snorkelling trip to Rainbow Reef with snorkel guide.
1 to 2 snorkelers - \$500

Grab a wetsuit for FJ\$20 per day to protect you from our extreme tropical sun.





Night Snorkelling is an experience not to be missed!

Discover the underwater world as the day fish prepare for sleep and the 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 will experience the night snorkelling trip directly off the Paradise marina. \$55 per person includes guide, torch and wet suit. Our house guests are not charged for mask, snorkel and fins hire.

LAND ADVENTURES IN PARADISE

GUIDED HIKE - Cannibal Cave Tour

A 60 minute hike from the resort & you will arrive at a hidden underground cave, this mysterious cannibal prison is made from lava rock and you will descend part of the way on your 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, hike back to the resort and along the way enjoy your Guides tales of days gone by and the local culture. Please note that you do have to get on your hands and knees to enter the cave. Watch your head and other body parts as some areas of the cave are quite small. Your Local Guide will carry water, bring your camera, sunscreen, hat, good walking shoes and sense of adventure.

\$100 per person includes guide, knee pads and torch. Departs on request for 3 hours. Maximum 4 Guests.

GUIDED TOUR – Southern Blow Hole Tour

Visit the famous Southern Blowhole, the only one on Taveuni, this unique blow-hole has been created by the forces of nature combining volcanic molten lava and the cooling powers of the ocean, water on the incoming tide can shoot up to 50 metres into the sky. 1 hour tour departs on the in-coming tide. \$100 for 1 - 4 persons includes transportation and local guide - 1 hour tour

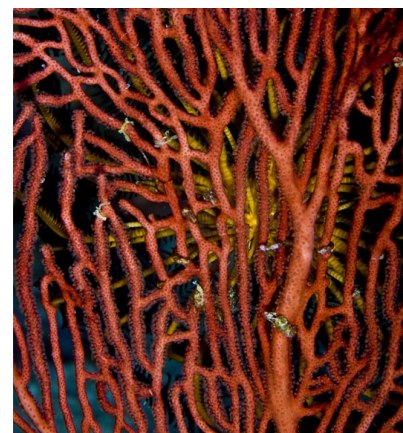
SHOPPING TRIP

Our driver will drive and escort you through the main shopping area of Naqara (pr: Nung-gah-rah) which has handicraft shops, fruit and vegetable markets and local shops offering a variety of affordable items. It's fun to haggle with stall and shop owners! (Monday – Saturday only) Take Fiji Dollars with you. We can exchange Foreign Currency at the Tour Desk. \$160 for 1 – 4 adults and departs at 8.00am and 1.00pm Monday – Saturday. 2 hour trip.

CULTURAL ADVENTURE – Church Service

The Fijian people are very religious and there are many denominations on the small island - Methodist, Catholic, Seventh Day Adventist, Church of the Latter-day Saints as well as Hindu and Moslem Temples.

The Holy Cross Church and Wairiki Catholic Mission was built in 1907 and overlooks the school playing field and Somosomo Strait.





Church Service cont.

An important Canoe battle took place on this beach in the mid-17th Century. At the time the Tongan Chief had gained much control of the rest of Fiji and Taveuni was in his sights. A great battle ensued, with many casualties. The Taveuni warriors from the southern most village of Taveuni called Navkawau, fought bravely and fearlessly to turn back the invading Tongans, who numbered in the thousands. The story goes that the slain enemies were cooked in the lovo (pit oven) and then eaten with uru (breadfruit). The Taveuni locals then built the Holy Cross Church to thank the French Missionaries who had helped the local warriors with their battle strategy against the Tongan Chief.

The Mass each Sunday is in Fijian and the fantastic choir singing is certainly something to experience. The stained glass within the Church is said to have been imported from France, there is also a painting of the famous battle within the presbytery.

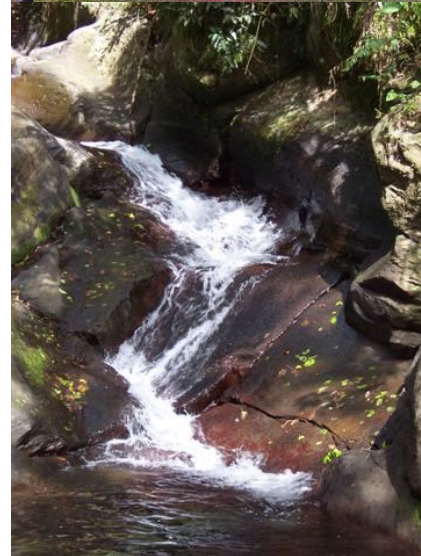
Holy Cross Sunday Mass transfers depart Paradise on Sunday morning - \$110 for 1 - 4 persons. 2 hours

GUIDED TOUR - Day Trip featuring the Bouma Waterfalls

Depart Paradise for an 80 minute, scenic coastal drive to the beautiful and famous Bouma Waterfalls. An easy 10 minute walk takes you to the first and most famous waterfall of Fiji. You may choose to hike to the picturesque second and third falls, or simply enjoy the cool waters and serenity of the first falls. These beautiful falls have been featured in Hollywood movies such as 'The Blue Lagoon' and recently in 'The Bachelorette'. Returning back to Paradise, you will stop at the following areas: Our main **shopping** area of Naqara (Monday – Saturday only). 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 with you time travelling on Taveuni! Our Honeymooners & romantic couples can take a photo of themselves kissing for 2 days! Visit the **Meridian Store** to buy affordable and good quality material, snacks or ice cream!

The **Holy Cross church and Wairiki Catholic Mission** was built in 1907 and overlooks the playing field and Somosomo Strait. The presbytery holds a painting of the famous battle won by our brave and fearless Southern Taveuni Warriors. The **Waitavala Waterslide** is a natural rock 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.

\$350 for 1 – 2 adults includes local guide/driver and park entry fees + towels, water & picnic lunch (for those on a meal package). Wear good walking shoes, bring a hat, swimming costume, mosquito repellent and sunscreen – don't forget your camera and we can change your foreign currency to Fiji Dollars for shopping. 8-10 hour trip departs 8.00-8.30am on any day you want to go.





CULTURAL ENTERTAINMENT - Fiji Night

This Fijian Night is a theme night dedicated to the culture and people of this mystical tropical paradise. This is the perfect time to wear the Sulu provided in your room, ask our friendly Team to show you how to wear it. Sit back and relax as you are invited to spend an evening with friends. On Fiji night we all eat as a family on a group dining table and under the stars (weather permitting).

You will begin your evening with a traditional Fijian Lovo Feast, Fiji's version of a Roast Dinner. A selection of meats, fish and local vegetables prepared Fijian style with a tropical dessert. During dinner, you will be 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. Meke is a general term which is applied to entertainment and is a rich celebration of song and dance, each of the performances steeped in history and storytelling of past battles, and bravery, great loves, legends, tragedy and humorous events.

You are then invited to join the villagers and the Paradise Team for a Yaqona (Kava) ceremony complete with Chief and Caller, storytelling, dancing and serenading. Kava, is the traditional drink of Fiji, which is made from an infusion of the dried and pounded roots of the cultivated pepper plant (*Piper methysticum*). Kava is neither alcoholic nor a drug, although it has a mild tranquilising effect when drunk in large quantities. The ritual of preparation and order of drinking underline the social order and it is presented to you as a sign of goodwill and hospitality. The local people will not be offended if you do not drink, however don't miss out on the dancing and storytelling that occurs around the Kava Bowl. This weekly event is a true Fijian experience not to be missed. Don't forget your sulu or your camera.

\$100 per person for the 4 course feast, entertainment & Kava or included if you are on a meal package.

GUIDED TOUR - Village Visit & Cultural Experience

Experience, first-hand, day-to-day life in a Fijian Village! Duivosavosa (pr: Do-ee-voh-sah voh-sah) Village is located 30 minutes drive north of Paradise. Spend time with Village Chief, Bill and his lovely wife Lena and their extended family. Bill's 7 brothers and sisters live close by in this small community with their children and grandchildren. This experience offers you a rare and genuine insight on the day to day happenings in a Fijian Village.

On arrival you will be greeted and welcomed by Bill or one of his brothers, who proudly escorts you through his village and demonstrates the various tasks they do daily. See the many uses of a coconut tree, traditional craft making, the fine art of fan, basket and mat weaving, fire making, earth oven or 'Lovo' demonstration. Try some traditional Fijian food! Also witness the making of and try the traditional drink yaqona (pr: yong-goner) 'kava' from root to drink. After the Kava Ceremony you will be invited to Taralala (dance) with the villagers.



GUIDED TOUR - Village Visit & Cultural Experience cont...

Bring your Sulu with you to put on when you arrive at the village. Our Team will be happy to show you how to wear this. Ladies must cover their shoulders and wear a sulu. Men are asked to wear a sulu. Hats and sunglasses must be removed on arrival, as per traditional customs. You may put these back on, on request. You are welcome to take photos and video throughout the Village Tour.

After the Village Visit you can visit the nearby shopping area, for 20 minutes. Please advise our Manager prior to departure. Our Guests Services Manager can exchange your Foreign Currency to Fiji dollars to use for shopping.

FJ\$150 per person. Minimum of 3 Guests. A portion of your fee goes to the Village to keep the many children and Grandchildren in school. Please book the day before. FJ\$30 pp cancellation applies. Our Guest Service Manager is happy to arrange this fascinating trip for you. Departs Monday – Saturdays

The Taveuni Explorer Trips & Tours

Sports Fishing Charter

Get on board the **Taveuni Explorer** and fish the local and outer reefs of Taveuni with the locals of Taveuni. We provide quality fishing gear and a large selection of lures and our Team have extensive local knowledge of the waters around Paradise, follow the birds and you will find the fish!

With a large variety of species to be found and depending on the season, Mahi Mahi, Wahoo, Yellow Fin Tuna, Skip Jack Tuna, Giant Trevally and Barracuda are caught in remarkable quantities.

Sailfish / Marlin are also out there and the thrill of catching these mighty creatures is always an adventure that we are searching for!

Taveuni Explorer fishing trips depart from Paradise Marina upon request and according to conditions. Please book with our friendly Managers.

A buffet lunch is supplied if you are away from Paradise during lunch. Bring the fish back to Paradise and our Chef will prepare a complimentary Sashimi Platter for you to enjoy with your next meal!

Fishing trips depart from Paradise Marina around our Scuba Diving Trips and according to conditions. With a bar on board, you can also enjoy a few beverages while out on the water. Bring the fish back to Paradise and Chef will prepare a complimentary Sashimi Platter for you to enjoy at your next meal!

FJ\$400 - 2 hour charter for 1-2 Guests before or after Scuba Diving trips. FJ\$2500 - 10 hour charter for your friends and family.

Talk to Maikeli for more details about fishing in Paradise and ask him about the day he caught a Marlin!



Sunset & Fishing Cruise

Departing Paradise Marina on board Taveuni Explorer 90 minutes before sunset, our 2 hour Cruise is the ultimate in romance and beauty. We do enjoy trawling for fish along the way and you are welcome to help the crew bring in a big one if we hook on. We also have a bar on board if you would like to enjoy a beverage or 2. Only FJ\$50 per person to enjoy this 2 hour Cruise. Departs daily on request. Minimum 4 Guests. Please book with our friendly Managers.

The Taveuni Explorer Island Hopping Day Trip

Taveuni Explorer offers an exclusive Island Hopping Cruise on a weekly basis. Departing from the Paradise Private Marina, this is one trip you don't want to miss!

Enjoy a leisurely 30 minute cruise to Rainbow Reef where you can Scuba Dive or snorkel with our local guide. After enjoying the underwater world, we head to Kioa Island where you are invited to a truly unique cultural experience. On arrival, you will be greeted by the Kioa Island Guide you will enjoy a 20 minute guided Village visit. Then you are invited into the Island Community Hall to enjoy a Village Meke performance with singing and dancing the traditional Island way. Afterwards buy a trinket or 2 from the Shell Markets set up by the Village Ladies. All money spent goes to the village. Bring your camera!

Enjoy a Buffet Lunch on the beach and enjoy a quick dip in the water or stroll along the beach.

Then off to the world famous Rainbow Reef to enjoy another snorkel or Scuba Dive. Keep your eyes open for dolphins and whales. We spot pods of Pilot Whales that reside in the Somosomo Strait all year round, as well as migrating Humpback Whales and their calves from July – September each year.

Our crew will throw a line or 2 out on the way back to the Island so you can enjoy a taste of sports fishing.

Taveuni Explorer is a custom built 15mt / 45ft cruiser, is made of aluminium and features galley, bathroom, freshwater shower, sleeping quarters and on-board Bar with ice cold beverages and snacks. Taveuni Explorer is powered by twin 350 HP Mercury outboard motors and has a ladder for ease of exit and entry. Taveuni Explorer takes up to 36 passengers on our Island Hopping Day Cruise.

FJ\$370.00 per person / FJ\$185.00 per child (1-12 years). Minimum 4 adults

Included in the Island Hopping Day Trip – 2 x Rainbow Reef snorkels, Village experience and entry fee, buffet lunch, fishing.

Add FJ\$160.00 per person for a 1 tank Scuba Dive on Rainbow Reef.

If you have a pre-paid Unlimited Dive Package add \$150 and use 2 of your dives on Rainbow Reef. 8.00am departure from Paradise Taveuni. 5.00-5.30pm return to Paradise Taveuni. Book with our friendly Managers

