

There is so much to do in Paradise...

(Oct 2023)

From snorkelling the crystal clear waters directly off the resort's private marina, to learning to scuba dive, hiking a volcanic mountain waterfall or along a tropical rainforest coastal trail. You can also visit a unique 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 Holiday is unforgettable...

Complimentary activities for Paradise Guests

Snorkelling

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 - see our Dive Team. Jump in off from our private Marina, at Bula Bula Point or from the Slipway - watch your step please. With our unique deep water frontage, you can enjoy snorkelling anytime of the day.

Snorkelling Safari

Our local guide will escort you to the departure point, where you will embark on a voyage of discovery. 1 - 2 hrs. Wetsuit hire is recommended to protect you from the Fiji sun. Please note that Resort Guests are offered complimentary use of mask, snorkel and fins. There is an extra charge for wetsuit hire - see our Dive Team. Snorkelling from the boat incurs additional charges.

Scuba Pool Splash

Experience what it feels like to breathe underwater! Try a SCUBA dive in the safety of the horizon edge swimming pool with our PADI Instructor. 20 mins. Perhaps you will like it so much that you will want to do a PADI Dive Course. The world needs more divers!

Fish Feeding

Feed the beautiful tropical reef fish that inhabit the surrounding waters, fish feeding is available off Bula Bula point and is particularly spectacular, we have a fish identification book in the bar for you to look back on and identify later. Ask our wait staff for some bread.

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 a water bottle and snorkelling gear and 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.

Sulu Tying Demonstration

Let our 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. *60 minutes*

FronD Weaving

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

Coconut Lesson

Learn some interesting facts about coconuts, how to open them the Fijian way and an easy dish you can prepare when you get back home. *1 hour*

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. *20 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 oven. The Lovo is authentic Fijian food and we liken it to a roast dinner with a smokey flavour. The Paradise Lovo consists of organic beef, pork & chicken with local root crops, which have been wrapped in coconut leaves, cooked over hot stones in an underground oven (lovo) and unearthed straight to the carving table for your enjoyment. *30 minute demo*

Fiji Library, Book Exchange & Board Games

Located up the stairs in the Bar, 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 just help yourself.

Garden Tour

our local Guide will take you on a short walking tour of the resort gardens & share with you their local knowledge of the flora and fauna within the resort. Visit our soil and hydroponic vegetable gardens 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*

Walking or Running

Utilising the main road along the back of the resort, you are able to head north to get a hilly workout or south towards the school for a flat run. The public roads are safe to run on, albeit a little dusty. Take water, wear good running shoes and mind your footing. Stay on the left hand side of the road for safety and if you set off before breakfast or after 4.00pm, you will miss the heat of the day. take the dogs with you!

Walk to the Local Beaches

A 10 – 15 minute walk north or south takes you the black sandy beaches (north) and the white sandy beach (south) 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.

WATER ADVENTURES IN PARADISE

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. 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, water, refreshments, beach mat, beach umbrella and snorkelling gear are provided. This 3 - 4 hour trip departs on request and according to conditions. ***See price list at the end of this section.***

Snorkeling

Discover the nearby reefs and the legendary Rainbow Reef. Our Dive boats depart daily for the reef, subject to conditions, and snorkelers are welcome to join our scuba divers on the boat daily. Most scuba dive sites are also suitable for snorkelling, except for some of our deeper sites. Ask our Dive Team to advise you on our snorkelling trips. See the Dive Team to book in to snorkel on the reef. We visit the nearby Vuna reef and Meri Meri reef and this snorkelling trip includes 1 snorkel site. Snorkeling from the boat on Rainbow Reef is on 2 snorkel sites. All boat snorkelling trips are guided by one of our Paradise Dive Team members. This trip includes water, towels, refreshments on boat, local snorkel guide, snorkeling gear, mask, fins and snorkel. ***See price list at the end of this section.***

Private Snorkel Trips:

Want to do MORE snorkeling? We can arrange Private boat snorkelling trips to Vuna Reef and Rainbow Reef are also available, subject to availability. Hire a wetsuit if you find the waters cold and to protect you from our extreme tropical sun. Includes water, towels, refreshments on boat, local snorkel guide, snorkeling gear, mask, fins and snorkel. ***See price list at the end of this section.***

Night Snorkelling

This 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 and we include wetsuit, torch and snorkel guide in the price. Min. 2 snorkelers required. ***See price list at the end of this section.***

Island Hopping Day Cruise

We visit **Kioa Island** - a community originally from the Island Country of Tuvalu, located north of Fiji - who have brought their countries unique traditions and culture to their new Island home in northern Fiji. Enjoy a leisurely 30 minute cruise to Rainbow Reef where you will enjoy a 30-40 minute snorkel with our local guide. After enjoying the underwater world, we head to the white sandy **Kioa Island** where you are invited to a truly unique cultural experience. The Kioa Island Guide greets you from the boat and you enjoy a guided Village tour of the school and community halls. Then you are invited into the Island Community Hall to enjoy a Village Meke performance with singing and dancing the traditional Kioa Island way. Afterwards buy a trinket or 2 from the Ladies Markets set up by the Village Ladies. All money spent goes to the village. Bring your camera!

Enjoy a picnic Lunch on the island's white sandy beach. Wander along the beach to walk off lunch and watch the local fishing and the kids playing on the beach.

On our way back to Paradise. 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. This unique trip departs Mon-Sat on request. What's included - 1 snorkel site on Rainbow Reef, picnic lunch, entry fees, Village entertainment, local guide, transportation, towels, water and refreshments. If you are a scuba diver, you can also add on a scuba dive. ***See price list at the end of this section.***

Fishing in Paradise

Get on board our **Fishing Boat** and fish the local and outer reefs of Taveuni with the locals of Taveuni who know these waters well. We provide quality fishing gear and a large selection of lures. 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! Fishing trips depart from Paradise Marina upon request and according to conditions. Bring the fish back to Paradise and Chef will prepare a complimentary sashimi platter for you to enjoy at your next meal! We supply towels, water, refreshments, fishing gear and lunch if you are away over this time.

We also have a **Fishing Kayak** for you to take out for a few hours or for the day. Enjoy the solitude of sitting on the water and take it all in. ***See price list at the end of this section.***

LAND ADVENTURES IN PARADISE

Southern BlowHole & Village Visit - Cultural Experience

Enjoy a 20 min. drive with our local guide to the Southern BlowHole of Taveuni. Best to Experience on an upcoming tide to ensure it is really Blowing. Beautiful rugged coastlines and miles of coconut plantations make this journey unique to Taveuni. Then enjoy first-hand, day-to-day life in a Fijian Village! Visit Vuna Village and meet your local Village Guide who will escort you through Vuna Village and show you some historical sites and fill you with Fijian stories. Bring your Sulu with you to put on when you arrive at the village. Ladies must cover their shoulders and wear a sulu. Men are asked to wear a sulu in the village. 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. Departs Monday – Saturdays at various times of the day. ***See price list at the end of this section.***

GUIDED TOUR - Day Trip featuring the Bouma Waterfalls

Depart Paradise for an 90 minute, scenic coastal drive to the beautiful and famous Bouma Waterfalls. Once you arrive, an easy 10 minute walk takes you to the first and most famous waterfall of Fiji. The second and third falls can be accessed via hiking trail (***Paradise rating – strenuous hiking, no hand rails with slippery areas***). We recommend our fit Guests attempt this hike. Our other Guests will enjoy the cool waters and serenity of the first falls. Swim the cool waters and jump off the falls with your guide. These beautiful falls have been featured in Hollywood movies such as 'The Blue Lagoon' and recently in 'The Bachelorette'.

PARADISE TAVEUNI RESORT FIJI - OUT OF THE WAY! OUT OF THE ORDINARY!

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 while you time travel 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 stained glass is said to have been imported from France and gifted to the chiefs of Taveuni. 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 this area is dangerous (***Paradise rating – very slippery areas, no hand rails***). We supply towels, water, picnic lunch, transportation, Guide. 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 8.00am on any day you want to go. We supply towels, water, refreshments, picnic lunch, Park Fees, Local Guide, transportation. **This trip departs any day on request. Please note that Markets are closed on Sundays. See price list at the end of this section.**

GUIDED TOUR – Lavena Coastal Walk (*Paradise rating – strenuous hiking with slippery areas*)

Depart Paradise for a 2 hr scenic coastal drive with your Paradise Guide to the village of Lavena. Check in at the Lavena Welcome Centre and a Local Guide from Lavena Village will guide you along the walk. Enjoy a strenuous, yet scenic, 90 minute hike through the rainforest and beach trail and you will arrive at a stunning swim-up Waterfall. Play and swim here for 1-2 hours. Watch as your Guide jumps off the highest waterfall and join them if you are game. Hike back to the Village and enjoy a leisurely picnic lunch on the beach. Returning back to Paradise and ask your Guide to stop along the way, if you wish. If you have not seen the beautiful Bouma Waterfalls yet, stop in and see the first waterfall (10 mins. walk). You won't have time to hike to the 2nd and 3rd falls. Please note, Bouma Park Fees are not included in this Guided Trip - approx \$40 pp. We supply towels & water. 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 7.30am on any day you want to go. We supply towels, water, refreshments, picnic lunch, Park Fees, Local Guide, transportation. **This trip departs any day on request. Please note that Markets are closed on Sundays. See price list at the end of this section.**

PARADISE TAVEUNI RESORT FIJI - OUT OF THE WAY! OUT OF THE ORDINARY!

Bird Watching at Bobby's Farm

Less than 5 mins. drive from Paradise, visit Bobby's Farm for bird-watching early morning (6-8am) or in the evening (4-6pm). Bobby escorts you through his large organic acreage and points out and calls to the wild birds, and they come to him. Local Parrots, Kula's, Orange Dove and other varieties are available to see and photograph here. As rewarding as the birdwatching is, you will also see the many fruits and medicinal plants Bobby grows on his land and hear about Bobby's efforts to engage in sustainable farming. His great knowledge of birds and plants and sustainable farming is astounding, educational and interesting. Min. 2 Guests per trip. Trip departs any day on request. ***See price list at the end of this section.***

CULTURAL ENTERTAINMENT - Fiji Night

Fiji 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. Fiji Night actually begins in the afternoon as you are invited to join our local guide as they show you how to weave a coconut leaf, demonstrates how to prepare a delicious Fijian side dish and shows you how we prepare the 'Lovo' - earth oven for the evening feast. Enjoy this educational and fun afternoon. Join our other Guests and begin your evening on our Family Table with a traditional Fijian Lovo Feast, Fiji's version of a Roast 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 join in the dancing celebrations. You are then invited to join the villagers and the Paradise Team for a Yaqona (Kava) ceremony. Enjoy the ceremony and learn about Fiji's National Drink - Kava - and the importance of it in the Fijian culture. Drink, sing, dance and listen to the local stories. This is the perfect setting and time to spend time with our Paradise Team who love to share their culture with our Guests. **This weekly event is a true Fijian experience not to be missed. Don't forget your sulu or your camera. As our Paradise Guest, there are no extra charges to enjoy this fun filled night. Visitors are charged as per our menu prices.**

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. An important canoe battle took place on this beach in the mid-17th Century. At this time the Tongan Chief had gained control of much Fiji, and Taveuni was in his sights... a great battle ensued, with many casualties. the Taveuni warriors fought bravely and fearlessly to turn back the invading Tongans, who numbered in the thousands. supposedly 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.

PARADISE TAVEUNI RESORT FIJI - OUT OF THE WAY! OUT OF THE ORDINARY!

The Mass each Sunday is in Fijian and the beautiful 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 Mass transfers depart Paradise on Sunday morning – times vary.** We also visit a **nearby Church**, in a small community 5 minutes drive from Paradise. This mass is in **Fijian**. Sundays - check with our Guest Services Officer on Saturday for timing of services. ***See price list at the end of this section.***

RELAXATION - Oceanfront Spa

Pamper yourself in Paradise, release tension and rejuvenate your body, mind and soul. Take this time out for yourself. You deserve it!

The healing properties of touch combined with local Fijian techniques will ease stress and relax the body.

We use Taveuni organic virgin coconut oils, Pure Fiji products and Nama products to nourish and feed your skin during all of our luxurious treatments.

Our Spa Therapists are trained in Swedish massage combined with their Fijian techniques and offer you a choice of relaxation or deep tissue massage - designed to suit everyone.

Our Spa is open 7 days from 10am-6pm. We can open earlier or later on request.

You will experience our Oceanfront Spa and relax to the sound of waves and ocean sounds, feel the gentle breeze as you drift away. We use our indoor Spa in times of bad weather. We will do our best to book you in the Oceanfront Spa as often as possible.

We will ask you to complete a health checklist prior to your treatment to ensure our therapists can treat you to their best ability. Please let our Spa Therapists know if you have any special requests. We ask that you kindly shower prior to all body treatments and meet at the Tour Desk at the time you booked your treatment. You will then be escorted to the Spa for you to enjoy your Spa experience.

We use Fiji made **Pure Fiji** products, Nama products and the local Taveuni **Organic Coconut Oil** in our Body Treatments.

See price list at the end of this section.

PARADISE TAVEUNI RESORT FIJI - OUT OF THE WAY! OUT OF THE ORDINARY!

Did you enjoy your Welcome Foot Rub? Experience another one for just on your room deck. Get one every day of your stay – you deserve it!

Recommendation: Try our very popular Luxury Spa Package during your stay....

We use Pure Fiji and Nama products in the Spa and you can purchase most of the items used in our Spa after your treatment. You will find these ideal gifts for yourself or someone special back home! Find the Spa range in our air conditioned Gift Shop.

Honeymoon Treatments – Couple Spa Treatments

Bring on the romance with our couple spa treatments and packages...enjoy all of our Treatments as a couple.

Swedish Massage

Based on the serene natural and organic environment of Paradise, our massage renews body, mind and spirit. a gentle yet firm, relaxing full body massage which flows like day into night, while keeping rhythm with the waves against the cliffs of our Paradise lagoon. advise if you prefer a relaxing or firm massage.

Paradise Massage 30 minutes

The perfect way to begin your Paradise stay! Enjoy our de-stressing upper back and shoulder massage.

Island Massage 45 minutes

Enjoy an upper body massage. We work on your glutes, back and shoulders, then we gently turn you over to work on your scalp and neck. Devine!

Jet Lag Massage 60 minutes

Perfect after your long journey or to prepare yourself for leaving... drift off with a full body massage.

Serenity Massage 90 minutes

The Serenity Massage offers a full body massage with extra dedicated time to problem areas. Advise our Spa Professionals on your problem areas and they will concentrate on these during your treatment. Serenity now!

Pregnancy Massage

For our mothers-to-be in their second and third trimesters only.

Honeymoon Massages

Share the experience together in our Oceanfront Serenity Spa. We will offer all of our treatments as a couple's experience, so please enjoy together:

Jet Lag Honeymoon Massage: 60 minute couple massage

Serenity Honeymoon Massage: 90 minute couple massage

Luxury Spa Package:

You know you deserve this... 4 days of 1 hour full body massages, anytime during your stay. You can share this package with a friend... but we suggest that you use them all for yourself.

Paradise Pure Facial 60 minutes

We are proud to use Fiji made skin products for our deep cleansing and hydrating signature facial, enjoy a relaxing scalp, face, shoulder, arm and hand massage as part of this treatment. Please advise our Spa Professionals if you have sensitive skin, as we also offer a non-allergenic product.

Body Treatments

Paradise Signature Banana Leaf Wrap. 45 minutes

A must do for all of our Guests, relax and enjoy while your therapist applies organic freshly made coconut milk harvested from the coconuts grown right here in Paradise, this fresh, soothing coconut milk is applied, you will then relax whilst being wrapped in banana leaves that have been cut especially for your treatment, whilst you relax a heavenly scalp massage ensures you slip away, into Paradise bliss. You will then be asked to rinse off in the spa shower. We highly recommend following this with a full body massage for total relaxation.

After Sun Wrap. 45 minutes

The perfect treatment for hot sun damaged skin, cooling Pure Fiji Dilo Nut Gel is compressed into your skin, then cool organic river stones are massaged over your face while you are loosely wrapped in a light sulu. No need to shower afterward, as the longer the Dilo Gel is on, the better the results!

Paradise Sugar Scrub 45 minutes

Relax as your body is exfoliated with aromatic oils and a light scrub that is suitable for all skin types. We use Pure Fiji Sugar Scrub to exfoliate and polish your skin, a refreshing shower after application will rinse your cares away leaving your skin clean and refreshed.

Papaya Body Polish 45 minutes

Tropical organic Papaya has natural softening agents and is perfect for skin of all ages and those with sensitive skin or suffering from sunburn, recharge as the cool treatment is applied to the body and relax while the Papaya melts into your skin and rinse off under a cool shower.

Paradise Pedicure 60 minutes

Relax and refresh tired foot muscles in a warm coconut milk foot soak, a firm foot and lower leg exfoliation with our Sugar Scrub, followed by a massage. Then sit back as your nails are cleaned and tidied, cuticles trimmed and polish added. Should you not want polish, you'll get an extra-long leg and foot massage. Enjoy!

Mini Pedi 30 minutes

Sit back and enjoy the view while your feet are soaked, nails are cleaned and tidied, cuticles trimmed and your choice of polish added.

Hair Braiding

Our Fijian girls braid your hair and place pretty coloured beads at the ends of each strand. Always a great look for your Fiji Holiday - island style. Minimum of 8 braids.

Paradise Specialty Treatment - Hopi Ear Candling 45 minutes

Hopi (peaceful) Ear Candles are excellent in the treatment of ear, nose and throat problems and the following conditions are treated effectively:

- * Difficulty in equalising while scuba diving
- * Water logged in the ear canal
- * Neuralgia and any pain in ears after flying
- * Excessive wax build up
- * Travel sickness
- * Stress or anxiety symptoms
- * Headaches and migraines
- * Snoring

We use BioSun Ear Candles - chemical-free and ingredients are 100% pure beeswax, Honey extracts & herbs. The herbs in the Ear Candles have been used for centuries by the American Indians for their healing properties.

How the Candles Work:

The slight under pressure chimney effect inside the ear candle and the vibration of the rising air column serve to gently massage the eardrum and promote secretion. Then enjoy a facial sinus massage for 15 mins. to release tension and drain fluids. After this treatment you may find running nose and eyes symptoms while your body continues to drain unwanted toxins. This is a normal reaction. rest immediately after this treatment for at least 30 minutes.

Please note: Hopi Ear Candles are not a medication, though are supported by the experience over many years of doctors and naturopathic practitioners. They do not constitute a guarantee of medical efficiency, so if symptoms do persist, a doctor should be consulted.