

SOUTHERN SEA VENTURES



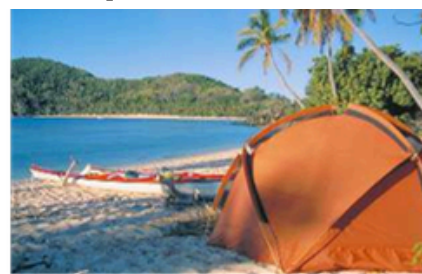
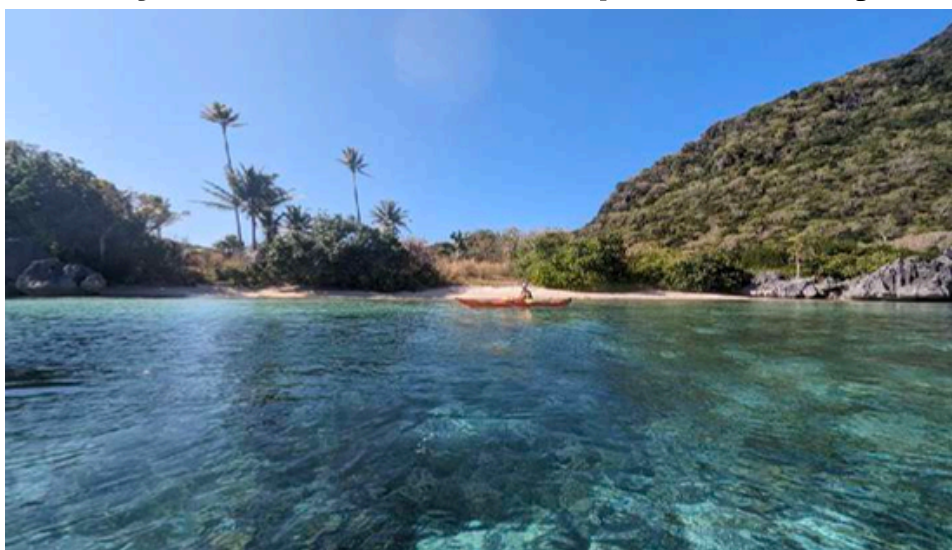
SSV SOUTH PACIFIC-FIJI

Fiji: Yasawa Tropical Kayak Expedition

Nine day trip



Fiji: Yasawa Tropical Kayak Expedition



The Trip

Located in the South Pacific Ocean, the nation of Fiji comprises an archipelago of 330 islands. North-west of Fiji's main island, Viti Levu, is the Yasawa group, a chain of 16 islands surrounded by turquoise lagoons, white-sand beaches and stunning reefs; the perfect paddling paradise! On the Yasawa Tropical Kayak Expedition, we paddle approximately 90 kilometres along the Yasawa Island chain, staying in a small island village, camping on remote beaches and finishing with a night at a picturesque resort. Along with fantastic tropical paddling, we enjoy reef snorkelling, beach-combing and short hikes. On the last day of the trip, we have an opportunity to swim with manta rays, an incredible experience! Our interaction with local islanders plays a special part on all of our Yasawa Island kayak trips. The welcome we receive by both young and old, with joyful greetings of 'bula', makes the hospitality we receive a trip highlight. This itinerary is suitable for those with prior paddling experience and fit, active beginners who are keen for an adventure. Join SSV and immerse yourself in the rhythm of the Yasawa Islands for a genuine getaway which will leave you refreshed, relaxed and revitalised!

A Quick Itinerary

B = Breakfast • **L** = Lunch • **D** = Dinner

Day 1: Pre trip briefing and overnight at our Nadi hotel.

Day 2: Boat to Tavewa Island, Yasawas. Afternoon paddling session. **B • L • D**

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

Day 8: Paddle to Barefoot Manta. Overnight at the resort. **B • L • D**

Day 9: Day at the resort with an opportunity to snorkel with manta rays. Afternoon boat to Nadi. Trip concludes. **B • L**

Trip Details

Dates: Sat 5 Jul - Sun 13 Jul 2027

Length: 8 nights/9 days

Destination: Fiji

Start/Finish: Nadi / Port Denarau

Trip Price: AU\$6,140.00 per person

Meeting Place and Time

We meet at our group hotel, the Tanoa International Nadi, at 8:00 pm on Day 1. Room check in is available from 2pm. Hotel accommodation is based on twin share rooms, single rooms are available for an additional charge.

How to Get There

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

Sea Kayaking

This trip is designed for paddlers who have previous experience, however, we will consider fit and active beginners who are looking for an adventurous escape. We ask that you prepare for the trip by doing some regular paddling prior to your trip departure. The degree of difficulty of the trip **will depend on the weather** we encounter. The sea and weather conditions in the outer islands are predominantly stable, however, windier conditions may necessitate a full day of paddling. The total approximate distance we expect to paddle is around 90 kilometres and our route includes one open water crossing with accompanying swell.

The itinerary will be amended to take advantage of the weather and opportunities as they arise and we ask that all participants expect an adventure. It is important to note that the group will kayak at the speed of the slowest members. We generally limit our group size to a maximum of 12 clients, plus two guides. To ensure the highest safety and to maximise the experience of the group as a whole, we primarily use double kayaks. Single kayaks are offered on request, subject to approval and demonstration of experience appropriate to the trip. The use of single kayaks and the overall configuration of the group is at all times at the discretion of your guide.

Kayaks used are predominately fibreglass Seabear Packhorse (doubles) and single plastic Mission Skua, Penguin and Tasman, all with rudders. The paddles supplied are Werner carbon blend. The kayaks will be loaded with food, water and camp equipment, enabling us to be self-sufficient. Our trip leaders are highly experienced sea kayakers and professional wilderness guides. There will be a thorough briefing on all aspects of the trip with ample time to practice and familiarise yourself with the kayaks on the second day of the itinerary.

Proposed Itinerary

The following itinerary and paddling distances should be seen as an approximate guide only. Please note that weather, tides and breakdowns can cause alterations and delays.

Day 1: Arrive Nadi. If arriving by an international flight today, the group hotel will provide a free airport to hotel transfer. Room check in is available from 2pm. The trip briefing with your guide is held at 8pm in the hotel (please advise our office if your flight arrives into Nadi after 6pm). The briefing lasts for around one hour and it's a good idea to eat dinner prior to the meeting. All your luggage may be taken with you to our base on Tavewa Island. Dinner tonight is not included.

MEALS NOT INCLUDED/TANOA INTERNATIONAL NADI

Day 2: After an early breakfast at the hotel, the group will transfer to Denarau marina for the 8.45am boat to the islands. The Yasawa Flyer, the boat servicing the Yasawas, is a 267-passenger catamaran. All luggage can be taken with you on the boat, but please keep your valuables on your person during the journey. It's a good idea to bring some snacks and reading matter for the approximate five hour, 72 kilometre trip north to Tavewa Island. On arrival into the Blue Lagoon, the group transfers from the Yasawa Flyer to our base on Tavewa Island by small boat. The combination of reefs, close island grouping and shallow waters create the stunning aqua colours for which this area is known. Our base camp is set up with standing bell tents and a dining bure (hut). After customising the kayaks and becoming acquainted with the expedition gear, we'll have an orientation paddling session in the lagoon this afternoon. Your guide will issue watertight bags to carry your personal gear during the kayak trip. The bags are between 25–35 litres in volume (about 2/3 the size of a pillow case). Luggage that you don't require while kayaking will be stored and then transported to you at Barefoot Manta resort at the end of the trip. Watching the sunset from the beach, followed by a delicious tropical dinner, is a great way to end our first day in the islands. **B • L • D / CAMPING**

Day 3: After breakfast and a pack up, we load the kayaks and paddle northwards to Navotua village. With favourable tides, we'll enjoy a picnic lunch and swim where fringing reefs run directly off the beach. After rounding the point of Nacula Island we head for Navotua, one of our favourite spots due to the warm welcome and hospitality that we receive from the villagers. SSV paddler's have been visiting Navotua for over 30 years and we have forged strong connections to the local families. The young kids that greeted us in the 1990's are now adults with children of their own! There's time for a snorkel and to explore the village and surrounds before dinner. Paddle distance today is about 15kms. **B • L • D / CAMPING**

Day 4: Today we paddle to Sawa-I-Lau, a scenic island with sharp limestone peaks and salt-water caves that make for fascinating exploring. Continuing the day's adventure, we head to an uninhabited island with great snorkelling. Returning to Navotua village, we round out the afternoon with entertainment provided by the village and an invitation to join the chief for a social kava party in the evening (kava is a non-alcoholic drink with mild, numbing effects). Paddling distance today is approximately 11 kms. **B • L • D / CAMPING**

Day 5: Farewelling Navotua, we paddle southwards, exploring the outer coastline of Nacula Island en route (if weather permits). Return to our base on Tavewa Island. Tonight we repack for the southern leg of the journey. Luggage not required while kayaking will be transferred to Barefoot Manta resort. Paddle distance today is about 15kms. **B • L • D / CAMPING**

Day 6: We'll aim for an early start as we head south along the Yasawa island chain. Our paddling route takes us along Matacalevu Island, where we can explore bays and beaches en-route to our first night's campsite on Yaqeta Island. After the short crossing between the islands, we'll pull up at Yaqeta school beach and meet the chief for our sevu sevu (offering of kava for camping on traditionally owned land). The group will sit down with members of the community and take part in the sevu sevu and then share lunch together. On Yaqeta, we set up our beach camp and spend the afternoon exploring, including the chance to hike to a cave or visit the school and spend time with the local kids, who love a game of rugby! Paddling distance approximately 15 kms. **B • L • D / CAMPING**

Day 7: This morning we break camp and paddle the length of Yaqeta Island and cross the strait to the large island of Naviti. On our crossing there's an opportunity to troll a line and catch fresh fish for dinner! On our paddle south along Naviti Island we can explore sea caves and discover prime snorkel sites. We'll either set up an overnight camp on a remote beach or by a village. Paddling distance is around 15-20 kms. **B • L • D / CAMPING**

Day 8: We continue our paddle along Naviti Island, stopping for a lagoon swim or snorkel en route, with lunch enjoyed under shady palms. We cross the short passage from Naviti island to Barefoot Manta Resort, located on the northern tip of Drawaqa Island. On arrival, we'll settle into our island accommodation and enjoy a fresh water shower in private ensuites. The group relaxes tonight with a tropical dinner at the resort's restaurant. Paddling distance approximately 15kms.

B • L • D/ RESORT ACCOMMODATION

Day 9: Today the group will have the opportunity to snorkel with the magnificent manta rays that feed in the narrow channel between Drawaqa and Naviti Islands, an amazing experience and a highlight of the trip. After lunch it's time to farewell your guides before departing on the *Yasawa Flyer* at 3pm. The *Flyer* arrives at Denarau Marina in Nadi at approximately 6.00pm. Trip concludes.

B • L/ NO ACCOMMODATION INCLUDED

End of Trip

We finish the trip with a boat transfer from Barefoot Manta to Denarau marina in Nadi. Accommodation on this night (and transfers to your hotel) need to be booked by you and are not included in the trip cost. You may like to extend your stay at Barefoot Manta, or another island in the Yasawas and return to the mainland on a later day. If you would like to stay longer in the islands, please let us know at least six weeks prior to your trip departure date so we can change your boat reservation (a boat surcharge may be applicable). To save transfer time to and from the islands, you may like to consider booking a seaplane transfer (an additional cost). The views from the plane are spectacular! A short list of Yasawa resorts, seaplane operators and a local driver in Nadi, all recommended by past trip participants, is included on the last page of these notes.

The Fijian Islands

The many islands of Fiji are spread around the reef-strewn Koro Sea in the South Pacific Ocean. About 110 of Fiji's 330 islands are inhabited and range from large mountainous wooded landmasses to small coral cays. Fiji's main island, Viti Levu, covers 10,388 square kilometres, has 80% of the population and its' highest peak, Mt. Victoria, is 1323 metres. The Yasawas are a chain of 16 volcanic islands with summits ranging from 229 to 579 metres.

Fiji has three official languages—Fijian, Hindi and English—but there are some 300 communalects (variations) in the Fijian language. It's a good idea to learn a few Fijian words and before you know it you'll be saying 'bula' to all you meet!

Climate

Generally you will experience a mild tropical climate from May to November. The weather is generally drier in the Yasawas than on the main island of Viti Levu. Nights may be cool, perhaps 16-20 degrees C. The days are generally hot and dry with temperatures ranging from 24-30 degrees C. There may be some spells of cloudy weather and showers. Humidity increases in October and November and the trade winds blow from May until November. The average water temperature is 26 C.

Trip Organisation

The sun sets quickly in the tropics and paddling days will start early to take advantage of daylight hours and cooler temperatures. It's a good idea to pack your dry bags before breakfast, prepare your personal items for the day and take down your tents (when applicable) so that loading for departure can be organised. On a paddling day we'd like to be on the water before 8:30am and arrive into camp around mid afternoon. On arrival in camp you will be expected to unload your own boats, set up tents and perhaps each night a few can help the guides with preparing the evening meal.

Expedition Staff

Your kayak guides will be two of our most experienced leaders. The guides' role is to co-ordinate the expedition and ensure the safety of the group. Should you have any concerns or queries during the trip, feel free to ask your guides.

Travel Arrangements

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

Travel Insurance

It is necessary to take out a personal insurance policy to cover yourself against sickness (including Covid-19 infection), injury, trip cancellation and in the unlikely event that you need emergency evacuation by plane or helicopter due to illness or accident. Ensure you have read the policy thoroughly and are familiar with the claim process in case it becomes necessary to make an emergency claim. We will require proof of your insurance prior to departure.

Time & Communication

Nadi is two hours ahead of Australian Eastern standard time. There is normally decent mobile phone coverage in the Yasawas, with a few 'back spot' exceptions. The local phone providers in Fiji are Digicel and Vodafone and it's possible to buy a Fijian SIM card for an overseas phone in Nadi. Phones can be re-charged at our base on Tavewa Island and in Navotua village, however, there are a couple of days during the trip when charging is not possible.



Accommodation

We spend the first night of the trip in our Nadi group hotel, the Tanoa International, and the last night at Barefoot Manta resort in simple, private accommodation. Rooms are based on twin share, although single rooms may be requested for an additional charge. While camping at our base on Tavewa Island, accommodation is in 'glamping style' bell tents. The single tents are three metres wide and the double/twin at four metres wide. Each tent comes equipped with a stretcher bed topped with a thermarest camping mat (per person) and a solar powered standing fan for those tropical nights. We set up camp with our screened tents when staying on Navotua Island and for the two overnight camps en route to Barefoot Manta. The tents and camp equipment are packed into our kayaks in order to be self-sufficient. There are composting toilets at both our base on Tavewa and in Navotua village. Bush toileting at other times may be required and your guide will brief you on procedures. We have not included a hotel on the last night as many people choose to extend their stay in the islands or sometimes depart on a late evening flight when available.

Meals

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

We are happy to cater for vegetarians and other special dietary requirements. Please specify your dietary requirements on your online form.

Some specialist diet food products are not available to buy in Fiji. For example, gluten-free cereal and UHT soy milk are sometimes hard to find, therefore, we recommend you bring some from home for your personal consumption during the trip. In Nadi town there are many restaurants to choose from. As with any change in diet, it is wise to accustom yourself slowly to different foods. It is recommended to wash any fruit bought in the market. Tap water in the hotel is chlorinated. While in the Yasawas, our drinking water comes from rain water tanks and can be boiled on request.



Cultural Considerations

It is very important to behave in a respectful way towards both the people and their land. While the islanders will never rebuke you for unknowingly offending them, it is desirable to try to respect as many of their customs and beliefs as you can. For example, it is disrespectful to wear swimwear in a village and a 'sulu' or a sarong should be carried by both men and women to cover up. While in a village it is disrespectful to wear hats, sit on doorways or stand up during a 'sevu sevu' ceremony. Shoes should be removed when entering a Fijian hut. Swearing is frowned upon. Simple courtesy and a bit of sensitivity will satisfy most of the customs of village life. Some basic practices you should observe are:

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

Gifts

Fijians are very friendly and will often offer their own limited food to strangers. Our trips are self-contained and we provide all our own food and camping equipment so as to minimise our impact on the villages. We do pay fees when we stay in a village and that money goes to the community in an equitable fashion for things like building supplies for cyclone damaged houses.

If you would like to provide something personally, consider making a donation to the Navotua school and community fund SSV established in 1988. Southern Sea Ventures manages the fund in conjunction with the village chief and the school secretary. The purpose of the fund is to largely assist with school fees for the children of Navotua village and with community projects, such as installing solar panels or composting toilets. The Navotua Infant Primary School opened in October 2013 and has been generously stocked with school supplies donated by our trip participants. Fijian cash donations are graciously received and go towards funding building projects and student excursions. Please contact our office for further details. Physical donations of school supplies are always welcome; such as stationary, text books and reading books for both the school at Navotua Infant school (picture books and beginner readers are best) and Yaqeta Village School (all ages). Fiji is a rugby-loving nation and you may find yourself tossing a ball around with the local kids. Rugby ball donations are very much welcome!

Please give any cash or school supplies to your guide who will then present it to the teacher or village chief on your behalf.

Conservation

It has always been our motto that "we take only photographs and leave only footprints". We are keenly aware of the ecology of the areas we visit and try to limit our impact on them. We ask that each person takes out everything they bring in including sweet wrappers, batteries and all plastics. We have installed composting toilets on Tavewa and Navotua.

Passport and Visa Requirements

To enter Fiji as a tourist, your passport must be valid for at least six months beyond the intended period of stay and have at least one blank page. Tourists should hold a return or onward ticket and a confirmed address in Fiji (the name and address of your first night hotel is sufficient).

Foreign nationals from over 100 countries, including Australia, New Zealand, Canada, USA, UK and most European countries can enter Fiji visa-free for up to 120 days. See the Fijian Ministry of Immigration for details:

<https://www.immigration.gov.fj/entering-fiji/>

Money Matters

Your tour cost includes:

- Nadi hotel accommodation on a twin share basis for the first night of the trip.
- Simple twin-share resort accommodation on the last night of the trip.
- Internal boat transfers.
- Expedition kayaks, paddles, life jackets and safety equipment.
- Two person tents.
- Sleeping mats (full length thermarest pads).
- Watertight bags for your personal gear.
- Professional guides.
- All meals (except in Nadi).
- Support boat for the two day paddle between Tavewa and Barefoot Manta.
- Group first aid kit.

Your tour cost *does not* include:

- Meals in Nadi (except breakfast at the hotel).
- Single supplements.
- Alcoholic beverages.
- Travel insurance.
- Accommodation and transfers in Nadi at the end of the trip.
- Items of a personal nature such as WIFI charges and laundry.

Money to Bring With You

\$200 Fijian cash will be more than enough to bring during the kayaking and it is unlikely you will be able to spend that. Fijian cash will be required if you'd like to purchase a coffee and/or snacks at Denarau marina before boarding the Yasawa Flyer or an ice cream while on board. Some of the islands we visit may have handicrafts to purchase and only Fijian cash is accepted. The amount required in Nadi for meals will generally be covered by about FJ\$50–\$80 a day, with alcohol extra. There are ATM machines at the airport and in the main centres and there is a 24 hour bank at the airport. This is the most efficient way to obtain Fijian dollars. Credit cards are accepted in larger stores or hotels but don't rely on being able to use one everywhere.

Currency

The unit of currency is the Fijian dollar. The exchange rate is approximately AU \$1 = FJ \$1.40 or US\$1=FJ\$2.00.

Tipping

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

Security

Theft is a consideration in Fiji (like at home) and it's always a good idea not to leave things unattended when in the towns or villages. Do not carry large amounts of cash with you and always be aware of what you are carrying, especially personal valuables like cameras, jewellery and watches. Do not display valuable items or leave them lying around in such a way that might tempt a thief.

Medical Matters

Any passenger undertaking this trip is required to provide us with a medical questionnaire filled out completely and accurately. Please note any allergies and list your medications and what they taken for. You will be isolated from modern medical facilities and attention to medical matters is vital.

Hygiene

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

Vaccinations

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

Mosquito Borne-Diseases

Fiji has no incidence of malaria, however, in urban areas dengue fever has been recorded. The outer Yasawas are in a rain shadow and as a result, there is a low risk of contracting mosquito-borne diseases while kayaking in the islands. Prevention is the key and a few simple measures can mitigate mosquito contact both on mainland Fiji and during your kayak trip. Precautions to be taken include regularly applying insect repellent (containing DEET) and, where possible, avoiding sheltered areas where mosquitoes are more abundant than in windy areas. Cover up as much as possible when on land and wear long pants, long sleeved shirts and socks if hiking. A useful tip is to spray a headscarf or sarong/sulu and place it around your shoulders, creating an odour that mosquitoes don't like. Use mosquito nets if staying in unscreened accommodation. Please note, all our tents are screened.

Medical Supplies

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

- Sun screen (reef safe and water resistant variety at least SP30).
- Lip protectant (high SP factor).
- Band-aid strips.
- Insect repellent.
- A mild anti-nausea drug if you are concerned about sea sickness.
- A mild antiseptic soap/liquid hand wash.
- Rapid Antigen Tests for Covid-19 self-testing.

Equipment & Clothing: What You Need to Bring

To minimise our impact on the villages and the environment through which we pass, we travel self sufficiently. That means we carry everything with us and it's important to keep personal gear to a minimum. In your kayak all equipment is packed in water-proof containers. We recommend you bring your own small 5– 10 litre dry bag for items you may need during the day while kayaking. Keep in mind that water is scarce on some of the islands and there are no shops. We will carry our own drinking water but it may be several days before we can wash with fresh water instead of salt. The list below should be used as a guide when packing. All gear should fit into about half a large garbage bag. Any luggage not required while kayaking will be stored at our base on Tavewa Island and transferred to Barefoot Manta.

Gear List

Essential Items:

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

- A wide brimmed hat for protection from the sun is essential. Visors are inadequate. A hat with a stiff brim that will hold rigid in a breeze, e.g. straw hat with a strap to put under your chin is good. A scarf made from a light material like silk to protect your neck can be useful.
- Sun-glasses with a cord to prevent them from falling into the water. Side flaps are a good idea, in particular the type that can be added to conventional sun-glasses by slipping them onto the arms.
- Light weight rain jacket or spray jacket.
- Two long sleeve lightweight shirts. A synthetic shirt is highly recommended for sun protection while paddling and a separate camp shirt for mosquito protection in the evening.
- Two or three T-shirts.
- A lycra sun top is useful for snorkelling.
- One pair of light-weight, quick drying, full length trousers to wear in camp.
- Two pairs of shorts and swimwear.
- Sulu or sarong (this can double up as a second sheet).
- Very light-weight fleece jacket (not a heavy jacket) or a sweatshirt.
- Sleeping sheet. Sleeping bags are not generally required with fairly mild nights but you might like to bring a small airline size blanket. If you tend to feel the cold easily and if you do choose to bring a sleeping bag, ensure it is lightweight, very compact and zips open.
- One pair of running shoes (recommend to get away from wet paddling shoes and sand in the evenings).
- Reef shoes or a good fitting pair of sandals that attach solidly for paddling.
- Lightweight socks to wear with your running shoes in the evening for mosquito deterrent.
- Small towel (a chamois towel is ideal, or a medium sized hand towel).
- Minimal toiletries (a bio-degradable soap that will lather in salt water is useful).
- A headlamp or small torch and batteries (batteries can be expensive in Fiji).
- One or two 1-litre water bottles—the type used by cyclists are fine.
- A small dry bag is good for holding things like sun screen, glasses, water bottle, etc. (try and avoid day packs with metal zips as they will corrode).
- Snorkelling gear is not provided, nor is it readily available to hire, so bring your own mask, snorkel and fins (short fins are preferable as there is less potential to damage coral).
- Lightweight cycling gloves can ease blistering if you are not used to paddling (and prevent sunburn).
- Pillow case or very small pillow (e.g. airline pillow). It must fit into your dry bag.

Optional items:

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

Delays or Problems

In case of last minute delays or problems, contact Southern Sea Ventures. A Fijian number for your guide will be provided on your final trip itinerary.

SOUTHERN SEA VENTURES

ssvtrips@southernseaventures.com

www.southernseaventures.com

Fiji Travel Information

Fiji Visitors Bureau

A comprehensive guide to travel in Fiji.

<http://www.fiji.travel>

A recommended driver in Nadi, available for day tours and/or transfers, is Emanuel Paul. Email danstaxistours@gmail.com Or phone: (+679) 995 5339 or (+679) 777 0036.

For those wishing to spend more time in the beautiful Yasawa Islands, the following resorts are located near the trip finish point and serviced by the Yasawa Flyer (surcharge applicable):

Barefoot Manta Resort

This is where we stay on our last night in the islands. A simple resort with dorm beds and private rooms. Offers snorkel trips to swim with the manta rays. www.barefootmantafiji.com

Octopus Resort

A resort on a lovely bay with different styles of accommodation to suit most budgets. www.octopusresort.com

Paradise Cove

An upmarket resort nestled in a picturesque cove. <http://www.paradisecoveresortfiji.com>

Seaplane transfers to and from the Yasawa islands and the mainland:

Pacific Island Air

www.pacificislandair.com

Turtle Airways

www.turtleairways.com