

PIONEER EXPEDITIONS

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Kadavu Kayaker • Fiji 9 Days • 8 Days • £1295

This 9 day kayaking expedition is packed with adventure and the unknown as we aim to circumnavigate one of Fiji's most beautiful and remote islands.

We will visit untouched waterfalls, remote villages, snorkel and SCUBA dive world class reefs and possibly hike to the islands highest peak.

We will paddle through crystal clear water, We will paddle in two person kayaks, guided by 2 to 3 trained guides from New Zealand and Fiji.

Highlights

- Trek to **beautiful waterfalls**
- **Snorkel** the Great Astrolabe Reef - one of the largest reefs in the world
- **Kayak** one of Fiji's most beautiful and remote islands
- Stay in a **traditional Kadavu Village** as a guest of its Chief

Overview

The islands of Kadavu are essentially a cluster of volcanic masses, sheltered from the South Pacific ocean swells by one of the world's largest coral formations. Within the reef are numerous lagoons, passages, islets and beaches - a sea-kayakers paradise.

Kadavu is the fourth largest island in all the Fiji group, at 411 square km (159 square miles). It is long and narrow, with the coastline shaped so that it appears almost cut in three by deep bays. With a population of only 12,000, Kadavu is not only peaceful but also remote.

Kadavu lies about 100 km (62 miles) south of Fiji's main island, Viti Levu. A rugged expanse of hills and mountains covers the island, with the volcano Nabukelevu (Mt. Washington) the highest peak, 838 metres (2747 feet). Much of the island is covered by tropical rainforest, habitat for a wide variety of bird-life, including four species found nowhere else.

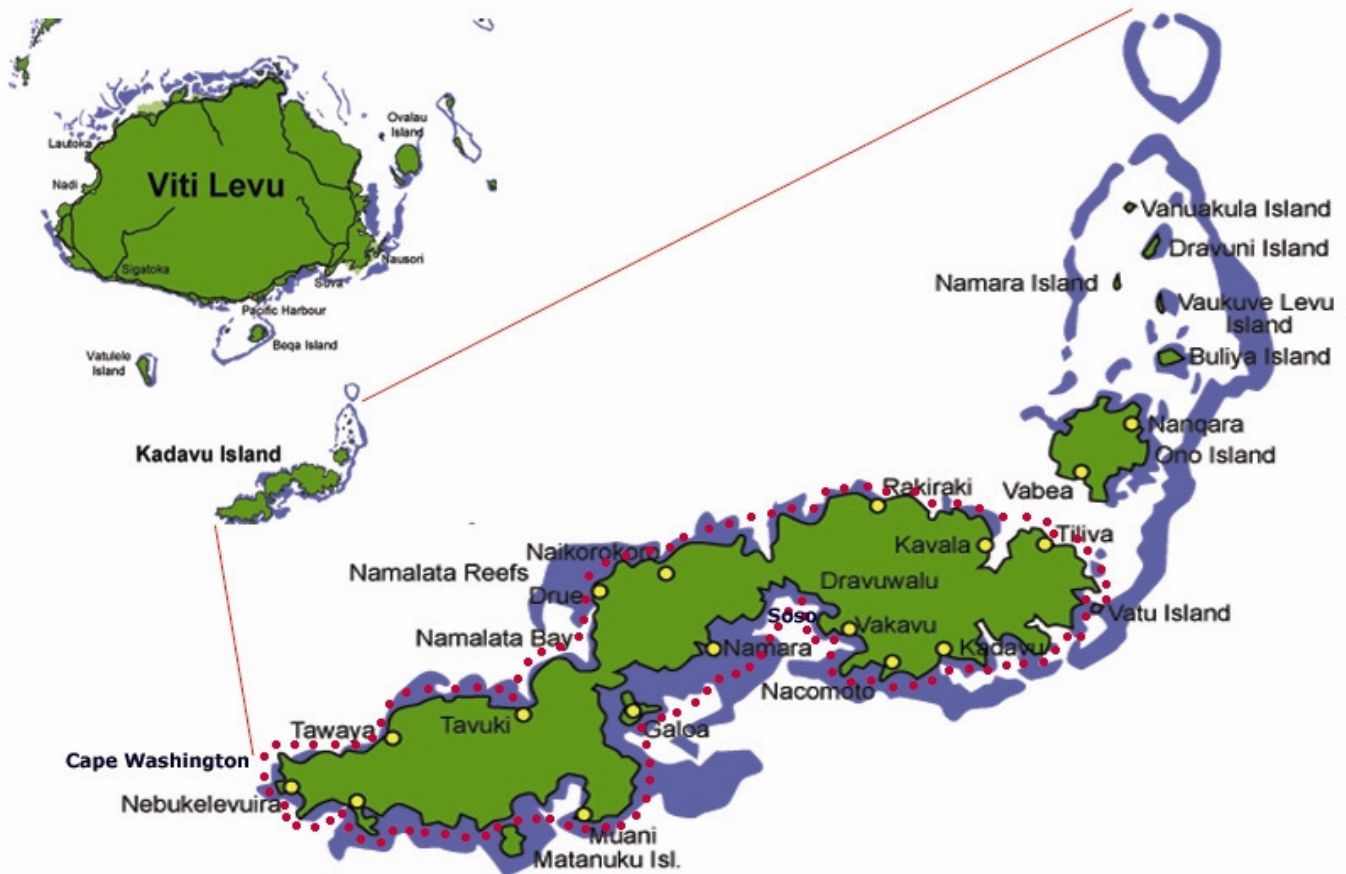
We will circumnavigate this amazing island, explore its bays and climb its mountains. One night will be spent as guests in a village. The chief and the people have extended a welcome to No Roads groups, to share their culture and lifestyle with us.

Some nights on the journey we will sleep in 'bure's, traditional Fijian houses, hand-made by the local builders and weavers. Other nights we will be well away from any village and we will need to make camp on deserted beaches.

All the ingredients are here for an expedition that is active and relaxing, adventurous and comfortable.



Kadavu Island



Itinerary

Day 1

1100: Group rendezvous at Nadi International Airport. 1200: Flight to Kadavu. 1300: Boat transfer to Matava resort. 1600: Intro sea-kayak session.

Day 2

Sea-kayaking: Matava resort-Soso village (3-4 hrs).

Day 3

Trekking to nearby hill to view route (2 hrs).
Sea-kayaking: Soso village-Galoa island resort (3-4 hrs).

Day 4

Sea-kayaking: Galoa island resort- south coast of Kadavu (5-6 hrs).

Day 5

Sea-kayaking: around Cape Washington to Tavuki Bay area. (5-6 hrs).

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Day 6

Sea-kayaking: along NW coastline to Daku Bay area (3-4 hrs).

Day 7

Sea-kayaking: along NW coastline to Albert's Sunrise resort (5-6 hrs).

Day 8

Sea-kayaking: Albert's Sunrise resort-Matava resort (3-4 hrs).

Day 9

1100: Boat transfer to Kadavu airport. 1300: Flight departure.

1345: Arrival at Nadi International Airport. End of expedition.

*This is Plan A

Any expedition worthy of the name includes changeable elements. The weather and marine conditions, resort and village events, adjusted airline schedules, acts of God and other local deities, and other events beyond our control, may from time to time inspire a change of itinerary.

Expedition Grade

Moderate

This is considered a Moderate expedition. Days of paddling are usually around 5 hours and half the camp sites will be in remote parts of this remote island in the Fiji group. If weather conditions deteriorate then the expedition can become quite difficult. Although you do not need Kayak experience, you will need a good level of fitness to complete the circumnavigation.



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INCLUSIONS

- 2-3 No Roads guides accompanying the group;
- Tents and sleeping mats.
- Return Nadi-Kadavu airfares, flying Sun Air;
- All boat travel throughout, including resort transfers and short-term chartering of local boats in the event that weather and marine conditions make it necessary;
- 2 nights accommodation at Matava Resort (twin/double rooms with shared facilities);
- 1 nights home-stay accommodation at Soso village;
- 2 nights beach camping on resort properties, with access to all facilities;
- 3 nights wilderness camping on remote beaches;
- All meals while in Kadavu;
- 7 days guided sea-kayaking, trekking, snorkeling, all sea-kayaking and snorkeling equipment and instruction;
- All expenses related to accessing places of interest (eg: marine reserves, waterfalls, historic sites), and participating in local ceremonies and events.

EXCLUSIONS

- Sleeping bags, dry-bags, flash-lights;
- In-between meal snacks;
- Personal resort expenses (eg: scuba-diving, bar tabs, laundry, phone calls);
- Travel insurance, excess baggage charges;
- Expenses related to medical treatment and emergency evacuation;
- All expenses incurred due to flight cancellations/delays or due to other causes beyond our control ("force majeure").

Expedition Schedule

27th June – 5th July 2009

All participants are advised to be in Nadi the day before the flight to Kadavu as most international flights do not arrive until evening time.



USEFUL INFORMATION

FUJI TOURIST VISA

A valid passport for at least three months beyond the intended period of stay and a ticket for return or onward travel is required on entry to the Fiji Islands.

Entry visas are granted on arrival for a stay of 1 month to most Nationals. These include: Australia, Austria, Belgium, Canada, Denmark, France, Germany, Finland, Ireland, Israel, Italy, Japan, Netherlands, New Zealand, Norway, Spain, Sweden, Switzerland, UK and USA.

PRE DEPARTURE INFORMATION

Once your expedition is confirmed we will send you detailed Pre Departure Information which includes a list of recommended clothing and personal equipment, along with other relevant information to help you prepare for your trip.

OUR GUIDES AND TEAM

This expedition is led by No Roads Expeditions and is carefully organised and professionally led. We take your safety seriously. We employ the best guides and use the best equipment available. Our guiding team are chosen for their skill and professionalism, their personality and knowledge, and above all, their ability to keep guests safe on and off the water. The guiding team form a kind of bridge between people of different cultures, and introduce guests to new environments and activities in a thoughtful and good-humoured manner. No Road's equipment is well-maintained and up-to-date. The guides carry First Aid equipment, and know how to use it. Our support boat is always nearby. In the north-east region of the Kadavu group, where our expeditions take place, there are 4 nursing stations and 2 small hospitals, all professionally staffed. Kadavu offers a sense of remoteness and the opportunity for adventure. Any genuine adventure involves some degree of risk. We ask you to take responsibility for your own actions while traveling with us, but commit ourselves to doing our very best to ensure your safety

Your Health

Those arriving from colder climes may at first find Fiji's heat and humidity a challenge – drink plenty of water and take it easy.

Sunburn, heat exhaustion, and motion-sickness affect sea-kayakers and boat passengers from time to time, and occasionally people get stomach upsets from eating too much fruit or things different from those they are used to.

Cuts, bites and stings are possible – but these are likely to be just minor annoyances rather than medical emergencies.

Your guides will outline sensible precautions to take at the beginning of the expedition, and provide medication for those in need. While your guides will have First Aid equipment, it is always a good idea to travel with your own personal medical supplies, with the products you know and trust. If you require any particular medication or dietary supplements you should bring more than enough with you for the entire period, and also alert your guides to any existing health condition you may have. We will ask you to fill out a health information form prior to travel.

There is no malaria in Fiji, and no inoculations are necessary unless you are travelling from a part of the world where yellow fever is prevalent. There have been occasional cases of dengue fever, a less-serious mosquito-transmitted disease.

There have been no reported cases of severe acute respiratory syndrome (SARS) in Fiji.



FAQs

Sea-kayaking... What's it like?

Sea-kayaking is a most wonderful way to explore the world. It's inexpensive and environmentally-friendly, does not require months of training and superior strength, and is good for the body and soul. Sea-kayaking can take you beyond the reach of civilisation into the natural world, into the space between earth, sea and sky.

Is it easy to learn? Do I have to be fit?

No prior experience is necessary. As long as you are in good health and have a sense of adventure, you will quickly master the skills needed to paddle and steer your kayak. Our experienced guides will give an introductory lesson at the beginning of the journey, and will be there to help and keep everyone happy and safe throughout. Our motorised support boat is always there to carry luggage and supplies, and is available to help out weary kayakers as well. You paddle as much or as little as you choose.

Would the expedition be too hard/too easy for me?

The 'Circumnavigate Kadavu' is a challenging kayak. If you are physically fit and have a sense of adventure then these expeditions are for you.

Is it safe?

It is safe. The Great Astrolabe Reef encircles the islands of the Kadavu group, and protects the land and lagoons within the reef from the ocean swell, and creating perfect conditions for sea-kayaking. The sea-kayaks we use are sleek and very stable, and all are equipped with the usual safety features.

The guides have kayaked, worked and adventured in wild places for many years, and are skilled in risk-management and emergency medical care.

Fiji does have destructive cyclones occasionally, but only in the cyclone season – from January till April. The expeditions take place outside these months when the weather is more settled, fine and warm.

Do I need to be able to swim?

No. In the unlikely event that your sea-kayak should capsize, you will easily exit the boat and your high-buoyancy life-jacket will keep you afloat. Even snorkeling is possible for non-swimmers, with the help of your guide and your life-jacket.

What's our group size?

We keep our groups small, a maximum of twelve on each, to minimise our impact on the places we pass through, and to maximise our enjoyment of each day.

Are the kayaks singles or doubles?

We use double kayaks, which means you will be paddling with another person. You may like to book with a friend and paddle together, or you may be happy to get to know your fellow travelers by kayaking with them.

What about the sleeping arrangements?

This depends on the expedition you choose. For the Kadavu Extreme we spend most nights in a resort and one night in a village. Wherever possible you will sleep in a twin-share, traditionally-built Fijian house called a bure (pronounced boo-ray or buré), although due to the small scale of the resorts in this region it may be occasionally necessary to use a four-person bure. The village we will be staying in has three large bure especially set aside for visitors. The style of the resorts and villages that we visit means that showers and toilets are usually shared facilities.

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Single supplements and/or ensembles are sometimes available, and No Roads will do its best to arrange accommodation upgrades if requested. This will be at an extra cost to the guest, and subject to availability.

On the Kadavu Circumnavigation we will spend 3 nights in two person tents. If we have 6 or less clients on this expedition we can arrange one person per tent if you wish.

Is diving possible?

The snorkelling and scuba-diving along the Great Astrolabe Reef is world-class, and are highly recommended activities. Snorkelling equipment and instruction is included in the No Roads expedition price, and each resort has P.A.D.I. certified dive-masters and equipment available for hire.

Apart from the sea-kayaking, snorkelling and scuba-diving, what else is there to do?

Where do we start... there's lying in hammocks, reading books, going fishing, swimming under waterfalls, beach-combing, meeting the locals, walking through forests, bird-watching, taking photos, exploring, playing beach volleyball, and coconut petanque, dining with friends, sharing stories, watching the sun set, playing guitars, gazing at stars, sleeping soundly.... You'll love it!