

# GARDEN ISLAND ACTIVITIES

August 2008

Operated by Taveuni Island Tours

**An outside Tour Operator – Taveuni Island Tours, operates most of the Tours. All bookings and payments are to be made directly with Taveuni Island Tours.**

The island of Taveuni is the third largest island in the Fiji archipelago. The International Date Line (180th Meridian) crosses the island within walking distance of Garden Island Resort. The island is approximately 42 kilometers long and 15 kilometers wide with a population of 18,000 mostly native Fijian residing in villages.

The Garden Island has much to offer and the following are some of the activities available for our guests. All prices will be set at the time of booking and our staff will be happy to make arrangements for you. Please note that all trips are subject to weather conditions and some trips require a minimum number of participants.

## SOFT ADVENTURE TO WALK TO



### INTERNATIONAL DATELINE

Just a short walk south of the resort is the 180 degree Meridian line which offers a great photo opportunity.

Ask the reception for directions. Every new day begins on the garden island of Taveuni!

### WAITAVALA WATERSLIDE

About 30-minute walk from the resort, this natural waterslide is located in a picturesque and secluded rainforest setting.

The waterslide is a little tricky but worth the ride for the adventuresome!

Maps to the Waterslide are available at the reception.



## CULTURAL EXCURSIONS



### **DUIVOSAVOSA VILLAGE SETTLEMENT CULTURAL TOUR**

This special guided trip allows you to visit a traditional home where the villagers will welcome you in experiencing their lifestyle.

There will be demonstrations of Fijian crafts, fire making, earth oven (lovo) demonstration, preparation of the traditional drink kava. Kava preparation is shown from the live yaqona plant through the many preparatory phases before it is ready to be mixed into the ceremonial drink.

Enjoy an afternoon tea session with cakes and tea and a Fijian ‘taralala’ dancing experience!. This special trip must be pre-organized by the resort and is usually scheduled on Monday afternoons. Bring your cameras and get some fantastic and memorable pictures. The children love to be photographed and enjoy receiving your letters and photos by mail!

Don't forget to bring pencils, crayons, story books, school stationery, toothbrushes etc and any other small gifts- really appreciated!....PLEASE no candy – dental treatment is expensive and almost unobtainable.

### **WAIRIKI MISSION**

About a 30-minute walk takes you to the lovely old Catholic mission at Wairiki. The mission is set into the hillside and overlooks the site where Taveuni warriors turned back thousands of Tongans in a battle which was fought in canoes just off the beach.

This battle was of historical significance as it was the first place in where the Tongans were defeated. The warriors then celebrated by cooking the Tongans in a lovo and eating them with breadfruit. The French Missionary priest, who advised the Taveuni warriors on fighting strategy, was rewarded by the grateful people of Taveuni who built the large mission.

Guests are welcome to attend Mass on Sunday mornings. Sunday Mass is at 07.00am, 09.00am and 11.00am. The singing is magnificent!



## TREKS AND HIKES



### BOUMA FALLS

Bouma Falls is one of the most beautiful spots on Taveuni. Located in Tavaro National Park, it is a perfect half or full day trip. The Bouma Falls are actually three waterfalls; the first is an easy ten minute walk from the main road. The area around the first waterfall has picnic tables, benches and a changing room.

The waterfall is approximately 60 feet in height and falls into a large pool where one can go swimming. About 100 feet high and perhaps more dramatic a second waterfall takes about forty minutes to reach along a trail which has steps, handrails and benches for rest stops. You cross a stream about fifteen feet wide (you can pull along the heavy rope that runs over the stream).

The stream is shallow, but recent heavy rains get make the crossing harder. The walk to the third and final waterfall takes about thirty minutes more along a dirt trail which can get muddy. This waterfall is only about 25 feet high but the beauty is in the remoteness of the area and the perfect stillness - a wonderful place to meditate! Price for this trip depends on the length of the stay and number of participants.

### VIDAWA RAINFOREST HIKE

Vidawa village is just before Bouma. The old village site has the remains the first village settlement in this area. There is a fort which is also visible.

The village uses many plants for medicinal purposes and this will be explained to you by the trained guide in the village. The hike will take you through verdant jungle and will finish at Bouma Waterfalls. Refreshments are provided by the Village when you finish the trek. The driver will be there to take you back to the Hotel. Water/rock walking shoes are recommended.

### LAVENA COASTAL HIKE – RAVILEVU NATURE RESERVE

This trip can be done in combination with the Bouma Falls trip or on its own. Past Bouma Falls you travel to Lavena, one of the most picturesque villages on the island. Lavena also has one of the most beautiful beaches of Taveuni, this is the location of the ‘Return to Blue Lagoon’.

White sand and crystal clear water make this an ideal spot for swimming, snorkeling and picnicking. A good track takes you from Lavena Village along the coast.

### **WAI NI BAU**

For the adventuresome, there is a 3-mile walking path to Wai ni Bau waterfalls, this waterfall has two waterfalls falling into the one pool; this walk takes about 90 minutes of which the last 30 minutes is up a creek bed. Depending on weather, this could entail scrambling, wading or even swimming. The falls are spectacular and you can easily spend a whole day on this trip. Arrange for a picnic pack lunch



### **TOBU VEI TUI FALLS – SAVU LE VEA VONU**

Departing from Lavena Village is two hour coastal boat excursion; passing by Wai ni Bau and (tide permitting) travel in the creek to Tobu Vei Tui (three falls!). Stop off for a swim and enjoy the peace and serenity of this remote location.

Continue on the coast to Savu Le Vea Vonu – this is where a dramatic waterfall plunges directly into the Ocean. During the 2<sup>nd</sup> worldwar US Naval boats would come alongside the natural wharf and fill up with fresh water.

This full day amazing adventure can be done in a variety of ways – hiking, or a combination of hiking and coast boat, or better still, a combination of hiking, boating and kayaking!

### **WAITABU MARINE PARK**

The Waitabu Marine Park was established 10 years ago by the community of Waitabu, it has become a testament to the power of locally driven marine conservation.

Snorkelling is done off a traditional Fijian vessel – the ‘Biilibili raft’, all gear is included. You will get to snorkel in pristine waters where the locals are prohibited to fish or collect any marine life! Fringed with white sand beaches; a perfect sand and snorkel tour.

### **VUNA VILLAGE - BLOW HOLE - NAVAKAWAU (THE END OF THE ROAD)**

At the southern end of the island is located the village of Vuna which played an important role in the settlement of the first Europeans on Taveuni.

Drive through some of the islands original coconut plantations. Some of this land is still owned by the descendants of the original settlers. Beyond Vuna at the very end of the coastal road is a village called Navakawau, which literally means ‘end of the road’. It is a beautiful drive along rugged coastline down to Navakawau.

One of the highlights is a tidal ‘blowhole’ which is quite impressive to see if the tide is right. Your special guide provides many cultural insights into Fijian history along the way.

### **LAKE TAGIMOUCIA - Des Voeux Peak**

Lake Tagimoucia is located in an old crater 823 meters high in the mountains. The lake is just below Des Voeux peak which is the second highest on Taveuni at almost 4,000 feet. The 3 to 4 hour hike to the lake is very strenuous and should only be attempted by the serious hiker.

The highlands are also home to Fiji's most famous flower, the tagimoucia which is a red, white and purple flowered creeper linked to a local, romantic legend about love lost and love regained. This flower is only found around Lake Tagimoucia. It only grows above 2,000 feet and blooms from end of September to end of December.



### **BIRD WATCHING**

The island has many birds endemic to Fiji and quite a few found only on Taveuni. Within Garden Island Resort grounds, the most common species is the Indian Mynah which is not a native but can still be amusing as it is bold natural mimic with an amazing variety of calls.

Closer observers may also see our resident kingfisher taking his morning dip in the pool; and when the umbrella tree is in fruit, a flock of bright red and green red-collared lorries come in to feed. Des Voeux Peak, a world-famous bird watching spot is a haven for serious birders.

You may catch sight of the orange dove and the silktail, both which not found anywhere else in the world. View the colorful parrots soaring through the treetops. The trip to Des Voeux is by a 4-wheel drive trip up the rugged mountain road with stops along the way for sightings then hiking along through forest areas along the mountain road.



### **HORSEBACK RIDING**

Enjoy a trail ride through the beautiful Taveuni countryside and rainforests with a possible journey up the hill to the famous Twin Craters at the southern end of Taveuni.

An experienced guide will lead you on a breathtaking trip enabling you to view this wonderful island from a different perspective. Suitable for both beginners and experienced riders.

### **BOGIONO FARM**

Take advantage of this unique experience, one must awaken all five senses and feel nature at its best. The embracing sounds of the various birds and the sightings of some rare doves and other bird species found only on Taveuni.

The tropical rain forest represents nature's main storehouse of raw materials for medicines. Be shown and explained each plant and how it is used by generations to combat illness

### **Traditional Fijian Medicinal Plants**



**Pepper Mint** is used to treat cough and flu. **Aloe Vera** is used externally to treat various skin conditions such as cuts, burns and eczema.

*Traditionally* the Fijian people or any tribal people for that matter, looked to the plants and animals of tropical forests for their medicinal and herbal needs.

As you may already know that Tropical Rain Forests represents nature's main storehouse of raw materials for medicines.

### **Tropical Rain Forest**

#### **Some of the Eco-friendly reasons for rain forests trekking**

1. Get to see beautiful and rare birds native to this area.
2. Embracing sounds of various birds and insects.
3. Get to see numerous resident fruit bats hanging in the trees.
4. Gigantic trees—some centuries old.
5. Provide rich variety of tropical fruits and vegetables.
6. Home to bushcraft materials and reeds which are fast becoming extinct.

Unparalleled in terms of its biological diversity

**Nabogi Ono Farms** is a natural reservoir of genetic diversity which offers a rich source of medicinal plants, tropical fruits, and a myriad of the other useful forest products.



### **KOROLEVU ISLAND**

The small island off the resort has excellent snorkeling and a wonderful beach with sand perfect for building sand castles! Dolphins are often seen just offshore. You can take a picnic lunch, snorkel and spend the rest of the time relaxing on the beach.

### **RAINBOW REEF - snorkelling**

A 20-minute boat ride takes you to one of the prettiest underwater gardens in Fiji, the world famous Rainbow Reef. This is an excellent snorkeling location; in addition to the beautiful coral, there are often multitudes of fish and the occasional reef shark.

### **KAYAKING**

Sit-on-top kayaks are available for daytime use – take trip along the shoreline or kayak to Korolevu Island! It will take about 45 minutes to kayak over to Korolevu Island.



### **SCUBA DIVING**

The Somosomo staitis is the 'signature' of what Fiji diving is about. The phrase "The Soft Coral Capital of the World" was surely started here. The most famous of Fiji's Soft coral dives 'The Great White Wall' is just 10 minutes from our Dive Shop. We have two custom built dive boats with twin outboards for diver safety and comfort.

## SCUBA DIVING INSTRUCTION

With our experienced and local Dive Instructor we offer a variety of Scuba Courses – do a 'Try dive'...finish off your Open Water Dives, or do a Full course.

Those wanting to add to their Scuba certification we offer a variety of course – Advanced Diver up to Rescue Diver.



## FISHING

Can be arranged with a few of the local expats who specialize in offering either trolling or deep sea fishing.

Bring back your catch and have our Chef prepare dinner cooked to your preference!



## CLUB HOUSE AT SOQLU GOLF AND COUNTRY CLUB:

### GOLF

One of the world's most stunning 9 hole golf courses is available just minutes from the Resort. Where the fairway stretches towards the Ocean, and the coconut trees form interesting barriers.

### TENNIS

With one grass court and one all weather tennis court. Experience life of the original colonials as they enjoyed a day of relaxation and fun.

A dip in the pool at the Clubhouse and sip a gin and tonic or try and 'tropical pizza' in a wood fired oven!



GARDEN  
ISLAND  
By CHI INTERNATIONAL

## Garden Island Resort – Taveuni – Fiji

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