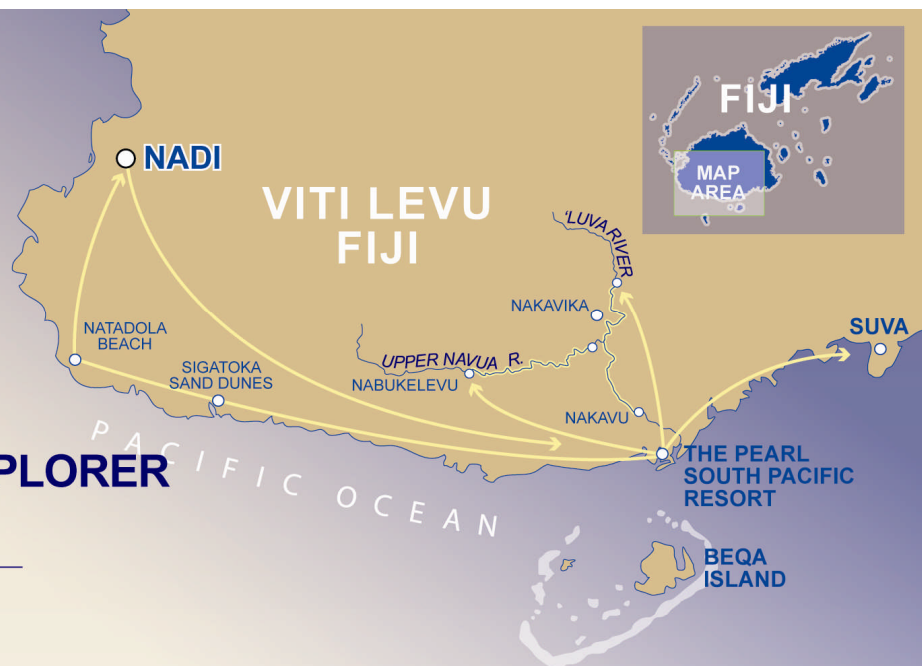




HIGHLANDS TO ISLANDS ULTIMATE FIJI EXPLORER

Itinerary



MEETING PLACE:	Nadi International Airport – Nadi, Fiji Islands
MEETING TIME:	A Rivers Fiji representative will meet you upon arrival
RETURN TIME:	Raffles Hotel, Nadi, for evening flight on day 8
RIVER RATING:	Class II-III
RIVER MILES:	24 miles
AGE LIMIT:	Minimum age is 8 years
TRIP LENGTH:	8 days/7nights including travel
ACTIVITIES:	Whitewater rafting, whitewater inflatable kayaking, sea kayaking, snorkeling, zip-line canopy tour

The Fiji Islands have long been known as a premier beach vacation destination. There are over 300 islands in the archipelago and their white sand beaches host hotels and resorts catering to all budgets. The snorkeling and diving is spectacular because the water is crystal clear, a delightful temperature and teeming with an incredibly diverse array of aquatic life. But it was the rugged interior highlands of Viti Levu that brought international acclaim to Fiji as the South Pacific's premier adventure destination. Viti Levu is Fiji's big island and its lush rainforests, steep volcanic ridges and high mountains are a virtual terrain park for adventure lovers.

We bring you the best of both worlds on our Highlands to Islands: Ultimate Fiji Explorer. Based out of the upscale beachfront Pearl South Pacific Resort in Pacific Harbour, we'll explore in-depth some of Fiji's most enchanting locations. Rolling rainforest highlands, verdant river grottos, thundering waterfalls, playful canyon rapids, aqua blue surf and kaleidoscopic reefs combine to paint a picture of the Fiji Islands that will live in your imagination long after you've returned home.

AWARD-WINNING NATURE-BASED ADVENTURES SINCE 1969

O.A.R.S. has been in business for over 40 years and that is no accident. Great trips on some of the world's best rivers and coastlines are the recipe for this success. Always focused on our clients and their vacations, it is our genuine belief that river trips and nature-based adventures are extremely valuable life experiences. With that as our foundation, we have committed ourselves over the years to providing the best trips available, always with an eye on improvement.

For more information, call 1-800-346-6277 in the USA and Canada or 1-209-736-4677 outside the USA and Canada, or e-mail info@oars.com

Rivers Fiji

- In 1997 O.A.R.S. President, George Wendt and longtime O.A.R.S. friends, Nate and Kelly Bricker founded Rivers Fiji as the first whitewater rafting company in Fiji. Since then, Rivers Fiji has employed local residents to manage day-to-day rafting & sea kayaking operations and help guide adventurous travelers from around the globe down the Upper Navua and the 'Luva River—two of the most beautiful tropical rivers on the planet. Historically Fiji's tourism development has been focused primarily on the coastal communities, with Fiji's interior populations receiving little benefit. Rivers Fiji, however, provides economic alternatives to people whose previous development options were limited to logging and resource extraction. Friendly, knowledgeable and hospitable Fijian guides also make the Highlands to Islands Ultimate Fiji Explorer unlike any other experience O.A.R.S. offers.

Upper Navua River

- Perhaps the most unforgettable part of your Highlands to Islands adventure is the day spent rafting the Upper Navua River. Professional river runners who have rafted streams on 6 continents call the Navua "Fiji's Grand Canyon" and "the world's best one-day river trip." Flowing through a narrow gorge that's over 165 feet deep and in sections only 23 feet wide, the Upper Navua is one of the most unique and beautiful rivers on earth. You'll raft through a magical canyon where sunlight illuminates black volcanic rock walls covered by twisting vines and lush ferns and an astounding number of waterfalls plummet directly into the river. In other places, the silence is profound, broken only by tiny droplets of water echoing in the natural acoustics of small riverside caves. Best of all, the Upper Navua's fun, Class II-III whitewater makes this incredible canyon accessible to paddlers of all experience levels—even complete beginners.

The Upper Navua Conservation Area

- Rivers Fiji—with the help of a number of indigenous landowning groups, a logging company and the Native Land Trust Board—created the Upper Navua Conservation Area in the highlands of Viti Levu. The UNCA is a 17-km conservation corridor that protects the river and 200 meters to either side from future logging and gravel extraction. It maintains the pristine natural state of the Navua River canyon and guarantees natural capital for the indigenous highland residents. We are proud to operate our Upper Navua River trips in the UNCA and a percentage of your trip cost is paid in use fees to eight land owning families, two villages and the Native Land Trust Board.

Wainikoroiluva 'Luva' River & Cultural Visit

- Journey into the rainforest of Viti Levu for a one-day kayaking adventure on the 'Luva River. The 'Luva's consistent Class II whitewater is fun and easy—the perfect opportunity for beginners to learn good paddling skills and intermediates to fine-tune their techniques. Before launching on the river we visit the village of Nakavika to take part in a traditional kava ceremony in which the village chief gives us his permission to access the ancestral lands. Plunge through exhilarating rapids as you explore a river canyon of exceptional beauty. We'll hike to an 80-ft waterfall—the kind that you thought existed only in movies—and take an invigorating dip in the pristine pool below. Your river journey ends with a motorized long boat ride out of the canyon and toward the coast.

Sample Itinerary

We pride ourselves in running a relaxed and always flexible schedule. Every trip is slightly different depending upon the group, and activities may be reordered to accommodate tidal fluctuations and sometimes the weather. Your flexible attitude and spirit of adventure are much appreciated. The following is a sample of what your trip might be like.

Days 1-2: Los Angeles / International Date Line

- Board your plane bound for Fiji at LAX (Los Angeles International Airport) at approximately 10:30 PM. Relax, sleep and hydrate on the +/-10 ½ hour flight. En route, you'll cross the International Date Line and lose a calendar day. Don't worry; you'll get the day back on the flight home!

Day 3: Nadi, Fiji / Pearl South Pacific Resort, Pacific Harbour / Afternoon sea kayak

- You will arrive at the Nadi (pronounced Nan-Dee) International Airport early in the morning. After clearing customs, you'll be met by a Rivers Fiji representative and transferred to the luxurious Pearl South Pacific Resort overlooking the beach and Beqa Lagoon.

- We arrive at the Pearl for a continental breakfast and have a chance to freshen up and relax after checking in. Afterward we'll meet to sea kayak in the lagoon area nearby the resort, stopping for a picnic lunch on the beach. Returning to the resort with time to shower or take a dip in the pool, we'll settle in to our rooms and gather for a welcome dinner at the beach restaurant.
(B, L, D)

Day 4: Inflatable kayaking the Wainikoroiluva ('Luva) River

- After breakfast, we begin the day with a breathtaking overland journey by 4x4 mini-bus along a winding mountain track. After ascending through dense jungle to a ridge with incredible views of the ocean and nearby islands, we'll drop into the stunning Namosi Valley. Here, we are suddenly surrounded by sheer, neck-craning cliffs that soar towards the sky, forming a valley that some call a tropical Yosemite. As we continue, we'll pass a number of picturesque villages stopping at Nakavika for a traditional Kava ceremony with a village chief.
- We continue on to the Wainikoroiluva (or simply 'Luva) River After a thorough safety talk and paddling instruction, we'll launch our inflatable kayaks on the rain-fed waters of the 'Luva. You will quickly gain confidence and comfort with paddling your own boat through the fun Class II whitewater, and our local Fijian guides are there to help if you get stuck. There are plenty of rapids—wave trains, rock mazes, and swift chutes—interspersed with large, glassy pools that offer just the right blend of excitement and relaxation. After a delicious lunch alongside the river, we take a short hike to a spectacular 80-ft waterfall before continuing our kayaking to the village of Namuamua.
- We wrap up our river trip with a motorized longboat ride to the village of Nakavu. En route we encounter additional breathtaking scenery including another canyon brimming with waterfalls, exotic birds and giant fruit bats.
- We return this afternoon to our ocean view accommodations at the Pearl. Dinner is on your own this evening and you may choose to enjoy one of the several restaurants at the resort.
(B, L)

Day 5: Coast and canal sea kayaking and snorkeling

- Today we expand on our first day's introductory paddle to explore the surrounding area by sea kayak. Tide dependent, we will paddle through tunnels in mangrove forests that thrive in this coastal area, keeping our eyes open for resident mud lobsters, herons, harrier hawks, kingfishers and fruit bats. We'll chart our course for open water, where we'll snorkel at coral heads and swim with the myriad of tropical fish that make these waters home.
- The final leg of our paddle will take us back to the white sand beach not far from the resort, as the late afternoon sun illuminate the islands across Beqa Lagoon. Your guide will set the time for meeting you tonight to take you to dinner.
(B, L, D)

Day 6: Visit Suva, afternoon zip line canopy tour

- After breakfast, we head to Suva, Fiji's capital city. Suva is the largest and most cosmopolitan city in the South Pacific and it is a crossroads for trade and tourism. Colorful markets and a plethora of shopping options display Fijian and island flavor, while imposing colonial buildings, wide streets and manicured parks recall the days of British rule. For aesthetics and a bit of history, visit the Thurston Botanical Gardens to see vibrant tropical flowers and the Fiji Museum on its grounds. Renowned for its maritime exhibits, the museum also has an interesting display of Fijian war clubs and an expanding history section. The Government House and the Parliament of Fiji are further points of interest on a guided walking tour of downtown Suva.
- After lunch, we'll return to Pacific Harbour to begin a zip line canopy tour—the only zip line in Fiji. We'll spend approximately two hours exploring many of the 8 runs, starting at a 7-meter high platform, with the option of moving up to a 45-meter high platform.
- After our zip line adventure, we'll return to the Pearl, with the evening free.
(B, L)

Day 7: Whitewater rafting the Upper Navua River

- We depart early (6:45 AM) for the day's whitewater rafting adventure on the Class II-III Upper Navua River. The bus ride into the island's lovely interior displays miles of lush rainforest, hidden to all but the highland villagers and those lucky enough to visit the Upper Navua. We'll step off the bus and begin a 15-minute jungle trek to the river's edge, where our boats await. After an orientation talk, and practice strokes in the calm pool, we begin our descent. Entering the first class II rapid immediately, we crash through the final wave and find ourselves in a narrow gorge where craggy, black limestone cliffs are covered by a tapestry of verdant jungle plants. Floating along in mesmerized silence for a few moments we come to Moce (pronounced Mo-they) Falls, the biggest drop of the day. Moce means good-bye in Fijian, so hunker down as the raft plunges through the chute!
- The ensuing combination of lively rapids—boulder gardens, wave trains, and more chutes—keeps your day consistently exciting while still giving you plenty of time to concentrate on the profound beauty of this gorge. Floating between the narrow canyon walls, past cliffs that soar to a height of 50 meters, we'll discover cascading waterfalls, fern-fringed grottoes, crystalline pools and the occasional white sand beach. One such beach will be our lunch spot, where we can bask in the sun or take a swim while our guides prepare the riverside lunch. As the canyon widens, we come to the end of the UNCA and splash through the final few rapids. Soon we'll reach the take-out point at the village of Wainadiro, where we'll board our overland carrier for the scenic ride back to Pacific Harbour.
- We return this afternoon to the Pearl South Pacific Resort where we'll enjoy a farewell dinner this evening and spend the night.
(B, L, D)

Day 8: Transfer to Nadi and return flight home

- This morning is free for you to sleep in or wake for a sunrise walk on the beach. Relax by the pool or perhaps indulge in a massage. Lunch is on your own.
- We'll depart Pacific Harbour at 1:00PM and head back to Nadi with a stop along the way at the Sigatoka Sand Dunes or beautiful Natadola Beach. Check into Raffles Gateway Inn where you will have use of a day room to prepare for your return flight home. Dinner is on your own. Flights typically depart after 10:00 pm. (B)

What's Included?

- Skilled professional guide service
- 5 nights lodging at the Pearl South Pacific Resort (based on double occupancy)
- Day room at the Raffles Gateway Hotel on the departure date from Fiji (based on double occupancy)
- All meals as outlined in itinerary
- All activities and equipment as outlined in the itinerary
- All land transfers as outlined in the itinerary

What's Not Included?

- Flights to/from Nadi
- Meals not covered in the itinerary
- Additional services at the resort such as scuba diving and massage
- Single supplement US\$1090
- Insurance of any kind, including travel and **mandatory** medical and evacuation insurance
- Alcohol and beverages at restaurants and hotels
- Items of personal nature (an equipment list will be provided)
- Gratuities

A Few Important Details

Reservations & Deposit

A \$500/person deposit is required at the time of reservation. The balance is due 90 days prior to departure.

For more information, call 1-800-346-6277 in the USA and Canada or 1-209-736-4677 outside the USA and Canada, or e-mail info@oars.com

Cancellations & Refunds

If you find it necessary to cancel your trip, notify us as soon as possible. All payments are nonrefundable and we regret that we cannot make exceptions for personal emergencies. For this reason, we strongly urge our participants to investigate trip cancellation insurance (see Insurance).

Medical

If you find it necessary to cancel your trip, notify us as soon as possible. All payments are nonrefundable and we regret that we cannot make exceptions for personal emergencies. For this reason, we strongly urge our participants to investigate trip cancellation insurance (see Insurance).

Insurance

Although every effort is made to insure a safe trip for all, **we require that you purchase medical evacuation insurance to participate in this expedition.** Call Travel Insurance Services at 800-937-1387 or visit their website at www.travelinsure.com/what/imedhigh.htm?32635 for inexpensive options that cover this requirement. We also strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments in most cases, should you have to cancel your trip at the last minute due to illness or injury, as well as including the coverage required above. Trip participants should realize that in the event of illness or injury on a river trip, evacuation could be prolonged, difficult, and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and we accept no responsibility for lost, damaged, delayed, or stolen property.

Liability Waiver

Everyone is required to sign a standard release before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. However, due to the nature of the activities, a condition of your participation is that you will sign this form before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with Travel Outdoors' cancellation policy, there will be no refund of the trip fees at that time.

Responsibility – An Important Notice

Travel Outdoors, Inc., Rivers (Fiji) Ltd., and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility whatsoever for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which they have no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well being of the participants, including cancellation due to water fluctuation, insufficient bookings, and other factors. **(This trip requires a minimum of 4 guests.)**

You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to "self-help" without further endangering yourself or others. Please be advised our U.S. Coast Guard approved P.F.D.s are rated to accommodate persons with a chest size no larger than 56 inches. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. We will need to discuss any special requirements ahead of time. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices and itinerary are subject to change without notice.

Rivers Fiji:

Rivers (Fiji), Ltd., a travel partner of Travel Outdoors, Inc. is the operator of this trip. Upon arrival, a Rivers Fiji representative will meet you and escort you throughout the program. These American and Fijian staff members are the very best. They will do their best to ensure your complete satisfaction.

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