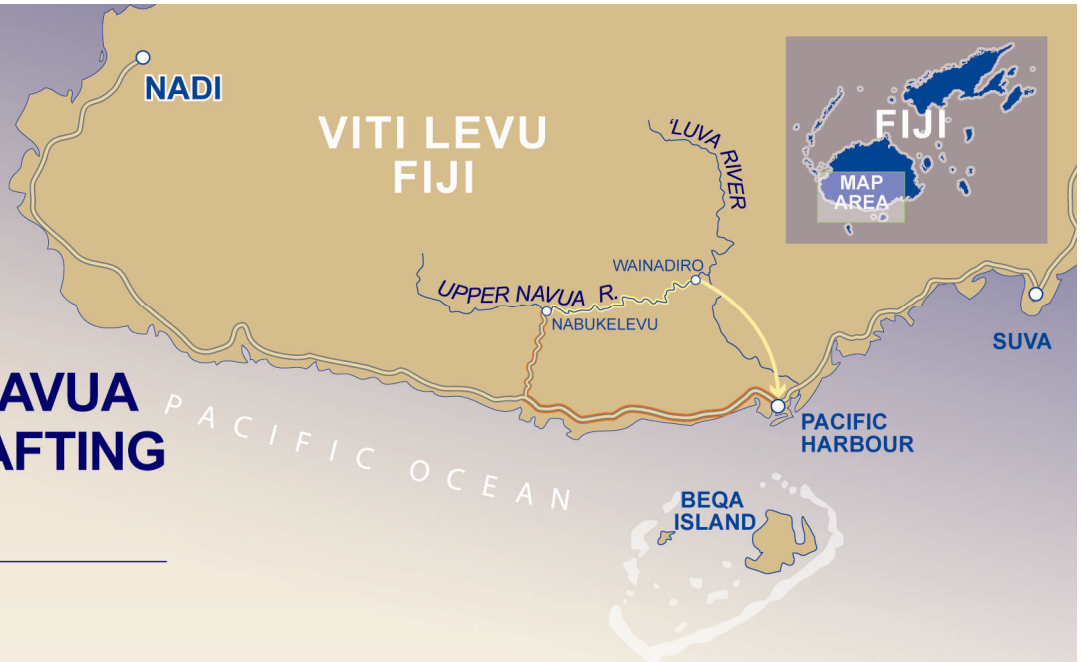




# UPPER NAVUA RIVER RAFTING

## *Itinerary*



|                       |  |
|-----------------------|--|
| <b>MEETING PLACE:</b> | Rivers Fiji Office at the Pearl South Pacific Resort, Pacific Harbour  |
| <b>MEETING TIME:</b>  | 6:45 AM—please call the Rivers Fiji office (345-0147) a day or two before your trip to confirm your reservation and pickup time. |
| <b>RETURN TIME:</b>   | Approximately 5:00 PM to Pacific Harbour   |
| <b>RIVER RATING:</b>  | Class II+  |
| <b>RIVER MILES:</b>   | 12 river miles   |
| <b>PUT-IN:</b>        | Near the village of Nabukelevu in Serua Province   |
| <b>TAKE-OUT:</b>      | Village of Wainadiro   |
| <b>AGE LIMIT:</b>     | Minimum age is 8   |
| <b>TRIP LENGTH:</b>   | 1 Day  |

The Upper Navua River is born of natural springs and rainfall in the rugged interior of Viti Levu—Fiji’s big island. After following a meandering path from its headwaters through rolling rainforested highlands, the Upper Navua then descends into an incredibly narrow gorge, slicing a deep chasm into layers of limestone and volcanic sediment. This canyon is one of the most beautiful features in all of Fiji, if not in the South Pacific and the world.

Flowing through a gorge that’s over 165 feet deep and in sections only 23 feet wide, the Upper Navua is a “River Eden”. We’ll ride inflatable rafts 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+ whitewater makes this incredible canyon accessible to paddlers of all experience levels – even complete beginners.

### **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.

## **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.

## **The Upper Navua Conservation Area**

- Our partner outfitter, Rivers Fiji, Ltd—along 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 Upper 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 8 land owning families, 2 villages and the Native Land Trust Board.

## **The Whitewater is Fresh**

- As a destination for a beach vacation, Fiji has few rivals. The ocean water is clear and wonderfully warm and there are many fine resorts spanning the spectrum from luxury to budget. The snorkeling, diving, surfing and beach lounging possibilities are nothing short of world-class. But if all these activities share one blight, it is their reliance on salty ocean water. The water in the Upper Navua River is gloriously fresh, flowing from highland springs and collected rainwater and a day in the highlands is the perfect reprieve from the salt and crowds on the coast. As you splash through the waves of the fun class II+ whitewater, we bet you won't even miss the stinging of salt in your eyes.

## **Sample Itinerary**

We pride ourselves on running a relaxed and always flexible schedule. Every trip is different depending on the group and sometimes the weather. The following is a sample of what your trip might be like.

- The day begins early with a meeting time of 6:45 AM at the Rivers Fiji office in Pacific Harbour. We'll climb aboard our 4-wheel drive highland carrier and head west along the coast with the sun rising behind us. For those guests coming from Nadi or the Coral Coast who have arranged transportation with us, you will meet the carrier at the junction of the Queens Highway and the logging road that leads to the river put-in. Pick-up time from your hotel will vary, depending on location.
- The drive along the bumpy but scenic logging track ascends steeply to a coastal ridge before winding into the rainforested interior. After just over an hour, we'll arrive at the end of the road where we'll unload, stretch our legs and enjoy a homemade snack. We'll pack what we need for the day, leaving our dry clothes with the carrier, and begin a short, 15-minute hike to the river and our rafts.
- After a safety talk and paddling practice, we'll head down river and into the gorge. The rapids start right away and we'll just be hitting our stride when we come to Moce Falls, the biggest drop of the day, just one half mile downstream. We'll pass a waterfall around almost every bend as we are carried swiftly along.

- Come midday, we'll pull over to a sandy beach for a delicious picnic lunch. Your guides will present an abundant spread of meats, cheeses, veggies and bread with all the fixings, fresh fruit, cookies, and juice.
- Back on the river, each mile brings more stunning scenery and more fun whitewater. Gradually, the narrow canyon walls fall away and we begin to see signs of civilization. We may encounter a friendly villager aboard a bamboo raft on this stretch of the river as we make our way to the take-out at the village of Wainadiro. Here you will have the opportunity to change into dry clothes for the 1-hour drive back to the Rivers Fiji office in Pacific Harbour, arriving at approximately 5:00 PM.

### **Getting There:**

- The Rivers Fiji office is located on the property of the Pearl South Pacific Resort in Pacific Harbour. Follow the Queens Highway to Pacific Harbour: the Pearl is on the ocean side of the road, across from a Shell gas station and the Pacific Harbour Police Post. The Rivers Fiji office is on the right just after you've passed the Pearl's security gate. If you are driving, park your vehicle in the parking lot in front of the Rivers Fiji office. Allow 2.5 hours from the Nadi/Denarau area and 45 minutes from Suva.
- Roundtrip transfers are available for an additional charge from hotels in Nadi, Suva and along the Coral Coast. Cost and pickup times vary, depending on location.

### **Physical Requirements**

Our primary goal is for you to have an enjoyable experience. The nature of the trip is such that it involves some physical exertion and potential exposure to the elements, including heat, sun, wind and rain. We have experience accommodating people with a wide range of physical disabilities and/or health conditions. However, individuals who are overweight or lack conditioning can endanger themselves, other guests and the guides. Please consult your doctor if you have medical or health conditions that could impact your ability to participate in this outdoor adventure. In general, trip participants must be able to:

- Wear a Type III Coast Guard approved personal floatation devices (maximum chest size of 56 inches)
- Climb in and out of the rafts
- Self-rescue by swimming to a boat or to shore in the event of an involuntary swim

### **What's Included?**

- Skilled, professional guide service
- Transfer from the meeting place to the river and back
- A delicious picnic lunch and snacks
- High quality inflatable rafts and related river equipment including paddle, helmet, personal flotation device, splash jacket and small waterproof dry bag for personal items

### **What's Not Included?**

- Roundtrip transportation from your hotel (available at an additional charge)
- Insurance of any kind, including travel insurance
- Items of a personal nature
- Gratuities

### **Something Voluntary**

In reviewing your statement, you'll note a \$1/person/day donation to Waterkeeper Alliance, a non-profit conservation organization dedicated to fishable, swimmable and drinkable waterways worldwide. One-hundred percent of these funds go directly to worldwide watershed protection and your contribution is tax-deductible. This donation is voluntary and may be removed from your invoice if you choose not to participate. Please notify our office if you would prefer to delete the donation from your balance.

The O.A.R.S. Foundation is a not-for-profit 501 (c) 3 organization with the express goal of providing opportunities for young people to experience the magic of a river trip. Visit [www.oarsfoundation.org](http://www.oarsfoundation.org) to learn more about how your tax deductible donation can change young lives for the better.

## **Equipment & Clothing**

### **Footwear**

The best choice is an amphibious shoe that drains water, protects your toes and won't come off in swirling current. A retired pair of athletic shoes can work well, too. Sport sandals with a heel strap are a good option, especially on rivers with sandy beaches. The hike to the put-in is steep in places and often slippery. You will want footwear in which you feel confident for these conditions.

### **Boatwear**

Start with sunscreen, a swimsuit, shorts, and long-sleeved shirt, and then add additional layers if needed. As the day warms up layers can be taken off and stored in your daypack. You may want a jacket or windbreaker for the motorized longboat ride.

### **Sun Protection**

Protecting yourself from the sun when on the water should be taken seriously. A hat, sunscreen, lip balm and sunglasses are a must.

### **We Provide**

- 1 small waterproof bag for camera and other small items you'll want during the day (17" tall x 9" diameter – approximate sealed size).
- Helmets and personal flotation device (PFD) which must be worn at all times on the river excursions, in compliance with safety regulations

### **What To Bring:**

- Sunscreen & lip protection: waterproof & SPF 30 or higher
- Sun hat & sunglasses (preferably polarized) with securing strap
- Swimsuit, shorts, synthetic T-shirt
- Amphibious sport shoe, sandals with heel strap or tennis shoes you don't mind getting wet
- Water bottle - minimum 1 liter capacity
- Dry clothes for return trip

### **During Your Trip:**

#### **Boat Type**

- We use high quality inflatable paddle rafts, equipped to carry crews of 4 to 6 passengers plus 1 guide. Paddle rafting requires that crewmembers execute the paddling commands called out by their captain. A paddling discussion and training session will be given by each paddle captain at the put-in to better prepare you for the challenges downstream.

#### **Cameras and Video Equipment:**

- The Upper Navua is a scenically spectacular river trip and so beautiful that it brings out the nascent photographer in all of us. However, due to the nature of river trips, any camera gear you bring on this journey could get wet, damp, damaged or lost. While our bags are waterproof to further protect your camera you may wish to place it in a zip-lock plastic bag, or special waterproof camera case. We also recommend padding it with a towel or clothing.

- We recommend the worry-free option of purchasing a disposable waterproof camera for use while on the river. They are inexpensive and can be clipped right to your life jacket for easy access when you need it.

### **Special Considerations:**

- Don't forget to bring any special medications (allergy, etc.) with you. It is also important to let your trip leader know if you have any special medical considerations before beginning this journey. Please also be sure to let us know of any dietary restrictions you have.

### **Explorer Etiquette:**

- In order to ensure that each passenger experiences the pristine condition of the river canyon, all of our trips practice a "leave no trace" environmental and social ethic. All garbage and waste packed in are also packed out. We also ask that you refrain from smoking while in the raft with other passengers and pack out all cigarette butts.
- Modest dress is expected when entering villages. Shoulders and knees should be covered and hats and sunglasses removed.

### **Gratuities:**

- Guests often ask whether gratuities are appropriate, and in what amount. If you feel your guides have provided a very special trip for you, a gratuity may be left with the trip leader and will be shared among the crew. Entirely discretionary, anything between 5% and 10% of the trip cost is a general tipping guideline. If you plan to tip, remember to bring a personal check or cash—ATM's are hard to find in the backcountry!

## **Terms & Conditions**

### **Reservations and Deposits**

- Full payment is due at the time of reservation.

### **Cancellations and Refunds**

- If you find it necessary to cancel your trip, please notify us as soon as possible. The cancellation fee after you've made your deposit can range up to the entire trip cost, based upon the number of days prior to your trip that we receive your cancellation notice. We regret we cannot make exceptions for personal emergencies. For this reason, **we strongly urge you to investigate trip insurance** (see Insurance).
- Cancellations 60 days or more prior to your trip earn a full refund less a \$30/person fee. Cancellations 59 days or less prior to your trip are not refundable.
- If you transfer from one trip to another, there is a \$15/person charge up until 30 days before the trip. Transfers made after this time will be treated as cancellations.

### **Medical**

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying a Travel Outdoors trip. People with heart trouble and pregnant women should have their physician's approval before taking an adventure travel trip.

### **Insurance**

- Although every effort is made to insure a safe trip for all, we 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. Trip participants should realize that in the event of illness or injury on an adventure travel trip, evacuation can be prolonged, difficult and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and Travel accepts no responsibility for lost, damaged, delayed or stolen property.

**Liability Waiver**

- Everyone is required to sign a standard release form 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 and return it to our office 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 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 however caused 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 it has 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 (this trip requires a minimum of 4 guests) and other factors. There is risk in whitewater rafting, particularly during high-water conditions. Rafts, dories and kayaks do capsize. You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to “self-help” and “float-it-out” without further endangering yourself or others. We reserve the right not to accept passengers weighing more than 260 pounds or with a waist/chest size exceeding 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 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 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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