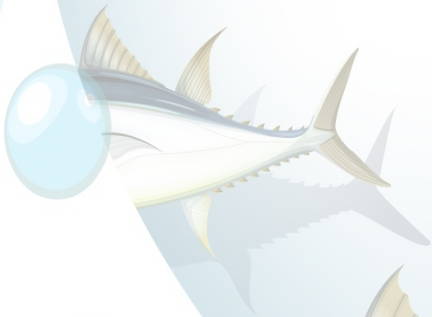


Adventures in Paradise



ACTIVITES

You Have Arrived At Our Beautiful Beqa Island Lagoon Resort

And now it is a journey of discovery as the magic of Fiji and our beautiful home we call 'Beqa' embraces you. The first thing you will notice is how hospitable and genuine are our team and the villagers you will meet.

We have created a variety of activities that will help you immerse in the Fijian culture while you are staying with us. Your activities host is available in the main dining bure every morning at 8:00am and at 5:00pm daily should you wish to find out more detailed information about any activity. Please refer to the main notice board in the dining bure for scheduled meeting times.

Should you miss an activity important to you, then please talk to your activities coordinator and they will try to make a special arrangement so that you never miss out! (with the exception of the fire walking show).

Complimentary Activities

- Arrival Food Soak
- School & Village Tour
- Fijian Cooking Show
- Coconut Demonstration
- Shell Collecting
- Kayaking
- Village Choir
- Polynesian Fire Show
- Introduction to Beqa's Ecosystem
- Waterfall Tour
- Mountain Trek
- Kava Sevu Sevu Ceremony
- Meke (Bula Night)
- Snorkelling
- Sulu Demonstration
- Beqa Island Fire Walkers Show
- Shore Dives

Paid Activities

Please refer to 'Activities Price Menu'

- Spa Treatments
- Beach Picnics
- Reef Fishing
- Traditional Net Fishing
- Round Island Tours
- Golfing Day
- Tree Top Abseiling
- Private Dinners
- Deep Sea Fishing
- Surfing
- Off Shore Snorkel Trips
- Suva Shopping Trip
- Fiji River Trip

Prices

Costs for activities can be found in the 'Activities Price Menu'.

Days and Times

Scheduled activities are subject to change due to weather conditions. Please refer to the Activity Board in the main dining bure for up to date information on the days and times the activities are scheduled.

COMPLIMENTARY ACTIVITES



SUNDAY

Snorkel The House Reef

If you haven't been to our house reef right in front of the lagoon, then its time to put on those flippers! See if you can find the hidden Balinese Statues. All snorkel gear is provided.

Church Service

The local church services are passionate and heartfelt. If you want to experience an honest glimpse into the Fijian culture then this is it!

Raviravi Choir

Performing in the evening are the members of the Raviravi Choir. There are the smallest children to the senior members raising their heavenly voices for your entertainment. A must to experience.



MONDAY

Snorkel The House Reef

Please see the main activities board for times.

Coconut Show and Weaving

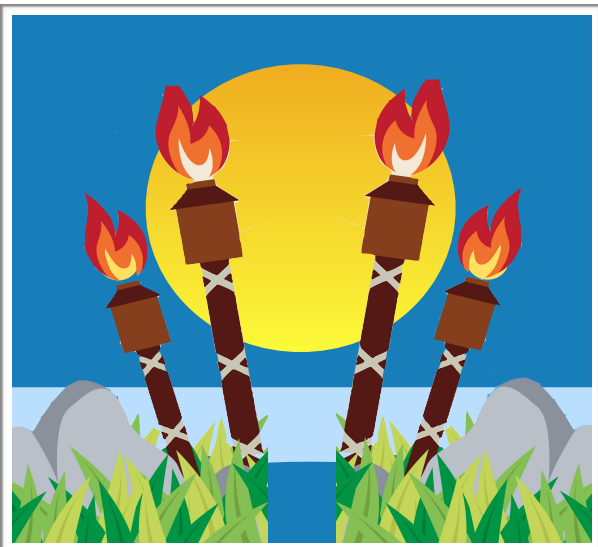
Watch the experts as they husk and grate the coconuts. Try your hand at weaving with the help of our great team.

The Beqa Island Fire Walkers

Before dinner come and watch our brave warriors as they perform this age old ritual.

Live Entertainment

Our Bula Band will perform original songs during happy hour and dinner time bringing the beat of the Pacific to Beqa Island Resort.



TUESDAY

Snorkel The House Reef

Please see the main activities board for times

School Tour

Beqa Island has one school on the Island. A short walk will have you arriving amongst very proud children waiting to share their stories and show their work. Pens, stationary and gifts are well received.

Fire Ceremony

Listen for the beat of the Lali drum and the call of our warriors as they light the torches. A great photo opportunity with the warriors is available immediately after the ceremony.



WEDNESDAY

Snorkel The House Reef

Please see the main activities board for times.

Local Village Visit

Do not leave Fiji without experiencing the real Fijian life. Come and visit the villages where most of our beautiful team and their families live.

Kava Ceremony and Live Entertainment

Come and watch the Kava being prepared by our team. You will be friends for life once you have shared a bowl together. Our Bula band will fill the air with the sweet sounds of the Pacific.



THURSDAY

Snorkel The House Reef

Please see the main activities board for times.

Hiking Trip - Legend Of The Fire Walkers

Hike up the stream to where it all began then cool off with a swim at the base of the waterfall.

Polynesian Fire Dancers

This fast paced fire show features warriors twirling their fire torches in what is one of the most authentic fire shows you will ever see. Be ready for the excitement!



FRIDAY

Snorkel The House Reef

Please see the main activities board for times.

Fijian Cooking Show

Learn how to make the Fijian 'Kokoda'. This style of cooking has been done for centuries by the Fijian people and is still done today.

Meke Performance

This traditional dance is performed by our local villagers, and is an expression of story telling through dance and song.



SATURDAY

Snorkel The House Reef

A great activity to do on your own or with a friend. Our guide will take you on a leisurely tour of our underwater world, exploring coral and fish right in front of the resort. All snorkel gear is provided.

Fire Ceremony

Listen for the beat of the Lali drum summoning you to witness the lighting of the torches on the beach by our mighty warriors. A chance for a photo opportunity with the warriors after the ceremony.

SPECIAL ATTRACTION



INTRODUCTION TO THE CORAL REEFS ECOSYSTEM AT BEQA LAGOON

Presented in the 'Shark Room' please refer to the man activities board for day and time.

An engaging presentation covering themes relating to the coral reefs around the Beqa lagoon area. The introduction and overview is a collaborative project applying practices which are sustainable management techniques for the nurturing and growth of the Beqa lagoon ecosystem and the huge bio diversity the lagoon offers.

The Beqa lagoon initiative is a collaboration between Beqa Lagoon Resort and the Pacific Blue Foundation, an international charity based organisation. Your presenter is from the Pacific Blue Foundation currently working within and around Beqa island.

There is no cost to participate in this incredibly informative and pertinent presentation, if you do however wish to make a small donation it will be applied directly to the effort of propagation, rehabilitation and the stabilisation of the coral reef within the immediate vicinity of of the waters that you have been diving and snorkelling.

PAID ACTIVITES



SURFING

Frigate Passage

Frigate Passage is a powerful reef break and popular surfing challenge. It is approximately 40 minutes by boat from the Resort. Surfers are expected to provide their own boards, wax and helmet.

It is suitable for experienced surfers only. You will be surfing on top of a reef so take care!



FISHING

Hand Line Reef Fishing

Hand line fishing is the traditional way to fish for the families meal on the reef if the tide is high or coming in and along the top of the reef if the tide is low.

We can provide fishing line and a guide to make the most of of this relaxing sport. A great way to dabble the day away whatever your age.

Big Game Fishing

Besides diving with the sharks nothing else can compare to this adrenaline rush! Fish for the fabulous Marlin, Wahoo and Yellow Fin Tuna to name only a few of our large game species.

With our professional skipper and a bit of luck there is every chance you can bring home dinner! The catch belongs to our kitchen and will be shared with the guests and staff.

All fishing gear and refreshments will be provided and you can take up to 6 people maximum to enjoy the fun. The big game fishing is subject to weather conditions.



SECRET ISLAND TRIP

Secret Island is a small beautiful atoll about a 20 minutes boat ride from Beqa. Your complete trip will take 4 hrs.

It has white gold sand and sky-blue water. The abundance of beautiful shallow sand around this reef means the visibility perfect for snorkelling.

You are likely to see schooling fish, rays, eels, turtles and friendly reef sharks. This trip is unique because the island appears only for a few hours a day and then disappears.

We supply towels, snacks and water.



SUVA DAY TRIP

The trip to Suva, the capital city of Fiji leaves the resort 8:30am and leaves Pacific Harbour 4:30pm.

Along the way there will be a short history of Fiji told by your guide then you will visit the Museum and Botanical Gardens and have lunch.

There will be plenty of time to shop over the 4 hours you spend in Suva with visits to local handicraft stores and food markets returning to Pacific Harbour by 4:30pm.



PACIFIC HARBOUR ZIP-LINE

Pacific Harbour Zip-line is the first of its kind in Fiji! After disembarking the boat you take a 30 minute car ride into the jungle where the ultimate thrill begins!

The Zip-line guides are very professional and will see you safely soaring through the jungle canopy.

A must for any thrill seeker! Please book this trip two days in advance. Snacks and refreshments will be provided.



MANGROVE KAYAKING AND PICNIC

A short boat ride takes you to your destination, boarding the kayaks you enter the surreal world of the mangrove forests.

Your journey will take you down the river to the other side of the Island.

A picnic is provided that includes lunch, snacks, 1 bottled water, 1 soda and 2 beers.

Please advise the team if you would like any extra additions to your picnic lunch.



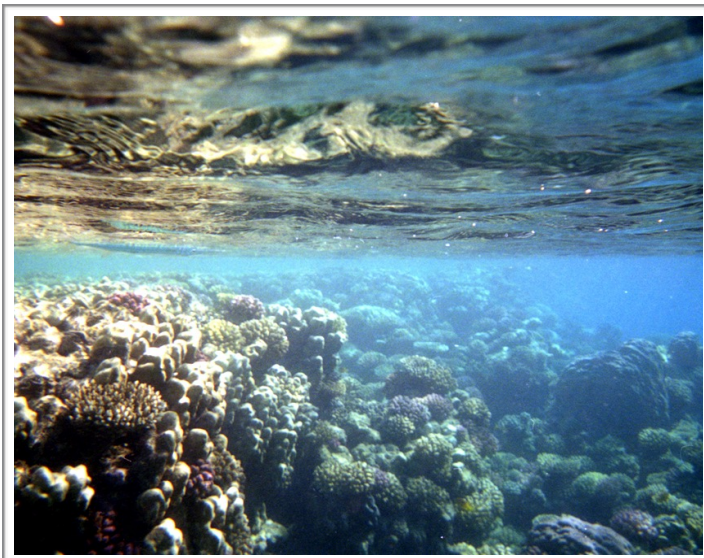
NAWAISOMO WATERFALL HIKE, SWIM & PICNIC

Hiking up through the hills, studying the natural fauna and wildlife then to arrive at this beautiful natural spring water waterfall makes this a great adventure.

Idyllically swim away the afternoon under the cooling Nawaisomo waters while you enjoy your picnic lunch.

A picnic is provided that includes lunch, snacks and bottled water.

Please advise the team if you would like any extra additions to your picnic lunch.



RIDGE REEF GUIDED SNORKEL TOUR

After a 10 minute boat ride you will arrive at Ridge Reef for a fun morning of snorkelling with our activities team.

You will dive above and around a hard coral reef with a chance to see schooling fish, turtles and even the friendly reef shark.

Whatever your skill level, this 2 hour snorkelling adventure is a must!

Please note this activity is tide and boat availability dependent.

ACTIVITIES PRICE MENU

	US\$	FJS
Big Game Fishing		
Half Day Charter (2 - 6 pax)	580	1202
Full Day Charter (2 - 6 pax)	1200	2490
Hand Line Reef Fishing (min 2 pax)	36	75
Per person		
Surfing (min 2 pax)		
Half Day session Frigate Passage	200	400
Mangrove Kayaking & Picnic (min 2 pax)		
Per person	56	115
Nawaisomo Waterfall Hike, Swim & Picnic (min 2 pax)		
Per person	46	95
Ridge Reef Guided Snorkel Tour (min 2 pax, max 9 pax)		
Per person	29	60
Secret Island Trip (min 2 pax, max 9 pax)		
Per person	48	100
Suva Day Trip (min 4 pax)		
Per person	73	150
Pacific Harbour ZipLine		
Per person	171	355

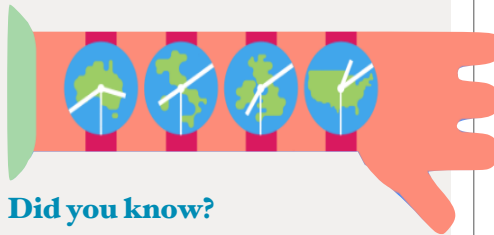
A grain of truth?

Lets assume a grain of sand has an average size & you calculate how many grains are in a teaspoon & then multiply by all the beaches and deserts in the world, the earth has roughly 7.5×10^{18} grains of sand or seven quintillion, five hundred quadrillion.



Thirsty?

Some 72 percent of the Earth is covered in water, but 97 percent of that salty ocean water and unsuitable for drinking.



Did you know?

The International date line runs through Fiji's island of Taveuni, so you can stand with one foot in the present date, and the other in the previous date.



Who are the Laptia?

The original settlers of Fiji, who came to the islands over 3000 years ago, are now called the Laptia people.