

FOOTSTEPS WALKING and TRAVEL CLUB OF AOTEAROA NEW ZEALAND
(in association with Talanoa Treks, Fiji)

THE BEST DAY WALKS IN VITI LEVU, FIJI
Saturday 31 August – Sunday 8 September 2024

This excursion explores the best walking tracks on the main island of Fiji, visiting incredible rainforests, waterfalls and beaches. Its focus is on the spectacular interior highlands, seldom-visited by tourists.



Note: The walks on this tour are more demanding than most Footsteps excursions. Routes in Fiji often follow old trails between villages, pig-hunting tracks, or farm paths. These can be rough and muddy. The villages work to keep these tracks clear for you, but please don't expect constructed and manicured walking tracks! A good level of fitness and a spirit of adventure are musts! Further, outside of Suva and Nadi, accommodation is not in hotels or motels, but in village hostels, houses and bures.

Leader: Phillip Donnell
Price: \$2750

(based on a minimum of eight participants and subject to currency exchange fluctuations)

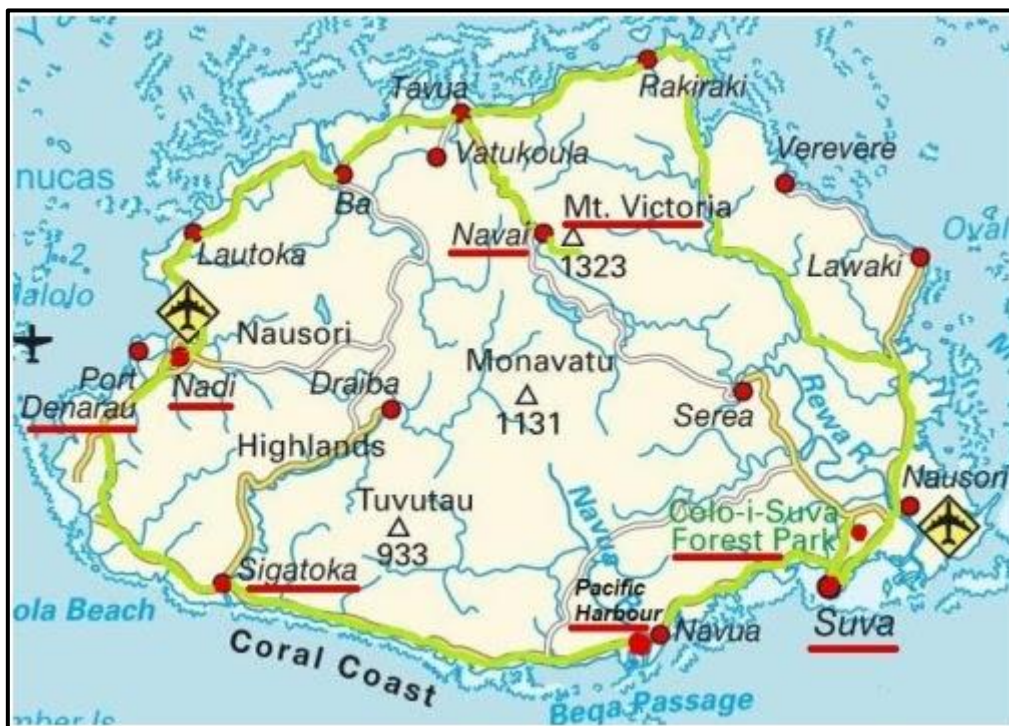
The price includes:

- Road transport (in a comfortable van).
- Accommodation (hotels, motels, village hostels and houses).
- The services of experienced guides throughout.
- Meals as indicated.

The price does not include:

- Airfares to and from Fiji.
- Travel insurance.
- Personal incidentals and excursions.

ITINERARY



Day 1: Saturday 31 August: Arrival Day.

Fly into Nadi and stay overnight. No meals will be provided on this day.

If you arrive early enough, we suggest that you visit the *Garden of the Sleeping Giant*.

The Garden, approximately 10km from Nadi, contains a vast collection of 30 to 40 varieties of magnificent Asian orchids and Cattleya hybrids, and was once the private collection of the late American actor Raymond Burr (of "Perry Mason" fame). Now open to the public, the garden is a wonderful spot to spend part of a day just wandering along the canopy-covered boardwalk, through gorgeously landscaped lawns, across calm lily ponds complete with trickling fountains and croaking frogs, and finally into the heart of a dense rainforest. But the highlight



of the visit has to be the orchids themselves. Carefully tended and well displayed, these fragile flowers are breath-takingly beautiful.

O/n Nadi

Day 2: Sunday 1 September: Our “Talanoa Treks” portion will start.

Their team will pick us up from our accommodation in the morning and head up to Abaca village to begin our hike up Mt. Batilamu in Koroyanitu National Park. Lunch will be provided and you will finish the hike around 3pm. Their team will drop us back to our accommodation. Morning tea and lunch will be provided on this day.

O/n Nadi

Day 3: Monday 2 September

The Talanoa team will pick us up around 10am and take us to have a look at the *Rise Beyond the Reef* shop in Sabeto, before continuing on to *Vuda Marina* for lunch. After lunch we will drive 2.5 hours inland to Navai village, where everyone will stay for the night. Dinner will be provided on this day.

O/n Navai

Day 4: Tuesday 3 September

Wake up and have breakfast around 7.30am and aim to begin hiking Mt Tomanivi, Fiji’s highest mountain, by around 8am. Depending on the speed of the group, it can take 2-3 hours to reach the summit, where we will stop for lunch before making our way back down to Navai village. Once we return to Navai we will have showers, afternoon tea and say our farewells before we depart for Naga village. We will arrive in Naga village around 5pm, The Talanoa team will present a *sevusevu* (gift), dinner and bed. All meals this day will be provided.



O/n Naga

Day 5: Wednesday 4 September

Wake up and have breakfast around 7.30am and aim to begin hiking around 8am. The hike from Naga to Nubutautau village is around 12km. We will arrive in Nubutautau village between 3pm - 5pm. After we arrive, there will be afternoon tea, *sevusevu* and dinner. All meals this day will be provided.

O/n Nubutautau

Day 6: Thursday 5 September

Wake up and have breakfast around 7:30am and aim to begin hiking around 8am. This hike is a circular one that starts and ends in Nubutautau village and is roughly 8km long. If hikers prefer to do a shorter hike this day, there is an option of a 2km hike to the lookout point over Sigatoka river. Lunch will be eaten during the hike and the group should return to Nubutautau village around 1pm, where we can shower, pack and say our goodbyes before departing. After this we will be taken to Suva. On this day your breakfast and lunch will be provided.

O/n Suva

Day 7: Friday 6 September

Breakfast is provided today.

We will undertake some walks in and around **Suva**. Options include:

- Colo-i-Suva Forest Park (6.5km of trails, 2h, Easy to Moderate)

One of the best areas for walking in Suva is the Colo-i-Suva Forest Park. Suva's own backyard rainforest oasis features 6.5km of walking trails, taking walkers to various streams and waterfalls. Follow the trail to Waisila Falls or the swimming holes of the Upper Pool and Lower Pool. The park is located along the Princes Road, some 10km from Suva.

- Mount Korobaba (440m high, 5.6km, 3h, Hard)

One of Suva's more challenging hikes, Mt Korobaba offers sensational views from the top! Starting behind the cement works in Lami, a rough walking trail leads up through lush forest to a viewpoint. At the top, you'll be rewarded with 360-degree views of the city, coast and beyond. The hike takes approximately 3 hours return and has some steep and slippery sections.

- City Walking Tour

Suva is a compact city, so seeing the sights on foot is a great way to spend half a day. A self-guided tour of the city is available by picking up "The Suva Walking Guide" from the Suva City Council. It points out the main attractions to hit on a loop that will take two to four hours to complete fully. Attractions you will see include Parliament House, Government House, Fiji Museum, and Suva Market.

- City Park Walks

When looking for a place to stroll, Suva has several options in its array of parks. One of the most popular city-centre areas is Albert Park, with vast greens to walk around and watch locals play cricket or rugby. Thurston Garden next to Albert Park is a must-visit, with short walking trails among tropical trees and flowers. Ratu Skuna Park, My Suva Park and Umaria Park are more great options.

- Suva Sea Wall (5 km, 2h, Easy)

Suva's Sea Wall walk starts near the Grand Pacific Hotel. passes the Suva Lawn Bowling Club and follows the waterfront. It weaves through beautiful old trees and mangroves and offers an impressive view out across the harbour. In the early morning or late afternoon, the sea wall is filled with joggers and walkers getting in some exercise, it also offers pretty views early morning, or can be a great spot to capture a wonderful sunset across Suva's harbour.

- Nukulau Island

Just off the coast of Suva sits Nukulau Island, a pretty sand island that makes for a perfect day trip from the capital. On the weekends the island is a popular spot for locals, day-trippers and those wanting an easily-accessible island picnic spot. You can walk around the whole island, seeing some of its history. It was used as a prison in the 1900's, but was officially closed in 2006. A fee is charged to visit the island. You can catch a private boat from the yacht club, or a ferry from the port.

O/n Suva

Day 8: Saturday 7 September

Breakfast is provided today.

We will drive from Suva to Nadi along the Coral Coast road (3h), pausing to walk at **Sigatoka Dunes National Park**. There are 2 walking trails; the shorter hour-long walk is over grassland and through forest that's perfect for birdwatching, while the 2-hr walk combines the naturalists trail with dune climbing for spectacular views of the coastline. Over 37 local and

migratory bird species frequent the Park, including 8 endemic species. Keen eyes will also spot the shy skinks, lizards, geckos, fruit bats, Fijian swallowtail butterflies and Pacific boas that call this diverse ecosystem home.

Day 9: Sunday 8 September: Departure Day

No meals are provided today.

Trip concludes after breakfast. Fly Nadi to New Zealand.

FOOTSTEPS WALKING & TRAVEL CLUB OF AOTEAROA NEW ZEALAND

VITI LEVU, FIJI 2024

Booking Conditions

1. Participants agree to all terms and conditions by signing the Registration Form.
2. Phillip Donnell and *Footsteps Walking and Travel Club* are not responsible or liable for any injury, damage, loss, accident, delay or irregularity which may arise from weather, pandemic, defect in any vehicle, vessel or aircraft, or through the acts or default of any person or company engaged in carrying out any of the arrangements of the trip. Everyone participates entirely at their own risk. The separate waiver form must be completed.
3. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be refunded.
4. *Footsteps* reserves the right to make any modifications to the trip that may be necessary.
5. The trip fee includes subsidisation of the leader/driver's administrative and travel expenses, as well as a gift of appreciation/gratuity.
6. Registrations close on **1 May 2024**, or earlier if all the spaces are filled.
7. Registrations are accepted in good faith on a first comer's basis on receipt of the Registration Form and passport scan. A deposit of \$500 per person is paid at the time of registration. The balance of the trip fee is due to be paid by **1 July 2024**.
8. Our preferred method of payment is internet banking to Footsteps, Kiwibank 38-9002-0435674-03. Please write your surname and the name of the trip ("Viti Levu") in the reference box.
9. Cancellations: If you need to cancel your registration for any reason, you must advise Phillip in writing as soon as possible. An email is acceptable, a phone call alone is not. Full refunds are given up to 90 days prior. Following that, refunds are by negotiation, with the aim of refunding the maximum amount possible. Travel insurance can cover you for unexpected changes of plan that have a valid reason. If you find a suitable replacement person, cancellation fees MAY be waived.
10. Personal travel insurance is recommended. This should include Covid cover.

A Registration form and Waiver form are below...

Footsteps Walking & Travel Club of Aotearoa New Zealand Viti Levu 2024: Trip Registration Form

Complete and send this (along with a passport scan and the waiver form) to our postal address (see base of page) or scan and email. The deposit required is \$500 per person. Our preferred payment method is internet banking into Kiwibank 38-9002-0435674-03 (with covering email please, or your surname/name of trip in reference column).

Your full name(s) and please underline or highlight your preferred first name(s):

Postal Address:

Day/Night phone:

Mobile:

Email:

Date(s) of birth:

Are you comfortable in close contact with like-minded travellers with all the give and take needed for harmony? Please extend your answers overleaf or on separate paper, or by email.

Specify any dietary requirements, allergies or medical conditions

Contact person in NZ for any emergencies : name, address, contact phone numbers, email and the relationship to you. In the event of any emergency, this is the sole person you are authorizing us to liaise with

I/We have read the trip information and booking conditions. I / We enclose the deposit of \$500pp. I / We agree to pay the remainder of trip costs by the due date.

(signed and dated by each person registering)

Send (with waiver form) to :

Footsteps, 3/B Te Arawa Place, Welcome Bay, Tauranga 3112. Email: footstepsanz@gmail.com

FOOTSTEPS WALKING & TRAVEL CLUB OF AOTEAROA / NEW ZEALAND

RELEASE AND WAIVER OF LIABILITY FORM

PROVIDER: Footsteps Walking and Travel Club (Phillip John Donnell)(“Footsteps”)

PARTICIPANT:

(“the Participant”)

I, the Participant, release and forever discharge and hold harmless Footsteps from all and any liability, claims, demands and damages, of whatsoever kind or nature, whether foreseeable or otherwise, either at law or in equity, which arise or may arise from the services and activities provided and arranged by Footsteps.

I understand and acknowledge that this Release and Waiver discharges Footsteps from any liability or claim that I may have against Footsteps in respect of personal injury, illness, medical treatment, death, property loss or damage, and otherwise howsoever, resulting from the services and activities provided and arranged by Footsteps. I hereby waive all such rights and remedies.

I accept that I participate in the services and activities entirely at my own risk.

I acknowledge and accept that this Release and Waiver:

- (a) Extends to and covers all contractors, agents, volunteers and employees of Footsteps; and
- (b) Binds the executors, administrators, successors, attorneys and assigns of both parties.

Signed by the Participant:

Date: _____

