



Rustic Island Hiking

#	DATE	DAY TO DAY DETAIL	LOCATION	ACCOMMODATION
0	Sunday	Extra day. We recommend you arrive today or at least one day before to acclimatise. At the airport take a taxi to your resort.	Nadi based resort of your choice	Accommodation of your choice
1	Monday	We will collect you from the airport or Nadi town, whichever is easiest for you, and take you to wallow in the mud pools after a walk in the Garden on the Sleeping Giant. You'll then head to the village for a traditional village welcome ceremony, sevusevu and evening meal before an early night.	Nadi	Local village homestay
2	Tuesday	Learn all about village life, help to cook, go fishing with the women and relax in the slow pace of island life. You have a chance to do extra local activities if you want. We can discuss this.	Nadi	Local village homestay
3	Wednesday	At this idyllic hideaway nestled under palms on a pristine beach, you'll discover the local surroundings on a jungle walk with Juta, an elder from the next door village. High tide allows you to take a kayak out to the reef or go for a snorkel. Stand Up Paddle boards are available to hire too.	Coral Coast, South coast of Viti Levu	A locally owned surf lodge
4	Thursday	Today, at high tide, you'll try your hand at coral gardening then have a surfing lesson on the local break. If there is a shark snorkelling trip you can substitute the surfing for this exciting reef experience, don't worry, theres nothing to be afraid of!	Coral Coast, South coast of Viti Levu	A locally owned surf lodge
5	Friday	After an early, three hour journey from the coast to a locally owned, village eco lodge deep in the interior of the mainland, you'll settle into your quaint, traditional bure with the sound of the river and birds surrounding you. Here is where you'll step back in time to experience life with very limited electricity, locally cooked food, simple, yet comfortable bure rooms and a real appreciation of the way life used to be.	Deep in the highland	A traditional bure



6 Saturday

Today you'll leave early on a day hike deep into the highland jungle, a very different hike to the one you did on the coast. These are ancient footpaths still used by local villages to track pigs, carry food to trade amongst each other. You'll have a welcome ceremony in one of the villages you have to pass on your way and eat a picnic at a huge waterfall.

Deep in the highland

A traditional bure

7 Sunday

After breakfast hop on a traditional 'bilibili' raft which will take you down the river. Transport will then return you down to the coastline onto the airport or next leg of your journey.