



ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE

Prospectus AMC Adventure Travel Trip #2020
Fijian Islands Experience May 13-26, 2020



Come join us in discovering the friendly culture and sheer beauty of the Fijian Islands. Of the 322 volcanic islands and 522 smaller islets making up the archipelago, about 106 are permanently inhabited. Fiji is famed for its phenomenal landscapes, palm-lined beaches, and coral reefs with clear lagoons. Our itinerary is designed to provide you the opportunity to experience the splendid islands of Viti Levu, Waya, and Nacula. Based on the nature of our island destinations, we have arranged for a selection of accommodations including apartments and tropical resorts. This trip will provide unique opportunities for snorkeling, moderately vigorous hiking on some days, and the chance to get to know the Fijian people and their fascinating culture. We do expect a lot of interest in this truly special trip, so if you would like to join us, we encourage you to contact us as soon as possible.

Here is a glimpse at our planned itinerary:

5/13, Wed: We will depart Los Angeles late in the day May 13, with an early morning 5/15 arrival at Nadi Airport on the Fijian island of Viti Levu.

5/15 + 16 Fri, Sat: 2 nights at The Terraces Apartments

After arrival, we will take a shuttle to our accommodations at The Terraces Apartment Resort at Denarau Island, which is actually part of Viti Levu. After checking in and having a group



brunch at Cardo's Restaurant, you will have the chance to unwind, walk around, and explore this thriving resort and marina area. This evening we will have our group meeting and dinner at the Nadina Authentic Fijian Restaurant.



5/16: After breakfast, we will set out for a tour of the Nadi Town Market, SRI SIVA Subramanya Swami Temple, and the Garden of the Sleeping Giant. After our tour, we will return to our hotel for a group meeting to discuss the next day's scheduling details. Tonight participants will attend the Coco Palms Cultural Dinner Show. An evening filled with Fijian music, culture and traditional lovo and hot stone walking (done by the entertainers not attendees!).

5/17, 18, 19, 20 Sun, Mon, Tues, Wed: 4 Nights Octopus Resort

After an early breakfast, we are off to Denarau Marina to board the Yasawa Flyer. We will have a 2 ½ scenic fast catamaran ride to Waya Island located in the Yasawa Islands. We will be staying at the Octopus Resort on mile long Likuliku Bay which was voted one of the top 10 beaches in the world by Conde Nast Traveller. This area is known for some of the best snorkeling in Fiji with fantastically beautiful coral and a protected marine reserve. The breakfast,



lunch, and dinner meal plan is included in our stay here. There will be multiple opportunities to engage in nature and cultural activities. In addition there will be an option for a day visit to the local village and engaging with native Fijians. You will have the chance to participate in "Kava Ceremonies" several times during the trip as well.

5/21, 22, 23, 24 Thur, Fri, Sat, Sun: 4 Nights Blue Lagoon Resort

Thursday morning we are off via the Yasawa Flyer to The Blue Lagoon Resort for additional adventure. The Blue Lagoon Resort has a labyrinth of trails beginning just at the base of the hill behind the resort. Here you will find trails that lead you to hidden mangroves, isolated beaches, rainforest canopied walks, the mud crab flats, and in general – Tropical Island walk experiences! Complimentary activities include kayaking – cultural demonstrations – island weaving – cooking demonstration – island meke night featuring traditional entertainment. On our second day, we will take a short boat ride over to the spectacular Sawa-i-Lau sea cave. Here you will swim and explore your way through the majestic Limestone walls, and immerse yourself in Fijian nature, and the raw beauty these caves have to offer. Additional fee based activities may be available. Participants will have the meal plan which includes breakfast, lunch, and dinner.



5/25 Mon: 1 Night The Terraces Apartment

Today at 1 pm we ride the Yasawa Flyer catamaran back to Denarau and spend our final night in Fiji back at The Terraces Apartment Resort. The apartments are equipped with washer/dryers which may prove useful after all of our journeying. Tonight we will enjoy dinner together at Lulu's Restaurant.

5/26 Tues: On our last day, participants will have the opportunity for last minute shopping, swimming, and/or relaxing prior to checkout. Your leaders will have pre-arranged our group shuttle for return to Nadi International Airport. We leave Fiji behind for now, but we will have plenty to reminisce about our adventurous fun time in Fiji...until our next adventure.

The above itinerary is subject to change.

Trip Leadership

Pam Madigan

Pam was essentially brought up on AMC experiences at Cardigan Lodge, canoeing the Allagash, and hiking in the White Mountains. Pam has served as a leader or co-leader for AMC Adventure Travel trips to St. John USVI, Hawaii, Russia, Paris, and New Zealand. Pam enjoyed leading the AMC trip to Fiji in 2018 and very much looks forward to our returning trip 2020. Pam serves on the AMC Adventure Travel Committee and holds her Advanced Wilderness First Aid certification.



Bob Bentley

Bob Bentley is a long time member of the AMC and has been actively involved at the chapter level as well as numerous committees including the AMC Adventure Travel committee (Chair, Treasurer, and Member). His vast outdoors experience and breadth of historical context is a rare combination. He has led more than 35 major excursions, including backpacking, biking, hiking, and skiing, on six continents. Bob's most notable being his most recent trip, because each is unique and special.



Cost, Registration and Cancellation

Our adventurous yet relaxed pace itinerary is suitable for couples, singles, and families (recommended for children 12 + older). The trip size is limited to 14 participants and two leaders. **The trip cost is \$3,800** per person which includes the items listed below. The leaders will assist participants with their flight arrangements to/from Nadi airport. Round trip airfare from **Los Angeles to Nadi** is expected to range \$1000-1500 (based on estimates & availability).

Accommodations

Accommodations are based on availability. In all cases we plan to have only 2 participants per room. Some resorts our lodging will be in 2-bedroom, 1 bath units shared by 4 persons. Other accommodations may include double rooms with shared bath.

The trip fee includes the following:

- All group ground transport, boat transport, and buses in the Fijian Islands
- Entrance fees to Garden of the Sleeping Giant, SRI SIVA Subramanya Swami Temple, and Sawa-i-Lau sea cave are included.
- Our stays at The Terraces Apartment Resort, Octopus Resort, and The Blue Lagoon Resort.
- All meals included with the exception of any airline meal purchases on 5/13, 5/15 lunch, 5/16 lunch and any meals on return travel day (5/26).

All other personal expenses such as optional trips, meals on own, and alcoholic beverages are not included. Some of the leaders' expenses for the trip and administrative costs to support the trip are included in the overall trip costs to be shared among the participants. This is strictly a non-profit excursion conducted by the leaders on a volunteer basis. Any unforeseen increases in costs will be shared by all participants. Any funds remaining after all expenses are paid will be divided among the participants in accordance with AMC Adventure Travel rules.

A registration deposit of \$1800 is due with the application. You must submit the completed and signed Application Form, the AMC Confidential Health Questionnaire, AMC Optional Confidential Supplemental Medical Questionnaire (only if participant feels it important to supply), and the signed AMC Acknowledgement and Assumption of Risk and Release. Make checks payable to "Appalachian Mountain Club" and mail with your completed application to: Bob Bentley 60 Wenham Rd. Carver, MA 02330. Second Payment of \$2000 due by September 1, 2019. After 9/1/2019 any new participant pays \$3800 in full. Overall, consistent with ATC policy of a cancellation may not raise the cost to the other participants or to the leaders. Participants will forfeit the percentage required of the accommodation of services policy that was booked for them. Should the leaders be able to replace a participant, which they will endeavor to do; participants may be charged as low a penalty as possible, down to a minimum \$100 cancellation fee. This will generally not be determined until after the trip. Trip cancellation insurance is highly advised and information about it will be supplied to all participants.

This trip is likely to fill quickly with the limited group size (14 participants). If you are interested, please register as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of those going on the trip. We will be using email as our primary source of communication. If you prefer snail mail and/or telephone communication, please note that on your registration form. If you have any questions, please call us so that we can discuss them.

Single Applicants: If you are a single applicant, the leaders will help find a roommate for you. The leaders reserve the right to change roommates. There are no single supplement options.

Trip Requisites:

A) Health: Participants must be in good general health and able to do moderate hiking. The trip is not recommended for children under 12. Health-care facilities in Fiji's urban areas are adequate for most routine medical problems. In rural areas, staff training is limited and there are often shortages of supplies and medications. Doctors and hospitals expect immediate cash payment for health services. Travelers should carry adequate supplies of any needed prescription medicines, along with copies of their prescriptions, the generic name of the drugs, and a supply of preferred over-the-counter medications. **While no vaccinations are required for entry into Fiji, the leaders recommend you be up to date on both hepatitis A and typhoid vaccines to safely travel in the Fiji Islands, per recommendations of the CDC. See more information here, including info on the zika virus, which is a known issue in the islands:**

https://wwwnc.cdc.gov/travel/destinations/traveler/none/fiji?s_cid=ncezid-dgmg-travel-single-001

B) Physical Conditioning: This trip involves a moderate amount of hiking on maintained trails. Participants should be in good physical condition and able to walk/hike the required 2-5 miles with some elevation gain. You should also be able to swim.

C) Adaptability: An important criterion for this trip is the ability to be flexible. Please note that itinerary schedule may be modified due to transportation and weather details. Safety will always take priority in the leaders' decisions.

D) Understanding of Trip Purpose: This trip is designed for everyone to experience our adventure in Italy through shared participation in an organized group environment. Participants are expected to arrive promptly for scheduled

activities. AMC trip participants are known for their cooperative efforts, and expectations are that all participants be considerate of others sharing this AMC Adventure Travel experience.

E) Being a Team Player: We will be more than just a group; we will be a team. As a member of our team, you will be responsible for yourself as being an equal part of the group. Being a team player also means proper communication as to your whereabouts and your personal health. Although we are all adults, the trip leaders have a responsibility for the overall safety of the group and part of that is knowing where everyone is. Especially when traveling in a group and in a foreign country, you should tell someone about your intentions. Similarly, you should tell one of the leaders if you become ill or do not feel you are physically capable of safely participating in any of the days' activities.

F) Safety, Risks, and Hazards: As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation via foot or vehicles. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Parents' and participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

Entering Fiji: Tourists from the United States need a valid passport that does not expire within six months of the planned date of departure.

Climate: Maximum temperatures in Fiji rarely move out of the 78 to 87 degree range all year round. A cooling trade wind blows from the east south-east for most of the year. It usually drops to a whisper in the evening and picks up again by mid-morning. Summer weight clothes and hiking gear should be appropriate.

Currency: 1 Fijian dollar converts to .47 US dollar as of 2/4/19.

Major credit cards are widely accepted at many types of establishments throughout and this should help prevent travelers from exchanging large sums of hard currency to finance your stay. Visa and MasterCard are widely accepted. ATMs accepting cards on the Plus/Electron and Cirrus/Maestro networks are available. Debit cards used at an ATM are usually the cheapest way to obtain local currency.

Website Resources:

<http://www.theterraces.com.fj/>
<http://www.awesomefiji.com/transfers/>
<http://www.octopusresort.com/>
<http://www.bluelagoonbeachresort.com.fj/>
<http://www.qsqfiji.com/>
<http://www.sangamfiji.com.fj/index.php?page=temple-news-pooja>
<http://www.fiji.travel/>
<https://travel.state.gov/content/passports/en/country/fiji.html>
<http://wikitravel.org/en/Fiji>
<http://www.feejeeexperience.com/what-to-bring>

We look forward to having you join us!

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