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FIJI
Shores & Marinas 2019
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16° 46’7” South | 179° 20’0” East

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We all know that even with everything checked, checked and triple checked, nautical disasters DO happen.

In case of emergencies all distress messages must be sent to the nearest RCC. Search & Rescue operations within the waters around Fiji are coordinated by a National Search & Rescue Committee. RCCs are located at Suva and Nadi. Rescue Sub Centres (RSCs) may be temporarily established in other areas as demanded by the situation.

Suva (3DP) maintains a continuous listening watch on 2182 kHz and VHF 16 for distress calls. The station is also equipped with 6215.5 kHz for Search & Rescue Operations.

If you are in imminent danger and require urgent aid, use MAYDAY.

1. Switch to 2182 kHz or 6215 kHz or 156.8 MHz (Chnl 16)
2. Alarm signal, say:
   “MAYDAY, MAYDAY, MAYDAY.
   This is ............................................. 3 TIMES
   Give your position
   State the nature of your distress.
   State the nature of help required.
   Give any other information that will assist the rescue operation.
   Listen on the same frequency for acknowledgement.

Our National Search & Rescue Authority is the Maritime Surveillance Centre
HQ Fiji Navy, Box 12387, Suva, Fiji Islands.
T: +679 331 5380 | E: msc@connect.com.fj

The Government of Fiji is upgrading current RCC protocol and procedures. They aim to have a centralized RCC FIJI established within 2015. Please stay tuned to fijimarinas.com for updates as they occur, but for now, the above procedure remains firmly in place.
Bula Vinaka!

We are delighted to welcome you to the 2019 edition of ‘A Mariners Guide to FIJI Shores & Marinas’. We aim to be your trusty guide throughout the duration of your visit; helping you to navigate clearance procedures, make the most of your time here by highlighting the best of everything Fiji has to offer and finally, providing procedural information on departure clearance when the time comes for you to set sail in pursuit of your next adventure.

Fiji is a unique cruising destination. From the remote and very traditional Lau Islands to the world class Denarau Marina or the very unique Vuda Marina Fiji. From the restaurants and historical sites of Suva to the white sand deserted beaches of the Yasawas; Fiji truly has something to suit every type of cruiser.

Our 300 islands are a land of stunning contrast and diversity. Home to picture perfect beaches, endless coral reefs, pristine forests and internationally renowned diving sites.

With so many islands, it is easy to escape the crowd and find your very own anchorage, your own piece of paradise.

Book a private mooring at Malamala Beach Club Fiji and treat yourselves to cocktails under a cabana or celebrate a special occasion with your whole group.

Head over to the legendary Musket Cove. Drop anchor and sign up for lifelong membership to enjoy the privilege of using the beautiful resort facilities. Better still book a beachside bure or garden villa.

Looking for like minded friendships? Head to the popular Boathouse Nanuya that sits on the famous Blue Lagoon Bay. Enjoy the casual dining from pizzas and burgers to home made meat pies. Wash that down with an icy cold Vonu and you won't be in a hurry to sail on.

Want something different from sand and sea? Head into the heartland of Fiji and experience village life by harvesting and cooking Fijian food at the Namosi Eco Retreat. Stay in a traditional bure and cruise the river on a bamboo raft. Be prepared to unplug from the outside world.

Fijian’s are proud of their culture, and traditions remain strong particularly in the outer islands. If you're lucky, you may be invited to a village lovo feast (local meat and produce infused with coconut and cooked in a traditional earth oven), or offered to join a sevusevu (traditional kava ceremony) where you'll be formally welcomed into the village.

Please take the opportunity to purchase authentic Fijian Made crafts & produce in the outer islands. This direct spending has a huge impact on their daily lives and future of their communities. Every dollar spent is a total contribution of nearly two dollars to Fiji’s economy.

Got time to muck around? Hire a car or jump on a bus and take a trip around the coastal roads of Fiji. Don’t forget the camera as you’ll come across some unique photo opportunities and interesting stories to tell back home.

Even after the stunning beauty of the eastern Pacific, Fiji is a surprise to most visitors with many yachties wishing they had planned to spend longer here. Don’t make the same mistake…..

…we look forward to seeing you soon!

*All information within the pages of this guide was correct at the time of going to print but e recommend checking www.fijimarinas.com and Border Control Agency website for important updates before you intend to enter Fiji Waters.

Vinaka vakalevu!
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A Mariners Guide to FIJI Shores & Marinas 2019

CALENDAR OF EVENTS

JAN 1st NEW YEARS DAY HOLIDAY

APR 19th GOOD FRIDAY

APR 20th EASTER SATURDAY

APR 22nd EASTER MONDAY

SEPT 9th CONSTITUTION DAY

OCT 10th FIJI DAY

OCT 28th DIWALI HOLIDAY

NOV 11th MOHAMMED’S BIRTHDAY

DEC 25th CHRISTMAS DAY

DEC 26th BOXING DAY

2019 Regatta Week

15th to 18th of September

Musket Cove Fiji

ENTRY FEE
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suva@musketcovefiji.com

Victoria Wines Monthly Wine Tastings
Wines @ $20 per head. Every last Tuesday of the month at the Damodar Wine Shop, Suva.

Pre-bookings:
suva@victoriawines.com.fj
331 0798 / 999 2293

Monthly Wine Tastings
Wines @ $20 per head. Every last Tuesday of the month at the Damodar Wine Shop, Suva.

Pre-bookings:
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For more information, call 123 (charged), 124 (Free to Prepay), 125 (Free to Postpay) or visit www.vodafone.com.fj

The future is exciting.

Ready?
The RoC Market on Loftus Street on the third Sunday of every month. A place for artisans, producers of cultural products and locally handmade goods, food stores and entertainment. 9992228 or rocmarketfiji@gmail.com

OCT 15-20

Mana Fiji SwimFest
10km | 5km | 3km | 1km swim
The Mana Fiji SwimFest is fast becoming the go-to event for swimmers wanting to combine a tropical island break with some of the most beautiful swimming water in the world, and for those wanting to have a go at a longer distance. oceanswimsafaris.com

OceanSwim Fiji August 22nd-26th
Based from the Sofitel Fiji Resort & Spa, Denarau Island with day trips to swim locations at Tivua Island, Malamala Beach Club & Natadola Beach. www.oceanswimfiji.com

2019 Island Chill Suva Marathon July 27th

One Day Comp
24th February
Flametree Comp
23-24th March
ANZAC Day Comp
27th April
One Day Comp
20th June
Charity Kids Day Fishing Comp
3rd August
Bill Williams 2 Day
14 - 15th September
Fiji Classic International Gamefishing Tournament
November 15-17th
For more information: Denarau Game & Sport Fishing Club +6799780189 info@dgsfcfiji.com

AGM & Prize Dinner December 7th

Munro Leys Suva Challenge 2019 May 4th
Albert Park, Suva. Info coming soon on website
www.suvachallenge.org

Sheraton Golf Classic 2019 International Pro-Am & Teams Tournament
4th-9th June 2019
Over $130,000 in professional prize money and amateur prizes. Held at Natadola Bay & Denarau Golf & Racquet Club.

Sheraton Fiji Villa Teams Challenge
10th to 17th August
Sheraton Fiji & Denarau Golf Club.

Denarau Women's Golf Classic
3rd-10th August 2019
Sheraton Fiji Resort & Denarau G&RC.

OceanSwim Fiji August 22nd-26th
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AGM & Prize Dinner December 7th

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Albert Park, Suva. Info coming soon on website
www.suvachallenge.org
Fiji’s New eTransport Bus Cards

You can still pay cash on a bus, however you will be issued with a disposable card. Disposable cards are available in $2, $5, $10, $20, $50 and $100 denominations. These are recommended for visitors who may not use public buses on a regular or ongoing basis. This does not require registration. Disposable cards expire 30 days from the first day of use.

The full fare table should be displayed in every bus. When boarding the bus, purchase the fare required to cover the stage or more if you wish to use the card on another bus trip. However, the remaining balance on a disposable card must be utilized within 30 days.

If you intend on being a regular bus traveller, you may want to register for a permanent eTransport Card. These are available at any authorized Vodafone, Mr. Mobile or Valufone retail outlets.

To obtain a permanent eTransport Card, you must provide a valid form of identification. Your first card is provided free of charge. Top up your card at the counter and you will receive a receipt that confirms the amount you’ve paid and the balance of your card.

Your eTransport Card will be valid on any public bus in Fiji, provided it is topped up with the proper balance for your trip. Check the fare when the driver enters the stage to see that it is correct. Also, be sure to only tap your card at the POS once; multiple attempts of tapping your card may incur extra fares being deducted.

If the balance on your card is too low to get to your destination you have the option of purchasing the disposable card (available on all buses) to travel to your destination. Any balance remaining on your card can be refunded to you in cash. However, you will need to visit a Vodafone retail or authorized agent outlet with your card and a valid ID to get a refund (and before your card expires if you are cashing in a disposable card).

www.vodafone.com.fj

Balolo is an edible sea worm scientifically known as Eunice viridis. Balolo is known as palolo in Samoa and occurs in others parts of the Pacific as well.

If you are anchored close to an island (other then Viti Levu) during Oct-Dec 2019, you may witness the “Rise of the Balolo”.

This is an early morning event that occurs once or twice a year at a certain phase of the moon. Some villagers will wait up all night and wear salusalus for the occasion.

The balolo will rise to the surface in their millions at around 4-5am and vanish at sunrise. There are a lot of festivities once the villagers have returned to shore. Catch some yourselves and make an ordinary fritter batter, mix in the balolo and fry in the usual manner. There are many other ways of eating balolo, including raw...

Our balolo expert Dr Paul A. Geraghty tells us these are the most likely dates:-

20 Oct Yasawa, Waya, Mamanuca and Savusavu
21 Oct Kia, Cikobia, Savusavu and Yanuca (Taveuni)
19 Nov Vatulele, Kadavu and Moala Group
20 Nov Southern Lau
21 Nov Batiki, Gau, Udu, Naqelelevu, Taveuni, and Vatuabalu
19 Dec Ovalau
20 Dec Vatoa

If you are fortunate to capture the event on your camera, please share your pictures with info on time & place. Email to: andree@seareelfiji.com

RISE OF THE BALOLO 2019

An iconic destination known for its laid back atmosphere. Sail in and become a member of the Musket Cove Yacht Club.

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musketcovefiji.com
Welcome to our Friendly Shores & Marinas
There are so many reasons to cruise the idyllic waters of Fiji. It is one of the warmest, friendliest nations on earth and caters to cruisers looking for adventure, timeout experiences with locals and very remote cruising.

Fiji is a nation comprising 322 islands in 18,376 square kilometers of the Pacific Ocean. The islands range from being large and volcanic with high peaks and lush terrain to sand keys so small they peak out of the warm aqua water when the tide recedes, to rugged thrust limestone cliffs.

There are five distinct cruising areas as described throughout this guide, which provide very diverse cruising locations to suit every traveler of the high seas. This is not always the case in some of the other South Pacific island destinations where good anchorages can be sparse. In the outer islands, off the beaten tourist track, there are many deserted beaches, good anchorages, and opportunities to really experience local customs and the culture of Fiji.

Now that Super yachts can charter in Tahiti and now Fiji, and New Zealand, many ship Owners and Captains may be tempted to commit to a longer cruise in this magical region, which compared to the Mediterranean and the Caribbean, must be refreshingly unpopulated with unspoiled coastlines and often empty anchorages.

Provisioning and other supplies for Super yachts are easily imported from New Zealand and Australia on a regular basis; however, it is worth noting that many Fiji suppliers especially near Nadi can meet such demands. Fiji also has some very capable ship repair experts; specializing in hydraulics; electronics; engineering; varnishing; canvas works and more. Also, IMEL operates a floating dry dock business in Fiji with lifting capacity of 3500 MT.

Cruising in Fiji waters is remote and stunningly beautiful, and over the past 44 years it has given me the opportunity to experience many once-in-a-lifetime moments. However, its isolation and untouched beauty also means that it is one of the more navigationally exacting cruising areas in the South Pacific.

With the start of the Americas Cup challenge in Auckland March 2021 owners may not wish to miss the stunning cruising in this country. Its also a chance to catch up on boat maintenance; plan major refits, where the shipwright standards and local expertise is high. Out of the South Pacific tropical cyclone belt it’s a great country to take time out before exploring more remote island groups beyond Fiji.

So, as the South Pacific has so much to offer the adventurous cruiser, we look forward to seeing you soon!

-Captain Carol Dunlop
This series of articles is about cruising the 5 quite distinct and diverse areas of Fiji. Voyage and charter planning should be restricted to one area at a time, to avoid the cruise being interrupted by long sea passages as the ship re-positions. Yasawa & Mamanuca Islands | Kadavu & Beqa Lagoon | Lomaiviti Group comprising the Vatuira Channel, Makogai, Namena, Wakaya, Ovalau, Gau and including the Northern side of Viti Levu | Taveuni, Vanua Levu and The Ringgold’s | Northern and Southern Lau and Eastern Group of Islands.

CRUISING THE YASAWA & MAMANUCA ISLANDS
White sand beaches & protected cruising

The Yasawa and Mamanuca islands are the closest cruising grounds to Fiji’s International Airport in Nadi.
A departure from Port Denarau (which is only 20 minutes from the main international airport) will find you at Malolo Island, the southern-most in the Yasawa/Mamanuca chain of islands, in just a couple of hours.
The chain of islands and surrounding coral reefs are strung out over 80 nautical miles from Malolo Island to Yasawa-i-rara at the most northern tip of the Yasawas. Most of the traveling is inside the reef with short passages between many good anchorages and fine beaches.
The climate is reliably very sunny due to being located on the “dry” side of Fiji. You are likely to see a few cruising boats, but the area is still pristine with easy, safe diving and very good snorkeling.
The diving is good for novice to moderately experienced divers. It’s a great area for guests that do not feel comfortable in open waters.
There are a few small boutique resorts in the Mamanucas where you can hire jet skis, go parasailing, have a spa treatment and do the usual resort things.
Good anchorages can be found off Malololailai and Qalito Island close by.
Musket Cove really encourages yachts; there is a bar on the beach. It’s a great place to visit; hire a mooring and do some socializing. Its close to Cloud 9 which is a bar and restaurant from which you can surf paddle board and windsurf.
Momi Bay is a good anchorage both to arrive at night on the leading lights, and from where to make an early departure.

At the southern most island of the Yasawas - Waya Island, you will find the lovely Octopus Resort. Cruise northwards up the island chain to see the many other small backpeater operations and several more luxurious resorts nestled on some of the islands.

Many of these resorts if properly approached can offer Spas and the use of some of the facilities but a polite call first is a must do.

About midway up the chain you will find the Blue Lagoon anchorage (so named as this was the location for the movie Blue Lagoon in 1980) and the private Turtle Island Resort.

Nanuya Island Resort is right on the beach at Nanuya Lailai Island; close by and do welcome cruising yachts.

They run a lovo and meke on a Saturday night and would welcome yachts if they made a booking. Lovely venue and perfect sunsets.

A lovo is the Fijian way of cooking food on hot rocks buried in the ground. A lovo meal will include fish, pork, whole chicken, and some dalo (taro), palusami and other root crops from the market. The resort staff weave coconut frond baskets to hold the food, which is then placed on the heated rocks, covered with banana leaves and more coconut fronds, and buried for a few hours. The food comes out tender, juicy and infused with the flavor of grated coconut.

We have also found the Blue Lagoon Beach Resort on the Southern end of Nacula Island very helpful in assisting some of our guests. The Resort is lovely and the location stunning.

Yaqona (Kava) drinking while being serenaded by harmonious Fijian singers provide a musical delight under the stars. A really great night out Fiji style!

One can easily cruise for 7-10 days in the Yasawa/ Mamanuca area and find something of interest to suit everyone on board; beaching, hiking, kayaking, snorkeling, diving, fishing, cultural village visits and water sports. Most villages will put on a meke (Fijian Dancing) and/or lovo for guests on very short notice.

The beaches are magnificent. Whiter and more dramatic the further north you go; Yasawa Island being the most spectacular with miles of white sand, nobody there except for a few villages and the very upmarket Yasawa Island Resort tucked away, almost invisible amongst the palms.

At the southern end of Yasawa Island are the famous Sawa-i-Lau Caves which are worth a visit. You can hire a guide from the village to show you the entrance into the underwater caves. Take torches, masks and snorkels! The lagoon at Sawa-i-Lau is just great for exploring with kayaks, and the snorkeling is very good near the caves. There is a fee charged which varies from week to week!

Many anchorages can be found both on the east and west side of the island chain. The best in bad weather being the Blue Lagoon anchorage at Matacawalevu; other anchorages are at Sawa-i-Lau caves, which has good holding; Vawa island in a strong southerly and North and South Naviti and Waya island both east and west depending on the wind direction.
**Climatic analysis and forecasts**

There are two longer term climatic conditions it is worth tracking regularly:
- Madden Julian Oscillation (MJO); and
- the Southern Oscillation (SO).

These provide good indicators of general conditions in the South Pacific.

Following these two phenomena on a regular basis helps to build up a picture of the type of weather to expect on a weekly, monthly and seasonal basis.

I keep regular watch on the MJO, especially during cyclone season. The location of the MJO ‘pulse’ provides a very good indication of the amount of convection (and likelihood of cyclone formation). The ‘phase’ diagram is particularly useful for locating the pulse around the globe.

The Australian Bureau of Meteorology (BOM) links below provide good explanations of MJO and SO. I find the NOAA sites better for keeping tabs on the two conditions. Useful links at this ‘macro’ level are:

1. NOAA Global Tropics Hazards and Benefits Outlook
2. NOAA Madden Julian Oscillation (MJO) status and forecasts
3. NOAA MJO weekly discussion
4. BOM (Australia Bureau Of Meteorology) MJO monitoring
5. NOAA Southern Oscillation Index (SOI) status and forecasts
6. NOAA SOI weekly discussion
7. BOM (Australia Bureau Of Meteorology) ENSO Wrap-Up

**Satellite Imagery**

I find satellite imagery to be one of the most useful tools for understanding weather in tropical regions. From a passage making perspective it is especially useful for locating fronts or convergence features such as the Inter Tropical Convergence Zone (ITCZ) and South Pacific Convergence Zone (SPCZ).

If I have the internet bandwidth I watch the animations to see what’s developing and where its headed. If I am at sea or in a remote location I use weatherfax to download individual images from Honolulu (NWS) 4 times a day.

Infra-Red (IR) images provide good 24hr coverage and clearly show the colder (high) cloud tops. The visible image is only useful during daylight hours, but usually gives a clearer picture of what clouds at different levels are doing. Once you get familiar with interpreting them, I find the visible images sometimes give a better indication of where low level features might be centred.

1. NOAA Southern Hemisphere Sectors (images and animations)
   [http://www.goes.noaa.gov/sohemi/](http://www.goes.noaa.gov/sohemi/)
2. BOM (Australia Bureau Of Meteorology) Satellite Viewer
3. Honolulu NWS radiofax charts for the Central, Southeast and North Pacific
   [https://tgftp.nws.noaa.gov/fax/hawaiilatest.shtml](https://tgftp.nws.noaa.gov/fax/hawaiilatest.shtml)
Modelled weather forecasts

I use results from two different global weather models for short and medium range forecasts:
- Global Forecasting System (GFS) model run by the US National Weather Service
- ECMWF model (European model)

These are two independent forecasting models and therefore provide well informed, but different, views of what might happen. If they are aligned then there is high confidence. If they are very different then there is high uncertainty.

The GFS model is the basis for most commonly downloaded GRIB files as well as many of internet based surface wind forecasts including Passageweather, Windguru and Metvuw. It’s important to recognise that these are not independent weather forecasts. They are all derived from the same model output and therefore comparison does not provide any indication of confidence or uncertainty. I have heard many people say they’ve compared different internet forecasts and found them to match perfectly so it must be a very confident forecast. … but it’s just a case of them both using the same source data.

What is good on these weather sites is how they display the data. I find some of the images very useful for visualising conditions.

ECMWF is a very good performing weather model. In fact, some research shows it to be better than GFS in many circumstances. Unfortunately the model output is not easily available in GRIB or any detailed format. Several web based forecasting resources such as Predictwind and Windy.com have made the ECMWF forecasts available through their various platforms. These resources provide really good graphical interfaces for comparing the GFS and ECMWF forecasts.

Predictwind also uses their own proprietary model to produce two additional forecasts for users to compare. It is understood that these two additional forecasts (PWG and PWC) are produced by running the same model with two independent sets of initialisation data. The two forecasts would therefore represent differences in the input data rather than differences in the forecasting process.

I have found the Predictwind PWG and PWG forecasts to be good at forecasting detailed local conditions where interaction with land is likely (in the lee of Viti Levu for example). I would however not rely on these forecasts for anticipating the more extreme tropical events in our region.

Understanding the uncertainty in the model forecasts

In order to get a picture of uncertainty, I try to assess the variability between the models and between successive model runs. The first thing I do is compare 7 days of forecasts between the GFS and the ECMWF. Then, if I see a particular event in a forecast (a developing low for example) I will compare its development and progress as each successive model run becomes available (4 times a day for GFS and 2 times a day for ECMWF).

Through practice it is possible to build a pretty good picture of how confident the models are. However it must be remembered they are just computer models and the output is only intended to help build a picture of what the weather might do. They all need interpretation.

Accessing and viewing GRIB forecasts

I find it best to always view my GRIB files on the same package and at the same scale for consistency. I generally use Viewfax, a freeware grib viewer. It’s very simple and easy to use. When I have bandwidth I use Viewfax to specify, download and view the GRIB file. When I am out of range I specify the GRIB file in an email to Saildocs and then open it in viewfax.

There are many other options, some of which use routeing algorithms. Open CPN is used by many to display and analyse their GRIB files. Expedition is another favourite.

Here are some of the sites I use for viewing various weather model forecasts:

1. ECMWF European model for selected regions
   https://www.ecmwf.int/en/forecasts/charts/catalogue/medium-mslp-wind850?facets=Range,Medium%20(15%20days)%3BType,Forecasts&time=2019011312,0,2019011312&projection=classical_equatorial_pacific

2. Windguru ECMWF and GFS comparison

3. Metvuw provides nice clear images showing surface wind and rain. I have never received confirmation, but I believe that this uses GFS
   http://www.metvuw.com/ows/

5. Windy.com ECMWF and GFS comparison
   http://www.windy.com/?-18.125,178.450,5

6. Predictwind has both GFS and ECMWF forecasts… and provides two other useful forecasts
   http://www.predictwind.com/

Other synoptic chart analyses and forecasts

I also like to look at analyses and short term (1 to 3 day) forecast synoptics which have been produced under the supervision of skilled forecasters. These represent forecasts based on expert interpretation – not just the output of a computer model.

1. NOAA weatherfax charts can be downloaded using SSB and weatherfax, or https://tgftp.nws.noaa.gov/fax/hawaiilatest.shtml
2. New Zealand Metservice forecast synoptics
3. Fiji Meteorological Service surface analysis
   http://www.met.gov.fj/weather_maps.php
4. Australian Bureau of Meteorology (BOM) weather charts
Text discussions and analyses

I find these very useful for low bandwidth downloads. Some of them also provide good interpretation by experienced weather forecasters. One of the most useful weather discussions for the region is of course Bob McDavitt’s ‘Weathergram’. Bob produces a new Weathergram every Sunday night. It should not be missed. He also offers weather services to assist passage making.

1. Fiji Met Service weather bulletin
   http://www.met.gov.fj/aifs_prods/10140.txt
2. Weather discussion from Guam for Micronesia
   http://www.prh.noaa.gov/data/GUM/AFDPQ
3. Bob McDavitt’s regular Sunday night Weathergram
   http://weathergram.blogspot.com/

Additional cyclone monitoring

All the official local and regional sources should be monitored for advisories. I also track several other sources of forecast and information to make sure I am fully in the picture and able to make decisions I am happy with. These include:

1. Joint Typhoon Warning Centre for various text and graphic products on current threats
2. Cooperative Institute for Meteorological Satellite Studies, University of Wisconsin
   http://tropic.ssec.wisc.edu/ (some really useful pages which help you to understand the steering forces which a cyclone is subject to)

Swell forecasts

Many anchorages or passes are affected by swell conditions, particularly if there has been a big storm in temperate latitudes. There are plenty of good surfer web sites. Look at the wave period and wave height forecasts. Wave period over about 12 seconds starts to produce long swell conditions which can build up in shallower water.

1. Magic Seaweed is one of many good sites
   http://magicseaweed.com/Pacific-Ocean-Islands-Surf-Chart/58/?chartType=PERPW
2. Windguru gives swell and wave forecast data in easy to read tabular form

Summary of links for weather & climate in the Western South Pacific

Climate analyses and forecasts
- NOAA Global Tropical Hazards
- BOM MJO monitoring
- NOAA MJO status and forecasts
- BOM ENSO Wrap-up
- NOAA MJO weekly discussion
- NOAA SOI status and forecasts
- NOAA SOI weekly discussion

Satellite Imagery
- NOAA MTSAT animations
- NOAA Honolulu Weatherfax charts
- BOM Satellite Viewer

Short and medium term model forecasts
- ECMWF surface pressure forecasts
- Windguru (GFS model)
- Windy.com ECMWF and GFS comparison
- Metvuw (GFS model?)
- Weather Online expert charts (GFS, ECMWF etc)
- Predictwind

Synoptic analyses and forecasts
- NOAA Honolulu Weatherfax charts
- New Zealand Met Service
- Fiji Met surface analysis
- Australia BOM

Text weather discussions
- Fiji Met bulletin
- NOAA Guam (Micronesia only)
- Bob McDavitt weekly Weathergram

Additional cyclone monitoring
- Joint Typhoon Warning Centre
- CIMSS (University of Wisconsin)

Swell conditions and forecasts
- Windguru
- Magicseaweed

Visit www.fijimarinas.com
Go to Weather Resources and Click on the live links for easy access
If you’re cruising through the crystal-clear turquoise waters of Fiji’s islands and looking for a unique experience, call into Malamala Beach Club Fiji, the world’s first island beach club, for a day of relaxing and chillaxing complete with plenty of fun activities, an innovative menu and laid-back tunes played all day long.

Malamala Beach Club, just 25 minutes from Port Denarau in the pristine Mamanuca Islands, has six moorings for private vessels in front of its famous pier. The island is open from 9.30am-6pm seven days a week; regular Day Pass guests arrive on the South Sea Cruises vessel at 10.25am and depart again at 4.15pm or 5.15pm.

The beach club offers a white sand beach and a beautiful resort-style infinity edge pool which you may recognise from your Instagram feed. Both WiFi and the towel service are complimentary, as is an array of non-motorised watersports equipment including kayaks, stand-up paddle boards and snorkelling gear. Beachside cabanas with private butler service and poolside daybeds can be reserved for a fee, which you can do ahead of time by credit card.

The outstanding food and beverage menu is a major drawcard for Malamala Beach Club Fiji guests who can choose from a delicious à la carte selection ranging from small bites to substantial sharing platters, all inspired by the fresh flavours of the South Pacific. Among the mouth-watering offerings, made with locally sourced produce wherever possible, are contemporary twists on traditional Fijian delicacies such as Kokoda.

Guests are free to dine where they like on the island – maybe there’s a particular palm tree or sunny spot you’re enjoying – and pair their Coconut-Crumbed Prawns, Sea Prawn Caesar Salad and Treefruit Samoas with one of the beach club’s signature hand-crafted cocktails such as the Drunken Coconut (Fiji coconut vodka, fresh coconut water, lime, watermelon, basil and syrup served inside a Malamala Beach Club Fiji coconut) or The Elixir of Life (noni juice, vodka, mint, lemon and passionfruit).
If you’re looking for somewhere to celebrate a special occasion or hold an event, Malamala Beach Club Fiji has a range of versatile private spaces for hire, for a minimum food and beverage spend. If you’re planning a big event you can make Malamala Beach Club your own private island and book it exclusively for up to 400 guests. Exclusive boat charter (maximum of 240 guests per vessel) is available too. For group rates please email: groups@malamalabeachclub.com

Spaces on the island include “The Deck”, a laid-back, open-air space with daybeds, sun loungers, deck chairs and bean bags suitable for casual drinks, informal dining, cocktails and canapés for up to 40 standing guests, and “The Venue”, a semi-covered space for up to 50 seated guests with its own restrooms. The beach club’s open restaurant offers covered seating for up to 100 guests and allows groups to enjoy an occasion in one space, with easy access to all facilities.

All the spaces at Malamala Beach Club Fiji offer complimentary access to the in-house sound system.

Those arriving by private vessel pay a Club Fee of FJD$30 per person. Moorings are available on a first-come, first-served basis, call +679 779 2100 or +679 999 4891 on the day to check availability. Visit Malamalabeachclub.com

Vuda Marina Fiji

17° 41’04” South | 177° 23’02” East

PO Box 5717, Lautoka, Fiji.
T: +679 666 8214 | F: +679 666 8215
E: info@vudamarina.com.fj
www.vudamarina.com.fj
Along the historical beach where our intrepid ancestors first discovered land, having sailed in canoes from lands far, far away some 3,500 years ago you will find Vuda Marina Fiji.

This unique commercial marina complex, designed specifically as a cyclone and severe weather shelter, is located only 20 minutes from Nadi International Airport and just 15 minutes from Fiji’s second largest city, Lautoka. It operates as a hub for yachtsmen and yachtswomen offering a convenient base for those wishing to explore the beautiful chain of the Mamanuca and Yasawa islands situated just offshore and within view.

Facts & Figures

Accessible through a 25 metre wide reef channel, the marina entrance is marked with beacons and green leading lights and is easily arrived at by approaching the highly visible white ‘Total’ storage tanks from the southwest. Vuda Marina Fiji is a berth and repair marina equipped with the largest travelift in Fiji (63-ton WISE). It is also the only marina in Fiji capable of lifting catamarans up to 20-ton with its newly acquired catamaran lifting trailer. The marina has inwater berthing for 78 vessels, hardstand working area for 30 vessels and 45 cyclone pits for potentially 153 yachts at any one time. The ‘cyclone pits’ are ideal for monohulls that
choose to sit out the cyclone season with their keels lowered into pits. Catamarans can also be hauled out and tied down on the hardstand for longterm storage. Special berthing rates are offered for yachts that stay for longer periods. The marina has a minimum depth of 2.5m in the channel at zero low tide and a minimum depth of 3m within the basin. There are a select few 'deep water' berths that can accommodate vessels with a draft over 3m.

**Safety**

Due to its unique inland basin, Vuda Marina Fiji is protected and well secured with very limited wave action - even in cyclones. The Marina also has a surge boom that can be placed across the channel entrance to impede any kind of rough seas from entering. While nowhere can be guaranteed as being hurricane proof, this marina is certainly a safe hideaway. The marina is manned 24 hours a day and is equipped with CCTV coverage for added security.

**Services**

Here you’ll find a one stop yacht chandlery for all your boating needs, from stainless steel rigging, yacht paints, repair materials, hardware items, sail repair kits and all-weather clothing. The Marina has a register of over 20 professional yacht and marine repair & maintenance companies for all your repair works. Onsite the various contractors can perform virtually all yacht repair works needed including spray painting, engine repairs, stainless steel fabrication, welding, electrical, mechanical, carpentry, sail making, upholstery, bimini & dodger repairs. Discussing required works directly with contractors is a convenient option here within the contractor village. Storage Facilities provide 1m³ & 2m³ Storage Lockers for long & short term rental.
Accommodation
Vuda Marina Fiji has a variety of accommodation options for those wishing to spend a few nights on dry land. Rates are reasonable and you are only a stones throw away from your beloved yacht.

Options:  
- 1 x cabin, bedroom with QS Bed, TV, AC, vanity, shared toilet & shower facility next door  
- 4 x cottages with QS bed, bathroom, AC, TV & fold-out sofa bed with minibar
- 1 x apartment adjacent to floating dock with separate bedroom, bathroom, kitchen & lounge, TV & AC.

You can also enjoy stunning views from the balcony of the Boatyard Café. Consistently updated menu items available include salads, light meals and delicious coffees.

Half price pizza nights on Tuesdays from 5.30pm.  
Winey Wednesday every Wednesday from 5.30pm to 6.30pm for great prices on glasses of wine  
Happy Hour on Thursday nights 5.30-6.30pm

Talent night on Thursdays after happy hour. Live acoustic music every Friday!  
Sunday afternoon Jazz 2pm – 7pm. Sunday afternoons at the Marina are always accompanied by live band entertainment.

Popular open-air big screen movies showing on the front lawn - weather permitting. A wide selection of movies are shown – check the notice board for what’s showing if you want to catch up on your Hollywood action! Mon, Wed & Sat @ Sunset

Cultural & Traditional lessons such as basket weaving, say it in Fijian and kava ceremonies are available throughout the week.

Vuda Sailing Club - Kids Optimist sailing classes are held throughout the year. Dates are posted on the Facebook page - Vuda Sailing Club, or parents may contact the marina.

Visitor Attractions
The Boatshed Restaurant & Bar offer al-fresco dining options. A fantastic and frequently revamped a la carte menu is available in both the Boatshed Restaurant & Sunset Bar with locally inspired nightly specials to whet the appetite. There is also a kids menu and play area. Regular activities are hosted at the bar in the evenings.

The Boatshed Restaurant is a recipient of the Fiji Excellence in Tourism award for best restaurant in Fiji and is a regular recipient of the Tripadvisor Certificate of Excellence for consistently positive reviews.

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Provisioning
The Marina has a communal garden and various fruiting trees for guests of the marina to enjoy free of charge. They ask you to tend to the garden as payment for the fruits and only take what you need. The General Store has a variety of foods, drinks, toiletries and various miscellaneous items for your convenience. For anything else, Lautoka City is 15 minutes away in one direction and Nadi town, 30 minutes in the other. You will find supermarkets, hardware stores, and fresh produce galore in either.

Clearance Facilities
Arriving yachts can conveniently clear into Fiji waters using the Marinas floating dock where government officials will be waiting to greet the captain and crew and proceed with formalities. Inward & outward clearances are processed at a fee of $75. Captain and crew can then immediately start to enjoy their stay in Fiji by using the marina's facilities, restaurant, café, bar, yacht chandlery, general store, ATM, laundry and fuel station.

Operation hours of the Vuda Marina Boarding Station are: Monday to Friday - 9am to 4pm

Please note, 48 hour advance notice is required for use of these facilities. Vessels arriving on weekends or public holidays must clear in Lautoka.
The importance of yachting to Fiji

As someone who has cruised through many small island countries around the world, I have seen many communities and small businesses that are nearly totally reliant on the seasonal migration of cruising yachts. Yachts small and big (and very big) spend foreign exchange directly into local economies. Some of this ‘direct’ spending has to go abroad to pay for imports, but much of it stays in Fiji to be recycled through the economy resulting in what economists call ‘multiplier effects’. The effect of this is that for every dollar spent by a yachting visitor, there is a total contribution to the Fijian economy of nearly two dollars.

The positive impacts of yachting tourism on small island countries is a story that doesn’t often get told. We all know our visit and our spending has an impact, but what difference does it really make? Rory Garland - S/Y Streetcar, who has cruised extensively around Fiji with his family, was part of an independent study team which found that visiting yachts resulted in a FJD $60m boost to the Fijian economy.

All these interactions between cruising yachts and small island countries point to a broader picture of a unique ‘economy’ of mutual need and respect. The question is: how to capture and present this broad range of impacts? This was the question posed by the Fiji Yachting Industry.

During the 2018 cruising season, the study team I was working with set about an ambitious programme of research, surveys and structured interviews to identify and measure the economic impacts of yachting in Fiji. While remaining independent and impartial we worked closely with the Fiji Yachting Industry to unpick the money trail and separate money which stayed in Fiji and that which ‘leaked’ abroad.

What was found out surprised me, and, created quite a bit of attention across the industry and the local media.

A total of 721 yachts carrying 2,510 people visited Fiji during 2018… perhaps one of these was you? These ‘yachting tourists’ spend nearly 3 times more than other types of tourist visitor to Fiji.

The total amount spent within Fiji by visiting yachts in 2018 was FJD $35m. Taking into account the leakage of money going abroad (and the ‘multiplier effect’), this direct spending resulted in a FJD $60m boost to the economy of Fiji.

While yachting visitors may be small in overall numbers, this study has revealed that ‘our’ impact is highly significant and of huge benefit to the Fijian economy.

Thanks to this study the relatively young and vibrant yachting industry in Fiji now has the facts and figures to make its case for more Government support to yachting across the whole of Fiji. And as a visitor to Fiji, you now have the evidence that your time in the country is of huge importance to Fiji’s people.
Port Denarau Marina

17° 46’18” South | 177° 22’56” East

PO Box D23, Port Denarau, Fiji.
T: +679 675 0600 | F: +679 675 0700
reservations@denaraumarina.com
www.denaraumarina.com
VHF 14
Port Denarau Marina is an award-winning International Marina through Marina Industries of Australia for 4 consecutive years and has also won numerous awards in Community Support and Innovation by a marina. The marina was awarded MIA Clean Marina & Fish Friendly Accreditation 2017 – 2020 and is actively focused on raising national awareness and education on marine conservation through their various programs at community levels.

The marina is well positioned to provide a stopover for rest, recreation and provisioning during your cruising of the Fijian Islands.

Situated on the western coast, it’s a short 20-minute taxi ride from Nadi International Airport, and only an hour to Lautoka city, which is a main port of entry.

Port Denarau Marina is state of the art and is situated adjacent to the largest retail/restaurant complex in the Nadi area.

Moor Services

No matter where you drop anchor in Fiji you can be sure we’ve got all your air transfer services covered.

- Seaplane, airplane and twin-engine helicopter transfers of passengers and/or provisions to all of the Fiji Islands including the Lau Group.
- Helicopter transfers to the Mamanucas, Yasawas, Viti Levu, Vanua Levu, Taveuni and Kadavu.
- Medevac services

Pacific Island AIR

Ph+679 672-5644
e: reservations@pacificislandair.com

www.pacificislandair.com
Facts & Figures
Accessed through a well-marked channel that is 5 metres deep at zero tide. The marina contains 57 fully serviced berths for visiting yachts including 1 x 85m, 2 x 75m, 3 x 65m, 3 x 50m, 7 x 35m, 4 x 30m and 37 x 14-20m berths and 5m draft at low tide.
For our visiting guests we have full bathroom and laundry facilities with 24 hour security card access. The marina is covered by a 10mb WiFi internet connection and has full power, water and fuelling facilities. Diesel is reticulated to all superyacht berths for easy high speed transfers.
Additionally there are 16 moorings within the marina basin. No anchoring is allowed within Port Denarau Marina limits but a good anchorage is available just to the east of the marina entrance markers.
Safety
The marina is fairly well protected but is not a cyclone haven and must be evacuated in the event of a cyclone.

The Boat Yard
Port Denarau Marina is a haul out facility providing the latest equipment that offers comprehensive marina services that includes a 50 tonne travelift, forklift services, a hardstand area, marine workshops, short and long term boat storage, and dry stack facilities. You will also find the following services based on-site within the marina complex: Engineering/ Welding Workshop, Hydraulic Workshop, Outboard / Jet Ski Repairs, Aluminum Fabricators & Boat Builder, Stainless Steel Fabrication, Repairs & Maintenance, Sail & Canvas Maker, Yacht Agents, Marine Chandlerys, Painting & Antifouling, Dive Tank Refills, Gas Bottle Refills.

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Denarau Yacht Club

Ideally located in the marina, ‘The Rhum-Ba’, the Yacht Club incorporates a rum bar and modern dining on the ground level with a function and events facility upstairs. With a light and modern interior, The Rhum-Ba offers expansive views to the north and east across the Port Denarau Marina and Jetty C. The facilities also provide opportunities to host more international yachting and game fishing events.

Provisioning

Within the retail centre you will find a well-stocked supermarket, bottle store, bank, money exchange, doctor’s clinic, pharmacy, spas, clothing and souvenir shops as well as a wide range of bars and restaurants.

Attractions

Situated at the main marina complex you will find an array of companies offering trips to the islands and activities such as game fishing, Scuba diving, jet boat rides, hiking trips, camping trips, dinner cruises, parasailing, sky diving, banana rides, water skiing, wakeboarding, helicopter rides, island tours and much more...this place is geared for tourism.

The Marina is walking distance to several international hotels that offer a host of...
recreational pursuits including an international 18-hole golf course, hard and turf surfaced tennis courts, the Denarau Mini Golf & Driving Range offering bungee trampolines, ten pin bowling, batting cage and mini golf. The Big Bula Water Park is great if you have kids – or are a big kid yourself! Spas are dotted around the island where you can be given a new lease of life if you are feeling a little weather beaten.

Hilton’s Deli in-house bakery and pastry kitchen, has become famous across Fiji for mixing, rolling and baking all your favourites to be enjoyed while sailing our beautiful waters.

- Artisan bread & pastry range - frozen or baked
- Healthy salads & sandwiches
- Ready-to-bake gourmet pies & sausage rolls (vegetarian options)
- Selection of sweet treats & celebration cakes
- Gluten free range
- Full espresso menu

For more information and catering orders please call +679 6756 800 ext. 56952 or email restaurants.fiji@hilton.com
Accommodation

The Marina complex is part of Denarau Island which is home to a suite of international brand named hotels if you feel like spoiling yourself or have friends / relatives flying in to meet you. All the top names are there; Worldmark (Wyndham) Resort Denarau, Radisson Blu Fiji Resort, Sheraton Denarau Island. Photo: property.com.fj

Getting Around

The marina offers an extensive range of ferry, water taxi and cruise operators catering to day trips and Island Resort transfers.

Explore Denarau Island and get your bearings by taking a ride on a unique and open ‘Bula Bus’. Operating on a continuous loop departing every 15 mins from 7.30am – 11.30pm, 7 days a week! $8.50 for adults and $2 for children under 10 per day for unlimited travel. Nadi Town (larger) and Namaka (slightly closer) are only a short bus or taxi ride away. Denarau Taxi’s are safe, honest and reliable.

West Bus Transport services Denarau Island and drops passengers at Nadi bus station 7 days a week. From the bus station in downtown Nadi, you can jump on a bus to Lautoka or ride all the way to Suva.

Yacht Provisioning a Speciality

We custom deliver vacuum packed meal lots to your location by arrangement

Cruising & Super Yachts catered for!

We don’t keep the best meat, WE SELL IT!

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www.thebutcherfiji.com
You can pick up a copy of ‘Fiji’s Clean Boating Programme’ from any marina in Fiji. The programme is part of an international environmental initiative in which many marine related businesses and recreational boaters aim to improve their environmental performance.

The Clean Boating component provides us with educational materials to help us play our part. As boat owners, we all want to enjoy healthy, safe and pristine waters. The booklet has been designed to give tips to ensure our boating is clean and our seas remain alive and healthy.

“1 liter of fuel can contaminate over a million liters of water.”

The booklet contains information and a great list of tips to help us make a difference. Information on the spreading of marine pests, keeping hitchhiking pests off your boat, waste management, fish waste management, sewage management, refueling, grey water, bilge water, grid and beach use, storm event preparations and even alternatives to traditional cleaning products that are less harmful to the environment!

You too can be an active steward of our marine environment by implementing these simple practices.

If you see a vessel polluting our ocean or waterways, you can report the incident to MSAF or the port operator, and the incident will be investigated. They will need you to provide relevant details of the incident such as when and where the incident occurred, the name of the vessel, the type and extent of pollution and any other information you deem relevant. Please call the main head office in Suva on 331 5266 who will refer you to the closest officer.

For more information, factsheets and links to other useful material, visit; www.cleanboating.org.nz
It is the central component of all life-cycle rituals, social gatherings, healing ceremonies and community meetings. Significant and ancient in Fiji, the “sevusevu” also marks the time and place for visitors (you) to seek acceptance into a Fijian village.

Half a kilo of Waka is the appropriate (and required – you should never show up in a village without it!) offering, and this should cost you in the region of FJ$75.

When you arrive at a village, you should ask for the ‘Turaga ni Koro’ (pronounced too-ranga nee koro) who is the appointed village headman. It is his duty to greet you and ascertain your intentions before presenting you and your gift to his chiefs and village elder.

Everyone participating in the ceremony should be dressed accordingly in a Sulu. Women are also expected to have their shoulders covered and everything should be removed from your head (for example, hat, sunglasses).

Above: Crew of S/Y Kenobi enjoying a semi formal kava ceremony with the men of Matuku, Lau.

Left: In more formal settings, you will witness the complete performance where each male from the village has a specific role to play. Traditional attire is worn with pride, collected rain water is poured from bamboo shafts, pounded kava is strained through hibiscus bark and each bilo is delivered deliberately and seriously in absolute silence (aside from the sound of deep ‘Cobo’ claps in acceptance and thanks of each ‘bilo’).

A small chant performed by the Turaga ni Koro at the door step of either a house or village hall signals your presence and intention to the people waiting inside. A reciprocal chant from those inside invites you to enter.

You will be shown where to sit on the woven mat (remember to remove your shoes). Men should sit cross-legged (ensuring the sulu covers the knees) while women sit with knees and feet together, resting on the floor to whichever side is most comfortable. Silence at this point is the key.

The Turaga ni Koro will approach the Chief on his knees to place your bundle of yaqona in front of him, staying low as he does so.

He will cobo three times, which in Fijian culture means, “I am about to speak, thank you for listening while I do”.

It is inappropriate to take photographs or video footage throughout the ceremony (the Turaga ni Koro will usually indicate the appropriate time for you to start snapping once all the formalities are out the way).

He will then begin reciting the traditional monologue, which differs slightly throughout Fiji, but essentially means the same thing. This will end with a chant, coupled with three more cobos that indicate they have completed their introduction. The Chiefs’ ‘herald’ – or second in command, will officially accept the yaqona on behalf of the chief with three cobos to announce the beginning and end of his speech.

In a formal yaqona ceremony, authority is given by the village spokesman to begin mixing the yaqona. In a ceremonial setting, every movement involving the mixing is significant.

In the old days, the dried roots were cut into small pieces and chewed to soften them, before being added to the tanoa with water.

These days fortunately, chewing has become unnecessary, with the pieces now pounded to a fine powder form before being mixed with water and filtered through a silk cloth, or for more formal situations, through hibiscus fibres.

The man in charge of preparing the kava will cobo and recite the words ‘I will respectfully mix the yaqona for the Chieftain’, in local dialect.

Below: An informal beach kava session with resort staff & guests of Wayalailai Resort, Yasawa Islands.
KEYWORDS

Kava (Piper methysticum) Latin for ‘intoxicating pepper’ is a crop of the western Pacific, the roots of which are used to produce a drink with mild sedative and anesthetic properties.

Yaqona (yang gona) is the name for kava in Fiji. In your travels, you may have heard it referred to as ‘awa (Hawai‘i), ava (Samoa), and sakau (Pohnpei).

Waka comes from the lower part of the plant and the kava is up higher. Waka is more potent than kava, and is also a little bit darker in colour.

Tanoa a traditional hand crafted from a single slab of wood (usually vesi – an indigenous hardwood) bowl in which yaqona is prepared and shared from during the ceremony.

Bilo a drinking bowl that is made from the half-shell of a coconut. These are highly polished and sleek. Chiefs generally have their own cups from which no one else is allowed to drink. Everyone else drinks from a common cup. Some say this cements communal bonds.

Sulu similar to a sarong, is a wrap around (wrapped around the waist so you are covered from waist to ankle) piece of rectangular material elaborately decorated with patterns and designs of various styles. Usually reserved for more casual and informal occasions, you should have one to hand to wrap over your shorts for such events.

Cobo (thombo) – literally means ‘clap!’ But we are not talking a cricket match polite kind of clap, we are talking about a loud, deep and deliberate cupped hand clap.

Talanoa The exchange of stories, discussions etc.

When the yaqona has been prepared, and the consistency approved by the chief’s spokesman, the ‘mixer’ puts his hands together and circles the Tanoa with his hands, saying “With respect to the chiefs, yaqona is ready to drink”. Then he cups his hands, cobo three times and begins to serve the yaqona in a Bilo.

This will be carefully taken to the chief in his own, personal bilo. The chief will receive your offering by cupping his hands and clapping with a deep, dignified sound. As he is drinking everyone will clap in slow time, and when he is finished the herald will exclaim “Maca” (which means ‘empty’) and everybody present should cobo three times.

The same will be repeated for the herald, but all will cobo only twice when he is finished. For a time this process will be repeated until the tanoa is empty, at which point the mixer announces ‘the bowl is empty my chief’, and everyone cobos. The mixer then runs both hands around the bowl and cobos three times which terminates the formal part of the ceremony.

A second tanoa is then prepared from which everyone will drink. A server will carry a bilo to the chief guest (you), who must cobo once before and three times after completely drinking the first cup. The order of serving depends on the status of those present, from the highest-ranking, down (sorry ladies, but women will usually go last in this patriarchal society!).

After the first ‘round’ is complete and everyone has drunk, the ceremony relaxes and the drinking session will continue along with the telling of many stories. You are likely to be asked to introduce yourself and talanoa about your travels.

Remember that this is just a guide, and that kava ceremonies can vary from one village to the next, with each maintaining their own unique features of an age old tradition.

However, there is another world of social ‘grog’ drinking in more urbanized areas. This is usually drinking out of brightly coloured plastic buckets. But….. we won’t go into that as we figure, if you have been invited to one of those, you can handle yourself!

Please share your kava experiences with FJ Shores & Marinas. Send your photo and caption to andree@seareelfiji.com and the best shots will be published in upcoming editions of the guide.

Musket Cove Marina

17° 4’ 27” South | 177° 11’ 45” East

Private Mail Bag 0352, Nadi Airport, Fiji
T: +679 666 2215 | F: +679 666 2633
mcyc@musketcovefiji.com
www.musketcovefiji.com
VHF Channel 64, 68
Musket Cove Island Resort & Marina is situated on the once uninhabited island of Malolo Lailai which today still offers a truly Fiji barefoot island experience. Warm, friendly Fijian staff are waiting to welcome and indulge you from your voyage across the seas.

The island resort & marina boasts a diverse range of accommodation choices with 55 Bures & Villas, a purpose built day spa, fully licensed bars, restaurants and... a Marina!

A true reflection of Fiji, the rustic style and relaxed spirit offer guests an uncrowded hideaway. The spacious 400 acre surroundings of tropical gardens, secluded walking trails and palm fringed beaches are all waiting to be explored and soaked in.

The Marina
The nearest port of entry is Vuda Marina Fiji. However, during the Regatta Week, Customs and Immigration are present at the marina for outward clearance.

Musket Cove provides an ideal gateway to Fiji's spectacular cruising grounds. Sheltered marina berths and moorings are available or you can drop anchor in the tranquil bay. The famous unpretentious atmosphere at Musket Cove attracts cruising and racing yachtmen and women from all over the world.

Those who arrive by yacht from a foreign port are eligible to become lifelong members of the Musket Cove Yacht Club for a nominal fee. This allows the privilege of using the resort facilities (providing proper conduct) and also offers discount on the ferry service to Denarau.

The Musket Cove Yacht Club is famous for hosting and organizing the annual Fiji Regatta Week and has "countless" lifetime members.
Docking facilities in the marina are in a dredged basin. Moorings are outside of the marina and there is a dinghy dock and a small number of berths available on the club pontoon, which need to be booked in advance.

**Safety**

A small inner basin is accessible in the event of a cyclone.

**Visitor Attractions**

There is an extensive choice of water activities as well as a five-star PADI Dive facility, offering courses and a schedule of daily dives. Game & sport fishing, kayaking, coral reef snorkeling, cruiser bike rentals and cooking classes are also on offer. You are also welcome to use the Resorts café and restaurant facilities.

**Dick’s Place Bistro & Bar** opens daily for breakfast, lunch and dinner. You can choose to dine by the pool or under the stars. An extensive wine menu and island string band accompanies the a la carte menu and theme nights. The menu brings together freshly prepared local delicacies. Bookings are recommended.

Linked to the resort by the marina walkway, the **MCYC bar** is a ‘sand between the toes’ beach bar with a relaxed and casual atmosphere. Local spirits, beer and wines are at yacht club prices. With cook your own BBQ’s available. BBQ packs are available for sale from **Trader Café**.

The lagoon side **Trader Café** serves pizza, light meals, snacks, freshly baked pastries and juices throughout the day and early evening.

**The Trader General Store** stocks a wide variety of groceries, fresh fruit and vegetables, meats, ice and snack foods.

Indulge in a full range of beauty treatments and massages by internationally trained staff at **Makare Wellness Spa**.

**Getting Around**

The marina offers access to an extensive range of ferry, water taxi and cruise operators catering to day trips and island resort transfers.
**Sri Siva Subramaniya Temple**
The Sri Siva Subramaniya temple is situated at the far end of Nadi Town and is the largest and most exquisite in the Southern Hemisphere. The Hindu temple was built in the best traditions of ancient Dravidian Indian temple architecture as well as the principles of sacred architecture of the Vartu Vedic tradition. Devotees flocked there in very large numbers to witness and participate in the many unique religious ceremonies conducted at the temple. While no tour is available, you can pick up a printed pamphlet detailing the meanings of the paintings, scriptures, and scenes. Just don’t forget to cover your shoulders and take your shoes off before you enter!

**Life Cinema**
This brand new complex houses four digital and 3D-enabled screens, with the large ‘D-Max’ screen powered by Dolby Atmos. VIP experiences include fully reclining seats and a private lounge area to enjoy before your movie commences.

**Zip Line Fiji**
Only 35 minutes from Nadi, is a 5km adventure woven into a truly spectacular wilderness settings of caves, canyons and mountaintops. Soaring higher, faster and longer than ever before these 16 giant ziplines offer, jaw-dropping speeds, breath taking ocean views with the added adventure of limestone cave exploration.

**Sabeto Hot Springs & Mud Pool**
Enjoy an all-natural ‘Spa’ treatment relaxing in one of nature’s treasures. Jump in to the natural pool and cover yourself in mud, glorious mud from the pool bed. If you want to get serious, head to the shallows to wallow and make like a hippo! While the mud dries, you are free to browse through the village stalls. Afterwards you can wade back into the water to wash the mud off leaving your skin feeling soft as a baby’s bottom! Then head down to relax in the mineral pool (naturally heated to around 30°C) where you complete the treatment. If you are hungry for more, you can request a 30 - 60 minute coconut oil massage under the palm trees for a modest fee. Sheer bliss!

*Wailoko Rd, Nadi*

**Photography**

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**High Performance Marine Paints**

**ABOVE & BELOW WATER System Options with Accessories**

**BELOW WATER LINE PRODUCTS**

**Fiberglass**
- Du repex Primer
- Armourcote 220
- Anti fouling
  - AF2000
  - AF 4000

**BELOW WATER LINE PRODUCTS**

**Steel**
- Armourcote 220
- Armourcote 510
- Anti fouling
  - AF2000
  - AF 4000

**BELOW WATER LINE PRODUCTS**

**Aluminium**
- Armourcote 220
- Armourcote 510
- Alloy Anti fouling

**ABOVE WATER LINE PRODUCTS**

**Fiberglass/Steel**
- Durepox Primer
- Armourcote 220
- Armourcote 510
- Uracryl 403

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**BOAT PRODUCTS & ACCESSORIES**

- EPOXY RESIN
- EPOXY GLUE
- EPOXY FILLER
- GELCOAT
- FLOWCOAT
- LAMINATING RESIN
- CHOPSTRAND MATT

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**Photo:** Jon Piepkorn

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Play A Round in Paradise

Scenic & Adventure Charter Flights
Start your land based adventures with a fast, efficient, hassle free domestic helicopter flight to your choice of destination. A helicopter transfer is hard to beat, not to mention arriving in absolute style and comfort ready to enjoy your day immediately. Pacific Island Air Helicopters depart from a floating pad at Denarau Marina.

Play a round of golf at the world famous Natadola Bay Championship Golf Course. With the sparkling backdrop of coral reefs and the Pacific Ocean,
keeping your concentration over the 18 holes will certainly be a challenge! Natadola Bay will be etched in your memory forever.

There is one activity that every visitor to Fiji must do. Starting with a helicopter flight to meet up with the Sigatoka River Safari for one of the most exciting day trips found in Fiji. This safari is a full day’s excursion where you will explore the interior of Fiji by jet boat, meandering along the river and experience real culture with a visit to a local village.

If you are thrill seekers and adrenaline junkies, combine a quad bike ride with Go Dirty Tours and a helicopter scenic flight.
Enjoy a complimentary transfer from Denarau to the Quad Bike Company, Go Dirty Tours in Nadi. After filling out your paperwork and attending the Safety briefing pick your 500cc Quad Bike and get ready to get Dirty!
Your journey starts with a 15 minute bike drive on the main road, passing Nadi Town and the biggest Hindu Temple in the South Pacific, then go up through the Pine Forest into the interior of Fiji. Approx. 40 minutes Quad riding at its best in the Nausori Highlands. Stop at the Plateau look out for stunning scenery of the Nadi Basin to the Mamanuca Islands. A light lunch and refreshments are provided.
Next stop is a visit to the local village and school and the opportunity to see how a traditional village operates. Bring your spare pencils, pens, books etc. the delighted children will make this your most memorable treasured time in Fiji.
Your helicopter will pick you up by the school for a 10 minute scenic flight back to Denarau or Nadi.
Pacific Island Air also offers private charter flights to Fiji’s furthest locations utilizing all three modes of transfer i.e. helicopter, seaplane or airplane. The possibilities are endless.
T: 672 5644 or E: reservations@pacificislandair.com

Whilst enjoying your time in Fiji waters, why not take advantage of the special “Yachtytis” rates on offer at Natadola Bay Championship Golf Course saving over 15%. To make your booking, contact us via email or by calling the Pro-shop on the number below and mention this advertisement.

Tel: +679 673 3500
Email: play@natadolabay.com
www.natadolabay.com
Surfing Cloudbreak

Cloudbreak is located on a sheltered reef, just three miles south of Namotu Island Resort. A world class left reef pass that is regularly voted one of the 10 Best/Most challenging waves in the world. Like many tropical reef-pass breaks, Cloudbreak tends to get faster, shallower and more critical as it goes.

Cloudbreak’s reputation precedes it. Routinely ranking among the ten most challenging waves in the world, this renowned Fiji surf spot boasts fast, barrelling lefts over a shallow reef. It’s one of those breaks you just have to see to believe. It is awe-inspiring. Even if you’re not up to surfing it, it’s equally as thrilling to watch from your yacht and see others attempt it.

The waves at Cloudbreak hit the reef at many different angles. This, along with the sheer volume of water hitting the reef, make Cloudbreak one of the most complex waves you’ll surf in Fiji, or even in the world. Make no mistake about it, Cloudbreak is a difficult wave to surf. At its most difficult, you’ll need a jet-ski and a tow board just to get in.

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The best wind direction to surf Cloudbreak comes from the Southwest, although any southerly trade winds will deliver good breaks at this Fiji surf spot. Cloudbreak is a challenging wave that attracts pros from all over the world and is best left for advanced and expert surfers.
The North Astrolabe lagoon offers close proximity to some excellent diving. Due to its location and topography the water here is consistently one degree lower than the rest of Fiji and the chances are you will likely see large pelagic species, schooling barracudas, turtles, manta rays, and stunning corals. There is about 25 nm of open water from NE Beqa (Sulphur Pass or Bala Pass as it is called) before you enter into the lee of the North Astrolabe Kadavu reefs and the entrance into the North Astrolabe lagoon via Usbourne pass.

A sevusevu should be presented to the chiefly village of Draveuni before undertaking any cruising and diving in the area of the North Astrolabe Lagoon. There are some beautiful beaches within the Astrolabe mainly at Draveuni, Yaukuve Levu home of the new Kokomo Yaukuve Island Resort and Namara, the deserted island nearby.

Kokomo’s Private Island Resort are happy to encourage yachts wishing to utilize the wonderful facilities ashore but prior contact for permission is required and only polite. They also have been amazing in allowing a Helipro Medivac land on their helipad in the middle of the night with all their staff and full assistance on the dock. Their private plane is also available for charter. They are definitely a high spot in the North Astrolabe Lagoon.

There are a few dive resorts further south on the island of Ono and mainland Kadavu. People are friendly and welcoming in the villages. All of these places are off the traditional tourist route.

There are great waterfalls on the southern side of Kadavu island in Kadavu village, close to the small Waya Island. Captains need to take tenders in to the village at half tide rising. Close to Kadavu village is the eco-resort Matava who can spin you to the incredible Manta dive on the south coast near Galoa. Matava is also where you will find an IGFA Captain and weigh-station at Bite Me Game Fishing Charters. The anchorage at Galoa is really good and a great place to run to in boisterous conditions.

The Namalata reefs to the north of Vunisea are great to explore with SCUBA but as always, a local guide will guarantee you hit the best spot at the best time to get the best experience. See Dive Kadavu as in my experience they are the best on the northern Namalata reef side.

At the most western end of the island is Cape Washington, which is another location for fantastic diving, surfing and fishing. A great left break called King Kong is amazing. This area, which is about 80nm south of Port Denarau, is a fabulous cruise, particularly for those who are interested in varied diving. Alternatively, a passage between Beqa (Frigate passage) and Cape Washington is about 40nm.

The village at Cape Washington have been known to put on a great Meke (traditional Fijian dance). Your sevusevu needs to be made to the village of Nabukalevuira on the top of the hill underneath the awesome mountain. There was a surf resort ‘Naigiagia’ on the island just off Cape Washington, however this has now closed but the surfing, snorkeling and diving are wonderful in this location providing the wind is right for the very deep anchorage. SW around to ENE is fine. There is a ledge on the eastern part of the bay where you will find 60-80 feet.

There is the additional option to fly into Vunisea, the main village on the north-western side of mainland Kadavu where you can find a small market, Government stations and a medical center.
BEQA

Beqa is home to the famous Beqa Fire Walkers, members of the Sawau tribe, who can walk barefoot across blazing hot rocks! A historical encounter with a spirit God by one of their great ancestors saw the exchange of the captured Gods freedom for power over fire. Ask any Beqa island native to regale you with their story and they will be happy to share the history of their people with you.

Yachts are able to anchor off the village Dakupeqa, near Beqa Lagoon resort on the western side of Beqa to engage the village in a fire dancing spectacle. The resort can also assist in arrangements.

“Come and join us as the flames start to disappear and the warriors of Dakupeqa village uncover the stones that have been buried in roaring fire for hours. Be told the story of the spirit god that, in exchange for his life, blessed the Chief of Dakupeqa and all generations after him with the ability to walk on fire. Listen as the warriors chant to the fire and then witness as they walk over and even pause on top of these white-hot stones. These are the famous Beqa Island Firewalkers. Watch in awe as they perform this traditional ceremony unique only to Beqa Island, and forbidden to be performed by anyone who is not a descendant of Chief Tui Naiviqalita.”

One of the best anchorages on the NE side of Beqa is Malumu Bay. Here you will find Lalati Resort & Spa. The sapphire waters of the bay offer a safe harbour for yachts and super yachts alike. Here you can grab a nice cold beer from the beach bar, eat gourmet style island cuisine in the chiefly – style open air bure, or sign up for a spa treatment…or two. You can also go for a guided dive with a member of the resorts dive team.

Vaga Bay on the west side of Beqa is great for a more protected night time anchorage if you are visiting the exclusive Royal Davui Resort on Stewart island. Permission should be obtained from the island’s managers before making any arrangements to visit the resort. Bookings can be made for a private dinner ashore and maybe a meke and or with the famous firewalkers can be organized. This would have to be booked well in advance so that the staff can prepare.

The surf at Frigates Passage is extremely good and considered one of the best surf breaks in Fiji while fishing in the Beqa channel is renowned for hooking yellow fin tuna, wahoo and walu and marlin. Check out the reef Cakau lekaekela!

There is some good diving and surf by Black Rock at Frigate Pass, SW Beqa. If you are on your way to Kadavu, Malumu Bay close to the pass offers anchorage for early departure to Kadavu.

To the North of Yanuca Island are many SOFT coral dives and of course the SURFING.

PACIFIC HARBOUR

This is an area not to be missed with action packed shark dives and a river rafting adventure in the Navua highlands with Rivers Fiji. The rafting & kayaking adventure into the heartland of Fiji is an all day trip with rapid waters and waterfalls. This is an extremely well run organization and if you have the time definitely worth doing.

They offer both river and sea kayaking trips for novice to medium level kayakers as well as whitewater kayaking and rafting. A great cultural day out as it involves a traditional village visit and a Fijian yaqona ceremony.

The area is the base for popular shark dive operators. Large vessels can anchor outside the breakwater and tender in to the new marina tucked inside the river. There is the option of two renowned shark dive companies, Aqua-Trek and Beqa Adventure Divers. Aqua-Trek’s founder Brandon Paige is known as the pioneer of the Fiji shark dive. In 1999 he created a dive with the intent to educate divers and aid in the conservation of sharks. Little did he know he was creating what is now known as the worlds #1 shark dive. This is a 2-tank dive which is usually booked out so you may have to book well in advance. It can be an exclusive dive with early pre-booking or just book into a group. An afternoon dive is possible if you have a minimum of 4 people for the booking.

Another exciting excursion is Kila Eco Adventure Park, 19km east from The Pearl Marina. The park has rope courses, giant swings, zip lining, abseiling etc. and is designed to make your tree climbing adventures perfectly safe but with the maximum level of adrenalin and fun.

Walk through 10km of jungle and get a closer look at the indigenous flora and fauna from tiny, fragile species to larger, agile and fascinating ones. Cool off under waterfalls and rest at picnic spots around the park.

WEATHER

The southern coast of Viti Levu can be boisterous during the height of the trade wind season June - August.

If it is blowing say 15kts SE or E over the country the Southern coast of Viti Levu and the NE tip of the island and down the eastern Vaturopi passage can often be blowing 10 kts stronger so 25kts or more is not uncommon. Great if the wind is behind you.

Travelling to Beqa from the west is an uncomfortable beat. However, there is often a land breeze at night and with our little 36-foot sail boat we would take off at say 5 in the morning and travel east and sail with a northerly until 10am when the trades kicked in. Larger power boats sailing at 10kts may choose to do an overnight to Pacific Harbour by leaving Momi anchorage at MN and arriving early AM.
Vonu Pure Lager has transformed pure Fijian water into a ultra low carb, naturally brewed lager with a refreshingly clean and crisp taste. Vonu, the Fijian word for turtle is a symbol of relaxation, peacefulness and longevity. A proud supporter of the Mamanuca Environment Society (MES) who are dedicated to the preservation of marine and land environments within Fiji. This includes the Sea Turtle Conservation project in the Mamanuca islands which is home to four critically endangered or vulnerable turtle species. Through your support and ours, we can help these beautiful turtles continue to live free.

Close to 50% of Fiji’s population live in remote areas and access to markets are challenging and insurmountable at times. The non-profit organization, RISE BEYOND THE REEF source Community Made products that empower women and their communities. These exquisite round mats made by the women of Nairai Island range in cost from $350-$475 and average 200cm in diameter. Go and see their beautiful “RESILIENCE COLLECTION” at “Na Store” located in Sabeto, Nadi or order@risebeyondthereef.org

Chill in a bucket of ice and ENJOY RESPONSIBLY

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Chill in a bucket of ice and ENJOY RESPONSIBLY
Hot Glass Fiji is located in Korotogo on the beautiful Coral Coast of Viti Levu and is the first (and only!) glass blowing studio in Fiji. Their stunning work is influenced by the colours, culture and beauty of Fiji and is widely collected. A selection of hand blown glass is available at www.hotglassfiji.com and shipped to your home safely and securely, wrapped with love. Selected items are also available at Tappoo stores Fiji-wide.

Handcrafted in Kuladrusi, Savusavu with no fancy bells or whistles! Kula Palms Fiji 100% Activated Charcoal Soap was created as a DETOX for your skin! The soap draw out toxins and stings from bees, insects and bed bugs; heals eczema, diaper & heat rash after only a few days use. Every home or yacht should have a bar to deal with those nasty little emergencies. Drop in when you’re in Savusavu; grab a cuppa, sit under a coconut tree and have a nice talanoa. Also available at MHCC’s ground floor in Suva.

There is no better time and place to start or expand that coin collection of yours. The Reserve Bank of Fiji has a large selection of coins and notes to choose from. This beautiful Premium Limited Edition 2012 Coloured Coin Set is available for $170.60 VIP. Fiji launched a new family of notes and coins in 2012 showcasing local flora and fauna to promote our biodiversity, improve note durability and save costs for the nation. Fiji’s current currency structure comprises the 5c, 10c, 20c, 50c, $1 and $2 coins, and the $5, $10, $20, $50, and $100 notes. Visit the Reserve Bank Building on Pratt Street in Suva.

ADORN PACIFIC is a truly luxurious island jewellery label inspired by tropical ocean hues, sunshine and the endless blue skies of the South Pacific.

Designs are both island inspired and Fiji specific inspired with future collections in the sketch books to represent other Pacific Islands. Available in solid .925 sterling silver and 18 karat gold vermeil (plating), each design takes many months to complete with exceptional detailing and craftsmanship in every piece. Wear a little piece of the islands everyday. Keep each piece forever.

Available at Tappoo Stores Fiji wide or shop online at www.adornpacific.com

Fijian women typically wear a floral sulu & jaba. This is basically a sarong beneath a knee length dress for more mature ladies and a top that covers the hips for their younger counterparts. These are more often worn to gatherings, church services or anything that requires a little dressing up. Before you head off to the outer islands, consider arriving bearing gifts for the womenfolk. Not often do they get the chance to visit a town or city and are usually sent clothing from extended families in the urban areas. There are hundreds of shops all over Fiji’s main centres that sell ‘Bula’ floral material at unbelievably low prices. Buy a couple of metres of different patterns or a bale or two if you are feeling generous. A typical sulu & jaba requires about 3 - 4 metres depending on it’s width. A bale on it’s own will make up an entire family group dress. This is a growing trend known as “kalavata” (meaning all the same colour). Families often dress in “kalavata” at weddings and family reunions. An ingenius way to figure out who belongs to who at large gatherings! You might want to purchase your own “kalavata” wardrobe in town as you need to wear a sulu (sarong) to cover your legs in village settings as well. No skimpy attire should be worn as it is considered inappropriate to show one’s body.

Above: Bunch of glass blown coconuts. Left: Glass blown Pandanus vases.

Ladies of Waimaloka village in Ovalau wearing sulu & jaba

Above right: Models wearing ADORN PACIFIC pieces.

Kula Palms Fiji 100% Activated Charcoal Soap was created as a DETOX for your skin! The soap draw out toxins and stings from bees, insects and bed bugs; heals eczema, diaper & heat rash after only a few days use. Every home or yacht should have a bar to deal with those nasty little emergencies. Drop in when you’re in Savusavu; grab a cuppa, sit under a coconut tree and have a nice talanoa. Also available at MHCC’s ground floor in Suva.

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Indulge in Lelei ice cream. Perfect for those hot, sticky days. Lelei is available in Creamy Lychee, Coconut Passion, Rich Chocolate Pomegranate and a Double Chocolate for those who need a double hit. Lelei meaning beautiful in 4 languages, is available in 480ml tubs for the All By Myself moments and 1 Litre for sharing. Available at stores Fiji wide. The tubs can also be reused for a 101 things!!

Fiji has more styles of native weapons than anywhere else in the Pacific. This is a testament to the fact that Fiji was beset by a long history of warfare and rampant ceremonial cannibalism. There are approximately thirty distinct and diverse types of Fijian war clubs. Look out for artisans in the outer islands where traditional crafts are an essential part of the culture and still practiced today. Traditional war club replicas are also available at handicraft centres in towns and cities. A great addition to that man cave of yours! Visit www.new-guinea-tribal-arts.com to learn more.

Protect your eyes from the glare with these Sustainable Wooden Sunglasses. Golden Coconut Creations is a locally owned fashion label that creates products that celebrate our unique island heritage and pay tribute to the environment. GCC’s partnership with Mangroves for Fiji is just one of the ways they are giving back. They promise to plant at least one mangrove tree for each pair of sunglasses or product you buy. To date, they have planted over 4000 mangrove propagules along the Navua River. Mangroves work as a natural seawall. Far greater than a man-made seawall, they protect the land as well as help prevent coastal erosion. To find out more or view their sunglasses and products go to www.goldencoconutcreations.com

Vanilla has become the most beloved, lucrative spice in existence and the world’s supply is close to zero! An ingredient in products ranging from chocolate to perfume, less than 1% of the world’s vanilla flavour and smell comes from real beans. Cultivation and hand pollination is painstaking so ‘Rise Beyond the Reef’ has partnered with Living Wealth, LLC, to support Fijian communities along the entire value chain, from farm to product. You can purchase REAL “Colo Vanilla” Extract at “Na Store” or Tappoos Fiji Wide.

Traditional War Club Replicas from Kabara, Lau

The Pearl Resort Marina
18° 15’22” South | 178° 04’023” East

The Pearl Resort Marina, Pacific Harbour, Fiji
T. +679 7730 022
stay@thepearlsouthpacific.com
Pacific Harbour lies along the south coast of Viti Levu, opposite Beqa Island. At the mouth of the lazy Qaranaqio River, you will find the elegant Pearl Resort Marina.

Designed by Australian-based Marina International, designer of Singapore’s Keppel Bay Marina and Dubai’s 3 km, 800 berth Marina, the new $7m Marina is a welcome addition to Fiji’s coastline. It is not only a luxurious haven for visiting yachts, it also provides access to the abundance of water based activities in and around the world-renowned Beqa Lagoon.

While berths are predominately leased to local marine-based tourism operators, visitors are welcome to make reservations.

The Pearl Resort is popular with tourists and locals alike, offering the perfect location for a spot of land loving luxury between the bustling cities of Nadi and Suva.

Facts & Figures
The Marina is a restricted access area. Here, at 4m draft, you will find a total of 12 berths offering single-phase electricity.

Safety
The river mouth is fairly well protected but is not a cyclone haven and must be evacuated in the event of a cyclone.

Facilities
The Pearl offers a range of chic accommodation options - perfect if you have friends or family coming to visit, or guests joining you onboard.

Provisioning
In the heart of Pacific Harbour (and within walking distance) you can take a leisurely stroll to the Arts Village - a convenient place to pick up the essentials. Here, you will find a well-stocked supermarket, bottle-shop, Post Office, bank, money exchange, doctor’s clinic, dive shop (hydrostatic tank testing available) and a selection of clothing and souvenir outlets, bars and restaurants.

Attractions
Pacific Harbour is known as the ‘Adventure Capital of Fiji’. Here you can do almost anything. Dive with the sharks or whitewater raft through spectacular canyons. Jet ski out to deserted islands to picnic, freedive and spearfish or drive off-road buggies into the highlands to swim in the cool thundering waterfalls. Surf the world famous Frigates or play a round on the Pearl Resorts 18 hole Golf Course!

Getting Around
Most of the shops and activities in Pacific Harbour are within walking distance however, should you wish to venture further afield, you’ll find a convenient onsite car rental in addition to the numerous taxis and buses passing through en route to Suva, Nadi and the nearby township of Navua.
When was the last time you did something for the first time?

Namosi Eco Retreat is located off the main highway between Pacific Harbour and Suva, in the misty mountain highlands of Namosi Province. In a world in which our devices increasingly dominate our days, visitors to the ‘unplugged’ retreat experience a digital detox (no electronic equipment except a solar-powered emergency phone and lighting) getting back to nature and staying in traditional-style handcrafted Fijian bures (huts) perched on the edge of the crystal-clear Luva River.

“The retreat has been built in the traditional style of a Fijian village from last century, so visitors sleep in authentic-style bures and eat traditional and modern Fijian food,” said Namosi Eco Retreat owner Daniel Jason (Danny).

“This is not a village tour nor a resort but an ‘unplugged’ experience where adults and children can get back to the basics of life, getting outdoors to swim and hike and, if they want, harvest and cook Fijian foods on the open fire.‘ says Danny. The Retreat is more than just a getaway. It’s his dream come true; to create a ‘true Fiji’ experience for his friends and family and also for tourists, near his home village of Navunikabi.

Travellers are going further afield seeking genuine lifechanging experiences whilst contributing to sustainable development - connecting to communities, cultures and the environment. Happily, for visitors to Fiji, this is embodied in the Fijian way of life, with a number of operators providing sustainable and experiential tourism for those willing to venture slightly off the beaten track.

by Jacqui Berrell
“About six years ago I started to finally start turning my dream into reality, when I began a small SUP business – Stand Up Paddleboarding – just me and my SUP board that I carried on my shoulders as I didn’t have any transport.

“Then I got two SUP boards, then three, then expanded into surf lessons and after a few years had enough savings to start developing the Retreat.”

“It’s been a tough journey and I thank my wife and children for their support, but it has been worthwhile as there is nothing quite like this in Fiji.”

Namosi Eco Retreat features 10 authentic-style Fijian bure (huts), a valenikana (dining hall), a valenikuro (kitchen), a bathroom bure (showers & flush toilets), and a double-size valenikana for meetings. The retreat also runs team building for large groups and companies.

The retreat team has gone to great efforts to ensure the authenticity of the buildings, food and lifestyle to replicate the Fijian ways of the province’s ancestors. The bures are small, basic and handcrafted by local villagers using traditional Fijian materials. They withstood the impact of Cyclone Winston whilst some of the nearby village homes were damaged.

“At first we were a bit worried that children from overseas may not like the Fijian food. It was quite the opposite with parents telling us they haven’t seen their kids eat so much!”

“I don’t think I’ve ever experienced anything like it,” said Duncan from Wellington NZ, on Tripadvisor - “The setting is gorgeous and peaceful, the people who work and live there are so kind and welcoming it feels like you’re returning home.”

“The food is so, so delicious, being able to eat a true feast and then experience the beauty of the island and then cooling off and refreshing in the river afterwards, truly makes this paradise.”

Within a scenic drive from either Pacific Harbour or Suva, it’s a world away from modern life and just a few hours walk from amazing twin-waterfalls.

For those wanting to do more than just kick back and relax, the waterfall hike is one of many activities for retreat guests including bilibili bamboo rafting, river ‘beach’ volleyball, swimming, harvesting and
preparing local foods and, on request, horse riding or learning handicrafts.

Otherwise visitors can simply relax and become immersed in Fiji’s natural beauty: resting in the Fijian bure; eating Fijian foods sourced primarily from the surrounding mountainside crops; and enjoying the natural environment of the river and the tropical highlands.

Agritourism is a key focus for Namosi Eco Retreat, tapping into the global growth of culinary tourism with research indicating food is the top consideration for four in every 10 travellers when choosing their holiday destination in Asia and the Pacific.

Namosi Eco Retreat, along with a growing number of Pacific tourist destinations – including partners in the Duavata Sustainable Tourism Collective – is working with local communities to directly purchase crops and to encourage planting of more varieties to support the Retreat’s Fijian menu.

“There is an opportunity for farmers to capitalise more on the local tourism industry and, in turn, for more tourism players to put Fijian meals at the top of the menu and promote our amazing cuisine – whether authentic or a contemporary fusion of modern and traditional foods.”

“A top highlight for our guests is having the opportunity to eat modern and traditional authentic Fijian food.” Danny says.

“Using more local food and menu choices not only assists farmers but also meets growing global demand for culinary tourism.”

Guests are served home grown, chemical-free Fijian foods especially root crops and vegetables provided by local farmers each day, plus fresh fish and prawns from the river whenever possible.

Guests are welcome to help harvest and cook the foods on the open fire.

Breakfast may be steaming fresh lolo bun (freshly baked bun soaked with coconut milk), babakau, Fijian pancakes and parile, with boiled eggs and fruit of the day or scones and pudding. Draunimoli (lemon leaf tea) is always served at breakfast and throughout the day.

Main meals may include local vegetables including bele (Fijian spinach) and root crops, rourou balls and vakalolo, lolo eggplant (eggplant with light tempura batter topped with fresh coconut milk & sautéed onions), fresh salad, stir fry or curry & roti coupled with cassava (tapioca) chips.

Only in its second year of operation, the retreat surprisingly attracts mostly local guests, with about 80 per cent of visitors being Fijians wanting to experience the traditions and nature of their homeland.

The retreat is located on private land beside Navunikabi Village, so traditional village rules and protocols do not apply, but guests can arrange to visit the nearby village on request.

“Fijians are friendly, and my family in Namosi are some of the friendliest, with our guests commenting on the incredible welcoming atmosphere here,” Mr Jason said.

For more details visit www.namosieco.com or Tripadvisor or email danny@namosieco.com

**DUAVATA SUSTAINABLE TOURISM COLLECTIVE**

A collective of like-minded sustainable tourism operators in Fiji united in 2018 under the banner of the Duavata Sustainable Tourism Collective working together (duavata) to provide training, peer support and promote sustainable tourism. Sustainable tourism takes full account of its current and future economic, social and environmental impacts, addressing the needs of visitors, the industry, the environment and host communities, according to the Global Sustainable Tourism Council.
In this third installment, we travel west from Matuku to the solitary rock and surrounding reef of Solo, the most northerly part of Kadavu, the first part that greets you on your way southwards from Suva. The first thing to note about Solo is that its name tells us what it is, solo being the Kadavu word for ‘rock’, which is usually vatu in other parts of Fiji. Hence the name of the Kadavu village of Solotavui means ‘conch rock’, Solodamu means ‘red rock’ and so on.

Solo is well known to mariners principally because of its lighthouse, but also because its reef lies just north of the northern extremity of the Great Astrolabe Reef, the enormous reef that surrounds Kadavu and adjacent islands, and for this reason is known as North Astrolabe Reef. For the origin of the name of these reefs, we must go back to the night of 5th June 1827, when the French explorer Dumont d’Urville came within a cable’s length of coming to grief on the reef, but survived and named it after his ship, evidently unaware that it had previously been sighted – but not named - by William Bligh on his second voyage to Fiji in August 1792. The channel between these two reefs is named after d’Urville, who is also famed as the discoverer of the continent of Antarctica, and one of the first French victims of a train crash.

The great Fiji polymath RA Derrick wrote thus of Solo in his now sadly out-of-print masterpiece The Fiji Islands: a geographical handbook, 1957 edition: “The North Astrolabe Reef is one of the few places in Fiji where the Darwinian theory of atolls receives support: a dark mass of bare volcanic rock stands in the centre of a circular lagoon, whose waters seem about to engulf it; the whole formation bears a striking resemblance to textbook diagrams of Darwin’s penultimate stage in atoll development.” To this he adds: “The extensive lagoon is swept by strong tidal currents; its surface is unbroken except in the centre, where there is a mass of bare black rock known as Solo, evidently the ruin of an eroded peak. This is probably the smallest inhabited island – if such it may be called – in the Pacific. On its summit, which is only ten feet above the water, stands the Solo Lighthouse; and nearby is an iron building occupied by the keepers, who cannot move more than a few yards from their shelter without taking to a boat.” The keepers are, of course, no longer there.

Dr. Paul Geraghty graduated from Cambridge with an MA in Modern Languages (French and German), and earned his PhD from the University of Hawaii with a dissertation on the history of the Fijian languages. He was Director of the Institute of Fijian Language and Culture in Suva from 1986 to 2001, and is currently Associate Professor in Linguistics at the University of the South Pacific. Author of several books (including The History of the Fijian Languages, the Lonely Planet Fijian Phrasebook, and Say Bula) and numerous articles on Fijian and Pacific languages, culture, and history, he is also well known in Fiji as a newspaper columnist and radio and TV presenter.

Those of you who have been reading this guide in past years will recall that in the first instalment I investigated the fabled sunken island of Vuniivilevu, near Moturiki in central Fiji, and concluded that it was a real island that collapsed maybe eight hundred years ago, resulting in its inhabitants migrating to many parts of Fiji and beyond. In the second instalment, my investigations similarly suggested that the legendary Burotu (also known as Burotukula) was a real volcanic island near Matuku in western Lau that sank into the ocean approximately one thousand years ago, and to this day many inhabitants of Tonga, Samoa and other nearby islands believe that when they die, their souls return to this island, which they call Pulotu.
Agassiz, the nineteenth-century Swiss-American geologist, was of the opinion that “these islands (the Ono group) undoubtedly represent the fragments of a former northern extension of Kadavu itself, which probably covered the greater part of the area now enclosed by the Great Astrolabe Reef,” though he was probably referring to a time many thousands or millions of years ago.

Local people believe that the rock named Solo is all that remains of an island that was formerly occupied, then sank into oblivion as a result of some natural disaster such as an earthquake (the most popular belief), a tsunami or a volcano – accounts differ, no doubt because of the length of time since the disaster, though it must have happened in the last three thousand years, since Fiji was not occupied before then.

From a western scientific point of view, a volcano is the least likely explanation, an earthquake and ensuing tsunami the most likely.

For much of the following information on local perspectives and customs regarding Solo, I am indebted to my friend and colleague Vasemaca Setariki, a native of Bulia who has made a special study of the island, and to Avenai Koroivuya and Ulaiasi Radike of Dravuni and Rusiate Qirivabea and Vairusi Seruvatu of Bulia, who generously shared their knowledge.

The belief is that this remaining portion, the highest part of the island, had been the chief’s residence, and it is still referred to locally as Lomanikoro, an honorific name for a chiefly village or residence, also used in nearby kingdoms such as Rewa and Nakasaleka. Some of the surrounding coral patches were house-mounds when the village was occupied.

There are no claims that survivors of the sinking of Solo migrated as far as Tonga or Samoa, but it is believed that they fled to nearby Yaukuve (where the Kokomo resort now is) and thence to Dravuni. At any rate, the people of the nearby islands of Bulia and Dravuni, particularly those who constitute the kin-group of Natusara, still revere Solo as their ancestral home, in much the same way as do people of Moturiki and nearby islands with regard to Davetalevu, the passage near which their former island home of Vuniivilevu once stood. This reverence is given expression in the rituals and prohibitions that these descendants observe to this day whenever they return to Solo.

When local people wish to go fishing in or around Solo, for their own use or for the purpose of supplying clams (vāsua), conches, trochus, nerites or other seafood for a function in Rewa, the kingdom on Viti Levu to which they are subject, they will approach the island by entering through the single passage or crossing the reef at Naivābale, where it is navigable at high tide. The rules of respect that must be observed are mostly comparable to rules that are followed when visiting any chiefly residence. First, noise is forbidden – no chatter, laughter or shouting – as is littering, not even the shell of a clam or conch may be thrown in the sea. Hats and sunglasses must be removed. Rather more surprisingly, it is also forbidden to utter the word qiō (‘shark’); if one is seen, it must
be referred to as a jīdrai (mudskipper). This kind of word taboo is found in other places in eastern Fiji, such as Naloto (Verata), Rewa, Vutia and Namosi, with respect to fish found in or around bākalou (sacred fish fences).

All on board who are visiting Solo for the first time must put a length of rope around the neck. While passing through or over the reef, the tama is performed, a ritual shout of respect, one leading with "Duō" and the rest responding "ō" - exactly the honorific behaviour expected when visiting any chiefly residence. The boat is sailed or driven slowly and an elder on board calls out: "Lutu mālua! Lutu mālua! Na waqa itaukei iqō." ("Gently into the lagoon! Gently into the lagoon! This boat belongs to local people!") The waves subside and the boat glides gracefully into the lagoon.

Once inside, someone dives and brings back the first thing they can grab hold of, be it coral, sea-grass, a conch shell or clam shell. This is called the ituwa ni dali (removal of the rope) and is brought to the boat and spat on or smashed against the side of the boat, then thrown back into the sea, after which the ropes are removed from around the necks of the initiates and the boat may proceed onwards. If these rituals are not observed, or any disrespect is shown, the waters will become turbulent, and attempts to fish or collect shellfish will be unsuccessful.

Some people may claim to hear cocks crowing or mosquitoes droning from the submerged village. If anyone goes spear-fishing around a reef patch, which is believed to be a former house-mound, they must limit the catch to maybe three or five, for it is said that if you over-fish, the ancestors will show their displeasure by sending bark-cloth rags rather than fish.

It is recounted that a government party went a number of years ago to work on the lighthouse without first seeking permission from the owners in Dravuni. They were unable to sleep that night, being bothered by apparitions of ghostly men in traditional bark-cloth clothing, so headed straight to Dravuni the next morning to offer their apologies, which were accepted. The next night, the lighthouse was seen to be shrouded in ghostly bark-cloth screens, which was taken as a sign that the government workers were now being protected. So if you do visit Solo, please remember it is sacred to its former inhabitants.

White tip reef shark in the North Astrolabe, Kadavu. Photo: Mad Fish Dive Centre Fiji

Royal Suva Yacht Club

18° 07.04 South | 178° 25.80 East

PO Box 335, Club House, Korovou, Suva, Fiji.

T: +679 331 2921 | F: +679 330 4433

VHF Channel 16

www.rsy.org.fj | info@rsyc.org.fj
Welcome to the Capital!

Suva Harbour is well protected by a fringing reef about 1.5 miles offshore. The opening is well marked and wide enough to enter with plenty of room for commercial ships. However, the reefs lining the coast and the main entrance are dotted with shipwrecks. Anchorage in the Suva Harbour is shared by fishing boats, freighters, yachts, and cruise liners. If you prefer to use a marina facility, the Royal Suva Yacht Club may have moorings available.

The Royal Suva Yacht Club

If you intend to use the facilities of the Royal Suva Yacht Club, you will need to register and become a temporary member. The rich history of the club can be found dotted around the clubhouse with trophies, photos and mementos on display.

Facts & Figures

There are several mooring facilities and a trailer park available to accommodate members, visitors and commercially owned yachts/boats; Trot and Plastic Pontoon moorings are generally leased out to members who own private vessels and are available on a first come, first served basis.

Concrete moorings are able to cater for bigger boats or visiting yachts. The concrete moorings are to facilitate visiting Yachtsmen and small Commercial Yachts/vessels.

The Dinghy Docks are to temporarily facilitate members and offshore yachts, tenders and dinghies for embarkation and loading purposes.

The trailer park area is facilitated as a hardstand for boats on trailers, which are leased out to members who prefer the trailer park to a mooring site.
Contact the RSYC for availability of moorings and load capacity details. Anchorages outside the Marina is poor due to soft mud. Many yachts drag here in strong southerlies. Yachts should not be left unattended if a frontal system is expected. Commercial vessels also drag across the harbour. The Bay of Islands in Lami is a good alternative to RSYC, especially in bad weather or southwest sector winds. Lami town centre is walking distance (walk southeast on main road) and has small supermarkets and a good chandlery (Yacht Shop). This is a sheltered lagoon that is surrounded by mangrove, residential homes, non-intrusive commercial marine activity and the Novotel Hotel.

Services

The club has bathrooms with hot water, and a next day laundry service. There’s also a restaurant, a great kid’s playground and wireless internet access that may cover as far as some of the offshore moorings. The RSYC slipway caters for the smaller vessels up to 20 tons on the first cradle with arms that extend according to the needs of the vessel. The second cradle caters for vessels up to 10 tons but do not have the arms to support the vessel. If you have your own provisions for a trailer, arrangements for haul out are at your discretion. A crane that caters up to 4 tons is available for hire. A loading & fuelling Dock is located in front of the TOTAL Bowser and accommodates fuelling for all registered and visiting sailing vessels to the club, loading and off-loading of registered private sailing vessels only.

Safety

Every boat has to have its name clearly displayed so it is easy to identify in times of emergency. There is 24-hour security on site.

Provisioning

Suva City is only a short distance by taxi. Here you will find supermarkets, hardware stores and a bustling market where you will find a wide variety of fresh fruit and vegetables. You’ll also find post offices, banks, doctors, pharmacies and clothing stores galore!

Attractions

The Galley Restaurant is attached to the main clubhouse and offers seriously good casual or fine dining. The Club’s Bar Complex is exclusively for members and their guests, registered guests to the club and reciprocal members. The bar offers snacks, (which can also be purchased from the restaurant), light music and television (including Sky TV for sports enthusiasts).

The Bure Bar & BBQ area is very popular with the outdoor 42” TV screen regularly screening sports events like Super Rugby. A barbeque set is available for use in this area for a small fee.

The club operates 7 days a week and is limited to the laws of the day. Happy hour is on daily from 6pm to 7pm. During the day sensible casuals are permitted and from 1800 hours onwards, smart casuals (dress shoes, sandals, collard t-shirts and shirts) are required. The wearing of hats by males in the bar area is forbidden and the penalty for doing so is to buy a round of drinks for every patron in the bar at the time!

Getting Around

Getting Around Lami and Suva City are both a short bus or taxi ride away. Once at the main Suva bus station, the country is yours for the exploring. Regular buses depart in either direction around Viti Levu.
**Things to See & Do in Suva**

**The Drua Experience** - Experience a trip onboard the great traditional voyaging canoe of Fiji, the Drua. This proud double-hulled craft is a piece of living history here in Suva, painstakingly re-created to resemble the crafts of the past, now sadly no longer in use. Crewed by sailors from traditional Fijian sailing families, and compliant with all maritime safety regulations, it is an experience to remember. Book a sunset cruise on the Suva Harbour or charter a private sailing expedition. The i Vola Sigavou is usually moored at the Bay of Islands, Lami and departs from the Novotel. Call Sam on 9203862 or make contact on the “The Drua Experience” FB page.

**TappooCity** - As you sail into the Suva harbour you can’t help but notice the 6 storey structure that is uniquely Fijian, with its sail-like exterior and distinctive shape. The flagship Tappoo department store occupies 3 levels of the building. An international food court offering Asian, European, Indian and Fijian cuisine is located on the 4th floor. Also on the 4th floor is a convenience store, chemist and other facilities. The Tappoos Fiji Market Store on the ground floor sells traditional Fijian Made & Crafted quality products. If you’re a Fiji rugby fan like everyone else here, Tappoos has a huge selection of Fiji Rugby clothing. Their stores are also located on Denarau Island and in all major towns and cities. Their second largest store is located in Lautoka.

**Suva Market** - After a long voyage, your fresh fruit and veggie supplies will likely be low, so why not take a trip to the vibrant Suva Market. A sensory overload of colour awakens the eyes, the sound of several languages being spoken at once, the smell of fresh herbs and spices, the taste of ready prepared snack size pineapple and watermelon, and the feel of the plump succulent fruit. Locally grown and imported fruit and vegetables, free-range eggs, tofu, kimchi, and fresh seafood straight from the ocean seafood are all laid out in an array of colour. Don’t miss the upper floor where you can stock up on your kava offerings if you plan on exploring our outer islands. Friendly ‘barra (as in wheel-‘barra’) boys are on standby to help carry any heavy items. These young entrepreneurs make a living from tips received for helping shoppers by transporting their goods to awaiting transport. Open Mon to Sat | 8am to 5pm.
Thurston Gardens - A legacy of colonial times, the gardens were founded in 1881 by Sir John Bates Thurston, an amateur botanist. Thurston Gardens is on the site of the original town of Suva that was burned in 1843 in one of the bloodiest fights in Fiji's history. This peaceful public park has a variety of flora, water lilies, ginger, palms and other native South Pacific plants. Much of the vegetation is labelled for the benefit of avid horticulturalists. The property includes a bandstand and clock tower dedicated to the G.J. Marks, the mayor of Suva who drowned in 1914. Scattered bench seating provides therapeutic picnic spots especially under the historical fig trees. Fiji Museum - Located within Thurston Gardens, the Fiji Museum is the oldest museum in the South Pacific. From old photographs to a full size war canoe, the museum is brimming with archaeological findings spanning over 3500 years, as well as cultural objects reflecting Fiji’s inhabitants during the past 100 years. There is even a piece of the rudder from ‘HMS Bounty’ - a vessel infamous in our sailing history. This is an absolute must-see attraction! The Grand Pacific Hotel - The Grand Pacific Hotel is located on the main sea front, on Victoria Parade. It was built by The Union Steamship Company in 1914 to serve the needs of passengers on its transpacific routes. The original design of the hotel was to make the passengers think they had never gone ashore with rooms decked out like first-class staterooms, complete with saltwater bathrooms and plumbing fixtures identical to those on an ocean liner! Today she stands proud and alive once more after years of careful rebuilding and stylish refurbishment. The GPH is the perfect place for a little luxury, high tea or a few sundowners as you watch the colours change over the Suva harbour.
Sitiveni Yaqona hails from the island of Lakeba in the Lau Group of Islands and has spent most of his life in Suva. He joined the Civil Service in 1959 and was appointed the first iTaukei to head the Government’s Public Relations Office. Sitiveni left the Civil service in 1975 to join the Fiji Visitors Bureau and in 1980 was offered an executive position in Fiji’s domestic carrier Air Fiji becoming its General Manager in 1985. Five years later he was appointed to FVB as head of marketing Fiji the US and Canada. Sitiveni was Regional Director, the Americas based in Los Angeles until his recall to Fiji in 1996 to head the Fiji Visitors Bureau. He remained in that position until his retirement in 2002.

A tale of two cities
Childhood Reflections & Reminiscences of Suva

I was born in the village of Tubou on Lakeba Island in northern Lau early Sunday morning of December 17th, 1939. Two months later the Nazi war machine moved to seize Poland and soon after both Great Britain and France declared war on Germany to herald the beginning of the 2nd World War. So in a manner of speaking, being older than a Baby Boomer, I qualify to bear the nomenclature of a War Child. Some 4 years later in 1943 my father decided to move our family to Suva. I have been living and continue to enjoy life in this city for over 75 years.

Two events I believe prompted our relocation. Some time before we moved, I almost drowned in a concrete bath owned by a grand uncle at the edge of the village; and at about the same time Japan had opened its campaign in Papua New Guinea with specific plans to invade Fiji, New Caledonia and Samoa by the Commander of the Japanese Fourth Fleet, Admiral Shigoshi Inouye.

Sitiveni Yaqona
Hails from the island of Lakeba in the Lau Group of Islands and has spent most of his life in Suva. He joined the Civil Service in 1959 and was appointed the first iTaukei to head the Government’s Public Relations Office.
and dhal were offered at no added cost! Additional curry restaurants serving two rotis, a bowl of dhal soup and vegetable curry for six pence. The Fiji and Suva Lodges were popular curry houses when its exhibits required additional space - the building on the left and a short distance on, the old Boy's Grammar School building and the sea kept at bay from Victoria Parade except for the concrete seawall. The old aviary - 6 pence for admission, and with the remaining 3 pence, I had the choice of buying a bag of roasted unshelled peanuts, a slice of pudding cake or one sausage roll at the Victoria Café on my way back home.

Saturday afternoon “matinees” at the Lilac which I and several hundred other children usually attended to watch Tom Mix, Gene Autry, Roy Rogers, Buck Jones, the Lone Ranger or Hop a Long Cassidy catch the baddies or send the poor Red Indians into their happy hunting grounds! A couple of our heroes would even sing a ballad after their exploits. My matinée allowance was 9 pence - 6 pence for admission, and with the remaining 3 pence, I had the choice of buying a bag of roasted unshelled peanuts, a slice of pudding cake or one sausage roll at the Victoria Café on my way back home.

Movies at the Regal and Lilac theatres did not begin until the National Anthem (God Save the King) was played requiring everyone present to be seated on a large mat near the fence. The broadcast was avidly followed by our family wanting to share the sweets with the aunties at home, my father happened to be home when we ran into the living room telling them our American friends were dishing out free “Jig Jigs” down the road!

None of my aunties got any sweets that evening except me doing a very painful “jig” whilst my father (already into his 2nd Scotch for the evening) lustily whipped my legs with Mum’s trusty saus broom! Not many people, including our family had radios. But once a week, every Tuesday evening at 7pm, our neighbor, Budru, would place his Bush radio powered by a 12 volt wet cell battery near a window facing our compound, and wind up the volume for us to hear news of the war and other local events in the iTaukei language. By that time our whole family had radios and Nadi airports for strategic air initiatives by the Americans.

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quoting his own words “to recover from the ordeal”, would stop at the Melbourne Hotel on the corner of Victoria Parade & Macauthor Street until closing time, then wend his way back home in the darkness! Dad was only able to stop for a tipple at the hotel because he possessed a “Dozen & One” permit enabling him to drink at a hotel and legally authorized to buy a maximum - dozen bottles of beer and one bottle of spirits!

There were other restraints! Non-whites were not allowed to use the Suva Municipal Sea Baths. It didn’t really matter because we swam in the same sea in Suva Harbour which was pumped into the Baths for the European population! The first time we were allowed to frayonize in the Baths with members of the European community, one of our own left a personal memento floating in the pool... vindicating the original decision to keep us out of the facility in the first place!

**Fishing in Suva Harbour**

Everyone who could bait a fishing line or use a net caught an abundant supply of fish in the Suva harbour. There were kawakawa (rock cods) in the reef, and the bay was alive with kanace (fingerlip mullets), matamatu (silver biddy), saqa (trevaille), the ubiquitous qitawa (crescent perch) and even davilai (peacock flounder).

Some mornings, on a rising tide, my uncle Solo and I, and using his Hawaiian throwing net would stalk the shallows from Nasese and by the time we arrived at the Grand Pacific Hotel have a full noke (Fijian fish basket) full of mullets, matu and perch. Without a fringe in which to keep the catch, the fish was quickly deep fried and kept in a large pot to cool and then recouked with lolo (coconut milk) for the evening dinner.

If we wanted rock cods, dad would hire a punt for 5 shillings to use half a day and row out to the reef opposite the GPH to catch this delicacy. Within a few hours, we would have half a large jute sack of kawakawa and return home with our catch.

Flounders were not so plentiful in the shallows but when I did stand on one and caught it, I took it home and was told by one of my aunties that it was tabu for men to eat davilai! The prize was quickly roasted on an open fire and consumed by my aunt before the rest of the family were on to her!

On occasions when the kaboa (striped eel catfish) were spawning in hundreds off the seawall near the GPH, Naiqaqi residents would wade into the sea with buckets and buckets to catch them in the hundreds. The fish, no longer than 12 or 13 inches had a soft, white delicately best cooked in a banana leaf and roasted in an open fire. The fish had a single sharp spine lying close to its head and could cause excruciating pain if accidentally touched. And I can vouch for that experience!

Today, the rock cods have disappeared. The reefs and its myriad of colorful fish and marine life - virtual magnets for cruise passengers carried there by the once famous “OOLOOOOO Coral Island Cruise” have gone and may never be seen again.

To find out more about this dilemma, I sought a meeting with a research officer based at the Fisheries Office in Lami. The fisheries spokesman gave me a frank appraisal of what has happened with the marine life in Suva Harbour. “Mullets, perchies and silver bidders are still in there but it would be folly to catch and eat them because of the extreme level of pollution of the water. There are even a lot of cawaki (sea urchins) alive and thriving there but they have a propensity to absorb high levels of pollutants and other toxic substances which are even more harmful to humans.

There is however, hope in the horizon, perhaps not so much for our Harbour but for others areas in our islands to manage and protect our marine resources in the establishment of Marine Protected Areas (MPAs), part of the responsibilities of the fisheries team of some 40 young volunteers, based at Draunibota. They play a critical role in visiting marine resource owners throughout Fiji to offer conservation advice if needed and protection if necessary.

As for Suva itself, the city has grown exponentially since I arrived here some 75 years ago. A few years after I arrived from Lakeba, the population of Fiji (1946) was pegged at 259,638 and its now close to a 1,000,000 people! Little wonder that the state of our marine environment and resources are being stretched to their limits.

Despite the inevitable “loss of innocence” of my town after 75 years, Suva is still my choice for a place in which to live for the rest of my life. It is a safe and vibrant city to visit and explore during the day with its many attractions compared to many larger cities abroad. Many of its pre-colonial buildings and structures can easily be seen amidst their more contemporary replacements. The old “telephone exchange building” is one to look out for across from our General Post Office and close by the Cable & Wireless building which played such a pivotal role in communications during the 2nd World War and post war modernization of voice, data and satellite communications.

Our people are known for their warmth and hospitality but one must also exercise caution when traipsing around Suva after dark as you would anywhere else. Avoid carrying valuables like cameras and backpacks into night clubs & bars and always hire a cab directly outside the establishment to get back to your hotel or marina.

However, this must not deter you from stepping out early and taking a leisurely walk at sundown along Suva’s seawall.

Beginning from Ratu Sukuna Park and along Victoria Parade towards the Grand Pacific Hotel, you will pass most of the iconic landmarks & historical buildings mentioned. As dusk turns to nightfall and the lights and music come alive - Suva transforms itself into a magical little city not to be forgotten.
ON COURSE FOR CLEANER SEAS

The Maritime Safety Authority of Fiji (MSAF) is the Commercial Statutory Authority, that acts as a regulator, responsible for Fiji’s maritime safety; protection of the marine environment and regulation of search and rescue, and hydrographical services. MSAF has been busy implementing major reforms after a transition from a government department to a commercial statutory authority. Through close working relationships with a wide range of stakeholders and interest groups, MSAF is raising the profile of safety at sea and marine environment protection obligations to ensure safe vessels and clean seas.

They are committed to ensuring a rapid response to mitigate oil spills, reliable aids to navigation and compliant international and domestic ports.

OBJECTIVES
- Regulate the operations of Fiji’s international port
- Ensure the provision of an array of effective, efficient and reliable aids to navigation
- Provision of an oil spill response team with tier 2 level capability
- Coordinate and assist in marine emergencies
- Protection of the marine environment

AIDS TO NAVIGATION
As per article 116 of the Maritime Transport Decree, the Authority is responsible for the management of all aids to navigation on or near the coasts of Fiji and the adjacent seas and islands.

As such, if you wish to report any damage to or missing Aids to Navigation, or shortcomings in navigational Charts and publications please contact MSAF’s Captain Philip Hill (phill@msaf.com.fj) and/or Sunil Kumar (skumar@msaf.com.fj)

OIL SPILLS
For emergency oil spill response you should call:

Captain Philip Hill
T: 331 5266  |  M: 990 6331  |  F: 330 3251

Garbage Disposal Regulations for Yachts

International regulations are contained in Annex V of the IMO International Convention for the Prevention of Pollution from Ships (MARPOL 73/78).

Recent amendments (Jan 2013) set new, more stringent, requirements which apply to all ships, including cruising yachts.

If your boat is flagged under a country that is a signatory to MARPOL, it is subject to MARPOL requirements regardless of where it sails.

The new Maritime Transport Decree 2013 (MTD 2013) and its subsidiary Fiji Marine (Pollution Prevention and Management) Regulations 2014 is designed to enable Fiji to align its regulations with MARPOL.

According to MARPOL (for the Pacific), & the MTD 2013 and the Fiji Marine Regulations, only food waste can be discharged into the ocean (according to strict guidelines). Disposal of ALL other waste is prohibited, and must be retained on board to be discharged to shore reception facilities.

Food waste disposal rules: food waste which has been ground to a particle size of 25mm or less, must be discharged at least 12 nautical miles from the nearest land. If it is not ground, discharge is only permitted at least 12 miles from the nearest land.

There are additional regulations relevant to larger vessels.

How to recycle in Fiji

Please support our recycling programs!

You will find recycling bins at Vuda Marina, Port Denarau Marina, and the Copra Shed Marina in Savusavu which facilitate the segregation of waste and recyclables such as used batteries, glass, plastic, kitchen waste and paper and cardboard. Those items which cannot be recycled in Fiji are shipped overseas for processing by Waste Recyclers Fiji.

At Vuda Marina, Port Denarau and the Royal Suva Yacht Club you will also find waste oil collection containers in which you can pour any used engine oil. This is collected by Fletcher Steel and used in their foundry, preventing the oil from seeping into the groundwater from a landfill.

Disposal of other waste is also legislated.

What to do with all the plastic?

There’s a lot going on behind the scenes in Fiji to try and reduce the amount of plastics dumped on our beaches, in our rivers, and sent to our landfills.

Did you know you can convert waste plastic into crude oil? Ocean Ambassadors have been travelling around Fiji, running educational programmes about the problems posed by plastic waste and demonstrating an interesting new machine which can turn plastic waste into fuel.

It uses a process called ‘gasification’, a form of chemical recycling. The plastics are heated to 420 degrees in a low oxygen environment. This allows the plastic to break down into gas which is then converted into oil. Unfortunately you can’t use PET in this machine, but pretty much any other type of plastic you find on the beach including plastic bags, cutlery, food wrappings, bottles or packaging can be recycled.

If you would like to get involved and help the Ocean Ambassadors with their fight on marine debris in Fiji, go to: http://oceanambassadors.org/fast-track-fiji
This is the dive area of Fiji for serious divers. There are numerous world-class dives in the Vatu-i-ra channel, and at the fabulous islands of Namena, Koro, Makogai, Wakaya, and Gau. It's highly recommended to carry a dive guide as this is “experienced divers only.”

On the island of Ovalau you will find the old capital Levuka. It’s like being in a time warp with many buildings standing just as they were 100 years ago. The Royal Hotel reminds me of something out of Somerset Maugham and a visit to the local watering hole, The Ovalau Club, has to be part of life’s rich experiences. The leading lights, particularly the lower one on the main church spire, are the best in Fiji and are rarely out!
MAKOGAI
Makogai island has a very good anchorage in Dalice Bay which is currently used as the site of a Department of Fisheries clam hatchery and turtle head-start program. The island is state owned (although a sevusevu is still required) and steeped in history, as it was previously a large leprosarium serving the region. After cyclone Winston the island suffered major devastation on land and particularly on the dive sites.
Annual humpback whale surveys around Makogai and Levuka, record sightings of migrating humpback whales, so do keep your eyes open.

GAU ISLAND
Good anchorages and some more world class dive sites. Gau is the 5th largest island in Fiji covering an area of 136 sq km. There is an airstrip (unused at times) at the southern tip of the island. The Rugby’s 7’s legend Serevi hails from this island.
Inside the Lagoon divers will need a guide with knowledge of the ideal times to dive. On the outer wall however, times to dive are flexible.
A sevusevu is required at the main village of Sawieleke, approached only at high tide.
Waikama is a good village as is Lovu to the south. Hot springs can be found close by Waikama village.
Close to Waikama there is a new eco resort called Nuku resort in the Bay of Angels. Mantas can often be sighted in this location.

WAKAYA
WAKAYA IS A PRIVATE ISLAND
Homestead Bay is now a Marine Protected Area gazetted by government and use of the bay as an anchorage is not permitted without prior consent from Wakaya management. Strictly no access to the beaches is permitted, with MPA boundary up to the high water mark and Wakaya private property beyond that.
The Wakaya Club & Spa is strictly a private resort with no facilities available to yachts unless you have confirmed arrangements to check in your guest/s. However, there is nothing to stop a vessel from diving the outer reef. Mantas and hammerhead sharks are frequently seen on the dives around the island.

KORO
Koro island Is a very Interesting Island. Not well known but during WW2 the Americans practiced their landing for Guadalcanal on Koro. They tried 3 times before they got it right!
This year we went in search of the “story” and found that indeed this did happen in the village of Nabuna in the north. A lovely story was recounted to us during our visit. They actually do have two steel helmets left by two American soldiers that were left behind or absconded! Great Village and very friendly.
Koro Island is part of the Lomaiviti archipelago. The Koro Sea is named after this volcanic island, which has a chain of basaltic cinder cones extending from north to south along its crest. With a land area of 108.9 sq kms, it is the sixth largest island of Fiji.
Fiji Link has weekly flights to Koro, and there are ferry connections each week between both Suva and Savusavu. Charter flights through Pacific Island Air can also be arranged to the airport situated on the Eastern coast.

NANANU-I-RA ISLAND
Hidden Away from the rest of the world Macdonald’s Nananu Beach Cottages and Bethams beach cottages are out of the way and the friendly staff and comfortable accommodation offer the weary traveller a place to relax and experience nature at its very best.

The Island of Nananu-i-Ra offers eight white sandy beaches, miles of unexplored reef systems and 870 acres of coves and bays to discover. Great swimming and snorkeling are only meters away from the doorstep of your cottage. It is of a little surprise that travellers from around the world often extend their stay on this lovely Island. The cottages are spacious, fully self-contained and overlook the mysterious Nakauvadra Mountain range, legendary home of the Fijian Gods.
The departure point for the short boat ride to Nananu-i-Ra. Boats from the island will pick up and drop off at Ellington Wharf.
Compared to the ever popular Mamanuca and Yasawa Islands, this place is very laid back. Enjoy uncrowded beaches (that are every bit as good as the finest in the Yasawas), and water sports activities that include kitesurfing, windsurfing, SUP, snorkeling, diving and game fishing. Your day
Snorkeling - there is snorkeling right off the beach. Swim at the end of the jetty, where the fish have become tame and will keep you company as you explore the corals. It is also possible to take a short boat ride out to some of the outer reefs for some exciting dives.

Fishing - either handline or go out on one of the boats to chase Snapper, Rainbow Runner, Trevally, and Spanish Mackerel. Roughly midway between Nadi and Suva on the Kings highway, lies the coastal township of Rakiraki. The best curry is at the Rakiraki Hotel!

WEATHER
The NW side of Viti Levu can have enhanced Tradewinds (easterly quadrant) during the season. It can be 10kts up on other areas in the Fiji group as the winds whistle around the Vatu-i-Ra channel. With a forecast of 15kts you can have up to 25kts in this area. The Nananu-i-Ra anchorage area is inside the reefs and mostly in the lee of the island so that it is pretty protected for yachts anchoring. There are many good anchor spots inside the reef system all along the North Viti Levu coast. It’s a lovely cruise in sheltered waters. Chart plotters are usually very accurate here.

Snorkeling can be spent snorkelling, swimming, kayaking, windsurfing, kiteboarding and fishing. Exploring or just lazing in the sun. Your night can be spent counting the stars, enjoying a barbeque with a cool drink and exchanging travel stories.

Things To Do On The Island
Don’t expect this island to be the same as the Mamanucas (a list of daily activities posted on a board each morning). You do as much or as little as you like, with water sports predominating. With reliable trade winds for kitesurfing, close to top class dive sites, and sheltered sandy beaches on the leeward side, this is a mecca for water-based activities. Here are just a few of the highlights.

Diving - there are some terrific dive sites in close proximity to Nananu-i-Ra, which range from beginner to experienced. Several dive operators are based in this area and service all the lodges here, so just ask the staff at your accommodation.

Windsurfing and Kiteboarding - this is the place to be if you enjoy either of these sports or want to learn.

Commercial fishing licenses can be applied for, much in the same way that you applied for your cruising permit –but as you are likely only fishing for your dinner, this will not be necessary. However, if you intend to fish for money or, for example, take guests on fishing charters, you will need a commercial fishing license. Enquire with the Department of Fisheries office found in many of the administrative centers or at the ports of entry into Fiji.

If your yacht is berthed within one of the iQoliqoli jurisdictions (apart from a marina), you will need to present your sevusevu to the adjacent village and ask for permission to catch fish from their reef, rivers or streams.

There are many Marine Protected Areas (MPAs) within iQoliqoli that have been set up by the village. During your sevusevu presentation, you will be told if there are any protected areas in which you cannot fish, or if there are any specific restrictions, such as spear fishing. There are strict laws prohibiting the use of underwater breathing apparatus to collect, take or dive for fish throughout Fiji. If you plan on using fishing nets, there are mesh size restrictions – again, enquire with the Fisheries Department for these regulations.
The Fiji Government has banned the fishing, sale and export of all species of Grouper (Kawakawa) and Coral Trout (Donu) during their peak spawning months, from June through to September to help revive these rapidly declining fish species. The ban is just a little longer than a traditional 100-night tabu placed on some resources following the death of a chief in Fiji.

Any person or business found selling kawakawa and donu during the 4-month ban period can have their fish confiscated and could receive high fines:
- For individuals, an instant fine of $10,000, with the potential of up to $50,000 in fines.
- For corporations, an instant fine of $20,000, with the potential of up to $100,000 in fines.

The level of the fine can depend on the severity of the offense and will be determined by the Fiji Court System.

Why These Fish?
Kawakawa and donu breed each year, in large numbers, in the same places. These breeding sites were traditionally fished, but as the population and income needs in Fiji have increased, these breeding sites are being heavily overfished, leaving too few fish to restock Fiji’s fishing grounds.

According to the Fiji Ministry of Fisheries, more than 80 per cent of Fiji’s known kawakawa and donu breeding sites are either declining or have been lost. One study found fish landings of kawakawa have declined 70 percent over 30 years, with some areas of Fiji hardly catching the prized fish anymore. Fishermen interviews tell the same story: These fish are harder and harder to catch in our fishing grounds. We are losing these prized fish at alarming rates.

What can I do if I see someone selling kawakawa and donu?
The Ministry of Fisheries will need everyone’s support to effectively enforce the kawakawa and donu seasonal ban. Right now, the town councils, the Fiji Police Department, Fiji Revenue and Customs Service and Fiji Navy are stepping up. But everyone can help, including fishermen, middlemen, market sellers and consumers. We need to spread the word that the ban is in place. Let’s give people a chance to do the right thing.

And where we see it being sold, we can report it to the Ministry of Fisheries by calling:
- Nausori Fisheries Office: 3476587 | 9966745
- Lami Fisheries Office: 3361112 | 9966752
- Lautoka Fisheries Office: 6665899 | 9966759
- Labasa Fisheries Office: 8812833 | 9966770

You can also help by photographing any kawakawa and donu on sale and sharing it on the campaign Facebook page (www.facebook.com/4fjmovement). Please note the location, seller if possible, and time of day to help document the incident for the Ministry of Fisheries.

What Species are Banned?
There is a total of 27 species of fish that fall under kawakawa (grouper) and donu (coral trout). The fishing, sale and export (and associated activities such as transport) of all 27 species are banned under the Public Notice. The six most common kawakawa and donu typically caught are:

- **Humphead Wrasse**
  - **NAME:** Squaretail Grouper
  - **SCIENTIFIC NAME:** Plectropomus areolatus
  - **FIJIAN NAME:** Kasala, Kasalai, Labalabalia

- **Giant Clam**
  - **NAME:** Brown Marbled Grouper
  - **SCIENTIFIC NAME:** Epinephelus cyanopodus
  - **FIJIAN NAME:** Baritua

- **Pearl Oyster Shell**
  - **NAME:** Leopard Coral grouper
  - **SCIENTIFIC NAME:** Plectropomus leopardus
  - **FIJIAN NAME:** Kasala, Kerakera

- **Triton’s Trumpet Shell**
  - **NAME:** Brown Marbled Grouper
  - **SCIENTIFIC NAME:** Epinephelus cyanopodus
  - **FIJIAN NAME:** Kasala, Kerakera

- **Giant Clam**
  - **NAME:** Camouflage Grouper
  - **SCIENTIFIC NAME:** Plectropomus areolatus
  - **FIJIAN NAME:** Kasala, Kasalai

- **Giant Helmet Shell**
  - **NAME:** Whitespotted Leopard Grouper
  - **SCIENTIFIC NAME:** Plectropomus zanzibaricus
  - **FIJIAN NAME:** Donu, Drodroua

For more information and the full list of the 27 fish please visit: 4fjmovement.org
Communities and tourism working together to save marine life

Helen Sykes, Marine Ecology Consulting  |  www.marineecologyfiji.com

**Fiji’s abundant marine life**

Fiji has more than 10,000 Km² of coral reef around its coastal waters, and they are the foundation of the Fijian peoples’ health and welfare. Healthy reefs and mangroves provide nutritious food all year long, and protect the land from damaging storms in cyclone season.

For the past 3,000 years Fijian people have fished for their subsistence livelihood, with fish and shellfish still providing much of the protein in a community’s diet.

*Above & left: Traditional women’s fish drive on Taveuni Island. Photo: Daniel Schmitt*

**Protection and management**

More recently, as the islands’ populations have increased, overfishing has become a significant problem, with fewer, and smaller, fish being caught. To correct this, many Fijian villagers have formed small marine protected areas (traditionally called “Tabu” areas) where fish and shellfish can breed for their long-term sustainability. Such protected areas are usually marked by a dead tree, sometimes with a coconut leaf flag, set upright as a reef marker, which will be observed by all traditional fishers in the area.

These sites are called Locally Managed Marine Areas, and more details can be found at the Fiji Locally Managed Marine Areas (FLMMA) network site: https://www.fijilmma.org/

*Tabu area boundary at Totoya Island, Lau. Photo: Keith Ellenbogan*
As well as these traditionally managed areas, there are other ways that marine protected areas have been created in Fiji. Many of these have been supported in partnerships created between Tourism operators and their local communities, known as “Marine Conservation Agreements”

Tourism/community partnerships
A report brought out by the Wildlife Conservation Society in 2018 documented 56 places in Fiji where marine protected areas have been created by such partnerships with resorts and dive operators.


Everyone benefits
The idea of Marine Conservation Agreements is that there should be some benefit received by the resource owners for their agreement not to fish an area. In some cases, such as the Namena Marine Park and the more recently-formed Vatui-i-Ra Conservation Park, voluntary contributions made by divers contribute to scholarships to assist with education of local children. To date the Namena Marine Park has provided over 200 scholarships.

In other cases there may not be a direct financial payment, but community members may gain job or business opportunities related to the protection of the marine environment. At Waitabu Marine Park on Taveuni Island, the community operate their own snorkelling day trip into the park for visiting tourists. The income generated reinforces the value of the Tabu area in the minds of the community, and provides much-valued cash for local projects and traditional commitments.

Even where there is no money involved, the fishing rights owners still benefit from improved marine ecosystems and sustainable fishing provided by the protected breeding grounds, and also gain a sense of pride and achievement in the management of their own natural resources.

The tourism operators who instigate and support these initiatives report that as well as the obvious benefits of better snorkelling and diving opportunities for their guests, the formation of these conservation agreements strengthens their relationships with the village communities as they work together for their mutual advantage.

Locations of Marine Conservation Agreements in Fiji

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Five main types of agreement used to create marine protected areas in Fiji
- Informal Agreements
  Subsistence fishing is primarily done by the local land owning unit, such as a village or larger community. Some, particularly those with interests in the tourism development of an area, are willing to stop fishing to enhance sustainability of employment.
- Verbal or Documented Tabu
  Traditional fishing rights means that individual communities can enter into conservation agreements without extensive formal processes. This can be done by a traditional leader or by a consortium of the heads of the fishing rights owning clans (mataqali), declaring an area “no-take” or tabu. This may be recognised by the traditional council (e.g. Bose ni Tikina), and observed by fishing rights owners in the vicinity.
- Exclusion from Commercial Fishing
  Traditional tabu areas may become part of the FLMMA network to aid in community-based management. It is also possible to register a tabu area with the Ministry of Fisheries to exclude the area from commercial fishing licences.
- Foreshore Lease or Licence
  The ownership of the physical foreshore is vested in government, and may be leased or licensed (usually for development or aquaculture use) through the Ministry of Lands and Mineral Resources. This has arbitrarily extended support for marine conservation agreements.

Snorkel guides at Waitabu Marine Park. Photo: Helen Sykes
be investigated as a mechanism to strengthen the legal status of MPAs. It may affect fishing rights for the duration of the lease or licence, and involve an annual payment to government.

- Statutory "Gazetted" Reserve

Under Section 9 of the Regulations of the Fisheries Act 1942, the Minister of Fisheries may declare areas as statutory protected reserves for the purpose of "prescribing areas and seasons within which the taking of fish is prohibited or restricted, either entirely or with reference to a named species". This has been used to create statutory reserves with fishing restrictions, fully recognised in the government gazette. The regulations apply to the traditional fishing resource custodians as well as any other party, including commercial fishers.

Currently, 63% of tourism operators have informal or verbal Tabu agreements, with another 28% having documented Tabu agreements with local community leaders, based on traditional fishing rights ownership. Only 9% have legally-recognised agreements such as licences, leases or statutory reserves. Many are happy with these traditional agreements, with only 37% wishing to progress to more formal protection. However, all would welcome some increase in recognition of the protected areas, such as exclusion from commercial fishing licences.

As we progress rapidly towards 2020 and government commitments to strengthen marine protection come due for action, there is hope that the Ministry of Fisheries will be able to increase recognition of these cooperative efforts and increase partnerships between everyone who is committed to the sustainable use of the coastal reef areas.

By supporting operations with such partnerships, visitors to Fiji can actively contribute to the conservation of the wonderful aquatic world that brought so many of them here in the first place, and help to ensure that it will still be here when their children start to explore the planet.

**ACKNOWLEDGEMENTS**

This report was only made possible with the support of the Wildlife Conservation Society (WCS), and the tourism operators of Fiji who were so generous with their time and information. We are privileged in Fiji to have a tourism industry that is environmentally aware, and a system of traditional custodianship that allows local communities to manage their own natural resources.

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**Visitation**

For entry to the island, you will need to seek permission from the National Trust of Fiji.

- **Call**: 930 4588
- **Website**: waitabu.org
- **Facebook**: WaitabuFiji

**Location in the World**

Yadua Taba is a small volcanic islet at the south-west corner of the larger island of Yadua. A signboard made from dried wood stands on the beach reads ‘Wildlife Sanctuary, No Entry’. Due to the ‘Critically Endangered’ status of the Fijian Crested Iguana (IUCN Red List), their listing on CITES Appendix I and threats from disturbance, a ‘community watch’ program was initiated, with regular policing by National Trust Rangers and the local community. These rangers are charged with protecting the island on behalf of the National Trust and there is high chance that you will be visited by one if you’re anchored within the Yadua waters.

**Yadua Taba**

16°48’58.05” South | 178°17’9.14” East

**Well…** Yadua Taba (Yan-do-a Tam-bet) is a small volcanic islet at the south-west corner of the larger island of Yadua. A signboard made from dried wood stands on the beach reads ‘Wildlife Sanctuary, No Entry’.

After the discovery of a crested iguana on the tiny island back in 1979, and the public interest that followed, the National Trust of Fiji secured a management agreement to the uninhabited island and surrounding coral reefs, and established it as Fiji’s first wildlife sanctuary in 1980. The Crested Iguana (locally known as ‘Vokai’) is one of the rarest and to some, one of the world’s most attractive lizards. The species is endemic to the Fiji Islands where it is now restricted to less than 10 of the 300 or so islands of the archipelago. Yadua Taba is special for another reason in that it contains a large strand of the Tropical Dry Forest Vegetation, one of the most (if not the most) endangered vegetation types in the world!

The sanctuary has the largest and most impressive Crested Iguana population and it is the only wild location in the world where the population can be viewed with certainty. More importantly, it is the location where the species has the best chance of survival – and hopefully greater than that, they will thrive!

It is for this reason that no one is allowed to visit the island, and landing here is strictly prohibited, unless approved and guided by the National Trust. Due to the ‘Critically Endangered’ status of the Fijian Crested Iguana (IUCN Red List), their listing on CITES Appendix I and threats from disturbance, a ‘community watch’ program was initiated, with regular policing by National Trust Rangers and the local community. These rangers are charged with protecting the island on behalf of the National Trust and there is high chance that you will be visited by one if you’re anchored within the Yadua waters.

**Visitation**

For entry to the island, you will need to seek permission from the National Trust of Fiji.

- **Address**: 3 Ma’afu Street, Suva.
- **Contact**: Tel: (679) 330 1807 | Fax: (679) 330 5092

*The Crested Iguana. Photo © Stacy Jupiter*
Welcome to Savusavu

Savusavu is an international port of entry into Fiji. Welcoming over 200 overseas yachts annually, this bustling yacht focused town which is nestled along the coastline of Southern Vanua Levu, is home to not one, but three marinas.

The town is usually the first port of call for people sailing from Tonga and Samoa. Savusavu town provides most things a cruising yacht needs, from fuel, water and groceries, to banking, marine chandlery, general hardware, and electrical supplies.

As such, the harbour is bustling with coming and going yachts. Many use Savusavu as a base for exploring the less ‘touristy’ North and often settle in to the protected Nakama Creek for the duration of cyclone season.

For provisioning, Savusavu Farmers Market is located in the middle of Savusavu town, next to the bus centre. A colourful array of seasonal fruit and vegetables leads to an area dedicated to freshly caught seafood. You can also stock up on your kava supplies ready to present a sevusevu to your next destination. The markets are open from Monday to Saturday - but Saturday is by far the best day to shop!

Kula Palms is a small establishment in Kuladru Estate, remarkable for its production of handmade charcoal soap. Home to a branch of the Simpson family (one of the island’s large clans descended from the intermarriage of European settlers with locals), the soap is made by Vesi Simpson who is a knowledgeable and articulate guide to the development of his project and will show you the historic tiny church on his land. 20 min taxi ride from Savusavu. Best to call Vesi Simpson ahead. T: 945-9454.

Daku Resort offers a wide choice of things to do throughout the year. The resort is located about a mile from the harbour - an easy 25 min walk or a F$4 cab ride which takes 5 minutes. Non Residents are welcome to join in, but must pay for and participate in the whole course of your choice. The following are just a few. Go to www.dakuresort.com and find something that you’ve always wanted to have a go at. ALL SKILL LEVELS WELCOME!

Capturing Paradise Retreat with Carmen McFaull August 24 - 31, 2019

Using acrylics, capture the surrounding exotic gardens and turquoise waters. Take the memories home to live in your hearts and on your walls.

Fiji Yoga Retreat with Yogahara’s Gina Macauley June 30 - July 2019

Immerse yourself in the beauty and energy of the environment. It will include asana (physical postures), iRest yoga nidra, meditation, restorative yoga and philosophy talks. All Levels.

Vuadomo waterfall is a beautiful waterfall with easy access via a 10 min walk along a fairly well maintained path. The torrent of fresh water plunges into a deep pool ideal for a refreshing swim. If they are out of school, the local kids will accompany you and show off their skills at climbing up the rock face and making hair-raising leaps into the water. Take a deep breath and swim under the sheet of water on the far side – there’s not much to cling onto but you can take a moment before swimming back again. Reef shoes are useful as the pool is rocky, but not essential. Access: 30 mins taxi drive, approx. $65 fare + $10 entrance fee.

Meet Mahdeo, employee of 30 years

Savusavu Helicopters offers breathtaking views of the azure ocean and the lush Island landscapes on a scenic flight over the island. The company has teamed up with Savasi Island Resort to showcase the best of Fiji’s Hidden Paradise. Scenic Flights from FJ$210.00 per person x 3 (i.e. you will be charged for 3 passengers). Contact: Gil Parker T: 8304123 or E: savusavuheli@gmail.com
Navigation Cautions for Entering Savusavu

- The Point Passage light lies on the INSIDE of the reef, about 50 meters east of the actual end of the reef. Chart legends show it as being a lighthouse, in truth it is more on the lines of a light standard sticking up on the reef. It is mostly, but not always, lit.
- The rocks on the west side of Point Passage only break with a West to Southwest swell. In other words, although the reef passage is almost a nautical mile wide, there is such a thing as too much caution in leaving a wide berth to the light.
- As you approach Savusavu from the Point Passage light, you cannot see Savusavu, but you will see the Copra Mill in Balaga Bay, which lies to the North-East of Savusavu. Although it’s a nice, quiet anchorage to visit (so long as the wind is not from the west), it IS NOT Savusavu!
- There is a mooring for the bows of the inter-island ferrys west of the Main Dock. If there is a ferry at the dock, it is probable that there is a line between the mooring buoy and the ferry.
- There is a channel marker as you enter Nakama Creek that you should leave to your port side. An avoidance waypoint, as determined by S/V Jill Diane is 16° 46.659’S 179° 19.796’E. This reference is provided for your convienence and is to be used at your own risk.

Photo: Graham Taylor
The old Copra Shed Marina that was built in the 19th century, is a major landmark in Savusavu. Renovated in recent years it now houses the Savusavu Yacht Club. Historical photographs depicting the ‘Sheds past adorn the walls of the building.

Facts & Figures
The Copra Shed Marina has 8 stern-to-wharf berths for vessels up to 20 metres. Water and electricity are available at these berths. Seventeen moorings are available for vessels of varying sizes. The Copra Shed Marina also has a new floating dock berth facility for thirty vessels of up to 20 metres.

Safety
The Nakama Creek is well sheltered from strong weather.

Visitor Attractions
The Captains Café – specializing in some seriously good pizza but also catering for other international tastes.

The Captains Table is located on the waterfront of the marina and offers a wonderful wine and dine experience.

The Copra Shed is also home to the Savusavu Yacht Club Bar that provides delicious cold draft beer and a fine selection of wines and spirits. Overseas visitors can become temporary members of the club upon payment of a small fee. The Club hosts various sailing regattas throughout the year including Optimist sailing events for the kids and some Laser sailing. Merlin Trailer Sailers are also greatly enjoyed by some of the club members.

The Art Gallery offers creative works of local artists, souvenirs and some beautiful jewellery if you need to pick up a nice gift for someone special.

Services & Facilities
The Copra Shed Marina will arrange for Border Control agents to board and clear your yacht. Repair and maintenance services such as sail repair, refrigeration and electrical works can be arranged upon request.

Jerry cans can be filled with water at the dinghy pontoon while water in large quantities is available at a designated dock for FJ$5 a fill.

Any mail you have sent to the Copra Shed mailbox can be collected from the marina office. WiFi internet is also available.

Accommodation
The Copra Shed Marina has three lovely rooms that are available to rent on a nightly or weekly basis.
The unassuming Waitui Kelekele Marina adds a quaint charm to the Savusavu foreshore and swing moorings are popular during season. You can call on VHF Channel 16 or after hours on telephone number 835 3913 and dock staff will meet you and guide you to your mooring.

Safety
All of the moorings have 3 meters of 19mm studded ship's chain to prevent the line from chafing on the bottom. These moorings are inspected twice annually with a hard copy mooring report available for viewing.

Facts & Figures
Waitui Kelekele Marina has 24 Helix Moorings, 12 of which are available during cyclone season.

Services & Facilities
The marina will arrange for relevant clearing officials to visit your vessel, and also bring them over - a service that is completely free so long as you are going to stay on one of the Waitui moorings. They offer free watering, free dinghy dock usage, rubbish and garbage disposal, and free use of main dock for fueling or watering (up to six hours). A very handy service also provided here, is the use of a chest freezer during the day in which to store your provisions. This will save you many trips back and forth to your yacht from the town each time you realize your arms are full! There is a great laundry service at the front of the building that offers a hot water wash and ironing services. The Waitui Club offers a full range of wines, beer, cocktails and soft drinks are available in a relaxed environment where you can socialize with other yachts and locals.

Provisions
Within the building facing the main road is 'Fiji Meats'. They supply fine quality fresh beef, pork, lamb, as well as sausages and chickens. They can also place special orders for turkey. You can order in advance and in large quantities. If ordering beef, its always a good idea to request ‘aged’ beef. There is also an authorised DHL agent located here. Dotted along the main street of Savusavu town you will find many well stocked grocery stores, a bottle shop and deli and a bustling market to replenish your supplies.

Transport
Taxis swarm the town and flagging one down from outside either marina, or anywhere in the town is easy. The main bus station in the town centre sees buses leaving regularly for places as far afield as Labasa, Nabouwalu, Buca Bay and even (inclusive of a ferry ride of course) over to Taveuni.
Paradise is not a dream
...it’s in Taveuni

Paradise offers 6 FREE moorings and FREE anchorage for more vessels along a sandy bottom. Welcomed as our Guest, enjoy the Resort facilities - swimming pool, Cocktail Bar and Oceanfront Restaurant. Don’t miss our cultural evenings - Fiji Night, Bula Night and Indian Night! Paradise provides laundry service, organic farm produce, homemade bread, gift shop, fuel, taxi service, guided tours of the island and 20% discount on all Scuba Dives for Cruising Guests.

P: +679 999 0125 • info@ParadiseinFiji.com • www.ParadiseinFiji.com • Marine Radio Channel 16

Paradise is not a dream...it’s in Taveuni

Taveuni is famous for its spectacular waterfalls, varied bird watching, and world-class dive sites. Here you will need a dive guide as the correct tide and current is essential to see the ‘Rainbow Reef’ and the white coral flowers open on the sheer ‘Great White Wall’. Good anchorage areas close to the Rainbow Reef dive sites are Viani and Vatudamu bays.

Buca Bay on mainland Vanua Levu also offers a very good anchorage in bad weather with good holding ground and is also a great spot for a seaplane to land when transporting guests to and from your vessel.

While in the area, you should spend some time exploring. Be sure to include a visit to the two islands in Fiji that are populated by displaced South Sea Islanders, namely Rabi and Kioa.
Rabi (Rambi) where you can meet the inhabitants who are displaced Banabans from Ocean Island, in Micronesia. Phosphate mining devastated Ocean Island, so the British bought Rabi for resettlement. Though Fiji citizens since 1945, they still speak in their native tongue - Gilbertese, and their lifestyle preserves age-old traditions. Their dancing is very unlike Fijian dance; more Polynesian in style and very stimulating! The sailing canoes still in use are a pretty sight.

Catherine Bay in the south is a very good anchorage. The wharf has been completely destroyed by cyclone Winston but a dinghy can safely land on the beach nearby. Be sure to visit the local elder who lives close by to ask permission to visit the village. There is no sevusevu but he is charming and only wants to know where you are from and have a chat.

The Methodist church is huge and used for all sorts of important venues. They have a serious brass band in the village and the Rabi dancers sometimes perform here.

Nuka on the western side is the main village where you can enquire about the dancers and is the home of the Rabi council.

To the North is the magical Albert Cove. Usually there is only one family in residence but not on a regular basis. The Rabi Islanders make a coconut toddy but beware of the mature potion!

Kioa is an outlier to Vanua Levu. Situated opposite Buca Bay, it is a freehold island purchased by settlers from Tuvalu, who arrived between 1947 and 1983. Their skill in fishing is as legendary as their artisans and handcrafts. The village is spotless and the people welcoming. An elder will escort you around and tell you stories about the past.

To the south of Kioa is Sau Bay Fiji Retreat. An Eco Resort run by fifth generation locals Nigel and Carol Douglas; the anchorage is nice and Nigel is the best guide for diving this area. He has piloted and led dives on many visiting super-yachts. However, please do get permission to land from the owners. They are a wealth of information on anything in these northern islands.

To the East at Waiyevo on the island of Taveuni you can find basic stores and provisions. Anchor well south of Korolevu Island to avoid the bommies and tender ashore. Fresh provisions can also be sought in the area.

The Bouma Heritage National Park Falls or Tavoro waterfalls are a worthwhile visit on Taveuni or trek the Vidawa rainforest trail. Lavena coastal walk is also a great excursion as a visit to Civa Pearl Farm at Vurevure Bay on the east side. These places can be accessed from Matei via road in a taxi or truck – or tender into Navakacca and take a truck ride from there.

The Waitavala water slide which is a great hit with kids and adults is accessed from Waiyevo.

The islands of Matagi (Matangi) and Qamea (Gowmear) located to the east of Taveuni also boast some excellent anchorages. Matagi is owned by Noel and Flo Douglas who have hosted numerous superyachts over the years. This is a charming boutique resort with lovely beaches and great diving. A very good anchorage can be found to the south of the island. As this is a private island you do need to ask permission to land and any arrangements should be made with the resort beforehand. If they are really busy they will not be able to accommodate anything more than a possible dinner ashore.
SAVUSAVU

Savusavu is pure paradise. Originally established as a port for trade ships, the Fijian town is now a fast-developing tourist hotspot. Unsurprisingly, given its idyllic charm. Sink into hot springs for a rejuvenating soak or tour a private pearl farm that cultivates thousands of the multicolored treasures. SCUBA with world-renowned divers or splash in the spray of a majestic waterfall. Downtown, explore the vibrant waves of the local farmer’s market, where locals are happy to chat about Fiji’s foods and traditions.

You can purchase fabrics, fishing gear, cosmetics, stationery supplies, rent DVDs or stop in a small café or restaurant along the street. A busy open-air vegetable market, bus and taxi stand are located in the center of town. Savusavu has a library, a full service post office, local and overseas couriers, 3 major banks, customs & immigration offices and a regional hospital.

NORTHERN VANUA LEVU

The channel along the Northern Vanua Levu coast line is deep and wide.

It is really beautiful and rarely visited by yachts. There are some lovely spots including Kia island; Nukubati island private resort and many great river trips. Great for Kite surfing and fishing the northern reefs.

The Labasa river can be a navigational experience at low tide but a fun day out in the busy colorful town with great markets and curry shops.

WEATHER

Taveuni is called the garden isle so does have its fair share of rainfall in the wet season around November to March. Tradewinds blow as usual and are stronger between June and August.

Once in the lee of Taveuni you do have protection from the swells. The current in somosomo straits between Taveuni and Vanua Levu can be strong at times when you have wind against tide.

The Taveuni area has several good anchorages. Depending on the wind direction Catherine Bay; Buca Bay, Vanua Levu; Nasau Bay; Niviivi Bay, Gamea; Lali Bay, Gamea; all have good holding.

Laucala Island

Laucala Island, to the east of Matagi, is home to a private 7-star resort often frequented by the affluent and famous. It is considered one of the world’s most exclusive private retreats. Previously owned by Malcolm Forbes the present owner heads the Red Bull energy drink company.

The island is magnificent to say the least and the facilities amazing. Anchoring in front of the resort or the beaches is strictly not permitted but Superyachts that wish to check their guests into the resort and have made arrangements may anchor off to the side in protected waters.

The Ringgold Islands are to the North of Matagi Island; the pass is deep and wide into the area. Your sevusevu can be presented to Yanuca (Yanutha) village.

Be sure to visit the Cikobia (Thikombia) Crater, and the deserted Raranitingga island is also worth a lunch stop. The anchorage to the NW is very deep.

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DIVE AREAS OF FIJI

Fiji has coral reefs everywhere, and all have their attractions. However, you’ll have the best time diving here if you select the type that’s best for you and your experience level. Here is a generalised account of diving character in the main areas that divers usually visit.

By Helen Sykes

some of the time: spectacular soft corals, pristine reef systems, and larger fish life. Taveuni for soft corals, swarming fish, rare critters, and intact ecosystems. Beqa for soft corals, rare critters, wrecks and shark feeding. Kadavu for walls and passages, healthy hard corals, manta rays and sharks.

Central Waters
Some of the best and most varied diving in Fiji - most of these sites are quite far off shore. Mostly easy diving but many sites require careful planning due to tide dependant currents and depth. Vatu-i-Ra Passage for spectacular walls, soft corals, schooling fish. Lomaiviti islands for passages with sharks, manta rays, and rare critters. Southern Vanua Levu for walls and soft corals. Namena for absolutely everything concentrated into one package.

Northern Vanua Levu
Cakaulevu: The Great Sea Reef – the third longest barrier reef in the world! Dramatic outer walls and passages. Limited fish life in some areas, and outer waters can be rough. Inner reef mangrove islands have poor visibility but extensive fish life of interest to specialists and ecologists. Kia Island provides a good and sheltered bay to base while exploring.

The Eastern Archipelago
Lau Islands
Scattered islands with varied diving. Relatively easy conditions, but there are fewer well-known dive sites, so most is exploratory diving with some areas better than others. Some areas are overfished while others are pristine.

Helen Sykes is a marine ecologist and dive instructor who has dived extensively across the Fiji Islands for over 15 years. For more information see www.marineecologyfiji.com
DIVE SAFETY IN FIJI

Despite being well-trained and experienced, diving accidents do happen. While we are able to put many mechanisms in place to protect ourselves, sometimes these are not enough and we need help. Here in Fiji, there is a dedicated team standing by to help in such an emergency and there are some necessary steps you should follow to assist them with their efforts.

If a member of your crew suddenly feels ill after having dived - PLACE THE PATIENT ON OXYGEN BEFORE YOU DO ANYTHING. Oxygen first aid is essential and may reduce symptoms of DCS; however, O2 is not a substitute for a full evaluation by a medical professional. DAN recommends that there be enough oxygen available to get the injured diver to an appropriate medical facility. In Fiji, this may take up to five (5) hours. Oceania Gas in Lami, Suva lease oxygen cylinders of varying size, but will only refill their own. Bikini Bottom Dive Shop in Pacific Harbour is a DAN Business Partner. They sell the full line of Rescue Kits and will also refill privately owned air and oxygen cylinders. All dive operators in Fiji should have Rescue Kits.

DIVE EMERGENCY TELEPHONE NUMBERS 24/7

EMERGENCY MOBILE NUMBER
Dr Luke Nasedra | T: 973 0854
Doctor in charge of Hyperbaric Services

COLONIAL WAR MEMORIAL HOSPITAL
Hyperbaric Chamber | T: 331 3444
OR Dr Neeraj Sharma | T: 976 6584

IMPORTANT NOTICE!
The Hyperbaric Chamber in Fiji is currently not in operation. A new chamber is expected to be up and running by April 2019 at the CWM Hospital in Suva. Keep an eye on www.fijimarinas.com

FIJI AIR | SEA RESCUE
Police Sea Rescue 368 2488
Fiji Navy 331 2585 | 331 5380
Helipro Fiji (To qualify for Priority Service Hotline) 770 7770
Pacific Island Air 672 5644 | 999 1644
Island Hoppers 672 0410 | 672 3343
DAN 24-Hour Emergency Hotline +61 88212 9242
PADI 24-Hour Emergency Hotline +61 28907 5614

MIOT PACIFIC HOSPITAL
CONTACT PERSON PHONE
Dr John Alfred 992 9541
Clinical Coordinator
Dr Penuel Anav - Ward Manager 992 4683
Medical Physician (Internal Medicine)
David Qumivutia 992 4056
General Manager
Hospital (after hours) 330 3404
Nursing Supervisor

ZEN’S MEDICAL CENTRE (Nadi)
CONTACT PERSON PHONE
Dr Zen 672 2288 | 979 7872
Dr Tupou 672 2288 | 939 3590

DISTRICT HOSPITALS
Hospital Phone Hospital Phone
Lautoka 666 0399 / Dr M Vukivukiseru 769 2219
Sigatoka 650 0455 Savusavu 885 0444
Taveuni 888 0444 Labasa 881 1444
Navua 346 0181

INSURANCE
Willis PADI Insurance, V Insurance Group 0061 29285 4111
Mike Holme 0061 29451 2300
PADI QA/Incident Rpt Mgr ext. 202

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Above: The Cabbage Patch, one of the famous dive and snorkelling sites just outside Viani Bay
Forewarned is forearmed
by Heidi Williams | Illustrations by James Keiaho

The magnificent waters of Fiji are blessed with stunning coral reefs that are teeming with species for ocean lovers. From 99.9% of your swims/snorkels/dives you will only take only photos and happy memories away with you. Occasionally however, you may find yourself a little too close to an otherwise docile marine critter who may decide to launch a defensive attack, in which case, you might take a little wound away with you too! The following is information about some of the potentially dangerous critters most commonly found in the waters around Fiji, how to avoid annoying them, and how to treat any injury they may inflict. Some unlucky souls can have the misfortune of being highly allergic to the toxins that some of these wounds will contain, and reactions can be severe and sometimes life threatening, so it is always a good idea to carry a shot of epinephrine (adrenaline) and an oral antihistamine onboard.

**FIRE CORAL** - Easily identifiable by its tan, mustard or brown color and finger-like columns with whitish tips that are covered by fine, hair-like spikes. Contact with Fire coral causes a burning sensation that lasts for several minutes and may produce red welts on the skin. But as we all take such great care while swimming near the reef, and of course, we NEVER touch the reef, we should all be fine! | TREATMENT: Do not rub the area, as you will spread the stinging particles. Cortisone cream can reduce the inflammation, and antihistamine cream is good for killing the pain. A doctor should treat serious stings.

**JELLYFISH** - Sting by releasing stinging cells contained in their trailing tentacles. Stings are often just irritating, not too painful, but should be treated immediately with vinegar (as a general rule, the longer the jellyfish tentacles, the more painful the sting). Although only occasionally encountered, the Blue Bottle, also known as the Portuguese man-o’war can be found in the waters of Fiji and washed up along the beach just before Christmas. This beautiful blue bubble likes to blend in with the blue of the ocean and bob along at the surface. Trailing along behind are very long (up to 10 meters) tentacles that sting. Stings range from a mild itch to intense pain, blistering, skin discolouration, shock, breathing difficulties and even unconsciousness. They are able to sting even when lying dead on the beach, so watch where you step if strolling along barefoot! TREATMENT: Remove the tentacles with anything but your bare hands - preferably with tweezers. Do not rub the skin (even after tentacles have been removed) as more poison will be released. Rinse the area with sea water and place in hot water.

**CONE SHELLS** - NEVER touch or pick up cone shells, no matter how pretty they are. The little critter inside some of beautifully patterned shell can deliver a venomous sting that will cause numbness and can be followed by muscular paralysis or even respiratory paralysis and heart failure. Tricky little thing! | TREATMENT: Im mobilize the victim, apply a pressure bandage, be prepared to use CPR, and seek urgent medical aid.

**STONEFISH, LIONFISH & SCORPIONFISH** - Stonefish, as well as scorpion fish and lionfish, can inject venom through their dorsal spines (the pointy spikes along their backs). Be careful, as these spines can penetrate booties, wetsuits and gloves, so to avoid injury, simply watch your step, and steer clear of these docile creatures. Do not grab at the reef, even in strong current before having 'waded' over the rock or dead coral you intend to touch (although we all know you should NEVER touch the reef – right?!?! as there may be a cunning little stonefish in camouflage! TREATMENT: Soak the wound in non-scalding hot water (as hot as you can tolerate) as the heat should inactivate some of the venom. Administer pain medication if necessary and treat with the wound with an antiseptic cream. Allergic victims who experience more serious problems such as convulsions or cardio respiratory failure should be transported to a hospital immediately. There is an antivenom available to help manage the sting of the dreaded stonefish. A scorpionfish sting can take months to heal and therefore should be attended to by a medical professional.

**SEA URCHIN** - There are a variety of sea urchins in Fiji. The type divers should especially avoid is the venomous spiny urchin. These are generally black and white or all black and have very long, brittle spines. The spines are the urchin's most dangerous weapon, easily able to penetrate neoprene wetsuits, booties and gloves. Puncture wounds immediately cause throbbing pain. TREATMENT: Carefully remove any visible spines – but since the spines may break off in the flesh, the wound should be monitored for infection. Treat minor punctures by soaking the wound in non-scalding hot water (as hot as you can tolerate) until the pain subsides. If the wound shows signs of infection, or for more serious injuries, seek medical attention.

**STINGRAY** - The sting from a stingray wound can be excruciating, most wounds involve the feet and legs as ocean lovers wade barefoot in the shallows. Stingrays submerge themselves in the sand of the shallows and it is easy to accidentally tread on one who is just chillin' out, minding its own business. It's a good idea to shuffle your feet when wading along sandy shorelines to avoid such an encounter. A stingray does its damage by lashing upward in defense and fin out of its space watching the fish as you do. Be careful as Triggerfish normally hit you once and then do a loop to come back at you again. TREATMENT: If you do receive a nip from one of our toothy friends, scrub the cut clean with soap and water, and then flush the wound with large amounts of water. Apply antiseptic cream. If the wound shows any sign of infection, seek medical assistance.

**TRIGGERFISH**: The “triggerfish will usually swim along minding its own business, however, when building or guarding an egg nest, they can be extremely territorial and quite aggressive. If you get too close to the nest, you may get a warning nip! A good warning sign for an imminent attack is the fish going on its side readying itself as Triggerfish normally hit you once and then do a loop to come back at you again. Be careful as this fish is very aggressive and can deliver a venomous sting even when lying dead on the beach. TREATMENT: Rinse the wound with clean water and immerse in non-scalding hot water (as hot as you can tolerate) for 30 to 90 minutes. Extract any visible stinging particles. Cortisone cream can reduce the inflammation, and antihistamine cream is good for killing the pain. A doctor should treat serious stings.

**STICKY FEET** - Most commonly found in the shallows of Fiji. TREATMENT: Do not touch the wound, as you will spread the stinging particles. Cortisone cream can reduce the inflammation, and antihistamine cream is good for killing the pain. A doctor should treat serious stings.

**CROWN-OF-THORNS STARFISH** - The crown of thorns starfish is a common sight in Fiji, and the spines can be quite dangerous. TREATMENT: Remove any loose spines, soak stung area in non-scalding hot vinegar or water for 30 to 90 minutes and seek medical aid. Neglected wounds may produce serious injury. If you've been stung before, your reaction to another sting may be worse than the first.

**SEA SNAKES** - There are often found along Fiji’s shores or in lagoons. They are usually docile and will not attack unless they are severely provoked. Their venom is 20 times stronger than any land snake, and while it has been reported that much larger specimens could possibly slay a human, the highly venomous black and white banded sea snakes are only found along the coast of Fiji and washed up along the beach just before Christmas. This beautiful blue bubble likes to blend in with the blue of the ocean and bob along at the surface. Trailing along behind are very long (up to 10 meters) tentacles that sting. Stings range from a mild itch to intense pain, blistering, skin discolouration, shock, breathing difficulties and even unconsciousness. They are able to sting even when lying dead on the beach, so watch where you step if strolling along barefoot! TREATMENT: Remove the tentacles with anything but your bare hands - preferably with tweezers. Do not rub the skin (even after tentacles have been removed) as more poison will be released. Rinse the area with sea water and place in hot water.

**WOUND CARE** - Wound care is very important as ignoring wounds can lead to infection. TREATMENT: Do not rub the area, as you will spread the stinging particles. Cortisone cream can reduce the inflammation, and antihistamine cream is good for killing the pain. A doctor should treat serious stings.

**STINGRAY** - The sting from a stingray wound can be excruciating, most wounds involve the feet and legs as ocean lovers wade barefoot in the shallows. Stingrays submerge themselves in the sand of the shallows and it is easy to accidentally tread on one who is just chillin' out, minding its own business. It's a good idea to shuffle your feet when wading along sandy shorelines to avoid such an encounter. A stingray does its damage by lashing upward in defense and fin out of its space watching the fish as you do. Be careful as Triggerfish normally hit you once and then do a loop to come back at you again. TREATMENT: If you do receive a nip from one of our toothy friends, scrub the cut clean with soap and water, and then flush the wound with large amounts of water. Apply antiseptic cream. If the wound shows any sign of infection, seek medical assistance.

**TRIGGERFISH**: The “triggerfish will usually swim along minding its own business, however, when building or guarding an egg nest, they can be extremely territorial and quite aggressive. If you get too close to the nest, you may get a warning nip! A good warning sign for an imminent attack is the fish going on its side readying itself as Triggerfish normally hit you once and then do a loop to come back at you again. Be careful as this fish is very aggressive and can deliver a venomous sting even when lying dead on the beach. TREATMENT: Rinse the wound with clean water and immerse in non-scalding hot water (as hot as you can tolerate) for 30 to 90 minutes. Extract any visible stinging particles. Cortisone cream can reduce the inflammation, and antihistamine cream is good for killing the pain. A doctor should treat serious stings.
The remote eastern group of islands, the Lau group, have to be one of the best cruising destinations of all time and are certainly one of the highlights in a world cruise!

It used to be more difficult to visit the Lau Group due to restrictive permit requirements, however you will find it easy today as permission to cruise Lau is included in your government issued permit for the entire area of Fiji Waters.

In Lau you will find absolutely no tourism. It is very much open-ocean sailing between the islands and as such, some of the passages between the islands can be quite bumpy. The bonus however, is that isolated reefs and islands are well-defined, so that night passages between islands are safe for competent navigators.
Indeed, one commonly reaches through the night across Force 4-5 trade winds, hearing and even smelling unseen islands to windward, making some superb sailing. Both Northern and Southern Lau are very remote areas away from any tourist track. There is absolutely no shopping, nightclubs, stores, or resorts! However there is excellent fishing, great diving, rich cultural experiences and beautiful scenery. The Fijians of this region follow a subsistence lifestyle that is not greatly changed from that of their ancestors. Unlike on the large islands there are few people of other races, and only rarely has land been sold out of indigenous ownership. It is very important that visitors respect the traditions that underlie daily life, as careless or disrespectful behavior can lead to animosity, and damage to the fragile ecosystem. Please keep this in mind while cruising here.

The island life is very simple, and the people are poor in material terms but rich in others. Most villages have a store, but there is little for sale. Fresh fruit and vegetables are hard to find, and villagers are not used to the idea of selling these things that are normally shared freely with friends and family. Premix petrol (and diesel) is rarely available in the larger villages. While most islands have a telephone at the post office, internet is rarely available. Although Vanua Balavu does have a Vodafone and Digicel tower now.

Vanua Balavu and Lakeba have the only airports in Lau and both are serviced by domestic carrier Fiji Link, with intermittent flights to these islands. There are airstrips on Cicia and Moala too – again Fiji Link runs a schedule to Cicia while Northern Air services Moala. These flights are subject to change. Charter flights can land at all these airstrips. Cargo ships, with passengers, visit some islands roughly monthly (in theory), but this is unreliable. Due to this infrequency, the local stores are often in low supply, so do not rely on buying any of your supplies here.

Changeover of guests; provisioning; etc usually rely on Pacific Island Air charter flights with their larger seaplanes covering the more remote areas. Please observe the sevusevu protocol; you must bring the required yaqona with you as it cannot be purchased easily once in Lau. This means estimating how many villages you will visit during your entire stay! In these remote islands, gifts of basic stores, schoolbooks, pens, pencils, paper, and both school and medical supplies are greatly valued.

While in Lau, you must also pay particular attention to observing the iQoliqoli protocols (see top right) as they are of fundamental importance and followed more strictly in this area, that retains such a strong link to their tradition and culture.

How to get there.

Before stopping in Lau, you will first need to report to a Port of Entry. Any boat found to have stopped in Lau before clearing into Fiji is likely to be in serious (and expensive) trouble. Please refer to the WHITE section in the back of this guide that details all the information you will require.

iQoliqoli

While the state ultimately retains ownership of the ocean and her resources, the people of Fiji have been given tenure and the right to fish for subsistence from allocated areas of coral reef referred to as ‘iQoliqoli’.

All coral reef areas in Fiji are part of an iQoliqoli. Deeper water passages between the islands of Fiji are commonly outside of iQoliqoli areas.

If your yacht is berthed within one of the iQoliqoli jurisdictions (apart from a marina), you will need to present your sevusevu to the village and ask for permission to anchor or fish there.

If you are arriving into Fiji from the East perhaps consider entering in Savusavu which is a Port of Entry on the southern coast of Vanua Levu. From here it is only a 40 nm sail to windward into the lee of Taveuni and thus much closer to Northern Lau. Visit the fabulous Wailagilala Atoll 40 nm to the East of Matagi Island, its then a beam wind to Vanua Balavu.
From Nadi it’s a 240 nm passage back to Vanua Balavu or from Suva 180 nm against the prevailing winds to get to Northern Lau – however, you will not regret the effort once you arrive!

If you have guests on board that would prefer not to make the windward passage, or your ship is constrained by a time factor, there are daily flights from Nadi to Taveuni or Savusavu, or special charters flights can be arranged to Taveuni or Savusavu, or special.

There are small grass airstrips at Lomaloma, on the island of Vanua Balavu, and on Lakeba region, and these will give you a free ride from Suva to Matuku or Fulaga; or from Taveuni to Vanua Balavu.

Islands with good anchorages

Vanua Balavu

A long and winding island with uplifted coral in the north, and volcanic landforms in the south. A huge lagoon bounded by a 130-kilometer barrier reef encloses a 37-by-16-kilometer lagoon extending east. One could cruise the area, making use of the many excellent anchorages for seven days or more.

The island has a beautiful harbour that is popular with cruisers at the north end called the Bay of Islands (or Qilaqila in Fijian). This Bay is a recognized hurricane shelter. Although I think Maluca to the south has better good mud holding and is surrounded by mangroves. The Bay of Islands have sharp limestone rocks and a sand bottom so to drag anchor would be nasty!

The Bay of Islands are under the village Daliconi so its good to present your sevusevu to that village on the west coast just south east of Adavaci Island.

Adavaci Island is privately owned and a caretaker is in residence. A great calm anchorage can be found in the fjord-like harbour at Nabavatu. On some chart plotters it is called soso which can be confusing, it is very secure and can accommodate a few dozen yachts. Here you will find the Nabavatu Plantation, which almost completely surrounds the harbour and offers lovely walks and spectacular scenic views including westward over the Bay of Islands.

The owners Greg and Jean Lawlor are usually in residence and prefer that you don’t enter their private residence compound close to the small village on top of the hill. With the huge increase in the numbers of yachts now cruising Lau their very private lifestyle is being somewhat invaded.

Vanua Balavu has an area similar to the Bay of Islands in the North. Many limestone Islets and a lovely village still rebuilding after Cyclone Winston. Do visit the village to make a sevusevu and to see the school.

Lakeba

Population is about 2000, in 7 villages spread around the shore, with a road running right around. The island has a very basic shop and a clinic. There is a basic guest-house, but no other facilities for visitors or tourists.

This roughly circular volcanic island, about 6 miles across, is the political centre of Lau, indeed Lakeba, and Bau (on Viti Levu), were the two poles of power in traditional Fiji, and the tombs of several of the great leaders of Fiji are revered on the main village of Tubou’s waterfront.

The channel through the reef off Tubou is very narrow (20m wide), is only roughed marked and very challenging. Leading about half a mile inside the reef, the channel leads to a long jetty and past this to a narrow anchoring basin about 6m deep on sand. With care there could be room for two small cruising yachts, but only using great skill, good anchors and co-operation. The anchorage is calm, but difficult. It is recommended to take a dinghy ride in before entering with the yacht, and to enter only at slack water as currents are strong.

Not really recommended for any sizable super yacht; the pass is considered very dangerous at times.

The ship can lie off Tubou while the tender can be used to pick up and drop off guests via the dock and then to the small airport on the island (4 nm NW of Tubou). Local car can be hired to carry the guests but this is a hard seat truck - no taxis here! Local cargo ships at anchor outside the passage in calm weather.

Wainiyabia

Another anchorage to the North of Tubou on the western side of Lakeba is called Wainiyabia (18 125 178 50W). This affords an anchorage in winds between SSE and NNE close to the reef in about 60ft. There is a small boat landing here, through an opening in the reef by the shore, close to the anchorage.

The leads here are a couple of beacons with a white triangle top mark, point up, on the shore and the course in is about 120T on the alignment of the beacons.
Oneata Island

To the South East of Lakaba is the island of Oneata which has several reasonable passes in good light. There is a nice village on the southern side and lovely anchorages on the Northern side.

Komo Island

Has a deep wide pass and a delightful village on the southern side of the island. The anchorage is normally mid island on the Northern side and guests can walk through to the village to the south; but with care a yacht can pass west about the island and anchor on the SW side of the island and islet.

Yagasa Cluster

Further south the Yagasa cluster offers some remote anchorages away from any village. There may be a few fishermen around but that’s about all. Like many islands in Lau, the land is sharp, raised coral rock, and access to the land is difficult: the anchorage is welcoming, but the land is not! The middle island in the cluster, Navutu-i-Loma, has a small, pretty beach on the Northern side. Small Yachts may anchor inside and larger yachts can anchor to the west of the islet in normal trades.

Fulaga (Vulaga)

South again to Fulaga, this island consists of an oval rim of jungle-covered hills of raised coral, around a lagoon about 6 miles by 5 miles where the small sailing canoes (Waka) are still seen today. There is one 50m-wide pass into the lagoon, straight but challenging - and dangerous in bad weather or strong tides. Inside the lagoon are countless mushroom islets and some larger islands dotted with rare palms, countless anchorages over white sand, usually <10m deep. At least one anchorage could be considered hurricane shelter for a small boat. The pass is difficult, but can accommodate at least a 35m vessel with a draft of 3m. This cannot be attempted with a strong current running and the usual time to enter this pass is on slack water, which is usually at half tide.

Population is about 400 over three villages. One village (Nainivindamu) lies on the W shore inside the lagoon, with good anchorage about 200m offshore allowing ready contact with the welcoming villagers. The other two villages lie close together on the southern edge, with two tracks leading from the lagoon to them. The head-village, Monacake, where one should present the sevusevu, has the school and clinic, and is about half an hour’s easy walk over the hills. No airport, and very infrequent ships make this a very isolated world, rarely visited by yachts but well worth the trip. We had an incident where a villager proclaiming to be a chief requested alcohol this year. As previously explained this is totally unacceptable.

Kabara Island

Just NW of Fulaga lies the island of Kabara which is famous for its handicrafts and carvings. They are especially renowned for the huge kava bowls that are sent to Suva to be sold. Anchorage is found off the village on the NW side.

Ogea Island

This island has a deep and wide pass and the diving is truly awesome. The village is to the south of Ogea Levu and needs to be approached at high tide to make sevusevu.

A run with the wind into the Yassyasa Moala Group overnight is good with the usual prevailing easterly quadrant winds. The group is comprised of three islands - Moala, Totoya and Matuku.

Moala

The island is of volcanic origin; the summit of ‘Delai Moala’ is 468m high in the NW part.

A barrier reef encircles the island, line up Double Hill on a bearing of 080° which leads you through the pass into the lagoon.

NE Point bearing 167° leads to an open roadstead (Herald Roadstead) or approximately 0.7nm off the Northern part of the island on this alignment turn onto the leads bearing 189°.

Nairoi, situated at the NE end is the principal village of the island and your sevusevu needs to be carried out here. Anchorage can be found to the west of Observatory rocks.

Another anchorage is via Daveta-i-Cakova. There are several other anchorages around the island but these are best in normal prevailing easterlies. There is an airstrip on the island.

Totoya

The island is about 5 miles wide, being the rim of a volcano with the crater open to the south, and a barrier reef around most coasts. The crater is accessible through a clear pass on the west side, and by a passage inside the reef. Anchorage in the crater is far from ideal, and very deep (20m+). Anchorage on the N coast is possible, open but calm in 5 winds.

The usual anchorage is inside the pass on the western side in Herald sound.

Matuku

This is a beautiful, verdant, high volcanic island, with its crater open to the west through a wide, clear pass. There is an excellent sheltered anchorage, 10 – 15m over mud inside the crater off the village of Lomati. Other deeper, less sheltered anchorages are in the channel inside the pass, to the north of the main channel (17m over sand), or south of the main channel, amongst coral (6m over sand). There are more marginal anchorages inside some narrow passes on other coasts. Seven villages are spread around the coasts, with total population about 800. No airport, only occasional shipping and yachts (mostly surf and dive charters).

The main village is Yaroi, on the NW coast, with a clinic and school. Anchorage is possible off another delightful village, Makadru, south of the pass.

Over the past few years Matuku and to a lesser extent Moala and Totoya have been explored for excellent surfing opportunities. You would be sure to have a clear go at the breaks!

Weather

The region is dominated by the SE trade winds, which are usually from Force 3 - and mostly 5. Quite frequently these bring occasional showers. When fronts pass through heavy showers and rain are more frequent, making navigation in lagoons a little tricky. June, July and August can be very boisterous sailing between the Islands.
Some 465 kilometers North of Fiji rests the beautiful volcanic island and islets of Rotuma. A glance at the map shows Rotuma as an isolated speck (a mere 13km by 4km island) in the vast Pacific Ocean, observed to be at the crossroads of Polynesia, Micronesia and Melanesia.

Many Rotumans can trace their descent from various islands of the Pacific: Fiji, Tonga, Samoa, Wallis and Futuna, Tuvalu, Solomon Islands, Vanuatu and Papua New Guinea. These physical connections are evident not only in oral tradition and early written accounts but in the linguists and archaeology of the island. Over the years, these connections have influenced social relations, systems of land tenure and customary practices.

The Island

There are a few black basaltic cliffs - mostly at the western end of the island while white sandy beaches cover much of the island’s coastline. The island is densely vegetated, except for this narrow coastal belt that extends around the island. It is here, amongst clusters of coconut plantations that you will find most of the villages.
Rotuma’s geographical isolation poses much ecological and anthropological intrigue. Oceanic conditions create a distinct range of habitats and species, with high endemism and uniqueness. The fertile volcanic soil supports a rich flora and fauna as well as numerous species of soft and hardwood trees, endemic ferns and many reptiles and birds that you might see during your visit.

The People
The population of 1901 indigenous peoples is spread between 14 villages. Perhaps one of the most distinct social differences between Rotuma and Fiji is the matriarchal structure, which sees women as recognized heads of the family, and the key decision makers. The main sources of income are derived from the processing and sale of Copra, small entrepreneurial family businesses and salaried jobs for teachers and civil servants that work at the Ahau government station. Dilo nuts are also dried and sold to traders for the medicinal Dilo Oil to be extracted.

Visiting Rotuma
Island Protocol
Since 1881 it has been politically part of Fiji, however Rotuma is mainly associated with a Polynesian ancestry. As such, there are some cultural differences of which you should be aware:

There is no sevusevu or strict protocol to follow, as you would expect when visiting a Fijian village. However, as a visitor, you are expected to make a courtesy visit to the village chief.

Traditional protocol
If you are being hosted by a local family there is a ceremony accorded by your host family as a first time visitor to the island shores, known as the mamasa. As a guest of the island, you will be awarded a pig style feast and be garlanded with a drop of coconut oil on your head signifying the scents of Rotuma, and the drying of your feet after a long sea voyage, a symbolic act of being safely on land.

Dos & Don’ts
• Sunday is an observed day of rest
• Any visitor is expected to dress respectfully when visiting the village or any formal functions on the island.
• There is no ‘nude beach’ on the island – no matter how enticing the scenery can become!

Accommodation
There is no hotel except for a lodge situated at the western peninsula at Motusa. Home-stay accommodation is a norm, however this would need to be arranged with friends or family on the island ahead arrival.

Communication services
Telecom Fiji Ltd is the main service provider with mobile network ‘Digicel’ connecting the northwestern end of the island.

Shopping services
There is a Post Shop situated at the Ahau government station, and there are at least two canteens per village. When supply boats are delayed, stocks can run exceptionally low, and so stocking up on goods that can be traded is always a good idea.

Water & Sanitation
There is a piped water supply and a good level of sanitation and hygiene.

Transportation
There is a weekly 2¼ hour flight from Nadi, serviced by Pacific Sun and a monthly boat service usually scheduled for the first part of the month. Island transportation is costly averaging $5 per km but you can walk around the island freely.
Port of Entry

Rotuma is an official port of entry with a dock at Oinafa for clearance. Just off the sandy beach and alongside the wharf you can anchor in 5m sand at 12°29.247'S | 177°07.256'E. In the trade winds, this anchorage is great, calm and well protected. However, under wind from the N to SW, the swell invades and puts you on a lee shore to the reef on the opposite side of the bay.

While there does not appear to be an ‘all-weather’ anchorage for the island, there is another anchorage on the southern side of the island. This is exposed to the south and protected to the north at an approximate waypoint to entrance at 12°31'S | 177°02.27'E.

The administrative center is some 12 kilometers away from the anchorage at the other end of the island within the government station at Ahau. Within the vicinity you will also find a hospital, post office, small store, market, school and police station. Extension services for agriculture, biosecurity and quarantine are also located here.

*Anchorage information taken from ‘Westward II - Cruising Notes of Rotuma’. This information is from their observations, and reproduced with permission. It should NOT be used for navigational purposes.

Important Biosecurity Information

Fruit Flies

There are two species of fruit fly only present in Rotuma but not in Fiji; namely Bactrocera kirki and Bactrocera obscura. The migration of B.kirki to Fiji poses a significant threat to the country’s fruit and vegetables and seriously could jeopardize Fiji’s fresh produce exports. Likewise, the Fijian fruit fly (B. passillorae) is a serious pest that would cause considerable damage to Rotuma if introduced from Fiji. Therefore, Biosecurity Authority Fiji (BAF) would like to advise people travelling to and from Rotuma that it is prohibited to bring any fruits to or from Rotuma. People found in breach of this biosecurity regulation are liable for prosecution and penalties (maximum fine of $40,000 and or 12 months imprisonment or an alternative fixed penalty of $800 for those who breach the regulation).

Taro Beetle

Rotuma is relatively free of taro beetle and other major insect pests. Any movement of taro planting materials and other taro beetle host materials from taro beetle infested areas is strictly prohibited. The Biosecurity Authority of Fiji Regulates movement of any planting materials between mainland Fiji and Rotuma, and requests that the travelling public refrains from taking planting materials of any kind from mainland Fiji to Rotuma. The travelling public should seek advice and help from any of its Biosecurity Offices situated at the various areas around mainland Fiji on the how the movement of planting materials can be facilitated before its allowed to be shipped to Rotuma.

GET THE LINGO

alalum  blessings
noa'ia  Hello
faaiksia hansis  Thank you for your kindness
Se fek  I’m sorry. (Lit. Don’t be angry)
figalelei  Please
ia’ma ne’ne’ai  Goodbye, go and (you) be well
“igke  No
I (eee)  Yes

If you are a keen linguist and are interested in learning more about the beautiful Rotuman language, the University of the South Pacific (USP) has published ‘A New Rotuman Dictionary: An English-Rotuman Wordlist’, which is available at the USP Bookshop in Suva.

Title  A New Rotuman Dictionary: An English-Rotuman Wordlist
Author  Elizabeth Kafonika Makarita Inia
ISBN  9820201284, 9789820201286

Contact: Monifa Fiu | Email: monifafiu@gmail.com
Website: www.rotuma.net/laje
The Importance of Biosecurity

THE AMERICAN IGUANA

“As you travel from region to region and country to country, it is important to keep an eye out for rogue animals hitching a ride on the hull, in cupboards or within food items. Over the centuries, Fiji has fallen foul to many an introduced outbreak. From Cholera, to warfare and more subtle threats which take time to reveal themselves. While we appreciate you may be keen to get ashore and start exploring, it is imperative that you wait onboard for Biosecurity officers to board and inspect your vessel for such unwelcome hitchhikers.”

The Biosecurity Authority of Fiji (BAF) wishes to inform travelers that there exists an invasive species to Fiji on the islands of Qamea, Matangi and Taveuni called the American Iguana (Iguana iguana). The American Iguana is not native to Fiji and was illegally introduced in the year 2000 on the island of Qamea. Since then the American Iguana has spread to Matangi and Taveuni. BAF wishes to advise you that it is illegal to intentionally or unintentionally move any stage of the American Iguana from Qamea, Matangi and Taveuni to other parts of Fiji and vessel owners should take every precautionary measure to ensure the American Iguana’s do not hitch-hike on your vessels. It is also advisable that vessel owners inspect their vessels thoroughly before departing these islands for other islands in Fiji to ensure you do not aid in the spread of this invasive species.

There are heavy fines and penalties if anyone is found to be in possession of any life stage of the American Iguana from Qamea, Matangi and Taveuni to other parts of Fiji by adhering to this message.

Spot the Difference:
Unlike the native Fiji iguanas, the adult American iguanas can grow almost two metres in length and weigh in at nine kilograms. They are green and may also appear bluish with black markings. Adult American iguanas have long dangerous spines along their backs and tails and long sharp claws, which they use to defend themselves. They also have long flaps of saggy skin hanging from their chin to the base of their necks, which is called a dewlap. On each side of their cheeks they have a large scale underneath their tympanums (a slightly sunken leathery covering of their eardrums). This large scale is a key identification feature for the American iguanas. The native Fijian iguanas do not have this large scale or the large dewlap. The large scale and dewlap are ways to differentiate between American and the Fiji iguanas.

You can play a huge role in preventing the spread of the American Iguana:
• Report any sightings of the American iguana to BAF;
• Do not transport American iguana to other parts of the country (this is illegal and carries heavy fines); and
• Bring in captured American iguanas to the nearest BAF office.

FACTS about the AMERICAN IGUANA
• Native to South & Central America
• 16cm - 200cm (2m) in size
• Lives on trees
• Good Swimmers and jumpers
• Active during the day, sleeps at night
• Lifespan of 8-20 years
• Potential to interbreed with native iguana species
• Can fall 15m and remain unhurt
• Presence of a third eye on top of their heads
• Lays 20-45 eggs in a clutch

Call Biosecurity Authority of Fiji:
• Suva 3312 512 • Nadroga 628 2533
• Nadi 672 5092 • Lautoka 666 5984 • Ba 912 0121
• Savusavu 885 0864 • Rotuma 889 1042

ALTERNATIVELY CALL 5995 FOR QUERIES

DISCLAIMER: “This product is based on Bureau of Meteorology information that has subsequently been modified. The Bureau does not necessarily support or endorse, or have any connection with, the product. In respect of that part of the information which is sourced from the Bureau, and to the maximum extent permitted by law:
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These tides predictions are supplied in good faith and believed to be correct. No warranty is given in respect to errors, omissions, or suitability for any purpose.

Source: Commonwealth of Australia, Bureau of Meteorology
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**TIMES & HEIGHTS OF HIGH AND LOW WATERS**

Local Time

| Month | Time   | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     | m     |
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| MAY   | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 |
| JUNE  | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 | 2000 | 2.08 |
| JULY  | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 |
| AUGUST | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 | 0000 | 0.62 |
Custums law requires that the Master of a vessel give a minimum of 48 hours notification to Customs prior to arrival in Fiji. You may fax or email your ‘C2C - Advance Notification/Inward Report for Yachts/Small Craft’ (download from www.frra.org.fj) to (~+679) 330 2864 or yachtreport@frra.org.fj respectively.

The same 48 hours notice needs to be given to Ports Authority, Department of Immigration, Health and Biosecurity. Failure to do so will result in a fine – so let us try to help you ensure this doesn’t happen.

Fiji is home to many reputable and experienced Yacht and Super Yacht Agents who will navigate the way through the formalities of cruising to and around the country on your behalf. If however, you have chosen not to use such a service, you need to read through the information in the following pages carefully to make sure you have completed all relevant paperwork prior to arrival.

Regulations for Immigration stipulate that you must be cleared within 24 hours of arrival into Fiji waters. The Ports of Entry, through which you must arrive, are located in Suva, Lautoka, Savusavu, Levuka and Rotuma. Vuda Marina now falls under the Lautoka Wharf Boundary and clearance can also be made here during scheduled hours (see inside back cover).

Port Denarau Marina can be used as a sufficient clearance port by prior application only. This can be made though the Marinha officers or an agent, not less than 48 hours in advance.

Upon reaching the pilot station, you will need to contact Port Control using VHF Channel 16 to request entry into port. It is also necessary to radio Suva Radio 3DP to direct an arrival notification request to Health Quarantine for radio pratique or physical boarding by Health officials, depending on each circumstance. Unless and until Health Quarantine has cleared the vessel, the yacht must display the ‘Q’ flag at the main mast and all crew must remain on board.

If you intend to clear in Suva, Port Control will likely advise you to continue to the Royal Suva Yacht Club who will then transport the relevant government officials to your vessel for a fee of approximately $60.

While at sea, the RFMF Naval division is responsible for maritime surveillance and represents the border control agencies.

### Fiji Revenue & Customs (FRC) 

- Completed INWARD CLEARANCE DOCUMENTS; and
- Additional Alcohol/Tobacco and Medical Supplies Inventory (Super yachts only)
- A Cruising Permit is also required at inward clearance in order for Customs to issue a Coastal Clearance. The Cruising Permit can be arranged through your Agent or through Vuda Marina or The Copra Shed Marina (if clearing at these marinas) or apply yourself through iTaukei Affairs Board (refer page 169).

(Please note that should anyone onboard require a visa to enter Fiji, this will also need to be provided - see ‘Visas’).
Super Yacht Special Duty Arrangement:

Visiting Super yachts are liable to pay duty only on the alcohol brought in onboard the vessel and consumed while in the country. You will need to submit an inventory of all alcohol on board upon arrival. This will need to include brand, type, % of alcohol and quantity and measurement of each bottle (see example above).

Also required is an inventory of all controlled medical supplies on board. At the end of your visit, you are required to submit an updated inventory of your on board alcohol to customs who will charge import duty for each bottle brought in and consumed while cruising Fiji waters. Please be warned that while this is in good faith, spot checks are not uncommon and any false declarations will incur a serious fine and penalties.

Import Clearance Requirements
All yachts and crafts entering Fiji are subject to import clearance requirements and the payment of customs duty on arrival.

1. Together with the completed ‘C2C - Advance Notification/Inward Report For Yachts/Small Craft Form’, the Yacht Master is required to also present the Clearance from Last Port, passports and completed “Passenger Arrival Card” of all crew and passengers and all such individuals (including infants) to Customs at time of boarding.

2. You will need to inform Customs of any disembarking crew and reasons for disembarking.

3. You will also be asked to complete and sign a “Notice to Owner of Yachts Declaration” before your inward clearance is granted. You will need to read and understand the contents of the Notice to Yacht Owners as any breach of any conditions may warrant heavy penalties.

4. If you are carrying any currency and its combined value is equivalent to FJ$10,000.00 you will be required to fill in the “Border Currency Report”.

Yacht equipment All equipment onboard or imported especially for your yacht will be duty free, provided they leave the country with the boat. This equipment is considered onboard a “yacht in transit” and should be labeled with the yacht’s name and Rotation Number, in addition to an address including a telephone number and the invoice must accompany the package. The parts will be delivered ‘under bond’ to the yacht by a Customs Officer and you will be required to pay for the Customs Officers return transport costs for this service. Be sure to keep records and receipts of any such delivery.

Prohibited Items
Firearms and Weapons
The importation of firearms and weapons is strictly controlled in Fiji. All firearms or weapons must be declared to the Customs Officer on arrival of the vessel from overseas.

Firearms onboard will be detained and placed for safekeeping by the Fiji Police who will hold them until the vessel’s departure.

Contraband items
Please be aware that Fiji is vigilant in prosecuting those found with, drugs, pornographic material and other prohibited items.

Super Yacht Charters:
Super yachts that are not registered in Fiji but intend to run charters in Fiji’s Waters, are required to register their vessel with MSAF and operations with FRCA. As part of this process, MSAF will need to carry out an inspection of the vessel. This can be arranged directly or arranged through one of the registered superyacht agents. You will be expected to pay 12.5% of the charter fee to FRCA. You may refer to the Superyacht Charter Decree 2010 for further information.

For more info email: yachtsreport@frc.org.fj
Completed forms should be emailed 24 hours in advance of arrival to:
healthquarantinefiji@gmail.com
You will need to provide information relating to the health of you, your crew and any passengers and submit this together with a copy of the 50-day movement of the vessel.

Bio-Security Authority of Fiji
The Bio-security Authority of Fiji (BAF) requires advance notification, a minimum of 48 hours prior to arrival. The following should be emailed to:
yachtinfo@baf.com.fj
- the destination seaport in Fiji and the estimated time of arrival of the vessel;
- its immediate preceding port or place of call;
- the proposed itinerary of the vessel until it leaves Fiji;
- the presence of any live animal or live plant on the vessel; and
- any other matter relevant to facilitating bio-security landing clearance of the yachts that is specified.

Fiji Cruising Permits
Application for cruising permit shall either be submitted through an agent or made personally at the Provincial Service Division. Processing time is 1–3 days and the permit shall be issued up to a maximum of six (6) months.

Ports Authority
Any time you enter or depart from a Port in Fiji, all vessels must use VHF Channel 16 to communicate with Port Control requesting information on port traffic and permission for your entry or exit.

Important Requirement
The yacht master shall be required to provide weekly updates on status, movement and location of the vessel. Communication can be made through any of the following:
- VHF Channel 16
- T: (679) 3243782 | (679) 3243747 | (679) 3243315
- Customs Hotline: (679) 3243666
- Email: yachtsport@fcca.org.fj
- Facsimile Suva: (679) 3302864
- Lautoka: (679) 6665961 | Levuka: (679) 3440425
- Savusavu: (679) 8850728

Note: You will be subject to heavy penalties under the Customs Act for any breach of the conditions of cruising.

Cruising Permits

The iTaukei Affairs Board is a statutory body working to ensure that the Government develops, maintains and promotes policies that will provide for the continued good governance and welfare of the iTaukei now and into the future. Tourists travel to Fiji in different ways to experience the iTaukei lifestyle that is being offered. The iTaukei Affairs Board is the issuing authority of cruising permits for yachts and Superyachts that plan to spend their holidays within the Fiji Group.

Whether you decide to make the trip to the iTaukei offices in Lautoka or Suva yourself, or contract an agent to do this for you, it is to the iTaukei Affairs Board that you must apply for your permit to cruise Fiji’s waters.

The following information gives a comprehensive guide to the process and the documentation that you will need to produce.

Purpose
The purpose of this permit is to allow bona fide visiting yachts to cruise around the Fiji Islands. This permit is:
- To ensure that Captain of the yacht and its crew are advised of the iTaukei protocol needed to visit iTaukei traditional fishing grounds;
To inform the iTaukei traditional fishing ground owners to welcome the visitors [you] and assist them should they need; and

To allow the iTaukei communities to report any suspicious activities and/or any vessel that is accessing the iTaukei communities without the Government’s knowledge

Scope
The cruising permit around Fiji waters shall be issued by the iTaukei Affairs Board under the provision of the Fiji Customs Act to Yachts and Superyachts cruising around Fiji waters and traditional fishing boundaries.

Responsibility
The Principal Assistant Secretary (PSD) and any of his officers shall be responsible for issuing Cruising Permits.

Definitions
"Agent" – a registered Marina operating under the Fiji Islands Hotel and Tourism Association (FIHTA) Marine Operators. Also refers to a recognized yacht / superyacht agent.

"Crew" – any person engaged in any capacity on board a yacht.

"Cruising Permit" – means the vessel permit issued by the Principal Assistant Secretary (PSD).

"Customs clearance" – certificate issued by the Fiji Islands Revenue and Customs Authority under the Customs Act Cap. 236.

"Superyacht" – as defined under Superyacht Charter Decree 2010.

"Travel document" – proof of identification as defined under the Immigration Act.

Processes to be undertaken by iTaukei Affairs Board staff
Application for Cruising Permit
Application for cruising permit shall either be submitted through an agent or made personally to the Provincial Service Division.

Verification of Identity
- Verify the Master of the yacht's identity with his or her passport.
- Verify the yacht’s Customs Clearance to indicate that the yacht is a legitimate visitor.
- Verify the identity of the yacht and its colour with Customs Clearance and Certificate of Registration.

Issuing of Cruising Permit
- Enter the name of the Master of the yacht as it appears on the passport or travel document on the permit.
- Enter the name of the yacht as it appears on the Customs Clearance Certificate on the space provided on the permit.
- Enter the number of months they wish to cruise in Fiji waters on the permit.
- Enter the number of crews who shall be cruising on the yacht.
- Verify the information being typed on the electronic certificate before printing.

Superyacht Cruising Permit
Follow the process as specified above if an agent is lodging the application for cruising within the traditional fishing boundaries on behalf of the Master of the Superyacht.

Duration of Permit
The permit shall be issued up to a maximum of six (6) months. Should the yacht depart the Fiji waters within six months after being cleared by Fiji Island Revenue and Customs Authority will have its permit revoked as soon as it leaves Fiji waters.

Processing Time
The processing time is 1 day.
Health Quarantine

Yellow Fever:
Anyone travelling within 6 days from, or through a country that is yellow fever endemic (see list below), must produce a valid vaccination certificate upon arrival. This must also be declared on the arrival card. Vessels travelling with passengers who have visited yellow fever endemic countries within 6 days of arrival will be boarded first by Health Quarantine Officers.

WHO: Countries with risk of yellow fever transmission (2012):
Angola, Argentina, Benin, Bolivia, Brazil, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, Colombia, Congo, Democratic Republic of the Congo, Cote d’Ivoire, Ecuador, Equatorial Guinea, Ethiopia, French Guiana, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Guyana, Kenya, Liberia, Mali, Mauritania, Niger, Nigeria, Panama, Paraguay, Peru, Rwanda, Sao Tome & Principe, Senegal, Sierra Leone, South Sudan, Sudan, Suriname, Togo, Trinidad & Tobago, Uganda and Venezuela.

Worldwide Pandemics:
Outbreaks such as Ebola, H1N1 and Bird Flu have unfortunately swept through the world’s population in the past. Should such another pandemic occur, arrival from, or through an infected country must be declared. The Ministry of Health will take necessary precautions to keep the people of Fiji safe, and you should check for updates to information during such a time, as each situation will be different.

For any further information, please contact the Quarantine Authority of Fiji on 3306 177 or 321 5710.

Biosecurity Authority of Fiji (BAF)

Biosecurity is the protection of the economy, environment, biodiversity and human health from the negative impacts associated with the entry, establishment and spread of organisms including pests, diseases and invasive species.

It is also ensuring Fiji has a strong export industry for our produce by maintaining existing trade markets and finding new ones. Bio-security is vitally important to Fiji as we are heavily reliant on agriculture and our natural environment. New pests can not only devastate our food security, but can also damage agriculture or horticultural production, forestry and tourism and affect trade in international markets.

The economic consequences of failing to protect Fiji are dire: it could affect our employment opportunities, our human health and also our traditional lifestyle which is highly treasured.

All ships and vessels travelling to Fiji need to meet a number of requirements before and upon arrival to ensure Fiji’s environment, economy and people are protected from invasive pests and diseases.

This page sets out the requirements for ships and vessels.

Yachts
Yachts and pleasure crafts are welcome in Fiji. However, international yachts entering Fiji waters are considered to be of a high biosecurity risk and are closely monitored by BAF. Hence it is important for yacht owners to be aware of the clearance procedures for yachts and other pleasure crafts.

Biosecurity clearance procedures:
• Once in Fiji waters, the yachts should proceed immediately to the designated port of entry.
• The Master or Captain of the yacht must declare to BAF the following:
  • the destination seaport in Fiji and the estimated time of arrival of the vessel;
  • its immediate preceding port or place of call;
  • the proposed itinerary of the vessel until it leaves Fiji;
  • the presence of any live animal or live plant on the vessel;
• any other matter relevant to facilitating biosecurity landing clearance of the yachts that is specified by BAF.

This above declaration must be made at least 24 hours before the estimated time of arrival.

The vessel master must complete a Master’s Declaration Form declaring all biosecurity risk items on board that are either restricted or prohibited.

Items to declare include:
• Foods (tinned/packed), including meat, sausages, salami, ham, poultry, eggs, milk, butter, cheese, honey etc;
• Plants or parts of plants (live or dead) including vegetables, fruits, nuts, seeds, bulbs, flowers (fresh or dry), mushrooms, straw, bamboo or any other articles made of plant materials;
• Animal products including feathers, fur/skin, shells, hatching eggs;
• Animals, reptiles, fish, birds (or parts thereof), alive or dead, stuffed or mounted;
• Soil or equipment used with animals of any kind or that has come in contact with soil;
• Biological specimens including vaccine cultures, blood or any other biological specimen; and
• Domesticated pets to be bonded and kept on board the vessel at all times (cats/dogs/birds etc).

Some of these items will not be permitted to be kept aboard the yacht for the duration of the visit in Fiji. What is allowed to stay aboard will be at the discretion of the Biosecurity Officer at the time of inspection, depending on the risk they represent.

The yachtmaster should also ensure that no refuse containing any animal, plant, animal product or plant product is discharged from the yacht into the sea while the yacht is in Fiji. All refuse generated on the vessel is placed in a suitable leak-proof container, with a lid, and the container is securely fastened at all times and kept aboard the yacht. The refuse can only be removed from the yachts under the directions of the Biosecurity Officer.
Live animals on yachts:
Yachts arriving in Fiji with live cats, dogs, pet birds etc must pay a bond as security against the dog, cat or pet bird etc coming ashore while in Fiji's territorial waters. The bond payment is F$1,500 which is refundable upon departure from Fiji if bond conditions are not breached.

In general no animals will be permitted to come ashore in Fiji and must remain on board the vessel at all times while in Fiji's territorial waters.

Cats, dogs and other pet animals may not be imported into Fiji via yachts.

Cats and dogs must be vaccinated against rabies not more than 12 and not less than 6 months before arriving in Fiji. One month after the rabies vaccination of the dog, it must be subjected to the Rabies Neutralization Antibody Tire Test (RNATT) with a positive result of no less than 0.5 IU per ml.

By taking these precautionary measures visitors will enjoy traversing the pristine waters of Fiji's biodiversity havens without disturbance to the native fauna, flora, the environment and the friendly people of Fiji.

Pet birds (e.g. parrots, finches, canaries etc) on yachts, must have been tested free of Newcastle Disease six (6) months prior to arrival in Fiji, must not have been in the waters of countries not free of Newcastle Disease without vaccination less than six (6) months prior to arrival in Fiji. Pet birds must be in locked cages at all times, and must not be brought on shore at any time.

Other species of pet animals are prohibited from entry into Fiji waters via yachts.

Vaccination certificates and laboratory tests results must be original and made available to Biosecurity Officers when Biosecurity Board Inspections are carried out at the first Port of Entry.

For further information or clarification please contact the Biosecurity Authority of Fiji on T: +679 331 2512, Shortcode 5994, F: +679 330 5043 or E: yachtinginfo@baf.com.fj

Departing Fiji

You must advise Customs at least 24 hours prior to your expected departure and then berth your yacht in a port of entry/exit.

You are required by officials to sail your yacht to the Port where you wish to apply for departure clearance. You must not leave your yacht at a Marina or Yacht Club and travel by land to your chosen departure Port.

Pay your port fees at the port office and proceed to the Customs Office to complete Customs clearance out formalities. You will need your inbound clearance papers, crew details, the details of your vessel and next port of call. Don't forget your updated inventory of on board alcohol, tobacco and medical supplies if you have taken advantage of the Super Yacht Special Duty arrangement.

Immigration will not clear you until you have been cleared by customs. Customs will only clear you providing your port fees and all other fees (including health and biosecurity) have been paid (receipts for these should have been kept).

Once cleared, you will need to leave Fiji waters within 24 hours. It is prohibited to stop at any island once cleared out. However, if your departure is delayed for some reason, and you anticipate being in Fiji over that 24 hour time period, you need to contact the same customs officer and advise them of this as soon as possible!

Immigration also requires prior notice so that they are ready to authorize your departure and once cleared, it is expected that you will depart the port immediately.

Overstaying 24 hours after departure can result in large fines ($20,000) or even imprisonment (2 years) of the yacht master, and this can create many problems with your clearance from Fiji. Best to check the weather and your boat for anything that could cause an issue or delay with plenty of time to spare. Be sure to contact the same customs officer immediately, and record in your Log Book the reason for failure to depart.

Moce Mada...

DUTY FREE BUNKERING

By law only vessels 100 tons net or more may bunker duty free fuel. Your yacht or ship agent must get an approved C-35 form from customs before any bunker.

Information on Wildlife Trade for Yachting Visitors

by Helen Pippard
Species Officer @ IUCN Oceania

Introduction to CITES

The international trade in wildlife is estimated to be worth around US$10 billion per year and includes hundreds of millions of plant and animal species ranging from live specimens to wildlife products derived from them.

The Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) is an agreement developed between governments to ensure that international trade does not threaten a species' survival. To date, 175 countries (known as Parties) including Fiji have joined CITES.

The Convention has three lists of species (Appendices) that are considered to be at risk from international trade. If a species is listed in the Appendices, governments must ensure that trade of these species into and out of their countries is regulated to prevent the species from becoming endangered or extinct.

Appendix I includes species that are threatened with extinction. Trade in these specimens is permitted only in exceptional circumstances. Trade in pre-CITES (Pre-Convention) specimens (i.e. specimens harvested prior to the date they were listed on the CITES Appendices) is allowed with the correct documentation.

Appendix II includes species that may become threatened with extinction if trade is not properly regulated. Trade in these species requires a CITES export permit as a minimum. In addition, Appendix II includes look-alike species in order to effectively regulate trade and prevent unnecessary extinctions.

Appendix III lists species that are protected in at least one country, without the consent of other CITES Parties to assist in controlling the trade of such species. Species are not necessarily threatened with extinction on a global scale. Fiji does not have any species listed in Appendix III of the Convention.

Endangered and Protected Species (EPS) Act

Although CITES is legally binding on the Parties, it does not take the place of national laws. Parties therefore implement the Convention through their own national legislation. Fiji joined CITES in 1997 and implements the Convention through the Endangered and Protected Species Act (2002) (EPS Act) and the Endangered and Protected Species Regulations (2003) (EPS Regulations). The EPS Act aims to regulate and control the international trade, domestic trade, possession and transportation of species protected under CITES.

As well as species listed in the CITES Appendices, the EPS Act contains Fijian species that are not listed in the Appendices, but which are instead protected under Schedules 1 and 2. Like the CITES-listed species, trade in these species must be authorized through permits. A species listed in Schedule 1 or 2 can only be traded into or out of Fiji if the Department of Environment has approved the trade and issued the relevant permit.

Schedule 1 of the EPS Act lists all species indigenous to the Fiji Islands that are not listed in Appendix I of CITES but which are believed to be threatened with extinction.

Schedule 2 lists species indigenous to the Fiji Islands that are not listed in Appendix I, II or III or Schedule 1 of the EPS Act.

Permits

Contact the Department of Environment for advice on trading an endangered species or specimen. Obtain the relevant permit or letter of approval from iTaukei Affairs Board, Dept. Forestry, Dept. Fisheries or Quarantine Division prior to applying for a CITES permit.

For further information, please contact:
info@environment.gov.fj | T: +679 331 1699 | www.environment.gov.fj
**A Quick Guide to the Fijian Language**

**Bula!** "Bula!" is the Fijian 'hello'. The best-known Fijian word. Whatever their own language, people who come from Fiji like to say bula to each other when they meet in other parts of the world.

*Bula* is not the only Fijian word for 'hello'. Throughout the western part of Fiji, including western Vitilevu, the Yasawa and Mamanuca islands, and Vatuilevu, the usual word for 'hello' is *cilo* (pronounced *thilo*). If you are in western Fiji, try saying *cila* instead of *bula*, and the gesture will be appreciated.

There is another, more respectful, way of saying hello, which is by adding ni before the bula or bula vinaka. So *Ni bula* or *Ni bula vinaka* is what you might say if you were formally introduced to a chief, or a person of high status.

**Sounds of Fijian**

Fijian uses the Roman alphabet, as do English and most European languages, but some of the letters represent sounds in ways that are unexpected for English speakers.

The vowels are a little different from English – and how different they are depends on what kind of English you speak! If you are a speaker of German, Italian or Spanish, the same. The pronunciation is roughly as follows:

- a as in 'spa'
- e as in 'pet'
- i as in 'machine'
- o as in 'sore'
- u as in 'too'

Some vowels have a line over the top: a, e, i, o, u. This line is called a 'macron', and is used in Fijian and other Pacific languages to show that the vowel is long – so it's pronounced significantly longer than the same vowel in English, but without the puff of breath that usually follows.

There are many different varieties of Fijian. There are about 300 regional dialects. Of these, approximately one hundred are 'western' and two hundred 'eastern'. These two groups are very distinct, so much so that they should be considered totally different languages.

Below are a few examples of common words that differ between a typical western dialect and Standard Fijian, which is eastern:

**Western Fijian**

- la
- maru
- balō
- kova
- tavukē
- matoku
- vuluā

**Standard Fijian**

- lako
- keinau
- lasu
- debe
- i keri
- vale
- reere
- goneyalewa

**English**

- go
- us two (not you)
- tell a lie
- girl

**Useful English - Fijian (Standard) Translations**

- a → na, e, dua na
- a little → vakalaila
- a lot → rava ni
- above → i cake
- accept → ciquma
- accident → vakalakaka
- ache → vutu
- aeroplane → waqawuka
- afraid → ree-vaka
- again → tale
- ahead → liu
- alive → bula
- all → kece, taucoko
- all slowed → vakata
- almost → voleta ni
- alone → duanu
- animal → manumanu
- another → e dua tale
- arrangement → venvoski
- arrive → yaco
- arrogant → viavaiilevu
- ashamed → madua
- ask a favour → korekore
- awake → yadra
- away → tani
- backwards → i muri
- bag → kato
- baker → imina
- banana → jaina
- bank → baqe
- bathie → sili, silih
- bathroom → valenvali
- beautiful → toloka
- bed → idadavado
- beef → bulimakau
- beer → bia
- begin → teku
- behind → muri, daku
- below → rā
- best → vinaka duadua
- better → vinaka (cake)
- beware of → qaruna
- bible → ivotolabu
- bicycle → basiki
- big → levu
- birthday → saganisu
- bite → kata, kati-a
- bitter → wiwi
- blood → laloga
- bread → dīa
- blow → uvu-ca
- blue → karakarava
- board → vodo
- boat → bido
- bone → sui

- book → ivola
- boss → boso
- both → nuara
- bottle → tavava
- boy → gonetagan
- bread → madrai
- breadfruit → uto
- break → voroka
- breakfast → katalau
- breathe → cegu
- bring → kauta mai
- brought → kau mai
- bucket → vokete
- burn → kama
- Bus → basi
- Bush → veikau
- business → busime
- busy → ososo
- buy → vōla
- call → kaci-va
- can → rawa ni
- canoe → waqa
- car → motoko
- care for → lomanu
- carpenter → matanu
- carry → kau-ta
- catch → ciquma
- cemetery → ibulubulu
- cent → sede
- centre → lodomadonu
- change → shaquba
- change → vensu-taka
- charity → loloma
- chat → talanoa
- classy → lolovesi
- chicken → toa
- chief (male) → tūraga
- chief (female) → marama
- child → gone
- choir (ship) → kaimua
- church (svg) → veivosaki
- church (sv) → lotu
- cigarette → itibi
- clan → matagali
- clap → vakavakau
- clean → savasava
- clear → maca
- clever → vuku, mati
- clock → kaloko
- close → kaqinai
- close (near) → veleka
- clothes → isulu
- coat → baravi
- coconut → nasa
- cold → batataba
- come → lako mai
- complete → taucoko
- cooked → buta

- cool → liliwa
- cold → vatirela
- correct → donu, dina
- cost → isau
- cough → vū
- count → wai
- crew (ship) → kaimua
- cupped → vone
- cure → wai
- custom → itovo
- cut → musuoka
- dad → ta
- dance → dānis
- dance (trad) → meke
- dark → buto
- daughter → love-yaleva
- day → siqa
- dead → mate
- deckhand → kaimua
- deep → tilou
- delicious → malu
- devil → tavoro
- die → mate
- different → duatani
- difficult → driredra
- dinner → ivakayakevu
- dirty → duka
- dislike → cata
- district → tikina
- drive → runu
- do → caka
- doctor → vinwai
- dog → koli
- done → cakau
- don't → kua ni
- door → kātuba
- down → sobu
- dry → māmaka
- earth oven → lovo
- easy → rawarawa
- eat → kana, kania
- eat dinner → vakayakevu
- eat lunch → vakasigalevu
- edible → laukana
- eight → walu
- electricity → livarina
- embarrassed → makala
- embrace → mokota
- empty → maca
- English → vakavagli
- enough → vakalailai
- enter → kau (loma)
- escape → dri
- evening → yakav
**A Mariners Guide to FIJI Shores & Marinas 2019**

### INTERNATIONAL

**DHL**  
Grantham Plaza, Raiwaqa, Suva  
Tel: +679 999 0411  
Nadi Airport  
Savusavu  
Tel: +679 3800  
Tel: +679 8850  
info@dhl.com

**UPS - Express Freight Management (Fiji) Ltd**  
29 Bureta Street, Samabula, Suva  
Tel: 7681441 | 9703650

**Williams & Golinge Ltd**  
82 Harris Road, Walu Bay, Suva  
Tel: +679 8850 | +679 8851  
Nadi Airport  
Lautoka  
Savusavu  
Tel: +679 8850  
info@wgfiji.com

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### Rental Cars

<table>
<thead>
<tr>
<th>Company</th>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
</table>
| Avis                     | Port Denarau, Suva| Tel: +679 8850 | 992 2031  
info@avis.com.fj |
| Budget Rent A Car        | Nadi Air. & Walu Bay | Tel: +679 8850 | 992 2031  
info@budgetrentacar.com.fj |
| Carpenters Rentals       | Nadi              | Tel: +679 8850 | 992 2031  
info@carpentersrentals.com.fj |
| GO Rent A Car            | Namaka            | Tel: +679 8850 | 992 2031  
info@go-rentacar.com    |
| Khans Rental Cars        | Nadi              | Tel: +679 8850 | 992 2031  
info@khansrental.com    |
| Koro Makawa Rental & Tours | Hibiscus Dr.     | Tel: +679 8850 | 992 2031  
info@koromakawarental.com |
| Satellite Rent A Car     | Nadi Air.         | Tel: +679 8850 | 992 2031  
satelliterentals@connect.com.fj |

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### Courier Service

<table>
<thead>
<tr>
<th>Company</th>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
</table>
| CDP                      | Suva              | Tel: +679 8850 | 992 2031  
admin@cdp.com.fj |
| EMS                      | Toll Free 0800 334 5900 | Tel: +679 8850 | 992 2031  
mscustser@postfiji.com.fj |

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### Aerial Imagery

- **Skyward Industries**  
  T: 722 5569  
  info@skywardindustries.com

### Photography

- **Mark Snyder Photography**  
  T: 914 2537  
  mark@ydenews@yahoo.com

### Moving Pictures

- **MoviingsPictures**  
  T: 768 1441 | 970 3650

### Food Service Suppliers

<table>
<thead>
<tr>
<th>Company</th>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
</table>
| Goodman Fielder International (Fiji) Ltd | CENTRAL | Tel: +679 8850 | 999 5733  
Shalimar St, Raiwaqa, Suva |
|                          | WEST              | Tel: +679 8850 | 999 5733  
Tavakubu, Lautoka |

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### Fresh Flowers

- **Tadra Flowers**  
  Nadi  
  Tel: +679 8850 | 992 2031  
info@tadra.com.fj

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### Dentists

- **Dr Imtiaz Sahu Khan**  
  Ratu Sukana House, Victoria Parade, Suva  
  Tel: +679 8850 | 992 2031  
sahukhandentist@gmail.com

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### Pharmacies

- **Namaka Medisure Pharmacy**  
  Lot 12 Namaka Lane, Namaka, Nadi  
  Tel: +679 8850  
info@namakamedisure.com

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### Butchers | Fresh Meats

- **South Pacific Butchering Co. Fiji**  
  Lot 12 Denarau Road, Nadi  
  Tel: +679 8850 | 992 2031  
spb@connect.com.fj

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### Bottled Water

- **The Deli @ Hilton Fiji on Denarau**  
  Tel: +679 8850 | 992 2031  
restaurants.fiji@hilton.com

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### Bakeries | Pastries

- **Cost-U-Less**  
  Laucala Bay Road, Suva  
  Tel: +679 8850 | 992 2031  
spsbcl@connect.com.fj

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### Wines | Spirits | Beers

- **Paradise Beverages (Fiji) Limited**  
  122-164 Foster Road, Walu Bay, Suva  
  Tel: +679 8850 | 992 2031  
info@paradisebev.com

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### Supermarkets

- **Fresh Choice Supermarket**  
  Lot 5, Denarau Business Park  
  Denarau Island, Nadi  
  Tel: +679 8850 | 992 2031  
info@freshchoice.com.fj

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### Clearance Includes 1 Night Free Berthing*
Vessel owners, managers and operators require marine lubricants which are able to resist wide variations of temperature as well as extreme pressures under high loads and fast speeds. Total Lubricants offers a comprehensive range of high-quality marine and greases. Our engine lubricants deliver superior performance and consistent quality, resulting in a cleaner, more efficient engine, while comprehensive range of auxiliary lubricants is able to cope with the most challenging of applications and situations.