



Start Your Kadavu Island Adventure

**Thank you for choosing Matava Eco-Adventure resort as your adventure holiday destination.
We look forward to welcoming you to a very special place.**

Matava is an unusual resort, unlike any other. Far from the hustle and bustle of modern day life, our guests get the rare opportunity to enjoy a real adventure on a remote undeveloped jungle covered island and explore one of the last remaining pristine coral barrier reefs on the planet.

Our environmental policies are winning global awards but there is always a balance between convenience and the environment. To highlight breathtaking views, some accommodation bures are high up with steps and steep paths so our guests need a reasonable degree of agility and fitness.

Matava is deliberately situated so as to maximize your experience and spirit of adventure. We are well away from population centers and the inevitable damage they cause to the environment. There are no roads, honking traffic or pollution, just the sounds of wildlife and waves breaking out on the Great Astrolabe Barrier Reef. You are embarking on an exciting adventure that we are sure you will remember for the rest of your life.

The following information should help maximize your experience.

Getting Here

Fiji's main International airport is in Nadi on the Fiji main island of Viti Levu. Air Pacific's local regional carrier is called Pacific Sun and operates a once daily return flight to Kadavu Island from both Nadi International Airport and Suva Airport. You can see flight details or book here www.pacific.sun.com.fj

These flights usually depart around mid-day but times can vary. It is essential that you double check your flight departure time the day before you travel. There are no banks on Kadavu Island. We recommend you obtain any cash you require at the ANZ bank in Nadi International Airport.

For guests arriving very early in the morning on International flights from the USA, we recommend you consider a day room at one of the local Nadi hotels.

The island-hopper flight from Nadi takes approximately 40 minutes. Restroom facilities are available at Kadavu airport though very little else. You are now officially off the beaten path !

Upon arrival you will be met by one of our boatmen who will load you and your luggage into a truck for a 5 minute ride to our guest transfer boat. The truck may stop for a few minutes along the way to collect some resort supplies. Our boat will be waiting at anchor in a small calm mangrove bay.

Depending on the tide, you may have to walk out in ankle deep water to board. Complimentary cold water and soft drinks are available on the transfer boat. The boat is covered though you may wish to have sunscreen and sunglasses handy. The ride to the resort takes about 45 minutes depending on the tide and weather conditions. It is a wonderful scenic ride so you might wish to have your camera handy.

During Your Stay

Meals

Meals at Matava are a blend of local and international cuisine. The menu takes advantage of local seasonal delicacies and the day's fresh produce. Bread is baked daily and the resort boasts its own organic vegetable farm. We generally seat everybody together for meals. Dining together is fun and helps guests meet each other. Private dining on your own bure deck can be arranged for special occasions.

Power

We are a true Eco Resort with multiple international awards for our environmental policies and community activities. We use renewable energy resources wherever possible. Our limited power is developed using solar technology. All hot water is generated with heat from the sun.

Paths are deliberately not lit at night as we are one of the few remaining places left on the planet without light pollution as it interferes with the local wildlife (fruit bats, owls etc)

There is 12V lighting in the bures but **not mains power**. The bures do not have air conditioning, fridges or fans. Hairdryers are out! Solar generated 240V power is available in our main bure for charging cameras, strobes, laptops etc. It is on all day until early evening. We ask people to help us make use of the available solar power by bringing spare rechargeable batteries so they can use one set, whilst recharging the other set. There are no telephones or power sockets in your bure.

Congratulations ! You are officially 'off the grid' !



Wi-Fi

Thanks to limited satellite connectivity, the resort is able to offer WiFi access through the purchase of internet tokens. Like many of the major hotel chains, our WiFi service is accessible through the use of tokens which are lodged through the resorts WiFi browser. Wireless service covers the main bure and is available from 9.00am to 5.00pm (During solar power activation times) Because of our remote location, connection speeds are low and as you can imagine, satellite charges are high compared to normal. The system will however enable you to stay in touch with friends and family.

Checkout

The resort transfer boat usually departs at about 11:00am however times can vary depending on Pacific Sun. We double check flight departure times every morning.

There are no banks on Kadavu and, as you can imagine, this sometimes makes running a resort here a little difficult! As a consequence of this, we prefer guests to settle their bill in cash. We are happy to accept Australian Dollars, New Zealand Dollars and US Dollars. Should you wish to settle via credit card we do accept VISA & MasterCard. Please note that if you wish to settle your bill by credit card, there is a 5% administration surcharge. All prices quoted at the bar, on our website and around the resort on any literature are F\$ cash prices.

The Weather

Kadavu has a typical tropical climate with the winter months being May to October and the summer being November to April. Summer months, particularly January to March are hot and humid with air temperatures peaking around 85F. Winter air temperatures rarely fall as low as 65 but the evenings can be relatively chilly in a breeze. Winter is often characterised by South Easterly Tradewinds which can last a week or so. Most tradewinds are mild however some can be quite windy. If you are visiting in winter time we recommend a good mix of clothes, T shirts and shorts for the days but something warm for the evenings.

If you are diving and bringing your own wetsuit, we recommend a 3mm shortie during the summer and a 5mm long during the winter.

Month	Air Temp (C)	Water Temp(C)	Weather Comments	Wetsuit
January	31	28	Calm, sunnv. hot & humid	3mm Shortie
February	32	29	Calm, sunnv. hot & humid	3mm Shortie
March	33	29	Calm, sunnv. hot & humid	3mm Shortie
April	30	28	Hot days, cooler at night	5mm Shortie
May	28	27	Hot days, cooler nights	5mm Shortie
June	26	26	Sometimes breezv	5mm Long
July	24	25	Often breezv tradewinds	5mm Long
August	22	24	Often breezv. tradwinds	5mm Long
September	24	25	Sometimes breezv	5mm Long
October	26	26	Mixed bag!	5mm Long
November	28	27	Hotter days but not humid	5mm Shortie
December	30	28	Hotter days but not humid	5mm Shortie



Packing List

Essentials

Matava is a very special place on the planet; not your average resort! Therefore to make your stay more pleasant and easier we recommend you bring these essential things with you:

- **Head torch** – essential for the resort (Petzl make some great little LED ones)
- **Sun Screen** (waterproof SPF 15 minimum and probably higher) ****Important Note Below**
- **Sunglasses** and a hat for protection from the sun
- **Water bottle** - we don't supply plastic bottles of water (for obvious reasons), refill your own at the water filter
- **Insect repellent** – Bures have mosquito nets and screening, but we don't use any poisons or pesticides. Mosquito repellent can be bought at the resort. There is no Malaria in Fiji.

Documents

- Airline Tickets and itinerary
- Passport (valid for at least 6 months)
- Cash and Credit Cards
- Travel Insurance
- Dive certification, log book and insurance (if intending to dive)
- Copies of above – carried separately in case of loss

Clothes

- Sport sandals (Teva's) or flip flops
- Slip-on / off shoes for evenings
- Comfortable hiking shoes
- Shorts (quick drying)
- T-shirts
- Lightweight shirt for sun protection
- Long sleeved sweatshirt (winter evenings)
- Swimwear / beach towel
- Long trousers (lightweight – plane and transfers)
- Underwear
- Lightweight waterproof jacket

Other Things

- Prescription glasses and spare (+ hard case)
- Personal medications, including something for motion sickness if you need it
- Bring enough batteries (and be prepared to take them away with you)
- Toiletries
- Camera (charger / spare battery). We can charge batteries during the day on solar. Ideally bring two sets of batteries so that you can charge one set whilst you use the other.
- Ziplok freezer bags to keep things dry and organizing gear

Other useful items

- Neck wallet / bum bag etc.
- Binoculars
- Laptop computer / iPod / Music player
- Reading material
- Notebook / pens
- Antiseptic cream, anti-itch cream, Imodium, band aids, tweezers etc with your toiletries



Dive Gear

- Certification card, log book and insurance certificate
- Regulator – 1st stage, 2nd stage, alternate air source (essential) and SPG
- Dive computer
- Wetsuit (as a rough guide: January/March – 3mm shortie; July/October – 3mm or 5mm long; rest of year – 3mm long)
- DIN to A-clamp adaptor if needed
- Booties
- Mask
- Snorkel
- Fins
- U/W torch and batteries (take batteries home)
- Mesh Bag
- Safety sausage and whistle / Dive Alert

Underwater Photo Equipment

- Camera and housing
- Ports
- Strobes
- Camera/ Housing O-rings
- O-ring grease
- Lenses (and appropriate ports)
- Filters
- Spare media cards
- Cables for downloading
- Batteries (+ spare set for all kit) and chargers

**** Sunscreen**

Statistics show that approximately 4 to 6 thousand tons of sunscreen are washed off in coral reef areas every year. Standard sunscreen contains chemicals that have been found to cause rapid and complete bleaching of hard corals, even at extremely low concentrations.

Those chemicals include:

Oxybenzone (benzophenone-3)

Octyl methoxycinnamate (octinoxate)

Propylene glycol and Butylparaben

Camphor

Cinnamate

We recommend you obtain biodegradable sunscreen such as *Reef Safe* or other similar sunscreens which are available from most SCUBA Dive centers and shops.