



FIJI...UNTOUCHED

## **Start Your Kadavu Island Adventure**

Matava is different! 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 and community activities are winning global awards but there is always a balance between convenience and the environment. Hopefully this document will help you understand a bit more about a Matava adventure and help steer your decision as to whether it seems like heaven on earth to you or not 'quite your cup of tea' !

Matava is deliberately situated so as to maximize your experience and spirit of adventure. 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. 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 (for those that believe that the journey is part of the adventure)...**

Fiji's main International airport is in Nadi on the main island of Viti Levu. Air Pacific's local regional carrier is called Fiji Link and operates a once daily return flight to Kadavu Island from both Nadi International Airport every day except Wednesdays and Sundays. On Wednesdays the flight goes via Suva Airport and there are no flights on Sundays.. You can see flight details or book at [www.FijiAirways.com.fj](http://www.FijiAirways.com.fj) These flights usually depart late morning but times can vary. It is essential that you double check your flight departure time the day before you travel.

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 track !**

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.

### **Your Bure (Fijian for house – think chalet, Fiji style)**

There is nothing quite like a sleep in your amazing private Oceanview or Honeymoon bure bed. Just a few metres away, picture windows open to a view of the Pacific Ocean and the gentle rumble of surf upon the barrier reef, while all around you is natural rainforest with unique tropical Fijian wildlife.

They are crafted from solid sustainable Fijian wood, with high ceilings and picture windows displaying uninterrupted ocean views. With all natural materials and polished wood finishes, the bures have a unique natural ambiance.

#### **Facilities your bure will have:-**

5\* mattress (same quality manufactured for 5\* hotels), fine cotton sheets, extra blankets for warmth, en-suite bathroom with 24hrs solar hot water, towels & hand soap, 12V solar lighting, private deck, amazing views and maybe the odd gecko!

#### **Facilities your bure will not have:-**

240V lighting or power sockets, air-con, fan, phone, TV, fridge, iron, hairdryer

## **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 large organic vegetable farm. We have our own chickens for fresh eggs daily and even have bees for our own honey. We generally seat everybody together for meals. Dining together is fun and helps guests meet each other. If you would prefer to eat on your own, we are happy to arrange that. Private dining on your own bure deck can be arranged for special occasions.

Freshly brewed coffee and teas are available complimentary from early morning until late evening.

We cater for vegetarians, vegans, lactose / gluten intolerant. Please do not consider coming to the South Pacific if you have a severe coconut allergy!

## **Power**

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 (with backup if needed – we'd like to say the sun shines 365 days a year but...)

Paths are deliberately not lit at night as it interferes with the local wildlife (fruit bats, owls etc) and also spoils the ambiance. Bring a head torch to get around at night and we will also give you a solar LED table light to get you safely from A to B. It takes a night to get used to it and then you won't want it any other way. We are one of the few remaining places left on the planet without light pollution. 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**

The resort offers WiFi access through the purchase of a credit card. Wireless service covers the main bure, Ocean-deck and is available 24/7. Connection speeds are good and data is unlimited however because of the cost of provision in our remote location there is a charge. You can buy 1 hour / 1 day / 3 day or 1 week bundles. We do have an internet etiquette policy which we respectfully ask you to abide by. To cut to the chase it says please separate internet time and social time. There are plenty of places to take yourself away, be on the internet then leave it behind. We are trying very hard not to let the 21<sup>st</sup> century take the art of conversation with new people and existing friends away from Matava. If that's not for you then we are probably not either.

## **Leaving**

The resort transfer boat to the airport usually departs at about 10:00am however times can vary depending on Fiji Link. We double check flight departure times every morning.

There are no banks on Kadavu and, as you can imagine, this sometimes makes things little difficult! As a consequence of this, we prefer guests to settle their bill (or part of it) in Fiji Dollars cash. We recommend you obtain any cash you require at the ANZ bank in Nadi International Airport. We are happy to accept US Dollars, Pounds Sterling and Euros. Should you wish to settle via credit card we accept VISA & MasterCard. Please note that if you wish to settle your bill by credit card, there will be a 5% Administration Fee. Guests are welcome to transfer funds to our account prior to arrival. If you wish to do so, please contact us for bank details. All prices quoted at the bar, on our website and around the resort on any literature are F\$ cash prices.

Please make sure all batteries, plastic and items difficult to dispose of soundly in a remote area leave when you leave. If you pack it in then please pack it out.

## **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 Trade winds which can last a week or so. Most trade winds 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. tradewinds	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

### Medical facilities

We have a hospital on the island which is well equipped and about 45 minutes by boat. There is a nursing station within 10 minutes boat ride.

These facilities are great for most people - **those with conditions which may require specialist or urgent attention should consider carefully whether to venture to such a remote place.**

Flights out are only once a day (and not on Sunday) - medivac is available but not at night.

**Boat trips at night to the hospital are not guaranteed - depending on tide etc - as it could put the client, crew and boat in danger if conditions are not right so it is possible that someone would need to wait until the next day to leave the resort for specialist medical attention if necessary.**

## Packing List

### Essentials

- Head torch – essential for the resort (Petzl make some great little LED ones)
- Sun Screen (waterproof SPF 15 minimum and probably higher)
- Sunglasses and a hat for protection from the sun
- Water bottle - we don't supply plastic bottles of water where possible (for obvious reasons), please refill your own at the water filter station
- 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 or flip flops / Slip-on-off shoes for evenings
- Comfortable hiking shoes
- Cap or hat
- Shorts (quick drying)
- T-shirts / Lightweight shirts for sun protection
- Long sleeved sweatshirt or fleece and jeans (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
- Condoms (good luck getting them on the island)
- Feminine Hygiene products (re. this and previous bullet point - there are only a handful of basic shops on Kadavu where you can get a loaf of bread, some tinned food and not much else. Things we take for granted that we can 'pop out' to get at home are mostly not available on the island. We can of course help you out and worse case fly things in from the main island but you probably want to be self sufficient. We wouldn't mention it if we didn't get asked all the time)
- 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
- Neck wallet / bum bag (fanny pack !) 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 (see guide)
- 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, housing and ports and O'rings
- Strobes
- O-ring grease
- Lenses (and appropriate ports) and 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.

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

*We are always adding / amending the list. If we have made a glaring omission or you have some useful ideas that would be good to add, please let us know.*