



## Naveria Heights Lodge

# 7 NIGHT ADVENTURE IN FIJI

## HIKE, BIKE, SNORKLE & KAYAK

### Day 1:

Arrival into Savusavu Airport from Nadi International Airport (45min flight). Garland greeting and then off to Naveria Heights Lodge (10 min drive). Time to rest, swim in the pool and enjoy an easy afternoon. HIKE from the Lodge or SNORKLE later on or just simply relax in a hammock.

Dinner: Traditional Indian curry dishes

### Day 2:

Breakfast, Healthy Naveria Breakfast of home made breads, muesli, yoghurt, fruits and juices

Today you can choose between Hiking or Biking

If you want to HIKE we head off to a remote village and head toward a jungle Waterfall. This is a beautiful area, where you can swim in a large fresh water pool surrounded by tropical flora and jungle. Head back to the village along an easy trail and learn about the local Fijian medicinal plants that are frequently used for healing and the plants used for cooking. Back at the village you can sit with the chief and experience the traditional powdered root drink, KAVA.

If your choice is biking, this is a mediocre BIKE ride. Approx 4 hour slow and flat ride starting out at Savusavu town. The ride is along a scenic dirt road through villages and plantations. It's a picture postcard of coconut palms and wild exotic flowers as you cycle along a river. Learn about Fijian Medicine and watch the locals make copra.

This is a great chance to experience the real Fiji. Visit an organic farm which produces vanilla and honey. Try out the local coconut water, Bu, and cool off in a river. Optional small jungle waterfall hike included to cool off!

Dinner Sea food Kebabs with Couscous, green salad and Chocolate cake



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#### Day 3:

Healthy Naveria Breakfast.

Today we get on a BIKE and ride along a trail ridge, which includes a few tough hills but worth the fantastic ocean and mountain views! Bike along a wonderful 2 mile beach, and admire the colors of the beautiful ocean. Finish off with a snorkel and a long cool swim. Bike into town for a local lunch. Total Time 5 Hrs

Optional tour later of a Kura Farm. Kura or otherwise know as NONI, is Fiji's local remedy for strengthening the immune system. Tastes horrible but is pretty amazing.

Dinner: BBQ Walu steaks, Pasta Salad, and local sweet yams, followed by coconut cheese cake.

#### Day 4:

Healthy Naveria Breakfast.

Today we're off on a Full Day KAYAKING adventure starting at a beach and heading up river toward a remote village. Paddle through a maze of mangroves and tributaries; experience the tranquil of this beautiful area. Lush rainforest surrounds us as we kayak along the river passing local "Bilibili's" which are Fijian bamboo rafts. You can even have a lesson on hand line fishing! Enjoy a locally prepared picnic lunch. Total time of this Tour is 8 Hrs.

Dinner: Out tonight at one of Savusavu's finest Seafood restaurant

#### Day 5:

Healthy Naveria Breakfast.

Today is a day of SNORKELING and relaxing with the fish. Savusavu has amazing reefs that are abundant with marine life. Corals are alive with color and beauty. Expect to see reef sharks, turtles and plenty of colorful fish. Picnic lunch on the beach, catch some sunrays and just do your thing.

Dinner: Seafood Pasta, salads and home made bread

#### Day 6:

Healthy Naveria Breakfast.

We are off to HIKE across the valley of Navatu. Along the way we will pass through several small villages, delight in seeing and hearing the bird life and gorgeous views. We stop for a picnic lunch at a natural river pool and enjoy the beauty of the Fijian rainforest. Our hike takes us to the Coastal road where we are picked up. Total Time of Tour is 5Hrs

Later a Massage is waiting for you to relax all your used muscles from the week's activities.

Dinner: Sushi followed by Tuna steaks, basmati rice and vegetable quiche, finishing off with fresh fruit salad



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#### Day 7:

Breakfast of a healthy combination of fruit/homemade breads

Today's tour is a Jungle HIKE starting off with a scenic drive, to a mountain village. Here we head on foot to the hills, crossing several rivers, scramble up some banks and hiking along a thick Jungle trail. Enjoy the beauty of exotic flowers and fruits around us. Be prepared to see the villagers hunt for wild pig here.

Reaching the enormous waterfall, you can relax in one of the many pools or stand under a rainbow cascade. This waterfall is truly amazing. Picnic Lunch is followed then back to the village via a different route. Total Tour time (6HRS)

Back at the Lodge time to relax, have a walk through the garden before the evening meal

Dinner: Delicious fresh Yellow fin Tuna for Dinner with local Vegetables, home made bread and fruit crumble.

#### Day 8

Breakfast, then your Departure on the AM flight to Nadi International Airport.

**7 night Adventure Packages FROM FJD \$3,299 p.p. or FJD \$5,399 per couple** incl. accommodation, all meals, daily tours & 2 massages

For further information do not hesitate to contact us: [justnaveria@connect.com.fj](mailto:justnaveria@connect.com.fj)

**BOOK  
NOW!**