

# daily activities

## monday

### picnic

**10:30am** – Leave for Tuka Beach on the eastern side of Nacula (25 minutes in the boat) for a private beach picnic. The Fijian staff leave at 9:30 in the morning to catch the fresh fish, which is then smoked on the beach, and served as the picnic with cassava, breadfruit, coconut, pawpaw and fruits on beautiful Tuka Beach. Enjoy great snorkelling and see another side of Nacula. Minimum of 4 guests at \$5 per person. Return at 3:00pm

### kava ceremony

**9:00pm** – After dinner, enjoy an explanation of a Kava Ceremony, including the significance of the Tanoa Bowl, the magi magi and buli, and the importance of this deeply embedded cultural tradition of sitting on the mat around the Tanoa Bowl.



## tuesday

### coconut demonstration

**9:00am** – after breakfast enjoy a Coconut Demonstration conducted by Joe or Dan. See the multitude of uses that the coconut provides to Fijians.

### village visit

**3:00pm** – Walk for 15 minutes through traditional grounds of the people of Naisisili Village, to arrive in their village compound. You will meet with the Chief in the Chiefly Bure (assuming he is in the area), and present him with a sevu-sevu. You will then walk around the village, visiting the church, the rugby ground, individual families and other important buildings and traditional Fijian bures. See four different species of breadfruits in the village setting, in a mature breadfruit plantation. Experience an authentic Fijian village on the shores of Bligh Water. See plantations of cassava, yams, groves of coconuts, and huge mango trees. This is a wonderful opportunity to see the living culture of an authentic Fijian village, whose heritage has not changed for hundreds of years. Return at 4:30pm

### volleyball

**5:00-5:30pm** – Enjoy a game of volleyball with staff and guests.

## wednesday

### fishing

**6:00am** – Start the day by catching fish on the neighbouring reefs (weather permitted). The Safe Landing boat leaves the Resort to trawl the rich reefs around Nacula for 2 hours. Minimum of 2 guests, price \$20 per person.

### snorkelling

**10:30am** – Reef Jumping - Depart the Resort to travel to three different reefs in close proximity, to see some of Fiji's best soft corals whilst snorkelling. The first stop is Civa Reef which is just south of the Resort. Then move on to Balavu Reef which is situated off Nabua Point, to the west of the Resort. Finally, you will snorkel at Angle Reef over near Oarsman's Bay. Return at 1:30pm, in time for lunch. \$5 per person. Minimum 4 people.

### volleyball

**4:30-5:00pm** – Enjoy a game of volleyball with staff and guests.

### barbecue

**7:30pm** – Fijian Barbecue Night \_ Enjoy a barbecue on the lee shore, looking out over Natibi Beach. Enjoy a traditional Fijian cookout with other guests. This will be followed by Kava around the Kava Bowl.

## thursday

### fijian crafts

**10:00-12 noon** – Learn how to work with traditional Fijian crafts. Weaving of hats, baskets and mats, and making of leis is taught by women from Naisisili village - \$5 per person for participation.



### cocktails

**7:00pm** – Join other guests for cocktails at the western end of Nakoramakawa Beach.

### kava ceremony

**9:15pm** – Enjoy an authentic Kava Ceremony conducted by the Elders of Naisisili Village around the Tanoa Bowl at the Resort.

## friday

### hiking

**9:30am** – Take a hike for 2 hours past Melbravo and Nabua Lodge, up the Koroniqalau Hill. On the way, see pandanas, breadfruit and mango trees, and look at the medicinal plants of Nacula. You will obtain great views of the Yasawas, Safe Landing Resort and Oarsman's Bay Lodge.

### village visit

**3:00pm** – Walk for 15 minutes through traditional grounds of the people of Naisisili Village, to arrive in their village compound. You will meet with the Chief in the Chiefly Bure (assuming he is in the area), and present him with a sevu-sevu. You will then walk around the village, visiting the church, the rugby ground, individual families and other important buildings and traditional Fijian bures. See four different species of breadfruits in the village setting, in a mature breadfruit plantation. Experience an authentic Fijian village on the shores of Bligh Water. See plantations of cassava, yams, groves of coconuts, and huge mango trees. This is a wonderful opportunity to see the living culture of an authentic Fijian village, whose heritage has not changed for hundreds of years. Return at 4:30pm.

### volleyball

**5:00-5:30pm** – Enjoy a game of volleyball with staff and guests.

## saturday

### volleyball

**4:30-5:00pm** - Enjoy a game of volleyball with staff and guests.

### fijian nights

**7:30pm** – Fijian Night - Enjoy a Fijian lovo, the traditional feast of the indigenous people, which is served in the resort. This is followed by resort staff and others from the village of Naisisili performing a traditional meke. After the dancing, sit around the kava bowl and hear stories from staff of past times.



## sunday

### church

**10:00am** - Methodist Church Service in Naisisili Village. Leave the Resort at **9:30am** to walk to the village. Please make a donation to collection plate. Sulus and upper body covering is required.



all times are 'bula time'  
- 1 hour ahead of fiji time



# activities at safe landing resort



## Trip to Sawa-i-lau Caves

Take a trip to the Sawa-i-lau Caves, approximately 30 minutes from the Resort by boat. See the main cave, dive under water into two other secret caves, and see this important cultural place for the Yasawan people. Trip lasts 2 hours and includes refreshments. Cost \$25 per person. Minimum of 4 people. \$5 of charge is paid to the people of Tamusua village near the caves.

## Hand Line Fishing

Go hand line fishing with one of the village boys, either in the morning or late in the afternoon, around the reefs near the Resort. Cost is \$20 per person for 2 hours. Minimum of 2 people.

## Island Trip to Other Resorts

Take the Safe Landing boat to visit other beaches and other resorts, including Oarsman's Bay, or over to Tavewa, to visit Otto and Fanny's and have afternoon tea. Perhaps visit David's Place for the beautiful banana cake. Cost \$10 per person each way for the transfers. Minimum 2 people.

## Massage

If you would like a massage, Safe Landing has a massage table and a masseuse, who has been trained at nearby Turtle Island. Enjoy a 15 minute massage for \$15, a 30 minute massage for \$30, or a one hour massage for \$50. Forward booking is essential.

## Picnic at Suntan Point

Take a boat or walk (at low tide) to Suntan Point, opposite Tavewa Island. Wonderful snorkelling, great beach and privacy. Couples or groups. \$5 per person.

## Scuba Diving

Enjoy scuba diving on the many beautiful reefs around the Nacula Tikina. Experienced, inexperienced and resort dive programs all available through Westside Water Sports. Pickups each morning at 9:30am, prices on application. PADI Accredited.