



TRIP OVERVIEW

The name Fiji conjures up images of stretches of empty white sand beaches, palm trees galore and sea waters that have a shade of blue that is not matched anywhere else. Consisting of over 330 islands the swimming options here are endless. Stunning green islands meet warm coastal seas interspersed with vibrant coral reef inhabited with an abundance of fish.

We have picked the Yasawa Islands, one of the undoubted heavyweights of the archipelago. Blessed with dramatic peaks and sun-drenched white sand beaches the islands are strung out, so ideal for island hopping both by ferry and in SwimTrek's own unique way. To experience the different parts of this island group we journey between them staying on three different islands, which adds to the uniqueness of the trip.

WHO IS THIS TRIP FOR?

This trip is designed for those who want to combine spectacular coastal and inter-islands swims in the exquisite waters of the Yasawas, while also learning about Fiji's nature, culture and local lifestyle, meeting local people and experiencing the famous Fijian Bula Spirit.

Swims include a mix of coastals and crossings. Swimmers should have a basic understanding of open water swimming and be capable of completing the average swim distance of 3 km prior to the start of the trip. The average daily swim distance is around 5 km (split over a minimum of two swims).

We have given this trip a 'Leisurely' grading designed for people who want to swim at a more relaxed pace and enjoy the scenery.

TAILOR-MADE SWIMTREK TRIPS

This trip can also be offered as tailor-made experience. The date of travel and itinerary can be adjusted to suit you. For more information [contact us](#) with the dates you'd like and number of people taking part. We'll be in touch to chat about putting together your dream swimming experience.

LOCATION SUMMARIES

Yasawa Islands

Stretching for over 80 km lie the Yasawas, a collection of 15 volcanic islands which rise majestically above the waters of the Western Pacific. The British navigator William Bligh was the first European to sight the Yasawas in 1789, following the Mutiny on the Bounty.

Waya

This island is dominated by the twin 350m knife edge peaks of Vatusawalo and Vatuva. The four main fishing villages which are spread out around the coast are all connected by walking trails making it a great location for discovery on foot (as well as by water!).



Fiji's People

There is no doubt that on leaving Fiji, one of the main things that you will remember is the huge grins on a local face accompanied by the traditional greeting of "Bula." Some of the islands that we visit are home to traditional Fijian villages which are full of colourful traditions and culture amassed over the last 3,000 years.

TRIP SCHEDULE

Start Point	Yasawa Flyer passenger terminal, Port Denarau, Nadi, Fiji
Start Time	08:15 on Day 1
Finish Point	Yasawa Flyer passenger terminal
Finish Time	18:00 on Day 7

Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

We depart Fiji's main island of Viti Levu to the Yasawa Islands from Port Denarau. Here we jump aboard the Yasawa Flyer, a high-speed catamaran, and a great way to travel to and between the Yasawa Islands. Whether you are arriving at the International Airport today or staying in Viti Levu prior to your trip refer to our 'Getting There' arrangements for joining the Yasawa Flyer.

Once onboard you will have a chance to meet your fellow guests and guides and enjoy a welcome drink along with a pre-trip briefing prior to our arrival at the Octopus Resort on Waya Island, our first stop of the trip.

Following check in to your room we will hold a brief acclimatisation swim on the resort's own beach. This is an excellent chance to get familiar with the local conditions before we head back to the hotel for our first lunch of the trip.

After time to rest and relax, we carry out our first swim of the trip as we swim directly from the resort and head to the nearby Mbekua Point, a headland which guards the approach into the isolated golden sand beach of Nova Bay. The entire swim is over a stunning coral reef, so it is an ideal first swim of the trip. Once we have a chance to explore, it is onto our support boats for the brief trip back to the resort, where we can relax for the rest of the day.

Day 2

This morning we head straight out to where we finished the day before and travel back to Nova Bay. From



here we swim round the northern tip of Waya Island and into Bligh Water, where William Bligh passed through all those years ago. As we carry on over reef there are numerous beaches which make for ideal get out points along the way. Our target for the swim is the local village of Nalauwaki which sits on the bay. After exploring the village we head back to the Octopus Resort, which you can do by either hiking a short distance or by catching our escort boat back.

After lunch and a chance to relax, on the beach or at the resort's pool. The afternoon swim is a continuation of the morning's swim as we swim round the tranquil waters of Nalauwaki Bay. The views from the water are stunning as Waya's dramatic and contorted appearance is laid out before us. At the end of the swim, we jump into the escort boats and head back to the resort where there is time to relax before we have an opportunity to admire a stunning Pacific sunset before dinner.

Day 3

Today is our departure day from Waya Island, so there is time for a morning swim directly from the resort heading south to Lotonikoro Point. The peaks rise high above us during this coastal traverse. Once back at the resort we can relax before catching the day's Yasawa Flyer as we journey north towards the Blue Lagoon Beach Resort on Nathula Island in the heart of the Yasawas. During the journey north the islands of Naviti, Yaqeta and Matathawa dominate the landscape.

After a chance to relax and explore, our afternoon swim is from the resort as we swim to the local village of Nacula. It's a stunning swim along the coast with reef below us all the way. On arrival we explore the local village before hiking back through the island's interior, to the resort where we can enjoy an evening cocktail relaxing.

Day 4

Today is an undoubted highlight of the week as we head to Nacula's north coast. We start the day by circumnavigating the dramatic limestone island of Sawa-I-Lau. The island's peak, which is revered by the local inhabitants, dominates the swim. We finish at a series of interconnected caves which were carved out over a millennia ago and are known as the resting place of the ancient Fijian ten-headed god Uluitini. From the main cave, you can get to explore other cave systems, and the rare opportunity to enter via swimming the cave system through a subterranean channel.

Once we are back onboard our support boats, we return to the resort for lunch. The afternoon is yours to do with what you want. You may choose to go snorkelling, diving or any of the other activities that the resort can offer or just relax in the resort's swimming pool. In addition, our swim guides are available to help with further swim coaching if you wish.

Day 5

Following a relaxing breakfast, we head off for a special swim between the three islands which sit off Nacula's southern flank. Starting at Tavewa Island we cross the narrow passage to Matakawalevu and then across to Nanuya Lailai. On arrival at Nanuya Lailai we swim along its northern and eastern coast



which has some of the finest coral reef in the area for an underwater exploration before we head back in our support boats to our resort for lunch.

After some time to relax we catch the Yasawa Flyer and enjoy the boat trip south past today's earlier swims until we arrive at the Paradise Beach Resort where there is a chance to relax and explore and enjoy the stunning views overlooking the nearby island of Nanuya Balavu.

The afternoon swim is a real classic as we circumnavigate Naukacuvu Island, which is where we are based. The extensive reef on the island's west coast is an extensive aquarium. Watch out for butterflyfish and hawksbill turtles.

Prior to dinner, the energetic amongst us can head away on a guided hike around the island to get our bearings.

Day 6

Today is a day of adventure and unpredictability. For the morning swim we head out to Drawaqa Island and carry out our first crossing of the trip as we swim across Manta Ray Passage to Naviti Island. The unique thing about this swim is that although it is a crossing you can see the sea floor the entire way. As the name implies, this narrow and shallow passage is one of the best spots in Fiji to come across manta rays who gather in large numbers, attracted by nutrient rich currents. Whether we come across mantas or not, it is one of the undoubted highlights of the week. On arriving at Naviti Island we hang a right and swim along the island's reef and aim towards Nakeke Point.

Following the morning's swim, we head back to the resort for lunch followed by a chance to relax before we head out to the fringing reef off Naukacuvu where we have an opportunity to have a leisurely swim or snorkel in this colourful marine landscape. You can swim as much or as little as you like, and it is a great way to relax following the morning's exertions.

In the evening, we will have drinks at the bar before our final dinner of the trip.

Day 7

On our last day, the Yasawa Flyer does not depart until the afternoon, so we have plenty of time following a relaxing breakfast for one final full swim and this one is something special, as we swim directly from the resort and across to Nanuya Balavu Island. We swim up the island's west coast where there is an opportunity to explore the abundant and colourful coral species that predominate here. It is a great final swim of the trip.

After some time to relax we catch the Yasawa Flyer back to Port Denarau, where it's time to say our goodbyes as the trip comes to an end. You may choose to extend your Fijian experience or transfer to the airport for onward travel.



TRIP INFORMATION

Equipment Checklist

In addition to your daily non-swimming clothes, we also recommend that you bring the following items:

✓	ITEM	✓	ITEM
<input type="checkbox"/>	Swimming Costume (x 2)	<input type="checkbox"/>	Light Sweater / Fleece
<input type="checkbox"/>	Swimming Goggles (x 2) *	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Sun Hat and Sunglasses	<input type="checkbox"/>	Walking Shoes / Sandals / Aqua Shoes
<input type="checkbox"/>	Waterproof Sun Cream	<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Small Daypack	<input type="checkbox"/>	Light Waterproof Jacket
<input type="checkbox"/>	Lycra Skin or Rash Vest	<input type="checkbox"/>	Personal Drink Bottle (x2)

*Try to bring one clear lens and one tinted lens for different light conditions.

SwimTrek will supply swim hats, water and electrolyte drinks. The guides will no longer distribute shared drinks bottles but will fill your personal drink bottles. Please ensure these are clearly marked to help our guides identify yours. If you would like to use fins during your swims, please ensure that you bring these with you. For more information please check out our [Covid-19 guidance](#).

Group Size and Boat Support

This trip has a maximum group size of 15. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by their own safety vessel/escort.

Boat support on this trip includes a main boat and support watercraft crewed by local pilots and your SwimTrek guides. Please note that this boat support is subject to change without notice and cannot be guaranteed.

TRIP GRADING

We have given this trip a 'Leisurely' grading designed for people who want to swim at a more relaxed pace and enjoy the scenery.



Swimming Distances

Swim	Distance	Swim	Distance
Octopus - Mbekua Point	2 km	Nova Bay - Nalauwaki	2½ km
Nalauwaki Coastal	3 km	Octopus - Lotonikoro Point	2 km
Blue Lagoon - Nacula	3½ km	Sawa-I-Lau Circumnavigation	3 km
Three Islands	2½ km	Naukacuvu Circumnavigation	3 km
Drawaqa - Niviti (Manta Ray Passage)	2½ km	Paradise Cove - Nanuya Balavu	3 km

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as jellyfish, sea lice, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however, if you suffer from anaphylaxis, please consult the office prior to booking.

Due to the runoff from the lush, green islands which make up this beautiful corner of the world, water clarity is sometimes lower than in other open ocean locations, however, there is still plenty of marine life to be seen, including coral, fish, seals and dolphins.

Walking Distances

There are two or three walks of between 2.5-3 km. All walks are optional.

Walking Conditions

All the islands that we are based on have walking trails from where you can discover the fabulous interior. We walk on recognised tracks and paths which dot the interior of the islands that make up the Yasawas. We recommend that you wear comfortable walking shoes or sandals.

Temperatures

Month	Water Temperature*	Air Temperature*
September	25-26°C / 77-79°F	29-31°C / 85-88°F
October	26-27°C / 78-80°F	28-30°C / 82-86°F

* Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. Therefore, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated



to you by your SwimTrek guides as quickly as possible.

GETTING THERE

The easiest way to get to the start of your trip is to fly into Nadi Airport on the western side of the main island of Viti Levu. Included in our package price is a morning transfer from the airport to Port Denarau where we board the Yasawa Flyer, our large high-speed catamaran, to the Yasawa islands. SwimTrek books Captains Lounge seating. The Captain's Lounge is an air-conditioned upper deck on the Yasawa Flyer. The lounge has large wrap-around windows, comfortable couches and complimentary drinks and snacks.

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out [SwimTrek's tips to help you get the best deals for your flights](#).

Transfer from Viti Levu to the Yasawa Islands

A complimentary morning coach transfer from Nadi airport to Port Denarau is included in your package price. It departs the airport an hour prior to our meet time for the Yasawa Flyer. Alternatively, you can make your own way to the main check-in counter situated at the passenger terminal at Port Denarau, a large building on the waterfront, which leads out to the marina. Taxi and coach services can take you direct to the terminal. If you prefer not to use the coach transfer, please inform us at time of booking or no later than a week prior to travel.

Afternoon or Delayed Arrival

If your inbound flight arrives late or is delayed and you can't make the transfer boat, please get in contact with us as soon as possible. We may refer you to [Island Travel Network](#) to assist in making your arrangements. It may be possible to get out to the islands by seaplane or helicopter and so avoid the need to overnight in Nadi.

Return Transfer from the Yasawa Islands to Viti Levu

At the end of your trip, once you have returned to Viti Levu on the Yasawa Flyer, you may join the transfer coach from Port Denarau to Nadi airport. Please note that this transfer is complimentary for SwimTrek guests and is expected to arrive at the airport around an hour after the Yasawa Flyer's arrival at Port Denarau.



PRACTICAL INFORMATION

Accommodation

To give us the best variety of swimming locations, we island hop through the Yasawa Islands archipelago, staying at three ideally located beach resorts within the island group. Our accommodation is based on double and twin-share rooms with en suite facilities in the room types listed below. There are a limited number of rooms for single occupancy which can be reserved during the booking process. Rooms for single occupancy and other room types may be requested but are subject to availability.

Octopus Resort

The Octopus Resort on Waya Island comes with coral reef, a protected marine reserve, just steps from the sand. With a keen focus on the Fijian culture and a strong connection with the local village, the resort offers what Fiji is all about, and boasts some of the warmest, friendliest people anywhere in the world. Our rooms are a mix of the Premium Garden and Beachfront Garden Bures.

www.octopusresortfiji.com

Blue Lagoon Beach Resort

The Blue Lagoon Beach Resort is located in the beautiful, tranquil Lagoon of Nacula Bay, on picturesque Nacula Island. Reaching the stunning white beaches, and crystal blue waters is a memorable experience, with vast coral reefs and marine wonderlands to be seen for miles. Our rooms are a mix of the Garden and Beachfront Villas. www.bluelagoonresortfiji.com

Paradise Cove Resort

Nestled in a stunning cove on Naukacuvu Island, just steps from your villa, you are surrounded by champagne sand and crystal clear ocean. Enjoy the resort, the beach, the three swimming pools, miles of sand, our two bars, and the stunning service and memorable meals. Our rooms are a mix of the Paradise Bungalow and Cove Villas. www.paradisecoveresortfiji.com

Pre/Post Trip Accommodation and Trip Extension Options

If you require any additional nights' accommodation close to Nadi Airport or elsewhere in Viti Levu before the trip, we recommend that you contact Island Travel Network who can assist in making your arrangements www.islandtravelnetwork.com

For guests looking to extend their stay in Fiji after the trip there are various options on Viti Levu or elsewhere across the Fijian archipelago. Please contact Island Travel Network for advice and assistance in making these arrangements.



Food and Drink

Breakfast, lunch and dinner are included throughout the trip starting with lunch on Day 1 and finishing with lunch on Day 7. All meals are served in the resorts' dining rooms. A total of six breakfasts and dinners and seven lunches are included in your package price. Where available ingredients are sourced locally, whilst in the case of Paradise Cove much of their fruit they grow themselves including pawpaw, pineapple, bananas, mango, passionfruit, along with an extensive array of herbs and vegetables.

Your chefs will do their best to accommodate special dietary requirements like gluten free or vegetarian, however, if you have any strict dietary restrictions/requirements, please contact the SwimTrek office prior to booking.

There are bars in all three resorts which also have snack menus with fillers like fruit platters, toasted tortilla sandwiches, chocolate bars, chips, ice-cream cones etc. These are charged extra and added to your room account. If you decide to bring your own snacks, we just suggest an airtight container to avoid inviting any unwanted visitors into your room to check out what you have!

Extra Activities

The facilities and activities available at each island resort differ. During the trip you may have the opportunity to take part in rejuvenating yoga, get a massage or spa treatment, paddle board or SCUBA dive. If the opportunity arises try your hand at coconut tree climbing or basket weaving. You should also experience 'Kava Time' even as just a spectator.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover such items as drinks, evening meals, entertainment and souvenirs. The local currency in Fijian dollar (FJD). There is a 24-hour currency exchange service at the arrival's concourse at Nadi Airport and in major towns. Purchases in the resorts and charged to your room can be settled on check out of each resort and paid for by credit card.

A 9% Government Value Added Tax (VAT) is applicable to all goods and services in Fiji. At time of writing, you could claim a Tourism VAT refund at the airport with your original purchase receipt.

Passports and Visas

Fiji has a generous tourist visa exemption policy, and citizens of many countries, including EU member states, the UK, the US, Canada, Australia and New Zealand travelling to Fiji for tourism purposes do not need a visa for visits of up to 120 days, with proof of onward travel, such as a return ticket.

Please note that visa regulations are subject to change and we advise you check visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you



purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information about travel insurance, please visit: www.swimtrek.com/travel-insurance

Health Information and Recommended Vaccinations

For comprehensive health information for people travelling to Fiji, including all recommended and required vaccinations, please visit www.travelhealthpro.org.uk/countries. Please note that this information is subject to change and you should re-check this site regularly prior to your trip.

Travel Plugs and Electricity

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit www.worldstandards.eu/electricity/plug-voltage-by-country/.