

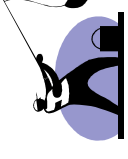

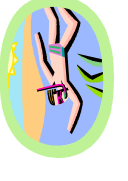

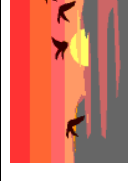






MARINE ACTIVITIES

MONDAY	0600 Early bird troling	0900 Daily Changing Snorkel Trip	Shell Village Trip High tide See boat shed for times	09:30 Dolphin Safari and Snorkel trip	01130 Handline Fishing	1430 Snorkel Trip	1730 Sunset Cruise
TUESDAY		0900 Daily Changing Snorkel Trip	010:00 Kids Club Adventure Trip	010:30 Island hopping Check boatshed for Islands visited	01130 Handline Fishing	1430 Snorkel Trip	1730 Sunset Cruise
WEDNESDAY	0600 Early bird troling	0900 Daily Changing Snorkel Trip	Shell Village Trip High tide See boat shed for times	09:30 Dolphin Safari and Snorkel trip		1430 Snorkel Trip	1730 Sunset Cruise
THURSDAY		0900 Daily Changing Snorkel Trip		010:30 Island hopping Check boatshed for Islands visited	01130 Handline Fishing	1430 Snorkel Trip	
FRIDAY	0600 Early bird troling	0900 Daily Changing Snorkel Trip	Shell Village Trip High tide See boat shed for times	09:30 Dolphin Safari and Snorkel trip	01130 Handline Fishing	1430 Snorkel Trip	1730 Sunset Cruise
SATURDAY		0900 Daily Changing Snorkel Trip		010:30 Island hopping Check boatshed for Islands visited	01130 Handline Fishing	1430 Snorkel Trip	
SUNDAY		09:00 Daily Changing Snorkel Trip	1015 Church Service Yaro Village	010:30 Island hopping Check at boatshed	Lazy Sunday Tide dependent Check boat shed	1430 Snorkel Trip	

LAND ACTIVITIES

MONDAY	011:30 Fijian Cooking Lesson	1330 SNORKEL LESSON	1530 Beach Volleyball	17:00 Coral Care and Snorkel Safety Guest Lounge	1730 HAPPY HOUR BEACH BAR	1830 Torch lighting	20:30 Crab racing at Beach Bar
TUESDAY	09:30 Guided Medicine walk		1530 Beach Games	17:00 Coral Care and Snorkel Safety Guest Lounge	1730 HAPPY HOUR BEACH BAR	1830 Torch lighting	20:30 Surprise Night Activities
WEDNESDAY	011:30 Coconut Demo- Weaving, husking, Scraping, tasting	1330 SULU TYING DEMO	1530 Beach Volleyball	17:00 Coral Care and Snorkel Safety Guest Lounge	1730 HAPPY HOUR BEACH BAR	1830 Kava Ceremony Kids Club	20:30 Surprise Night Activities
THURSDAY	09:30 Kayak Safari		1530 Beach Games	17:00 Coral Care and Snorkel Safety Guest Lounge	1730 HAPPY HOUR BEACH BAR	1830 Torch lighting	20:30 Surprise Night Activities
FRIDAY	011:30 SNORKEL LESSON	1330 GUIDED MEDICINE WALK	1530 Beach Volleyball	17:00 Coral Care and Snorkel Safety Guest Lounge	1730 HAPPY HOUR BEACH BAR	1830 Torch lighting	20:30 Crab Racing at Beach Bar
SATURDAY	09:30 Jonahs Lookout Walk		1530 Beach Games	17:00 Coral Care and Snorkel Safety Guest Lounge	1730 HAPPY HOUR BEACH BAR	1830 Torch lighting	2030 Traditional Meke Performance
SUNDAY	09:30 Fijian Language Lesson	010:15 Church Service Yaro Village	1530 Beach Volleyball	17:00 Coral Care and Snorkel Safety Guest Lounge	1730 HAPPY HOUR BEACH BAR	1830 Torch lighting	20:30 Quiz night



Malolo
ISLAND • FIJI

Activities Guide

Ni sa Bula and a very warm welcome to Malolo Island Resort.
Located to the west of Viti Levu the main island, Malolo island is referred to locally as “Na siga e dromu I Malolo” or Malolo, the island where the sun comes to rest.

Legend has it that early settlers on the main land would, at the end of a long day, look west towards the sinking sun, and it would slowly settle and disappear behind Malolo. The Fijians believe that Malolo was an island especially created by the Gods where the sun would come to rest after a day of wandering.

The activities program we have created for you here at Malolo Island Resort provides a balance of relaxation and fun filled adventures to restore the spirit and allow you to experience the wonderful natural beauty and cultural heritage of the Mamanuca group of islands.

Whether it be a relaxing massage or facial in our Spa, an early morning walk to Jonas lookout the choices are endless. Try a snorkel at Castaway reef, an island hopping tour, or perhaps a trip to the local Yaro Village.

We hope you have the time in between swimming and lying in a hammock to join us. We recommend you talk to the staff at the Boat Shed after your arrival for advice and to make bookings.

We hope you have a wonderful, memorable stay with us and that you fall in love with our small piece of tropical paradise where the sun comes to rest at the end of each day.

Vinaka vaka levu



Our Coral Reef

Coral reefs are living structures composed of millions of coral colonies growing on and around each other, creating niches for thousands of other creatures – from fish and crustaceans to worms and molluscs.

The reef has a framework of limestone that the corals deposit themselves on, rather like a skeleton. Each coral consists of a colony of tiny anemone-like polyps. These can catch floating particles of food, but most corals rely on symbiotic algae living inside them to provide food through photosynthesis. This explains why coral reefs thrive in shallow, brightly-lit seas.

Coral reefs are also sensitive to temperature.

They prefer water between 18-30 degrees Celsius restricting them mainly to the tropics.

Fiji's reefs are recognised as some of the most diverse in the world and their survival is crucial for many reasons.

They support 398 coral species and 1200 varieties of fish.

As such they have provided the local inhabitants of the islands with a valuable source of food and the reefs of Fiji have been sustainably harvested for millennia using wisdom passed down through local knowledge and custom. The reefs have also become a crucial asset to Fiji's tourism which accounts for nearly 50% of the Fijian economy.



Coral reefs provide homes for more than a third of the known fish species and a myriad of other sea creatures.



They are nature's own front line defences protecting coastlines from storms and floods and they are also a source of medical compounds for treating leukaemia, skin cancer and cardiovascular diseases.

Facts about Fiji...

Fiji has 10,020 sq kilometers of coral reef, 385 sq kilometers of mangrove plus large tracts of island rainforest. There are over 398 coral species with 9 mangrove species in Fiji together with more than 1200 varieties of reef fish and countless



invertebrates.



Several species of turtle, including green, hawksbill, leatherback and olive ridley are found in Fijian waters, along with a rare population of dugongs and migratory sea routes for cetaceans, such as hump back whales. Undisturbed islands in Fiji are crucial nesting grounds for seabirds like reef egrets, petrels and terns

The reef at Malolo.

While the beach and ocean around Malolo Island Resort is safe to swim and have fun in please be aware that coral takes decades to grow (on average one to five centimetres a year) and only seconds to be damaged by stepping on it or brushing it with your flippers.

Please take care to preserve our fragile and unique environment by never walking or stepping on coral and never breaking off pieces for souvenirs.

Marine Reserve "NA TABU"

On the 19th July 2005, the Paramount Chief of the Mamanuca Islands, Na Tui Lawa, declared the waters and reefs in front of Malolo Island Resort as a new Marine Reserve.

The Marine Reserve is an environmental initiative of Malolo island in partnership with the traditional owners to improve the fish stocks and allow the natural regeneration of reef and marine life as part of responsible and sustainable tourism.

This "Tabu" means that any form of fishing or shell fish collecting is an offence and is strictly forbidden in the designated areas and applies to everyone, visitors and locals alike.



Introduction to snorkeling

If you have never snorkeled before and would appreciate some guidance to build your confidence please join one of our lessons where our Activities staff will instruct you. Alternatively follow the "Snorkeling Guidelines" provided by the staff at the Boat Shed.

Snorkel Malolo reef

Malolo is surrounded by fringing reef and there are some wonderful corals and fish life directly off the beach or a short swim away. Speak to the Marine team to find the best places. Remember do not touch or stand on coral at any time. At low tides it is preferable that you enter deep water via the jetty rather than wade out across the reef.

Snorkel Excursions

We have many amazing coral sites that are only a short boat ride from Malolo Island and we visit a different snorkel site daily.



Please refer to the Marine schedule for times. Bookings are essential and charges apply.

Snorkeling Guidelines

- Ensure your equipment fits correctly before you enter the water.
- Avoid all contact with corals and other marine life. They are fragile and can cause you harm- Remember LOOK but DON'T TOUCH!
- Be careful where you get into and out of the water to avoid walking on corals.
- If you get tired in the water ensure you place your feet down in a sandy area
- Lie flat in the water and avoid coming upright so you have to stand on corals.
- Try to swim without using your arms to avoid accidentally touching the reef.
- Learn all you can about coral- they are fascinating and fragile environments.
- Slow down, relax and enjoy the experience.

Diving

Subsurface Fiji is a contracted Watersports and Dive operation providing guests with Certified or Introductory diving activities. The Subsurface office is located near the beach bar and enquiries for these activities can be made directly with Subsurface staff.

Sunset cruise

Enjoy watching our sun set from aboard one of our boats whilst sipping on a glass of wine...We schedule a sunset cruise every second day. This is weather dependant and charges apply.



Fishing

With the immediate surrounding area around Malolo a Marine reserve, fishing off the beach or rocks is strictly forbidden.

The Marine reserve extends 1500m out from the beach.

We do however run scheduled fishing excursions every day to take keen anglers to areas where they can troll or bottom fish. See the Marine schedule for details.

Bookings are essential the day prior and charges apply.

Island hopping tours

Take one of our island hopping trips and explore the many beautiful islands in the Mamanuca group. Each trip is different and they stop at 3 or 4 resorts depending on the trip. Islands or resorts visited include Treasure Island, Beachcomber, Mana, Castaway, Plantation, Musket cove, Tokoriki & Amanuca. Refer to the Marine schedule for times and see the activities staff for details.

Bookings are essential the day prior and charges apply.

Watersports

We have water skies, knee boards, wakeboards and banana boats available for your enjoyment.



Charges do apply for motorised watersports. Use of windsurfers, catamarans and kayaks is complimentary but their use is subject to tides and weather conditions.



Please note access to Wadigi Island is strictly prohibited.

Activities

The Activities team schedule a range of activities for your enjoyment every day. During the day enjoy a game of Betonque or Volley ball with fellow guests and staff or take part in a nature walk up to Jonas lookout or into the Mangroves.

In the evenings unique activities are planned or you can simply enjoy your dinner whilst listening to the Malolo Band Boys.

Walking tracks

Malolo island has several walking options varying in length and difficulty. Before you embark on a walk see reception to obtain a map and some information on the local area.

Our walks from Malolo include Jonas lookout, the ridge track to Naroba Point and a Mangroves walk.

When walking always wear good walking shoes, a hat, sunscreen and take sufficient water to drink. Walking in tropical conditions is very different to other trekking and it is easy to get dehydrated, disorientated and be caught by tides so please be cautious when planning your walk and aim to be back with sufficient daylight.

Insect repellent is also recommended .

Please note access to Likuliku Lagoon is strictly prohibited.