

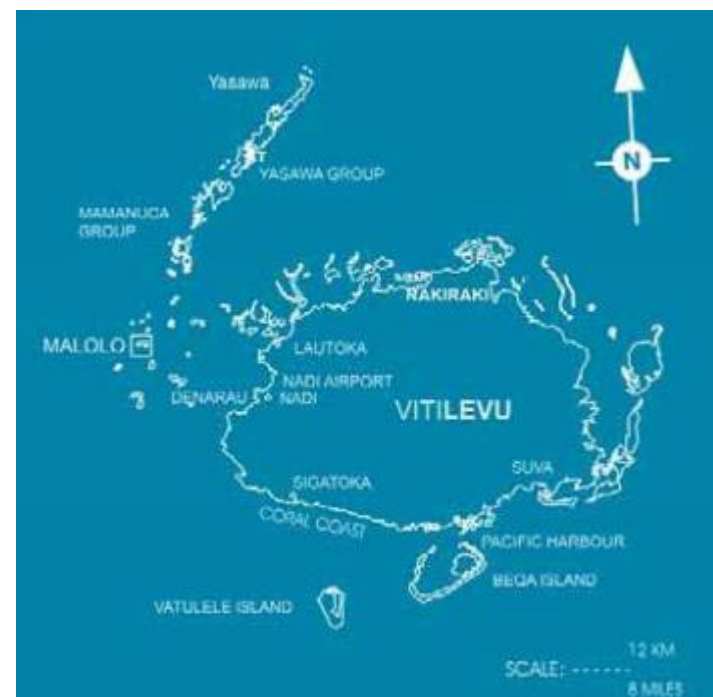
the Malolo Sun

Edition 7

Your Complete Guide To Enjoying Malolo Island Fiji

“Na siga e dromu i Malolo” Malolo the island of the resting sun

The history of Fiji begins about 1500 B.C. with a landing of giant war canoes of the prehistoric Lapita people. Fijian legend speaks that when the early Fijians arrived, they settled on the beaches of Viseisei, about 13km (8 miles) from Nadi Airport on the big island Viti Levu. These early settlers, after working the rich land and bountiful seas, would cast their eyes to the west. Each afternoon, the sun would always set behind Malolo Island. From a distance, it appeared as if the sun was resting. The Fijians believe that Malolo was an island especially created by the gods where the sun would come and rest after a day of wandering. From that time Fijians branched out from Viseisei to occupy over half of our 300 beautiful islands in the group. But every Fijian, irrespective of what island they hailed from.....knows that at the end of the day, wherever you are, the sun will always come to rest on Malolo Island. Ancient expressions such as “All roads lead to Rome” have entered our everyday English language. For the Fijians, the expression “na siga e dromu i Malolo” has also become part of everyday Fijian sayings. It means “Malolo is where the sun comes to rest”. Today, Malolo Island Fiji continues in the spirit of this wonderful legend. The sun in our logo reminds us of the island’s special significance in Fijian mythology. A place of rest. A place of peaceful seclusion. And like the sun, we hope that you also will make our island a place where you too can come and rest and bask in total peace and serenity. The island rejuvenates the elements and we know will do the same for you.



Our Location

Malolo Island Fiji is a jewel in the crown of the archipelago known as the Mamanuca Islands. Situated 25 kilometres/16 Miles from Fiji’s International Airport. Malolo is a paradise of seclusion and rejuvenation - with golden coral sand beaches, azure seas, panoramic views and wonderful air-conditioned accommodation and facilities.

Nearest Town: Nadi(45 minutes by speedboat/
1 or 2 hours by Tiger IV)
10 mins by seaplane

Local Villages: Yaro and Solevu
(10-15 minutes by boat)

Our Indigenous Land Owners

Fiji is a country proud of its traditions and determined to retain its unique culture for future generations. Most of the land in Fiji is owned by the indigenous Fijians who have occupied these islands for centuries. The land the Resort is situated on is owned by the local people of "Yaro" village which is just a 15 minute boat ride away. Our Land Owners are very proud of Malolo and feel a part of the business and future of the Resort. Up to half of our staff come from Yaro village and commute by boat daily. There is a second village on the island called Solevu village where the High Chief of the Mamanuca Group of islands, the "Tui Lawa" resides. The resort offers tours to our Village and on occasions to Solevu. On these visits you will see how the Fijians live and survive in the modern world.



Malolo
ISLAND • FIJI



Indulge Malolo Style

Dining at Malolo

Malolo offers variety and diversity with a la carte dining options at our Beach Bar, the Terrace or Treetops Restaurants. On Saturday nights the restaurants are closed for a la carte service and we host a Traditional Fijian Lovo which is served in the Terrace Restaurant.

To facilitate a la carte service we do try to stagger seating times and table sizes are restricted to a maximum of 8 guests. Larger tables can be organized through our Food and Beverage Manager on Saturday evenings.

Please note that we do not have in-room dining facilities at Malolo.

Half or full meal plan packages are available and details can be obtained from reception. Meal plans must be purchased at the start of your stay and for everyone staying in your bure for your entire stay.

If you have any dietary requirements or special requests during your stay, please do not hesitate to speak to our Chef or Food & Beverage Manager. We can cater for most dietary requirements and require up to 24 hrs notice for special requests due to the fact that as we are on an island, all our produce must come from the mainland, and therefore, is not instantly available.

Beach Bar

Located at the water's edge with spectacular sunset views over the fringing reef, the Beach bar is open morning till evening and offers an all day light meal menu. Lunch is available from 11.30am to 4.00pm and dinner from 6.00pm to 10.00pm. Happy Hour with reduced drink prices is between 5.30pm and 6.30pm daily.

Terrace Restaurant

Overlooking our two swimming pools and gardens offering alfresco dining, the Terrace offers a daily changing a la carte menu comprising four entrees, four mains and four desserts except on Theme nights. Using the freshest produce ensures we provide quality and variety for our guests. There is also a substantial children's menu. Breakfast is served from 7.00am to 10.00am, lunch from 11.30am to 2.30pm and dinner from 6.30pm to 10.00pm daily. The Terrace Restaurant is a non smoking restaurant.

Treetops Restaurant

Set above the Terrace and below a canopy of trees and the Fijian sky, Treetops offers a relaxed and intimate dining experience offering the Terrace menus but reserved for guests 13 years and over. Open for dinner 7 nights a week from 6.30pm to 10.00pm. Treetops Restaurant is a non smoking restaurant.

Theme Nights

Fijian Lovo and Meke evening...Every Saturday night the Malolo staff prepare a traditional Fijian Lovo. Delicious meats and vegetables are buried in an earth oven and cooked to perfection. The feast is served in the Terrace Restaurant and is followed by a traditional Meke of Fijian song and dance.



Island BBQ Evening

Every Wednesday night served in the Terrace Restaurant we offer a BBQ buffet with prime meats, chicken and fish barbecued Fijian style, along with a smorgasboard of tropical fruits, salads and desserts. Please note that no a la carte menus are available on our theme nights.

Fijian Kava

Come and meet the Resort management team each Wednesday evening at the poolside and experience some traditional Fijian Kava -6.30pm to 7.00pm.

Boutique

Located next to Reception our Boutique is open from 9:00am to 7:00pm daily. For your convenience our Boutique offers a full range of products including Fijian handicrafts, island clothing, hats, sunscreen lotion,

postcards, snacks and a few basic amenities. Postage stamps are also available and internet access is available in the Boutique during opening hours only.

Beachside Dining

Experience a romantic candlelit dinner by the sea, either on the beach or our jetty. Enquiries regarding availability can be made with the Food and Beverage Manager and is subject to tides and weather conditions. Beachside dining is not available on themed nights and the number of tables are restricted.

Dress Bula Style!

Feel free to dress casually - Bula Style, throughout the Resort. We ask that guests respect our local culture and wear a shirt in the bars and restaurants at all times with smart casual wear in the evening.

Bars

Malolo offers three bars with the following opening hours:

Pool Bar 10:00am to 6:00pm (Adults Only)

Beach Bar 10:00am to 11:00pm

Closed Saturday nights

Treetops Bar 6:30pm to 11.00pm (13+yrs only)

Happy Hour with reduced drink prices is between 5.30pm and 6.30pm daily at the Beach Bar.

Treetops Bar- open till late every evening for drinks and exotic island cocktails with entertainment nightly by the Malolo Serenaders.

The Pool Bar- Cool off with a relaxing beer, wine or cocktail at our "swim up" bar or sip your drink whilst relaxing in the jacuzzi.



Things to do at Malolo

“Na Tabu” Marine Reserve

On the 19th July 2005, the Paramount Chief of the Mananuca Islands, Na Tui Lawa, declared the waters and reefs in front of Malolo and Likuliku Lagoon 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 re-generation of reef and marine life as part of responsible and sustainable tourism. This “Tabu” means that any form of fishing or shellfish collecting is an offence and is strictly forbidden in the designated areas and applies to everyone, visitors and locals alike. As members of the Mamanuca Environment Society (MES) we are delighted with this decision and request your assistance in respecting this new Marine Reserve. Wherever you see a pole sticking out of the water with a palm frond across the top it means that the surrounding area has had an official "Na Tabu" ceremony and is now a restricted Marine Park area.

Snorkelling

Malolo Island is surrounded by fringing reef making snorkelling ideal and very easy off the front of the beach. Whilst snorkelling off our beach you will come across a large variety of fish, however should you wish to experience an abundance of both fish and coral varieties why not book one of our snorkelling trips to Castaway wall or Malolo sandbar?

For those who have not experienced snorkelling, every evening at 5.00pm a short DVD is shown in the Talei Lounge on Coral Care and Snorkeling Techniques and Safety in Fiji. We urge all arrival guests to take the time to watch this important DVD on the day of your arrival. Our staff in the Watersports Hut would then be happy to arrange a basic lesson.

Please be aware that coral is a fragile, precious, living creature which takes many years to grow. Please avoid standing on it or touching it whilst snorkelling and during low tide we urge you to access deep water via the end of the jetty rather than walking out to it over the coral. For those who do not like getting wet or too close we offer regular glass-bottom boat trips. These are scheduled according to tides so will vary from time to time. Please see the Watersports Hut for details

Scuba

Dive into Paradise with Subsurface Fiji. Fiji is world famous for its fantastic diving, with beautiful hard and soft coral populated by teeming tropical fish. The reefs near Malolo provide the perfect playground for divers of all levels. Subsurface Fiji is a PADI 5 star company with 18 years experiences providing fun diving for all ages from 8+.

Beginners: Learn to dive with a half day PADI Discover SCUBA diving course, or if you have a little longer get your PADI open water certificate and dive anywhere in the world.

Certified Divers: Check out the Daily Dive Planner for details of wrecks, caves, walls, canyons, pinnacles, shark

and pelagic outer reef experiences. Visit the dive shop for your free dive map.

Get Wet with Subsurface Fiji When you've relaxed for a while try the watersports for some holiday thrills and spills. There's nothing more exciting than an adrenaline pumping ride on one of our super fast 2 man jetskis or parasail up to 100 feet for an exhilarating bird's eye view of the islands and surrounding reefs. Ask at the dive shop about our special watersports packages. Have Fun!

Fishing

With the immediate surrounding area around Malolo and Likuliku a Marine Park, fishing off the rocks or beach is strictly forbidden. We do however offer a variety of fishing excursions to areas where keen anglers can troll for a giant Tuna or perhaps a Trevally. Please see the staff at the Watersports Hut for more information and bookings. Please avoid feeding fish bread and other processed foods from the end of the jetty. This is not a natural food substance for them and we do not want them becoming too reliant on us. We have restricted feeding to once every two days and we use special fish pellets at these times.

Sunset Cruise

Enjoy the splendour of a Fiji sunset atop the gentle and pristine waters aboard one of Malolo's own boats. Weather permitting, the sunset cruise departs every second evening from Malolo Jetty. Bookings can be made at the Watersports Hut.

Kids' Club

Tia's Treehouse is the home of our complimentary supervised children's club and is open daily for kids aged 4 to 12 only. Children under 4 require one on one attention and baby sitters can be organised through the kids club or reception. Charges do apply for this service. Open from 9am to 9pm, the kids club offers an innovative and unique program, "Yanu Yanu", which will have the kids living like true Malolo islanders. See Reception for more details.

Rejuvenate the Body & Soul

Soothe away that city stress or jet lag in the peaceful environment of our beautiful Leilani's Spa, whilst experiencing one of our carefully selected treatments on offer... Perhaps a relaxing Fijian body massage or a rejuvenating traditional island body wrap. We also specialise in body scrubs and refreshing facials. Located between bures 22 and 23, the spa is a tropical sanctuary nestled amongst the rainforest. We have single and couples treatment rooms as well as an area for manicure and pedicures. Enquiries and reservations for Leilani's Spa can be made at Malolo reception.

Likuliku Lagoon Resort/ Wadigi Resort

In the bay behind Malolo is Likuliku Lagoon Resort. Please note that this resort is an exclusive adults only resort and access is strictly prohibited. Likuliku Lagoon

has over-water bures and they have a water lease and consequently no snorkelling, kayaking, wind surfing, sailing or swimming is permitted in the Likuliku bay except by Likuliku house guests. Please do not access this area under any circumstances. In front of Malolo is the small island of Wadigi. This is also an exclusive resort and access is also restricted.

Talei Lounge

This lounge located near the Boutique is available for guests 13yrs and over. Guests may borrow books from the library, play board games, watch the satellite TV, listen to music, watch DVDs and enjoy free WiFi access in air-conditioned comfort.

Village Trip

Come and experience how our indigenous landowners live at the local village of “Yaro” by doing the “Shell Village Tour”. Or experience a traditional Fijian Church service available to guests each Sunday.

Religious Services

Fiji is a multi religious country represented by all major religions. The majority of Fijians are Christians and on Malolo Island there is a Methodist service each Sunday at Yaro Village. Transfers are available for guests to attend this service in the village and it is also an opportunity to experience the local Fijian choir. Please contact the Watersports Hut for more information.

Fijian Kava Ceremony

Come and meet some of our staff and see how Kava is made, and you will get to try some!

Customs and Culture

Fiji is well known for its customs and culture. If attending one of our Village trips, it is wise to learn a little more about the Fijian custom before leaving. Firstly the dress code is casual, but shorts and a T-Shirt must be worn by both men and women to ensure shoulders are covered. At the Community Hall you will be greeted by the village chiefs and elders. A “sevusevu” or gift is presented to the chief and village elders. (kava is normally presented). The chief who will be seated on the top centre of the room will receive the first bowl of kava. It is a custom to clap 3 times after he has finished drinking. As a custom before receiving a bowl of kava, clap once and then clap three times after you have finished. Everyone in the community hall gets to taste the kava. To clap is to show a means of respect to the elders. TIP - It is Tabu (Forbidden) to wear a cap or hat in a Fijian House and to touch a Fijian on the head.

Handy Fijian Phrases

Vinaka - Thanks

Bula - Hello, Welcome

Moce - Goodbye

Duatale - One more

Sotatale - See you soon

Sega na lega - No worries

Yadra - Good morning

Walking Trails

Malolo has several walking trail options varying in length and difficulty. Our walks currently include Jona's Lookout, Naroba Point and Mangrove Beach. There is also a walk along the fire track behind Likuliku Lagoon Resort that will take you around the back of the resort and up the far ridge where you can access Naivoka Beach. Likuliku Lagoon is an exclusive couples only resort and access to their beach and the Resort is strictly prohibited. For more information and a map of the tracks please see the activities team or reception.

When walking always wear good walking shoes, 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 with tides so please be very cautious when planning your walk and aim to be back with sufficient daylight. Insect repellent is recommended. Please do not light fires.



After Hours Emergencies

A Night Manager and Security Guard are on duty from 11.00pm to 7.00am daily. While the security guard is usually patrolling the Night Manager can be contacted at Reception in the event of an emergency or if guests experience any problems during the night.

Air-Conditioning

All bures feature individually controlled air-conditioning units and ceiling fans. These are easily adjusted, however should you have any queries please contact Reception. For greater comfort, set the air-conditioning at a moderate temperature of approximately 23°C and use in conjunction with the ceiling fan. It is recommended that you do not sleep with the air-conditioning set to a low temperature.

Baby Sitting

Baby sitting at F\$8.00 per hour is available. Please book at Reception at least 24 hours in advance.

Beach Towels

Complimentary beach towels will be left in your bure each night during Turndown Service. Please leave any beach towels on the bathroom floor if you wish to exchange at this time.

Check In/Check Out

Our check in time is 2:00pm and our check out time is 10:30am. Please have your bags outside your Bure for collection one hour prior to departure. If travelling by boat (Tiger IV), please confirm the time you will be departing with Reception 24 hours in advance. Tiger IV leaves Malolo at 11:00am, 2:00pm and 4:00pm daily. The 11:00am and 2:00pm boat travels direct to Denarau Marina (1 hour travelling time) and the 4:00pm boat travels via the other resorts (2 hours travelling time). Please note that these times are subject to change.

Day Rooms

For a small charge a day use room may be available upon request. Please see Reception for further details.

Dehydration

Please be aware that due to the climate in Fiji the heat and humidity can cause dehydration much faster than elsewhere, therefore you are encouraged to drink plenty of water whilst you are here. Symptoms of dehydration may include nausea, vomiting, diarrhoea and headaches. You are encouraged to drink plenty of water throughout the day to avoid dehydration.

Electricity Supply

Please note that our electricity supply is 220/240 volts.

Facsimile

Guests wishing to send facsimile messages may do so by leaving the message with Reception. A charge of F\$8.80 per page for European and Asian countries and F\$5.50 for Pacific countries will be added to your room account.

Groups In-House

Every now and again we host small to medium sized groups in-house for weddings, incentives or meetings. As other guests are usually staying in-house at the same time, we respectfully request group and wedding delegates be mindful of our other guests. Unless exclusive use of a venue is taken, maximum table numbers in restaurants and bars for drinks/dining is 8 people. Noise and late parties in the accommodation areas of the Resort are not permitted.

Internet

We provide two computers in our Boutique to allow guests to access and correspond by email free of charge. As there are only two computers please be mindful of other people and limit your time if other people are waiting. We also have a free WiFi Hotspot in the Talei Lounge and limited access at the Beach Bar. Please note that internet access in Fiji is limited and hence you may experience some delays when downloading.

Laundry

A 24-hour wash and fold Laundry Service is available daily. A laundry bag is provided in your bure. Please fill in the laundry slip in duplicate and your laundry bag can be given to Reception or the RoomAttendant at any time. We charge F\$16.00 per bag for the wash and fold service with a maximum of nine (9) items per bag.

Mail Service

We have a mailbox outside the Boutique where you can leave your outgoing mail. All outgoing mail is cleared daily before 10:30am for mailing. Stamps may be purchased in the Boutique.

Maintenance

We take considerable time to ensure that your room is well maintained and in working order. In the event that you do experience any maintenance issues please contact Reception who will arrange for one of our maintenance staff to attend to it quickly.

Medical Service

A small supply of pharmaceuticals are available in the Boutique. For injuries of a more serious nature please contact or ask for a senior member of management who will arrange transfers to Nadi for proper medical attention if required. Charges apply.

Payments of Accounts

Accounts should be settled at least 1 hour prior to departure to allow for unexpected schedule changes with transfers. For early morning departures, please settle accounts the night before. Payments are accepted in Cash, Travellers Cheques, Visa, Mastercard, American Express and Diners Card.

Reception

Our friendly staff are available for enquiries and assistance between 7:00am and 11:00pm daily. Reception services available include tour bookings, confirmation of flight and transfer arrangements, foreign currency exchange, account queries, processing of telephone calls and facsimiles and safe deposit boxes are also available for your valuables. For your convenience we are a cashless Resort and all charges are itemised on your account daily and paid for on check out using cash, major credit cards and travellers cheques.

Safe Deposit

Please do not leave valuables lying around. We highly recommend you keep all valuables including cash, passports, travel documents, jewelery, mobile/cell phones etc in the safe in your cupboard. A safety deposit system is also available at Reception. The Resort does not accept responsibility for loss or damage to guest personal equipment or property whilst staying at the resort.

Staff Policy

Part of the experience at Malolo is getting to know our wonderful staff. We respectfully request however that under no circumstances they be invited, encouraged or given alcohol to drink whilst on the island. Staff are not permitted in guest bures at any time unless in the normal course of their duties. We also request that guests refrain from entering the staff quarters.



Sunscreen

Please be conscious of the sun's rays and apply plenty of sunscreen when being exposed to the sun. Don't forget to put sunscreen on the tops of your feet!

Swimming Pools

The pools are chlorinated fresh water. There are no pool attendants so if travelling with children please see that they are supervised at all times. For the comfort and serenity of all of our guests the lower pool is available for children and the top pool is reserved for adults only(18 years and over).

Tipping

Tipping in Fiji is not customary nor is it expected. The Fijian's are hospitable and friendly people and that is their nature not because they expect a gratuity. If you have enjoyed the service that you have received from the staff during your stay please leave a donation in the staff fund box at Reception on your departure.

Water

Water is the most precious commodity on our island and Malolo does not have a continuous natural supply of water. We rely on a desalination plant which supplies us with clean filtered water. If you feel unsure about drinking our Island water, bottles of the famous "Fiji Water" may be purchased from the Boutique or Bars. Water served in our Restaurants is local Island water. Your assistance in re-using towels and linen and ensuring water is not left running for unreasonable lengths of time will be appreciated. Please be water wise!

Your Safety

We are very conscious about guest safety so please take a few moments of your time to read and become familiar with our safety and emergency procedures a copy of which is available in all bures and also at reception. Please also note that Malolo is a "natural island environment" and we are surrounded by water so its is important that parents remain vigilant in the supervision of children at all times.

Water activities should not under any circumstances be undertaken if alcohol has been consumed.

Please ensure you watch the Coral Care and Safety DVD shown daily in the Talei Lounge at 5.00pm.



Malolo Island Fiji has made every endeavour to ensure that all details are correct at time of printing. Details, pricing, conditions or services shown are all subject to change without notice.