

About Matava

Matava – Fiji's Premier Eco Adventure Resort is a small and intimate getaway designed to blend with its natural environment.

Our environmental policies are winning global awards however there is always a balance between convenience and the environment. It is important therefore that clients understand as much as possible about us before they come as Matava it is not for everyone.

Our Traditional thatched Fijian bures nestled in the rainforest accommodate up to 28 guests and offer privacy, comfort and superb views over the ocean and Great Astrolabe barrier reef. The ability to partake in world class activities and to experience the true beauty of Fiji and its people is the purpose for Matava's existence.

A stone's throw away from the Great Astrolabe Reef, it is the perfect environment to SCUBA dive, snorkel, game fish, surf and kayak with opportunities to trek, visit villages, bird watch or simply relax and unwind.

The Matava Story

The name is derived from a famous battle that took place on this land back in the 17th century. Warriors from the then powerful Rewa district on Viti Levu came down to make war with Kadavu village – our neighbouring and historically most powerful village on the island. On hearing this the Ratu "chief" sent his messenger "matanivanua" to challenge the Rewa warriors to war. Three times the matanivanua returned to the village with no reply. It was not until the fourth "va" challenge that a bloody battle ensued on the beachfront.

The Kadavu warriors proved too powerful and won the battle naming the site of the battle Matava after the messenger who was sent four times before the battle took place.

OVERVIEW OF FIJI

A BRIEF HISTORY OF FIJI

The first people of Fiji arrived long before contact with European explorers in the seventeenth century. Pottery excavated from Fijian towns shows that Fiji was settled before or around 1000 BC, although the question of Pacific migration still lingers. The Dutch explorer Abel Tasman visited Fiji in 1643 while looking for the Great Southern Continent. It was not until the nineteenth century, however, that Europeans settled the islands permanently. The islands came under British control as a colony in 1874, and the British brought over Indian contract laborers. It was granted independence in 1970. Democratic rule was interrupted by two military coups in 1987 because the government was perceived as dominated by the Indo-Fijian (Indian) community. The second 1987 coup saw the British monarchy and the Governor General replaced by a non-executive President, and the country changed the long form of its name from Dominion of Fiji to Republic of Fiji (and to Republic of the Fiji Islands in 1997). The coups and accompanying civil unrest contributed to heavy Indian emigration; the population loss resulted in economic difficulties but ensured that Melanesians became the majority.

In 1990, the new Constitution institutionalized the ethnic Fijian domination of the political system. Sitiveni Rabuka, the Lieutenant Colonel who carried out the 1987 coup became Prime Minister in 1992, following elections held under the new constitution. Three years later, Rabuka established the Constitutional Review Commission, which in 1997 led to a new Constitution, which was supported by most leaders of the indigenous Fijian and Indo-Fijian communities. Fiji is re-admitted to the Commonwealth of Nations.

Official name:	Republic of the Fiji Islands
Capital:	Suva
Area:	total: 18,270 sq km water: 0 sq km land: 18,270 sq km
Climate:	tropical marine; only slight seasonal temperature variation

Location:	Oceania, island group in the South Pacific Ocean, about two-thirds of the way from Hawaii to New Zealand
Geographic coordinates:	18 00 S, 175 00 E
Comparative Area:	slightly smaller than New Jersey
Land boundaries:	0 km
Coastline:	1,129 km
Terrain:	mostly mountains of volcanic origin
Elevation extremes:	lowest point: Pacific Ocean 0 m highest point: Tomanivi 1,324 m

IN WHAT TIME ZONE IS FIJI LOCATED?

The time zone is GMT+ 12 hours with no daylight savings time.

WHERE IS FIJI?

Republic of the Fiji Islands is an island nation in the South Pacific Ocean east of Vanuatu, west of Tonga and south of Tuvalu. The country occupies an archipelago of about 322 islands, of which 106 are permanently inhabited, and 522 islets. The two major islands, Viti Levu and Vanua Levu, account for 87% of the population.

WHERE IS KADAVU?

Fiji's fourth largest island, Kadavu is situated 100km south of the main island Viti Levu is one of the few remaining undeveloped islands in Fiji today.

Having maintained its strong cultural values the general population leads fairly subsistent lifestyles in sleepy coastal villages dwarfed by mountainous jungles and waterfalls plummeting from the hilltops. The islands deeply indented bays, fringed by coral reefs and mangrove forest provide habitat to a host of birds including the endemic Kadavu musk parrot. Forest openings reveal lizards basking on rocks, and butterflies spiraling skyward in a lazy dance.

The striking Astrolabe Reef and the Kadavu group of islands have both been created by past volcanic activity and tectonic movements. The Matava Resort is right on the doorstep of this magnificent living organism, home to an abundance of marine life unequaled in Fiji. Divers and snorkellers can expect a diversity of fish life and corals of every conceivable colour and hue.

Kadavu fact file

Size:	58km long by 14km wide
Population:	10,000
Villages:	88
Main centre:	Vunisea
Amenities:	Airstrip, Hospital, Post Office, Police Post, General stores

WHAT LANGUAGES ARE SPOKEN?

English and Fijian are both the official languages. At Matava, our staff will converse in English with guests.

WHAT CURRENCY IS USED?

The local currency is the Fijian dollar.

Major credit cards are accepted by most Nadi hotels.

It is advisable to exchange currency at banks, as the most favorable exchange rates may not be obtained elsewhere. Most banks are open Monday to Friday.

It is recommended that you exchange enough for island tipping and small pocket change.

Major credit cards are accepted by most restaurants, hotels, car rental companies, and shops. Travelers checks are accepted everywhere.

WHAT WEATHER CONDITIONS CAN I EXPECT IN FIJI

Fiji is a destination that offers year round diving. Fiji's climate is generally warm with wet and dry seasons. The wettest months for most regions are mid December to mid April, but the rain falls mainly in the evenings and rarely disrupts daily activities.

A light wetsuit is necessary, though some people choose more thermal protection (a 3mm suit) to ensure continued core temperature warmth throughout their visit

Kadavu has a typical tropical climate with the winter months being May to September and the summer being October to April.

Summer

Summertime is usually characterised by calm settled weather with blue skies during morning, cloud bubbling up over the island in the afternoon and the occasional evening or night time heavy shower.

The air temperature generally reaches a peak of about 32 degrees in February / March with the water temperature peaking at about 30 degrees C (86F).

Winter

In winter time, Fiji experiences the South Easterly trade winds. These trades vary in strength from a light breeze to a 20kt blow and usually last about 5-6 days. Following a tradewind will be a couple of days of calm settled weather, usually with a light Northerly breeze before the next trade picks up.

NE trades usually mean breezy but sunny weather. Northerly winds mean calm seas but occasional showers as cloud over the hills is pushed over the coast.

The air temperature generally reaches a low of about 22 degrees in August / September though it can dip lower on rare occasions. Water temperature drops to a low of about 24 degrees.

Cyclones?

The South Pacific can experience Cyclones when the water temperature exceeds 28 degrees. Cyclones therefore only occur in summer and at this latitude, tend to move fast, being through and gone within 24 hours. Cyclones in the South Pacific are far fewer in number than in the Northern hemisphere (hurricanes / Typhoons).

The Southern hemisphere averages less than a quarter of the number formed in the Northern hemisphere each year. The resort gets several days notice of the formation of a Cyclone anywhere in the South Pacific and any Cyclones that do form are monitored frequently.

The following are some general weather guidelines.

Please note that in the tropics, though weather systems tend to be large and weather patterns stable & predictable, shit happens.

Month	Air Temp (C)	Water Temp(C)	Weather Comments
January	31	28	Calm, sunny, hot & humid
February	32	29	Calm, sunny, hot & humid
March	33	30	Calm, sunny, hot & humid
April	30	29	Cooler at night

May	28	28	Hot days, cooler nights
June	26	26	Warm days, Cool nights
July	24	25	Warm days, Cool nights
August	22	24	Often breezy, tradwinds
September	24	25	Sometimes breezy
October	26	26	Mixed bag!
November	28	27	Hotter days but not humid
December	30	28	Hotter days but not humid

The Resort

Location

We are in the middle of no-where - tucked up in the jungle.

For our clients this is part of the attraction though the environment has minimal infrastructure - some bure are high up with steps and steep paths.

People need a good degree of agility and fitness - the resort is not accessible to those with mobility problems. Paths are deliberately not lit at night as we are one of the few remaining places left on the planet without light pollution and it interferes with the local wildlife (fruit bats, owls etc)

Please read the packing list.

Water

Spring water supplies the resort and is beautiful drinking water. You may find it very soft. The water in the bures is pumped from the spring up to a tank. You may prefer to use the water from the main bure for drinking as it is piped straight from the spring.

We recommend you use the drinking water sink between the kitchen and the Main Bure. This water is direct from the spring and double filtered.

Meals

Meals at Matava are a unique blend of local and international cuisine. The menu takes advantage of local seasonal delicacies and the day's fresh produce. Bread is baked daily and the resort. Matava boasts its own organic vegetable farm. Fish served have usually been caught that day by the resort's game fishing boat.

Meals begin with the beating of the "lali", a traditional Fijian drum.

Breakfast starts at 7.30am, lunch starts at 1.00pm with dinner usually commencing around 7.00pm.

Should you wish to lie in bed for longer, or arrive late for lunch, hungry from your diving, hiking etc, no need to worry as we will always save something for you.

Each week Matava staff look forward to hosting the traditional Fijian “lovo” feast and Kava ceremony. The lovo is cooked over hot stones underground. Like everyone else, we love a good barbeque too.

Should you like to escape for the day, we are very happy to arrange a Picnic lunch for you to enjoy at one of our local beaches, or your private deck.

We want to be sure that you enjoy your meals during your stay. It is no trouble for us to arrange something for you should you have any special dietary requirements, so please let us know during your check in briefing.

Private dining on your own bure deck can be arranged for those special occasions. We have created special menus are created for such dinners. Please see the manager on duty to book a private dinner.

Confectionery , chocolate, peanuts, crisps and light snacks may be purchased from the Main Bure boutique. Just ask the Bar person who will get them for you (not left out on show so they don't melt and go soft!)

Bar / Duty Free

The main bure has a fully stocked bar with a selection of local and imported beers, international wines and spirits, soft drinks and juices. Tea, coffee and Milo are available during the day from the kitchen.

Guests run a tab at the bar which is settled when checking out. Guests are kindly requested not to bring their own drinks into the bar/restaurant area (main bure). You are however welcome to consume your own wine with your meal - corkage will be charged at F\$15 per bottle. You are most welcome to consume any duty free alcohol etc in the privacy of your bure. You may purchase mixers from the bar.

Power / Charging

Lighting to the main bure and office is provided by solar power. The main bure has a charging station area where 240v power is available **throughout the day** for charging batteries and laptops, however you will be required to bring your own charging devices.

(We will run a generator for people to charge things if necessary but that sort of defeats the point...)

We ask people to help us make use of the available solar power by bringing spare rechargeable batteries so they can use one set whilst recharging the other set.

People who need unlimited power will be frustrated.

Lighting to the bures is also all solar powered and run on 12V. Your lights will not work during daylight hours as the system is charging. When dusk falls, the system will switch from generation to supply and your lighting system will start up. Please assist us by not leaving lights on unnecessarily or when you are not using your bure.

There is no 240V AC power in any of the bures at all.

Lanterns are dotted around the main bure and dining areas. You are welcome to use one after dinner. Please return the lantern to the main bure each morning where it will be cleaned and filled. To extinguish the lantern, push the lever down and blow out the flame. If in doubt, any member of staff will be happy to assist you. Please bear in mind that your bure is highly flammable and lanterns should not be taken inside, hung directly under wooden beams, thatching, or placed on the Mahogany furniture.

Finances

All services and purchases will be charged to your bure and finalised on your departure, therefore there is no need to carry you wallet or purse around with you. We are happy to provide a general safe (located in the main bure) as well as personal safes located in each bure

Prices are in Fiji dollars, and will be converted at the current bank exchange rate. We accept MasterCard, Visa, Travellers' cheques and cash. All credit card transactions will be charged an additional 5% administration fee.

In your Bure

Towels

Each bure bathreom is provided with towels. We do ask that you do not remove bathroom towels for beach use. Beach towels are available, please ask our staff for any assistance.

Hair Dryers

The average hair dryer consumes enough power in 5 minutes to run the entire resort for a week. Consequently you will not find one in your bure.

We are however happy to arrange for you to be driven around in a fast boat for 5 minutes for a small fee. We call it the 'windswept & interesting' look.

Hot Water in Bures

Most accommodation bures now have solar hot water systems, however, your bure may have a shower water heater that runs on propane gas. The water heater ignites automatically when you turn a hot water tap on and goes off when the tap is turned off again.

If you do not have hot water, please notify any member of the Housekeeping staff or Duty Manager.

It usually means the gas is finished and the bottle will need to be replaced. Please notify any member of the Housekeeping staff or Duty Manager.

Lighting in Bures

Lighting to the bures is all solar powered. Your lights will not work during daylight hours as the system is charging. When dusk falls, the system will switch from generation to supply and your lighting system will start up.

Please assist us by not leaving lights on unnecessarily or when you are not using your bure.

Room Safes

All bures have a room safe provided for your use. If you have any difficulty with its use, please speak to the Manager on Duty. We recommend you use it for your valuables such as passports, wallets and mobile phones.

Food in Bures

We strongly advise you not to keep food in your bure. You are likely to attract in "jungle critters". The resort kitchen can safely store your food items for access during your stay

Cooling

Bures are naturally cooled by the Fijian Tradewinds during the day, and by the falling cold air from the mountains at night.

As the windows are mosquito-screened, leaving the glass louvres open will give you a good flow of cooling air even on the hottest days.

Bathrooms

On these secluded islands, we are dependent on the good running of our septic system.

We ask your co-operation in not putting any personal hygiene items such as sanitary pads into the toilet. Please use the waste basket for such items.

Medical facilities

We have a hospital on the island which is well equipped and about 45 minutes by boat.

here is a nursing station within 10 minutes boat ride.

These facilities are great for most people - **those with conditions which may require specialist or urgent attention should consider carefully whether to venture to such a remote place.**

Flights out are only once a day - medivac is available but not at night.

Boat trips at night to the hospital are not guaranteed - depending on tide etc - as it could put the client, crew and boat in danger if conditions are not right so it is possible that someone would need to wait until the next day to leave the resort for medical attention if necessary.

Resort Boutique

Gifts, T Shirts, Sarongs, Natural Pure Fiji mosquito repellent, confectionery, chocolate, peanuts, crisps and light snacks may be purchased from the main bure boutique open all day, just ask the Host or person behind the bar for assistance.

Telephone

There are no phones in the bures. You are welcome to call from the office during normal office hours. Local calls relating to your travel arrangements to and from the island are complimentary.

International calls are placed through an operator who calls back with the exact cost of the call. This is then added to your bar tab plus local taxes.

Alternatively, it is possible to get a Vodaphone and Digicel signal at the front of the resort. You may need to walk out towards the boats a little. Ask the staff about "Vodafone Rock"...

WiFi

Thanks to satellite connectivity, the resort is able to offer WiFi access through the purchase of internet tokens. Like many of the major hotel chains, our WiFi service is accessible through the use of tokens which are lodged through the resorts WiFi browser.

We are pleased to offer our guests internet connectivity with our Main Bure Complex. The best areas for reception are at the far right of The Manta Bar and in the charging station area.

Our internet services is provided via satellite system, which has a maximum upload/download speed of 56kbps.

Our guests may access the internet on their laptop or devices by purchasing a token from the bar.

The WiFi connectivity is available from 9am to 5pm (during solar power activation times) , so be aware of the shut down time when activating your tokens.

Waste Management

At Matava, all rubbish is collected, separated and sorted. Food waste is fed to local pigs from nearby villages. We compost as much waste as possible for the organic farm. Paper, plastic and glass bottles are recycled.

Batteries and empty aerosol cans are impossible for us to dispose of and we request that you take these with you to your home country where suitable methods of disposal are available.

Please help us to minimise our impact on the environment and don't litter.

Room Servicing

Your bure will be made up each day. Sheets and towels are changed every three days. A hand washing facility is available, as is a laundry service. Please see any member of the Housekeeping staff should you require extra towels or additional services.

Matava Marine Reserve

Working in conjunction with our neighboring village of Kadavu Koro, we have established a marine reserve from the boundary of the Matava foreshore extending out to encompass the opposite Waya island.

This area is protected from any sort of fishing, shell collecting and reef walking.

There is a sandy path out through the sea grass that ends in a small clearing in the fringing coral where the boats enter and exit. This provides easy access to snorkeling areas and we ask that you stick to the path. The sea grass is a nursery for all sorts of marine life which you are welcome to snorkel over at sufficient tide. Please don't touch the coral. Hard coral polyps die immediately when touched.

We recommend that you wear some sort of footwear when walking on the path and snorkeling. The reserve does have some baby stingrays on occasion which can inflict a painful sting if stepped upon. Please be mindful that at high tide, some village boats travel through the marine reserve. The drivers of these boats usually have no marine qualifications and sometimes do not keep a proper lookout or proceed at a safe speed.

If you are snorkelling and hear a boat, please wave at the driver until you are sure he has seen you.

Kayaks

The resort has several kayaks available to guests at no charge. These kayaks are for use around the island and within sight of the resort. Please do not take them out of sight without first checking with the Watersports Centre Manager. We ask this for your own safety.

The resort can offer professional guided kayak/village day trips, however will require at least 24 hours notification to arrange. Please ask our Manager on Duty to provide further details.

Yoga

We have yoga mats, straps and blocks available for guest use at any time of the day. These are stored in the Boutique.

Ask the bar person where they are and then feel free to use them any time you wish.

Check Out

The resort transfer boat usually departs at about 11:00am however if we have guests traveling to Suva, departure times could be a little earlier.

The departure is timed so as to connect with the Nadi and Suva bound Pacific Sun flights. We ask that guests checking out do so by visiting the office bure set behind and to the right of the main bure between 9:45am and 10:30am. Please advise any member of the Housekeeping staff when your bags are ready for collection from your bure.

Payment Details

There are no banks on Kadavu and, as you can imagine, this sometimes makes running a resort here a little difficult! As a consequence of this, we prefer guests to settle their bill in cash. We are happy to accept Australian Dollars, New Zealand Dollars and US Dollars. In view of our preference for cash, we offer a discount for Fiji cash settlement.

Should you wish to settle via credit card we do accept VISA & MasterCard. Please note that a 5% administration surcharge will be added to the discounted cash amount due upon check out.

All prices quoted at the bar, on our website and around the resort on any literature are F\$ cash prices.

Tips and Gratuities

Tips are not required in Fiji however they are very much appreciated. Should you wish to tip staff you are welcome to do so directly.

Alternatively, the resort office maintains a Staff Tips Box. All funds placed there are converted into Fiji Dollars if necessary and divided equally amongst all permanent members of staff.

Similarly if you would like to contribute to one of the village projects such as the school or church building funds, you may add this to your bill and we will ensure it is put in the correct account. Please note that the use of credit cards for any tips will incur an administration fee.

SCUBA DIVING

The Great Astrolabe reef is the world's fourth largest barrier reef and is Fiji's largest living organism. It extends along the entire southern side of Kadavu and stretches for over 100km. It is rated as one of the world's premier diving locations offering a great diversity and spectacle in coral structures (both soft and hard) and marine life. The reef has 5 passages that offer some of the best diving.

Matava is in a privileged location within view of the Astrolabe Reef and with access to all 5 passages. Diving and snorkeling trips to the reef are conducted daily.

Dive Sites:

Exclusive diving on virgin reefs awaits those who dive at Matava. We have over 20 world-class sites offering enormous variety for divers of all levels within a 5 minute to half hour boat ride. We cater for divers from beginner to expert, with the sites varying in depth and current. Visibility seldom drops below 20 metres and usually exceeds that.

Dive sites include:

Naiqoro Passage: Spot X - Japanese Gardens. (Marine reserve)

Nacomoto Passage: Eagle Rock - Cabbage Patch - Nacomoto Wall. (Marine Reserve)

Soso Passage: Golden Chimney - Coral Wonderland and Manta Reef

When you check-out a Voluntary Marine Reserve contribution of F\$20 will automatically be added to your bill. This money goes to various villages to help them maintain marine reserves and protect the reef.

If you are considering diving with us, please check in with the Mad Fish Dive Centre on the day you arrive. You can then book your place on the dive boat, store any dive gear you have with you and complete any necessary PADI forms.

At breakfast, our Divemasters will decide on the most suitable dive sites for that day. They will base their decision on the prevailing weather conditions, the state of the tide and the level of experience of those diving that day.

Whilst we endeavour to take all our guests to Manta reef, we limit our diving there to a maximum of two visits per week to avoid disturbing the feeding mantas. It is not uncommon for Mantas to join us whilst diving other sites on the Great Astrolabe Reef.

Dive Professionals and Instruction

Matava's Mad Fish Dive Centre boasts a very energetic and experienced diving team, comprising of PADI Dive Instructors and PADI Dive Masters and support crew.

As a PADI 5 Star Dive Centre we offer a full range of PADI dive certification and courses include: Discover Scuba, Open Water Certificate, Advanced Certificate, Rescue Diver and Dive Master.

PADI Discover Scuba Diving

3 hours duration, introductory theory and skills with 1 ocean dive. If you want to find out but aren't quite ready to take the plunge into a certification course, Discover Scuba Diving will let you try scuba to see if you like it.

If you're looking for a convenient way to try scuba, look to a PADI Discover Scuba Diving experience to broaden your horizons. You can jump into this program near home in a pool, or on vacation near open water.

Give it a try. Diving can change your life.

- World's most popular introduction to scuba diving
- Available off the beach in the ocean on Waya Island in front of Matava

- Discover Scuba Diving skills may be credited toward the PADI Open Water Diver certification
- Average dive depth is 6 metres/20 feet (12 metres/40 feet is the maximum depth)
- Most Discover Scuba Diving experiences take just an hour or two
- No equipment necessary – everything's provided except you supply the smiles

PADI Manta Speciality Courses

The Manta Awareness Distinctive Speciality course introduces divers and snorkellers to basic Manta identification and conservation.

Learn what are the different Ray genre and species, what are their habitats and what are their population statuses as part of this fascinating course.

Then go diving with these graceful creatures at Manta Reef, identify the individual animals and register them in the Global Manta database online.

Ask the Dive instructor about this course!

PADI Coral Conservation Courses Weekly

Matava offers complimentary AWARE Coral Reef Conservation Course to all guests

Matava enhances education of all guests and staff by teaching complimentary weekly AWARE Coral Reef Conservation Courses at Mad Fish Dive Centre

By offering this new programme as a free, complimentary course Matava ensures that all guests have access to education and information about the coral reefs that are so importance to the world.

The course concentrates specifically on the Great Astrolabe Reef which allows all guests to interact and learn about this amazing ecosystem right on Matava's doorstep. The Great Astrolabe Reef is the world's fourth largest barrier reef and is Fiji's largest living organism. It extends along the entire southern side of Kadavu and stretches for over 120km directly in front of the resort.

The PADI AWARE Coral Reef Conservation Course is a ½ day course designed to introduce guests and staff to the role that coral reef ecosystems play in our planet's seas & oceans. Not just for diver either, but designed and aimed at all!

The PADI AWARE Coral Reef Conservation Speciality course teaches divers, snorkellers and non-divers about the vital role of coral reefs in the marine environment. The course also familiarizes participants with the current state of the world's coral reefs and how they can help.

There are no dives or age limits. Divers and non-divers alike enjoy learning about the aquatic environment and get involved in the course.

This non-diving course includes:

- An introduction to the Project AWARE Foundation
- The importance of coral reefs to marine ecosystems and coastal areas
- Coral reef biology, association and competition
- The status of the world's coral reefs
- How you can help, including responsible diving and snorkelling practices
- Certification counts toward the PADI Master Scuba Diver rating

Courses are taught at least weekly by Mad Fish Dive Centre's on-site PADI Instructor, at a time that suits the current guests in house.

Dive Boats

'Dive Me'

Dive Me is our 33ft Aluminium dive boat built by Bluewater boats in Fiji. She can comfortably accommodate 12 divers plus 2 PADI Divemasters.

'Ika Lialia' (Fijian for 'Mad Fish')

Ika Lialia is our 23ft skiff dive boat that is used for smaller groups She can accommodate 5 divers plus one Divemaster.

'Below Me'

Below Me is our 27ft Aluminium boat built by Bluewater boats in Fiji. She can comfortably accommodate 8 divers plus 2 PADI Divemasters.

BIG GAME FISHING

'Bite Me'

Our custom built DeepVee 310 has a crew of two and is available for day charter for up to 4 guests. The boat is outfitted with toilet, shower, galley, fridge and saloon.

She carries a plethora of electronics and safety equipment, Reelax outriggers and 80lb game chair, Simrad sounder/plotter/radar with autopilot and a teak cockpit for your ultimate safety and comfort.

Fishing

Black Marlin Blue Marlin Striped Marlin

Sailfish Wahoo Yellowfin

Superb blue water game fishing awaits you around the Great Astrolabe barrier reef, oceanic pinnacles, 4,000m deep trenches and nearby sea mounts. Bite Me can be trolling in 1,000 meters of water within 10 minutes of the resort or working light tackle along the outer fringes of the barrier reef for sailfish and record wahoo.

Cruising

Cruise the sheltered North Astrolabe Islands in luxury and comfort. Dolphin watching, & sometimes Humpback whales (July – October), remote snorkeling, sightseeing and some fun fishing. Includes all snorkeling gear and soft drinks.

The Gear

Penn International Shimano Pakula MBT

Black Bart Joe Yee Marlin Magic

We carry Penn International 30lb, 50lb and 80lb big game trolling outfits. We can also carry Shimano 6kg, 8kg and 10kg gear for the light tackle enthusiasts or those guests wishing to make IGFA record attempts on Kadavu's famous huge wahoo. We also have highly specialised custom made ultra-light gear for World Record attempts and heavy duty deep jig and salt water fly fishing equipment.

SPORT FISHING

'Tease Me'

Tease Me is a 23ft Centre Console Islander fishing boat built in the Fiji Islands. Tease Me is available for charter for up to 3 guests anglers. She is ideally suited to working the outer slopes and sheltered coral lagoons of the Great Astrolabe barrier reef.

Tease Me has a crew of one and can take up to three guest anglers.

On board are fish finder, GPS, VHF radio, cellphone and full safety gear.

The Fishing

**Wahoo Yellowfin Mahi mahi GTs
Spaniards Coral Trout Dog Tooth Tuna**

Tease Me offers guests a complete range of fishing including trolling lures along the miles of reef systems and outer barrier reef slopes, casting in the mangroves, deep water jigging, casting poppers for GTs and trolling the blue water for sailfish, tuna, mahi mahi and monster wahoo.

The Gear

Tease Me carries 30lb Shimano TLDs on Excaliber custom rods and Penn Powersticks. These lever drag reels are easy enough to use for the first time angler but capable of handling the hard fighting reef predators and sport fish found all around the island.

In addition we can carry casting rods for the popper crunching GTs as well as high speed Daiwa Saltists on Shimano T-Curve deep water jig outfits to find those deeper reef dwellers such as dog tooth tuna, coral trout, black trevally and deepwater snapper such as Opakapaka.

Other Activities

Kadavu is well established as a leading world dive destination. However, if you visited Kadavu without exploring at least a little of the island, your visit would be incomplete. Kadavu offers rainforests, mangroves, waterfalls, beaches, unique wildlife, unspoilt villages, and the opportunity to become involved in cultural activities unchanged for hundreds of years.

At Matava, we offer a variety of activities for those wanting to explore the island or learn more about the Fijian way of life. Many of these are joint initiatives between the resort and local communities. The Bamboo Spa

Step lightly over the gateway to relaxation — a symbolic beginning to your journey through this oasis — leaving behind cares and the outside world as if on a far distant shore. Each guest's journey is unique...

As part of our full body rituals, your path begins with another soothing experience rich with symbolic meaning — a warm foot soak in fragrant coconut milk bath... a welcoming and cleansing gesture which will leave you feeling serene.

Choose your path through this sanctuary, with a promising selection of natural treatments lovingly made with uniquely Fijian plant extracts — heavenly massages and wraps, miraculous facials, and the most luxurious of spa pedicures and manicures. Not only will skin and body be refreshed and revived — but every choice on this journey will leave your heart a little lighter, your spirit a little brighter until we at the Bamboo Spa welcome you once again.

We encourage our guests to schedule appointments in advance to ensure your preferred treatment or therapist is available. Bookings made on the day of service and walk-in appointments are always welcome, based upon availability.

Please contact the Spa Coordinator for all appointments.

Snorkeling

For reef lovers who enjoy the sun on their back, the Astrolabe Reef also provides a superb snorkeling experience. Whether exploring “Critter Junction” Marine Park, one of the island’s best fringing reefs “right in front of the resort or taking a short boat ride to the main reef itself, you will be dazzled by the amazing array of corals and fish for which the Astrolabe is famous.

For those with no snorkeling experience, our dive team will be delighted to introduce them to the reef world with just a few fun and easy lessons.

All the equipment they need is available from the Watersports Centre and snorkeling on house reef is free

Waterfall Walk

Located one hour walking time from the resort is a stunning waterfall which plunges into a cavern of overhanging rocks. The pool below provides an excellent place for a refreshing swim following the walk.

It is also popular among guests to sit and relax while the local village children scramble up the rocks surrounding the pool and show off with amazing high dives. The village charges F\$5 per person and this is paid to the resort when you check out.

The resort maintains a visitors book in which we ask you to comment on your visit to the falls.

Nacomoto Treks

Matava has a day long guided return trek to Nacomoto village that takes in mangroves, rainforest and grasslands. The steep climb involved as part of this walk is well worth the effort for the spectacular views over the Astrolabe Reef. Sections of rainforest provide welcome shade along the way, while two inviting waterfalls will tempt hikers into taking a dip.

Teitei Walk

Guests may like to join one of our local farmers and medicine man on a walk to his teitei (garden). They can learn about the local crops of dalo, tavioka, uvi and yaqona and about the uses of local forest plants for crafts, medicine and building. Afterwards, they have the chance to relax and talanoa (chat) with members of his family in their village home before returning to the resort.

The return trip takes approximately three hours and includes breathtaking views, shady forest paths and grasslands. (Minimum 2 guests)

Yaqona Drinking (Kava)

The traditional drink of Fiji, yaqona- or better known as kava- is a central part of most Fijian ceremonies. The root of a species of pepper plant is dried and pounded into a powder before being mixed with water in a traditional bowl called a tanoa. The resulting drink acts as a mild relaxant and has a slight numbing effect on the tongue.

At some point in a guest's stay, they will undoubtedly be offered a bilo (or cup) either at the resort or during a village visit. We suggest guests should try at least one !

Village Mekes

The local village can sometimes perform a meke for guests of the resort upon request. A meke is a ceremony of traditional songs, music and dance often unique to a particular village. The performers may be school children or the village women's group. Usually most of the village attends, offering encouragement to their friends, joining in the fun and providing for a real cultural exchange.

This is a village initiative supported by Matava to keep local versions of the meke alive and at the same time raise money for the community development projects in the village.

Village Etiquette

- Don't wear hats or sunglasses.
- Don't carry bags etc. on your shoulders.
- Take off your shoes before entering a house.
- Upon entering a house, sit down inside the door. You will be invited to move to the appropriate place.
- Stoop slightly and say "chillo" (excuse me) if passing people who are seated on the floor.
- Ladies should dress modestly. Cover legs with a skirt or Sulu. Cover shoulders with a blouse or T-shirt. Sulu's or Sarongs maybe purchased from the resort's boutique.
- Most Fijians will say grace before starting a meal.

Remote Beach Picnic

If you would like your own private Robinson Crusoe experience, a day trip to a remote beach can be arranged with the manager or Host on duty. You will depart the resort after breakfast with a packed lunch and snorkeling gear and be dropped off on a distant beach. Collection is normally around 3.30pm however, we can arrange for you to be picked up at a time of your choosing.

Dolphin & Whale Watching

Spinner dolphin can be seen in Kadavu waters all year round. They love to play with boats but are quite shy if you get in the water.

Pilot whales are often seen outside the reef but around July / August, Humpback whales migrate into Fiji waters to calf. They can often be seen and photographed inside the reef. If we see a humpback inside the reef we offer all guests the opportunity to go out in a boat and see one up close.

Kadavu Village School

Guests are welcome to visit the Kadavu village school. We ask that you make prior arrangements first as a visit by guests during class time can be somewhat disruptive!!

Matava Resort guests involved in the teaching profession are often invited to meet the kids and take a class.

If you wish to assist the kids with a donation of books, pencils or a cash donation, please see the manager on duty to make such arrangements.

Conservation, the Environment and our Carbon Footprint

Matava Resort is designed to blend in with its natural environment. It is the resort's policy to minimise our impact on the environment and to promote and support ecologically sound conservation measures in our community.

We try to do this in a number of ways:

Solar Power

All lighting in the Oceanview accommodation and the main bure is solar powered. The resort office also derives all its power from solar energy.

The resort does not operate any main generators, only a small emergency back-up generator for the office should the need arise.

Solar Hot Water

All accommodation is supplied with hot water derived from solar energy. Hot water should be available to guests 24hrs a day. Back up propane heaters deal with periods when the solar is not sufficient.

Organic Farming

We minimise the need to import vegetables with associated transportation carbon emissions by maintaining a large organic garden in the resort grounds. In addition, we supply local village farmers with seeds and then purchase the fruit and vegetables from them. Many fruit trees such as banana and papaya are scattered through the grounds.

Land Management

We leave areas of land around the resort uncultivated to encourage the growth of native wild flowers and ferns. Part of the resort foreshore is naturally a mangrove shoreline and has been left untouched. Mangroves prevent erosion and provide sanctuary to juvenile fish.

No insecticides or herbicides are used on the property. Any plants found around the resort are native to Kadavu and Fiji or already found on the island.

Water

The primary reason for the location of Matava Resort is the abundance of natural spring water. During the drought of 2003, it was one of only two locations on the South of Kadavu island that still had a water supply. The water is naturally filtered through the limestone and is of excellent quality. Nevertheless, rainwater is still collected at certain locations and used to supply the organic garden and supplement the supply to some of the Oceanview bures.

Buildings

All resort building structures are built using locally grown pine or hardwoods planted for that purpose. They are then finished using traditional methods of thatching and palm weaving. We do not use local wild hardwood trees for lumber. All grey water is piped out to rubble drains for flowers and plants. Bures are designed and orientated to benefit from shade and sea breezes for cooling.

Waste Management

All rubbish is sorted. Food waste is fed to local pigs. We compost as much waste as possible for the organic farm. Plastic and glass bottles are recycled, as are aluminium cans. Batteries and empty aerosol cans are impossible for us to dispose of and we request that guests take these with them to their home country where suitable methods of disposal are available.

Staffing

All resort staff are from local villages. The resort's annual expenditure is directed, wherever possible, to the local community. Obviously, we do have to import some specialized equipment not manufactured on the island or in Fiji however, if we can obtain a product locally, we will do so.

Marine Reserves

Working in conjunction with our neighboring village of Kadavu Koro, we have established a marine reserve from the boundary of the Matava foreshore extending out to encompass the opposite Waya island. This area is protected from any sort of fishing, shell collecting and reef walking.

We have also helped the village of Nacomoto establish a marine reserve in their waters. Each time we dive there, we make a contribution to the village. This agreement is of benefit to all parties. The diving is superb, the village derives income without the need to fish that area and the marine life has an undisturbed sanctuary. Our divers often dive in the Naiqoro Passageway marine reserve and we make further contributions to support this initiative.

Our guests are asked to make a small voluntary contribution to these marine reserves when they check-out. This money is used in their support and to promote marine conservation measures taken by our local villages.

Education

Each bure contains an information pack which includes advice on how guests can avoid damaging coral and marine life. The main bure has an extensive reference and information folder on coral reefs and their associated biology.

Matava Resort is supporting the efforts of local community school Governors to have the Fiji national curriculum include a class on marine and terrestrial conservation and sustainable resource management.

Diving

We have a 'look but don't touch' diving and snorkeling policy. Diving guests seen to be damaging marine life through uncontrolled buoyancy or willful neglect will not be allowed to continue diving. Guests touching live coral or marine life will be asked to refrain from doing so. We don't ask twice. The reef and surrounding marine parks are there for everyone, therefore we do ask that you refrain from collecting any shells etc.

Gamefishing

The resort has a Tag & Release policy on all billfish other than an obvious World or Fiji National Record. Gamefish that would be National Records are often released unharmed. All fish not destined for the dinner plate are released. All Giant Trevally (GTs) are released. In March 2010 we began a tagging programme on GTs and dogtooth tuna. Matava Resort is a member of the International Game Fishing Association (IGFA) and The game boat's skipper is a member and supporter of The Billfish Foundation. Activity