

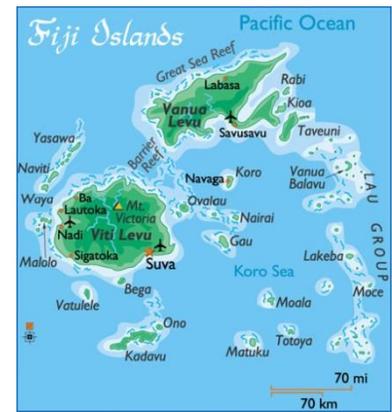


ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE



Prospectus AMC Adventure Travel Trip #1806
Fijian Islands Experience September 12-25, 2018
(Dates subject to slight changes, depending on air travel availability)

Come join us in discovering the friendly culture and sheer beauty of the Fijian Islands. Of the 322 volcanic islands and 522 smaller islets making up the archipelago, about 106 are permanently inhabited. Fiji is famed for its phenomenal landscapes, palm-lined beaches, and coral reefs with clear lagoons. Our itinerary is designed to provide you the opportunity to experience the splendid islands of Viti Levu, Waya, and Nacula. Based on the nature of our island destinations, we have arranged for a selection of accommodations including apartments, tropical resorts, and village homestays. This trip will provide unique opportunities for snorkeling, moderately vigorous hiking on some days, and the chance to get to know the Fijian people and their fascinating culture. We do expect a lot of interest in this truly special trip, so if you would like to join us, we encourage you to contact us as soon as possible.



Here is a glimpse at our planned itinerary:



Wednesday, 9/12-Friday 9/14: We will depart Los Angeles late in the day September 12, with an early morning 9/14 arrival at Nadi Airport on the Fijian island of Viti Levu. We'll take a shuttle to our accommodations at The Terraces Apartment Resort at Denarau Island, which is actually part of Viti Levu. After checking in and having a group brunch at The Terraces Café, you will have the chance to unwind, walk around, and explore this thriving resort and marina area. This evening we will have our group meeting and dinner at the Nadina Authentic Fijian Restaurant.

9/15: After breakfast, we will set out for a tour of the Nadi Town Market, Garden of the Sleeping Giant, and the SRI SIVA Subramanya Swami Temple. After our tour, we'll return to our hotel for a group meeting to discuss the next day's scheduling details. Tonight participants will have the opportunity to venture out and try local restaurants on their own for dinner.

9/16, 17, 18: After an early breakfast, we are off to Denarau Marina to board the Yasawa Flyer. We'll have a 2 ½ scenic fast catamaran ride to Waya Island located in the Yasawa Islands. We'll be staying at the Octopus Resort on mile long Likuliku Bay which was voted one of the top 10 beaches in the world by Conde Nast Traveller. This area is known for some of the best snorkeling in Fiji with fantastically beautiful coral and a protected marine reserve. The breakfast, lunch, and dinner meal plan is included in our stay here. There will be multiple opportunities to engage in nature and cultural activities during our stay here.



9/19: Today we will be off on the Yasawa Flyer again to visit Nacula Island. We will be doing a homestay in the vibrant native Fijian village of Navotua. Navotua village is known for fine traditional Fijian dances. You'll be participating in a "Kava Welcoming Session" with the chief. Each of us will stay and have our meals with a local village family. There will be opportunities to kayak, hike, visit the village school, and learn more about Fijian culture. They have a gorgeous beach, so there is time to relax and snorkel here as well.



9/20, 9/21, 9/22, 9/23: After our Homestay, we are off via boat to The Blue Lagoon Resort for some additional adventure. The Blue Lagoon Resort has a labyrinth of trails beginning just at the base of the hill behind the resort. Here you will find trails that lead you to hidden mangroves, isolated beaches, rainforest canopied walks, the mud crab flats, and in general – tropical island walk experiences! The resort has put together walking maps specifically



designed for navigating these trails. Complimentary activities include kayaking – cultural demonstrations – island weaving – cooking demonstration – island meke night featuring traditional Entertainment – Fijian lovo night. On our second day here, we'll take a short boat ride over to the spectacular Sawa-i-Lau sea cave. Here you'll swim and explore your way through the majestic Limestone walls, and immerse yourself in Fijian nature, and the raw beauty these caves have to offer. Additional fee based activities may be available. Participants will have the meal plan which includes breakfast, lunch, and dinner.

9/24: Today at 1 pm we ride the Yasawa Flyer catamaran back to Denarau and spend our final night in Fiji back at The Terraces Apartment Resort. The apartments are equipped with washer/dryers which may prove useful after all of our journeying. Tonight we will enjoy dinner together at Lulu's Restaurant.

9/25: On our last day, participants will have the opportunity for last minute shopping, swimming, and/or relaxing prior to checkout. Your leaders will have pre-arranged our group shuttle for return to Nadi International Airport. We leave Fiji behind for now, but we will have plenty to reminisce about our adventurous fun time in Fiji...until our next adventure.

The above itinerary is subject to change.

Trip Leadership

Pam Madigan

Pam was essentially brought up on AMC experiences at Cardigan Lodge, canoeing the Allagash, and hiking in the White Mountains. Pam has served as a leader or co-leader for AMC Adventure Travel trips to St. John USVI, Hawaii, Russia, Paris, and New Zealand. Pam's perennial favorite is the St. John trip which she has participated in for over 20 years and plans to visit for many years to come. Pam serves on the AMC Adventure Travel Committee and holds her Advanced Wilderness First Aid certification. Pam lives in Medfield, Massachusetts with her husband Stephen. Her hobbies include snorkeling, hiking, and English hand bell ringing.





Sam Jamke

Like Pam, Sam is a longtime AMC member. A four-season hike leader with the NH chapter and former Chapter Chair, she has led many Adventure Travel trips, including six hut-to-hut trips in Patagonia and New Zealand. She is also a hike leader for AMC August Camp and has climbed the White Mountain Four Thousand Footers and the New England Hundred Highest in winter. Her other hiking venues include many western states, Morocco, Europe, Canada, and Antarctica. Sam is a former AMC Information Volunteer and a former member of the Club's Board of Directors. She is also a Master Gardener, wanna-be naturalist and a certified SCUBA diver.

Cost, Registration and Cancellation

Our adventurous yet relaxed pace itinerary is suitable for couples, singles, and families (recommended for children 12 + older). The trip size is limited to 14 participants and two leaders. **The trip cost is \$3,400** per person which includes the items listed below. The leaders will assist participants with their flight arrangements to/from Nadi airport. Round trip airfare from *Los Angeles to Nadi* is expected to range \$1500-1800 (based on estimates & availability). We will investigate arranging a group rate from the west coast as soon as the flight schedules for September 2018 are available. The actual trip dates may change slightly as daily flights may not be available after early September.

Accommodations

Many accommodations on Fiji tend to be rather basic; we plan to select the best options at the best resorts, thus accommodations may vary somewhat from resort to resort. In all cases we plan to have only 2 participants per room. At the present time, it is likely that at some resorts our lodging will be in 2-bedroom, 1 bath units shared by 4 persons. Other accommodations may include double rooms with shared bath.

The trip fee includes the following:

- All group ground transport, boat transport, and buses in the Fijian Islands
- Entrance fees to Garden of the Sleeping Giant, SRI SIVA Subramanya Swami Temple, and Sawa-i-Lau sea cave are included.
- Our stays at The Terraces Apartment Resort, Octopus Resort, Novatua Homestay, and The Blue Lagoon Resort).
- All meals included with the exception of any airline meal purchases on 9/12, 9/15 lunch and dinner, 9/24 lunch and any meals on return travel day (9/25).

All other personal expenses such as optional trips, meals on own, and alcoholic beverages are not included. Some of the leaders' expenses for the trip and administrative costs to support the trip are included in the overall trip costs to be shared among the participants. This is strictly a non-profit excursion conducted by the leaders on a volunteer basis. Any unforeseen increases in costs will be shared by all participants. Any funds remaining after all expenses are paid will be divided among the participants in accordance with AMC Adventure Travel rules.

A registration deposit of \$1200 is due with the application. You must submit the completed and signed Application Form, the AMC Confidential Health Questionnaire, AMC Optional Confidential Supplemental Medical Questionnaire (only if participant feels it important to supply), and the signed AMC Acknowledgement and Assumption of Risk and Release. Make checks payable to "Appalachian Mountain Club" and mail with your completed application to: Pam Madigan, 12 School Street, Medfield, MA 02052. Second Payment of \$1000 due by January 1, 2018. After 12/31/2017 any new participant pays \$2200 deposit (the first two payments). Final trip payment is due 4/15/2018. Participant is subject to a \$200 fee if cancelling prior to 1/1/2018. If cancellation is received between 1/1/2018- 4/15/2018 participant will receive any deposit monies that can be recovered and does not increase cost for other participants, less \$200. Cancellations after 4/15/2018 will receive no refund unless we are able to secure another participant to take his/her spot. If we are able to secure a replacement,

the \$200 cancellation fee still applies (as long as the cancellation does not raise the trip cost to other participants). Trip cancellation insurance is highly advised and information about it will be supplied to all participants.

This trip is likely to fill quickly with the limited group size (14 participants). If you are interested, please register as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of those going on the trip. We will be using email as our primary source of communication. If you prefer snail mail and/or telephone communication, please note that on your registration form. If you have any questions, please call us so that we can discuss them.

Single Applicants: If you are a single applicant, the leaders will help find a roommate for you. The leaders reserve the right to change roommates. There are no single supplement options.

Trip Requisites:

A) Health: Participants must be in good general health and able to do moderate hiking. The trip is not recommended for children under 12. Health-care facilities in Fiji's urban areas are adequate for most routine medical problems. In rural areas, staff training is limited and there are often shortages of supplies and medications. Doctors and hospitals expect immediate cash payment for health services. Travelers should carry adequate supplies of any needed prescription medicines, along with copies of their prescriptions, the generic name of the drugs, and a supply of preferred over-the-counter medications. **While no vaccinations are required for entry into Fiji, the leaders recommend you be up to date on both hepatitis A and typhoid vaccines to safely travel in the Fiji Islands, per recommendations of the CDC. See more information here, including info on the zika virus, which is a known issue in the islands:**

https://wwwnc.cdc.gov/travel/destinations/traveler/none/fiji?s_cid=ncezid-dgmg-travel-single-001

B) Physical Conditioning: This trip involves a moderate amount of hiking on maintained trails. Participants should be in good physical condition and able to walk/hike the required 2-5 miles with some elevation gain. You should also be able to swim.

C) Adaptability: An important criterion for this trip is the ability to be flexible. Please note that itinerary schedule may be modified due to transportation and weather details. Safety will always take priority in the leaders' decisions.

D) Understanding of Trip Purpose: This trip is designed for everyone to experience our adventure in Italy through shared participation in an organized group environment. Participants are expected to arrive promptly for scheduled activities. AMC trip participants are known for their cooperative efforts, and expectations are that all participants be considerate of others sharing this AMC Adventure Travel experience.

E) Being a Team Player: We will be more than just a group; we will be a team. As a member of our team, you will be responsible for yourself as being an equal part of the group. Being a team player also means proper communication as to your whereabouts and your personal health. Although we are all adults, the trip leaders have a responsibility for the overall safety of the group and part of that is knowing where everyone is. Especially when traveling in a group and in a foreign country, you should tell someone about your intentions. Similarly, you should tell one of the leaders if you become ill or do not feel you are physically capable of safely participating in any of the days' activities.

F) Safety, Risks, and Hazards: As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation via foot or vehicles. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Parents' and participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

Entering Fiji: Tourists from the United States need a valid passport that does not expire within six months of the planned date of departure.

Climate: Maximum temperatures in Fiji rarely move out of the 78 to 87 degree range all year round. A cooling trade wind blows from the east south-east for most of the year. It usually drops to a whisper in the evening and picks up again by mid-morning. Summer weight clothes and hiking gear should be appropriate.

Currency: 1 Fijian dollar converts to .496 US dollar as of 9/23/17.

Major credit cards are widely accepted at many types of establishments throughout and this should help prevent travelers from exchanging large sums of hard currency to finance your stay. Visa and MasterCard are widely accepted. ATMs accepting cards on the Plus/Electron and Cirrus/Maestro networks are available. Debit cards used at an ATM are usually the cheapest way to obtain local currency.

Website Resources:

<http://www.theterraces.com.fj/>

<http://www.awesomefiji.com/transfers/>

<http://www.octopusresort.com/>

<http://www.navotuavillage.com/>

<http://www.bluelagoonbeachresort.com.fj/>

<http://www.gsgfiji.com/>

<http://www.sangamfiji.com.fj/index.php?page=temple-news-pooja>

<http://www.fiji.travel/>

<https://travel.state.gov/content/passports/en/country/fiji.html>

<http://wikitravel.org/en/Fiji>

<http://www.feejeeexperience.com/what-to-bring>

<https://www.awesomefiji.com/transfers/>

We look forward to having you join us!

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