



Fiji Island Paradise of Beqa with Wilderness & Travel Medicine Beqa Lagoon Resort, Pacific Harbour, Fiji

BEQA LAGOON RESORT Voted Top Diving Resort in the World!
(*Rodale's Scuba Diving Magazine - 2002*)

"The absolute diving Mecca. The richest coral growth I've ever seen" -*Michael Cufer*

"Beqa Lagoon has been called the 'soft coral capital of the world...' brilliant dive sites...hundreds of dive sites and brilliant reefs and wrecks in the area."

Nigel Marsh Pacific Diver Magazine - The Leading Dive Magazine of New Zealand

Overview:

This exciting Wilderness & Travel Medicine Course takes place in the secluded Fiji Island Paradise of Beqa (pronounced "Benga"). Surrounded by one of the world's largest and most spectacular barrier reefs, Beqa is rich and unspoiled.

Behind the Beqa Lagoon resort the land slopes gently upward into a tropical forest. Nearby are beautiful fresh water streams and waterfalls. Tropical flowers bloom about the island, and the tables at the resort are nicely decorated with fresh cuttings.

Beqa Lagoon is actually an extinct volcano crater, and the 40-mile ring reef has formed on the lip of the old crater. It is home to one of the greatest displays of soft corals and sea fans in the world. Fiji is often called the "Soft Coral Capital of the World".

Diving in these calm protected waters is like exploring another world. The water is clear and warm, visibility is often over 100 feet, currents are generally mild, and the water temperature stays near a fairly constant 80 degrees.

The dive team at Beqa Lagoon Resort will help you discover the incredible marine life that abounds in these waters - fantastic coral and invertebrates, Blue Ribbon Eels, Clown Triggers, Lion Fish, Leaf Scorpions, Reef Sharks and millions of colorful Anthias and Fusiliers.

Recreational Activities:

Scuba Dive in pristine reefs to discover rich marine life and beautiful coral gardens. Enjoy fun-filled days snorkeling, swimming or kayaking the warm waters of the blue lagoon.

Optional Scuba Diving Package...

Package of Five (5) Days of 2 tank boat diving (10 tanks total per person) including mask, fins, tanks, weights, belt, dive guide, and refreshments for \$500.00. (Other gear is available to rent.)

Snorkeling is fantastic for non-scuba divers!

One of Beqa's unique features is that beautiful coral reefs thrive just a few feet from the resort beach. Even if you do not scuba dive, snorkeling can offer a wonderful array of marine life, such as clown fish, lion fish, lobsters, live corals and amazing marine life...a few steps off the resort's beach! Snorkeling excursions can also easily be arranged to other areas for an additional fee.

The Lali Resort Spa- Fantastic staff with wonderful massage and spa treatments!

Sea Kayaking - Single or double kayaks are available to explore the neighboring islands and beautiful beaches of Beqa Island. Glide over beautiful coral gardens and enjoy the beauty of nearby pristine bays and beaches!

Deep Sea Fishing Charters with outstanding angling are also available.

Hiking - hike to waterfalls, beaches, tide-pools, or visit local villages

Whitewater Rafting is truly spectacular on the nearby Navua and Luva Rivers. Rivers Fiji, Inc. offers a wide selection of fantastic day trips. Incredibly beautiful, deep tropical gorges with gorgeous waterfalls and fun class III rapids. Please visit riversfiji.com (additional cost)

Nearby World-Class surfing- "Voted one of the best two waves in Fiji." Powerful and fast (with prevailing offshore winds), Frigate Passage (also known as the Fiji "Pipeline") is located on the southwestern barrier reef of the island of Beqa, just a short distance from Beqa Lagoon Resort. Frigate Passage offers the ideal conditions that naturally generate world-class waves.

Wildlife / Bird Watching - Beqa has one of the largest varieties of species in Fiji.

Volleyball, horseshoes, and croquet are also available on site.

Other Activities include island hopping to explore nearby islands, and cultural visits to the local villages. You can end the day relaxing in a hammock overlooking the sea or by lounging in the infinity pool overlooking the gorgeous tropical lagoon...

Sample Non-Scuba Itinerary:

This itinerary can easily be modified or changed on an "a la carte" basis---to suit your interests.

Day 1- Snorkeling is outstanding right in front of the resort, or enjoy the beautiful pool overlooking a fantastic ocean view. Get a massage at the resort's luxurious spa (additional fee.)

Day 2 - Arrange a custom boat trip for a beach day and picnic on an idyllic white sand, palm fringed deserted island nearby (additional fee).

Day 3 – Take a world class, professionally guided, whitewater rafting trip on the breathtakingly beautiful Navua River (additional fee).

Day 4 - Take a guided cultural walk to a nearby Fijian village...the Fijians are some of the friendliest people anywhere!

Fijians are well known for their warmth and friendliness. Beqa Island is rich in culture and history. Many of the villagers work in the resort and no stay is complete without a visit to one of their villages. Locals also provide cultural and musical entertainment in the evenings!

Day 5 - Take a boat ride to a spectacular coral reef on a nearby island for a custom snorkeling expedition (additional fee).

Day 6 – Sea kayaking is outstanding right in front of the resort! ...or enjoy the beautiful pool overlooking a fantastic ocean view. Get a massage at the spa (additional fee).

Day 7 - Take a guided bird / wildlife walk to a beautiful nearby waterfall. Enjoy an evening show of the famous native Fijian "firewalkers"!

Day 8- Free Day to relax and enjoy Beqa Lagoon resort, and prepare for return trip home.

Packing... Resort casual clothing for dining, appropriate clothing for your activities such as swimwear and rugged sandals such as tevas for hiking (if you plan to hike) are all you need.

Trip Price Inclusions/Exclusions...

Pricing includes *R/T flight with Fiji Airways between Los Angeles (LAX) and Nadi, Fiji (NAN), R/T ground/water transfers to Beqa Island on first and last day, **7-nights lodging in private bures , all ***meals at the resort, unlimited shore diving, use of resort owned kayaks, paddle boards, and snorkeling equipment.

*Airline Fuel Surcharges and Taxes typically run around \$500.00 additional per person.

**Lodging is based on double occupancy. Single occupancy +\$400.00/trip, and ocean front bures \$+300.00/trip, are based on availability and should be requested with Bio Bio Expeditions.

***Does not include bottled beverages or alcohol additional (typically, \$3-7.00 USD/drink).

5-Day Scuba Diving Package from Beqa Lagoon PADI Dive Outfitter: \$500.00/Person

Travel Requirements: For US Citizens, your US passport must be valid for at least 6 months after your scheduled departure from Fiji.

Optional CME Course: \$695/Person (16 Hours Category I CME)

CME Course Schedule:

Lectures typically occur between 4:30-6:30/7 PM each late afternoon, but the schedule is at the lecturer's discretion. This allows time for everyone to enjoy activities during the day, and have dinner with the group, which begins each evening at 7:00 PM.

Registration:

Your guests are welcome to join you! Please contact Bio Bio Expeditions Worldwide (www.bbxrafting.com) at 1-800-246-7238 with any questions about the trip, or to register. Also, take a moment to view the resort's website to view accommodations, activity information, and more here: <http://www.begalagoonresort.com>.