



Adventure List

SUP TOUR

Paddle Around The Mana Island



Glide across the calm lagoon on a stand-up paddleboard as you paddle around the island. Enjoy the ocean breeze and discover views that can only be experienced from the water.



Price	50 FJD
Duration	3 Hour
Start Time	9:00 AM
Participants	Min 5 / Max 24
Age	15 years +
Level	Good Swimmer and Good Physical Condition
Meeting point	South Beach (Kayak Bure)
What to Wear	Swimwear
Cancellation Policy	100% within 24hrs and No Show

*Weather dependent *Life jackets required

*Must be able to stand and paddle for at least 2 hours

Kayak Tour

Kayak Around The Mana Island

Set out by kayak across the calm lagoon, following the island's coastline together. Take in the surrounding scenery and enjoy a smooth journey close to the water.



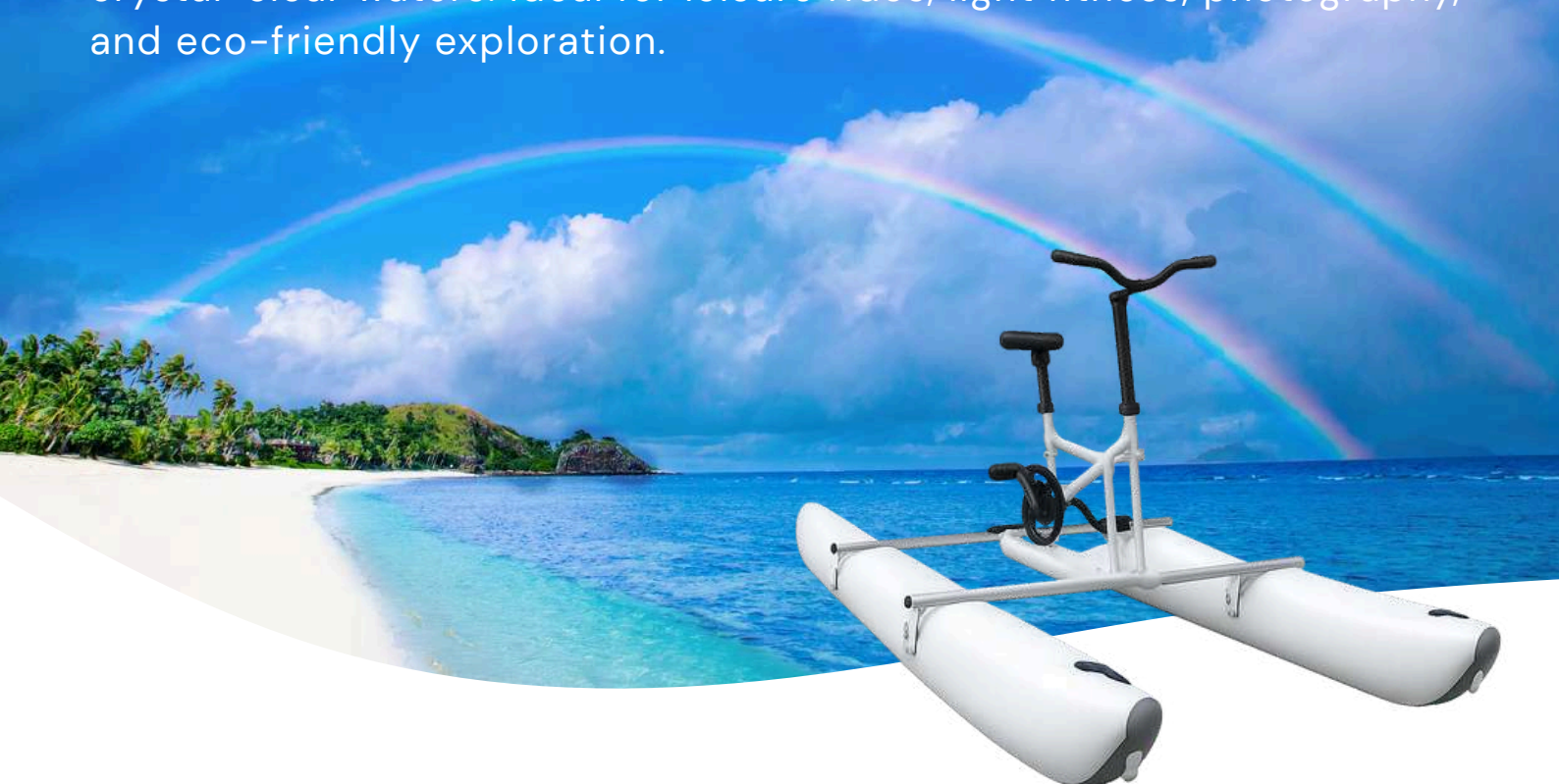
Price	Single: 50 FJD Double: 60 FJD
Duration	3 Hour
Start Time	9:00 AM
Participants	Min 5 / Max 30
Age	15 years + <i>*Under 15yrs require adult supervision</i>
Level	Good Swimmer and Good Physical Condition
Meeting point	South Beach (Kayak Bure)
What to Wear	Swimwear
Cancellation Policy	100% within 24hrs and No Show

*Weather dependent *Life jackets required
*Must be able to stand and paddle for at least 2 hours

Rental Water Bike

A Fun and Easy Ride Across the Lagoon

Glide across the lagoon on a water bike while enjoying Mana Island's crystal-clear waters. Ideal for leisure rides, light fitness, photography, and eco-friendly exploration.



Price	50 FJD
Duration	30 Mins
Participants	Min 1 / Max 2
Age	15 years +
Level	Good Swimmer and Good Physical Condition
Meeting point	South Beach (Kayak Bure)
What to Wear	Swimwear
Cancellation Policy	100% within 24hrs and No Show

*Weather dependent *Life jackets required *No license required
*Lost or damaged equipment will incur a charge



Rental Bicycle

Feel the Breeze of Mana Island

Enjoy Mana Island at your own pace by bicycle. Feel the island breeze as you explore the surroundings freely and comfortably.

Price	4 Hours / Adult & Child: 30 FJD 1 Day / Adult: 45 FJD Child (6–12 yrs): 35 FJD
Duration	4 Hours / 1 Day
Start Time	8:00 AM
Age	6 years +
Level	Good Physical Condition
Meeting point	Concierge

*Please wear a helmet at all times and use designated bike paths only

Yaro Village Tour

Experience the Heart of Mana

Step into the heart of local Fijian culture with a guided visit to Yaro Village. Meet the local community, visit the village school and church, and experience Fiji's traditional Kava drink. Handmade local souvenirs are also available.



Price	Adult: 60 FJD Child (4–12 yrs): 30 FJD
Duration	2hrs30mins
Start Time	Depends on High Tide (Tue & Thur)
Participants	Min 4 / Max 30
Meeting point	South Beach (Boat Bure)
What to Wear	Smart Casual is recommended
What to Bring	Sarong (sulu) and Bottled Water
Cancellation Policy	100% within 24hrs and No Show

*Weather dependent *Free of charge for ages 0–3 years.

*Please dress modestly and remove shoes, hats, and sunglasses before entering the village.

Bicycle Tour

Discover the Island on Two Wheels

Explore different sides of Mana Island on a guided bicycle tour. Cycle past the resort, airstrip, and Wedding Chapel, visit the filming location of the famous American Survivor series, and ride through to Sunset Beach. You will also have the chance to see the staff village where many of the resort team members live.



Price	20 FJD + Bike Rental fee
Duration	1hr30mins
Start Time	9am and 3pm
Participants	Min 5 / Max 30
Age	6 years +
Level	Good Physical Condition
Meeting point	Concierge
What to Wear	Lightweight & breathable Clothing
Cancellation Policy	100% within 24hrs and No Show

*Please wear a helmet at all times and use designated bike paths only.

Surfing Transfer

Discover Fiji's Surf Breaks

Head beyond the island to explore Fiji's iconic surf breaks. Famous waves such as Cloudbreak attract surfers from around the world, while a range of nearby breaks offer exciting conditions for different surfing styles and levels.

Price	200 FJD pp Board Rental fee: 50 FJD
Duration	4 - 5 Hour
Start Time	Depends on Tide
Participants	Min 3 / Max 6
Level	Experienced Surfer / Good Swimmer
Meeting point	South Beach (Boat Bure)
What to Wear	Swimwear or Wetsuit, Reef Booties
What to Bring	Surf board rental available, Beach Towel
Cancellation Policy	100% within 24hrs and No Show

*Surf trips operate during high tide only

*Transfer service only. This is not a guided surf tour.

*Private transfers also available. 1 guest: 500 FJD / 2 guests: 250 FJD pp



Cloud 9 Tour

Escape to Fiji's Floating Paradise

Escape to Fiji's famous floating bar and spend the day surrounded by beautiful turquoise waters. Relax with cocktails and pizza, unwind on a daybed, and snorkel in the crystal-clear lagoon.

Price	Adult: 200 FJD Child (10–12 yrs): 100 FJD
Duration	4 Hour
Start Time	10:00 AM / Tue, Thu & Sat
Participants	Min 4 / Max 30
Age	10 years +
Meeting point	South beach (Boat Bure)
What to Bring	Credit Card, Snorkel set and Beach Towel
Cancellation Policy	100% within 24hrs and No Show

*Weather dependent *Food & drinks purchases are credit card only.

Island Hopping

Explore the Islands of the Mamanuca



Cruise through the Mamanuca Islands and experience different island resorts in one day. Stopovers may include Musket Cove, Castaway, Plantation, Beachcomber, and Treasure Island Resorts, depending on availability.

Price	Adult: 200 FJD	Child (4–12 yrs): 100 FJD
Duration	4 Hour	
Start Time	9am	
Participants	Min 4 / Max 30	
Age	None	
Meeting point	South Beach (Boat Bure)	
What to Wear	Smart Casual / Swimwear	
What to Bring	Credit Card or Cash for Food & Drinks Towel & Snorkel set	
Cancellation Policy	100% within 24hrs and No Show	

*Weather dependent *Free of charge for ages 0–3 years.



Sunset Cruise

Cruise Beneath the Colors of Sunset

Experience an unforgettable sunset cruise around Mana Island as the sky glows with the colors of the evening. Relax on the open ocean with a welcome drink in hand while enjoying the warm hospitality and live serenades from our friendly crew.

Price	Adult: 60 FJD Child (4–12 yrs): 30 FJD
Duration	1hr30mins
Start Time	5:00 PM
Participants	Min 4 / Max 30
Meeting point	South Beach (Boat Bure)
What to Bring	Light jacket, Camera or Smartphone
What to Wear	Smart Casual
Inclusions	Welcome drink
Cancellation Policy	100% within 24hrs and No Show

*Weather dependent *Drinks & snacks available onboard (room charge only)

*Free of charge for ages 0–3 years.

Handline Fishing

Traditional Fishing Around the Island

Enjoy the simple and traditional way of catching reef fish using only a line and hook. This relaxing island activity offers an authentic taste of local fishing, and selected catches may be prepared at the restaurant for you to enjoy.



Price	Adult: 100 FJD Child (6–12yrs): 50 FJD
Duration	2 Hour
Start Time	2:30 PM
Participants	Min 4 / Max 8
Age	6 years +
Meeting point	South Beach (Boat Bure)
What to Bring	Hat and Bottled Water
What to Wear	Light, breathable clothing
Cancellation Policy	100% within 24hrs and No Show

*Weather dependent *Catch preparation at the restaurant subject to availability.

*No catching Kawakawa (Grouper) or Donu (Coral Trout) from Jun 1 – Sep 30.

Sports Fishing

A Hidden Gem for Fishing Enthusiasts

Experience Fiji's world-class fishing waters with a sports fishing adventure available all year round. From light tackle and inshore fishing to offshore game fishing, discover the excitement of fishing in the South Pacific.



Price	6 Hour: 2,000 FJD	9 Hour: 2,600 FJD
Duration	6 Hour and 9 Hour	
Start Time	6am	
Participants	Min 1 / Max 5	
Age	6 years +	
Level	Good Physical Condition	
Meeting point	South Beach (Boat Bure)	
What to Wear	Sunglasses, sunscreen and a wide-brimmed hat	
What to Bring	Light, quick-dry clothing and a comfortable footwear	
Inclusions	Ice Box, Soft Drnks,Bottled Water & Light Snacks	
Cancellation Policy	100% within 24hrs and No Show	

*Weather dependent *Advance booking is recommended

Rental Snorkeling Set

Discover the clear lagoon right in front of you with our snorkeling set.

Price: Free

Available: 08:00 – 18:00

Location: North Beach (Boat Bure)

*Please return all equipment by 18:00 on the same day

*Lost or damaged equipment will incur a charge

Rental SUP

Enjoy the clear, pristine waters around Mana Island on a stand-up paddleboard.

Price: Free

Duration: 1 hour

Available: 08:00 – 17:00

Age: 15 years +
(under 15 with adult supervision)

Location: South & North Beach
(Boat Bure & Kayak Bure)

Level: Good Swimmer &
Good Physical Condition

*Life jackets required

*Lost or damaged equipment will incur a charge

Rental Kayak

Enjoy kayaking in the clear waters around Mana Island, known for some of the best conditions in the Mamanuca Islands.

Price: Free

Duration: 1 hour

Available: 08:00 – 17:00

Age: 15 years +
(under 15 with adult supervision)

Location: South & North Beach
(Boat Bure & Kayak Bure)

Level: Good Swimmer &
Good Physical Condition

*Life jackets required

*Lost or damaged equipment will incur a charge

Kayak Lesson

Easy Kayak Lesson in the Lagoon

Price:	Free
Duration:	1 Hour
Start Time:	11 am
Age:	15 years +
Meeting Point:	South & Nouth beach (Boat Bure & Kayak Bure)
Level:	Good Swimmer & Good Physical Condition

*Weather dependent *Life jackets required



SUP Lesson

Learn the Basics of Stand-Up Paddleboarding

Price:	Free
Duration:	1 Hour
Start Time:	11 am
Age:	15 years +
Meeting Point:	South & Nouth beach (Boat Bure & Kayak Bure)
Level:	Good Swimmer & Good Physical Condition

*Weather dependent *Life jackets required

