



Guided Kayaking: Swallows Cave & Kapa Island

Price Adult: NZD\$150.00

Price Child: 10 years & under FOC /11- 14 years 50% discount

Approximate Duration: 6 hours (9:30am to 3:30pm)

Grading: Moderate +

Participants must possess an adventurous spirit, an **above average** level of fitness and full limb mobility.

Tour Description:

During the morning, you will enjoy the adventure of kayaking inside and outside Swallows Cave, a magnificent home to an abundance of sea birds and spectacular coral reefs teeming with tropical fish. Following this wonderful experience, your guide will lead you to Kapa Island – an idyllic location in which to relax and enjoy your lunch. Whilst there you will have ample time to swim and snorkel amongst a colourful underwater world of tropical fish and stunning coral reef. Back in your kayak, your guide will continue an informative dialogue informing you of points of interest as you paddle along the beautiful shoreline until you arrive back at FIKCO's base, completing your adventure.

Things to take with you:

Sun protection: Sunhat (with chin-strap), sunglasses, sunscreen, lip-screen

Personal items: Towel, water, snorkel gear, lunch, and footwear you can get wet

Included within tour price:

Equipment: Kayak & Life-vest.

Transfers: Return - Adventure Centre and Neiafu accommodation

Guides: A professional naturalist guide will accompany you throughout the tour

Note: Lunch is not included. Optional picnic lunch available upon request for NZD\$22 .

Friendly Islands Kayak Company Ltd.

Adventure Escapes in the Kingdom of Tonga

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