



Guided Mountain Biking

Price Adult: NZD\$75.00

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

Approximate Duration: 6 hours (9:00am to 3:00pm)

Grading: Moderate

Participants must possess an average level of fitness.

Tour description:

Gain a unique perspective of Vava'u's relaxed island life by mountain bike! Join us for a fun day pedalling through abundant plantations and local villages en route to historic sites, scenic viewpoints and, time permitting, the legendary Veimumuni Cave. Pedal along the northern cliffs from where dolphins and whales may be seen far below, or visit one of Vava'u's beautiful beaches and enjoy a swim in the crystal clear, blue tropical waters*.

* The route of the journey and locations visited will vary depending on weather conditions.

Items to take with you:

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

Personal items: Lunch, long shorts, footwear with sturdy sole, swimsuit, towel

Included within tour price:

Tour equipment: Mountain bike, helmet, full water bottle

Note: Lunch is not included. Optional picnic lunch available upon request for NZD22

Special note:

For reasons of cultural sensitivity, T-shirts and long-cut shorts should replace bikinis, singlets and high-cut shorts.

Friendly Islands Kayak Company Ltd.

Adventure Escapes in the Kingdom of Tonga

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