

KINGDOM OF TONGA



VAVA'U 5-DAY DISCOVERY

2019 Itinerary



www.fikco.com

Photos by Glenn Ord



ITINERARY OVERVIEW

- Day 1:** Arrival Vava'u. Transfer to Guesthouse. Orientation talk 4:00 p.m.
- Day 2:** Kayaking: Swallows Cave, Mala Island, Japanese Gardens. Overnight at Guesthouse.
- Day 3:** Snorkelling or Scuba Diving. Overnight at Guesthouse.
- Day 4:** Whale watching (July-October); Sightseeing (November-June). Farewell dinner. Overnight at Guesthouse.
- Day 5:** Trip concludes. Transfer to Lupepau'u Airport.

INTRODUCTION

Spread across 700,000 square kilometres of ocean, just west of the International Date Line and east of Fiji, the Kingdom of Tonga comprises four major island groups. From south to north these are Tongatapu, Ha'apai, Vava'u and the Niuas. A total of 171 mostly raised coral islands (fewer than 40 of them inhabited) cover a total land area of 747 square kilometres. The population of Tonga is estimated to be approximately 106,465, with two thirds of that number living on the main island, Tongatapu. Tongan and English are the official languages, and Tonga boasts a 98.5% literacy rate.

Tonga is unique in that it is the only Polynesian country never to have been colonised and the only surviving monarchy in the Pacific. Vava'u and Ha'apai cover approximately the same land area (119 and 110 square kilometres respectively). The populations of Vava'u and Ha'apai are

around 20,000 and 5,500 respectively. Vava'u is the water sports capital of the Kingdom with tour operators offering sea kayaking, scuba diving, snorkelling, whale watching, sailing and game fishing tours. The Ha'apai Conservation Area is the largest in the Pacific. The above activities are also offered in Ha'apai though on a smaller scale. Ha'apai is also known for its laid-back atmosphere and traditional way of life and history. Ha'apai is where the Mutiny on the Bounty took place.

VAVA'U ARCHIPELAGO

Situated approximately 240 kilometres north of Tongatapu, the Vava'u Island Group is a smattering of 50-odd islands covering an area 23 by 25 kilometres most of which is protected by a semi-circular reef. Although reefs or open water separates the islands, they are not great distances apart. In his book, *The Happy Isles of Oceania: Paddling the Pacific*, author Paul Theroux describes sea kayaking in Vava'u thus: "It was a perfect area for paddling a kayak - perhaps the best in the Pacific. There was a surfy side and a safe side to each island - the lee shores usually had the beaches - all were secluded, all were lovely." The pace of life in Vava'u is slow and relaxed - much like it was a century ago.

FITNESS AND EXPERIENCE

Whilst no experience is required for our sea kayak tours, a moderate level of physical fitness and a sense of adventure are important. A typical day entails two to three hours of paddling interspersed with rest stops. The guides endeavour to balance the group by pairing slower paddlers with stronger, more experienced paddlers. However, the slower paddlers always dictate the pace. Paddling into southeasterly trade winds of 12-18 knots requires extra effort and can make the distance we travel feel longer. Those who engage in regular exercise such as walking, cycling or swimming tend to derive more enjoyment from their adventure. Physical conditioning exercises are recommended. Scuba divers are required to present their certification card to the dive operator.

SEA KAYAKING



Our journey begins at the entrance to the Port of Refuge, reputedly the most protected and beautiful harbour in the Pacific. Your knowledgeable local guide interprets the tropical world surrounding you. Learn about the multitude of land and sea birds found in Vava'u year 'round as well as the diversity of the stunning coral reefs. Inside renowned Swallows Cave, don mask and snorkel, slip over the edge of the kayak and marvel at schools of tiny zebra fish and iridescent neon fish. After a picnic lunch at Mala Island, snorkel the spectacular Japanese Gardens. Then make your way back at a gentle paddling pace to Kayak Base. This itinerary may vary depending on weather and sea conditions. Lunch and snorkelling gear is included.

SCUBA DIVING

Experience diving at its best in warm clear waters where visibility is often up to 40 metres. The distinctive landscape of Vava'u creates a unique diving environment with dramatic drop-offs, caverns, and swim-throughs.



Photo by Dive Tonga

Explore the myriads of reefs with colourful hard & soft coral, sea fans, abundant reef fish, sharks, manta rays, nudibranchs, crustaceans, pipefish and more. In winter you might even hear the humpback whale song! Time permitting, enjoy a swim or snorkel from a pristine outer island beach. Includes full equipment, snacks and water.

SNORKELLING

Enjoy a relaxing day with our preferred operator exploring the Vava'u Islands and myriads of reefs in warm crystal clear waters. In winter the average water temperature is 25 degrees Celcius and in summer up to 29 degrees. Snorkel directly from the vessel and/or from pristine beaches. Learn about the flora, sea birds, and marine life along the way. You might even see southern ocean humpback whales in season (July - October). Snorkelling gear and lunch included.



WHALE WATCHING & SNORKELLING

From July to October Tonga's warm sheltered waters are annual breeding and calving grounds for the southern ocean humpback whale. Join our preferred whale watch operator for a fun, educational day on the water. Their knowledgeable guides provide interesting facts and anecdotes about these amazing mammals once on the brink of extinction.



Photo by Lance Brooke

Witness the whales' acrobatic aerial displays and, with the aid of a hydrophone, listen in on their mystical songs.

You might also see spinner dolphins and seldom-sighted pilot whales. You will have the opportunity to snorkel in Vava'u's spectacular underwater world. Confident swimmers who elect to swim with the whales do so at the skipper's discretion and at their own risk. From November to June when the whales have returned to their Antarctic feeding grounds, join our preferred sailing operator for a relaxing day of sightseeing and snorkelling in the beautiful Vava'u Archipelago. Both excursions include snorkelling gear, wetsuits and lunch.

AIR TRAVEL TO VAVA'U

Flight services to and within Tonga are subject to change and should be confirmed by your local travel/booking agent. Tonga's domestic airline, Real Tonga, has an inter-island flight service to Vava'u from the main

island of Tongatapu. A minimum of 2 hours connection time between your international flights and domestic flight within Tonga is advisable. Alternatively, Fiji Airways offers a direct flight to Vava'u from Nadi, Fiji.

Air New Zealand: From Auckland to Tongatapu x 6 flights per week (Mon, Tues, Wed, Thurs, Fri, Sat)

Virgin Australia: From Auckland to Tongatapu x 5 flights per week (Sun, Mon, Tue, Wed, Thu)
From Sydney to Tongatapu x 4 flights per week (Mon, Tue, Wed, Thu)

Fiji Airways: From Auckland to Tongatapu x 4 flights per week (Mon, Wed, Fri, Sat)
From Nadi to Tongatapu x 6 flights per week (Mon, Tue, Wed, Thu, Fri, Sat)
From Nadi to Vava'u x 2 flights per week (Wed, Sat)

Real Tonga: Between Tongatapu/Vava'u/Ha'apai (Mon-Sat)
Website: <http://www.realtonga.to>
Email: info@realtonga.to / Phone: +676 23777

SAMPLE ITINERARY

Note: The following sample itinerary is subject to alterations and delays owing to weather, sea conditions and/or logistical considerations.

B = BREAKFAST L = LUNCH D = DINNER

Day 1: Arrival / Orientation

Transfer: Provided

Meals: B, L, D on own.

Accommodation: Pulekoleva Guesthouse or Island Explorer Guesthouse (subject to availability).

A driver awaits your arrival at Lupepau'u Airport in Vava'u and transfers you to your accommodation. Shortly after check-in, your guide welcomes you and confirms the time (normally 4:00 p.m.) and venue for this afternoon's 45-minute orientation talk. It is important that all participants attend this informative talk.

Day 2: Kayaking

Transfers: Provided

Meals: L (B, D on own).

Accommodation: Pulekoleva Guesthouse or Island Explorer Guesthouse (subject to availability).

Destination: Swallows Cave, Mala Island and Japanese Gardens

Paddling Time: 9:00 a.m. - 4:00 p.m.

Your journey begins at the entrance to the Port of Refuge, reputedly the most protected and beautiful harbour in the Pacific. Paddle inside renowned Swallows Cave, picnic at Mala Island and snorkel the magnificent Japanese Coral Gardens. Return to Kayak Base late afternoon and transfer by taxi to your accommodation and a warm shower!

Day 3: Snorkelling or Diving

Transfers: Provided

Meals: Snacks (B, D on own).

Accommodation: Pulekoleva Guesthouse or Island Explorer Guesthouse (subject to availability).

Excursion Time: Snorkelling / Diving 8:00 a.m.- 11:30 a.m.

Join our preferred water sport operator for an invigorating half-day of island hopping and snorkelling or scuba diving (two tanks). Vava'u is a marine playground and reputedly one of the best destinations in the South Pacific for both activities.

Day 4: Whale Watching / Snorkelling / Sightseeing

Transfers: Provided

Meals: L (B, D on own).

Accommodation: Pulekoleva Guesthouse or Island Explorer Guesthouse (subject to availability).

Excursion Time: 7:30 a.m.- 3:30 p.m.

A team of whale educators discusses humpback whale migration, mating, surface activity and song. From July through October you can observe the impressive acrobatic displays of these magnificent mammals who migrate from Antarctica annually to breed, give birth and nurse their new-born calves in Tonga's sheltered, warm waters. Outside the whale watch season, enjoy a day of snorkelling, picnicking and sightseeing in the scenic Vava'u Islands.

Day 5: Departure

Transfer: Provided

Meals: On own.

The trip concludes today with a transfer to Lupepau'u Airport.

FOOD AND WATER

There is a wide selection of eateries in Nuku'alofa and Vava'u. In Nuku'alofa (Tongatapu), we recommend Café Reef, Fakalato Restaurant, Fresh Juice Bar, Friends Café, Little Italy Pizzeria, Lunarossa, Seaview and Taste of India, The Two Sisters and Waterfront Café. In and around Neiafu (Vava'u), the Basque Tavern, Bella Vista, Café Tropicana, Coffee and Tees, Mango Café, Refuge, Tongan Beach Resort, and Vava'u Villa.

The tap water in Tonga is treated well water with a high mineral content, giving it a metallic taste. While the tap water is potable, for people unaccustomed to the local water, it is advisable to drink rainwater or bottled water. Both are readily available on request at shops, restaurants and accommodation properties.

ACCOMMODATION

Tour package accommodation is based on double occupancy. A single supplement applies to those who prefer a private fale/room or who cannot be paired with another single participant. Let us know if you wish to upgrade to the Boathouse Apartments or a beachfront resort. If you plan to extend your stay in Tonga and/or need to overnight in Tongatapu, please advise us of your accommodation requirements in advance and we will be happy to book on your behalf. For details and images of our preferred properties please refer to our website: <http://www.fikco.com/tours-accommodation.html>.

Contact details for the package accommodation properties are as follows:

Pulekoleva Guesthouse

Email: pulekoleva@outlook.com avbakpak@yahoo.com

Phone: +676 879 4121 Phone: +676 751 6498

Island Explorer Guesthouse

Email: avbakpak@yahoo.com

Phone: +676 751 6498

CULTURAL SENSITIVITY

Visitors who observe Tongan codes of behaviour are more likely to be accepted. Respect is extremely important within the Tongan culture. A clean, modest appearance signifies respect for your self and for others. Women are advised to dress conservatively (i.e. high necklines, covered shoulders, loose skirts, dresses or slacks) in the villages. Low-cut tops, sheer and or tight clothing should be avoided. Swimsuits are acceptable on the beach, but covering up with a *lava-lava* (wrap-around cloth) is a polite gesture to approaching villagers. Men should wear long shorts in the daytime and long pants or a *lava-lava* in the evening. Men are required by law to wear a shirt in public except when on the beach. Footwear is removed before entering a Tongan *fale* (home).

The Tongan way of eating is with one hand (either hand is acceptable in Tonga) seated on the floor (men cross-legged and women side saddle). Note that it is considered rude in Tonga to sit with one's knees drawn towards one's chest or with both legs outstretched.

It is advisable to maintain a low profile until outside village areas, especially on Sunday when physical activity, noise and fishing are prohibited.

ENVIRONMENTAL RESPONSIBILITY

In an effort to preserve Tonga's natural environment, Friendly Islands Kayak Company strives to promote environmental sensitivity and minimize our impact on the marine and terrestrial environment. To this end, your guides impart our company's minimum impact guidelines with respect to waste disposal and conservation of reefs, marine life, flora and fauna. We carry out all non-decomposable rubbish and, space in the kayaks permitting, other people's rubbish as well. Snorkellers are briefed on correct use of their fins and the importance of not touching the fragile reefs.

CLIMATE

The climate of Tonga is very pleasant, being slightly cooler and less humid than most tropical areas. From June to November temperatures range from 22° to 30°C; the mean humidity hovers around 74%; and the south-easterly trade winds average 12-18 knots - ideal weather for paddling and camping.

During the wetter summer months (December to May) the weather is hotter (25-32 degrees C), more humid and changeable with an increased risk of tropical cyclones. Most cyclones either brush past Tonga leaving little or no damage or miss Tonga altogether.

TIME AND COMMUNICATION

Tonga is 12 hours ahead of Greenwich Mean Time. There are currently two cell phone networks in Tonga: Digicel and Vodafone. You will need to confirm with your cell phone provider whether your phone is unlocked and if you will be able to use a Tonga SIM card.

CURRENCY EXCHANGE

The national currency of Tonga is the pa'anga (currency code TOP) divided into 100 seniti. Check for exchange rates either online www.xe.com or with your bank. If you have not already exchanged your money by the time you arrive in Vava'u, you can do so Monday to Friday 9:00a.m. to 4:00p.m. at the ANZ Bank, Westpac Bank of Tonga, Malaysian Banking Finance (MBf) or Western Union in Neiafu, Vava'u. On Saturday, Westpac Bank of Tonga is open from 8:00 to 11:00 a.m. and Western Union from 9:00a.m. to 11:30a.m. ANZ and Westpac Bank of Tonga have 24-hour ATM machines with Cirrus, MasterCard and Visa functions. The maximum withdrawal amount from ATMs is TOP\$1,000. The larger accommodation properties, tour operators and restaurants accept MasterCard and VISA. A 4.5% - 5% credit card surcharge usually applies. Most other businesses in Tonga accept cash (TOP\$) only.

BUDGETTING

Consider bringing TOP\$50-\$100 in small denominations on the kayak tour for purchasing handicrafts direct from the villagers if the opportunity arises. Mandala Resort accepts MasterCard and VISA as payment for beverages. Budget TOP\$100-\$125 pa'anga per day for meals (not including alcohol) off tour and for taxis in the capital, Nuku'alofa and Neiafu.

PASSPORTS

Your passport must be valid for at least 6 months from the date of entry to the Kingdom. On arrival you must present an onward ticket in order to be granted a 30-day visitor visa.

VISAS

You do not need a visa prior to arrival if you are a citizen of the following countries:

Australia, Austria, Barbados, Belgium, Brazil, Brunei Darussalam, Bulgaria, Canada, Cook Islands, Cyprus, Czech Republic, Denmark, Dominican Republic, Estonia, Federated States of Micronesia, Fiji, Finland, France, French Polynesia (New Caledonia, Tahiti, Wallis & Futuna), Germany, Greece, Hungary, Ireland, Italy, Japan, Kirabati, Latvia, Lithuania, Luxembourg, Malaysia, Malta, Marshall Islands, Monaco, Nauru, Netherlands, New Zealand, Niue, Norway, Palau, Papua New Guinea, Poland, Portugal, Romania, Russia, Samoa, Seychelles, Singapore, Solomon Islands, Slovakia, Slovenia, Spain, St Kitts & Nevis, St Lucia, St Vincent & the Grenadines, Sweden, Switzerland, The Bahamas, Turkey, Tuvalu, Ukraine, United Kingdom, United States of America, Vanuatu.

All other nationalities require a visa prior to arrival. This can be obtained by contacting the Immigration Division, Ministry of Foreign Affairs of Tonga: visatonga@gmail.com. You may be able to extend your stay for up to 6 months if you are able to provide evidence of sufficient funds.

AIRPORT TAXES, EXCESS BAGGAGE FEES & SHUTTLES

Airport taxes and excess baggage fees are your responsibility and are not included in the trip cost. Departure tax is included in the cost of all air tickets.

The maximum baggage allowance for inter-island flights within Tonga is 23 kg for passengers holding international tickets valid within 24 hours of travel. Excess luggage between Tongatapu and Vava'u up to 5kg is subject to a surcharge of TOP\$10 minimum and T\$4.50 per additional kg and may have to travel unaccompanied. Please refer to Real Tonga's website www.realtonga.to for excess baggage charges on other inter-island routes (e.g. between Tongatapu and Ha'apai and between Ha'apai and Vava'u).

The waiting areas at the domestic and international terminals in Tonga can be breezy and cool particularly at night-time so have a fleece and or windbreaker handy (i.e. in your carry-on luggage). While security guards patrol these waiting areas, never leave luggage unattended.

Local taxis operate a shuttle service between the international and domestic terminals in Tongatapu for every inbound and outbound international flight (including those that arrive/depart at night or in the early hours of the morning). A one-way taxi fare is approximately T\$10 pa'anga per person.

TIPPING

Tipping is not customary in Tonga, but is not considered offensive either. In fact, the local people graciously accept tips. A guideline for tipping guides would be TOP\$4 to \$5 per day per guide.

GIFTS

Tongans are exceptionally generous, and gift giving is a central feature of their culture. If you wish, bring a few small gifts such as T-shirts, postcards, photos, lapel pins, hair ties, hats, watches, yoyos, washable tattoos, kites, lighters and pocket-sized games. Since educational resources are in short supply in the outer island schools, the children and teachers also greatly appreciate receiving pens, pencils, stationary and primary level readers (books).

SECURITY

Theft is uncommon in Tonga. However, in a culture where "what's mine is yours" and items are "borrowed" indefinitely, unattended personal belongings and valuables are at risk. We recommend you bring your passport and airline tickets in a dry bag on the kayak trip so that, in the unlikely event of evacuation, your guides can readily access these documents.



MEDICAL MATTERS

Medical Forms

Every trip participant must provide an accurately completed medical form. Participants aged 65 years and over must also provide a medical certificate.

Vaccinations

No statutory vaccinations are required for entry into Tonga. However, we require every participant to have a current tetanus vaccination and recommend vaccinations against hepatitis and typhoid.

Dengue Fever & Zika Virus

Dengue fever outbreaks can occur during the summer months (December-May) when the weather is hot and humid and when there is a high prevalence of mosquitoes. Zika virus is also present in Tonga. The symptoms of Zika virus are similar to those of Dengue fever and the same protection measures apply. Pregnant women should take extra care to protect themselves from mosquito bites. So long as our guests take sensible precautions the risk of exposure is minimal. These include regular applications of insect repellent and, where possible, avoiding sheltered areas outdoors and dark corners indoors. Other precautions include covering up as much as possible e.g. wearing long sleeved tops, socks, trousers etc. The rooms at our preferred accommodation properties all have mosquito screening.

Medication

Please advise us of any medication you are taking and any possible side effects. Bring an adequate supply of medication, as certain drugs are difficult to obtain in Tonga. Also consider giving half to your trip leader for safekeeping in case your supply gets lost or wet. If seasickness is of concern to you your doctor can recommend medication to help. Be sure to let us know if seasickness is a problem for you.

Dental

As Tonga's dental facilities are basic it is advisable to have a dental check-up prior to departing your country of origin.

Hospitals

Vaiola Hospital in Tongatapu and Prince Wellington Ngu Hospital in Neiafu, Vava'u are experienced with cuts, fractures, and tropical disorders. For most other conditions it is advisable to seek diagnosis and

treatment in your own country. Ensure that your travel insurance policy includes comprehensive medical cover including evacuation insurance.

Medical Supplies

Although your guides will be carrying a comprehensive first aid kit, all tour participants are encouraged to bring a basic personal first aid kit including the following items: :

- Medication (pain relief, anti-inflammatory, mild anti-nausea drug)
- Antiseptic swabs and cream
- Anti-histamine cream (for insect bites)
- Antibiotic cream or powder (powder is best in the humid tropics)
- Fabric plasters (more waterproof than plastic plasters)
- Lip sunscreen (SPF30+ or zinc)
- Environmentally friendly sunscreen (water resistant; SPF15+)
- Insect repellent (DEET is the most effective)

PHOTOGRAPHY

Photographic opportunities abound in Tonga! Tongan people are very photogenic and enjoy having their photo taken except when they are eating. Asking their permission first is a polite gesture. A zoom lens is handy especially for photographing whales. However, bear in mind that the humidity and salt water can damage camera lenses and electronics. For this reason, some prefer to leave their expensive camera at home and bring an inexpensive disposable or waterproof camera instead. If you do decide to bring an expensive camera, store it in a dry bag or waterproof case with silicon packs and insure your camera.

GEAR AND CLOTHING

Bring one small (10-15L) dry bag per person for items you need to access on tour (e.g. wallet, camera, sun screen etc.). Snorkelling gear is included, but we recommend you bring your own mask, snorkel and fins to ensure a good fit. Camera and optical equipment should be waterproofed and insured.

Quick-dry clothing is recommended for Tonga's warm tropical climate. Long-sleeved shirts with a collar offer good sun protection. *Lava-lavas* (2 metre wrap-around cloth) may be purchased in Tonga.

If you have any questions about clothing or equipment, consult your local canoe or outdoor equipment retailer or contact us.

A packing checklist of recommended and optional items with check boxes follows on the next page.



PACKING CHECKLIST

Essential Items

- Passport
- Cash (pa'anga); EFT-POS card
- Basic first aid kit
- Toiletries
- Sun screen (environmentally friendly)
- Lip screen (SPF15+ or zinc)
- Insect repellent
- Sun hat (stiff brimmed) with chin strap
- Sunglasses (polarized) with neck strap
- Pack towel (compact, absorbent, quick dry)
- Drink bottle (1-2 litres)
- Lycra swimsuit, sports bra & briefs
- Lightweight rain jacket with hood
- Lightweight fleece jacket
- Cotton/quick-dry T-shirts (long & short sleeved)
- Quick dry shorts & long pants
- Lava-lava (can be purchased in Tonga)
- Cotton socks & underwear
- Cotton bandanna, hankie
- Sturdy sandals
- Snorkelling gear (prescription lenses for mask) & mesh carry bag
- One 10-15L dry bag
- Waist pack
- Ziploc bags (medium & large)
- Flashlight/headlamp, spare batteries

Optional Items

- Binoculars
- Hand sanitizer, wet wipes
- Talcum powder and/or Vaseline (for preventing chafing)
- Camera, spare batteries
- Favourite snacks, drink crystals
- Fishing lures & hand line
- Pocket knife
- Sewing/repair kit
- Reading & writing materials
- Calf-length skirt/dress
- Half wetsuit 3mm (June-Sept)
- Cycling gloves (without fingers)
- Reef shoes or old running shoes (for intertidal walks)
- Rubber sandals/thongs
- Clothes line & pegs
- Lighter

PACKAGE COMPONENTS

Your trip includes the following services:

- Airport transfers and transfers to/from activities
- A 45-minute orientation talk
- 4 nights guest house accommodation
- A kayak day tour of the outer islands with professional guides (guide: guest ratio = 1:6) including lunch and water
- Choice of a half-day of sightseeing and snorkelling or a 2-tank dive including snacks and water
- A full day of whale watching and snorkelling (July-October) or island hopping and snorkelling (November-June) including lunch and beverages.

NON-INCLUSIVE SERVICES

The following services are not included in your trip package:

- International and domestic airfares
- Visa and passport fees
- Personal travel insurance
- Airport departure taxes
- Excess baggage charges
- Airport transfers that are not included in the above itinerary
- Accommodations that are not included in the above itinerary
- Single supplement fee
- Beverages and meals that are not included in the above itinerary
- Clothing, liquor, laundry, postage, medical expenses and any other expenses of a personal nature
- Expenses incurred as a result of delays due to inclement weather, delays of scheduled aircraft, logistical delays, and resultant changes to the itinerary
- Emergency evacuation charges
- Gratuities to guides

ITINERARY CHANGES AND/OR DELAYS

It is possible that route or itinerary changes and/or delays may become necessary for reasons of safety or enhancing the quality of the trip. These disruptions could be due to inclement weather, acts of God, delayed transport, political or cultural considerations, government

restrictions, participants' limitations, or any other cause. In the event that an activity is cancelled due to circumstances beyond our control, we will endeavour to offer alternate activities (e.g. snorkelling, cycling, bush walks, land tours, village tours).

The trip participant shall be responsible for any additional expenses such as accommodation, meals, transport, prepaid airline tickets, fees for visas, etc. in connection with changes and/or delays to a route or itinerary.

If possible, ensure some degree of flexibility in your travel plans. A sense of adventure and tolerance for the unexpected are essential attributes when visiting developing nations such as Tonga where "Tonga Time" is synonymous with delays and waiting.

TRAVEL INSURANCE

Personal travel insurance is not included in the trip cost and is a prerequisite for trip participation. We recommend you purchase a comprehensive policy that includes insurance for flight and trip itinerary changes, delays or cancellations (in particular due to severe weather) and medical cover including evacuation insurance.

EMERGENCY CONTACTS & DELAYS EN ROUTE

In the event of an emergency within Tonga or you are delayed en route, contact Friendly Islands Kayak Company on the following mobile numbers:

Tonga Office: +676 874 8506

Canada Office: +1 778 533 3196

Be prepared to leave your name, a **telephone number where you can be reached** and a detailed message. We will forward your information onto our team in Vava'u and, if need be, get back to you as soon as possible.

FINAL NOTE

There will undoubtedly be further communiqués from us in the months to come as the trip departure date draws closer. In the meantime, please do not hesitate to let us know your concerns, questions and plans.