

BEACH & WATER ACTIVITIES

- * Windsurfing
- * Swimming
- * Scuba diving
- * Reef walking
- * Photography
- * Snorkeling
- * Fishing
- * Sunbathing
- * Beach Cricket
- * Beachcombing



THE BEAUTIFUL BEACH AT GAIA

500 FEET FROM HERE ▼ TO HERE ▲ (slightly downhill)



THE SITTING ROOM OF A MODERN ONE BEDROOM BURE AT GAIA



THE VIEW FROM THE RESTAURANT 2 MINUTES FROM YOUR BURE

ASK ABOUT THE WILDERNESS TREK AND SPECIAL HEALTH PROGRAMMES

For rates & reservations: GAIA RESTORT
P. O. Box 109, Pacific Harbour, Fiji
Phone 679-500-807, FAX 679-500-807
GAIA USA, 9910 Lake Washington Blvd. #H
Bellevue, WA 98004 USA
Phone & FAX 206-451-2895



MANAGERS BILLY & WENDY
CREATING LIFE THE WAY THE WORLD SHOULD BE!
ADVENTURE - DISCOVERY - HEALTH

GAIA FIJI

YOUR TROPICAL PARADISE



THE CHANNEL WHERE SNORKELING & DIVING ARE GREAT (ALSO GOOD DIVING ON THE CLIFFS ON THE OUTER REEF)



5 MINUTES FROM HERE ▼ TO HERE ▲



A VIEW OF GAIA'S BEACH AND RECREATIONAL AREA FROM THE RIDGE.

GAIA - FIJI

Your Tropical Paradise

GAIA is 96 acres of tropical paradise in a lush green valley on the Coral Coast of the big Island of Viti Levu, Fiji. There you'll ...

... EXPLORE THE LAGOON AND ADJACENT BEACHES.

Walk the white sandy beach that extends for miles. Walk the coral reef full of brilliant colors and marine life. The lagoon inside the reef is your own private aquarium large enough to swim or snorkel in for hours every day. The water is always warm.

You will see beautiful coral with bright red, yellow, green, and blue tropical fish of many shapes and sizes. Sea cucumbers, starfish, and many mollusks mingle with beautiful shells. You can Scuba dive outside the reef and in the fresh water channel which cuts through the reef forming an entrance to the lagoon.

... HAVE FUN BEACHCOMBING AND HIKING.

The beaches in Fiji are miles of open shoreline bathed in sunshine. You can hike the ridges (easy to moderate walks) and take in the magnificent views of the coastline. Discover the cool jungle trails, a cascading waterfall, a bubbling creek and a rock pool - natural attractions that are every nature lover's dream.

... ENJOY THE FLOWERS, TREES AND PEOPLE.

Exotic orchids growing wild on bale logs, hibiscus hedges and plumeria are yours to enjoy. Poinsettias reach heights of eight feet or more. Pawpaw (papaya), mango, banana and several varieties of palm trees dot the landscape. Visit Namaqumaqua Village next door and have a chat with the friendly local people. You will have friends for life in no time at all and even learn to pronounce the village name!

... RELAX IN MODERN COMFORTABLE ACCOMMODATIONS.

There are eleven bures (Fijian for cottage or bungalow). You can choose a one bedroom, a large two bedroom family bure, or a dormitory. All the bures have good queen size beds, a large walk in shower, and a comfortable sitting room. A small fridge with a sink and cabinets makes it easy for you to have snacks, coffee, or tea at your leisure.

... TREAT YOUR PALATE WITH FOODS FROM TWO CULTURES.

Fijian and Indian cuisine are native to Fiji. On the special 'meke' celebration day native food is cooked for hours in a 'lovo' or ground oven. Enjoy fresh fish and many fruits, and vegetables grown on the property or nearby by the natives. Well presented meals are affordable - about half the cost you are used to at home but still tasty and nutritious. Cool juices and drinks taste great on the warm days.

... EXPLORE THE ISLAND WITH DAY TRIPS.

There are many interesting places nearby GAIA like Pacific Harbour, the Fijian Culture Centre with the firewalkers, and a Robert Trent Jones designed golf course. Take a boat trip to nearby Yanuca Island or up the local rivers just half an hour away.

Shop in Suva, the capital, for native arts and crafts at the large colorful public market. Duty free shopping is also available. Large liners dock in the harbour and interesting ships like the Cousteau scientific ship often are moored there.

... SPORTS & OTHER ACTIVITIES ADD TO THE PLEASURES OF GAIA

- * Hiking
- * Volleyball
- * Softball
- * Village visits
- * Horseback riding
- * Beach Cricket
- * Photography
- * Crafts

— FUN AT GAIA —
YOUR TROPICAL PARADISE

GAIA

FOR A HOLIDAY IN HARMONY WITH NATURE

GAIA is the Greek word for earth. A find and a treasure for relaxation and for communion with nature, living proof you can experience nature and vacation while at the same time you help the earth maintain its natural beauty.

At GAIA you will experience Fiji - the real Fiji - because of our secluded location, beautiful beach and reef, and being neighbor to the native village of Namaqumaqua. We welcome you to join us and see!

YOUR HOSTS AT GAIA - BILLY & WENDY JONES

Gaia is proud to have Billy & Wendy as managers (see photo on back page). When you read their background you will see why they are able to provide you an enjoyable and healthful stay by calling on their experience in varied areas. They have 15 years experience in health and nutrition and are happy to help you with your health goals.

Billy is a P.A.D.I. Scuba Diving Instructor, a First Aid Instructor, a Yacht Master Instructor (IYF), and a Master Class V. He is a guitarist and has been a vocalist at Gold Coast Hotels. Bill worked with Dr. Ann Wigmore at her Research and Educational Foundation in Boston. He is a dietary consultant and all around great guy.

Wendy has knowledge of meditation and relaxation techniques, is a qualified Swedish Masseuse, Shiatsu Therapist, Reiki Channel & Sports Science Instructor. She's a mother and all around great gal.

GAIA - FIJI
Your Tropical Paradise