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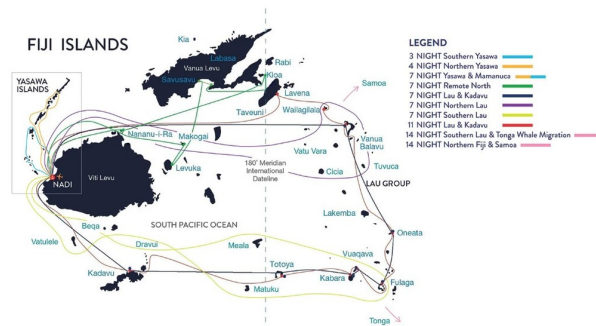
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NORTHERN LAU - PACIFIC ISLANDS CRUISE

BULA! Welcome onboard Fiji's luxury expedition small ship, MS Caledonian Sky. Our seven-night cruise to the Northern Lau islands takes guests on an itinerary of discovery to some of the most beautiful and remote islands in the Pacific. From colourful, thriving coral reefs and shallow bays to miles of white sandy beaches and tiny tropical islands, we sail to the places larger ships can't access. As a Captain Cook Cruises Fiji guest onboard MS Caledonian Sky, you're guaranteed a once-in-a-lifetime opportunity to cruise in luxurious style while experiencing the authenticity and culture of remote Fiji. Against a backdrop of scant tourism throughout the region, we are honoured to have the opportunity to guide our guests through these otherwise unexplored areas that a fortunate few have the chance to experience. WHAT TO EXPECT Set sail from Port Denarau and head east in the Pacific Ocean to reach the Lau archipelago and some of the most idyllic islands and reefs on earth - rarely visited by tourists. Swim, snorkel or enjoy a scuba dive into the turquoise and tranquil oceans of Northern Lau. Explore Fiji's former leper colony island, Makogai - an idyllic island setting for quarantining - and enjoy a fascinating historic story telling tour. Be enchanted by the striking natural beauty of Vatu Vara, Wailagi lala, Qilaqila's Bay of Islands, Cicia and Nanu-i-ra Islands. This is the real Fiji. DISCOVER NORTHERN LAU Fiji's Eastern Archipelago is made up of a cluster of beautiful and remote picture-postcard islands, around half of them uninhabited. Navigate the region's turquoise waters and experience the authentic Fiji on the MS Caledonian Sky, setting sail to paradise, a remote region much of which is inaccessible to tourists. A visit to the Northern Lau islands offers a

once-in-a-lifetime experience to a select few travellers. From turquoise bays to remote villages, these are some of Fiji's best kept secrets. From Vanua Balavu's famous Qilaqila Bay of Islands to the historic island of Makogai, expect to explore untouched natural beauty and gain personal insights to the region's history and culture. The Lau group of islands is made up of 57 islets, of which only 30 are inhabited. Unexplored by tourists, the northern Lau islands offer spectacular and unspoilt scenery, and you'll have the chance to snorkel, swim and scuba dive in the pristine waters of these beautiful islands and surrounding colourful coral reefs. Our onboard marine biologists will guide a discovery of the plethora of wildlife at Vatu Vara and the other islands of the northern Lau and during onboard lectures. Best of all, you'll be welcomed and entertained by the friendly people of this region and experience a traditional Meke, Sevusevu and Iovo, quite different from the traditional



Fijian feasts.

ITINERARY



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Day 1 Tivua Private Island

Enjoy an afternoon of beach activities at Captain Cook Cruises' own Tivua Private Island. As you explore the beautiful coral gardens of Tivua you'll be surrounded by magnificent aquamarine waters and 500 acres of thriving coral gardens. Paddle, snorkel, dive to explore or join our sustainability journey by planting a coral in our coral nursery while you're there. Return to the MS Caledonian Sky and enjoy a wonderful welcome dinner as you cruise towards a South Pacific sunset.

Day 2 Makogai

Discover a fascinating piece of Pacific history on your locally guided walking tour through the jungle on Makogai Island. You'll explore the ruins of an former leper colony which was run by the Catholic nuns from 1911 until the 1960s. Patients came from all over the Pacific including New Zealand to isolate and recuperate on Makogai and sadly there are more than 2000 graves on the island remembering those who didn't survive. Fiji's Department of Fisheries has a research station based in Makogai where giant clams and turtles are cultivated. You'll snorkel over giant clam gardens in the island's turtle sanctuary. Back onshore, you'll have the opportunity to join the island's church service and be entertained by the local villagers and children with their traditional song and dance.

Day 3 Vatu Vara

Today you'll explore one of Fiji's most beautiful marine parks at

Vatu Vara. This majestic island rises out of the Pacific with a 305-metre-high summit, giving it the nickname 'Hat Island'. The volcanic and limestone island is just three kilometres in diameter and home to both a bird sanctuary and a National Park. Vatu Vara is also home to the world's largest land arthropods, the coconut crab. The traditional mythical guardian of Vatu Vara is the sea goddess or nymph named Sakulawe.

Day 4 Wailagi Lala

This incredible, pristine location is the northernmost outpost of Fiji's Lau islands and is the gateway to Samoa through the Nanuku Passage. Today's visit to Wailagi Lala will include a discovery of its seabird nesting colony and marine ecosystem that make it a nationally significant island. Literally translated as "no water or rain", Wailagi Lala is famous for its crystal-clear water and many say that the tiny atoll is the only true atoll in Fiji. Dominated by its 1909 cast iron lighthouse - now abandoned and reaching some 29 metres in height - the sand island is surrounded by spectacular lagoon and coral reefs. You will feel chalky white sand between your toes as you explore this fabulous paradise.

Day 5 Vanua Balavu – Qilaqila – Bay of Islands & Mago Island

Immerse yourself in the beautiful scenery, pristine reefs, tiny islands and hidden caves of the Bay of Islands at Qila Qila, on the northwest end of Vanua Balavu, the main island of the Northern Lau group and the third largest in Fiji's Lau archipelago. The traditional owners of Qilaqila are the iTaukei, the mataqalis from Mavana Village. All visitors to Qilaqila must



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do sevusevu - a ceremony of greeting - on arrival and have received permission from the village elders of Daliconi Village to visit. On today's visit you'll encounter hot springs and have a chance to swim in crystal-clear waters amidst a labyrinth of mushroom-shaped rock formations and islets. Spot an endemic Fijian free-tailed bat as you explore and swim through the easily accessible caves.

Enjoy lunch onboard as we steam towards Mago Island. This is one of the privately owned islands populated by early European settlers. The island has been home to cotton and sugar cane plantations and was purchased by Australian actor director Mel Gibson in 2005. Legend has it that its early owners the Borron family became delusional, gathered the villagers in a cave on the island and blew them up with dynamite. The descendants of the survivors now live in Vanua Balavu in the village of Lomaloma. Some of them have since returned to Mago and live as part of a sun worshiping cult who have a strong focus on farming. There is a light on the hill which is kept continuously lit by the cult leader. On today's visit you'll have the opportunity to visit the cult village, Namalata. Mago Island is still relatively undeveloped and sustainability initiatives including coral rehabilitation and clam planting are underway. The reefs around Mago Island are diverse and pristine, making diving a must-do.

Day 6 Lakeba

The island of Lakeba is provincial capital of Lau and is the traditional centre of power and authority in the Lau group of islands. On today's visit you'll discover some interesting historical sites as well as the Chiefly Village on a guided tour.

Key figures in Fiji's political history including Ratu Sukuna and Ratu Mara are buried here as are the remains of the Tongan King and conqueror of much of the Lau, Ma'afu. Next follow the path of explorer Captain William Bligh who travelled in his 12-foot boat all the way from Tonga through Lomaivit to Vatu-i-ra. Eventually, Captain Bligh landed in Yasawa where he and his crew were chased by Fijians who were still practicing cannibalism at that time! Fortunately for Bligh, visibility was poor, and they managed to escape.

Day 7 Vatu-i-ra & Nannanu-i-ra

Sealife and natural beauty surround you in this large conservation park where you'll enjoy Vatu-i-ra island as well as exploring the large surrounding barrier reef. Some of the world's best coral reef dives await here at Vatu-i-ra. The island is also a haven for breeding seabirds, earning it the nickname "Bird Island". Black noddies, red-footed and brown boobies, lesser frigatebirds and several species of tern all call Vatu-i-ra home. Dolphins, whales, sea turtles and more than 100 species of fish populate the diverse marine ecosystems surrounding the island. It's a natural treasure trove just waiting to be discovered!

Today we'll visit the northern coast of Fiji's largest island Viti Levu for our customary swim, snorkel and beachcombing or the chance for a lazy morning enjoying a beach visit and possibly take a hike. After lunch we take our last visit ashore before we begin our homeward journey. Don your favourite island attire and join all the celebrations of our Pacific Island Night Finale.

Day 8 Nadi



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Return to Nadi for 9:00am disembarkation. After breakfast, the crew will bid you farewell in song including their traditional Fijian 'Isa Lei' as they say 'sototale' or 'see you again'.

Please Note:

Itineraries subject to change due to weather and other operational requirement.



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YOUR SHIP:

YOUR SHIP:

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:



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