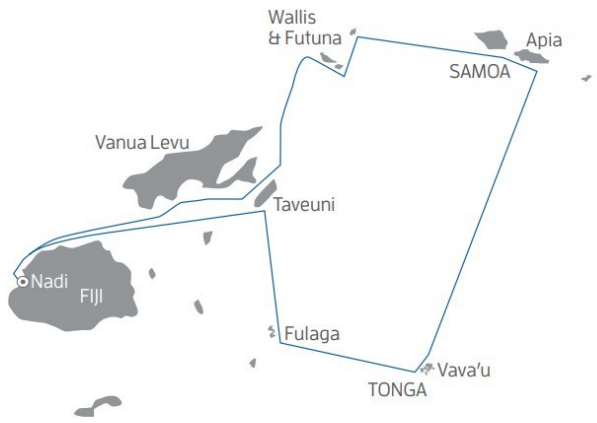


TROPICAL ISLANDS OF FIJI, SAMOA & TONGA: AN 11-DAY SOUTH PACIFIC EXPEDITION CRUISE

Join expedition cruise pioneers Heritage Expeditions on an idyllic island-hopping adventure exploring some of the South Pacific's most iconic and rarely-visited islands on our Tropical Islands of Fiji, Samoa & Tonga Cruise. This all-inclusive voyage is designed for those who love to explore off the beaten track, experience endemic wildlife encounters, uncover time-forgotten cultures during thrilling cultural exchanges, then relax on white-sand beaches and snorkel warm waters teeming with colourful corals and marine life. Make your way to Fiji's multi-cultural gateway Nadi, before boarding our luxurious 140-guest flagship Heritage Adventurer as our South Pacific exploration begins. An archipelago of more than 300 islands, Fiji is the perfect island-hopping destination for birders, history lovers and adventurers alike. Framed by idyllic blue waters and lush rainforest, we'll explore the island nation's hidden corners, encounter its rich culture and venture deep into some of its most spectacular natural environments. From the rainforest and waterfalls of Savusavu to the remote limestone islands of Fulaga and the lush landscapes of Taveuni, Fiji offers a remarkable diversity of experiences for the adventurous traveller. Immerse yourself in the remote French territory of Wallis and Futuna, where traditional Polynesian culture remains deeply rooted among dramatic volcanic landscapes, fascinating WWII history and extraordinary wildlife above and below the water. Discover Futuna's sacred Poi Basilica and traditional island life, explore Wallis' pristine lagoon and white-sand islets, and uncover ancient Tongan fortifications and the dramatic Lake Lalolalo. Birders will relish opportunities to explore lush Pacific rainforests in search of endemic species found nowhere else in the world. In Samoa, look for the Tooth-billed Pigeon, the country's national bird and one of the closest living relatives of the extinct Dodo. Fiji and Tonga offer further opportunities to discover endemic island species including the Taveuni Silktail, Orange Dove and Tongan Whistler. In Samoa, experience the enduring traditions of fa'a Samoa on the island of Savai'i, where lush rainforest, volcanic landscapes and traditional village life come together. Explore the Tafua Rainforest Reserve and its volcanic caldera, search for rare endemic birds, or immerse yourself in local culture at Palauli village through traditional dance and Siapo barkcloth making. In Apia, discover the legacy of legendary author Robert Louis Stevenson, vibrant local markets and the biodiverse waters of the Palolo Deep Marine Reserve. Returning to Fiji, we'll experience one of the South Pacific's most remote islands at Fulaga, where turquoise waters surround hundreds of limestone islands and islets. On Taveuni, known as the 'Garden Island', explore the lush rainforest and spectacular waterfalls of Bouma National Heritage Park, home to an extraordinary diversity of endemic flora and fauna. Join us for an unforgettable South Pacific island-hopping expedition cruise through paradise, exploring the remote islands, rich cultures, endemic wildlife and turquoise waters of Fiji, Samoa and Tonga. This expedition includes the option to join a sea kayaking excursion with an expert guide to further explore these tranquil, tropical settings. ### Melanesia Highlights ###### (C) Heritage





Expeditions

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Day 1 - Nadi, Fiji

Meet your fellow adventurers at the Sheraton Fiji Golf & Beach Resort in Nadi, the multicultural gateway to Fiji on the mainland of Viti Levu and home of the Southern Hemisphere's largest Hindu temple, Sri Siva Subramaniya Temple, and the Garden of the Sleeping Giant featuring more than 1,000 species of orchids. Join our transfer to Heritage Adventurer where the captain and expedition team will be waiting to greet you on arrival and show you to your cabin. You will have time to settle in and familiarise yourself with the ship; we will also take the opportunity to introduce you to your expedition team and our voyage plans. You are invited to join the expedition team in the Observation Lounge and on the Observation Deck

Day 2 - Savusavu, Vanua Levu

This morning, wake off the palmfringed coast of Savusavu, the tiny tropical town on Fiji's secondlargest island, Vanua Levu. Known as the 'Hidden Paradise of Fiji' and famous for its hot springs and its colonial trading history, Savusavu is the paradisical hub for today's adventure. Enjoy an authentic slice of Fiji, where ancient volcanic landscapes meet lush greenery and pristine reefs. Options today include exploring Nakawaga Rainforest, a lush 200-acre virgin tropical rainforest home to enormous indigenous trees, wildlife such as Flying Foxes and the Fiji Goshawk, and wild orchids. After a warm village welcome, a hike through the rainforest is rewarded with a swim in the crystal-clear pools below the backdrop of the stunning 50-foot Nakawaga Waterfall. Enjoy your time in the jungle exploring Wainiliku Creek and the surrounding limestone caves. Alternatively, experience the cultural heartbeat of Fiji with a visit to a local village to learn about their way of life. Witness a thrilling performance of the traditional Meke, a powerful blend of storytelling, singing and rhythmic dancing used to celebrate, recount legends and record historic events. Then enjoy a 'tree to bar' tour at the KokoMana Chocolate Factory before sampling their famous sustainable, handmade Fijian chocolates.

Day 3 - Futuna, Wallis & Futuna

Forming part of the French overseas collective of Wallis and Futuna, the volcanic island of Futuna offers a rare glimpse into a way of life largely untouched by the outside world. Still deeply rooted in traditional Polynesian culture, and one of the Pacific's more remote inhabited islands, we will have the opportunity to learn the island's stories amid grand mountainous landscapes. Discover the striking Poi Basilica, built on the sacred site where Saint Peter Chanel, the only canonised martyr of Oceania, lost his life, and learn about the thousands-of-years-old taro crop



and its importance to the region. After lunch on board, it's time to discover what lies below Alofi Island's gin-clear waters on a snorkelling excursion, Zodiac cruise its shorelines or enjoy a nature walk and birding with our guides. Inhabited until 1840, Alofi is now recognised as an Important Bird Area, home to many native species including Polynesian Wattled Honeyeaters, Polynesian Trillers, Fiji Shrikebills and Polynesian Starlings. Snorkel this impressive underwater world where Parrotfish, Butterflyfish, Angelfish, anemones, sea stars, urchins and cucumbers live among vast coral gardens patrolled by harmless Reef Sharks. Alternatively, enjoy a Zodiac cruise, discovering the island's vibrant coastline looking for wildlife. This evening, enjoy stargazing under what is considered one of the best night skies in the Pacific.

Day 4 - Wallis, Wallis & Futuna

Say bonjour to the remote French territory of Wallis, also known as Uvea and one of the three customary kingdoms of the French Overseas Collective of Wallis and Futuna. This volcanic outpost wraps off-the-beaten-track island charm in a stunning natural landscape featuring a pristine, reef-fringed lagoon scattered with 13 white-sand islets, all easily explored by our Zodiacs. Wallis is rich in history, as part of the Tongan maritime empire Tu'i Tonga Empire, which dates back to 950 CE and peaked during the 13th to 16th centuries. An important World War II U.S. military and naval base, Wallis was home to 6,000 American troops before it became a French Overseas Territory in 1961. We will explore both the island's natural beauty and its rich history, starting with a visit to Lake Lalolalo, one of Wallis' three crater lakes and one of the Pacific's largest at 80 metres deep and 450 metres wide. Take in stunning views from the lookout and explore the surrounding sacred rainforest and dramatic cliffs. Discover the ancient ruins of Kolonui Tongan Fort, one of the Pacific's most extensive walled fortifications, and the sacred mound of Talietumu for a fascinating glimpse into Wallis' medieval past. In Mala'efo'ou village, explore the Church of St. Joseph, the island's oldest church, built in 1912, visit the national monument of the Cathedral of Our Lady, and uncover the relics of Wallis' World War II and Pacific history at the impressive local museum.

Day 5 - Savai'i, Samoa

Today we arrive in beautiful Samoa to explore the untouched beauty of Savai'i, the former kingdom's largest island. Here, ancient customs and traditions passed through generations are still proudly practised today through 'fa'a Samoa' (the Samoan way). Enjoy an authentic slice of traditional island life on one of the South Pacific's most culturally preserved outposts. There is much to experience exploring Samoa's 'wild heart', from lush rainforests, cascading waterfalls, pristine beaches and impossibly blue waters to otherworldly volcanic landscapes. Options today include the Tafua Rainforest Reserve where sprawling rainforest meets jagged stretches of lava coast, complete with towering cliffs and spectacular sea arches. Explore Samoa's own 'lost world' where Samoan Flying Foxes roost in the trees above, and discover the massive volcanic caldera known as Tafua Crater. The Reserve offers excellent birding; look for rare and endangered endemics including the Mao, Samoan Triller, Samoan Island Thrush, and elusive Tooth-billed Pigeon, Samoa's treasured national bird and one of the closest living relatives of the Dodo. Those interested in history and culture will enjoy a cultural immersion and exchange at the remote village of Palauli. Be warmly welcomed with a Taualuga, a revered traditional dance considered the apex of



Samoan performance art and the centrepiece of the country's culture. Join villagers and guides and learn about their traditional way of life with opportunities to make Siapo, traditional barkcloth, or tapa cloth, from the inner bark of the paper mulberry tree. This versatile cloth plays an important role in Samoan life, serving as ceremonial attire, bed coverings and cherished decorative pieces.

Day 6 - Apia

Today's adventures see us sailing to Apia, Samoa's bustling capital on the island of Upolu. This laid-back island city, where traditional Samoan culture blends with modern life, is also the country's only city, and its commercial, governmental and cultural heart. Colourful markets, historic landmarks and a lively waterfront make it a fascinating place to discover. Enjoy a day of cultural immersion as we explore the numerous highlights, both old and new, across the city. Those interested in gardens and culture can visit the Robert Louis Stevenson Museum, dedicated to the famed Scottish author, and pay their respects at his tomb overlooking the village of Vailima and out across the ocean, just below the 1,560-foot summit of Mount Vaea. Learn about native flora at the Vailima Botanical Garden, a national reserve established in 1972 to promote conservation. Spanning 50 acres, it offers a glimpse into Samoa's rich biodiversity with more than 400 species of plants, including rare and endangered Samoan varieties sych as Maniuniu (Balaka insularis) and Matalafi (Psychotria insularum), alongside excellent birdwatching opportunities. Next, marvel at the towering Cathedral of the Immaculate Conception. Originally built in 1884 and extensively rebuilt following damage from the 2009 earthquake, it is a breathtaking landmark featuring vibrant stained-glass windows, hand-carved timber ceilings, and a massive 2,000-person capacity. Try the local coffee at the Immaculate Cafe & Religious Shop before we venture to the lively Fugalei Market, featuring local arts, crafts and delicacies. For those wanting to explore the crystal-clear warm waters of Samoa's famed Palolo Deep Marine Reserve, a spectacular underwater world awaits. One of the South Pacific's most biodiverse marine ecosystems, and under protection since 1974, this pristine reserve and vibrant underwater trench is complete with a blue hole, sprawling coral gardens and thousands of colourful Parrotfish, Butterflyfish and Angelfish, with sea turtles, Eagle Rays and octopus also known to frequent these waters.

Day 7 - At Sea

Relax on board after our adventures; join a lecture, edit your photos or update your journal. You can also watch your voyage unfold from the Bridge with the captain, in the Observation Lounge, or poolside, as we sail towards the Kingdom of Tonga.

Day 8 - Vava'u, Tonga

M l e Lelei Tonga! Today we wake up in the Kingdom of Tonga, the last remaining Polynesian monarchy and an archipelago of more than 170 tropical islands, most of which are uninhabited. Tonga's white sand beaches, stunning azure waters, pristine coral reefs, verdant jungles, rich Polynesian culture and genuinely friendly hospitality have seen it labelled the 'Friendly Islands'; making it perfect for our day's adventure. Located in northern Tonga, Vava'u is a paradise for intrepid travellers seeking both adventure and tranquillity, and is one of the world's premier Humpback Whale sanctuaries. We have two options for spending your morning here. On the nature tour, discover the natural beauty of Tonga with a visit to iconic Mount Talau National Park, named after its flat-topped mountain with



its peak said to be stolen by spirits, where you can enjoy 360-degree views of the Port of Refuge and nearby islands. Birdwatchers will be on the lookout for the endemic Tongan Whistler along with the Polynesian Starling and Pacific-imperial Pigeon. Afterwards, enjoy exploring the island's rich flora at the Ene'io Botanical Garden, Tonga's only botanical garden, unofficial bird sanctuary and life's work of Haniteli Fa'anunu, the former Tongan Director for Agriculture and Forestry, helping save Tonga's endangered plant species. Or discover the fascinating world of Mabe pearls, also known as half pearls, during a hands-on tour at one of Vava'u's pioneering community pearl farms. Learn how they're cultivated before being turned into stunning jewellery, and try your hand at polishing a pearl yourself before enjoying a unique shopping opportunity. Continue for a visit to Tonga's only certified organic vanilla farm. Here, explore the fragrant vanilla plantations and learn about vanilla cultivation, followed by a visit to Sia'o Kafoa, a remarkable man-made mound built by two brothers during a legendary race for land ownership, where local legend provides a fascinating glimpse into Tonga's rich cultural heritage. This afternoon we reunite and make our way to Kapa Island to explore the astounding natural beauty of Swallows Cave, one of Vava'u's most iconic and enchanting sea caves, named after the large number of Swallows which nest here. Accessible only by boat, this majestic cavern reveals shimmering turquoise waters framed by towering limestone walls and stalactites. As sunlight pours through the entrance, it casts an ethereal glow across the underwater world, creating an unforgettable setting for snorkelling and photography. Or soak in the sun ashore, unwinding on the expansive white-sand beach and explore the idyllic surroundings.

Day 9 - Fulaga, Fiji

Today marks our return to Fiji, and a rare glimpse into authentic Fijian village life in one of the most unspoiled corners of the South Pacific. Expect to be captivated by the astounding beauty of the remote horseshoe-shaped island of Fulaga in the Southern Lau archipelago. Here, where jungle-capped islands are joined by impossibly clear turquoise water, white sand beaches and incredible limestone formations and caves, we will explore Fulaga's tranquil inner lagoon dotted with hundreds of small, mushroom-shaped limestone islands and islets complete with nodding palms. Fulaga is home to a close-knit community of around 400 residents living across three traditional villages and has a rich history of traditional navigation and canoe craftsmanship, with local knowledge passed down through generations. We will immerse ourselves in traditional Fijian culture as we gain insight into this remote corner of the Pacific through a traditional kava ceremony. A deeply meaningful Fijian custom, we will also have a chance to witness and purchase traditional Fijian crafts made by local artisans before exploring these time-honoured villages.

Day 10 - Taveuni

Another day in Fiji brings new adventures on the country's third-largest island, Taveuni. Known as the 'Garden Island' due to its lush tropical rainforest, featuring dramatic waterfalls and rich biodiversity, including impressive coral gardens, Taveuni is a paradise for nature lovers, hikers and anyone wanting to explore Fiji's authentic wild side and local culture. Options today include exploring Bouma National Heritage Park, which encompasses some 435 square kilometres and 80% of the island's interior. This impressive conservation initiative is co-managed by local villages and the Fijian Government. It receives some of the highest rainfall in the Pacific, contributing to its spectacular



waterfalls and otherworldly, primordial rainforest. Sure to impress birders and botanists, be on the lookout for rare flora and fauna including endangered endemic wildlife like the Taveuni Silktail, Orange Dove and the Fijian Monkey-faced Bat. Alternatively, enjoy a day of underwater discovery exploring the iconic waters of the Somosomo Strait. Nestled between the islands of Taveuni and Vanua Levu, this spectacular stretch of ocean is renowned as one of the world's premier diving and snorkelling destinations and the 'soft coral capital of the world'. Beneath its crystal-clear waters lies a kaleidoscope of vibrant corals teeming with an extraordinary diversity of marine life with more than 1,400 species of reef fish including Butterflyfish, Angelfish, and Parrotfish, as well as sea turtles, Manta Rays and Spinner Dolphins. This evening, enjoy a special final night dinner as we celebrate our South Pacific adventure.

Day 11 - Lautoka | Nadi

Be sure to be out on deck or in the Observation Lounge early this morning for our arrival into the impressive waterfront city of Lautoka, also known as 'Sugar City', due to its famous crop. After a final breakfast together and farewells, join your transfer to either the Nadi International Airport or Sheraton Fiji Golf & Beach Resort. To allow time for disembarkation procedures and travel from the port, we do not recommend booking flights departing before 1300 hours. Note: During our voyage, circumstances may make it necessary or desirable to deviate from the proposed itinerary. This can include poor weather and opportunities for making unplanned excursions. Your Expedition Leader will keep you fully informed. This tour offers a variety of activities and excursions. Your personal interests will determine which of these you wish to join. Please note that some activities and excursions will run at similar times, and it will not be possible to participate in both. Accordingly, refunds for excursions and missed landings are not available. Voyages are planned and scheduled pending final regulatory approval.

Please note:

Itineraries are subject to change.



YOUR SHIP: HERITAGE ADVENTURER

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Heritage Adventurer is a true pioneering expedition vessel of exceptional pedigree. Often referred to as the 'Grande Dame of Polar Exploration' due to her celebrated history and refined design, she was purpose-built for adventure in 1991 at Finland's Rauma shipyard and specifically designed for Polar exploration.Setting a peerless standard in authentic expedition travel, Heritage Adventurer (formerly known as MS Hanseatic) combines the highest passenger ship ice-class rating (1A Super) with an impressive history of Polar exploration. Having held records for the most northern and southern Arctic and Antarctic navigations, and for traversing both the Northwest and Northeast Passages, makes Heritage Adventurer perfect for pioneering experiential expedition travel. Originally designed to accommodate 184 guests, Heritage Adventurer now welcomes just 140 expeditioners ensuring spacious, stylish and comfortable voyages, while a fleet of 14 Zodiacs ensures all guests are able to maximise their expedition adventure. Heritage Adventurer proudly continues our traditions of exceptional, personalised expedition experiences as Heritage Expeditions flagship. Observation Lounge - One of the most celebrated and best-known features of Heritage Adventurer is the awe-inducing Observation Lounge, Library and Bar. Located on Deck 7 and perched directly above the Bridge, enjoy sweeping 270-degree views through floor to ceiling windows, perfect for wildlife spotting and quick access to the outer deck. Bring your binoculars to spot wildlife, observe the ever-changing landscape, write in your journal or relax with a book. Observation Deck - Enjoy 360-degree views from the highest point on the ship. The Observation Deck sits above the Observation Lounge and provides exceptional outside viewing options. Stretching the full width of the vessel, this is the perfect spot to take in the surrounding land and seascapes. Perfect on a sunny day, recline in the comfortable sun loungers protected from the wind and elements and watch your voyage unfold. The Bridge - No expedition is complete without visiting Heritage Adventurer's busy nerve centre. Located on Deck 6, Heritage Expeditions' Open Bridge Policy means you are welcome to observe the Captain and crew at work while enjoying some of the ship's best views. It's a fascinating place to learn about navigation and vessel operations, however please note the Bridge will be closed when departing or arriving at port. Dining Room - Indulge in fine international cuisine from our talented chefs in the lavish surrounds of our Dining Room on Deck 4. Sensational 270-degree views provide a stunning backdrop to meals here along with an international wine list featuring many outstanding regional wines. With relaxed seating arrangements, all guests can enjoy dining in a single sitting from hearty breakfasts setting you up for the day's adventure to sumptuous lunches and multi-course evening dining. Bistro - Simple fast and delicious meals and snacks are on offer in our relaxed

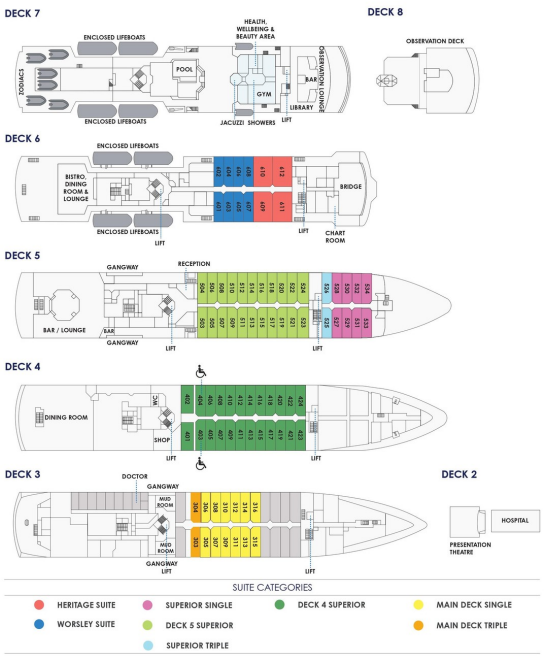
Bistro on Deck 6. Perfect for early risers to enjoy tea, coffee and light breakfast options the Bistro provides great views and opens directly onto a covered and heated teak-deck outdoor dining area. The Bar and Lounge - The social hub of Heritage Adventurer, the Bar and Lounge on Deck 5 features seating for all guests. Enjoy a beverage at the bar, sink into an armchair, relax on one of the many spacious loungers and watch the world go by through the panoramic windows or make new friends at the communal seating. This multi-tasking space also doubles as the location of daily briefings and evening recaps with the expedition team. The Gym - Featuring spectacular ocean views, the well-equipped gym is adjacent to the pool, hot tub and sauna in Deck 7's wellbeing zone. Maintain your routine with an elliptical cross trainer, treadmill, rowing machine, stationary bikes, TRX as well as free weights, yoga mats and fitness balls. Towels are provided with change room and shower amenities nearby. Sauna and Steam Room - True to her Nordic origins, Heritage Adventurer features a dry-heat Finnish sauna and European steam room on Deck 7. Perfect for warming up post Polar plunge or unwinding after a day's adventures, the sauna and steam room include change room facilities, showers and towels. Swimming Pool and Hot Tub - Surrounded by relaxed teak seating including sun loungers, the open-air saltwater pool can be heated or chilled. Encased in glass the hot tub ensures all-weather use, perfect for those who like to relax with a view following a day of exploring. Lectures and Presentations - Enjoy informative and entertaining lectures on history, biology, wildlife, and ecology in the comfort of the Presentation Theatre. With state-of-the-art audio-visual equipment, our world-renowned expedition team will bring your adventure to life through interactive presentations and



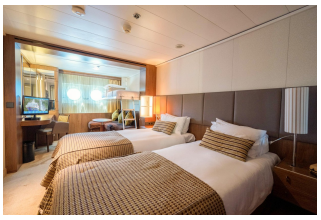
discussions.



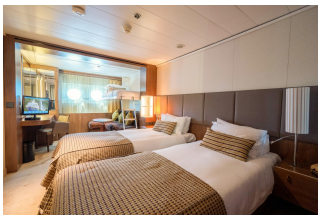
INSIDE YOUR SHIP



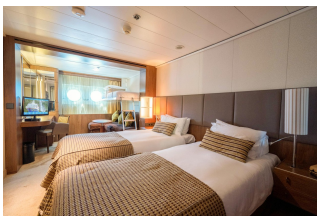
Deck 4 Superior



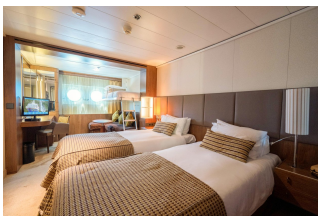
Deck 5 Superior



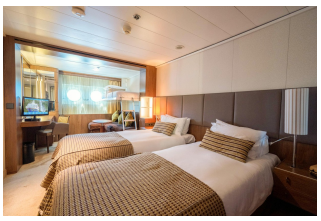
Heritage Suite



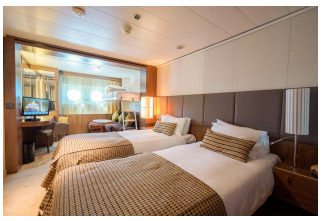
Main Deck Single



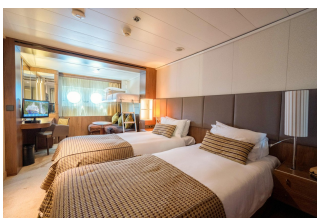
Main Deck Triple



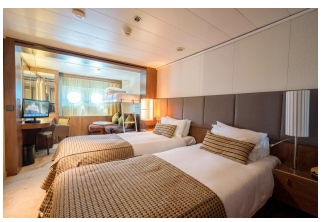
Superior Single



Superior Triple



Worsley Suite





PRICING

14-Mar-2027 to 24-Mar-2027

Main Deck Triple	£5855 GBP pp
Superior Triple	£6662 GBP pp
Deck 4 Superior	£7300 GBP pp
Deck 5 Superior	£7725 GBP pp
Main Deck Single	£8022 GBP pp
Worsley Suite	£9170 GBP pp
Superior Single	£9298 GBP pp
Heritage Suite	£10700 GBP pp