



COMO
LAUCALA ISLAND

ACTIVITIES MENU



CONTENTS

WATER EXPERIENCES

Diving	2
Deep Sea Fishing	5
Kayaking	6
Sailing	7
Surfing	9
Watersports	10
Snorkelling	11

LAND EXPERIENCES

Tennis	12
Farm Tour	13
Hiking	14
Mountain Biking	16
Horse Riding	17
Gym	18
Golf	19

CULTURAL / OTHER EXPERIENCES

Handicraft Classes	20
Coconut Show	20
Survivor Skills Class	20
Kava Ceremony	20
Cooking Class	20
Spa Class	20
Leisure Centre	20
Children's Activities	20



COMO
LAUCALA ISLAND

WATER EXPERIENCES



DIVING

For experienced divers, embark on your own dive trips within the encircling reef and beyond. Inner reef excursions are possible at any time, preferably rising tide. All our sites are within a 45-minute boat journey and our remoteness very rarely means you will encounter another dive boat.

Inner Reef – Fun Dives	
Outer Reef – White Wall (minimum 2 persons)	US\$600 per person
Outer Reef – Purple Wall (minimum 2 persons)	US\$450 per person
Outer Reef – Rainbow Reef (minimum 2 persons)	US\$600 per person
Night / Dawn Dive (1 Tank)	US\$100 per person

For more information on COMO Laucala Island's growing list of inner and outer reef dive sites, please see our Dive Site List.

Duration	Two to three hours
Inclusions	All dive gears, safety equipments, guide, picnic baskets, beverages
Level of Difficulty	Moderate
What to Wear/ Bring	Swimwear, sunglasses

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COURSES AND CERTIFICATION

We offer PADI dive instruction for all levels, including Bubblemaker (8 to 9 years old), Junior Open Water and PADI specialty courses. The duration of a PADI-certification course depends on whether the guest has completed their dive theory at home (recommended). Generally, a complete beginner can be certified at COMO Laucala Island in four days, with any refresher instruction done free of charge. Please note no dives can take place within 24 hours of air travel.

COURSE NAME	DURATION	PRICE (PP)
Bubblemaker*		Inclusive
Scuba Diver	Two dives, two days	US\$365
Open Water	Four dives, two days	US\$600
Advanced Open Water	Five dives, two days	US\$500
Speciality Diver Programs		US\$400
Rescue Diver	Four days	US\$465
Emergency First Response	One day	US\$170
Master Scuba Diver		US\$160
Dive Master		US\$2,000
PADI Referral		US\$500

*Please Note the Bubblemaker course has a maximum dive depth of two metres.

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DIVING RATE SHEET



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ACTIVITIES	DURATION	PRICE (US\$)	LEVEL OF DIFFICULTY	SKILL REQUIRED	OTHER INCLUSION	RECOMMENDED CLOTHING AND FOOTWEAR
Bubble Maker (Kids aged 8 and 9 years old)	Three hours	Inclusive	Easy	Able Swimmer	Includes all diving equipment / swimsuits / refreshment	Swimwear and sunscreen
Discover Scuba	Three hours	Inclusive	Easy	Able Swimmer	Includes all diving equipment / swimsuits / bottled water	Swimwear and sunscreen
Scuba Divers	Two dives two days	US\$365	Easy	Able Swimmer	Includes all diving equipment / swimsuits / bottled water	Swimwear, sunscreen and underwater camera
Open Water	Four dives two days	US\$600	Easy	Able Swimmer	Includes all diving equipment / swimsuits / bottled water	Swimwear, sunscreen and underwater camera
Advanced Open Water	Five dives two days	US\$500	Average	Open water Diver	Includes all diving equipments / Swimsuits / bottle waters	Swimwear, sunscreen and underwater camera
Speciality Diver Programs	Two dives two days	US\$400	Average	Certified Diver	Includes all diving equipment / swimsuits / bottled water	Swimwear, sunscreen and underwater camera
Rescue Diver	Five days	US\$465	Difficult	Open water Diver	Includes all diving equipments / Swimsuits/bottle waters	Swimwear, sunscreen and underwater camera
Emergency First Response	One day	US\$170	Average	Diver	Includes all diving equipment / swimsuits / bottled water	Swimwear, sunscreen
Master Scuba Diver	Five days	US\$160	Difficult	Dive Master	Includes all diving equipment / swimsuits / bottled water	Swimwear, sunscreen and underwater camera
Dive Master	Two weeks	US\$2000	Difficult	Rescue Diver	Includes all diving equipment / swimsuits / bottled water	Swimwear, sunscreen and underwater camera
Padi Referral	Four dives two days	US\$500	Easy	Completed theory and pool work	Includes all diving equipment / swimsuits / bottled water	Swimwear, sunscreen

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COMO
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WATER EXPERIENCES



DEEP SEA FISHING

Our Riviera Open Flybridge can be chartered for deep sea game fishing excursions. Whether you're a beginner looking for expert-led coaching or an experienced angler hoping to land one of Fiji's famous yellowfin tuna, the waters beyond the lagoons offer an abundance of blue marlin, black marlin, wahoo, Pacific sailfish, giant trevally and dolphin fish.

Duration	Half or full day
Price	US\$2,000 or US\$3,500
Inclusions	Fishing equipment, sunscreen, picnic basket, beverages
Level of Difficulty	Easy
What to Wear/ Bring	Hat and sunglasses

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WATER EXPERIENCES



KAYAKING

Kayaking is one of the great ways to explore Laucala's marine hinterland, especially the wildlife-rich mangroves. The channel, between COMO Laucala Island and Qamea Island, features some rocky pinnacles popular with nesting birds. Travelling silently, you feel like you are entering undiscovered nature. Kayaking is a guided excursion, and if you circumnavigate the island, a challenging three-hour work-out. This activity is complimentary.

Duration	45 to 60 minutes
Price	Complimentary
Inclusions	Sunscreen, water
Level of Difficulty	Easy to moderate
What to Wear/ Bring	Swimwear, hat, sunglasses

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COMO
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WATER EXPERIENCES



SAILING

Our fleet of boats allow for a wide variety of activities, from complimentary inner reef sailing — including Hobie Cats, Phantoms, Nacras, Lasers, a Dragon and single-seater Fijian Takias — to skipper-led excursions beyond the limits of the barrier reef.

Sailing Craft with Guide

- High Performance Catamaran Nacra (used in the Hobie Worlds Series 2017)
- Flying Phantom - foiling Racing Catamara
- Dragon Boat
- Hobie Cat
- Laser Sailing Boat (Single)

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WATER EXPERIENCES

Sailing Boats with a Captain

- Amanda – A Dragon class sailing boat that qualified in the 1948 Olympics
- Classic sailing yacht Rere Ahi: Meaning ‘Flying Fire’ in Maori, this elegant tea and bronze-finished classic sailing yacht built in the 1970s is our most romantic boat, and well suited for a castaway beach picnic or a sunset cruise.

Sunset Cruises	Complimentary within the inner reef
Charters	Half Day US\$1,000 / Full Day US\$2,000

Motorised Boats with a Captain

Riviera – A Riviera 41 Flybridge yacht with two cabins, designed by naval architect Frank Mulder – Outer Reef*	Half Day US\$2,000 / Full Day US\$3,500
Jet Boat Trip – Outer Reef*	Half Day US\$500 / Full Day US\$900
Aqua Tauri – Outer Reef*	Half Day US\$2,500 / Full Day US\$3,500

*Outer reef sailing trips entail an additional cost, listed above.

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WATER EXPERIENCES



SURFING

Magai Eco Surf Resort, located 15 minutes from the resort by boat, is a first-class left- and right-hand break. We bring a rescue sled and jet ski along too, so you can catch as many waves as you like, with expert surf instruction if required. This is an excellent destination, in the right conditions, to get children up on a body board or surfboard for the first time.

Duration	Half or full day
Price	US\$500 or US\$900
Inclusions	Surf board, sunscreen, soft drinks, snacks, jet ski with rescue sled
Level of Difficulty	Moderate
What to Wear/ Bring	Swimwear

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WATER EXPERIENCES



WATERSPORTS

All our watersports are complimentary if they take place inside COMO Laucala's barrier reef. Our Activities Team can also provide instruction if required.

Motorised Watersports

- Ski Biscuit Riding (donuts and 'hell-riders')
- Jet skiing (up to one hour complimentary; outside the lagoon is charged at US\$120 per hour)
- Kitesurfing (for experienced practitioners only)
- Kneeboarding
- Wakeboarding
- Wakesurfing (for surfing off the back of a boat when surf is poor)
- Waterskiing (both double and mono skis are available)
- Windsurfing

Non-Motorised Watersports

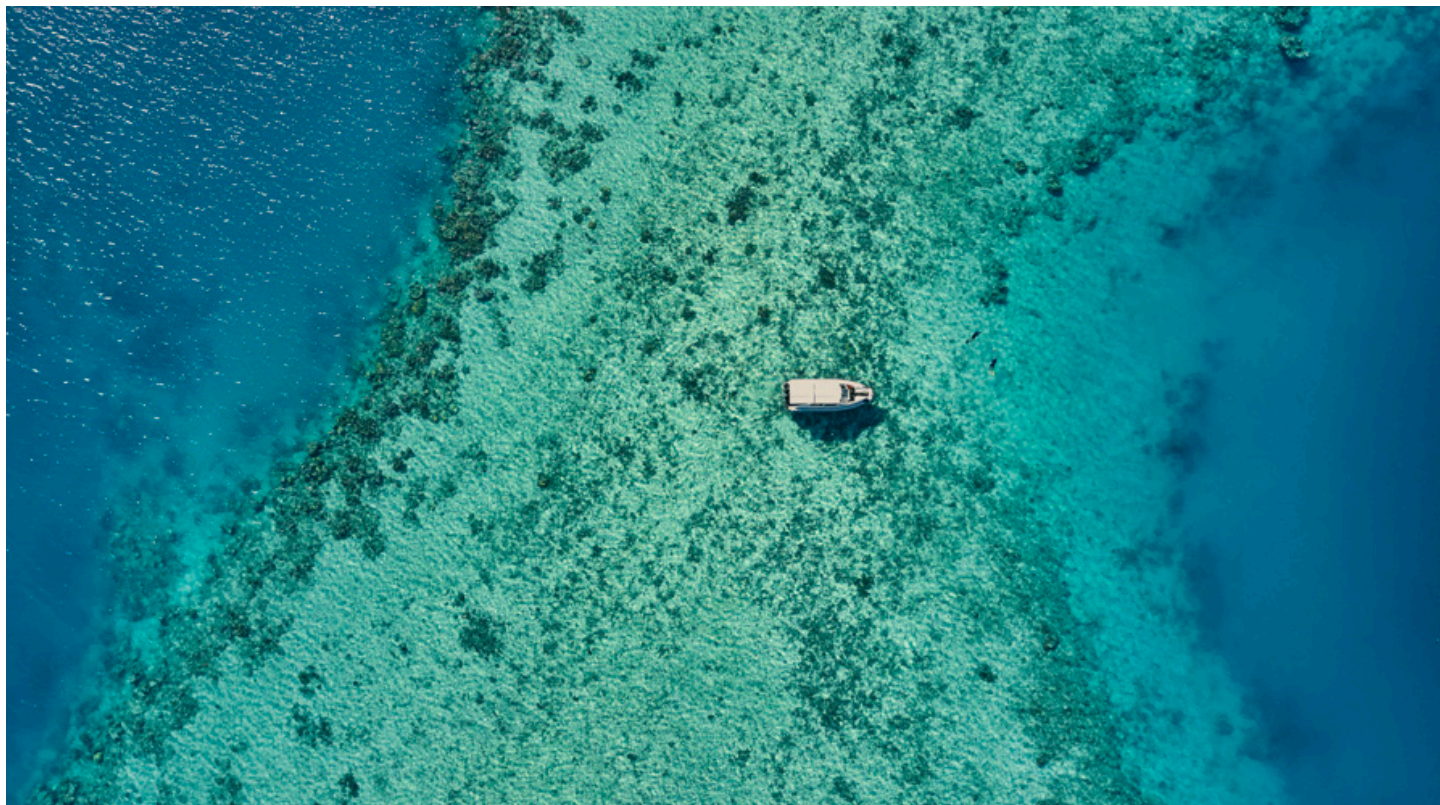
- Kayaking
- Outrigger canoeing
- Stand-up paddleboarding
- Windsurfing
- Hobie Cats
- Phantoms
- Nacras
- Lasers
- Dragon Sailboat

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COMO
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WATER EXPERIENCES



SNORKELLING

Snorkelling sites are just a swim out from your Residence — the Seagrass area, for instance, is a fabulous fish nursery. To get the best experience possible, we encourage guests to ask for a guided excursion.

Price	Night and dawn dives on the inner reef are charged at US\$100. Otherwise dive and snorkelling excursions inside Laucala's reef are complimentary.
Duration	Two hours
Inclusions	Snorkelling equipment, sunscreen, soft drinks
Level of Difficulty	Easy
What to Wear/ Bring	Swimwear

Please Note: Rented snorkelling gear can be kept at your Residence for the duration of your stay.

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COMO
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LAND ADVENTURES



TENNIS

We have two Astro Turf courts located a short buggy ride from the main resort. You can also book in with the resort's resident pro, Rupeni, for instruction or just as a hitting partner. This activity is complimentary.

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COMO
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LAND ADVENTURES



FARM TOUR

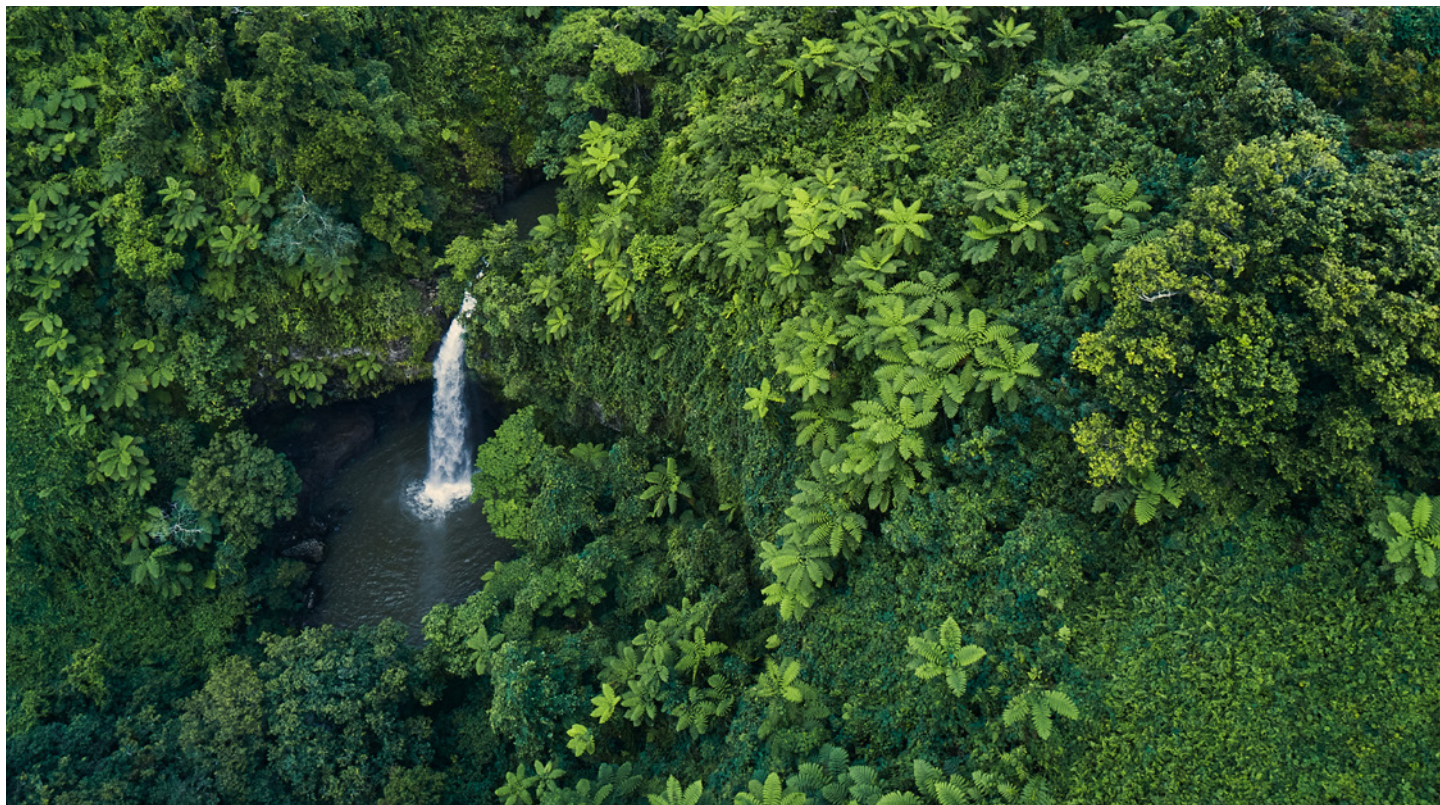
Immerse yourself in COMO Laucala Island's farm-to-table philosophy with an in-depth tour of the island's food resources. A guide will take you by vehicle through our herb garden, flower garden, and orchard. Then, you will be taken to the nursery facility to see a variety of different types of fruits, vegetables, citrus trees and orchids. The tour continues to the other side of the island, along ocean views and dense jungle, to the farm animals and horse stables. This activity is complimentary.

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LAND ADVENTURES



HIKING

Tavoro Falls, Taveuni

A 30-minute boat ride to Taveuni is followed by a three-and-a-half hour hike to three spectacular waterfalls in Bouma National Park. The first waterfall is 24 metres tall, while the middle has a 15 metres drop. The upper waterfall cascades 10m into a jade green natural swimming pool. Be prepared for some slippery rocks, muddy shoes, and rope-guided river crossings.

Duration	Four hours with picnic lunch
Price	US\$900
Inclusions	Boat and taxi transfers to Taveuni Island, picnic lunch with soft drinks, sunscreen, insect repellent
Level of Difficulty	Moderate
What to Wear/ Bring	Sneakers, hat, sunglasses

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COMO
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LAND ADVENTURES



HIKING

COMO Laucala Island Trails

We have three complimentary hikes on marked paths, which you can do with a guide:

- Advanced Summit Hike (two hours): Loops up to the highest point on a marked path.
- Intermediate Tower Hike (one hour): Spectacular westward views
- Intermediate Round-the-Island Hike (four hours): Follows the coastal path, with the sea nearly always in view. Various lookouts for rest and picnics are positioned en route, and complimentary guiding is always available.

Duration**Inclusions****Level of Difficulty****What to Wear/ Bring**

All walks each take up to four hours

The services of a guide, bottled water, cool towels, insect repellent, first aid kit

Moderate to hard

Sneakers, hat, sunglasses

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LAND ADVENTURES



MOUNTAIN BIKING

Mountain bikes for adults and children: Take a bike to ride around the resort. For the more adventurous, explore the island with a challenging ride all the way around the island (two hours)

Our magnificent mixed mountain biking trail is not for the faint-hearted. This route follows the island's coastline, incorporating steep inclines and free-wheeling downhill on cobble, gravel, grass, and hard sand, with the topography changing from beachside avenues of palms, to eerie mangroves, thick primary forest, and grassy paths flanked by Banyan trees cascading over black basalt rocks.

Top riders should be able to complete the island circuit in just over an hour; the 'jogging fit' will take closer to two. Those who wish to take a more leisurely pace can make the most of the spectacular scenery with a set-up picnic on the way. This activity is always guided, and is complimentary.

Duration**Inclusions****Level of Difficulty****What to Wear/ Bring**

One to two hours

The services of a guide, bicycles, helmets, knee and elbow pads, water

Moderate to hard

Sneaker, hat and sunglasses

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COMO
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LAND ADVENTURES



HORSE RIDING

Whether you are an experienced rider or have never touched a saddle in your life, our guide can take you on an enjoyable ride on horses. Ride through the coconut plantation and along the beaches on the resort side, before a quiet picnic lunch on the beach or at the stable bar.

Our horses are crossbreeds of Australian Thoroughbreds (bred for the Melbourne race track) and British Clydesdales (used for the plantations). Equestrians can go out on hacks around the island, canter 'Long Beach' at low tide, and swim bareback in the ocean. The stables are looked after by our resident 'Horse Whisperer,' who also guides guests and provides tuition in an enclosed riding arena. Closed-toe shoes are required, and the minimum guest age is eight. This activity is complimentary.

Duration	45 to 60 minutes
Price	Complimentary
Inclusions	The services of a guide, soft drinks, riding equipment
Level of Difficulty	Moderate
What to Wear/ Bring	Camera, riding shoes, hat, riding attire, sunglasses

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LAND ADVENTURES



FITNESS CENTRE

From treadmills and bikes to elliptical and rowing machines, the cardio equipment in COMO Laucala Island's Fitness Centre is extensive. A range of weight machines and free weights are complemented by a stretching area, yoga mats and Pilates gear. A personal trainer is always available, and complimentary.

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LAND ADVENTURES



GOLF

The 18-hole Championship Course is carefully set in the old plantation, surrounded by Laucala's dramatic mountains. Designed by Scotsman David McLay Kidd, this par-72 course is challenging for experienced players, but with a variety of tee box options, is also inviting to those new to the game. The par-5 12th hole is the signature hole: the green extends on to the beach. Any number of games is complimentary. Games include access to the driving range and putting green, as well as the use of golf clubs and buggies. For lessons with a golf professional, please let us know in advance of your stay.

Duration**Inclusions****Level of Difficulty****What to Wear/ Bring**

Two to three hours

Golfing equipment, golf buggy, golf shoes, beverages

Moderate to hard

Sunglasses, golfing attire, hat

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CULTURAL / OTHER ACTIVITIES



Besides the land and sea, we also provide the opportunity to explore island culture through arts and craft, cooking, island skill-building and more.

Fijian Handicraft Classes – Try your hand at traditional Fijian handicrafts like basket weaving and coconut leaf weaving.

Island Survival Skills – Learn useful island survival skills such as how to trap goats, finding water in the bush and how to start a fire.

Kava Ceremony – Experience a traditional Fijian Kava Ceremony, where you can partake in song, dance, and a special, relaxing Kava drink.

Cooking Classes – Prepare your favourite Fijian, Thai, Indonesian or COMO Shambhala Cuisine dishes with our chef's expert guidance.

Spa Classes – Create your own soap and candles using natural ingredients from the surrounding flora and fauna.

Children's Activities – For engaging yet educational children's activities, please visit our Play space.

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Terms and conditions

- Activities will be subject to weather conditions
- Cancellations of resort-operated activities less than two hours prior to the activity will incur a 50 per cent cancellation fee
- Prices for children from ages three to 11 are chargeable and will be specified next to eligible activities
- All children must be accompanied by a parent or guardian during excursions
- Please note that off site excursions are run by third-party companies which provide these services and cancellation policies apply
- All activities are taken at the guest's own risk. COMO Laucala Island is not liable for property damage or personal injury which may occur during such activities
- All activities and prices quoted are in USD and may change without notice
- Government taxes subject to change without notice
- Prices subject to 10 per cent service charge and 15 per cent government taxes unless otherwise stated

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