INTERCONTINENTAL®
FIJI GOLF RESORT & SPA

Mai Tovolea

September Edition





TOVOLEA OUR KIDS CLUB

Designed to entertain and inspire our younger guests.



TOVOLEA OUR WATER ACTIVITIES

From our pools and beach to fishing and shark diving.



TOVOLEA OUR SPA

Spa InterContinental presents an indulgent escape from the world.

Ni Sa Bula Vinaka!

Welcome to InterContinental Fiji Golf Resort & Spa. Here on this pristine and secluded part of Fiji, we invite you to experience our most wonderful adventures - whether on land, at sea or in the air. You can be as relaxed or busy as you wish!

Explore authentic Fijian experiences, cultural programs, or choose from our incredible array of activities managed by our preferred partners with our Mai Tovolea (meaning "come and try" in iTaukei, the indigenous Fijian language). We invite you on this journey to experience our home and leave with rich memories of your vacation in paradise.

We've created this activities guide to help you maximise your experience with us. Be sure to chat with our colleagues for the most up-to-date schedules and offerings, you can speak to Concierge, ext. 6626, or visit the Leisure Concierge team located at the poolside, ext. 6105.

To book tours and activities outside the resort, we recommend visiting the Rosie Holidays Tour Desk which is located just outside Sanasana Restaurant in the main building of the resort.

Also, are you an IHG One Rewards member? If not, sign up for free at the Front Desk. As part of reducing the environmental impact, you can opt-out of daily housekeeping services (having service every second day) and earn 500 One Rewards points which can be redeemed worldwide across 6000+ IHG properties, for hotel stays, shopping, digital rewards, airline miles and more!

I look forward to chatting with you during your holiday, yell out BULA! if you see me around. If there is anything I can assist with your stay, please contact me directly on +679 998 2282 or ravikash.nand@ihg.com. If you cannot reach me, please contact Kirti Chand, our Guest Services Manager, on +679 995 8942 or kirti.chand@ihg.com.



R. Nand

Ravikash Nand
Executive Assistant Manager - Guest Services



K. Chand

Kirti Chand
Guest Service Manager

Natadola Championship Golf Course

UNLEASH YOUR GOLFING PASSION

Minutes away from the Resort, Natadola Bay blends world-class golf architecture with dramatic landscapes from rolling pastures through to the absolute beachfront. With the sparkling backdrop of coral reefs and the Pacific Ocean on 15 out of the 18 holes, keeping your concentration will certainly be a challenge!

A complimentary shuttle leaves every 15 minutes from the port cochere.

Ext: 6100
Email: adatt@natadolabay.com



Scan the QR code
For more information of
Natadola Championship
Golf Course

PLANET TREKKERS KIDS CLUB

FOR OUR YOUNGER GUESTS



From hands-on activities to arts and crafts, games and sports; our little explorers will be challenged and rewarded with new experiences and learning opportunities.

Planet Trekkers specifically caters to two distinct age groups, 4-7 and 8-12 years old.

Planet Trekkers is open for the following sessions:
9:30am – 12:30pm (includes snack)
2:00pm – 5:00pm (includes snack)
6:30pm – 10:30pm (includes snack)

Kids Club charges are FJ$30 per child per session

Snacks includes muffin/chocolate brownie/pastry, fresh fruit, bottle of water.

Nanny Service is available. Hourly charges are FJ$16.50 per hour, with a minimum booking requirement of three hours per session. Please note that on public holidays, the rate is FJ$25 per hour.

To contact Planet Trekkers, dial Ext 6111





DAILY TORCH LIGHTING CEREMONY

Warriors and torch lighting are significant aspects of Fijian life, with deep-rooted historical and cultural significance. Warriors are traditionally held in high esteem as protectors of the community.

At InterContinental Fiji Golf Resort & Spa, our younger guests can become Fijian warriors for a day and participate in our nightly torch-lighting ceremony.

Visit Planet Trekkers or call Ext 6111 for more information. Ceremony starts at 5:50pm daily at Kama Lounge

Power Fluctuations
Fiji's electricity is run by Energy Fiji Limited (EFL) and at times power fluctuations may occur, unfortunately this is out of our control. Whenever this happens, the resort's team aims to get our generator switched on as quickly as possible so that there is a very short period of time for our guests to be without electricity. If the power dips at night, please remain in your room and use the emergency torch in the wardrobe if necessary. We apologise for the inconvenience this causes and thank you for your understanding.

MONDAY

7:00am	**Early Risers Stretch** Leisure Concierge
9:00am	**Hermit Crab Hunting** Leisure Concierge
9:00am | 11:00am 12:30pm | 3:00pm	**Snorkel Safari** Reef Safari *FJD69.00 per Adult* *FJD49.00 per Child (Under 12 years)* *FJD199.00 per Family (2 Adults, 2 Children)*
10:00am | 2:00pm	**Scuba Diving Pool Splash** Reef Safari
11:30am	**Fish Feeding** Family Pool
12:30pm	**Hermit Crab Race** Leisure Concierge
2:00pm	**Dodgeball** Leisure Concierge
4:00pm	**Soccer** Leisure Concierge
6:00pm	**Torch Lighting Ceremony** Kama
7:30pm	**Traditional Meke** Kama

TUESDAY

7:00am	**Power Walk** *(Weather permitting)* Leisure Concierge
9:00am	**Hermit Crab Hunting** Leisure Concierge
9:00am	**Spa & Herb Garden Tour** Meet at Spa Intercontinental
9:00am | 11:00am 12:30pm | 3:00pm	**Snorkel Safari** Reef Safari *FJD69.00 per Adult* *FJD49.00 per Child (Under 12 years)* *FJD199.00 per Family (2 Adults, 2 Children)*
10:00am | 2:00pm	**Scuba Diving Pool Splash** Reef Safari
11:30am	**Pool Aerobics** Family Pool
12:30pm	**Hermit Crab Race** Leisure Concierge
2:00pm	**Coconut Fun Games** Leisure Concierge
4:00pm	**Touch Rugby** Leisure Concierge
6:00pm	**Torch Lighting Ceremony** Kama

WEDNESDAY

7:00am	**Morning Jog** *(Weather permitting)* Leisure Concierge
9:00am	**Hermit Crab Hunting** Leisure Concierge
9:00am | 11:00am 12:30pm | 3:00pm	**Snorkel Safari** Reef Safari *FJD69.00 per Adult* *FJD49.00 per Child (Under 12 years)* *FJD199.00 per Family (2 Adults, 2 Children)*
9:00am | 11:00am	**Scuba Diving Pool Splash** Reef Safari
10:00am	**Garden Tour** Kama Lounge
11:30am	**Fish Feeding** Family Pool
12:30pm	**Hermit Crab Race** Family Pool
2:00pm	**Tie Dye** Leisure Concierge *$30.00 per person* *weather permitting*
4:00pm	**Volleyball** Leisure Concierge
5:00pm	**Sunset Stretch** Leisure Concierge
6:00pm	**Torch Lighting Ceremony** Kama
7:30pm	**Fire Show** Kama

THURSDAY

7:00am	**Early Risers Stretch** Leisure Concierge
9:00am	**Spa & Herb Garden Tour** Meet at Spa InterContinental
9:00am	**Hermit Crab Hunting** Leisure Concierge
9:00am | 11:00am 12:30pm | 3:00pm	**Snorkel Safari** Reef Safari *FJD69.00 per Adult* *FJD49.00 per Child (Under 12 years)* *FJD199.00 per Family (2 Adults, 2 Children)*
10:00am | 2:00pm	**Scuba Diving Pool Splash** Reef Safari
11:30am	**Pool Aerobics** Family Pool
12:30pm	**Hermit Crab Race** Family Pool
2:00pm	**Family Fun Games** Leisure Concierge
4:00pm	**Soccer** Leisure Concierge
5:00pm	**Sunset Stretch** Leisure Concierge
6:00pm	**Torch Lighting Ceremony** Kama

DAILY GYM CLASSES *(INCLUSIVE)*

BOX FIT
Exercise is done with music (basic boxing workouts)

PILATES
Stretching's strengthens your core and flexibility

CIRCUITS WITH WEIGHTS
Rotations of workout with miner recovery with the use of weights

ABBS /CORE WORKOUTS
Workout focus on the core

AGILITY WORKOUTS
Reactions and short sprints creating speed.

*PERSONAL TRAINING - $40/hour

For Bookings, please speak to our GYM Manager Vili to discuss your specific requirements and to tailor a plan for you personally. Contact Planet Trekkers, dial Ext 6111

FRIDAY

7:00am	**Power Walk** *(Weather permitting)* Leisure Concierge
9:00am	**Hermit Crab Hunting** Leisure Concierge
9:00am | 11:00am 12:30pm | 3:00pm	**Snorkel Safari** Reef Safari *FJD69.00 per Adult* *FJD49.00 per Child (Under 12 years)* *FJD199.00 per Family (2 Adults, 2 Children)*
10:00am | 2:00pm	**Scuba Diving Pool Splash** Reef Safari
11:30am	**Sun Dance** Leisure Concierge
12:30pm	**Hermit Crab Race** Family Pool
2:00pm	**Fijian History & Learning Fijian Words** Leisure Concierge
6:00pm	**Torch Lighting Ceremony** Kama Lounge
7:30pm	**Polynesian Dance** Kama

SATURDAY

7:00am	**Morning Jog** *(Weather permitting)* Leisure Concierge
9:00am	**Hermit Crab Hunting** Leisure Concierge
9:00am | 11:00am 12:30pm | 3:00pm	**Snorkel Safari** Reef Safari *FJD69.00 per Adult* *FJD49.00 per Child (Under 12 years)* *FJD199.00 per Family (2 Adults, 2 Children)*
9:00am | 11:00am	**Scuba Diving Pool Splash** Reef Safari
11:30am	**Pool Aerobics** Family Pool
12:30pm	**Hermit Crab Race** Family Pool
2:00pm	**Tie Dye** Leisure Concierge *$30.00 per person* *weather permitting*
4:00pm	**Volleyball** Leisure Concierge
5:00pm	**Sunset Stretch** Leisure Concierge
6:00pm	**Torch Lighting Ceremony** Kama Lounge
7:30pm	**Fire Show** Kama

SUNDAY

7:00am	**Early Risers Stretch** Leisure Concierge
9:00am	**Hermit Crab Hunting** Leisure Concierge
9:00am | 11:00am 12:30pm | 3:00pm	**Snorkel Safari** Reef Safari *FJD69.00 per Adult* *FJD49.00 per Child (Under 12 years)* *FJD199.00 per Family (2 Adults, 2 Children)*
9:00am | 11:00am	**Scuba Diving Pool Splash** Reef Safari
9:00am	**Coral Planting** Reef Safari *FJD99 per person and booking is essential*
11:30am	**Sand Castle Building** Family Pool
12:30pm	**Hermit Crab Race** Family Pool
2:00pm	**All Things Coconut** Leisure Concierge
4:00pm	**Golf Putting** Leisure Concierge
6:00pm	**Torch Lighting Ceremony** Kama Lounge
6:00pm	**Choir Singing** Kama Lounge

WEATHER



To learn about the latest weather forecast, please visit www.weather.com or scan the QR code.

TIDE



To learn about the latest tide, please visit www.tide-forecast.com or scan the QR code.

Please Note: Guest activities listed in the Mai Tovolea are provided as a guide and are scheduled to take place. However, they may be subject to change due to uncontrollable factors, such as weather, transport or ceremonies. The resort assumes no responsibility and cannot be held liable due to these unforeseen circumstances.

HYDRO SPORTS

FOR THE ADVENTURER IN YOU



Located near Toba Bar & Grill at the main resort, Hydro Sports offers a range of motorized sports to add an extra thrill to your Fiji holiday.

- Jetski Hire
- Inflatable Towables
- Wake/Knee Board, Waterski
- Jetski Safari
- Parasail and more.

For more information or to make your booking, please visit the Hydro Sports hut next to the adults-only pool or call Ext 6187.

REEF SAFARI

EXPLORE THE UNKNOWN



Located near Toba Bar & Grill at the main resort, Reef Safari offer a range of non-motorised sports to explore the underwater world. Complimentary snorkelling gear, kayak and boogie board are available for one hour per day per guest. subject to availability.

For a full list of water sports activities, prices and bookings, please contact the team on Ext. 6186 or visit the Reef Safari Dive Shop next to the adults-only pool.

SUNSET CRUISE

Price: FJ$50 per person | FJ$25 Children under 12

SUNRISE & SUNSET STAND UP PADDLE BOARD

Price: FJ$45 per person

**Please note that the availability of this activity is subject to very strong winds and/or big swell/waves.*



Booking is essential. Dial '6186' from your room phone to learn more or speak to our colleagues.

Things to bring: Sunscreen, bathers, hat and water.

SPA INTERCONTINENTAL

FIJI'S BEST SPA, AWARDED AT THE 2022 WORLD SPA AWARDS



Experience tranquillity and wellness at Spa InterContinental—a perfect spa retreat for the restoration of body, mind, and spirit.

"Embrace the race to win the face" with our new non-invasive L-E-D Facial that enhances the beauty of your skin with the use of Celluma light therapy that takes the power of youthful skin to a whole new experience.



Scan the QR code to view our Spa Menu

To contact Spa, dial Ext 6110

ROSIE HOLIDAYS TOUR DESK

TOURS AND EXCURSIONS



The Rosie Holidays Tour Desk is open daily to assist you with booking tours, excursions, transportation, and offer recommendations on the most popular experiences nearby. For safety, security, and comfort, we strongly advise booking your tours via a licensed tour operator at the Rosie Tour Desk, located next to Sanasana Restaurant. To contact Rosie Holidays Tour Desk, dial Ext 6101.

EMERGENCY MEDICAL SERVICES

EMS, available are via phone 24/7 at the resort, handling non-urgent concerns and provides comprehensive support for international MedEvac. With specialized medical equipment, a variety of MedEvac jets, and expert aeromedical teams, EMS delivers professional in-flight care for Critical Care patients, including those with COVID-19. Visit EMS, situated next to Planet Trekkers Kids Club and the Gym, for any medical concerns. To contact EMS , dial Ext 6120

RESTAURANTS AND BARS

navo	Opening Hours 7.30am – 10.30am: Breakfast for adults only 5.30pm – 10.30pm: Dinner 5.30pm – 7.30pm children under 12 permitted 7.30pm – 10.30pm adults only	Menu
Menu	Opening Hours Continental Breakfast: 6:30am – 7:00am Full Buffet Breakfast: 7:00am – 10:30am A la Carte Lunch: 12:00pm – 3:00pm Themed Buffet Dinner: 5:30pm – 9:00pm A la Carte only Dinner: 5:30pm – 10:30pm	SANASANA
TOBA BAR & GRILL EAT & DRINK	Opening Hours A la Carte Lunch: 11:00am – 4:30pm A la Carte Dinner: 5:30pm – 10:30pm	Menu
Menu	Opening Hours 8:00am – 11:00pm	KAMA LOUNGE

Please note that all our venues are cashless, and we only accept payment by room charge or credit card.

Personal Items

For security & safety reasons, your door should be kept locked when your room is unattended. Upon leaving your room, please ensure all entry doors and your glass sliding doors are secured. To safeguard your property, please use your in-room safe to store all your valuables (Purse, Wallets, Cash, Phones, I-pads, Laptops, Jewellery, Passports) when not in your room. The Resort will not be held liable for these items not placed in the in-room safe. Please be mindful when leaving personal items poolside or beachside unattended. We thank you for your understanding in this important matter.

Beach Notice

Natadola Beach and the Lagoon surrounding the Resort is a public thoroughfare and beach. There are NO lifeguards on duty or marine rescue response available at anytime. The sea can have strong and dangerous currents, unpredictable heavy surf and sea surge. Navo Island is traditional land owned by the neighbouring village of Sanasana and we ask that you refrain from swimming to or accessing the island. Never swim alone or in poor light, children must be supervised at all times. At night, please ensure for your safety you use the lit pathways around the resort rather than beach front grassed areas due to the uneven ground, sea wall and shrubery. Thank you.

Resort, Club & Navo Dress Code

In Fijian culture, dressing modestly around the resort when not swimming is a sign of respect.

When using our Restaurants, Lounges & Bars we appreciate our guests wearing appropriate clothing.

Due to the refined nature of Navo Restaurant, formal Fijian national dress or smart casual dress is required. For gentlemen, we request a collared shirt or smart casual T-shirt with dress shorts and closed shoes. We would appreciate it if you refrain from entering with hats, flip-flops, slides, slippers or swimwear.

Community Care Fund

Make a difference to our community by donating only FJ$2.00 per night.

To learn more, scan the QR code.