



## Guided Kayaking (1): Swallows Cave & Kapa Island

**Price:** NZD\$160.00

**Approximate Duration:** 6 hours (9:30am to 3:30pm)

**Grading: Moderate +**

Participants must possess an adventurous spirit, an **above average** level of fitness and full limb mobility.

**Tour Description:**

During the morning, you will enjoy the adventure of kayaking inside and outside Swallows Cave, a magnificent home to an abundance of sea birds as well as spectacular coral reefs teeming with tropical fish. Following this wonderful experience, your guide will lead you to Kapa Island – an idyllic location in which to relax and enjoy your lunch! Whilst there you will have ample time to swim and snorkel (mask, flippers and snorkel provided) amongst a colourful underwater world of tropical fish and stunning coral reef or, alternatively, to simply kick back on the white sandy beach listening to the warm, clear ocean lap up against the shore. Back in your kayak, your guide will continue an informative dialogue informing you of points of interest as you paddle along the beautiful shoreline until you arrive back at FIKCO's base, completing your adventure.

**Things to take with you:**

Sun protection: Sunhat (with chin-strap), sunglasses, sunscreen, lip-screen  
Personal items: Towel, water, lunch, and footwear you won't mind getting wet

**Included within tour price:**

Equipment: Life-vest, snorkel, mask and fins  
Other items: Tea and coffee  
Transfers: Return - Adventure Centre and Neiafu accommodation  
Guides: A professional naturalist guide will accompany you throughout the tour

**Note: Lunch is not included. Optional picnic lunch available upon request for NZD\$22**