



## Guided Mountain Biking

**Price:** NZD\$60.00

**Approximate Duration:** 6 hours (9:00am to 3:00pm)

**Grading: Moderate**

Participants must possess an average level of fitness.

**Tour description:**

Gain a unique perspective of Vava'u's relaxed island life by mountain bike! Join us for a fun day pedalling through abundant plantations and local villages en route to historic sites, scenic viewpoints and, time permitting, the legendary Veimumuni Cave. Pedal along the northern cliffs from where dolphins and whales may be seen far below, or visit one of Vava'u's beautiful beaches and enjoy a swim in the crystal clear, blue tropical waters\*.

\* The route of the journey and locations visited will vary depending on weather conditions.

**Items to take with you:**

Sun protection: Sunhat (with chin-strap), sunglasses, sunscreen, lip-screen  
Personal items: Lunch, long shorts and sandals with a sturdy sole/closed shoes

**Included within tour price:**

Tour equipment: Mountain bike, helmet, full water bottle

**NOTE: LUNCH IS NOT INCLUDED**

**Special note:**

For reasons of cultural sensitivity, T-shirts and long-cut shorts should replace bikinis, singlets and high-cut shorts.

**Friendly Islands Kayak Company Ltd.**

PO Box 142, Waitati, Otago 9069 NEW ZEALAND

Phone/Fax: 64 3 482 1202 • Email: [tours@fikco.com](mailto:tours@fikco.com) • Website: [www.fikco.com](http://www.fikco.com)