

# Sonki Fitness Vacation Sample Itinerary

*"The only vacation where you will come home in better shape!"™*

## ITINERARY

DATE/TIME	ACTIVITY	LOCATION	NOTE
<b>Apr 28 (Fri)</b> 11:30p	Depart LA	LAX	Flight is 10hrs and 20 min. Fiji is 18hrs ahead.
<b>Apr 30 (Sun)</b> 5:50a	Arrive in Fiji	Nadi Airport	
9:15 – 10:15a	Ferry ride to Tokoriki island	Denarau Port	
11:00 – 11:15a	Hotel check in	Sheraton Tokoriki (ST)	
1:30 – 4:30p	Beach activities (swim, snorkel, kayak, SUP, hobbiecat, relax)	ST	Recommend at least 30 min of activities.
6:30 – 8:00p	Dinner	Flying Fish	Optional (No host)
<b>May 1 (Mon)</b> 8:00 – 9:00a	Workout	ST	Meet at the lobby. Bring towel and water.
11a – 12:30p	Jet ski around the island (visit Monuriki island, made famous in movie Castaway)	Mamanuka Islands	
6:30 – 8:00p	Dinner	Flying Fish	Optional (No host)
<b>May 2 (Tue)</b> 9:00a – 10:30a	Hiking (relatively easy hike to the other side of the island)	Tokoriki	Meet at the lobby. Bring water.
1 – 3:00p	Beach activities (swim, snorkel, kayak, SUP, hobbiecat, relax)	ST	Recommend at least 30 min of activities.
5:30 – 6:30p	Sunset drinks	The Bistro	Optional (No host)
6:30 – 8:00p	Dinner	Flying Fish	Optional (No host)
<b>May 3 (Wed)</b> 8:00 – 9:00a	Workout	ST	Meet at the lobby. Bring towel and water.
1:00 – 1:30p	Hotel check out	ST	
4:00 – 5:45p	Ferry ride to Tokoriki island		
6:15 – 6:30p	Hotel check in	Hilton Fiji Beach Resort (HFBR)	
<b>May 4 (Thu)</b> 9:15 – 9:30a	En route to Port Denarau		Meet at the lobby. Bring towel, sunblock, waterproof bag, hat.
10:00a – 4:30p	Savala Island cruise (spend the day in a private sandy cay snorkeling, kayaking, shark feeding, fish feeding, SUP, lunch, drinks)	Savala Island	www.oolalacruises.com Includes lunch, beverages, and all activities.
7:00 – 9:00p	Dinner	Port Denarau	Optional (No host). Meet at the lobby.
<b>May 5 (Fri)</b> 8:00 – 9:00a	Workout	Hilton	Meet at the lobby. Bring towel and water.
11:00a – 3:00p	Hike Biausevu waterfall (relatively easy hike. 30 min each way.)		Meet at the lobby. Bring water, snack, towel, insect repellent.
6:30 – 7:30p	Happy Hour cocktails		
7:30 – 9:30p	Final Night dinner	Port Denarau	Optional (No host)
<b>May 6 (Sat)</b> 2:00 – 3:00p	Hotel checkout		

**Note:** The above schedule is subject to change.