



SURF BREAK INFORMATION

SWELL INTERVALS / PERIODS:

ANYTHING ABOVE 10/11 SECS FOR ALL BREAKS MEANS LONGER PERIOD GROUND SWELL, WHICH STARTS PRODUCING BETTER, CLEANER AND BIGGER, MORE POWERFUL WAVES!

SHORT PERIOD WAVES ARE WHAT WE CALL 'WIND WAVES' AND IF SWELL SHOWS BIGGER THAN 3-5 FT WITH SHORT PERIODS IT IS USUALLY ASSOCIATED WITH A LOT OF WIND AND UNEASY CONDITIONS!

(THE BIGGER THE 'PERIOD'/'SWELL INTERVAL' THE THICKER / HEAVIER / BETTER THE WAVE)

Example: 15 sec period with 3-5 ft = PUMPING! (possible 1.5X overhead at Frigates)



Example: 7 sec period with 3-5 ft = SMALL (possible 3-4 foot, with a lot of wind and messy)

Below you will find some top-line INFORMATION AND interpretations for our various surf breaks. Our surf guides have of course much more in depth information on the spot locally, as well as local reef knowledge and will work with you daily on break & surf choices. We use Buoyweather, Windguru and Fiji Meterological forecasts daily for swell and weather info.

W AIDROKA BAY RESORT

SURF BREAKS



All surf breaks on the map are identified as either: Rights  ...or Lefts 

The 'yellow arrows' indicate the real break direction.

The map points, as any map, north with the top part being north and bottom part south.

The longest boat ride from Waidroka Resort is Shifties and/or Serua, which takes approx. 15 minutes.

Frigates (a long Left) is shown on another map on the last page which shows the break direction and reef – the distance to Frigates is approximately 14 miles and takes between 40 to 60 minutes dependant on boat and wind and weather conditions.

FOUR TWENTYS (420's)

LEFT



'420's' – great left just opposite Serua in the same Bay and if Serua turns on-shore 420's will produce. If the swell is too large for Serua (Serua does not hold large swells very well – it likes medium size at the max.) there is a chance for 420's to produce as it holds bigger and works with NW winds. On a good day it will be a peaky left with a barrel section on the inside. Easy channel to access the wave and great fun. Shallow on the deep inside.

NEEDS STRONG SWELL AND DOESN'T WORK THAT OFTEN. IF STRONG 'E' WIND BLOWING AND PIPES ISN'T WORKING, CHECK 420'S.

BREAK DIRECTION: S to N

WINDS: NW, N, NE, E, ESE, SE

SWELL DIRECTION: S, SW, SSW, ESE, SE,

TIDES: 3HRS EACH SIDE OF THE HIGH

SERUA

RIGHT



'SERUA RIGHTS' - Great long right hander. Mellow take off going into hollow inside section. On medium days this is one of the longest rights surfing in Fiji offers. Works almost at all tides. Waves begins to break on outer reef and peels into deeper water. Keep cutting way back inside and stay in the foam. Stay with it! Your ride has not finished yet. As you head in towards the inside reef (quite shallow) a full reform/peak will start coming straight at you from down the line. Back door it! Where the boat parks is perfect for barrel photo's. Drop out after that since it becomes shallow.

NO WIND OR WESTERLY OR NORTH WESTERLY WIND, AND CLEAN SW SWELL, GO TO SERUA! DON'T MISS THE OPPORTUNITY TO SCORE THIS WAVE AS WHEN IT'S ON IT IS ONE OF THE BEST RIGHTS IN FIJI. LONG WAVE WITH VARIOUS SECTIONS AND GREAT FUN RIDES. EASY CHANNEL ACCESS TO GET TO - HOWEVER AFTER A LONG WAVE A LONG PADDLE BACK OUT. DON'T GET TO DEEP INSIDE TOWARDS THE LOW TIDE AS IT GETS SHALLOW QUICKLY. ALSO GOOD FOR BEGINNERS LOOKING FOR A RIGHT WHEN NOT TOO BIG.

BREAK DIRECTION: E to W

WINDS: WSW, W, NW, N, NNE

SWELL DIRECTIONS: S, SE, SW

TIDES: 1-2HRS EACH SIDE OF THE LOW (longest window of all local breaks)

RESORTS

LEFT



'Resorts' - Fun lefthander. Good surf break for beginners and long boards when smaller and at high tide. Allows surfing at all tides. Resorts can get real big sets with good swell and is a great take-off in deeper water, with a 'pyramid type' section which barrels and is fun to get through, after which you have to cut back immediately to stay on the wave. A fun wave, but short.

GOOD LOCAL BREAK FOR BEGINNERS WHEN SMALLER AND AROUND HIGH TIDE. SHORT LEFT AND WHEN RESORTS IS ON USUALLY PIPE IS WORKING - AT WHICH TIME PIPE IS THE BETTER WAVE FOR EXPERIENCED SURFERS. IF PIPE IS TOO TRICKY FOR PEOPLE IN TERMS OF TAKE-OFF, RESORTS IS THE BEST OPTION.

BREAK DIRECTION: WSW to ENE

WINDS: N, NE, E, SE, SSE

SWELL DIRECTIONS: SE, S, SSW, SW

TIDES: 2HRS EACH SIDE OF THE LOW

PIPE

LEFT



'PIPE' - We also call it mini-Teahupoo ! Peaky Lefthander. Pure Barrels. Experienced Surfers. mid- to high- tide break. The SE Trade winds blow cross-offshore at most times during the winter, which produces super barrels. One of the best surf spots in Fiji for body-boarders and those looking for fast left-hand barrels. With bigger swells Pipe becomes a challenge and is a late take-off, with a drop straight into a barrel (best to 'rail it'). It can be approximately 50 m of pure fast barrel. Once you have made the barrels at Pipe any other wave becomes 'easy'...

HOLLOW FAST LEFT-HANDER, BEST WAVE IN 'E' OR 'SE' WIND (CROSS-OFFSHORE). PIPE PRODUCES THE MOST CONSISTENT WAVES IN OUR AREA AND IS FULL ON WHEN IT GETS BIGGER. A FAST BARREL TO THE LEFT WITH AN EASY CHANNEL ACCESS AND THE BOAT CLOSE BY. GOOD FOR PHOTO'S.

BREAK DIRECTION: S to N

WINDS: NNW, N, NE, E, SE

SWELL DIRECTIONS: S, SSW, SSE (OPTIMAL), LIGHT SW

(IF YOU HAVE TOO MUCH WEST IN SWELL IT WILL SHUT DOWN)

TIDES: 3HRS EACH SIDE OF HIGH

BLACK ROCK

RIGHT



'**BLACK ROCK**' – a right hand barrel which can be tricky at take-off, but can produce the ride of a lifetime. Best around high tide due to the quite shallow coral reef close to take-off zone. Breaks at the entry of a passage which can pick up large swells.

RECOMMENDED BODY BOARDERS WAVE OR EXPERIENCED SURFERS WHEN BIG. BREAKS EXTREMELY CLOSE TO THE EDGE OF A LEDGE LIKE REEF LINE UNDER WATER. HOLDS BIG, BUT VERY TRICKY TAKE-OFF WHEN LARGER. VERY HEAVY FAT LEDGING WAVE. BE CAREFUL AT TAKE-OFF! (GOOD WAVE TO SURF WHEN THERE IS A BIG PERIOD AND SOLID SWELL, HOWEVER VERY GNARLY).

BREAK DIRECTION: S to N

WINDS: NNW, N, NE, E, ESE, SE

SWELL DIRECTIONS: SSW, S SW, SSE, SE

TIDES: 2HRS EACH SIDE OF HIGH (gets very shallow)

JAY'S

RIGHT



'**J's**' - a super hollow, fast and barreling right hand wave that breaks from 2' to 6'. It works best around the high tide with off-shore or cross-offshore winds from NNE to WSW. It likes a bit of west in the swell to run all the way down the reef. It's a fun and fast right hander which gives you the immediate pleasure of being able to 'rail-it' into a barrel and get to overhead size making it a great option for our regular footers looking for barrels!

SUPER FUN – HOLLOW VERY FAST BARREL. WHEN J'S IS ON IT'S ONE OF THE FASTEST RIGHTS IN FIJI AND IS A PERFECT PLACE FOR BARRELS. DON'T SIT TOO DEEP AS ITS HARD TO MAKE AND FINDING THE RIGHT TAKE-OFF SPOT IS THE DIFFERENCE BETWEEN MAKING MANY BARRELS TO SPENDING A LOT OF TIME IN WHITE WATER BEING SWEEPED INSIDE. DON'T GET TOO DEEP AT LOWER TIDES AS IT GETS SHALLOW FAST. PADDLE STRAIGHT FOR THE CHANNEL WHEN TOO DEEP INSIDE AND MAKE YOUR WAY AROUND.

BREAK DIRECTION: ESE to WNW

WINDS: WSW, W, NW, N, NNE

SWELL DIRECTIONS: S, SSW, SW, SSE

TIDES: 2.5HRS EACH SIDE OF HIGH

SHIFTIES

RIGHT



'SHIFTIES' - deep water pyramid like take-off. An outside point of the Reef picks up all the swell and will pick up more swell than any other break around. It's powerful and thick. When everywhere else has very little swell and waves there will always be a wave at Shifties. It can be surfed up to 1.5 hours before low tide. Right hander with a first bottom turn and preferably cut-back straight into the wave once of the pyramid and can produce a long run if connecting. It can produce very large waves at take-off and has one of the biggest take-offs of all waves AT Waidroka.

IF NOTHING ELSE IS WORKING SHIFTIES WILL TEND TO PICK UP MORE SWELL. TRICKY TO FIND THE RIGHT SPOT FOR TAKE-OFF THERE IS A LOT OF PADDLING AROUND, BUT CAN BE A LOT OF FUN AND ALSO PRODUCE EXTREMELY BIG PEAKS DEEP.

BREAK DIRECTION: S to N

WINDS: W, NW, N, NE, E, ESE, SE

SWELL DIRECTIONS: ALL SWELLS

TIDES: 4-5HRS EACH SIDE OF HIGH

FRIGATES

LEFT



FRIGATES - World Class and one of the best surf breaks in Fiji - can rival Cloudbreak on a good day and will pick up a couple of more foot in wave height than any of the local breaks due to its location 20 km out to sea. SE Trades are offshore so it is a great choice of wave once local breaks become smaller or are blown out due to trades – Frigates will mostly deliver! Frigate's is a powerful, fast and consistent hollow left. Big barrels, long rides and works at all tides! Most surfers that had a few sessions at Frigates will come back to Fiji to surf Frigates again and again. Longest ride 150 m plus with a relatively easy take-off (unless it gets BIGGGG...), with various sections, down to the last inside section with a hollow barrel (drop out at low tide since it gets very shallow). An epic and one of the most fun waves in the Pacific!

WHATEVER SIZE THE LOCAL BREAKS ARE, FRIGATES WILL BE ALMOST DOUBLE ON THE SETS. FRIGATES WILL USUALLY CONSISTENTLY PRODUCE WAVES WHEN IT'S SMALLER LOCALLY. FRIGATES IS A LONG WAVE WHICH PRODUCES CONSISTENTLY AND HAS A DEEP TAKE-OFF ZONE. WATCH THE 'SCALPEL' ON THE INSIDE WHERE IT GETS SHALLOW QUICK AND LEARN WHEN TO EXIT THE WAVE – ALWAYS LOOK AT THE DEPTH ON THE INSIDE. WHEN SWEEPED INSIDE GO THE LONG WAY AROUND THROUGH THE CHANNEL – DON'T FIGHT AGAINST THE MASSES OF WATER AS THE WHOLE OCEAN PUSHES AGAINST YOU.

BREAK DIRECTION: WSW to ENE

WINDS: E, ESE, SE, SSE, LIGHT N, LIGHT NE,

SWELL DIRECTIONS: S, SSW, SW

TIDES: ALL TIDES

FRIGATES MAP

Frigates (L) is shown below with the break direction and reef – the distance to Frigates is approximately 14 miles and takes between 40 to 60 minutes dependant on boat and wind and weather conditions.

The break and surf spot is one of a kind in the middle of the Pacific Ocean and with no land around, but just a reef popping up in the midst of nowhere. At high tide you can't even see the reef line and there is just a super wave popping out of the ocean – absolutely magical!

