

# Welcome to Asana Beach House



*Asana (pronounced aasana) is a state of being and  
the Sanskrit word for a yoga pose or position.*

**Vanuatu Luxury Holiday Homes**

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## Location

Asana Beach House is located on the south west side of the island at Narpow Point, 30 mins from the airport and 20 mins from Port Vila.

The house sits within a private walled absolute beachfront compound, 500m from Tamanu on the Beach Resort & Spa.

We recommend that you hire a car for your stay for easy access to shopping and exploring the island.



## Currency

The currency is Vatu, but you can also use Australia dollars at many places. Any currency can be exchanged on arrival at the airport but we do recommend Goodies Money Exchange which has 2 offices in town: one opposite the BRED Bank and another opposite the Westpac Bank.

## The House

The main house contains spacious living and dining areas all with stunning ocean views. The kitchen is fully equipped with a large oven, microwave, fridge, crockery, cutlery, glassware and a Nespresso coffee machine.

There are 2 beachfront pavilion bedrooms, each with a queen size bed, ensuite, ceiling fans and air-conditioning. A further pavilion provides 2 additional bedrooms with ensuites, ceiling fans and air-conditioning.

All linen, towels and basic amenities are provided and a daily room service is included in the rate.

## The Staff

Our friendly staff Pascal & Netty are there to look after you and the house, so please do not be afraid to ask if you need something. Netty's mobile number is +678 5379787.

Netty is a very experienced babysitter. The going rate is 1,000 Vatu (AUD\$12) if you want to go out for a few hours (and enjoy a quiet dinner) or 2,500 Vatu (AUD\$30) for a full day.

## Arrival

When you land in Vanuatu our transfer Operator/Meet and Greet person will take you past a Supermarket en route to Asana so you can make purchases of food and beverages.

From experience it really pays to be well set up with supplies on your first day, as once you arrive at Asana you probably won't want to leave.

It is useful to note that if you are due to arrive on a Saturday or Sunday that you stock up with Duty Free Alcohol as the sale of alcohol from any retailer is restricted from 11.30am Saturday until Monday morning.

## We Supply

- TV with DVD Player
- Wi-Fi
- Bath towels / Beach Towels
- All bed linen
- Shampoo, Conditioner, Body Wash
- All cleaning products
- All kitchenware
- 2 fridges
- Toilet paper
- Toaster and kettle

## What to Bring

- Light clothing suitable for tropics
- Thongs , Crocs or tropical footwear (leave your fashion shoes at home)
- Sunblock
- Insect Repellent
- Nespresso pods
- Reef Shoes
- Snorkelling Gear
- Toiletries
- Kids toys
- Band aids / Plaster
- Hydrogen peroxide antiseptic cream (for coral cuts)
- Antibiotic ointment (for infected cuts)
- Headlamps & torches are great for crab hunting so you don't stub your toes

You can bring many food items into the country as long as they are in their original packaging (nuts, favourite muesli bars, favourite kid's food etc). Don't bring fresh fruit or veg, and you need a permit for meat and cheese. You will find everything else you need at the French influenced Au Bon Marche supermarket, and the 24 hour organic fruit and veg markets in Port Vila.

## Car Rentals

Should you decide to rental a car there are plenty of companies in Vila who can arrange to have the car waiting for you at the airport on arrival.

- World Car: Phone + (678) 26515 [bookings@vanuaturentalcars.com](mailto:bookings@vanuaturentalcars.com)
- Avis: Phone+ (678) 22570 [reservations@avis.vu](mailto:reservations@avis.vu)
- Hertz: Phone + (678) 22468 [hertz@vanuatu.com.vu](mailto:hertz@vanuatu.com.vu)

## Medical Emergencies

Make sure you have travel insurance. The Port Vila Hospital isn't a place you would visit by choice, but in the case of an emergency, skilled doctors will treat you. There are anaesthetists, paediatricians and general surgeons. Insurance is still highly recommended, especially if a Medivac is necessary. There are limited outbound flights, so if the emergency didn't coincide with one and a plane had come to get you, the meter would tick over to in excess of AUD\$40,000.

There is a good Medical Centre in Vila: **Novo Medical Tel: + (678) 26698**

There is also an excellent mobile paramedic: **ProMedical Tel: 115**

## **Ocean Pool**

The ocean pool fills and empties with the tide. The best swimming is often as tide is coming in.

As with all pools, children should must be supervised in and around the ocean pool. The rocks can be sharp so please use the reef shoes provided in the tub on the terrace. Glass should not be taken around the pool. If you get a rock or coral scratch it should be treated as soon as possible.

Masks and snorkels are provided in the tub on the terrace. There is a natural bay that is great for swimming and snorkelling 2 mins walk from the house (go out to the beach and turn left toward Tamanu). As with the ocean pool, be careful swimming here if seas are too rough – but it is perfect on a nice day.

## **Cyclones & Earthquakes**

Vanuatu is the same tropical latitude as North Queensland with the cyclone season running from December to March. Netty & Pascal know how to prepare the house in the event of a cyclone.

Earthquakes and small tremors are not uncommon in Vanuatu. The house has been built to accommodate these conditions and has been through shakes up to 7.5 with no damage. In the unlikely event of a tsunami alert, Pascal & Netty know how to direct you to the evacuation point up the hill.

## Health & Safety

<b>Coral cuts</b>	<p>Coral cuts can be irritating and occasionally nasty. They can turn into tropical ulcers, although this is more likely to happen to someone who lives in the tropics because of the constant heat and humidity.</p> <p>If you get a scratch or graze (and it can happen without you knowing while snorkelling - it's only when the air hits do you realise), nature's cure is to squeeze lemon or lime onto the wound. The best stuff to cleanse the wound is Hydrogen Peroxide (if it doesn't fizz, it's not infected), followed by an anti-bacterial cream and cover with a dressing.</p> <p>In Australia or New Zealand you would leave it uncovered and let the air heal - in the tropics it's the reverse. Having said that, cuts are rare if you wear reef shoes when walking on coral and if you watch where you snorkel.</p>
<b>Jellyfish</b>	<p>Like in Australia, at certain times of the year (especially in very rough seas) small bluebottle jellyfish can get washed into the ocean pool. This generally only lasts a day or so but avoid swimming in the ocean or the ocean pool if you see them.</p> <p>If you get a bluebottle sting, carefully remove any remaining tentacles by gently washing the area in sea water and carefully picking off any tentacles, taking care to avoid further stings, preferably by wearing gloves.</p> <p>Washing the site of the sting with vinegar is NOT recommended for bluebottle stings.</p> <p>Immerse the area where the bluebottle sting has occurred in hot water (45 degrees Celsius – no hotter than the rescuer can comfortably tolerate) for at least 20 minutes or, if this is not possible, direct a hot shower on the area for this length of time.</p> <p>Use of hot water is more effective at reducing the pain of bluebottle stings than the previously advised use of ice packs and cold water.</p> <p>If after this treatment there is continuing pain, itchiness or blistering at the site of the sting, it would be best to visit a doctor who might prescribe a topical treatment such as a cortisone cream to reduce the inflammatory reaction.</p>
<b>Ciguatera</b>	<p>In the Pacific islands it is possible to get an illness called ciguatera from eating infected reef fish. It is impossible to tell if a fish is infected as to the eye the look perfectly healthy. The risk is very small, but the illness is awful, so it is best not to eat reef fish anywhere in the Pacific, although the Ni Vans eat the reef fish all the time, with apparently no ill effect.</p> <p>Tuna and Poulet are both great to eat and completely safe.</p>
<b>Malaria</b>	<p>Malaria tablets aren't necessary for a Port Vila/Efate type holiday (even though there have been occasional outbreaks in some villages). Mossies are not travellers and, from birth to death, don't migrate much further than the area of a small room. Tablets can make you nauseous, especially if you combine them with diving. If traveling to the outer islands, however, they should be taken as a precaution.</p>
<b>Flies</b>	<p>At certain times of the year flies can be annoying. Please dispose of all rubbish and compost materials regularly, and in a sanitary manner.</p>

## Things to know about the House...

<b>Security</b>	Although there is very little crime in Vanuatu, like anywhere, it is recommended that you take basic precautions with your belongings. A room safe is provided in each bedroom. If you are going to be away from the house for any length of time, please let Netty & Pascal know, or lock the house up. It is best not to leave anything outside on the terraces or beach overnight. Apart from security, the salt spray can be very high at times so cameras, phones & laptops are best not left lying around getting damp & salty.
<b>Drinking Water</b>	The water supply is pumped from an aquifer in the mountains and is safe to drink. However we recommend that you keep well stocked on bottled water that is inexpensive & readily available from the supermarket.
<b>Hot Water</b>	Hot water is powered by gas. If no hot water - let Pascal know to check the bottles. There is one set of bottles at each end of the house. Sometimes they just need to be turned on or changed over if they run out.
<b>Safety Switch</b>	If the lights go out, check the safety switches located on a panel in the store room. If that doesn't work, try turning off the over or any other large powered device. If that doesn't work, please ask Pascal for assistance.
<b>Outside Lights</b>	Beach & outside lights are switched from the panel of switches near the kitchen.
<b>BBQ</b>	There is a Weber Q barbecue that you can put on the front terrace. Pascal keeps the small gas bottle for it in the garage
<b>Fridges</b>	There are 2 fridges – one in the kitchen & another in the pantry.
<b>Washing</b>	Netty will be happy to do any clothes washing for you.
<b>Cleaning</b>	Netty will clean your room and bathroom every day after you get up. There is no need to do washing up, just rinse and leave in the sink and Netty will attend to this a few times a day.
<b>Music Dock</b>	There is a Bluetooth speaker dock available for use.
<b>Lobster</b>	Netty & Pascal's neighbour Kenneth is a skilled fisherman and can catch fresh lobster on request for a small charge if the weather is good.

## Internet

The log in details for internet are as follows:

<b>Username</b>	vila@asana
<b>Password</b>	vila@asana

**NOTE:** Wi-Fi is unlimited with a speed enough to check email or surf the net. If you need a higher speed, you can top up by visiting [www.telsatbb.vu](http://www.telsatbb.vu) & log into the **customer portal** using the username and password above, then choose **top up by credit card**.

## Shopping for Food

If you are eating in there is a great choice of local and imported foodstuffs available in Port Vila.

Remember that plastic bags are banned in Vanuatu – so please feel free to use the local woven bags (hanging near the front door) during your stay. It is also a good idea to take one of the eskies in the pantry with you as it is a 20 min drive back to the house.

<b>The Market</b>	The local fruit & vegetable market in the big building on the waterfront is one of the main attractions of Port Vila. It is stocked by villagers from different areas of Vanuatu and everything is organic (though rarely perfect like back home) and guaranteed fresh, cheap and pesticide free. Take small change & notes to shop here as well as bags from home to carry your purchases.
<b>Au bon Marche Nambatu</b>	This is the main supermarket (located at the top of the hill at the southern end of town) and supplies just about everything you may need. From wine, spirits & beer (not available between 11.30am Saturday until Monday morning) to delicatessen items, a butcher, clothing and stationery items. Produce availability can vary depending on whether a boat has been in to restock. Open 7 days until 7 pm. Be sure to try the locally produced Switi ice cream – it is delicious. It is a good idea to keep well stocked up on bottled water that you can buy here by the carton.
<b>Au bon Marche Korman Stadium</b>	This is the smaller supermarket across from the Korman Stadium about half way to town. Good for basic items – but does not stock the full range or deli items like the main supermarket.
<b>Traverso Deli</b>	Located on the way into town (near Wilco Hardware) this deli is great for European and delicatessen items. You can order local Teouma prawns here.
<b>Le Fournil de Vila</b>	The best French patisserie in Vila located on the ground floor of the Tanna Russet shopping centre. Delicious sourdough, baguette, croissants and many other pastry items. Closed on Mondays.
<b>Shefa Bakery</b>	New bakery on the way into town (across from the University). Great for baguettes!

## Restaurants

<b>Tamanu</b>	<p>Tamanu is Port Vila's best restaurant open for <b>breakfast, lunch &amp; dinner 7 days a week</b>. It is located a short 500m walk up the beach - look for the collection of white buildings. If you prefer you can get there by car: out the driveway and turn right, out the estate gates and turn right, 50 m up of your right.</p> <p>Tamanu offer <b>Live Music on a Sunday</b> from 1pm-3pm and a <b>Fireshow on Tuesday</b> from 8pm. If the weather is good there is no better place to be so bookings are recommended <a href="http://www.tamanuonthebeach.com/">http://www.tamanuonthebeach.com/</a> Tel + (678) 27279</p>
<b>Tamanu</b>	<p>Tamanu is Port Vila's best restaurant open for breakfast, lunch &amp; dinner 7 days a week. It is located a short 500m walk up the beach - look for the collection of white buildings. If you prefer you can get there by car: out the driveway and turn right, out the estate gates and turn right, 50 m up of your right.</p> <p>Bookings are advised for Saturday &amp; Sunday lunch if the weather is good as there is no better place to be. <a href="http://www.tamanuonthebeach.com/">http://www.tamanuonthebeach.com/</a> Tel + (678) 27279</p>
<b>The Havannah</b>	<p>If you are doing a drive around the island, a great place to stop for lunch is The Havannah. Beautiful resort about 1 hour from the house – so ½ the way around the island. Great restaurant with amazing views for a long lunch. <a href="http://www.thehavannah.com/">http://www.thehavannah.com/</a></p>
<b>Francesca's</b>	<p>Just down the road from The Havannah is Francesca's. Great Italian restaurant with views over Havannah harbour. <a href="http://www.francescas.com.vu/">http://www.francescas.com.vu/</a></p>
<b>The Jungle Café</b>	<p>Where the locals have lunch. In the centre of town and handy to everything. Great range of cafe food with daily specials and good coffee. Staff are friendly and Neil makes sure all of your needs are catered for. The Cafe is licensed so you can enjoy a cold beer or a glass of wine should have the Luxury of being on holidays. Phone- (+678) 22428</p>
<b>Kan Pai Japanese</b>	<p>This restaurant is excellent. The restaurant décor is pretty ordinary but the food more than makes up for it. It's an extra special treat if they've got a fresh tuna in that day, You will find the whole menu revolves around tuna - tuna sushi, tuna sashimi, tuna carpaccio, tuna salad, the list goes on and it just melts in your mouth. Unbelievably great! Beware, they don't accept credit cards. Phone + (678) 26687</p>
<b>Harbourview Chinese</b>	<p>If you are into Chinese you'll like this place. It is typical of the sort of large bustling Chinese restaurant that you'd find anywhere around the world, nothing unique, but delicious, with loads of atmosphere. Every time the kitchen door opens you hear a noise like a dragon roaring, it's the steamers. Phone + (678) 23668</p>
<b>L'Houstelet</b>	<p>This restaurant is an institution in Vanuatu. It serves an odd combination hearty old fashioned French food and Pizza. It's not the sort of place a sophisticated foodie would like, but it's a great fun night out because you can pretty much re live the seventies here, Lobster Mornay, lots of creamy sauces, wine in a carafe. Phone + (678) 22 303</p>
<b>The Stone Grill</b>	<p>Dining with a difference! The organic beef or fresh fish is served on a very hot rock to the table and you cook your meat or fish to your own</p>



	preference.
<b>Nambawan café</b>	Very casual, outdoor seating right on the waterfront next to the Art and Crafts market, dive shop and Vanuatu Helicopters. Great place for fresh juice, breakfast or lunch. Free Wi-Fi.

## Activities

There are heaps of activity & tour brochures at the house and also at Tamanu. Below is a selection of some recommended activities.

<b>Cultural Village Tour</b>	Experience the real Vanuatu with a tour of the Lewato Cultural Village just 15 minutes from the house. Ask Pascal or Netty for a brochure.
<b>Custom Performances</b>	For a truly unforgettable and intimate experience, traditional custom dancing and water music demonstrations can be performed at the house. Netty & Pascal's neighbour Kenneth runs his own local dance group, string band and water music group. For VT 15,000 (AUD \$180) they can perform at the house for you.
<b>Massage</b>	There is a full day spa at Tamanu open Monday to Saturday. The Spa Menu can be found in the basket under the stairs. Bookings are essential. For a great Thai massage head into Ahn Massage in the Tanna Russet Plaza. Great value at VT 2,500 for 60 mins. Phone + (678) 23003
<b>Round Island Drive</b>	The road around the island is all sealed. This makes for a great day trip and only takes about 2-3 hours to complete the full drive. Be sure to take a picnic lunch for Eton Beach – or book lunch at The Havannah or Francesca's.
<b>Picnic at Eton beach</b>	Located about 30mins drive from the house, Eton is probably the nicest white sand beach on Efate. It really is beautiful, with a gorgeous turquoise lagoon and freshwater creek. There are lots of little huts that you can set yourself up in for the day for a picnic. The locals own and look after this beach and as such will charge you a small entry charge.
<b>Vanuatu Zip Line</b>	Highly recommended for the adventurous, the zip line is a lot of fun – very safe and amazing views as you zip across the tree tops. <a href="http://www.vanuatujianglezipline.com">http://www.vanuatujianglezipline.com</a>
<b>Cascade Waterfalls</b>	Mele Cascades is famous in Vanuatu. The climb to the waterfall is not a difficult one and, once there, it's a rewarding experience. You can hop into the pool at the base of the waterfall and swim under the cascade itself. It's the outpouring of an underground spring so the water is cool, clear and refreshing. There are five pools at the top to jump into and it's your choice to return via the track or the stream.
<b>Hideaway Island</b>	<a href="#">Hideaway Island</a> is a great place to go for kids of swimming age. If it's a busy time of year they will make loads of friends here. The snorkelling is really great as it's a marine reserve, and there is an underwater Post Office where you can dive down and send waterproof post cards to your friends. There is a restaurant/bar and lots of shade so you can lounge away the afternoon. It's not flash, but it's loads of fun for a day out. Ph. + (678) 22963
<b>Nakamals</b>	Try this for fun - Kava. It is completely safe, and is actually used as a natural anti-anxiety medication in western cultures as it helps you to relax, with no bad side effects and no hangover. Nakamals are kava bars. Kava is sold in 50vatu or 100 vatu shells the term shell coming from half a coconut shell that it's served in. To drink kava, take your shell and drink it down in one go (try not to breathe). It has a relaxing effect. As for the taste it's like bitter peppered muddy water only worse.
<b>Diving</b>	Speak to Mike or Maggie at <a href="#">Big Blue</a> . Tel: 27518 or 5544054. If you want to get your PADI ticket you can do a course at Big Blue.

## Coongoola Cruise

[The Coongoola](#) is Vila's most famous day cruise. The 23m wooden sailing ketch sails the calm waters of Havannah Harbour and takes you to Happy Tok Beach at Sun & Moon Bay (the prettiest beach we've ever seen), Moso Island (turtle conservation area and caves). Snorkel, sunbathe, swim, and to top it off you usually you get to sail with dolphins on the way home. Pick up time from Vila is 8:15am, return around 5:30pm. You can also sponsor and name a tagged turtle and release it back to the ocean from the turtle sanctuary. The atmosphere and food is good (barbecue beach picnic - vegetarians should pack their own - also take your own wine if you don't like beer or soft drinks). The only complaint we have about this tour is that at certain times of year there can be lots of really annoying flies at the beach, so enquire whether this is the case before you book. Phone + (678) 25020

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## Moonlit Cinema

Every Wednesday, Friday and Sunday evenings [Nambawan Café](#) (in the heart of Port Vila on the water in front of the Art and Crafts market), has a free 'Moonlight Cinema' where recent release or movie classics are shown on a big screen with the harbour as a backdrop. Grab a beer and a snack and relax with the locals. Phone + (678) 7744826

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## Game Fishing

Vanuatu offers some of the best fishing in the South Pacific. Marlin, wahoo, dorado, yellow fin tuna, swordfish and a host of other fighting fish. The offshore reefs and ocean offer one of the best blue water and coral fishing playgrounds in the world. There are some excellent boats that leave from the Waterfront Bar and Grill. The catch belongs to the boat but anglers are invited to dine at the Waterfront that evening to join in eating the catch. We recommend you try Peter Phillips at [Nautilus](#)

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## Helicopter ride

Explore Vanuatu from the air with our good friend Andy, who owns [Vanuatu Helicopters](#). The view is breath taking, and it will really help you get your bearings. Phone + (678) 77 44106

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## **When you leave**

Please give any unused perishables to the staff to dispose of. Netty and Pascal will look after all cleaning – just make sure you take all your belongings

If you book transport to take you to the airport – you need to leave about 1½-2 hours before your flight to get there in plenty of time.

## **Enjoy your stay!**

*Any problems or queries while you are staying at Asana please don't hesitate to call:*

*Bryan or Val (property Managers) on 5577034 or 7751979.*

*Please let us know anything that could be added to this guide for future guests.*