

FIJI

GO FURTHER



There's more to Fiji than meets the eye. Far beyond the idyllic beach resorts, there's an abundance of secluded islands, colourful coral reefs, and trails that snake through dense rainforest to uncover hidden waterfalls.

Amongst all this natural beauty, you'll find villages that are filled with welcoming people who will greet you with a hearty 'Bula!', prepare a traditional kava ceremony and happily welcome you into their home.

The best part? It's all easily accessible by car, ferry or plane from a few main hubs. This guide will arm you with everything you need to book the ultimate Fijian escape.

It's all here, waiting to be experienced. You just need to Go Further.

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FIND OUT MORE 



 REGIONS COVERED IN THIS GUIDE

Nadi / Denarau Island

Mamanuca Islands

Coral Coast

Suva / Pacific Harbour

Yasawa Islands

Vanua Levu

Suncoast

Taveuni

 TRAVEL TIMES

FROM NADI INTERNATIONAL AIRPORT

Denarau Island: 20 minutes by car
Coral Coast (Sigatoka): Just over an hour by car
Suncoast (Rakiraki): 2 hours drive by car
Vanua Levu: Just over an hour flight

FROM DENARAU ISLAND

Mamanuca Islands: Between 30 and 90 minutes by ferry
Yasawa Islands: Between 2 to 5 hours by ferry

FROM SUVA INTERNATIONAL AIRPORT

Pacific Harbour: Just under 90 minutes by car
Coral Coast (Sigatoka): 2 hours 40 minutes by car
Taveuni: 90 minute flight
Vanua Levu: 1 hour flight



NADI / DENARAU ISLAND

i ABOUT

With the main international airport and a large integrated resort complex nearby, Nadi and Denarau Island will often be your first stop on a trip to Fiji. Denarau Island is just 20 minutes' drive from the airport, and offers a number of quality resorts, a water park, 18-hole golf course and a large marina complex with shops and restaurants.

First time travellers, or those with kids will love the convenience of Denarau as it has plenty of activities within the resorts, and access to many day trips that leave from Port Denarau. Transport is easy, with a number of taxis and buses servicing the area. You are guaranteed a great stay here, with something on offer for just about everyone.

Nadi and Denarau just begin to scratch the surface of what is on offer in Fiji. Whether you are heading on an internal flight to Vanua Levu, renting a car and taking on the Suncoast, or catching a ferry to the Mamanuca or Yasawa Islands, a truly incredible Fiji experience may start here, but it certainly shouldn't be where it ends.

📍 ESSENTIAL EXPERIENCES

Denarau Golf Club

This 18-hole golf course sits in the centre of the Denarau integrated resort and includes club and cart hire, practice facilities and lessons. Start your round in the afternoon, you'll finish just before a breathtaking sunset.

Garden of the Sleeping Giant

Ten minutes north of Nadi, in the foothills of the Nausori Highlands, this tropical oasis covers 20 hectares and is home to more than 2,000 orchids. Roam through the gardens, and explore the jungle walk.

Malamala Beach Club

Fiji's newest beach club is just 25 minutes by boat from Denarau, and offers a private beach club experience with delectable food, a range of hand-crafted cocktails and laid back tunes all day long.

Local Food Culture Market Tour and Cooking Class

This half day tour will take guests through a local fresh produce market, exploring the local produce on offer, before using some of those flavours in a cooking class that covers a range of Fijian and Indo-Fijian cuisine.

Cloud 9

A two-level floating pontoon bar and restaurant, Cloud 9 is an absolute must on one of the frequent sunny days in Fiji. You'll be surrounded by nothing but crystal clear water, good food, and excellent music.

Big Bula Water Park

Operating year-round, Big Bula Water Park is a great spot for families, is conveniently located on Denarau Island, and includes a number of slides of varying sizes, and a wave pool.

🏠 WHERE TO STAY

Softel Fiji Resort & Spa
Resort Drive, Denarau Island, Nadi
★★★★★



Radisson Blu Resort
Resort Drive, Denarau Island, Nadi
★★★★★



Fiji Marriott Resort Momi Bay
Resort Dr, Denarau Island, Nadi
★★★★★



HOW TO GET THERE

Nadi is the gateway to Fiji, with its newly renovated international airport. Getting to Denarau Island is a short 20-minute drive from the airport by car.





MAMANUCA ISLANDS

i ABOUT

There's a tropical paradise located just off the coast of Nadi - so close in fact, that many of the islands in the Mamanuca group are visible from the mainland. Their white-sand beaches, crystal clear waters and easy access from Port Denarau makes the islands incredibly popular amongst travellers of all types.

Despite their popularity with tourists, the islands in the Mamanuca group remain unspoilt, with careful attention to traditional architecture and no high rise buildings. The accommodation choices range from basic backpacker accommodation to some of Fiji's most exclusive resorts. Many are located on their own private island, so guests will always be able to find a place to relax and feel a million miles away.

For those that don't want to sit on a beach, there's plenty of activities on offer, including diving, windsurfing, hiking and a chance to witness one of the best left-hand surf breaks in the world. No matter what kind of traveller you are, you'll find your very own piece of paradise in the Mamanuca Islands.

📍 ESSENTIAL EXPERIENCES

Surf Cloudbreak

Cloudbreak is one of the best left-hand breaks in the world. It's consistent, spectacular, but unforgiving. There's a reason why it's voted one of the most challenging on the planet, and watching from a boat can be just as thrilling.

Tivua Island Lazy Lunch Day Cruise

Head out on a tall ship to the secluded Tivua Island, where you'll have a tropical lunch, followed by an afternoon of beach and water activities on the island. Enjoy drinks by the sunset on the return trip.

Diving

With crystal clear, warm water, and an abundance of marine life and colourful coral, diving is one of the more popular activities on the Mamanuca Islands. Most resorts have a dive shop, and offer regular tours.

Musket Cove Fiji Regatta

This annual regatta has been raced for more than 30 years, on a 20 nautical-mile course around the Malolo Lailai Islands. Usually running in September, the festivities carry on for a full week.

Modriki Island

Play castaway for a day on Modriki Island. It's famously the location where the Tom Hanks movie 'Cast Away' was filmed. Access to the island for day trips can be booked from Nadi, or most Mamanuca Island Resorts.

Spa Treatments

Take your relaxation to the next level by visiting the spa on your Mamanuca resort. With a variety of treatments available at all the resorts, you'll wind down in no time at all.

🏠 WHERE TO STAY

Castaway Island Fiji

Castaway Island, Mamanuca Group

★★★★★



Plantation Island Resort

Plantation Island, Mamanuca Group

★★★★★



Vomo Island Resort

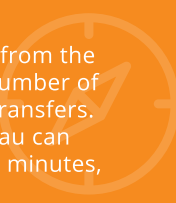
Vomo Island, Mamanuca Group

★★★★★



HOW TO GET THERE

The Mamanuca Islands are visible from the Nadi coastline and serviced by a number of ferries, seaplanes and helicopter transfers. Ferries departing from Port Denarau can take anywhere between 30 and 90 minutes, depending on the service.





MARK SNYDER

CORAL COAST

i ABOUT

Located on the southwestern side of the main island of Viti Levu, the Coral Coast offers spectacular stretches of beaches and bays along the Queens Road between Nadi and Suva. With a large variety of accommodation styles and activities available, it's the perfect destination for both families and couples.

Spanning along the coastline, balmy beachfront accommodation boasts easy access to the island's wide bank of stunning marine life and coral. Moving inland, the Coral Coast also boasts lush tropical terrain for visitors to explore, including the Sigatoka Sand Dunes National Park and Kula Eco Park.

For an adrenaline hit, check out the award-winning Sigatoka River Safari. Visitors will experience an action-packed adventure through the Sigatoka River and go deep into the Fijian interior aboard a custom-built jet boat. The trip ends with a visit to a traditional village where guests will be warmly welcomed by the locals.

📍 ESSENTIAL EXPERIENCES

Kula Eco Park

This is Fiji's only wildlife park, home to an array of flora and fauna throughout lush botanical gardens. And, of course, there is plenty of wildlife to see, from feathered and furry to amphibian and aquatic.

Sigatoka River Safari

This award-winning experience takes visitors on a thrilling jet boat safari through the Sigatoka River. Transported deep into the heart of Fiji, guests will learn the rich culture and legends of the area.

Sigatoka Sand Dunes

With dune peaks reaching up to 50 metres in height, visitors will experience a rush of adrenaline when opting to explore this area and witnessing the view of the Sigatoka River is well worth the climb.

Coral Coast Railway

Hop on board this enchanting train, which takes guests on a journey to the town of Sigatoka through lush forest with views of the scenic coastline, and gives them the opportunity to see how locals live along the way.

Naihehe Caves

Take a tour of this historical site, which was once a fortress for a cannibal tribe and learn its history with your guide. It's full of unusual characteristics, including naturally developed entrances and escapes.

Sigatoka Market

Head down to this popular market on a Saturday morning and interact with the local vendors as they sell their fresh fruit, vegetables and flowers. Try some local produce, and get a taste of the local culture.

🏠 WHERE TO STAY

Shangri-La's Fijian Resort & Spa

Yanuca Island, Coral Coast

★★★★★



Outrigger Fiji Beach Resort

Sydney Drive, Sigatoka

★★★★★



The Warwick Fiji

Queen's Road, Korolevu

★★★★★



HOW TO GET THERE

The start of the Coral Coast is just over an hour from Nadi by car, and some hotels include transfers from Nadi International Airport. Buses running between Nadi and Suva also service the Coral Coast.





AARON MARCH

PACIFIC HARBOUR / SUVA

i ABOUT

Suva and Pacific Harbour are located on the south east coast of Fiji's largest Island, Viti Levu. Suva, the capital of Fiji is the largest city in the South Pacific, blending a traditional colonial history with a modern and ever-evolving city culture.

Pacific Harbour is just under an hour's drive south-west from Suva and is the self-labelled adventure capital of Fiji. It's here that one moment guests could be swimming with sharks, the next they could be zip-lining through the jungle.

There's a focus on watersports in Pacific Harbour. From diving in the spectacular Beqa Lagoon to the thrills of white water rafting and jet boating, there's plenty of outdoor adventures to keep any visitor entertained.

A visit to Suva and Pacific Harbour will combine the best parts of city culture and outdoor adventures, something that can't be found anywhere else in Fiji.

📍 ESSENTIAL EXPERIENCES

Full-Day Fiji Rivers Jet Boating Adventure

Guests will experience an exhilarating jet boat ride up the Navua River on this full-day Fijian cultural adventure. Enjoy views of some of Fiji's best scenery before finishing with a Fijian style barbeque lunch.

Half Day Fiji Zip-Line Tour At Pacific Harbour

The daring adventurer will feel the rush of adrenaline pump through their veins as they fly 20 metres in the air above river canyons and the jungle floor on one of Fiji's original zip-lines.

Rafting on the Navua River

The upper Navua River is one of Fiji's best kept secrets. A rafting adventure will take you through enormous gorges, dense jungle and past several powerful waterfalls in a comfortable inflatable raft.

Freedive Fiji Game Fishing

Combining the oldest tradition in the country with techniques and technology of modern day fishing, opens the door to a haven of unspoiled territory. Charter trips are educational, informative and fun.

Whitewater Rafting and Kayaking Adventures

This adventure begins with a ride on a 4WD vehicle through the lush tropical rainforest and through towering rocky mountains. White water rafting covers every level of ability, from level 1 to the more advanced levels 2 and 3.

Sea Fiji Reefs

A massive viewing port unveils the splendour of the reefs unbelievable abundance and variety of marine life in detail. Tours include reef viewing, snorkelling and day trips to an outer island, perfect for the whole family.

🏠 WHERE TO STAY

Uprising Beach Resort

Beach Road, Natuathoko



Nanuku Auberge Resort

11 Nanuku Drive, Pacific Harbour



The Pearl South Pacific Resort

Queens Rd, Pacific Harbour



HOW TO GET THERE

Suva's International Airport is the perfect gateway to Pacific Harbour and eastern the rest of Fiji, with and domestic buses running from outside the airport terminal to Pacific Harbour every hour. Alternatively, a single taxi fare (one way) to Pacific Harbour is approximately \$FJD200-220.



YASAWA ISLANDS

CHRIS MCLENNAN PHOTOGRAPHY LTD.

ABOUT

Situated north of the popular Mamanuca Islands and hugging the western border of Fiji are the Yasawa Islands, characterised by numerous extinct volcano peaks and mountainous terrain. You won't find any shops or banks here.

Travellers have only been able to set foot on these islands since the 1950's, so there has been little commercial development and the islands remain largely unspoilt. Yasawa is where you will find the clearest water, freshest air and whitest sand beaches in all of Fiji.

The 20 or so islands are sparsely populated and have a large range of accommodation options that are suited to travellers ranging in budget from the backpacker to the billionaire. Regardless of budget it won't take guests very long to fall into 'Fiji time' where reading a book on the beach and sipping a cocktail constitutes a busy day.

WHERE TO STAY

Paradise Cove Resort

Naukacuvu Island



Blue Lagoon Beach Resort

Nacula Island



Yasawa Island Resort & Spa

Yasawa Island



ESSENTIAL EXPERIENCES

Sawa-i-Lau Caves

These two limestone caves are a must-see, where limestone rises up from a bright blue lagoon, bathed in natural light from a hole in the ceiling. Swim into an underwater tunnel to access the second, darker cave.

Ultimate Snorkel with Sharks Encounter in Fiji

Experience picture perfect Kuata Island and snorkel with reef sharks on this full day tour. Scenic views include tall peaks, huge honeycomb rock formations and crystal clear water between guests and the sharks.

Yasawa and Mamanuca Islands Hop-On Hop-Off Pass

See the tropical islands of Fiji with a hop-on hop-off pass. Board a sleek catamaran that provides transportation from island to island, and explore the Mamanuca Islands and Yasawa Islands. Departs from Denarau Island.

Mountain Hike

The island of Wayasewa has several trails that include views of the Yasawa Islands with the little Kuata and the big Waya, the village, the famous Castaway island and all the Mamanuca Islands.

Coral Offshore Reef Snorkel

Home to over 200 species of marine life, great snorkeling and diving is just a short swim from the beach. Grab a snorkel from your hotel and start your self-guided adventure right away.

Swim with Manta Rays

Get up close and personal with the majestic Manta Ray, as you get a rare opportunity to see them in their natural habitat. The best time to experience this seasonal activity is between May and October.

HOW TO GET THERE

Ferries, sea planes or helicopters are the only ways to reach these secluded islands. A ferry is the most popular method of reaching the Yasawa Islands and can take anywhere between two to five hours.





VANUA LEVU

i ABOUT

The second largest island in Fiji is untouched, rustic and less tourist-focused than the main island of Viti Levu. It's here that travellers can take the road less travelled.

The town of Savusavu has a protected bay that is a popular stop for yachts, as well as access to some of the best diving in Fiji. Experience local Savusavu life at the regular farmer's market, or take a hike amongst the rainforest to uncover hidden waterfalls and incredible views of the bay.

North of Savusavu is Labasa, the centre of the sugarcane industry on the island. Rolling hills covered in sugarcane plantations will greet you as you drive up from Savusavu. Explore the Snake Temple side by side with the regular devotees as they pray and leave gifts for Naag, the Hindu Snake God.

There's so much to see here, so rent a car, bring your sense of adventure and explore an untouched paradise, from its coral reefs to deep mountain jungles. Vanua Levu will no doubt leave you wanting more.

📍 ESSENTIAL EXPERIENCES

Savusavu Hot Springs

The volcanic history that created these islands is alive and well with the natural hot springs that still boil near the waterfront in Savusavu. These steaming hot springs can get up to 100 degrees celsius.

Diving

There's an abundance of diving in the reefs around Savusavu, that cater to all levels of ability. The Namena Marine Reserve is popular with divers, and there are plenty of great dive spots closer to the shore as well.

Jean-Michel Cousteau Private Island

Guests can experience their own private island for a half-day or full-day. Enjoy full privacy, with the inclusion of a picnic, beach necessities and whatever else is required for a relaxing day on Naviavia.

Naag Mandir (Snake Temple)

This brightly coloured Hindu temple is built around an ancient rock that is said to resemble a cobra, the Hindu Snake God Naag. Located about 45 minutes drive northeast of Labasa, the temple is easy to spot on Nagigi Road.

Namena Marine Reserve

Located around Namena Island, between Vanua Levu and Viti Levu, the Namena Marine Reserve is a Marine Protected Area, and is an incredibly popular dive location due to its colourful coral and abundant marine life.

J Hunter Pearl Farm

This tour of a working pearl farm will take guests on a glass bottom boat to see the pearls at different stages of growth. April/May or October/November are the best times to witness the actual harvesting of pearls.

🏠 WHERE TO STAY

Daku Resort

Lesiaceva Road, Savusavu

★★★★★



Koro Sun Resort

Hibiscus Highway, Savusavu

★★★★★



Namale Resort

Hibiscus Highway, Savusavu

★★★★★



HOW TO GET THERE

There are regular flights to Savusavu from both Nadi and Suva, and regular ferry services from Viti Levu to Savusavu.





MARK SNYDER

SUNCOAST

i ABOUT

The Suncoast is a huge stretch of coastline and interior mountains, jungles and sugarcane plantations that stretch across the north and west coasts of Viti Levu.

Lautoka, the second largest city in Fiji, is the main hub that connects travellers to the Suncoast if they are coming from Nadi. The best way to experience the Suncoast is to hire a car at Nadi International Airport and make your way through at your own leisure. Along the way, you'll escape the tourist hotspots and experience a more traditional Fiji, as you make your way from coral reefs, to large mountains and dense jungles, dotted with small villages that will gladly welcome you with open arms.

Hikers, divers and outdoor adventurers will find plenty of great experiences all the way along the Suncoast, whether it's at the top of the highest peak, or deep down below the water.

📍 ESSENTIAL EXPERIENCES

Home of the Snake God

This cave is located about 23 kilometres west of Korovou, and is revered by locals as the home of the Snake God. Look out for Wailotua village on Kings Road, the cave is located just behind it.

Koroyanitu National Heritage Park

A hiker's paradise, located 15 kilometres south-east of Lautoka, filled with ancient trails that snake through the jungle past hidden waterfalls, through small villages and up to lush green covered mountains.

Tova Peak

Best suited to experienced hikers, this hike is located on the west coast of Viti Levu, near the town of Dawasamu. Hikers that make to the top will be treated with spectacular views.

Navala

In the Ba Highlands of central Viti Levu is the village of Navala. This village in the mountains is one of the few that has been completely maintained in the traditional thatched hut style, and is popular with tour groups and visitors.

Vatu-i-ra

The remote island of Vatu-i-ra features truly wild and untouched series of coral reefs, and abundant marine life. It's home to turtles, hawksbills, reef sharks, pilot dolphins and even humpback whales as they migrate through.

Rakiraki town

Rakiraki is about halfway along Kings Road from Nadi, and makes for a good overnight spot for those touring the Suncoast. The village of Vaileka is about one kilometre from Kings Road, and is a good spot to stock up on supplies.

🏠 WHERE TO STAY

First Landing Beach Resort & Villas

Nalamu Beach, Vuda Point

★★★★★



Wananavu Beach Resort

Kings Road, Rakiraki

★★★★★



Volivoli Beach Resort

Off Volivoli Road, Rakiraki

★★★★★



HOW TO GET THERE

The best way to experience the Suncoast is to rent a car from Nadi International Airport, and experience it at your own pace. Lautoka is just 35 minutes drive from Nadi.



TAVEUNI

i ABOUT

Taveuni is Fiji's third largest island, but remains wild and relatively unexplored. Its climate and lush jungles have resulted in it being dubbed the "Garden Island", with untouched wilderness supporting a variety of bird life that can't be seen on any of Fiji's main islands.

The Bouma National Heritage Park makes up nearly a third of the island, and is a great place to take a hike through the jungle, passing by secluded waterfalls that offer a chance to cool off in the natural pools below.

There's exceptional diving here too, with many divers flocking to the Rainbow Reef to witness some of the most spectacular and richly coloured soft coral in the world. Back on dry land, Taveuni offers a truly unique experience - a chance to stand on the International Date Line!

Taveuni offers a landscape that is unique to the rest of Fiji, and is the perfect escape for the eco-tourist and adventurer.

📍 ESSENTIAL EXPERIENCES

Dive Rainbow Reef

Located in the strait between Taveuni and Vanua Levu, this is one of the best dive sites in the world, particularly for soft coral blooms. There is also an abundance of reef sharks, manta rays and other marine life.

Gaiatree Sanctuary

This organic spice plantation will take you on an immersive experience into the edible landscape, where you learn about the many superfoods that grow naturally in the area, before sitting down to an organic farm-to-table meal.

Tavoro Falls

Located in the Bouma National Heritage Park, on the eastern side of Taveuni, is a series of three waterfalls that are popular with visitors. After a short hike, you can cool off with a swim under the picturesque falls.

Lavena Coastal Trail

This trail begins on a secluded white-sand beach, before heading inland into the jungle, where you'll cross suspension bridges and walk past a number of waterfalls that have natural pools to cool off in.

Bird Watching

Bird life is abundant on Taveuni. Des Voeux Peak and Qeleni are excellent locations for bird watching - keep an eye out for Orange Breasted Doves, Silktails, Ferntails and Parrots.

Waitavala Water Slide

Located near Waiyevo, on the western side of Taveuni, is a natural rock water slide that is popular with locals and visitors. The smooth rocks finish in a natural pool, which is worth the hike to get to.

🏠 WHERE TO STAY

Paradise Taveuni
South Taveuni Road, Taveuni Island



Qamea Resort and Spa
Qamea Island



Matangi Island Resort
Matangi Island



HOW TO GET THERE

Taveuni is serviced by regular flights and ferries from Viti Levu, or live like a king and charter a helicopter or seaplane.

