



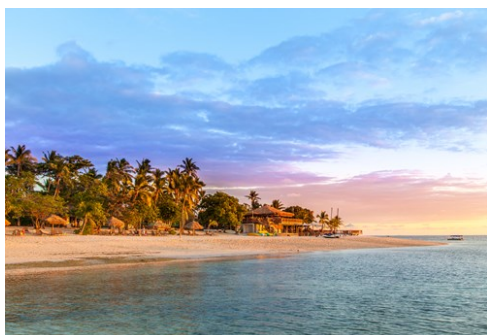
Photo: Nicolas Weldingh/unsplash



Viktor Hejna/Shutterstock.com



Martin Valigursky/Shutterstock.com



Bell-Davey Photography/Shutterstock.com

"Bula!" is the welcome greeting you will most commonly hear throughout Fiji. It comes as an unreserved invitation to enjoy the warm hospitality of the Fijian people. Beyond the warmth of its people, Fiji offers breathtaking landscapes, from pristine beaches and crystal-clear waters to lush rainforests and vibrant coral reefs. Whether you're interested in adventure, relaxation or cultural exploration, Fiji has something to offer every traveller.

### Featured



#### Castaway Island

Take a day trip to the amazing Castaway Island, where you can relax and soak...



#### Fiji Museum

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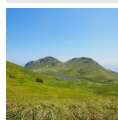
#### Lavena Coastal Walk

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#### Spa Treatment

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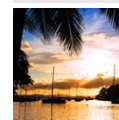
#### Snorkelling in Waitabu Mar...

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#### Natadola Beach

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#### Savusavu

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## THE ISLANDS



*Don Mammoser/shutterstock*

Fiji's 332 islands are scattered over a vast area of the Pacific Ocean, some 1,283,000 square kilometres in extent. Viti Levu, the main island of Fiji, is about 10,400 square kilometres in area, with high rainfall in the east and much lower rainfall in the west. The country's first and third biggest cities — Suva and Nadi respectively — are located at opposite ends of Viti Levu, like sentinels guarding against enemy invasion. These days, the “invaders” are friendly, coming as tourists rather than cannibal-warriors.

Because of the consistently bad weather conditions, Fiji's main international airport was moved to Nadi in 1982. As a result, most of Fiji's tourist development and facilities are concentrated around Nadi and the southern “Coral Coast” of Viti Levu. Nadi is also a great base for exploring the Mamanuca and Yasawa island groups, the southern island of Kadavu, and the “garden island” of Taveuni, with easy access also to the laid-back port of Savusavu on Vanua Levu Island.

## DENARAU ISLAND



*Sites Around the World/Shutterstock.com*

Less than 10 kilometres from Nadi, Denarau is an upscale resort island accessed via a causeway from the main island of Viti Levu. Built on former mangrove swamps, Denarau is a man-made sanctuary comprising eight integrated hotel resorts, including six world-class resorts.

### Port Denarau Marina



The upmarket marina at Port Denarau has restaurants, cafés and a stage for hosting traditional Fijian performances.

Restaurants offer everything from South Pacific and Indian cuisines, to pizza and ice-cream, while there is a spacious seated area with picturesque views across the water especially beautiful at sunset.

Photo: Don Mammoser/Shutterstock.com

Address: Port Denarau, Denarau Island, Viti Levu

Phone: +679 675 0600

Internet: [www.denaraumarina.com](http://www.denaraumarina.com)

### Denarau Golf & Racquet Club



Fiji's premier championship golf course is not only an 18-hole, par-72 golfer's paradise but is also internationally renowned for its

extensive water challenges, including man-made lakes and water hazards that test even the most seasoned players. The only thing more impressive than the green is the view: a bright sky, emerald sea, and an exotic frame of swaying palm trees.

Photo: Alan Bengel/Shutterstock.com

Address: Resort Drive, Denarau Island, Viti Levu

Phone: +679 675 9710

Internet: [www.denaraugolfracquet.com](http://www.denaraugolfracquet.com)

### Island Sightseeing



From Port Denarau, you can book an assortment of island day cruises.

Treasure Island is a popular choice for its superb marine reserve

and Whale's Tale Day Cruise. Swim and snorkel in turquoise waters and enjoy a barbecue lunch on the beach.

Movie buffs might want to check out Monuriki Island, one of the popular Mamanuca Islands. Used as a location for the film *Cast Away* with Tom Hanks. Take a quick day trip from Denarau and experience the Robinson Crusoe lifestyle.

Photo: InnervationArt/Shutterstock.com

### Hotel Resorts



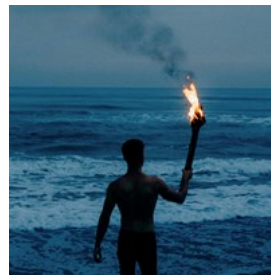
World-class gastronomic fare can be found across all nine of Denarau's high-end resorts, offering everything from deli-style cafés to open-air cocktail

lounges and restaurants serving a range of cuisines, from Asian-influenced dishes to gourmet haute cuisine.

Photo: Sites Around the World/Shutterstock.com

Internet: [denarau.com/hotels](http://denarau.com/hotels)

### Ceremonial Lighting of the Torches



As the sun sets, many of Denarau's resorts host a ceremonial lighting of the outdoor bamboo torches, mostly dotted along the shoreline. Feel the

beating heart of Fiji during our torch lighting and dance ritual.

Photo: Ali Alcántara/pexels

### Sofitel Fiji Resort & Spa



A family-friendly resort with a children's pool, a kids club, and even Sony PlayStations in the family rooms, Sofitel is a Fiji luxury hotel with a

French touch, combining natural beauty, local culture and flashy elegance. Couples can find romance in the beachfront suites and the Sofitel Spa couples' treatments, and visitors of all ages can enjoy the water activities at the beach clubs.

Photo: Anna Demianenko/unsplash

Address: Resort Drive, Denarau Island, Viti Levu

Phone: +679 675 1111

Internet: [www.sofitel-fiji.com](http://www.sofitel-fiji.com)

### Port Denarau Shopping Centre



This shopping centre is a hub for souvenir and clothes shops, making it a great place to pick up local Fijian keepsakes. It also offers varied cultural experiences, from fire dancing displays to henna tattoo drawing. At 6:30pm, you can enjoy free cultural entertainment shows, adding an extra layer of immersion to your visit.

Photo: ElRoi/Shutterstock.com

Address: Port Denarau, Denarau Island, Viti Levu

Phone: +679 675 0602

Internet: [www.portdenarau.com.fj](http://www.portdenarau.com.fj)

Email: [aysha@portdenarau.com.fj](mailto:aysha@portdenarau.com.fj)

### CORAL COAST



*chrisczy/Shutterstock.com*

Stretching between Nadi and Suva, Fiji's Coral Coast is an 80-kilometre expanse of beaches and bays dotted along the Ocean Road. Fringing the South Pacific Ocean on the southwestern side of Viti Levu Island, the region offers impeccable views. The long stretches of exposed reef and wide banks of coral are breathtaking in their own right.

With various resorts all offering swimming pools, a variety of dining establishments and a plethora of activities to keep visitors of every age entertained, it's a fantastic base for exploring

Fiji's treasures.

### Kila World



Kila World is one of the most exciting tourist attractions in Fiji. With 10 kilometres of jungle paths, waterfalls, and plenty of thrilling activities, boredom is not an option at this park. For those seeking an adrenaline-pumping experience, there's the giant swing, where you step off a 12-metre-high platform, or you can try the exhilarating zip-lining.

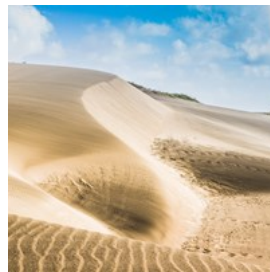
Photo: SasinTipchai/Shutterstock.com

Address: Pacific Harbour, Viti Levu

Phone: +679 331 7454

Internet: [kilaworld.com](http://kilaworld.com)

### Sigatoka Sand Dunes National Park



Described as one of Fiji's most unique wonders, the Sigatoka Sand Dunes has been created through the workings of wind, water and vegetation. In 1989, the Sigatoka Sand Dunes was established as Fiji's first National Park and has become a Fijian heritage today, rich in both natural and cultural attributes. The Park is a unique Dune forest which is home to a myriad of wildlife. Animals such as Fijian Swallowtail Butterfly, the fruit bats, the Goshawks, the giant stick insects and the cryptic Pacific Boa live here.

Photo: Viktor Hejna/Shutterstock.com

Address: Queens Road, Yadua, Viti Levu

Opening hours: Daily 8am-5pm

Phone: +679 652 0243

Internet: [national-parks.org/fiji/sigatoka-sand-dunes](http://national-parks.org/fiji/sigatoka-sand-dunes)

### Sigatoka Valley



Famed for its lush greenery, this fertile river valley provides Fiji with natural production from fruit to nuts and cereals. The locally produced pottery and hand-made sand and clay stoneware are also worth visiting.

Photo: Viktor Hejna/Shutterstock.com  
Address: Sigatoka Valley, Viti Levu  
Internet: [www.fiji.travel/places-to-go/coral-coast/locations/coral-coast-salad-bowl](http://www.fiji.travel/places-to-go/coral-coast/locations/coral-coast-salad-bowl)

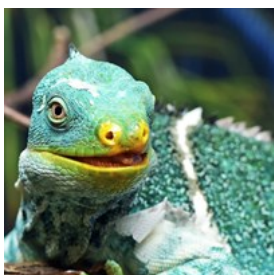
### Sigatoka Market



Enjoy a real Fijian experience at the Sigatoka Markets. Fringing the embankments of the Sigatoka River, this market is frequented by holiday-goers and locals alike. Support local Fijian industry and buy plentiful in-season fruits such as fresh bananas and pineapple, or pick up souvenirs such as locally made floor mats.

Photo: noBorders - Brayden Howie/Shutterstock.com  
Address: Sigatoka, Viti Levu  
Phone: +679 650 0018  
Internet: [www.fiji.travel/places-to-go/coral-coast/places/sigatoka-markets](http://www.fiji.travel/places-to-go/coral-coast/places/sigatoka-markets)

### Kula WILD Adventure Park



Home to Fiji's national bird, the Collared Lory or Kula, Kula WILD Adventure Park is a wildlife sanctuary rich in flora and fauna, as well as the Fijian flying fox — the only native land mammal in Fiji. Allow two hours or more to

explore the entire sanctuary and read about the exotic plants, flowers and trees. Families with children will love the park's fun rides, splash pools and Fiji's only Roller-Coaster Zip Rail.

Photo: David Clode/unsplash  
Address: Queens Road, Sigatoka, Viti Levu  
Opening hours: Daily 10am-4:30pm  
Phone: +679 650 0505  
Internet: [fijiwild.com](http://fijiwild.com)  
More Info: Also known as Kula Eco Park.

### Pacific Harbor



Pacific Harbor, the adventure capital of Fiji, where you can try shark feeding and surfing, four-wheel drive tours and island excursions.

There are multiple day trips available, covering everything from zip lining to Jet Ski safaris, as well as fishing along the Pacific Harbor reefs and trips to the local Arts Village with food, drinks and crafts.

Photo: PPstock/Shutterstock.com  
Address: Pacific Harbour, Viti Levu  
Internet: [www.fiji.travel/places-to-go/pacific-harbour](http://www.fiji.travel/places-to-go/pacific-harbour)

### Zip Fiji

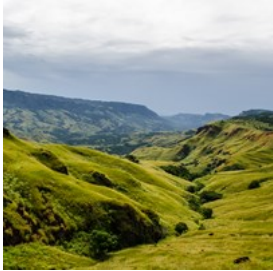


Being a volcanic island covered with mountainous terrain and tropical forests, Viti Levu is the perfect place for zip line tours through the rain forest canopy. Zip Fiji also offers cave walking tours and another longer zip line course at their Nadi location.

Photo: aounphoto/shutterstock  
Address: Zip Fiji Momi, Nadi, Viti Levu  
Phone: +679 672 6045  
Internet: [www.zip-fiji.com/fiji-zipline-location/zip-line-nadi](http://www.zip-fiji.com/fiji-zipline-location/zip-line-nadi)

Email: [zip@zip-fiji.com](mailto:zip@zip-fiji.com)

### Tavuni Hill Fort



Tavuni Hill Fort is an ancient Fijian fort and National Archaeological Site, was once a Tongan Chief's home over the Sigatoka river. The

highlight is the 2,500 year old stone where men and women were placed before they were killed while the view from the top of the hill is also fantastic.

Photo: [Mary Dimitropoulou/Shutterstock.com](#)

Address: Naroro Village, Viti Levu

Internet:

[www.fiji.travel/places-to-go/coral-coast/places/tavuni-hill-fort](http://www.fiji.travel/places-to-go/coral-coast/places/tavuni-hill-fort)

### DO & SEE



[Popartic/Shutterstock.com](#)

Welcome to paradise! This is the perfect place to go for thrilling activities such as zip-lining, snorkelling or diving or why not enjoy the tribe culture of this remote island nation. Whatever you decide to do, you will go back home well rested, and with a perfect tan.

Fiji offers something for every traveller. Families can enjoy parks, beaches, and attractions like Kula WILD Adventure Park. Couples seeking a romantic escape will love Fijian massages, oceanside dining and island-hopping adventures.

Budget-conscious travellers can explore affordable highlights like Natadola Beach, Sri Siva Subramaniya Swami Temple and Sigatoka Sand Dunes National Park.

### Kayak the Upper Navua & 'Luva Rivers



Rivers Fiji has exclusive rights to kayak the Luva and Upper Navua Rivers, inland from Pacific Harbor. The trip is led by highly qualified guides,

and is suitable for people of all skill levels, from beginners to intermediate kayakers. A preliminary visit to a traditional village and to get the blessing of the village chief is the integral part of the trip.

Photo: [PPstock/shutterstock](#)

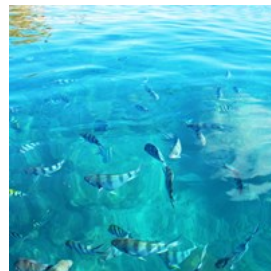
Address: Pacific Harbour, Viti Levu

Phone: +679 992 2148

Internet: [riversfiji.com](http://riversfiji.com)

Email: [reservations@riversfiji.com](mailto:reservations@riversfiji.com)

### Cruise the Yasawa Islands



The Yasawa archipelago looks like a chain of little droplets flung off Fiji's main island, Viti Levu.

One of the most inviting islands is Nacula, with

hidden treasures like the Sawa-i-Lau Cave. The northernmost of the islands, Yasawa-i-Rara, is one of the most untouched places in the whole of Fiji.

Photo: [Jeremy Red/Shutterstock.com](#)

Internet: [www.bluelagooncruises.com](http://www.bluelagooncruises.com)

Email: [cruisecentre@bluelagooncruises.com](mailto:cruisecentre@bluelagooncruises.com)

### Snorkelling in Waitabu Marine Park



Explore the underwater wonders of Waitabu Marine Park on Taveuni, Fiji's 'Garden Island,' where you'll find vibrant soft coral reefs perfect

for snorkelling. Don't miss the Lavena Coastal Walk in the southern part of Waitabu, a must-see sight for visitors.

Photo: Denis Moskvinov/shutterstock

Address: Waitabu Marine Park, Waitabu, Viti Levu

Phone: +679 820 1999

Internet: [www.waitabu.org](http://www.waitabu.org)

Email: [info@waitabu.org](mailto:info@waitabu.org)

More Info: Note that visits to Waitabu Marine Park should be arranged in advance.

### Natadola Beach



Natadola Beach, located about an hour from Nadi, is one of Fiji's most famous beaches. This public beach allows visitors to freely stroll

along its sandy shores. The nearby Intercontinental Resort offers food and drinks, making it a convenient spot to relax and enjoy the stunning surroundings.

Photo: Nina Janesikova/Shutterstock.com

Address: Natadola Beach, Viti Levu

Internet: [www.fiji-budget-vacations.com/Natadola-Beach.html](http://www.fiji-budget-vacations.com/Natadola-Beach.html)

### Savusavu



Vanua Levu is the second-largest island in Fiji. Its southern city, Savusavu, attracts a large 'floating' population of yachting enthusiasts,

divers, and beach lovers. The city boasts a

superb marina and cruise centre, the Copra Shed, which fronts the safe haven of Savusavu Bay.

Photo: Renee Vititoe/Shutterstock.com

Address: Savusavu, Vanua Levu

Internet: [fiji-savusavu.com](http://fiji-savusavu.com)

### Robinson Crusoe Island Tours



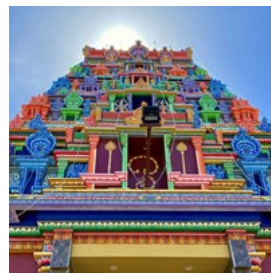
Robinson Crusoe Island Tours offers a unique experience on Likuri Island, blending unspoilt natural beauty with rich cultural heritage. Enjoy

traditional dance shows featuring fire and knife dancers, relax on pristine beaches, or immerse in local customs. The island, once reserved for Chiefly gatherings, now provides an unforgettable Fijian adventure in a serene beachside setting.

Photo: ChameleonsEye/Shutterstock.com

Internet: [rcitours.com](http://rcitours.com)

### Sri Siva Subramaniya Temple



The unique and colourful Sri Siva Subramaniya Hindu temple is the largest one in the southern hemisphere. It houses sacred statues

and has beautiful artwork on the ceiling. It's a spiritual retreat where locals come to pray, and it has a unique ambiance.

When visiting this place, be sure to respect the dress code. No photograph should be taken inside the temple.

Photo: Helen Gomez/shutterstock

Address: Queens Road, Nadi, Viti Levu

Phone: +679 670 0977

Internet: [sangamfiji.com.fj/sri-siva-subramaniya-swami-temple/sri-siva-subramaniya-swami-temple-2](http://sangamfiji.com.fj/sri-siva-subramaniya-swami-temple/sri-siva-subramaniya-swami-temple-2)

### Fiji Museum



The Fiji Museum is a charming, compact museum located in the heart of Suva's botanical gardens. It houses a remarkable collection, including archaeological materials dating back 3,700 years. The museum also showcases cultural objects that represent Fiji's history over the past 100 years.

Photo: ChameleonsEye/Shutterstock.com

Address: Thurston Gardens, Suva, Viti Levu

Opening hours: Mon-Wed & Fri-Sun 9am-4:30pm; Thu 9am-7pm

Phone: +679 331 5944

Internet: [fjimmuseum.org.fj](http://fjimmuseum.org.fj)

Email: [hsp@fjimmuseum.org.fj](mailto:hsp@fjimmuseum.org.fj)

### Beqa Island



Just south of Pacific Harbour, a 45-minute boat ride takes you to Beqa Island, a pristine paradise with white sandy beaches, crystal-clear waters, and a waterfall. The island, free from roads and towns, is dotted with a few remote villages and is encircled by one of the world's largest barrier reefs. Known for world-class diving and as the traditional home of Fijian fire walking, Beqa Island offers a unique and tranquil escape.

Photo: Jenny Sturm/Shutterstock.com

Internet:

[fjiguide.com/destination-fiji/beqa-island-pacific-harbour](http://fjiguide.com/destination-fiji/beqa-island-pacific-harbour)

More Info: Beqa is pronounced 'Benga'

### Garden of the Sleeping Giant



Wander through the beautiful oasis that is the Garden Of The Sleeping Giant, with its incredible plantations of over 2,000 different species of orchids. This attractive landscaped garden also specialises in Fiji's native plants and trees. A great place for a picnic.

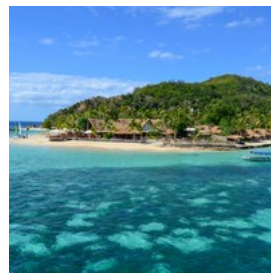
Photo: Cristina Seaborn/unsplash

Address: Wailoko Road, Nadi, Viti Levu

Opening hours: Daily 9am-5pm

Phone: +679 995 2855

### Castaway Island



Take a day trip to the amazing Castaway Island, where you can relax and soak in the beautiful scenery. This idyllic tropical Fijian island not only offers lazy days on the beach but also a range of activities to enjoy. You can snorkel or make use of other water sports equipment, like jet skis and kayaks.

Photo: Nina Janesikova/Shutterstock.com

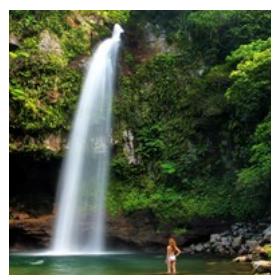
Address: Boats for the island depart from Port Denarau Marina, Nadi, Viti Levu

Phone: +679 675 0500

Internet: [www.outrigger.com/fiji/castaway-island-fiji](http://www.outrigger.com/fiji/castaway-island-fiji)

More Info: The traditional Fijian name for the island is Qalito.

### Tavoro Waterfalls



Pack a lunch and head over to explore the three waterfalls at Bouma National Heritage Park on Taveuni Island. Enjoy the stunning scenery while swimming in the natural pools, or brave a

cliff jump. Bring a snorkel to see countless prawns, too. The hike up to the other waterfalls offers astonishing views all the way to the coast.

Photo: Don Mammoser/shutterstock

Address: Bouma National Heritage Park, Taveuni Island

Internet: [national-parks.org/fiji/bouma](https://national-parks.org/fiji/bouma)

Email: It's a good idea to combine your visit to Tavoro Waterfalls with Lavena Coastal Walk.

### Spa Treatment



If you are looking for a haven of peace and relaxation, then InterContinental Fiji Golf Resort & Spa is the place to go to. The qualified therapists combine Asian, Eastern and Western treatment methods to bring balance to mind, body and soul. The perfect getaway where you can relax the entire body.

Photo: Ground Picture/shutterstock

Address: InterContinental Fiji Golf Resort & Spa, Maro Road, Viti Levu

Internet:

[www.fiji.intercontinental.com/recreation/spa-intercontinental](https://www.fiji.intercontinental.com/recreation/spa-intercontinental)

### Sabeto & Tifajek Hot Springs & Mud Pools



The Sabeto and Tifajek Hot Springs and Mud Pool in Fiji, run by a brother and sister, offer a therapeutic experience with natural mud wraps

and hot springs. Close to the Garden of the Sleeping Giant, this spa destination provides changing rooms, showers, and relaxing Fijian massages, perfect for unwinding.

Photo: Auggiefers/shutterstock

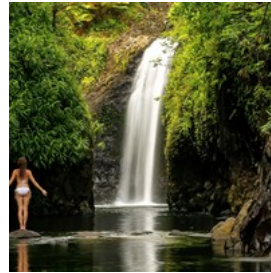
Address: Wailoko Road, Sabeto, Nadi, Viti Levu

Opening hours: Daily 9am-5pm

Phone: +679 845 2462

Internet: [sabetohot.springandmudpool.com](https://sabetohot.springandmudpool.com)

### Lavena Coastal Walk



The Lavena Coastal Walk, Taveuni's most scenic trail, winds through Bouma National Heritage Park, offering a 10-kilometre round-trip

adventure along pristine beaches and lush forests. The fairly easy trail leads to the stunning Wainibau Waterfall, where hikers can swim through a gorge to reach this idyllic spot. A guide is recommended, especially for the rope-assisted stream crossing, adding local insight to the journey. The hike is an immersive experience, showcasing why Taveuni is known as Fiji's Garden Island.

Photo: Don Mammoser/shutterstock

Address: Lavena, Taveuni Island

Internet: [www.fiji.travel/places-to-go/taveuni-island/locations/how-to-hike-the-lavena-coastal-walk](https://www.fiji.travel/places-to-go/taveuni-island/locations/how-to-hike-the-lavena-coastal-walk)

### Fiji Culture Village



The Fiji Culture Village in Nadi offers a deep dive into the rich traditions and customs of Fiji.

Visitors explore traditional bure

wood-and-straw huts showcasing pottery, wood carving and mat weaving. Participate in a kava ceremony, watch an exhilarating meke performance with music and dance, and enjoy local dishes like kokoda and lovo.

Photo: Old Youth/unsplash

Address: Nacaqara, Navo, Nadi, Viti Levu

Phone: +679 804 4800

Internet: [culturevillagefiji.com](https://culturevillagefiji.com)

### Koroyanitu National Heritage Park



Near Nadi, the Koroyanitu National Heritage Park in the hinterland of Fiji's second-largest city, Lautoka, offers a wealth

of natural attractions, including forests, waterfalls, hiking trails, and mountain streams perfect for swimming. Seize the opportunity to stay with villagers and experience life in a traditional Fijian highland community.

Photo: atiger/Shutterstock.com

Address: Koroyanitu National Heritage Park, Viti Levu

Phone: +679 790 6644

Internet: [www.koroyanituheritagepark.org](http://www.koroyanituheritagepark.org)

Email: [koroyanituheritagepark@gmail.com](mailto:koroyanituheritagepark@gmail.com)

## DINING



Anna Klepatckaya/shutterstock

With nearly half of the population being of Indian origin, it's no surprise that curries feature strongly on the menus of many local restaurants. Native Fijian dishes include fish, pork, chicken and/or vegetables, all wrapped in banana leaves and cooked in an underground lovo oven. Drinking kava (called yaqona or yagona in Fiji) is the common Fijian way of relaxing after work.

### Indigo



With sweeping views across the ocean, Indigo's stunning waterfront location is matched by an extensive menu of authentic Indian cuisine.

Favourites include mud crab curry, tandoori chaat and creamy lamb korma. Sit inside and enjoy air-conditioned comfort, or dine outside and lap up the ocean vistas.

Photo: I Wei Huang/Shutterstock.com

Address: Port Denarau Marina, Denarau Island, Viti Levu

Phone: +679 892 2956

Internet: [www.indigofiji.com](http://www.indigofiji.com)

Email: [info@indigofiji.com](mailto:info@indigofiji.com)

### Sundowner Bar & Grill



Located within the Outrigger hotel, by the ocean, Sundowner Bar and Grill is an ideal spot for a casual lunch, an elegant dinner, or a

relaxing sunset cocktail. The restaurant features an extensive grill menu, including juicy Australian beef, a variety of local seafood, and wood-fired gourmet pizza.

Photo: By Ramona Heim/Shutterstock.com

Address: Outrigger Fiji Beach Resort, Sigatoka, Viti Levu

Opening hours: Daily 7am-10am / 5pm-11pm

Phone: +679 650 0044

Internet: [www.outrigger.com/fiji/fiji-beach-resort/fiji-beach-and-resort-dinning](http://www.outrigger.com/fiji/fiji-beach-resort/fiji-beach-and-resort-dinning)

### Gecko's Restaurant



This little gem is well known on the Coral Coast for its superb, well priced meals. From the menu you can choose both local and international cuisine

and Gecko's specialities which are lobster, fresh fish and seafood. Dance shows and thrilling Samoan fire dance begin at 7:30pm on every Friday and Saturday.

Photo: Subbotina Anna/Shutterstock.com

Address: Gecko's Resort, Coral Coast, Queens Road, Fiji

Opening hours: Daily from 8am

Phone: +679 652 0200

Internet: [www.geckosresort.com](http://www.geckosresort.com)

### Daikoku



Daikoku is the go-to spot for outstanding, authentic Japanese cuisine. You can enjoy classics like sushi, sashimi, prawns in white sauce, and teppanyaki.

The meals are reasonably priced, but it can get quite crowded, so booking in advance is recommended.

Photo: prapass/Shutterstock.com

Address: Northern Press Road, Matintar, Nadi, Viti Levu

Opening hours: Daily noon-2pm / 6pm-9:30pm

Phone: +679 670 3622

Internet: [www.daikokufiji.com](http://www.daikokufiji.com)

### Mamacita



At Mamacita, you can savour world-class Mexican cuisine with perfectly authentic flavours. The restaurant also boasts the widest

tequila collection in Fiji. Enjoy your meal on the

deck area or relax with a drink in the open bar area, which is beautifully surrounded by water.

Photo: George Dolgikh/Shutterstock.com

Address: Wyndham Resort, Denarau Island, Viti Levu

Phone: +679 892 2958

Internet: [www.mamacitafiji.com](http://www.mamacitafiji.com)

### Sitar Indian & Thai Restaurant



Sitar serves both Indian and Thai cuisines under one roof. The menu has a wide variety of choices such as chicken tikka masala, lamb curry and

pad Thai noodles. The service is quick and the food has lots of flavours and made with fresh ingredients.

Photo: Brent Hofacker/Shutterstock.com

Address: Queens Road, Korotogo, Viti Levu

Phone: +679 650 0056

Internet: [sitarfiji.com](http://sitarfiji.com)

### Surf 'n' Turf



Surf 'n' Turf is a little hole-in-the-wall where you can have a meal for a reasonable price. The menu is huge and has something for everyone.

A lot of seafood, fish and Indian food are served here. The lovely atmosphere, the attentive staff and the hearty food make the restaurant popular among locals and tourists.

Photo: norikko/Shutterstock.com

Address: Savusavu, Vanua Levu

Phone: +679 885 3033

### Savusavu Wok



This small restaurant in the heart of Savusavu serves delicious Chinese cuisine. Although the prices are a bit high, the experience is well worth it. The menu features mouth-watering dishes such as Chinese dumplings, crab, fish, prawns, and other seafood. Don't miss the popular Mongolian eggplant, a favourite among diners.

Photo: Martin Rettenberger/Shutterstock.com  
Address: Main Street, Savusavu, Vanua Levu

### Riviera Restaurant



Riviera offers a romantic fine dining experience with stunning views overlooking Beqa Island. The cuisine is modern and rich in fresh, local seafood. This is five-star dining at its most indulgent, where the spectacular backdrop perfectly complements the incredible cuisine.

Photo: KieferPix/Shutterstock.com  
Address: The Pearl Resort, Queens Road, Viti Levu  
Phone: +679 773 0022  
Internet: [www.thepearlsouthpacific.com/en/taste](http://www.thepearlsouthpacific.com/en/taste)

### Cardo's Steakhouse



With a prime location overlooking the port, Cardo's Steakhouse is a premier New Zealand steakhouse offering delicious seafood and meat dishes. With twenty-five years of experience, the restaurant also boasts a tempting array of seafood options, making it a top choice for diners seeking quality and flavour.

Photo: Joshua Resnick/Shutterstock.com  
Address: Port Denarau Marina, Denarau Island, Viti Levu  
Phone: +679 245 5479  
Internet: [cardosfiji.com](http://cardosfiji.com)

## CAFES



*Rawpixel dot com/Shutterstock.com*

Fiji is not exactly renowned for its coffee culture. But now, some excellent new cafés are springing up. The trend was started by The Republic of Cappuccino in Suva, Fiji's first coffee house brand.

### ROC Cafe



ROC Cafe is a favorite among the locals because of the friendly service and the good coffee and dessert. The menu offers homemade muffins, croissants and toasted sandwiches, as well as breakfast.

Photo: MaraZe/Shutterstock.com  
Address: Loftus Street, Suva, Viti Levu  
Opening hours: Mon-Fri 7am-7pm, Sat & Sun 8am-6pm  
Phone: +679 330 0333

### Bulaccino Café



Bulaccino Café has a European café/brasserie look and serves organic food for great prices. This café has its own bakery and offers newly baked bread and pastries every day.

Photo: Ekaterina Kondratova/Shutterstock.com

Address: Queens Road, Namaka, Nadi, Viti Levu

Opening hours: Mon-Fri 7am-6pm, Sat & Sun 7am-4pm

Phone: +679 672 8638

Internet: [www.bulaccino.com](http://www.bulaccino.com)

Email: [bulaccino@connect.com.fj](mailto:bulaccino@connect.com.fj)

### Praveens Kava



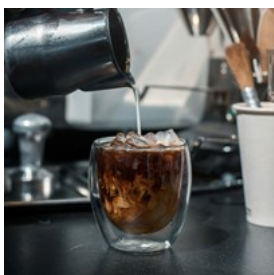
Kava, or Yaqona, is Fiji's traditional drink, made from the root of the native *Piper methysticum* plant. Known for its sedative and euphoriant effects, kava is an integral part of Fijian culture. Found everywhere from markets to roadside stalls, kava is best enjoyed in a local village, where the experience is truly authentic. For a convenient taste, Praveens Kava offers roadside stalls across Viti Levu.

Photo: Ignacio Moya Coronado/shutterstock

Address: Praveens Kava, Queens Road, Navua, Viti Levu

Phone: +679 767 3839

### The Coffee Hub



The Coffee Hub in Nadi serves exceptional coffee and a wide menu in a cosy, rustic setting with bright, cheerful decor. It's a perfect spot for a hearty breakfast or gourmet lunch, complete with gluten-free options and creative drinks like

matcha latte and ice chocolate.

Photo: Pariwat Pannium/unsplash

Address: Essence of Fiji Building, Nasau Back Road, Nadi, Viti Levu

Opening hours: Daily 6am-9pm

Phone: +679 782 0663

Internet: [thecoffeehub.com.fj](http://thecoffeehub.com.fj)

Email: [info@thecoffeehub.com.fj](mailto:info@thecoffeehub.com.fj)

### Moments Cafe



Moments Cafe, established in 2016, is a popular Suva spot known for top-quality espresso and a diverse menu. Famed for its big breakfast and key lime pie, it offers a cosy space in the heart of the city.

Photo: AS Foodstudio/shutterstock

### Cafe Planet Fiji



Cafe Planet on Fiji's Coral Coast serves freshly roasted coffee, known as some of the best in the region. Located on Queen's Road, this relaxed spot offers a chill environment, friendly staff, and a perfect espresso base, like their popular "Hemisphere" blend.

Photo: Michael Burrows/pexels

Address: Queens Road, Korotogo, Viti Levu

Phone: +679 711 3939

Email: [coffee@cafeplanetfiji.com](mailto:coffee@cafeplanetfiji.com)

### The Projects Collective



The Projects Collective, with locations at Fiji Beachouse and Denarau Road in Nadi, is a trendy spot offering ethically sourced artisan goods.

Enjoy local coffee, cocktails, and a cosy atmosphere while browsing unique Pacific crafts.

Photo: cottonbro studio/pexels

Address: The Beachouse, Queens Road, Coral Coast, Korolevu, Viti Levu

Phone: +679 830 3966

Internet: [www.theprojectsfiji.com](http://www.theprojectsfiji.com)

### Skinny Bean Café



Boasting a pretty village setting, Skinny Bean Café is regarded as the best coffee venue in Pacific Harbour, with a cabinet of fresh food and

refreshments including pies, sausage rolls and wraps for the savoury inclined and miniature doughnuts, as well as milkshakes for those with a sweet tooth. In the morning, there croissants and fresh pancakes, making it the number one spot for breakfast.

Photo: I love coffee/Shutterstock.com

Address: Arts Village, Pacific Harbour, Viti Levu

Phone: +679 385 9869

Internet: [skinnybeancafe.restaurantsnapshot.com](http://skinnybeancafe.restaurantsnapshot.com)

### BARS & NIGHTLIFE



Jacob Lund/Shutterstock.com

Fiji's nightlife is a blend of lively city bars, serene beach parties, and cultural experiences. In Suva and Nadi, the nights come alive with a mix of international hits and local Fijian tunes, offering a range of venues from laid-back spots to glamorous nightclubs. Monthly full moon parties, reminiscent of those in Thailand, are a highlight, featuring music, dancing and traditional Kava-drinking rituals that foster a sense of community. For a different vibe, Fiji's night markets offer a taste of local culture with traditional dishes, handmade crafts, and live entertainment.

For those staying at resorts outside major cities, romantic options abound: from sunset cruises around Nadi's coastline to intimate dinners on the beach, offering fresh seafood and gourmet cuisine. Night diving and snorkelling tours reveal Fiji's marine life after dark, while cultural performances showcase the island's rich heritage through music and dance. Fiji's nightlife caters to all preferences, blending tradition with modern entertainment.

### Yacht Club Island Bar at Musket Cove Resort



Yacht Club Island Bar at Musket Cove Resort is an iconic spot for guests and visiting yachts. Enjoy stunning sunsets with a frozen Mojito or grill your own dinner with a BBQ pack, all in a relaxed setting by the docks.

Photo: Lichtwolke/shutterstock

Address: Musket Cove Resort, Malolo Lailai Island, Solevu  
Internet: [www.musketcovefiji.com/dining/musket-cove-yacht-club-island-bar](http://www.musketcovefiji.com/dining/musket-cove-yacht-club-island-bar)

### Down Under Pub Fiji



The Downunder Pub Fiji offers tasty drinks at great prices. The friendly bar staff, booming music, varied entertainment options — including pool tables—and the fantastic atmosphere attract both locals and tourists alike.

Photo: salajejan/Shutterstock.com

Address: 54 Carnarvon Street, Suva, Viti Levu  
Phone: +679 330 2538

### Nuku Restaurant & Bar



With the perfect location by the beach, Nuku Restaurant & Bar is a great place to watch the sunset. Here you can sip a cold beer or choose an exquisite cocktail from the drink menu.

Photo: Ozphotoguy/Shutterstock.com

Address: Hilton Fiji Beach Resort & Spa, Denarau Island, Viti Levu  
Opening hours: Daily 6:30am-10pm  
Phone: +679 675 6800  
Internet: [www.hilton.com/en/hotels/nanhihi-hilton-fiji-beach-r](http://www.hilton.com/en/hotels/nanhihi-hilton-fiji-beach-r)

esort-and-spa/dining

## SHOPPING



*gpointstudio/Shutterstock.com*

Fiji is truly a shopper's delight, offering everything from brand-name items to unique and exceptional native handcrafts. The country is dotted with various villages and marketplaces where you can explore and find one-of-a-kind treasures. A great place to begin your shopping adventure is in the main cities. Nadi, for example, is one of the most popular shopping destinations in Fiji, known for its fantastic bargains and duty-free items. Suva, the capital, and Lautoka, the second-largest city, also offer excellent shopping opportunities, with a mix of traditional Fijian crafts and modern goods.

If you like to shop clothes, check out the incredible fabrics and the lovely silks. Why not buy something that will remind you of your time in Fiji? A Sulu, for example, is a traditional Fijian sarong or dress.

### Jack's of Fiji



For authentic Fijian jewellery, souvenirs, clothing, watches, handicrafts, cosmetics, or gifts, Jack's of Fiji is the place to go. Here, you can find everything from international brands to

genuine arts and crafts made by local communities.

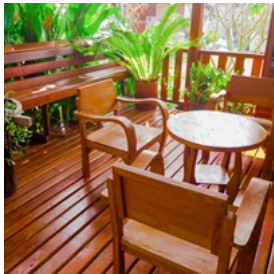
Photo: Humus/Shutterstock.com

Address: 401-403 Queens Road, Nadi, Viti Levu

Phone: +679 904 1747

Internet: [www.jacksfiji.com/store\\_hours/\\_jacks-of-fiji-downto-wn-stores/jacks-nadi](http://www.jacksfiji.com/store_hours/_jacks-of-fiji-downto-wn-stores/jacks-nadi)

### Pacific Green



One of the best buys in Fiji is the finely crafted coconut-palmwood furniture on sale at Pacific Green. Pacific Green ships these

sustainable products to consumers globally, including furniture like armchairs, tables, sofas and lamps.

Photo: groodday28/Shutterstock.com

Address: Queens Road, Cuvu, Viti Levu

Phone: +679 650 0055

Internet: [www.pacificgreen.net](http://www.pacificgreen.net)

Email: [info@pacificgreen.net](mailto:info@pacificgreen.net)

### Hot Glass Fiji



Hot Glass Fiji is the country's first glass-blowing studio, where glass is hand-shaped to create stunning souvenirs and

keepsakes of this tropical paradise. The beautiful work is inspired by Fiji's natural beauty, from the cool colours of the sea to the lush greens of the rainforest. Visitors are welcome to the studio to watch the fascinating process of glass blowing.

Photo: kim chul hyun/Shutterstock.com

Address: Sunset Strip, Korotogo, Viti Levu

Phone: +679 909 3200

Internet: [www.hotglassfiji.com](http://www.hotglassfiji.com)

### Treehousehouse Boutique



Treehouse Boutique is home to some of Suva's most chic and elegant clothing, jewellery, and bags. The store specialises in women's

fashion, offering a wide selection of dresses, tops, blouses, pants, and much more.

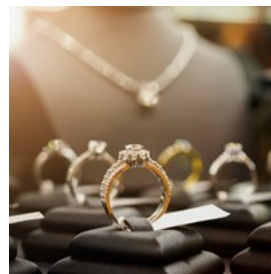
Photo: VGstockstudio/Shutterstock.com

Address: Downtown Boulevard, Ellery Street, Suva, Viti Levu

Phone: +679 890 2000

Internet: [maliafiji.com](http://maliafiji.com)

### MHCC



MHCC is a modern multi-storey complex and is known as the largest shopping mall in Fiji, featuring over twenty different stores, fifteen

diverse food stalls, and almost ten trinket stalls. Some of the well-known brands you will find here include Adidas, Ripcurl, Vodafone and Jack's of Fiji.

Photo: Kwangmoozaa/Shutterstock.com

Address: Thompson Street, Suva, Viti Levu

Phone: +679 999 6856

### Nadi Market



Take a stroll and mingle with the locals at the Nadi Market. You can buy fresh and affordable fruits like pawpaws, pineapples, and bananas from

friendly stall owners. While exploring the market, you can also discover new fruits or vegetables and capture colourful shots of Fiji's vibrant food culture.

Photo: peacefoo/shutterstock

Address: Hospital Road, Nadi, Viti Levu

Opening hours: Mon-Fri 7am-5pm, Sat 6am-5pm, Sun closed

### TappooCity



Conveniently located in the heart of the city, TappooCity is a great spot for shopping in Suva. The four floors of the department store offer quality goods and a selection of international brands. If you're feeling hungry, don't worry — there are food courts with a wide variety of options to choose from. For children, there is a play area featuring a jumping castle, ball tunnels, and slides.

Photo: FamVeld/Shutterstock.com

Address: Thomson Street, Suva, Viti Levu

Opening hours: Mon-Fri 9am-6pm, Sat 9am-5pm, Sun 11am-4pm

Phone: +679 331 5422

Internet: [www.tappoo.com.fj](http://www.tappoo.com.fj)

Email: [info@tappoo.com.fj](mailto:info@tappoo.com.fj)

### Lautoka Market



Lautoka is home to Fiji's largest market, a bustling focal point that has been around for many decades. At the front of the market, you will find delightful handcraft stalls offering a wide variety of items such as handmade pottery, woven goods, and spices. This market is very popular among locals and is the perfect place to buy fruits, vegetables, and food, with fresh fish available on Sunday mornings.

Photo: Yulia Grigoryeva/Shutterstock.com

Address: Loma Lane, Lautoka, Viti Levu

Internet: [www.lautokacitycouncil.com.fj/market](http://www.lautokacitycouncil.com.fj/market)

### Baravi Handicrafts & Cafe



Baravi Handicrafts is located among the villages along the Coral Coast and is a great place to shop for a wide variety of items, including clothes, handicrafts, souvenirs, and jewellery, all at reasonable prices. They also have a coffee and smoothie vendor, so you can enjoy a refreshing drink while shopping.

Photo: guruXOX/Shutterstock.com

Address: Queens Road, Vatukarasa, Viti Levu

Phone: +679 652 0364

Internet: [www.instagram.com/baravi\\_handicraftscafe](http://www.instagram.com/baravi_handicraftscafe)

### Suva Municipal Market



Suva Municipal Market is a bustling hub for fresh produce, from tomatoes to exotic jackfruit. Visit Thursday to Saturday for the best variety. Explore the ground floor stalls and the second story for kava. Prices are reasonable and clearly marked.

Photo: GoncharukMaks/Shutterstock.com

Address: Harris Road, Suva, Viti Levu

Internet:

[www.fiji-budget-vacations.com/suva-municipal-market.html](http://www.fiji-budget-vacations.com/suva-municipal-market.html)

## TOURIST INFORMATION



GNT studio/Shutterstock.com

### Passport / Visa



Tourists from over a 100 countries can enter Fiji for up to four months visa free. This applies for citizens of the European Union, United States, Japan, Australia, countries of Latin America and many others.

Nationals from countries excluded from the list will have to apply for visas through Fijian diplomatic missions or online, prior to arrival. More information can be found on the website of the Department of Immigration.

Photo: mana5280/unsplash

Internet: [en.wikipedia.org/wiki/Visa\\_policy\\_of\\_Fiji](https://en.wikipedia.org/wiki/Visa_policy_of_Fiji)

### Best Time to Visit

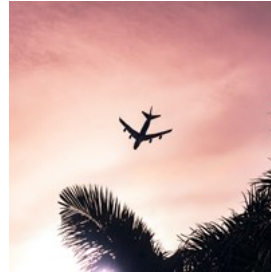


The best time to visit Fiji is from late October to early November, when the weather is dry, warm and settled. The beaches and resorts are far less crowded as school is still in at this time of year and the cost of getting and staying here has not

yet reached its peak.

Photo: Nicolas Welding/unsplash

### Nadi International Airport (NAN)



Nadi International Airport (NAN), located 9 kilometres north of downtown Nadi, is the gateway to Fiji. There are plenty of modern air-conditioned coaches serving between the airport, the resorts and major towns. Bus company that operates from the airport are:

Sunbeam Bus

[sunbeamfiji.com/timetable](http://sunbeamfiji.com/timetable)

Pacific Transport Bus

[www.pacifictransport.com.fj](http://www.pacifictransport.com.fj)

Taxis at Nadi International Airport are operated by individual companies with the approval of Airports Fiji Limited. It is obligatory for taxi meters to be used for all journeys.

Photo: Eduardo Velazco Guart/unsplash

Address: Rara ni Waqavuka na Nadi, Fiji

Phone: +679 672 5777

Internet: [www.airportsfiji.com](http://www.airportsfiji.com)

### Public Transport



Getting around Fiji is cheap and easy thanks to the good network of buses, "carriers" (small trucks) and ferries. Local buses give you the opportunity to mingle with the people of Fiji, who by choice and tradition, treat strangers with gracious hospitality. Every town and village has its own bus stop since the bus is the most

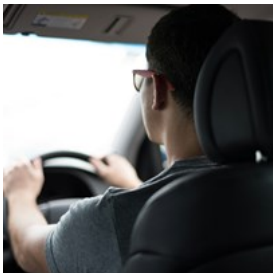
common form of public transportation. You can also hail any public bus from the roadside just by waving to the driver.

Only the West Bus company (small yellow bus) is allowed to drive into Denarau Island resort. Running every fifteen minutes, the drop-off is right in the middle of the Port Denarau shops.

To travel between Fiji's islands, options include ferries, cargo boats, boat taxis, and planes. Sea travel is more affordable, with daily ferries running between Port Denarau on Viti Levu and the Mamanuca Islands. Island resorts often organise boat transfers for their guests.

Photo: Annie Spratt/unsplash  
Internet: [fjipocketguide.com/public-transport-in-fiji](https://fjipocketguide.com/public-transport-in-fiji)

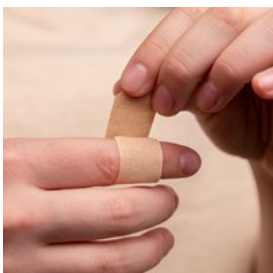
### Taxi



Taxis are required to have the meter running when hired but the drivers do not always turn them on, establish the price first before getting in. Fares are reasonably priced. Taxis can also be booked through your resort.

Photo: Art Markiv/unsplash  
Internet: [fjipocketguide.com/the-guide-to-taxis-in-fiji](https://fjipocketguide.com/the-guide-to-taxis-in-fiji)

### Pharmacy



Health First Pharmacy offers prescription services, cold and flu products, sun cream, oral care, baby care, personal care, diagnostic services, vitamins, first aid products and much more.

Photo: Diana Polekhina/unsplash

Address: Health First Pharmacy, 40 Lodia Street, Nadi Town, Viti Levu  
Phone: +679 670 1888

### Post



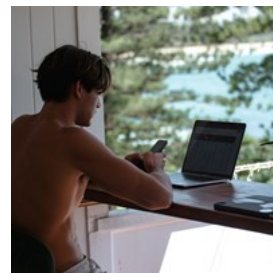
Avenue.

The main post office in Suva is the General Post Office on number 10 Edward Street. The biggest post office in Nadi is on Koroivolu

There is also a post office in Nausori, Lautoka, Sigatoka and Labasa and about 280 smaller towns.

Photo: Simona Sergi/unsplash  
Address: Suva General Post Office, 10 Edward Street, Suva, Viti Levu  
Opening hours: Mon-Fri 7:30am-5pm, Sat 8am-1pm, Sun closed  
Phone: +679 330 2022  
Internet: [www.postfiji.com.fj](http://www.postfiji.com.fj)

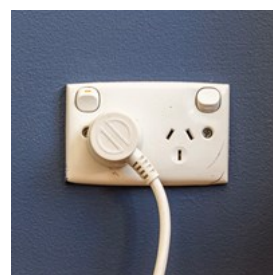
### Telephone



Country code: +679  
There are no area codes.

Photo: Mark Broadhead/unsplash

### Electricity



In Fiji, the standard plug type is Type I, with two flat blades that form an inverted V, and a grounding blade. The country operates on a 240V supply voltage with a frequency of 50Hz.

Photo: Mitchell Luo/unsplash

**Population**

950,000 Fijians

**Currency**

Fijian dollar (FJD or FJ\$), 1\$F = 100 cents

**Opening hours**

Shops are open 8am–5pm on weekdays and 8am–1pm on weekends. Banks are open 9:30am–3pm only on weekdays.

**Internet**

[www.fiji.travel](http://www.fiji.travel)

**Newspapers**

The Fiji Times: [www.fijitimes.com](http://www.fijitimes.com)

The Fiji Sun: [fijisun.com.fj](http://fijisun.com.fj)

Fiji Live: [fijilive.com](http://fijilive.com)

Fiji Village: [www.fijivillage.com](http://www.fijivillage.com)

The Jet: [www.thejetnewspaper.com](http://www.thejetnewspaper.com)

**Emergency numbers**

Fire / Medical: 911

Police: 917

**Tourist information**

Tourism Fiji Head Office

Level 3, RB Jetpoint Complex, Martintar, Nadi

P.O Box 9217, Nadi Airport, Fiji

+679 672 2433

South Pacific Ocean

# Vanua Levu

Cikobia

Lagalaga  
Malau  
Labasa  
Naqumu  
Navidamu  
Korovuli  
Biaugunu  
Napuka  
Rabi  
Tabewa  
Tabiang  
Rabi Channel

Yaqaga  
Nasau  
Dama  
Vuya  
Banikea  
Nakawakawa  
Savusavu  
Wavu  
Drekeniwai  
Navakala  
Naibalebale  
Nacavanadi  
Vusasio  
Loa  
Kioa  
Bagasau  
Dakuniba  
Somosomo Strait

Taveuni  
Qamea  
Nadiodio  
Somosomo  
Tavuki  
Lavena  
Saliavevu  
Navakawau

Yasawa Group

Bligh Water

Koro

# Viti Levu

Vatu-i-Ra Channel

Navaga  
Nasau  
Nakodu

Mamanuca-I-Ra Group

Rakiraki  
Tavua  
Korovou  
Vatukoula  
Nanukuloa  
Namarai  
Nayavutoka  
Ndelaiyandua  
Lautoka  
Ba  
Abaca  
Natawa  
Nanoko  
Bukuya  
Vatumbalavu  
Natokalau  
Korovou  
Sote  
Kumi  
Visa  
Nakoroivau  
Longani  
Nausori  
Muana  
Lami  
Suva  
Narukunmbua  
Nambukelevu  
Nauluvatu  
Nadongowali  
Navua

Ovalau

Makogai

Wakaya

Batiki

Nairai

Koro Sea

Sawaleke

Gau

Lovu

Rukua  
Beqa  
Dakuni

Ekubu  
Vatulele

Naroi  
Vadra  
Moala

Kadavu Passage

Kadavu

Ono

Totoya

Matuku

