



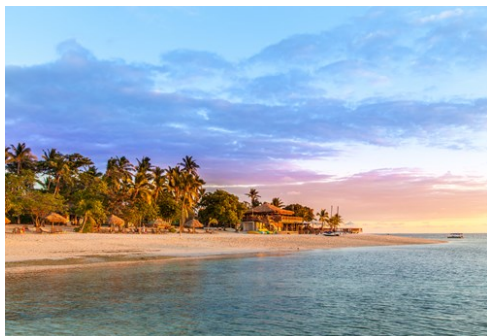
Photo: Viktor Hejna/Shutterstock.com



Viktor Hejna/Shutterstock.com



Martin Valigursky/Shutterstock.com



Bell-Davey Photography/Shutterstock.com

“Bula!” or “Welcome!” is the greeting you will most commonly hear throughout Fiji. It comes as an unreserved invitation to enjoy the hospitality of the Fijian people. Whether staying on one of the country's numerous resort islands or exploring Fiji's towns and cities, the visitor will encounter this legendary hospitality at every turn.

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



Kayak The Luva River

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Cruise The Yasawa Islands

The Yasawa Island chain looks like a chain of little droplets flung off Fiji...



Snorkeling

Go snorkeling in Waitabu Marine Park on Taveuni, Fiji's "Garden Island." He...



Natadola Beach

Natadola has been voted one of the world's top ten beaches. The Natadola Mar...



Savusavu

Vanua Levu is the second biggest island in Fiji. Its southern city, Savusavu...



THE ISLANDS



Roderick Eime/flickr (image cropped)

Fiji's 332 islands are scattered over a vast area of the Pacific Ocean, some are 1,290,000 sq km in extent. Viti Levu, which is the main island of Fiji, is about 10,400 sq km in area, with high rainfall in the east and much lower rainfall in the west. The country's first and third biggest cities respectively - Suva and Nadi - are located at opposite ends of Viti Levu, like sentinels guarding against enemy invasion - only 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 also makes 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 is well facilitated with restaurants, cafés and a stage for hosting traditional Fijian performances. Restaurants offer everything from South Pacific and Indian cuisine, 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, Fiji

Opening hours: Sun - Sat 7:00 AM - 12:00 PM

Phone: +679 675 0600

Email: reservations@denaraumarina.com

Denarau Golf & Racquet Club



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

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

Photo: Alan Bengel/Shutterstock.com

Address: Denarau Island North, Fiji

Opening hours: Sun - Sat 7:00 AM - 10:00 PM

Phone: +679 675 9710

Internet: denarugolf.fiji-golf.net

Email: info@denarugolf.com.fj

Flavours of Fiji Cooking School



Learn how to whip up homemade Fijian cuisine with a half-day cooking class. Inspired by the flavors of Melanesia, Polynesia, India and

China, you will spend four hours in a fully-equipped kitchen and dine on the dishes you've slaved over.

Photo: Dragon Images/Shutterstock.com

Address: No.5 Denarau Industrial Park, Denarau Island, Fiji

Phone: +679 675 0840

Internet: www.flavoursoffiji.com

Email: reservations@flavoursoffiji.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

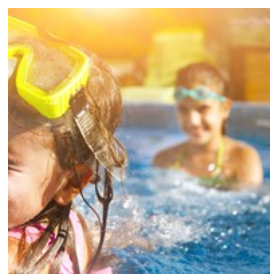
and Whale's Tale Day Cruise. Here you can swim, snorkel in turquoise waters and enjoy a barbecue lunch on the beach.

Movie buffs might want to check-out Monuriki, part of the Mamanuca Islands. Used as a location for the film "Cast Away", starring Tom and Wilson take a day trip from Denarau and experience the Robinson Crusoe lifestyle.

Photo: InnervisionArt/Shutterstock.com

Address: Port Denarau, Denarau Island, Fiji

Swimming



All resorts boast swimming facilities, but if you're staying at either the Sheraton Hotel, Sheraton Villas or The Westin, you'll be able to

use all six swimming pools across the three resorts.

Photo: Dasha Petrenko/Shutterstock.com

Address: Denarau Island, Fiji

Hotel Resorts



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

that serve anything from Asian-influenced dishes to gastronomic Haute cuisine.

Photo: Sites Around the World/Shutterstock.com

Address: Denarau Island, Fiji

Ceremonial Lighting of the Torches



Many of Denarau's resorts host a ceremonial lighting of the outdoor bamboo torches, mostly dotted along the shoreline. Let's see how the fire light up the sky and keep going until the stones are red hot. Kids may even get the chance to light one. Don't hesitate to join for an unforgettable experience.

Photo: Anna Jurkovska/Shutterstock.com

Address: Denarau Island, Fiji

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 So Spa couples' treatments, and visitors of all ages can enjoy the water activities at Adrenalin.

Photo: Prayitno/flickr (image cropped)

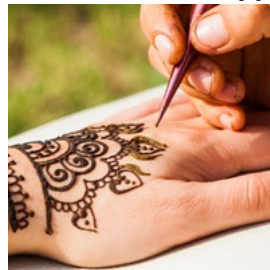
Address: Resort Drive, Denarau Island, Fiji

Phone: +679 675 1111

Internet: www.sofitel.com/gb/hotel-5706-sofitel-fiji-resort-and-spa/index.shtml

Email: reservations@sofitelfiji.com.fj

Port Denarau Shopping Centre



A hub of souvenir and clothes shops, this shopping center is also good for picking up local Fijian keepsakes and brings you varied cultural experiences from fire dancing displays to henna tattoo drawing. At 6:30 PM, you are even offered free cultural entertainment shows.

Photo: ElRoi/Shutterstock.com

Address: Port Denarau, Denarau Island, Fiji

Opening hours: Sun - Sat 7:00 AM - 12:00 PM

Phone: +679 675 0600

Internet: www.portdenarau.com.fj

Email: aysha@portdenarau.com.fj

CORAL COAST



chrisczy/Shutterstock.com

Nestled between Nadi and Suva, Fiji's Coral Coast is an 80 km expanse of beaches and bays dotted along the Ocean Road. Fringing the South Pacific Ocean, the coastal views are very picturesque. The long stretches of exposed reef and wide banks of coral are breath-taking in their own right.

With various resorts all offering perfect swimming pools, a variety of decent dining establishments and plenty of activities keep visitors of every age entertained, it's a fantastic base for exploring Fiji's treasures.

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 an unique Dune forest which is home to a myriad of wildlife. Animals such as Fijian Swallow tail Butterfly, the fruit bats, the Goshawks, the giant stick insects and cryptic Pacific Boa live here.

Photo: Viktor Hejna/Shutterstock.com

Address: Queens Road, Sigatoka, Fiji

Opening hours: Sun - Sat 8:00 AM - 5:00 PM

Phone: +679 652 0243

Sigatoka Valley



Famed for its lush green scenery, 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, Fiji

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, Fiji

Opening hours: Mon - Sat 7:00 AM - 5:00 PM

Phone: +679 650 0018

Kula Eco Park



Home to Fiji's national bird, Kula EcoPark 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.

Photo: Benjamint444/Wikimedia Commons

Address: Queens Road, Sigatoka, Fiji

Opening hours: Sun - Sat 10:00 AM - 4:30 PM

Phone: +679 650 0505

Internet: www.fijiwild.com

Email: kulapark@fijiwild.com

Pacific Harbor



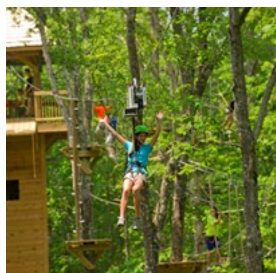
Pacific Harbor, the adventure capital of Fiji, where you can try shark feeding and surfing, four-wheel drive tours and island excursions.

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, Fiji

Zip Fiji



Being a volcanic island covered with mountainous terrain and tropical forests, Fiji 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: Loco Ropes/flickr (image cropped)

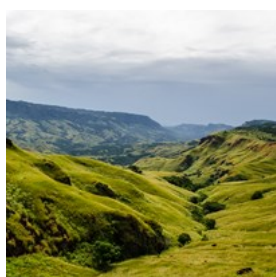
Address: Nadi Airport, Nadi, Fiji

Phone: +679 672 6045

Internet: www.zip-fiji.com

Email: 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 top the hill is also fantastic.

Photo: Mary Dimitropoulou/Shutterstock.com

Address: Naroro Village, Fiji

Internet: www.fijibure.com/naroro/naroro.htm

Kalevu Cultural Center



Kalevu Cultural Center provides a glimpse into the way of life in a traditional Fijian village which has been created to be as authentic as possible. Through hour long tour, you will go through the traditional Bure's and learn about the Fijian history, culture and traditions

including pottery and tapa cloth demonstrations.

Photo: ChameleonsEye/Shutterstock.com

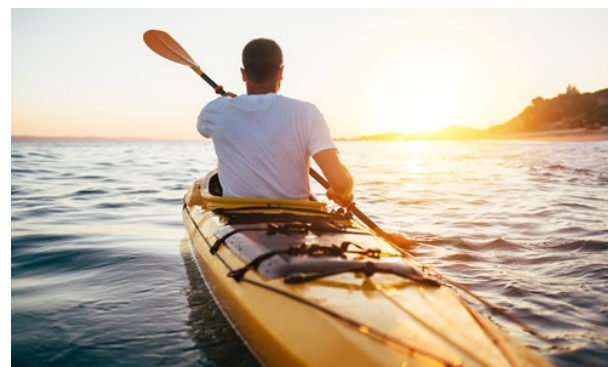
Address: Sigatoka, Fiji

Phone: +679 652 0200

Internet: www.fiji.travel/activity/kalevu-cultural-centre

Email: geckossales@connect.com.fj

DO & SEE



Popartic/Shutterstock.com

Welcome to paradise! This is the perfect place to go for thrilling activities such as zip-lining, snorkeling or diving or why not enjoying the tribe culture on this amazing island. Trying cursing is also a great way to explore Fiji. Whatever you decide to do, you will go back home well rested with a lovely tan.

Kayak The Luva River



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: Kuznetcov_Konstantin/Shutterstock.com

Address: Pacific Harbour, Fiji

Phone: +679 345 0147

Internet: www.riversfiji.com

Email: info@riversfiji.com

Cruise The Yasawa Islands



The Yasawa Island chain 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

Address: Yasawa Island, Fiji

Phone: +679 675 0500

Internet: www.bluelagooncruises.com

Email: info@bluelagooncruises.com

Snorkeling



Go snorkeling in Waitabu Marine Park on Taveuni, Fiji's "Garden Island."

Here you will find fantastic snorkeling amongst its soft coral

reefs. The Lavena Coastal Walk in the southern part of Waitabu is also a must see sight.

Please note that visits to Waitabu Marine Park should be arranged in advance.

Photo: Maksymus/Shutterstock.com

Address: Waitabu Marine Park, Taveuni, Fiji

Phone: +679 820 1999

Internet: www.waitabu.org

Email: info@waitabu.org

Natadola Beach



Natadola has been voted one of the world's top ten beaches. The Natadola Marine Resort is the pride of Fiji. Take a day trip there on the Coral Coast Railway, running from Sigatoka (on Viti Levu's Coral Coast).

Photo: Nina Janesikova/Shutterstock.com

Address: Natadola Beach, Viti Levu, Fiji

Savusavu



Vanua Levu is the second biggest island in Fiji. Its southern city, Savusavu attracts a large "floating" population of yachting enthusiasts, divers and

beach-lovers. There is a superb marina and cruise centre (the Copra Shed) fronting the safe haven of Savusavu Bay.

Photo: Renee Vititoe/Shutterstock.com

Address: Savusavu, Vanua Levu, Fiji

Internet: www.fiji-savusavu.com

Arts Village



Catch the fire walking and cultural show at the Arts Village. Only those specially chosen by the head priest of Beqa Island are permitted to fire

walk, and must undergo rigorous training.

Photo: ChameleonsEye/Shutterstock.com

Address: Pacific Harbour, Deuba, Fiji

Phone: +679 345 0065

Internet: www.artsvillage.com.fj

Robinson Crusoe Island



Robinson Crusoe Island is a tropical Fiji Beach Resort surrounded by an amazing lagoon, coral reefs, and a long white sandy beach. This is the place where you can also enjoy a true unique cultural experience. The island is world-famous for its outstanding dance shows with fire and knife dancers.

Photo: ChameleonsEye/Shutterstock.com

Address: Robinson Crusoe Island, Fiji

Phone: +679 776 0999

Internet: www.robinsoncrusoeislandfiji.com

Email: reservations@robinsoncrusoeislandfiji.com

Sri Siva Subramaniya Temple



This unique and colorful Hindu temple is the largest one in the southern hemisphere. It houses sacred statues and has beautiful art work on the ceiling. Sri Siva Subramaniya

Temple is a spiritual retreat where locals pray, and it has a unique ambiance.

When visiting this place, one should respect the dress code and no photograph should be taken inside the temple.

Photo: Michael Coghlan/flickr (image cropped)

Address: Queens Road, Nadi, Fiji

Phone: +679 670 0016

KILA Eco Adventure Park



KILA Eco Adventure Park is one of the most exciting tourism attractions in Fiji. With 10 km of jungle paths, waterfalls and plenty of thrilling activities, you will not be bored at this park. For those who seek an adrenaline-pumping experience, there is the giant swing where you step out from a platform that is 12 meters high or why not try zip-lining?

Photo: SasinTipchai/Shutterstock.com

Address: Pacific Harbour, Viti Levu, Fiji

Opening hours: Sun - Sat 9:00 AM - 4:00 PM

Phone: +679 331 7454

Email: kilatours@kilaworld.com

Fiji Museum



Fiji Museum is a charming, small museum and it is located in the heart of Suva's botanical gardens. The place holds a remarkable collection that includes archaeological materials dating back 3,700 years. There are also cultural objects that represents Fiji over the past 100 years.

Photo: ChameleonsEye/Shutterstock.com

Address: Thurston Gardens, Suva, Fiji

Opening hours: Mon - Thu 8:30 AM - 4:30 PM Fri - Sat 8:30 AM - 4:00 PM

Phone: +679 331 5944

Email: fijimuseum@kidanet.net.fj

Paradise Beach



On this amazing beach on the Beqa Island, you can enjoy beautiful scenery of white sandy beaches, crystal clear waters and a waterfall. To get to this

place you can take a tour that includes snorkeling, barbecue lunch and complimentary drinks all day long.

There are several transport options available depending on where you stay. Trip departs from The Pearl, Pacific Harbor at 9:30 AM in the morning and returns at 4:00 PM.

Photo: Jenny Sturm/Shutterstock.com
Address: Beqa Island, Fiji

Garden Of The Sleeping Giant



Wander through this beautiful oasis with incredible plantation with over 2000 different types of orchids. This attractive landscaped garden also

specializes in Fiji's native plants and trees. Garden of the Sleeping Giant is well maintained and offers a tranquil ambiance.

Photo: Jon Roig/flickr (image cropped)
Address: Waloko Road, Nadi, Fiji
Opening hours: Sun - Sat 9:00 AM - 5:00 PM
Phone: +679 672 2701
Internet: www.gardenofsleepinggiant.com
Email: sleepinggiant@connect.com.fj

Castaway Island

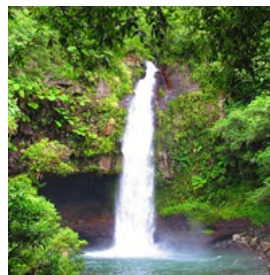


Take a day trip to this amazing island where you can relax and enjoy the beautiful scenery. This idyllic tropical Fiji Island does not only offer lazy

days on the beach but also a range of things to see and do. Here you can snorkel and use other water sports equipment like jet skis and kayaks.

Photo: Nina Janesikova/Shutterstock.com
Address: Port Denarau Marina, Nadi, Fiji
Phone: +679 675 0500
Internet: www.ssc.com.fj
Email: info@ssc.com.fj

Tavoro Waterfalls

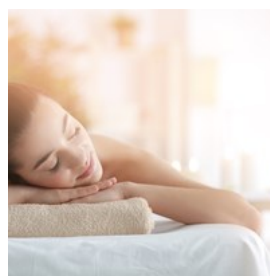


Pack a lunch and head over to explore the three waterfalls at Bouma National Heritage Park on Taveuni Island. Enjoy the stunning scenery

while swimming in the beautiful natural pool or why no cliff jump? The hike up to the other waterfalls offers astonishing views all the way to the coast.

Photo: Ed Bierman/flickr (image cropped)
Address: Tavoro Forest Park and Preserve, Taveuni Island, Fiji

Spa Treatment



If you are looking for a haven of peace and relaxation, then Spa InterContinental is the place to go to. The qualified therapists

combines 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: Africa Studio/Shutterstock.com
Address: Maro Road, Viti Levu, Fiji
Phone: +679 673 3300
Internet: www.fiji.intercontinental.com/spa-breaks
Email: spa.fiji@ihg.com.

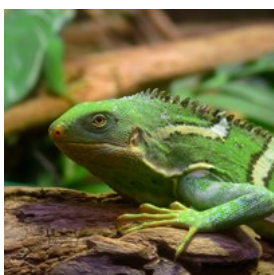
Sigatoka Sand Dunes National Park



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 today a Fijian heritage, 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 Swallow tail Butterfly, the fruit bats, the Goshawks, the giant stick insects and cryptic Pacific Boa lives here.

Photo: Viktor Hejna/Shutterstock.com
Address: Queens Road, Sigatoka, Fiji
Opening hours: Sun - Sat 8:00 AM - 5:00 PM
Phone: +679 652 0243

Kula Eco Park

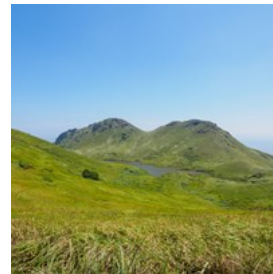


Home to Fiji's national bird, Kula EcoPark is a wildlife sanctuary rich in flora and fauna, as well as the Fijian flying fox, the only native land mammal in Fiji. Allow two hours or more to explore the entire sanctuary and read about the exotic plants, flowers and trees.

Photo: Benjamint444/Wikimedia Commons
Address: Queens Road, Sigatoka, Fiji
Opening hours: Sun - Sat 10:00 AM - 4:30 PM
Phone: +679 650 0505

Internet: www.fijiwild.com
Email: kulapark@fijiwild.com

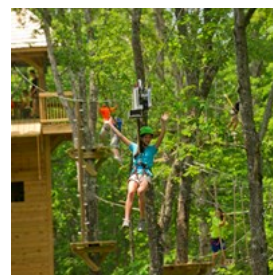
Koroyanitu National Heritage Park



Near Nadi, the Koroyanitu National Heritage Park in the hinterland of Fiji's second biggest city Lautoka has everything including forests, waterfalls, hiking trails and mountain streams which are great for swimming. You can also take the opportunity to stay with villagers and experience life in a Fijian highland community.

Photo: atiger/Shutterstock.com
Address: Koroyanitu National Heritage Park, Viti Levu, Fiji
Phone: +679 701 2035

Zip Fiji



Being a volcanic island covered with mountainous terrain and tropical forests, Fiji 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 in Nadi.

Photo: Loco Ropes/flickr (image cropped)
Address: Tau, Fiji
Phone: +679 672 6045
Internet: www.zip-fiji.com
Email: zip@zip-fiji.com

DINING



kylepost photography/flickr (image cropped)

With nearly 50 percent of the population being of Indian origin, 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 or yaqona (pronounced: “yanggona”) is the common Fijian way of relaxing after work much as Westerners go to the pub.

Indigo



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

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

Photo: I Wei Huang/Shutterstock.com

Address: Port Denarau Marina, Denarau Island, Fiji

Opening hours: Sun - Sat 11:00 AM - 10:00 PM

Phone: +679 675 0026

Internet: www.indigofiji.com

Email: info@indigofiji.com

Sundowner Bar And Grill



You will find this restaurant inside hotel Outrigger on the Lagoon, by the ocean. Sundowner Bar and Grill is a great place to visit for a casual lunch, elegant dinner or for a relaxing sunset cocktail. The restaurant features an extensive grill menu with juicy Australian beef, an array of local seafood, and wood-fired gourmet pizza.

Photo: By Ramona Heim/Shutterstock.com

Address: Sigatoka, Viti Levu, Fiji

Opening hours: Sun - Sat 11:00 AM - 11:00 PM

Phone: +679 650 0044

Saffron Tandoori Restaurant



Authentic Indian curries and Tandoori-style north Indian cooking is served at this restaurant. The Rajasthani decor is carried through to the staff dress. Duck kebabs and stuffed chicken drumsticks are among the unusual menu offerings.

Photo: sta/Shutterstock.com

Address: Grantham Road, Suva, Fiji

Opening hours: Sun - Sat 11:30 AM - 11:00 PM

Phone: +679 327 0017

Internet: www.saffronfiji.com

Email: info@saffronfiji.com

Gecko's Restaurant and Bar



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 specialties which are lobster, fresh

fish and seafood. Dance shows and thrilling Samoan fire dance begin at 7:30 PM on every Friday and Saturday.

Photo: Subbotina Anna/Shutterstock.com

Address: Sigatoka Coral Coast, Queens Road, Fiji

Opening hours: 8:00 AM until late

Phone: +679 652 0200

Internet:

www.geckosresort.com/pages/8/restaurant-functions.htm

Email: sales@geckosresort.com

Daikoku



If you would like to eat Japanese food, restaurant Daikoku is a good choice. At this popular restaurant, you can relish sushi, sashimi, prawns in white sauce and teppanyaki food. The meals are also reasonably priced. It can get quite crowded here, so it is better to book in advance.

Photo: prapass/Shutterstock.com

Address: Northern Press Road, Viti Levu, Fiji

Opening hours: Mon - Sat 12:00 PM - 2:00 PM 6:00 PM - 9:30 PM

Phone: +679 670 3622

Internet: www.daikokufiji.com

Mamacita



At Mamacita you can eat world class Mexican food with perfect authentic taste. The restaurant also boasts the widest tequila collection on Fiji. Here you can enjoy your mouth-watering dish on the deck area or take a drink on the open bar area which is surrounded by water.

Photo: George Dolgikh/Shutterstock.com

Address: Wyndham Resort, Denarau Island, Fiji

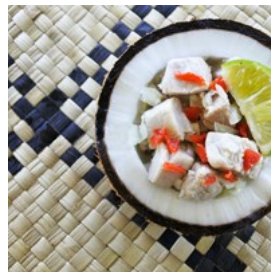
Opening hours: Sun - Sat 7:00 AM - 10:00 PM

Phone: +679 675 0032

Internet: mamacitafiji.com/wyndhamresort

Email: info@mamacitafiji.com

The New Nadi Farmers Club



The New Nadi Farmers Club is located in the heart of Nadi Town next to the river. The menu features quality Fijian, Australian, Chinese and Indian dishes. This Fijian venue offers a relaxed and a casual environment, friendly service, free live music and entertainment.

Photo: ChameleonsEye/Shutterstock.com

Address: Ashram Road, Nadi, Fiji

Opening hours: Mon - Wed 10:30 AM - 10:00 PM Thu - Sat 10:00 AM - 1:00 AM

Phone: +679 777 5442

Internet: www.nadifarmersclub.com

Email: admin@nadifarmersclub.com

Tu's Place



The all-day menu has a wide selection of food to suit all tastes. The helpful staffs serve everything from steaks, meatballs to noodle dishes, pork, and Thai curries. For dessert, why not try homemade cheesecake or brownies with ice cream?

Photo: MemoryMan/Shutterstock.com

Address: Queens Road, Nadi, Fiji

Opening hours: Sun - Sat 7:00 AM - 10:30 PM

Phone: +679 672 2110

Internet: www.tusplace.webs.com

Email: ratuf@connect.com.fj

Sitar Indian And Thai Restaurant



As the name reveals this restaurant that serves both Indian and Thai cuisine. The menu has 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 flavors and made with fresh ingredients.

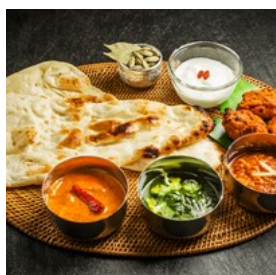
Photo: Brent Hofacker/Shutterstock.com

Address: Queens Road, Korotogo, Fiji

Opening hours: Sun - Sat 11:30 AM - 10:30 PM

Phone: +679 672 7722

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 covers something for everyone. A lot of seafood, fish and Indian food is served here. The lovely atmosphere, the attentive staff and the hearty food makes the restaurant popular among locals and tourists.

Photo: norikko/Shutterstock.com

Address: Savusavu, Vanua Levu, Fiji

Opening hours: Mon - Sat 10:00 AM - 9:30 PM

Phone: +679 885 3033

Savusavu Wok

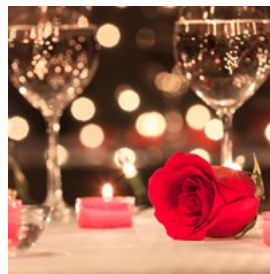


This small restaurant in the heart of Savusavu serves delicious Chinese food. Although the price is a bit expensive, it is well worth it. The menu offers mouth-watering dishes such as Chinese dumplings, crab, fish, prawns and other seafood or why not try the popular Mongolian eggplant.

Photo: Martin Rettenberger/Shutterstock.com

Address: Main Street, Savusavu, Vanua Levu, Fiji

Seduce Restaurant & Bar



Living up to its name, Seduce is a romantic fine dining experience orientated towards adults. With stunning views overlooking Beqa Island, the cuisine is modern and rich in local, fresh seafood. Five star dining at its most indulgent, the spectacular backdrop is definitely on par with the incredible cuisine.

Photo: KieferPix/Shutterstock.com

Address: The Pearl Resort, Queens Road, Fiji

Opening hours: Tue - Sun 4:00 PM - 11:00 PM

Phone: +679 773 0022

Cardo's Steakhouse



With a glorious position overlooking the port, Cardo's Steakhouse is the premium New Zealand steak house that most patrons enjoy delicious seafood and meat dishes here. Twenty-five years in the making, there is also a tempting array of seafood dishes.

Photo: Joshua Resnick/Shutterstock.com

Address: Port Denarau Marina, Denarau Island, Fiji

Opening hours: Sun - Sat 7:00 AM - 1:00 AM

Phone: +679 675 0900

Amalfi Italian Restaurant



For Italian cravings, Amalfi boasts classic pasta dishes and serene al fresco dining. With views over the water and moored yachts, the staff

are particularly accommodating. Large portions of food with plenty of beer choices are perfect for the entire table.

Photo: Mauro Pezzotta/Shutterstock.com

Address: Port Denarau Marina, Denarau Island, Fiji

Opening hours: Sun - Sat 10:00 AM - 10:00 PM

Phone: +679 675 0200

Email: amalfi_fiji@yahoo.com

CAFES



Rawpixel.com/Shutterstock.com

Fiji is not exactly renowned for its coffee culture. But now there are some excellent new cafés springing up. The trend was started by The Republic of Cappuccino, Fiji's first coffee house brand, which has four cafés (with more planned) across Fiji.

Taste Fiji Kitchen



Taste Fiji Kitchen offers outstanding food for excellent value for money and serves great coffees and desserts. Taste Fiji Kitchen is a great place to sit back and take a break from the hustle and bustle of the town. Definitely worth a visit if you are in the area.

Photo: Cristian Storto/Shutterstock.com

Address: Queens Road, Sigatoka, Fiji

Opening hours: Sun 7:00 AM - 3:00 PM Mon - Sat 6:30 AM - 5:00 PM

Phone: +679 867 0470

Internet: www.tastefiji.com

Email: taste@tastefiji.com

Republic Of Cappuccino



Republic Of Cappuccino 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: Victoria Parade, Suva, Fiji

Opening hours: Sun 8:00 AM - 7:00 PM Mon - Sat 7:00 AM - 7:00 PM

Phone: +679 330 0333

Bulaccino Café



Bulaccino Café has an European café/brasserie look and serves organic food for great prices. This café has its own bakery and offers newly baked

bread and pastries everyday. Breakfast is served from 7:00 AM and onwards, followed by lunch and then dinner from 6:30 PM.

Photo: Ekaterina Kondratova/Shutterstock.com

Address: Queens Road, Nadi, Fiji

Opening hours: Mon 7:00 AM - 4:00 PM Tue - Sun 7:00 AM - 9:30 PM

Phone: +679 672 8638

Internet: www.bulaccino.com

Email: bulaccino@connect.com.fj

Eco Cafe



Eco Cafe is an unique gem on the Fiji Islands and mostly built with bamboo. At this small spot by the beach, you can have a relaxing stop and enjoy fresh juice or a cappuccino. If you are hungry, you can have a pizza followed by a lovely cocktail.

Photo: 5PH/Shutterstock.com

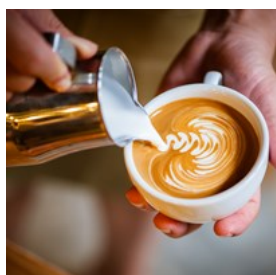
Address: Queens Road, Votua, Fiji

Opening hours: Wed - Sat 12:00 PM - 8:00 PM Sun 11:00 AM - 6:00 PM

Phone: +679 807 8928

Email: eco.cafe@yahoo.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 donuts, as well as milkshakes for those with a sweet tooth. In the morning, there are baked croissants and fresh pancakes, making it the number one spot for breakfast.

Photo: I love coffee/Shutterstock.com

Address: Shop 5B Arts Village, Arts Village Road, Fiji

Opening hours: Sun - Thu 7:00 AM - 7:00 PM Fri - Sat 7:00 AM - 8:00 PM

Phone: +679 385 9869

BARS & NIGHTLIFE



Jacob Lund/Shutterstock.com

There are some great bars throughout Fiji - from boisterous pubs to sophisticated resort bars. Tuesdays, Thursdays, Fridays and Saturdays are the most popular nights. From fast-n-loud Fijian rock, through Bollywood rhythms to late-night resort venues, Fiji resounds with zounds of sounds.

Ed's Bar



If you want to experience Fiji's nightlife, Ed's bar is one of the most popular night spots. With the bar's rustic feel, outdoor beer gardens and relaxed atmosphere, Ed's is an ideal place to enjoy wide choice of local drinks with live bands and pool tables at happy hour.

Photo: Volodymyr Burdiak/Shutterstock.com

Address: Kennedy Street, Nadi, Fiji

Opening hours: Sun - Sat 5:00 PM - 5:00 AM

Phone: +679 672 4650

Email: edsbar@connect.com.fj

Down Under Pub Fiji



Down Under Pub Fiji is located on Suva island, Fiji and offers tasty drinks for a great deal. The friendly bar staff, music, varied kinds of entertainments including pool tables and the fantastic atmosphere attracts both local and tourist alike.

Photo: salajejan/Shutterstock.com

Address: No.54 Carnarvon Street, Suva, Fiji

Phone: +679 330 2538

Email: downunderpubfiji@gmail.com

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 specialties which are lobster, fresh fish and seafood. Dance shows and thrilling Samoan fire dance begin at 7:30 PM on every Friday and Saturday.

Photo: Subbotina Anna/Shutterstock.com

Address: Sigatoka Coral Coast, Queens Road, Fiji

Opening hours: 8:00 AM until late

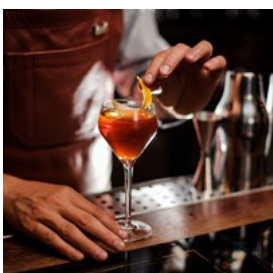
Phone: +679 6520 200

Internet:

www.geckosresort.com/pages/8/restaurant-functions.htm

Email: sales@geckosresort.com

Sundowner Bar & Grill



Sundowner Bar is probably one of the best beachfront bars on Fiji, set just steps from the beach. This bar is part of the luxurious Outrigger

On The Lagoon Resort. Whether you are a guest or not, it is worth to visit for the tasty and creative cocktails. Enjoy your cocktail while admiring the beautiful sunset.

Photo: Maksim Fesenko/Shutterstock.com

Address: Pacific Harbor, Fiji

Phone: +679 650 0044

Nuku Restaurant and 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. Happy hour twice daily at 5:30 PM and 9:30 PM.

Photo: Ozphotoguy/Shutterstock.com

Address: Hilton Fiji Beach Resort & Spa, Denarau Island, Fiji

Opening hours: Sun - Sat 6:30 AM - 10:30 PM

Phone: +679 675 6800

Internet: www3.hilton.com/en/hotels/fiji/hilton-fiji-beach-resort-and-spa-NANHIHI/dining/index.html

Email: fijibeachresort.reservations@hilton.com

SHOPPING



gpointstudio/Shutterstock.com

Fiji is really a shoppers' delight, a place where you can get anything from brand name items to the most personal and exceptional native handcrafts. There are various villages and marketplaces to stroll around. Perhaps the best

place to start the shopping adventure is in the main cities. Nadi for example is one of the most favorite shopping cities in Fiji since there are plenty of fantastic bargains and the items are duty free too. Suva and Lautoka are also great shopping towns.

If you like to shop cloths, 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



If you are looking for authentic Fijian jewelry, souvenirs, clothing, watches, handicrafts, cosmetics or gifts, Jack's of Fiji is the place to go

where you can find everything including international brands and authentic arts and crafts made by local communities.

Photo: Humus/Shutterstock.com

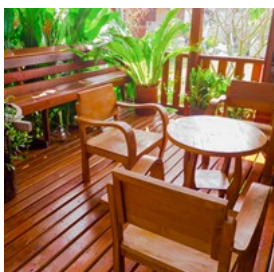
Address: No.401-403 Queens Road, Nadi, Fiji

Opening hours: Sun - Sat 8:30 AM - 6:00 PM

Phone: +679 670 0744

Internet: www.jacksfiji.com

Pacific Green



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

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

Photo: groodday28/Shutterstock.com

Address: Queens Road, Cuvu, Fiji

Opening hours: Sun - Sat 8:00 AM - 5:00 PM

Phone: +679 708 3400

Email: info@pacificgreen.net

Hot Glass Fiji



Hot Glass Fiji is Fiji's first glass blowing studio, where glass is hand blown to make amazing souvenirs and memories of Fiji. The beautiful work

is inspired by Fiji's nature, the cool colours of the sea and luscious green of the rain forest.

Everyone is welcome to the studio to watch the interesting process of glass blowing.

Photo: kim chul hyun/Shutterstock.com

Address: Sunset Strip, Korotogo, Fiji

Phone: +679 909 3200

Internet: www.hotglassfiji.com

Treehousehouse Boutique



Conveniently located on the first floor of MHCC in downtown Suva City, Treehousehouse Boutique is home to some of Suva's chic and elegant pieces of

clothing, jewelry and bags. The store specializes in women's clothing such as dresses, tops, blouses, pants and much more.

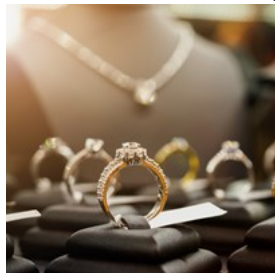
Photo: VGstockstudio/Shutterstock.com

Address: Renwick Road, Suva, Fiji

Opening hours: Mon - Fri 9:00 AM - 6:00 PM Sat 9:00 AM - 5:00 PM

Phone: +679 310 0583

Morris Hedstrom City Center



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

food stalls and almost ten trinket stalls. Some of the stores you will find here are well known operators such as Adidas, Ripcurl, Vodafone and Jack's of Fiji.

Photo: Kwangmoozaa/Shutterstock.com

Address: Renwick Road, Suva, Fiji

Phone: +679 781 0840

Nadi Market



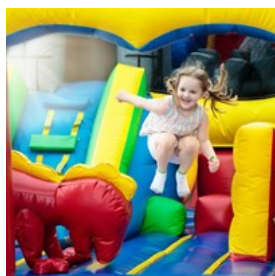
Take a stroll and mingle with the locals at the Nadi Market. You can buy fresh and cheap fruits like paw paws, pineapples and bananas from

friendly stall owners. When you are here, you can also try some new fruits or vegetables or why not take some colorful shots of Fiji's food culture?

Photo: monticello/Shutterstock.com

Address: Hospital Road, Nadi, Fiji

TappooCity



With a great location in the heart of the city, TappooCity is a convenient spot for shopping. There are four floors of department store

that offers quality goods and some international brands. If you are feeling hungry, don't worry. There are food courts with a wide variety of food to choose from. For children, there is a play area

with jumping castle, balls tunnels and slides.

Photo: FamVeld/Shutterstock.com

Address: Thomson Street, Suva, Fiji

Opening hours: Sun 11:00 AM - 5:00 PM Mon - Wed 9:00 AM - 6:00 PM Thu - Sat 9:00 AM - 8:00 PM

Phone: +679 331 5422

Internet: www.tappoo.com.fj

Email: info@tappoo.com.fj

Lautoka Market



Lautoka has Fiji's largest market which has been there for many decades is now one of the focal points in Lautoka. At the front of the Lautoka

market, you will find delightful handicraft stalls offering a wide variety of items such as handmade pottery, woven items and spices. This is a very popular market among local residents where you can buy fruits, vegetables and food.

Photo: Yulia Grigoryeva/Shutterstock.com

Address: Lautoka, Fiji

Opening hours: Sunday morning

Baravi Handcrafts



Baravi Handcrafts is situated in the middle of villages along the Coral Coast and is a great place to shop for a wide variety of items including

clothes, handicrafts, souvenirs and jewelry for a reasonable price. They also have a coffee and smoothie vendor so you can have something to drink while shopping.

Photo: guruXOX/Shutterstock.com

Address: Queens Road, Vatukarasa, Fiji

Phone: +679 652 0364

Suva Municipal Market



Enjoy yourself with the friendly atmosphere of this wonderful street market, where you will find every tropical fruit and vegetable that you can think of. The price and quality of the items at this market are sometimes better than what you get at local supermarkets. You should also try some new fruits and if you are bold enough to try some of their cooked meals.

Photo: GoncharukMaks/Shutterstock.com
Address: Rodwell Road, Suva, Fiji

Port Denarau Shopping Centre



You will find Port Denarau Shopping Centre on the water's edge on Denarau Island that offers quality shopping and dining. The Port boasts mouth-watering cuisine and a good shopping experience in a relaxed and unique environment. There is something for everyone at Port Denarau!

Photo: Ivanko80/Shutterstock.com
Address: Denarau Island, Fiji
Opening hours: Sun - Sat 8:00 AM - 9:00 PM
Phone: +679 675 0602
Internet: www.portdenarau.com.fj
Email: aysha@portdenarau.com.fj

TOURIST INFORMATION



GNT STUDIO/Shutterstock.com

Passport / Visa



A free tourist visa for four months is granted on arrival to citizens of more than 100 countries, including all of the European Union countries, United States, Japan and many others.

Nationals from countries excluded from the list will have to apply for visas through a Fijian embassy abroad prior to arrival. More information can be found on the website of the Department of Immigration.

Photo: TukTuk Design/Shutterstock.com

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: VectorA/Shutterstock.com

Airport



Nadi International Airport, which is located 9 km 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

www.sunbeamfiji.com

Pacific Transport Bus

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: Juan Garces

Address: Nadi International Airport, Fiji

Phone: +679 672 5777

Internet: www.airportsfiji.com

Public Transport



Rental Cars Europcar is the preferred car rental partner of Virgin Blue & Pacific Blue. Select your car from a wide range of vehicle types and reserve

online or call +61 1300 13 67 37 for a special rate. If you need a car at last minute, just present your boarding pass to the Europcar counter at the airport for a fantastic deal, subject to availability.

Buses

Getting around Fiji is cheap and easy due to the good network of buses, carriers (small trucks) and ferries. Local buses also allow the visitor a chance 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 transportation. You can also hail any public bus from the roadside just by waving to the driver.

Travelling to and from Nadi

Only the West Bus (small yellow bus) is allowed into Denarau. Running every fifteen minutes, the drop-off is right in the middle of the Port Denarau shops. You pay \$1.00 to the driver when disembarking, not on entry.

Photo: Pierre-Luc Auclair

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: ArrivalGuides

Pharmacy



Health First Pharmacy offers prescription services, cold and flu products, oral care, baby care, personal care, diagnostic services,

vitamins, first aid products and much more.

Photo: Gemma Garner

Address: No.40 Lodhia Street, Nadi Town, Fiji

Phone: +679 670 1888

Internet: www.pharmacyfiji.com

Post



The main post office in Suva is the General Post Office on: No.10 Thomson Street, Suva, Fiji +679 3302 022 Nadi Post Office: Koroivolu Lane,

Nadi, Fiji

+679 6700 001

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

Photo: Andy Fuchs

Opening hours: Mon - Fri 8:00 AM - 4:30 PM Sat 9:00 AM - 12:00 PM

Internet: www.postfiji.com.fj

Telephone



Country code: +679

There are no area codes.

Photo: Jardson Almeida

Electricity



240V, 50Hz

Photo: Stirling Tschan

Population

898,760 (2016)

Currency

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

Opening hours

Shopping: 8:00 AM - 5:00 PM on weekdays, 8:00 AM - 1:00 PM on weekends

Banks: 9:30 AM - 3:00 PM on weekdays

Newspapers

The Fiji Times

The Fiji Sun

Emergency numbers

Fire / Medical: 911

Police: 917

Tourist information

Head Office - Fiji Islands

Address: Suite 107, Colonial Plaza, Namaka, Nadi, PO Box 9217, Nadi Airport

Phone: +679 672 2433

Email: infodesk@tourismfiji.com.fj

South Pacific Ocean

Cikobia

Vanua Levu



Bligh Water

Somosomo Strait

Rabi Channel

Viti Levu



Vatu-I-Ra Channel

Koro



Ovalau



Koro Sea



Mamanuca-I-Ra Group

Beqa



Kadavu Passage

Kadavu



Moala



Totoya



Matuku

