



Fiji



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Paul Clammer, Tamara Sheward

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ISLAND IN THE MAMANUCA GROUP (P114)



A WARM WELCOME AWAITS VISITORS (P215)

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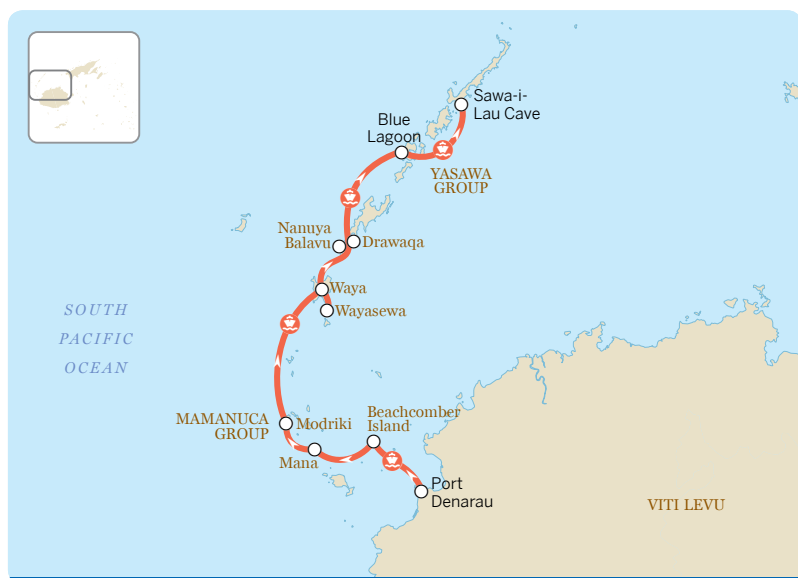
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Itineraries

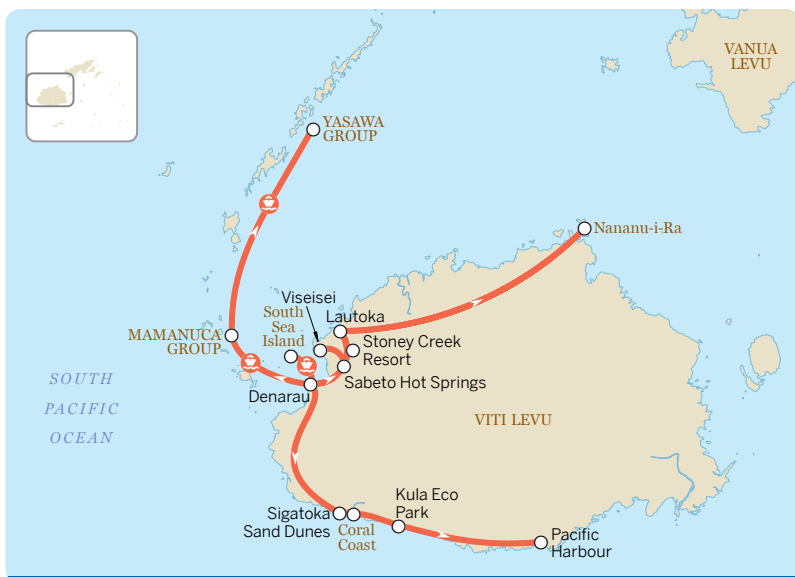


1-2
WEEKS

The Eclectic Island Hop

Though it's easy to imagine the **Mamanuca** and **Yasawa Groups** as one long string of same-same paradisiacal islands, this hugely popular region is quite diverse. Board the *Yasawa Flyer* at **Port Denarau** and head first to **Beachcomber Island**; popular with party people (and increasingly, families), this is a great place to pick up tips from fellow travellers and to soak up the first of your island rays. Head onwards to **Mana** for a sharky scuba dive at the nearby Supermarket and a day trip aboard a schooner to **Modriki**, where *Cast Away* was shot. Say goodbye to the resorts of the Mamanucas and hello to a genuine look at local life, Yasawas-style, with a homestay at **Waya** island. After a couple of days of village food – and a steep host-led hike up a volcanic plug on neighbouring **Wayasewa** – you're now ready to keep up with the manta rays that ply the passage between **Nanuya Balavu** and **Drawaqa** islands; resorts in the area run snorkel trips here in season. Further north, give yourself a well-earned rest with a frolic in the **Blue Lagoon** before hopping a water taxi to the magnificent and mysterious **Sawa-i-Lau Cave**.

This trip is best undertaken with a Bula Pass (from five to 21 days) for the *Yasawa Flyer*. See page 127 for more information.



10
DAYS

Family Fling

Slow down and get into the slow swing of Fiji time with a relaxing couple of days at a family-friendly resort on **Denarau Island**. It's not all flopping by the pool (though it can be if you desire), with a nearby water park, family cooking classes and minigolf to keep everyone on the go. Head out of town – you can stay at the wonderful **Stoney Creek Resort** or take day trips from Denarau – and enjoy a bout of literal mud-slinging at **Sabeto Hot Springs**, whizzing over waterfalls on a zipline and bouncing through the forest on a buggy tour. Nearby, the friendly village of **Viseisei** offers homestays (though you can also just visit); the local kids love making new playmates.

But a boat ride away, the **Mamanuca** and **Yasawa Groups** seem purpose-built for families, with easy snorkelling, water sports and safe swimming on offer. Some popular family destinations include Treasure, Castaway, Malolo Lailai and Mana island resorts. If you're on limited time, a day trip out to **South Sea Island** (30 minutes from Denarau) is a must-do.

Back on Viti Levu, options abound. If you can't get enough of island escapades, head north, making a brief stop in **Lautoka** to watch the sugar trains (in season) clunking through town, then carry on to **Nananu-i-Ra**, a low-key island with great kayaking, windsurfing and oodles of friendly fish. Otherwise, head south to the **Coral Coast** for a ride on its scenic railway, a trek to the top of the **Sigatoka Sand Dunes** and awesome animal encounters at **Kula Eco Park**. Nearby **Pacific Harbour** offers all manners of adventurous outings, from horse-riding to fishing.



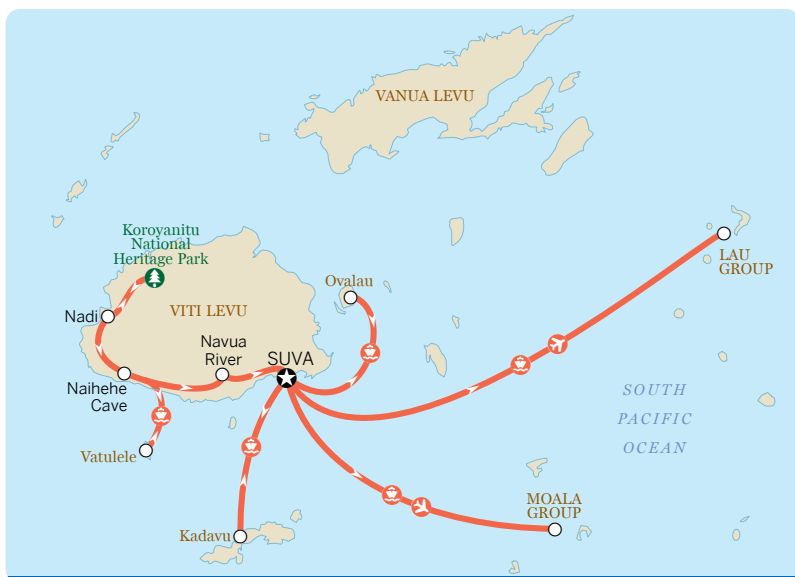
2
WEEKS

Thrills & Spills

Hit the ground running – or riding – in **Nadi** by joining a fast-paced downhill cycling tour of the nearby **Nausori Highlands**. The next day, take a 14,000ft leap over the spine-tingling scenery of the **Mamanuca Group** with a tandem skydive. Continue your island journey with a few days of surfing some of the country's best breaks at Cloud-break, Restaurants and Desperations.

Catch the *Yasawa Flyer* back to Nadi, but don't wash the salt from your hair just yet; travel south to **Pacific Harbour** for an exhilarating shark dive at **Beqa Lagoon**, then hop a boat for more surfing, this time at the underrated **Frigate Passage**. For freshwater thrills, head up to the nearby Navua River for rafting through deep canyons.

Make your way to **Suva** and indulge in some wild nightlife before hopping a flight bound for **Savusavu** on Vanua Levu (landing at this tiny airport can be a spine-tingling experience in itself). From your base in this rollicking port town, it's easy to access some superb dive sites, including an exhilarating, superfast drift dive through the narrow **Nasonisoni Passage**. Continue your underwater adventures at any of the remote dive resorts near **Buca Bay**. At **Naweni**, you'll encounter the legendary 'sacred prawns' that respond to locals' chants. Across the strait, **Taveuni** offers jungle kicks, including hurtling down the Waitavala Water Slide and clambering across slick boulders at the Tavoro Waterfalls.



3+
WEEKS

Fiji Rambler

From Nadi, head up and inland to the **Koroyanitu National Heritage Park** for a few days of slow-going hiking: you'll need a guide, and your guide will need a machete! There are two small, friendly villages – Abaca and Navilawa – visitors are welcome to stay and take part in laid-back local life.

Take your time making your way towards the capital; there are lots of off-the-beaten-track destinations worthy of your time. The **Naihehe Cave**, north of Sigatoka, was once used by cannibals; down south, you can drift along the **Navua River** on a *bilibili* (bamboo raft) or head to any of the small islands lying off the coast, including **Vatulele**.

Once in **Suva**, explore the Fiji Museum, amble along the trails of Colo-i-Suva Forest Park and pick through the eclectic offerings at the Suva Flea Market. From there, catch a ferry to **Ovalau** off the coast of eastern Viti Levu; during colonial times the town of Levuka was the nation's capital, and it retains a good measure of its Wild West vibe. Time your return to Suva with the weekly ferry from there to **Kadavu**, a far-flung paradise encircled by the eminently diveable Great Astrolabe Reef; it's also a hiking and birdwatching mecca. If you've got the time to truly get away from it all, occasional ferries and flights leave Suva for Fiji's 'final frontier', the **Lau** and **Moala Groups**, home to spectacular nature and almost no infrastructure.

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Dublin, Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Paul Clammer

Paul has contributed to more than 25 guidebooks for Lonely Planet, and has worked as a tour guide in countries from Turkey to Morocco. In a previous life he may even have been a molecular biologist. When his aid-worker partner was offered a job in Suva, he leapt at the chance of being based in Fiji for an extended period, even when Tropical Cyclone Pam threw a spanner in the works. Follow @paulclammer on Twitter for updates from the road.



Tamara Sheward

Despite a hearty dislike of heat and humidity – not to mention that pesky mango allergy – Tamara not only lives in the tropics, but enjoys travelling them extensively. While researching this book, she rode in 41 boats, six aeroplanes, umpteen rattly open-air buses and one submarine; alas, no similar tally was kept on kava consumption. In addition to writing about Fiji, Tamara has covered a miscellany of countries for Lonely Planet, including the Samoas, Serbia, northern Australia, Bulgaria and Russia.

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