

Helava Travel

9 DAYS

Active *Fiji.*

Nine days. Every part of you engaged.

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Fiji born. Worldwide concierge.



9 DAYS

This trip is not about sitting still. It's built for people who feel most alive when they're moving — on water, on foot, underwater. You'll start on the surf breaks of the Coral Coast, raft the highland gorges of the Upper Navua River, cross Viti Levu on foot with the Talanoa Treks team, and finish with world class diving in the north.

AT A GLANCE	
DURATION	9 days
STYLE	Active adventure, guided experiences, private transfers
BEST FOR	Active travellers, couples, small groups ready to move
REGIONS	Coral Coast · Fiji Highlands · Suva · Rakiraki
EXPERIENCES	Surfing · White water rafting · Highland trekking · Diving
Here's a bit of inspiration for you. helavatravel.com	

DAY BY DAY



Matanivusi Beach Eco Resort. The property sits right on the water on a stretch of coast most visitors drive straight past.

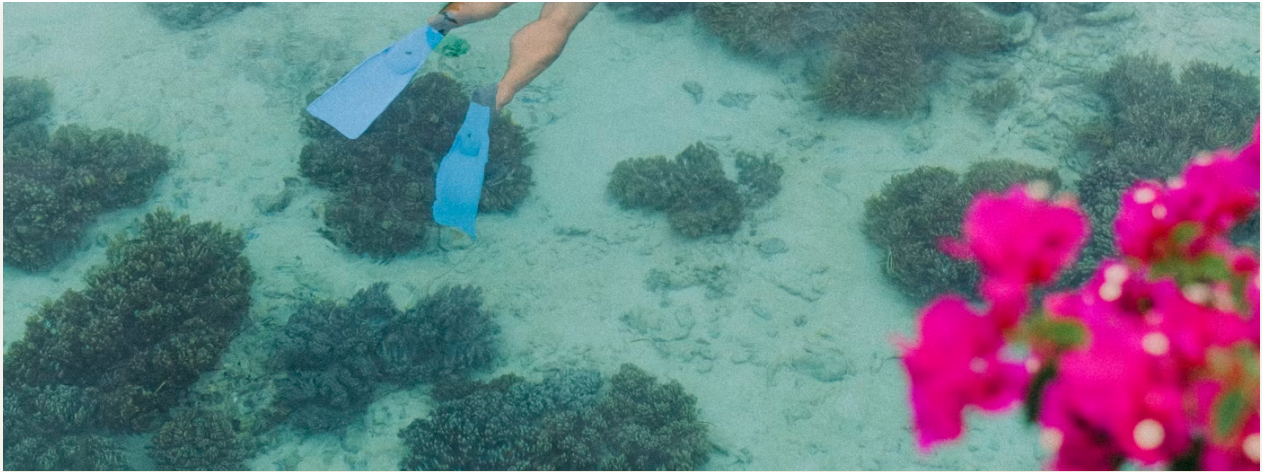
I DAY 1

Arrive at Matanivusi

Transfer from Nadi Airport to Matanivusi Beach Eco Resort on the Coral Coast. The resort is quieter and less visited than the Denarau properties. That's the point. Settle in, find your feet, and let the pace of this part of Fiji work on you. The surf breaks are right out front.

WORTH KNOWING

- Matanivusi is a boutique surf and eco resort. Architecturally designed bures, beachfront position, honest hospitality.
 - Frigates surf break is 20 km from the resort. Well known locally and for good reason.
 - Tonight is easy. You've got nine days ahead of you.
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The ocean off the Coral Coast. Several surf breaks are accessible directly from the resort, with more within easy reach.

2 DAY 2

Matanivusi, Water Day

Rise early if you want to catch a yoga class before breakfast. After that, the day is yours. The ocean sits right in front of you and there are enough options to fill a week, let alone a day. Experienced surfers can access Frigates and several other breaks nearby.

WORTH KNOWING

- Frigates, J's, Fiji Pipe, Shifties and Vunaniu are all within reach. Ask the team about conditions.
- Ocean diving available for certified divers. Accommodation includes surfing access.
- Kite boarding for the experienced. Speak with the resort about conditions.



The Upper Navua River gorge. Basalt walls, waterfalls feeding in from both sides, Grade III rapids that keep you focused.

3 DAY 3

Rivers Fiji, Upper Navua

An early start. You'll transfer into the highlands for a full day on the Upper Navua River with Rivers Fiji. The gorges here are unlike anything else in the country. Basalt walls, waterfalls dropping in from both sides, rapids that keep you honest. After the river, transfer to Suva for the night.

WORTH KNOWING

- Rivers Fiji is the operator we trust for this experience. They've been running the Upper Navua for years.
- Book the full day option. It covers the best sections of the river.
- Suva overnight gives you time to decompress and see a little of the capital.



Fiji's highland interior. The Talanoa Treks route passes through villages and rainforest that most visitors never reach.

4 to 6

DAY 4 TO 6

Talanoa Treks, Cross Highland Hike

The Talanoa Treks team collects you from Suva around 11am. Three days of walking through Fiji's interior. Highlands, rivers, villages, and the kind of quiet you only find when you've earned it with your feet. Your guides grew up in this landscape. This is the part of the trip most people talk about when they get home.

WORTH KNOWING

- Talanoa Treks runs a detailed packing list on their website. Read it and follow it. The terrain is real.
- Village stays are part of the hike. Come with genuine curiosity and an open spirit.
- The hike ends at Navala Village, one of the few villages in Fiji to have kept its traditional architecture.



Ra Divers operates from Volivoli Beach Resort on the north coast. The reef systems here are among the most diverse in Fiji.

7 to 8

DAY 7 TO 8

Volivoli Beach Resort, Diving

After saying goodbye to the Talanoa team, transfer to Volivoli Beach Resort on the Rakiraki coast. Two nights here. Volivoli and Ra Divers are consistently rated among the best dive operations in the world, not just Fiji. If you've dived before, you know what that means. If you're new to diving, this is a good place to start.

WORTH KNOWING

- Ra Divers offers introductory dives for first timers and advanced multi tank days for experienced divers.
 - The reef systems off the north coast are diverse. Soft coral gardens, shark passes, walls.
 - If diving isn't for you — fishing, kayaking and paddleboards are all available.
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The water off the north coast at last light. A good way to end a trip that's asked a lot of you.

9

DAY 9

Departure

After breakfast, your private transfer leaves Volivoli for Nadi Airport. Roughly two and a half hours by road. If you have a late flight or want to decompress before the journey home, a night at one of the Denarau properties gives you space to transition. We're happy to arrange that.

WORTH KNOWING

- Transfer time from Volivoli to Nadi Airport is approximately two and a half hours by road.
- Denarau extension nights available. Ask us and we'll put something together for you.

"Let go and lean in."

HELAVA TRAVEL

Ready to plan
your Fiji trip?

We're from there. We grew up there.
Every trip starts with a conversation, not a quote.

START A DISCOVERY SESSION