

Helava Travel

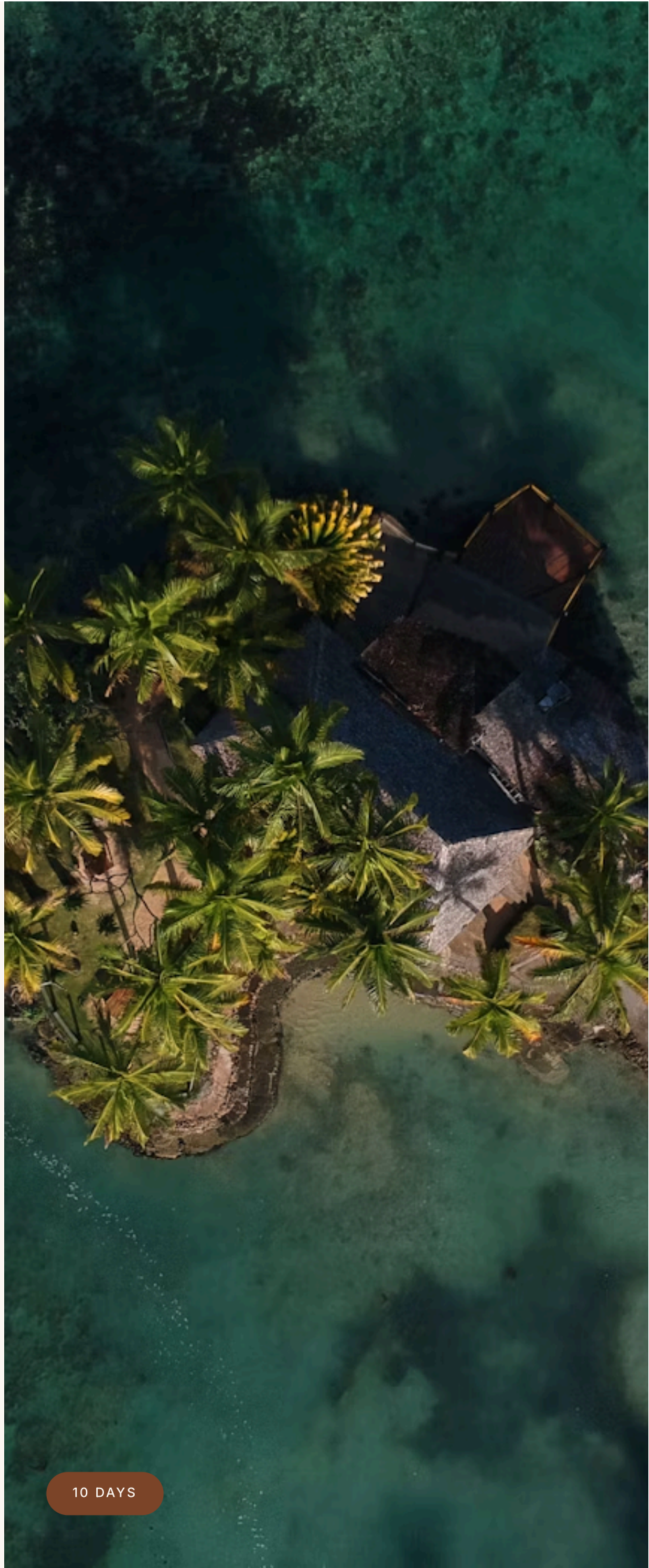
10 DAYS

Off the *Beaten* *Track.*

*You've done Denarau. You've done the
Mamanucas. This is what comes next.*

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10 DAYS



If you've been to Fiji before and you're ready to go deeper, this is the itinerary. You'll start on Sonaisali Island just outside Nadi, move south to the Coral Coast for surfing and waterfall hikes at Matanivusi, then east through Suva across to Toberua Island — a small, family run island resort where the reef is yours.

AT A GLANCE	
DURATION	10 days
STYLE	Multi property road trip with boat transfers
BEST FOR	Return visitors, adventurous families, travellers ready to go deeper
PROPERTIES	DoubleTree Sonaisali Island · Matanivusi Beach Eco Resort · Toberua Island Resort
TRANSFERS	Private car · boat transfer to Toberua · domestic flight or road return to Nadi
Here's a bit of inspiration for you. helavatransfers.com	

DAY BY DAY



Sonaisali Island from the water. The resort is a three minute boat ride from the mainland, but it feels much further away than that.

I DAY 1

Arrive at Sonaisali Island

Twenty five minutes from Nadi Airport, a short boat ride across the lagoon, and you're on Sonaisali Island. The DoubleTree by Hilton here is an island resort in the genuine sense. Water around you, beach out front, a lagoon pool, and enough to do that you won't feel the need to leave.

WORTH KNOWING

- The boat to Sonaisali is three minutes from the mainland. Easy with luggage.
- Interconnecting beachfront bures available for families who want to stay together but sleep separately.
- Theme nights and live entertainment most evenings. Check the programme on arrival.



The Nadi markets are ten minutes from the marina. Worth a morning visit before settling back into island time.

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DAY 2

Sonaisali, Island Time

A short trip into Nadi this morning if you want to see the markets and pick up fresh fruit from the local stalls. Back at the resort by mid afternoon. Tonight, traditional fire dancers perform — a real Fijian cultural tradition.

WORTH KNOWING

- The Nadi market is ten minutes from the marina. Go early for the full experience.
 - Kids Club is available. Parents have the pool and the afternoon to themselves.
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The Queens Road south of Nadi. The drive to Matanivusi takes you along the coast before the road turns inland through farm country.

3 DAY 3

Travel to Matanivusi

Your car collects you after breakfast and takes you south along the Queens Road to Matanivusi Beach Eco Resort. About an hour and a half. The coast road gives you your first proper look at Viti Levu's southern edge. Matanivusi is boutique, sustainable, and genuinely close to the water.

WORTH KNOWING

- Matanivusi is a working eco resort. Solar powered, responsible sourcing, small footprint.
- Beachfront bures and duplex options for larger families.
- Your accommodation rate includes surfing access to the surrounding breaks.



The Upper Navua River. Rivers Fiji runs full day rafting trips through one of the most remote gorge systems in the country.

4 to 5

DAY 4 TO 5

Matanivusi, Active Days

Three days here to use however you want. Frigates surf break is 20 km from the resort, one of the better reef breaks in this part of Fiji. Rivers Fiji white water rafting on the Upper Navua River is a full day in the highlands. Waterfall hikes, sand dune visits, village trips — all available from the resort.

WORTH KNOWING

- Rivers Fiji white water rafting on the Upper Navua River. One of the best experiences in the country.
- Waterfall hikes into the surrounding hills. Ask the resort team for the best ones for the season.
- Sigatoka Sand Dunes are nearby and unlike anything else in Fiji.
- Village and school visits can be arranged. Approach these with respect and genuine curiosity.

The Fiji Museum in Thurston Gardens, Suva. One of the Pacific's more significant cultural collections. Allow at least an hour.

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DAY 6

Suva to Toberua Island

An early breakfast, then east to Suva. Stop at the Fiji Museum in Thurston Gardens. From Nakelo Landing, a 30 minute boat transfer takes you out to Toberua Island. Small resort. Private island. The reef starts just off the beach.

WORTH KNOWING

- The Fiji Museum is in the heart of Suva's botanical gardens. Allow an hour.
 - Book the Premium Bure at Toberua. It's the one closest to the water and the largest on the island.
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The reef around Toberua Island. A PADI accredited dive site with soft and hard coral gardens, reef sharks, turtles and tropical fish.

7 to 10

DAY 7 TO 10

Toberua Island Resort

Five nights on Toberua. The island is small enough that you'll know everyone on it by day two. The reef is a PADI accredited dive site. Soft and hard coral gardens, reef sharks, turtles, tropical fish in numbers that still surprise people. Above water — kayaks, paddleboards, kite boarding, golf, volleyball, fishing.

WORTH KNOWING

- Toberua's PADI dive centre operates daily. Introductory dives available for first timers.
- Traditional Fijian Bobo massage. Book early in your stay, not as a farewell.
- The Fiji versus the Rest of the World volleyball match is not something you should turn down.

The flight from Nausori Airport to Nadi takes about 30 minutes. The view along the western coast of Viti Levu is a good way to say goodbye.

IO

DAY 10

Departure

Boat transfer back to Nakelo Landing and a short drive to Nausori Airport for your domestic flight to Nadi. About 30 minutes in the air. Alternatively, your car can drive you back to Nadi directly — about five hours with a lunch stop at the InterContinental Fiji.

WORTH KNOWING

- Book your Fiji Airways fare as a through fare. This gives you the full 30 kg luggage allowance across the domestic leg.
- Separate domestic booking means a 15 kg limit. Sort this before you travel.
- A final night in Nadi is always an option if your international departure is the day after.

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