



7 DAYS

Self Drive *Viti Levu.*

*The main island holds more than most
visitors ever discover. This is how you
change that.*

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7 DAYS

Viti Levu is Fiji's biggest island and one of its most underestimated. Most travellers land in Nadi, head straight to a resort, and never venture further. This itinerary does the opposite. You'll drive the north coast through sugar towns and morning light, slow down in Suva, and find your rhythm on the Coral Coast before heading home.

AT A GLANCE	
DURATION	7 days
STYLE	Self drive, hire car, Viti Levu
BEST FOR	Couples, independent travellers, return visitors ready to go deeper
REGIONS	Nadi · Suncoast · Rakiraki · Suva · Pacific Harbour · Coral Coast
PACE	Relaxed. Long drives broken by meaningful stops, activity days built in
Here's a bit of inspiration for you. helavatravel.com	

DAY BY DAY



The north coast road follows the water almost the whole way. The light in the early morning is worth the early start.

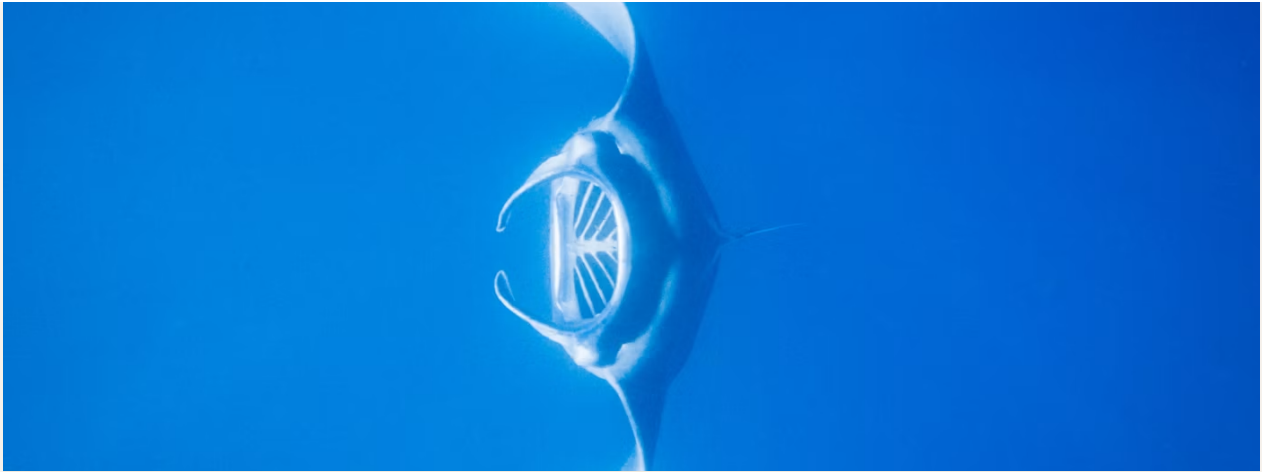
I DAY 1

Nadi to Rakiraki

Leave Nadi when you're ready and head north along the Suncoast. The first hour is easy driving. The road hugs the coast and the light does the rest. You'll pass through Lautoka, Fiji's second city and home of the sugar industry. The market is worth a stop. From there, follow the coast through Ba and Tavua until Rakiraki opens up ahead of you.

WORTH KNOWING

- Blue Ginger Café in Lautoka for coffee. Elizabeth Square, opposite the ANZ bank.
- Tukuni Restaurant just north of Lautoka serves honest Fijian food. Worth stopping before the road stretches out.
- Viseisei on Vuda Point is considered Fiji's oldest settlement. A short detour if history interests you.



The reef off the north coast. Fewer divers come here than to the Mamanucas. What you find is worth the effort.

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DAY 2

Rakiraki, Activities Day

Use today to slow down. Rakiraki sits in one of the sunniest corners of Viti Levu and there's no rush here. Ra Divers operates from the north coast and offers some of the best dive experiences on the main island for certified divers. The reef here is quieter and more intact than the sites to the south.

WORTH KNOWING

- Ra Divers at Volivoli Beach Resort. Some of the better dive experiences for certified divers.
- Ellington Wharf is worth exploring. Ask locally and follow what is interesting.
- The reef off the north coast is quieter and less visited than the Mamanuca sites.



The road through the interior passes through farm country and small towns that feel untouched by the coast.

3

DAY 3

Rakiraki to Suva

A longer drive today, but the road through the interior of Viti Levu is some of the most varied landscape you'll see on the island. Green hills, river crossings, small towns. Give yourself time to stop in Korovou for lunch. Don't arrive in Fiji's capital and write it off as a transit point. It isn't.

WORTH KNOWING

- St Francis Xavier Church southeast of Rakiraki. Known for its mural of a Black Christ painted in 1962. Ask your hotel for directions.
- Uru Waterfall picnic area roughly 12 km before Korovou. Small village fee, good place to stretch.
- Peter Sipeli's walking tour of Suva. A local poet who knows the streets and the stories.



Thurston Gardens in Suva. The Fiji Museum sits in the heart of the botanical gardens, a short walk from the waterfront.

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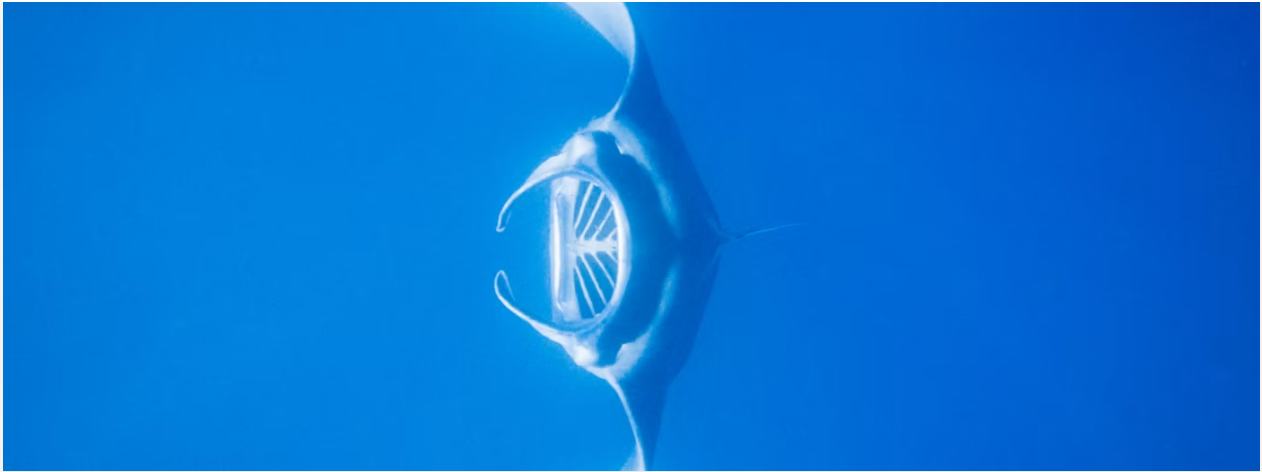
DAY 4

Suva to Pacific Harbour

A short drive today, but don't rush through Suva before you leave. The Fiji Museum in the botanical gardens holds one of the Pacific's more significant collections. Archaeological material dating back 3,700 years. Then head down the Queens Highway to Pacific Harbour.

WORTH KNOWING

- The Fiji Museum is in Thurston Gardens, opposite the Grand Pacific Hotel. Worth an hour of your morning.
- Pacific Harbour is sometimes called the adventure capital of Fiji. It earns the description.
- Arrive and settle in. You'll need the energy for tomorrow.



Beqa Lagoon. One of the most respected dive environments in Fiji, and home to some of the most memorable shark experiences in the world.

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DAY 5

Pacific Harbour, Activities Day

Pacific Harbour has real options for people who want to go beyond the resort. This is where the Beqa Lagoon begins. Rivers Fiji runs white water rafting on the Upper Navua River through highland gorges. A proper day out if you want something on land.

WORTH KNOWING

- Shark dive in Beqa Lagoon. Bull sharks in open water. One of the most talked about dive experiences in Fiji.
- Rivers Fiji white water rafting on the Upper Navua River through highland gorges.
- Off road buggy tours run through the mountains behind Pacific Harbour.

The Queens Highway south coast stretch. The road sits right on the water for long sections.

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DAY 6

Pacific Harbour to the Coral Coast

The Queens Highway winds along the south coast and this stretch is one of the most scenic drives in Fiji. Lush hills on one side, open water on the other, small island silhouettes in the distance. Pull over when you feel like it. That's the point of driving yourself.

WORTH KNOWING

- Biausevu Waterfall. Turnoff opposite the Warwick Resort. You need a village guide, easy to arrange on arrival.
- Roadside stalls along the Queens Highway sell seasonal fruit.
- Ecotrax runs electric rail bikes along the old sugar cane railway. About three hours. Book ahead.



The final leg back to Nadi. The coast road between the Coral Coast and the city is one of the more satisfying drives on the island.

7

DAY 7

Coral Coast to Nadi

Your last morning. Have breakfast on the Coral Coast before the road pulls you back to Nadi. This stretch offers a few last things worth stopping for. Take them if you have time, or sit with what you've already experienced. Either is the right answer.

WORTH KNOWING

- Sigatoka River Safari offers half day jet boat trips up the Sigatoka River with a village stop.
- Momi Zipline is 35 minutes from Nadi if you want to finish with something active.
- Café Planet in Korotogo roasts their own beans. Worth a final coffee.

"One thing we've learned — the roads between the resorts are half the experience."

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