



FIJI ACTIVITY GUIDE

Things to do *in Fiji.*

*By region. Written by people who grew up
here.*

helavatravel.com
Fiji born. Worldwide concierge.

FIJI GUIDE



HERE'S A BIT OF INSPIRATION FOR YOU

Ten regions, *and what's actually worth your time.*

Fiji is 333 islands. Most visitors see two or three. This guide covers the regions that matter most, from the main island of Viti Levu all the way out to Taveuni and Kadavu, and the experiences in each that are actually worth your time. We've left out the tourist traps and kept what's real.

Nadi

Coral Coast

Pacific Harbour

Suva

Suncoast

Rakiraki

Mamanuca Islands

Yasawa Islands

Vanua Levu

Taveuni

Kadavu

Nadi

Gateway city, gateway experiences, but there's more here than the airport suggests.

I

Nadi Municipal Market

The real Nadi. Stalls of tropical fruit, yaqona root, handwoven mats, fresh ginger and kava. Go early, before 9am, when the produce is fresh and the vendors are setting up. It's loud, busy, and worth every minute. The kind of place that tells you more about a country than any resort ever will.

CULTURE

FOOD

2

Sri Siva Subramaniya Temple

The largest Hindu temple in the Southern Hemisphere, and one of the most vivid buildings you'll see in the Pacific. The Dravidian-style architecture is painted in detail — deities, colour, stories told in stone. Open to visitors. Dress modestly (sarongs available at the entrance). Take your time inside.

CULTURE

3

Sabeto Hot Springs & Mud Pools

About 20 minutes from Nadi, in the shadow of the Sleeping Giant mountain range. You'll wade into geothermally heated mud pools and then rinse off in the hot springs. It sounds odd and it is odd, and it's genuinely enjoyable. One of those experiences that feels very Fiji: informal, natural, good-humoured.

NATURE

4

Garden of the Sleeping Giant

Originally developed by actor Raymond Burr to house his orchid collection, this garden in the Sabeto Valley now holds hundreds of orchid species across 20 hectares of tropical forest. The boardwalk trail takes you through lily ponds, rainforest, and flowering gardens. Quiet, beautiful, and rarely crowded.

NATURE

5

Viseisei Village, Fiji's Oldest Settlement

Just north of Nadi on the road to Lautoka, Viseisei Village on Vuda Point is considered the site of the first Fijian settlement — the place where, according to oral tradition, the ancestors of the Fijian people first arrived. A respectful village visit here gives you context that no museum can fully replicate.

CULTURE

DAY TRIP

Coral Coast

Fiji's scenic southern shore — reef, river, rainforest and roadside stalls.

I

Sigatoka River Safari

Half-day jet boat tours up the Sigatoka River, Fiji's longest, into a landscape that barely changes from century to century. You stop at a working village, learn about kava preparation, and get a window into rural Fijian life that most coastal travellers never see. One of the most honest cultural experiences on the main island.

CULTURE

ADVENTURE

2

Sigatoka Sand Dunes National Park

Fiji's first national park, and one of the more surprising landscapes in the country. Wind-sculpted sand dunes rising 60 metres, formed over thousands of years, with archaeological finds of ancient pottery embedded in the dunes themselves. Walk the trail to the ridge and look out over the coast. Nothing else in Fiji looks quite like this.

NATURE

3

Biausevu Waterfall

Also known as Savu Na Mate Laya, the 20-metre waterfall near the village of Biausevu. The turnoff from the Queens Highway is opposite the Warwick Resort. You'll hire a local village guide (essential, and worth it — they'll tell you things the trail doesn't). About 30 minutes of easy walking through farmland and forest to the falls.

NATURE

CULTURE

4

Ecotrax Rail Bikes

Electric-assisted bikes mounted on the old sugar cane railway tracks — you pedal (or let the motor do it) through mangroves, river crossings, open coastline and small villages. About three hours and one of the more genuinely fun ways to see this stretch of coast. Book in advance, it fills up.

ADVENTURE

NATURE

5

Natadola Beach

One of the best stretches of beach on the main island — white sand, clear water, not overrun. Walk it, swim it, or just sit with it. Horse riding along the beach is available locally. If you want a beach day on Viti Levu rather than taking a boat to the Mamanucas, this is the one.

NATURE

Pacific Harbour

Fiji's adventure capital. The ocean here is serious, so are the experiences.

I

Shark Dive, Beqa Lagoon

Bull sharks. In open water. At close range. This is one of the most famous dive experiences in the world, and Fiji does it as well as anywhere. Dive operators based in Pacific Harbour run daily trips into Beqa Lagoon, with both certified diver and introductory options. If you're going to do one thing that tests you, this is it.

WATER

ADVENTURE

2

Upper Navua River Rafting

A full day on the Upper Navua River through a remote highland gorge — basalt walls, waterfalls feeding in from both sides, Grade III–IV rapids, and stretches of still water that feel completely removed from the world. This is the experience people mention first when they talk about Pacific Harbour.

ADVENTURE

NATURE

3

Kula Wild Adventure Park

Fiji's only wildlife and zip line park, built around native species rehabilitation and genuine conservation. Home to iguanas, parrots, turtles, sea snakes and more. The zip lines above the ocean are legitimately good. If you're travelling with kids, this earns its half day. If you're not, it still earns it.

NATURE

ADVENTURE

4

Beqa Island Village Visit & Day Trip

A short boat ride across the Beqa Passage, Beqa Island is the home of the legendary Fijian firewalkers — the Sawau people, who walk barefoot across red-hot stones in a ceremony that has been practised for centuries. Village visits here carry genuine cultural weight. Ask about combining this with a dive day.

CULTURE

DAY TRIP

5

Off Road Buggy Tours

4×4 buggy tours through the mountain country behind Pacific Harbour — muddy tracks, ridge-top views, and a level of fun that's hard to plan for. A good option if you've had a serious day in the water and want something different on land. Half-day and full-day options run regularly.

ADVENTURE

Suva

Fiji's real capital. Underestimated, undervisited, and more interesting than most people expect.

I Fiji Museum, Thurston Gardens

One of the Pacific's most significant collections — archaeological material dating back 3,700 years, canoes, weapons, cultural objects, and the story of how Fiji was settled and shaped. Set in the botanical gardens opposite the Grand Pacific Hotel. Allow an hour, minimum. If you want to understand what you're experiencing across Fiji, start here.

CULTURE

2 Suva Municipal Market

One of the largest fresh produce markets in the Pacific — vendors from all over Fiji selling tropical fruit, root vegetables, spices, kava, and street food at the edges. The energy here is different from Nadi's market: busier, more urban, more layers. The best time to visit is a weekday morning. Don't rush through it.

FOOD

CULTURE

3

A Poet's Walking Tour

A local poet and storyteller leads walking tours through Suva's streets, harbour, architecture and history. He knows the city the way people who grew up in cities always do — the layers beneath the surface. This is the kind of experience that changes how you look at a place. Ask us to connect you.

CULTURE

4

Grand Pacific Hotel, History & Afternoon Tea

Built in 1914 for passengers of the Canadian-Australasian Line, the GPH has hosted Queen Elizabeth II, Prince Philip, and every significant visitor to Fiji across a century. The colonial-era architecture, the verandah overlooking the harbour, and the afternoon tea service make this worth two hours of your Suva day even if you're not staying.

CULTURE

FOOD

5

Suva Harbour Waterfront & Local Food

Suva's food scene is the most diverse in Fiji — Indian, Chinese, Fijian, and fusion, at every price point. The waterfront area has cafes and restaurants worth exploring. Lami, just outside Suva, has some of the best local food in the country. Ask us what's open when you're there — the landscape changes and we keep up with it.

FOOD

CULTURE

Suncoast

The north coast road from Lautoka through Ba — the most hours of sunshine in Fiji, and most of it off the tourist track.

I Lautoka Market & Sugar City Walk

Fiji's second city has a market worth stopping for — yaqona, seasonal fruit, craft stalls, and a pace that's different from Nadi. Lautoka is a working city built on the sugar industry and it wears that history clearly. The harbour area and the main street give you a sense of how Fiji actually operates day to day.

CULTURE

FOOD

2 Authentic Fijian Cuisine, North of Lautoka

Just north of Lautoka is one of the few restaurants in Fiji dedicated to authentic indigenous Fijian food — kokoda, lovo dishes, root vegetables cooked in traditional ways. The setting is simple and the food is the point. If you eat one genuinely Fijian meal on your trip, this is where to eat it.

FOOD

CULTURE

3

Viseisei Village Visit

Considered the oldest continuously inhabited settlement in Fiji, Viseisei on Vuda Point sits between Nadi and Lautoka. A respectful visit here, arranged through a local guide, gives you access to oral history and tradition that predates European contact by centuries. This is where Fijian culture began, according to the people who live here.

CULTURE

4

Ba Town & River

Ba is one of the most authentically Indo-Fijian towns on the island — a legacy of indentured labourers brought to work the sugar fields in the 19th century. The market, the streets, the food, the architecture. The Ba River runs through town and the surrounding farmland is some of the most productive in Fiji. It's real, and it's rarely visited.

CULTURE

5

Vuda Point Marina & Boat Shed

A working marina north of Nadi that serves as a stopover for yachts crossing the Pacific. The restaurant at the marina offers good food and an atmosphere that mixes sailors, locals and travellers in a way that feels genuinely Fijian. Watch the boats, eat well, and take your time. Sunday afternoons here are something else.

FOOD

DAY TRIP

Rakiraki

The sunny far north of the main island — quiet, undervisited, and surprisingly good underwater.

I North Coast Diving

The north coast reef system is significantly less visited than the Mamanucas or Beqa, which means the diving is less crowded and more intact. The dive operation based here is consistently rated among the best in the world. Soft corals, reef sharks, manta cleaning stations, and walls that few divers ever see.

WATER

ADVENTURE

2 Nananu-i-Ra Island Day Trip

A small, hilly island off the Rakiraki coast, accessible by a short boat ride from Ellington Wharf. There are a handful of small resorts and guesthouses, excellent snorkelling off the shores, and hiking trails with views across the Koro Sea. This is the kind of day trip that stays with you: quiet, unstructured, Fiji without the infrastructure.

DAY TRIP

WATER

3

St. Francis Xavier Church, The Black Christ

A small Catholic church southeast of Rakiraki town, built in 1917, with a mural of a Black Christ painted in 1962 by the American artist Jean Charlot. The church sits overlooking Viti Levu Bay. It's not well signposted — ask your accommodation for directions. The kind of thing you'd never find without local knowledge.

CULTURE

4

Ellington Wharf & Local Village Visits

The departure point for Nananu-i-Ra, Ellington Wharf is also a working community area where you can connect with local village life around the north coast. The villages in this area are among the least touched by tourism on the main island. Ask locally before visiting — the welcome is usually warm, but protocol matters.

CULTURE

5

Suncoast Scenic Drive, Tavua & Vatukoula

The drive through Tavua and on to Vatukoula passes through the heart of Fiji's gold mining history. The Vatukoula Gold Mine has operated since the 1930s and the area has a distinct character, different from the coastal towns — more industrial, more layered. Not a tourist experience, but a real one.

CULTURE

DAY TRIP

Mamanuca Islands

The islands closest to Nadi — easy to reach, genuinely beautiful, and more varied than people expect.

I Monuriki Island (Cast Away Island)

The uninhabited island where *Cast Away* was filmed, and it looks exactly like the movie. Day trips run from Port Denarau, or overnight anchorages on small-ship cruises. Walk the beach, snorkel the reef, and have the island largely to yourself outside peak hours. One of those places that earns its reputation.

NATURE

DAY TRIP

2 Snorkelling with Reef Sharks, Soso Bay

Off the chiefly village of Soso, reef sharks gather in a protected bay where snorkellers can enter the water with them in conditions that are safe and remarkable in equal measure. This is one of the more talked-about experiences in the Mamanucas, and rightly so. Typically accessed on a small-ship cruise itinerary.

WATER

ADVENTURE

Mamanuca Islands — *continued*

3

The Floating Bar on the Reef

A multi-level floating platform anchored on the Malolo reef — bar, restaurant, sun decks, pizza oven. Day trip boats run from Port Denarau. It's a genuinely fun way to spend a day on the reef. Not a cultural experience, but it doesn't pretend to be. Good for groups who want a social day on the water.

DAY TRIP

WATER

4

Coral Island Day Trips

South Sea Island is a tiny coral island about 45 minutes from Port Denarau — white sand, clear lagoon, snorkelling right off the beach. Bounty Island is slightly further and quieter. Both are accessible on day trips from Port Denarau Marina. Good for a beach day without committing to a resort island stay.

DAY TRIP

WATER

5

Malolo Island Village Visit

Malolo is one of the larger Mamanuca islands and home to two traditional villages, Solevu and Yaro. A respectful village visit here, arranged through a local contact, gives you a sense of what island community life looks like when the resort isn't running it. The welcome ceremony alone is worth the effort.

CULTURE

THE OUTER ISLANDS

Yasawa Islands

A chain of volcanic islands stretching north for 80 km — remote, rugged, and largely undeveloped.

I

Sawa-i-Lau Limestone Caves

A natural limestone cave system in the northern Yasawas, accessible only by boat. You swim through a narrow underwater passage into a cathedral-like interior cave, light filtering down from above, the water impossibly clear. One of the most atmospheric natural experiences in Fiji. Visited via cruise or liveaboard.

NATURE

ADVENTURE

2

Chiefly Village Visits

The Yasawa villages maintain some of the strongest traditional structures in Fiji — chiefly systems, communal life, kava ceremonies, and a relationship with the land and sea that hasn't been commercialised. A genuine village visit in the Yasawas, with the right introduction, is one of the more moving experiences Fiji offers. Protocol matters here more than most places.

CULTURE

3

Blue Lagoon, Swimming & Snorkelling

The Blue Lagoon between Nanuya Lailai and Nanuya Levu islands is as beautiful as it looks — turquoise, shallow over sand, with a reef edge that drops into deeper water just beyond. This is where Fiji's most photographed scenes were filmed, and the reality lives up to it.

WATER

NATURE

4

Naviti & Waya Island Hikes

The Yasawa islands are volcanic, which means they're hilly, and the hikes across Naviti and Waya offer ridge-top views across the chain that are unlike anything you'll see from the beach. Waya in particular has trails that take you to viewpoints over bays, reefs, and neighbouring islands. Hard, rewarding, and usually done with a village guide.

ADVENTURE

NATURE

5

Island Hopping by Ferry

A passenger ferry runs from Port Denarau through the Mamanucas and up the Yasawa chain, stopping at resorts and islands along the way. You can buy a multi-day pass and hop on and off. One of the best ways to see the islands on a budget, or to string together a few small resorts into one trip.

DAY TRIP

ADVENTURE

THE OUTER ISLANDS

Vanua Levu

Fiji's second island — bigger than most people expect, quieter than almost anywhere else in the country.

I Namena Marine Reserve, Diving

A protected marine area between Vanua Levu and the Koro Sea, considered one of the best dive sites in the Pacific. Dramatic topography, enormous biodiversity — sharks, rays, and soft coral gardens in colours that don't look real. Only accessible with a licensed dive operator from Savusavu. If you dive and you're on Vanua Levu, this is the one.

WATER

ADVENTURE

2 Savusavu Hot Springs

Savusavu town sits above a geothermal field, and the hot springs bubble up right through the town — some of them used by locals to cook in pots lowered into the vents. The waterfront lets you walk past the springs, see the steam rising between the buildings, and understand why Savusavu earned its quiet reputation long ago.

NATURE

CULTURE

3

Waisali Rainforest Reserve

A community-managed rainforest reserve inland from Savusavu, protecting one of the last intact lowland rainforest areas in Fiji. Guided walks through the forest with local naturalists who can identify species and explain the ecology. Not a polished tourist experience — an honest one. Proceeds go directly to the communities who maintain the reserve.

NATURE

CULTURE

4

Labasa Market

Labasa is the main town on Vanua Levu's north coast and its market is one of the most authentic in Fiji, almost entirely serving the local population rather than tourists. Sugar cane country, strong Indo-Fijian community, different food, different rhythm. The kind of place where you feel the distance from the Denarau resorts very clearly.

FOOD

CULTURE

5

Copra Shed Marina & Savusavu Food Tour

The Copra Shed Marina in Savusavu is a social hub — yachties, locals, travellers, good coffee, the bay behind it dotted with boats. From here you can organise a local food tour through the town's market stalls, Indian restaurants and Fijian canteens. Savusavu's food scene punches above its weight for a town this size.

FOOD

DAY TRIP

Taveuni

The Garden Island. More forest, more waterfalls, more colour — above and below the water — than anywhere else in Fiji.

I Tavoro Waterfalls, Bouma National Heritage Park

Three waterfalls in the Bouma rainforest, each one requiring more effort to reach than the last. The first is a 15-minute walk. The third is a two-hour return. All three are worth it, and the forest between them is some of the most intact in Fiji. The park is community-managed by the villages of Bouma — the entry fee stays local.

NATURE

ADVENTURE

2 Rainbow Reef, The Great White Wall

One of the most celebrated dive sites in the world, in the Somosomo Strait between Taveuni and Vanua Levu. The Great White Wall is a drift dive along a wall of white soft coral that drops into blue water — when the current is running and the conditions are right, it's unlike anything else in diving. You'll need an experienced local operator and the right tide.

WATER

ADVENTURE

3

Lavena Coastal Walk

A guided coastal walk from Lavena village through forest and along the coastline, ending at a waterfall you can swim under. The walk is managed by the Lavena community and your guide is a local villager. About four hours return. The section through the forest above the coast is the part people remember most — old trees, birdsong, the sound of the sea below.

NATURE

CULTURE

4

Vidawa Rainforest Hike & Village

A guided walk through the rainforest interior of Taveuni with the Vidawa community. The trail passes through forest thick with birds, including the rare Orange Dove found only on Taveuni. The walk ends or begins with a village visit. This is one of the experiences that makes Taveuni feel different from anywhere else in Fiji.

NATURE

CULTURE

5

180th Meridian & Des Voeux Peak

Taveuni sits on the International Date Line — a marker on the island lets you stand with one foot in today and one in yesterday. Nearby, Des Voeux Peak is the highest point on the island and one of the best hikes in Fiji, through cloud forest to views across the Somosomo Strait on a clear day. Hard going and completely worth it.

ADVENTURE

NATURE

Kadavu

Remote, largely undeveloped, and home to the fourth largest barrier reef in the world.

I

Great Astrolabe Reef, Diving & Snorkelling

The fourth largest barrier reef on earth, wrapping around the south and east of Kadavu. The diving here is exceptional — diverse, healthy, and far less visited than the sites off the main island. Manta cleaning stations, shark passes, schooling fish in numbers that block the sun. The reef rewards people who make the effort to reach it.

WATER

ADVENTURE

2

Manta Ray Encounters

Kadavu and the surrounding waters have manta ray cleaning stations that are accessible by boat from the island's small resorts. Seasonal, typically most reliable from May to October. If you're there at the right time and the conditions are good, you can snorkel or dive with manta rays in open water. One of those experiences that's hard to describe accurately.

WATER

NATURE

3

Village Stays & Community Life

Kadavu has no large resorts. The small properties that operate here are either community-run or deeply connected to local villages. Staying on Kadavu means village visits, kava ceremonies, local cooking, and a relationship with community that isn't manufactured for tourism. This is the most authentic island experience in Fiji for people prepared to go without the infrastructure.

CULTURE

4

Kayaking Through the Mangroves

Kadavu has extensive mangrove systems accessible by sea kayak from the island's small resorts. Guided kayak tours take you through the channels and out to reef passages — the transition from mangrove to open reef is one of the more striking natural moments you can have in Fiji. Good for a half day or a full day depending on conditions.

NATURE

WATER

5

Remote Beach Hikes & Island Exploration

Kadavu is large and most of it is inaccessible by road, which means exploration by foot and boat. Guided hikes to beaches and viewpoints on the far side of the island take you through forest that sees very few visitors. The reward is the kind of solitude that's genuinely hard to find in the Pacific any more. This is one of the last places in Fiji where that's still possible.

ADVENTURE

NATURE



"We only recommend what we know. And we know Fiji, the way people who grew up here know it."

Want help planning around these?

Tell us where you want to go and what matters to you. We'll build something around it. Every trip starts with a conversation, not a quote.

[START A DISCOVERY SESSION](#)