

FIJI

Healing place surrounded by the sea and nature

Viti Levu, the main island of Fiji, is located approximately 3100 km northeast of Australia and 2100 km north of New Zealand. The nearest Pacific Island Country, Tonga, is 770 km east, and Vanuatu is 1100 km west. It comprises more than 330 beautiful islands, with a total land area approximately the size of Shikoku in Japan. With crystal-clear waters, coral reefs in the sea, white sandy beaches, and lush vegetation, Fiji satisfies every traveller, from resort-goers to active backpackers. Fiji, besides being rich in natural beauty, is also a multi-ethnic nation with a blend of Melanesian, Polynesian, and Indian cultures. This unique cultural atmosphere gives the country a distinct Fijian charm.



Day trip from Denarau to the remote island resorts

A secluded corner of Fiji with pristine wilderness

© Castaway Island Resort - Beach Bures

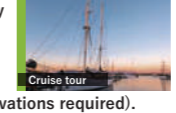
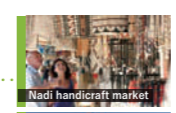
© Yasawa Islands - aerial

© Port Denarau Marina

Beginners' course Enjoy Fiji fully in a short period!

Luxury Plan

- 1st day**
- AM Arrive at Nadi airport by direct flight. Walk around the town in Denarau island after leaving your luggage at the hotel and then go for lunch.
 - PM Have a relaxing time in Denarau island. Enjoy the dinner show with traditional dance at the hotel.
- 2nd day**
- AM Leave Nadi town to Fiji village. Enjoy Kava ceremony and traditional dance (Meke) at the village. Have traditional Fiji cuisine lunch.
 - PM Return to Nadi town and city sightseeing. Visit Sri Siva Subramaniya Swami Temple, a famous Hindi temple, with colourful sculptures and murals. Shop in Nadi market and handicraft market to find souvenirs. Depart for a sunset cruise from the Port Denarau. Have fun with dinner, sunset, and a starry sky on board.
- 3rd day**
- AM Visit the chocolate factory near the airport. You can enjoy a chocolate-making experience (reservations required).
 - PM Have a relaxing time at the café and purchase souvenirs at the Nadi airport. Return to Japan.



Experience Fiji's precious traditional ceremonies

Activity

Kava experience at Fiji village

Kava is a traditional drink that exists in the region spanning from Melanesia to Polynesia. Its ingredient is a pepper plant that is believed to have a relaxing effect when consumed. Locally, it is predominantly drunk during traditional ceremonies and gatherings, such as weddings and harvest festivals. When you visit Fiji Village, experience a kava ceremony!

Food

Kokoda and Lovo

Kokoda is a dish of white fish marinated in salt and lime, combined with various vegetables, and marinated in coconut milk. The light yet gentle flavour of this dish suits the Japanese palate. Lovo is a Fijian dish with various ingredients, ranging from meat to vegetables, wrapped in banana leaves and steamed in an underground oven. You can experience it on a Fiji Village tour.

Advanced course Enjoy visiting remote islands in Fiji!

Deluxe plan

- 1st day**
- AM Arrive at Nadi Airport by direct flight. Have a relaxing time at 'Sabato Hot Springs and Mud Pool' near the airport, and then go to lunch.
 - PM Enjoy spa and shopping in Denarau island, among the best resort areas in Fiji. Have dinner and rest for the next day's remote islands visit.
- 2nd day~ 5th day**
- All day Mamanuca and Yasawa Islands: easy to access from the Port Denarau. Enjoy relaxing time and activities while staying at the island resorts.
 - Mamanuca Islands** - Day trip from Denarau to the remote island resorts
 - Snorkelling surrounded by beautiful coral reefs and tropical fish.
 - Enjoy tropical cocktails at a floating bar on sea.
 - Relax at a resort with a spectacular ocean view.
 - Yasawa Islands** - A secluded corner of Fiji with pristine wilderness
 - Dive in crystal clear waters and see manta rays!
 - Explore the limestone caves called 'Sawa-i-lau Caves'.
 - If you have time, you can also take a cruise tour.
- 6th day**
- AM Return to the Denarau island and rest at a cafe. Arrive at Nadi Airport and purchase souvenirs.
 - PM Depart for Japan.

Souvenir

Selected gift

Chocolate from Fiji... You may not associate Fiji with chocolate, but everything from the production of cacao (the raw material) to the manufacturing of chocolate is done locally in Fiji. One such chocolate factory is operated by the Japanese. You can find Fijian chocolate at airports and souvenir stores, so why not pick some up as a souvenir to take back to Japan?

Q What does 'Yasawa' mean in Fijian for the Yasawa Islands—considered one of Fiji's most pristine and unexplored islands?

The answer is on p.26!

Let's enjoy online content
Visit the Tourism Fiji website for more information! You can check the joyful activities in Fiji.

Check out photos in Fiji!
You can also see various photos on Tourism Fiji's Instagram handle.

Column 1 Fijian Greetings

Try learning the simple local language and communicate with the locals!

Hello ▶ Bula Goodbye ▶ Moce

Thank you ▶ Vinaka

Column 2 Fiji's Relationship with India

Approximately 40% of Fiji's population comprises Fijians of Indian descent. This demographic began when the British, who ruled Fiji as a colony, settled Indians as sugarcane plantation labourers in 1879. After Fiji gained independence from Britain in 1970, Indian labourers continued residing in Fiji and were involved in agricultural and commercial activities, contributing significantly to Fiji's economic development.