PARADISE GETAWAYS FIJI · FREE LOCAL GUIDE

Fiji in 10 seconds

The five things every visitor should do, and the five day tours our team in Nadi recommends most, with local tips on what to wear, bring and expect.

Talk to a local in Nadi

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The five things every visitor should do, and the five day tours our Nadi team recommends most. Bula, and welcome!

5 things to do in Fiji

1. Island-hop the Mamanucas. Clear lagoons 30–60 minutes by boat from Port Denarau. Snorkel straight off the beach, or spend the day at a floating bar or beach club. Bring reef-safe sunscreen and a rash vest.

2. Share kava in a real village. A sevusevu (welcome ceremony) is the heart of Fijian life. Cover shoulders and knees, take off hats and sunglasses, and clap once before and three times after your bilo (cup). Say "Bula!" when you're offered it.

3. Soak in the Sabeto mud pools. Warm thermal mud and hot springs at the foot of the Sleeping Giant, 20 minutes from Nadi. Pair it with the orchid Garden of the Sleeping Giant. Wear old swimwear.

4. Chase Coral Coast waterfalls. Walk through rainforest to Biausevu Falls, see the Sigatoka Sand Dunes and swim under the falls. Bring good shoes and cash for the village entry fee.

5. Eat a lovo feast & shop Nadi market. Lovo is food slow-cooked in an earth oven. Visit the colourful Sri Siva Subramaniya Temple (cover legs and shoulders) and the produce and handicraft market in Nadi town.

Our 5 best day tours

1. Cloud 9 Floating Bar Day Trip · about 8 hrs · Mamanucas
A two-level floating platform over a turquoise reef: wood-fired pizza, cocktails, snorkelling and swimming. Best for couples and friends. *Tip: book the morning boat for the calmest water.*

2. South Sea Island Day Trip · about 6 hrs · Mamanucas
A tiny sand island 30 minutes from Denarau with lunch, snorkelling, kayaks and a semi-sub. Great for families. *Tip: kids love the underwater viewing boat.*

3. Sleeping Giant, Sabeto Hot Springs & Viseisei Village · about 4 hrs · Nadi
Orchid gardens, mud pools and Fiji's first village in one easy half-day. *Tip: perfect on arrival or departure day.*

4. Nadi Zip Line Adventure · about 3 hrs · Nadi highlands
Fly over rainforest, waterfalls and valleys on long zip lines. No experience needed. *Tip: wear closed shoes.*

5. Coral Coast Day Trip · about 6 hrs · Coral Coast
Biausevu waterfall, a village welcome and the Sigatoka Sand Dunes, with time on the beach. *Tip: bring swimwear for the waterfall pool.*

Good to know

Currency is the Fijian dollar (FJD). Cards work in hotels, but carry cash for markets and villages. Tipping isn't expected, but it's appreciated. Expect "Fiji time": relax, it's part of the charm. Drive on the left. Tap water is fine in most resorts.

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