

welcome me.



**fiji me!**

Fiji Islands Consumer Guide 2009-2010  
[www.fijime.com](http://www.fijime.com)



Ili Matatolu  
Regional Director  
(The Americas)  
Tourism Fiji

### Bula!

You will hear this greeting everywhere you go in Fiji! We use it as a universal greeting of welcome and a warm invitation to enjoy everything our tropical islands have to offer.

Our Fiji Islands meld genuine hospitality, beauty, exotica and adventure into one natural symphony. The genuine warmth and friendliness of my people will draw you into their idyllic lifestyle, one that is marked with a zest for sharing and a friendly bula greeting everywhere you go! Conde Nast Traveler readers recently voted Fiji Islands as “home to the world’s friendliest people”.

In my current role here in America, I’ve come across many Americans who have visited my country and often describe it to me as “a life changing cultural experience”. This is not only heart-warming and inspiring but also quite understandable...

From world class dive sites and surfing spots to family or romantic getaways to adventure and cultural interchange activities, Fiji offers and delivers a varied palette of experiences for the discerning as well as the less sophisticated traveler.

When you combine these activities with an equally diverse choice of accommodation including affordable modern mainland resorts, lavish 5-star island luxury, spa and romantic getaways, time shares or cozy budget bungalows and you’ll appreciate like I do that Fiji offers something to satisfy everyone’s vacation dreams and budget.

This guide you are about to read is designed to help you find and plan this dream vacation experience. I trust it will be helpful and you too will end up sharing my love for the Fiji Islands. Of course, more information can also be found on our website at: [www.fijime.com](http://www.fijime.com)

Vinaka vakalevu,  
Ili

P.S. Forbes Magazine ranked Fiji as one of its 15 top recession-era bargains. “Vacations come cheap here – airfares are only \$530 as the dollar has grown 42% in the past year plus a devaluation which now puts the US\$1.00 at F\$2.20.”

## Location

Located on the 180th meridian, Fiji is a nation of 333 islands at the “Crossroads of the Pacific”. If you can imagine images of an exotic, beautiful land with uncharted and deserted isles, pristine winter white beaches, crystal clear waters, calm azure lagoons, awesome scenery, picture perfect sunsets and a dreamlike escape from the pressures of the world, then you have found paradise and it is Fiji.

### Distance & Time



Fiji is a lot closer than most people imagine. For instance, from Los Angeles where Air Pacific flies from, a visitor departs around 10-11 PM in the evening; goes to sleep; and, 9 hours and 45 minutes later arrives at Nadi International Airport at around 5:15 AM local time. This is the same amount of time it takes to get to Paris, London, Frankfurt and most European capitals as well as most of the Caribbean islands!

### Flying Times to Fiji

Los Angeles – 9 hrs. 45 min.      Auckland – 3 hrs.  
Honolulu – 6 hrs. 30 min.      Sydney – 3 hrs. 30 min.

### Time Zone

**If it's 9:00 a.m. in Fiji, it's:**  
1 p.m. in LA:                      previous day  
3 p.m. in Chicago:                previous day  
4 p.m. in NY:                      previous day  
9 p.m. in London:                previous day

Because the 180th Meridian passes directly through the Fiji Islands, Fiji is 12 hours ahead of Greenwich Mean Time (GMT), and is the first nation in the world to start each new day! As a result, on Taveuni Island you can travel from “today to tomorrow” with just one step!

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# nadi

Nadi, (pronounced Nandi) is Fiji's third largest city and just a 10 minute taxi ride from Nadi International Airport and serves as the "gateway" to Fiji and the South Pacific. Driven by tourism, Nadi offers restaurants of every international flavour, bars, nightclubs, curio shops for the passionate shopper and a colorful marketplace featuring yaqona stalls, local arts and crafts and lots of opportunity for local cultural interaction! It's typically the first place where our guests hear their first "Bula" – Fiji's famous and ubiquitous welcome greeting.

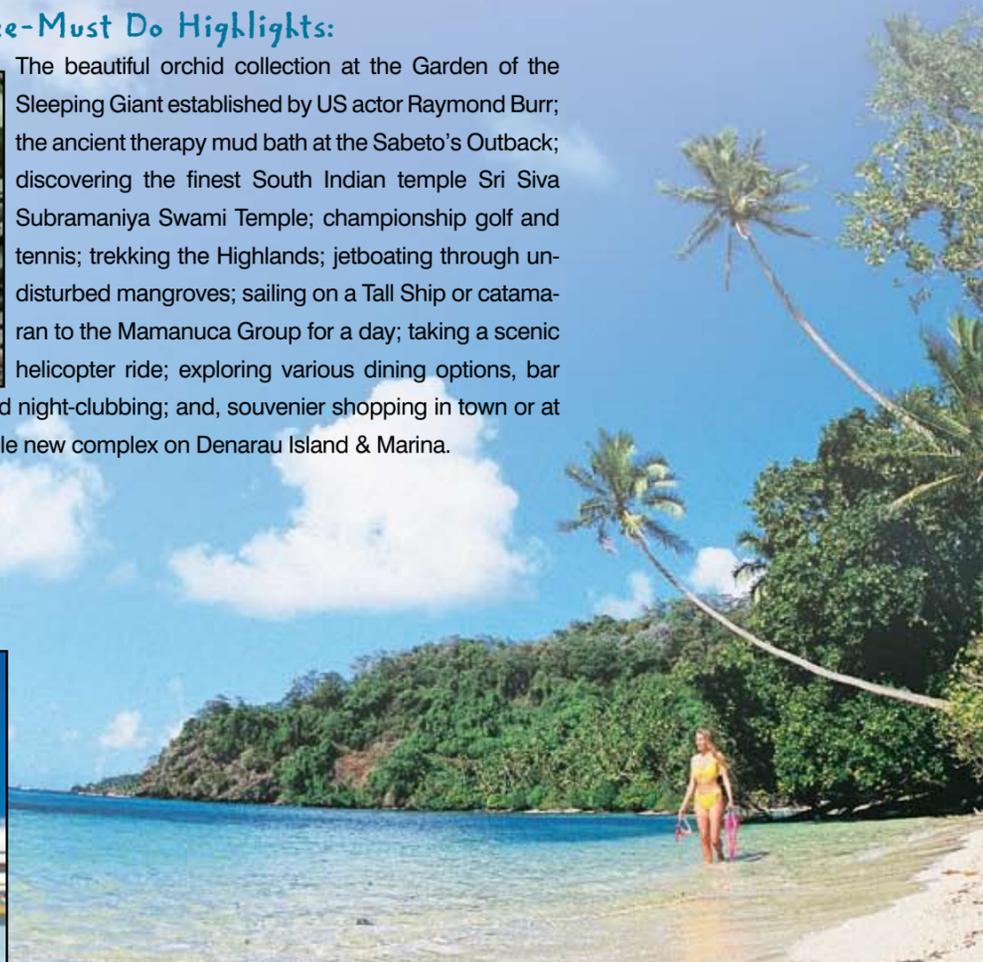


Nadi is also the stepping off point to the Mamanuca and Yasawa Islands groups (more about these islands later) and a focal point for the numerous stop-over budget and affordable hotels, as well as the nearby luxury resorts on Denarau Island, and as a result, it's a great place to start your trip or use as a base for exploration and discovery.

## Nadi... Gateway to Fiji

### Must See-Must Do Highlights:

The beautiful orchid collection at the Garden of the Sleeping Giant established by US actor Raymond Burr; the ancient therapy mud bath at the Sabeto's Outback; discovering the finest South Indian temple Sri Siva Subramaniya Swami Temple; championship golf and tennis; trekking the Highlands; jetboating through undisturbed mangroves; sailing on a Tall Ship or catamaran to the Mamanuca Group for a day; taking a scenic helicopter ride; exploring various dining options, bar hopping and night-clubbing; and, souvenir shopping in town or at the incredible new complex on Denarau Island & Marina.



## Fiji FAQs

**Air & Sea Ports** – Nadi is the gateway to Fiji and is home to Fiji's main international airport for flights from North America. There are several domestic airports throughout the country. Travel between the two main islands, Viti Levu and Vanua Levu is by air and sea. The major ports are Suva, Lautoka, Savusavu, Levuka, and Malau (off Vanua Levu).

**Air Conditioning** – In most large hotels, restaurants, retail shops. Also, air conditioning and/or ceiling fans are in smaller resorts.

**Clothes** – Casual, informal dress with golf and t-shirts, shorts and slacks for men; lightweight summer dresses, skirts, slacks and blouses for women.

**Currency** – US and Canadian money is worth double in Fiji since the 2009 Fijian dollar devaluation. Price as of June 30, 2009 was: US \$1.00 = F\$2.20. Visitors can change traveler's cheques and foreign currency at banks and larger hotels/resorts. Credit cards are widely accepted. Banking hours in Fiji are from 9:30am to 3:00pm Mondays to Thursdays and until 4pm on Fridays, and 09:30am to 12noon on Saturdays at selected areas. There is an ANZ currency exchange service at the arrivals concourse at Nadi Airport, which is open 24 hours. ATM machines are located around the country and at larger resorts and hotels for your convenience.

**Departure Tax** – Visitors to Fiji are required to pay \$F75 departure tax in Fijian currency following check-in if not already included in their international tickets. Children under the age of 12 are exempt.

**Drinking Water** – Tap water is not only safe but delicious too! Of course, bottled water like our world renown Fiji Water as well as others are available everywhere.

**Driving** – If you decide to hire a car and drive in Fiji, driving is on the left hand side of the road. Most main roads are paved and in good condition. A tourist in Fiji may drive if in possession of a valid license from their home state/country for the same class of vehicle. The maximum speed limit in populated areas is 50 km/h (30mph) and on highways 80km/h (50 mph).

**Electricity** – The electric current in Fiji is 240 volts AC 50HZ. Fiji uses 3 pin outlets similar to Australia and New Zealand. If your applications are 110v, check for a 110/220v switch. If there is none, you will need a converter. Leading hotels and resorts offer universal outlets for 240v or 110v shavers, hair dryers, etc.

**Entry Requirements** – Fiji has done everything to welcome you and make your entry as easy as possible. You will need:

- A valid passport for at least three months beyond the intended period of stay.
- A valid return or onward air ticket and sufficient funds.
- Entry visas for holidaymakers are automatically granted for a period of up to four (4) months.

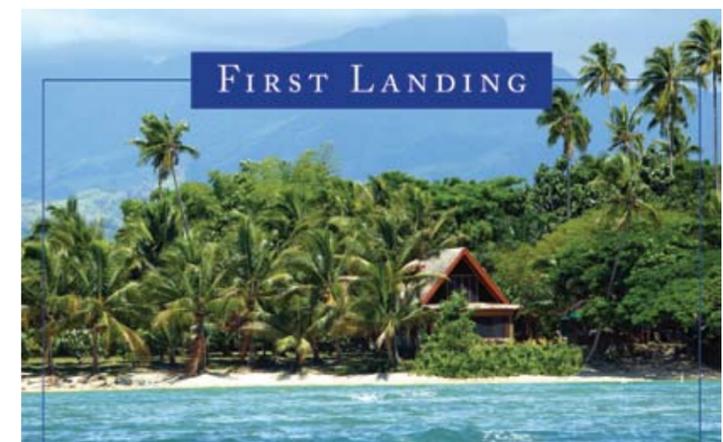
**Flights** – Non-stop from Los Angeles and Honolulu and direct services from Vancouver via Los Angeles with codeshare partner Alaska Airlines.

**Internet Access** – Internet access is readily available on most islands and at many hotels and resorts.

**Language** – English is the official language with Fijian and Hindustani also spoken.

**Quarantine** – Fiji prohibits the importation of vegetable matter, seeds, meal and dairy products without a permit from the Ministry of Agriculture, Fisheries and Forests. Fiji is free from many pests and diseases and takes care to maintain this status by strictly regulating the importation of prohibited items.

Continued on page 6



Legend recalls that centuries ago the first Fijians arrived on the beach at First Landing a small, friendly and tranquil resort with a truly authentic Fijian atmosphere. The resort setting, in 6 acres of lush tropical gardens along a beach facing due west, offers magnificent sunsets so bring your camera! Resort facilities include 36 burees made from local timbers with thatched roofs, four spacious villas each with two bedrooms, lounge, kitchen and private yard and swimming pool, plus a fresh water resort pool, health and beauty spa, boutique and daily trips to nearby islands for snorkeling, and other water-sports. And, our restaurant is locally favored for our fresh seafood, prime steaks, local cuisine and great pizzas! Located only 15 minutes from Nadi Airport we're perfect for a destination stay, or combined with an outer island or cruise holiday. For a glimpse of paradise, visit our website at [firstlandingfiji.com](http://firstlandingfiji.com). And our FREE kids club ensures that everyone takes away lasting memories....



**Telephone/Mobile** – Fiji does not have area codes, but the country code is +679. Most hotels and resorts have direct dialing facilities (IDD). Cell phones/and or sim cards are available for purchase along with phone cards in most shops where a Telecom call card sign appears. Vodafone and Digicel operate a digital GSM mobile communications service. Please check with your network provider for roaming status before traveling to Fiji.

**Tiping** – Tipping is not encouraged. Resorts offer a staff Christmas “fund” where tips for exceptional service can be made and are shared by the staff.



**Vaccinations** – None needed except for Yellow Fever and Cholera if originating from an infected area designated by W.H.O.

**Village Etiquette** – Before entering a local village, one should seek permission from a Village Elder or be invited by one of the villagers. The following “do’s and don’ts” are more in keeping with good taste than with custom:

- Do dress modestly and comfortably.
- You may want to bring some Yaqona (it symbolizes the giving of life) to present to the village. This is always appreciated.
- Remove your shoes before entering a bure (house).
- Use common sense in taking any food or family possessions from a Fijian household. A good rule of thumb - it is better to give than to receive.



**Weather** – Drier winter season: May - November: 22°-31°C or 66°-88°F (days are fine and warm). Wetter summer season: December - April: 19°-29°C or 72°-96°F (humidity is higher and nights and days are warmer).

### Recent Reader Awards for Fiji:

- **Conde Nast** - Ranked Friendliest People in the World
- **Travel + Leisure** - Ranked One of Top 5 Romantic Destinations in the World
- **Modern Bride** - Ranked One of the Top 10 Destinations in the World for: Overall Favorite, Romance, Sexy Ambiance, Beaches, Seclusion, Snorkeling & Diving
- **Recommend Magazine** - Ranked One of Top 10 Romantic Destinations

# Raffles

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A Garden Oasis opposite Nadi Airport. The Raffles Gateway hotel is a convenient, friendly and affordable airport hotel. Great food, internet facilities and Pool/bar area where you can relax before your journey home. Day room rates available.



email: gateway.reservation@rafflesgroup.com.fj  
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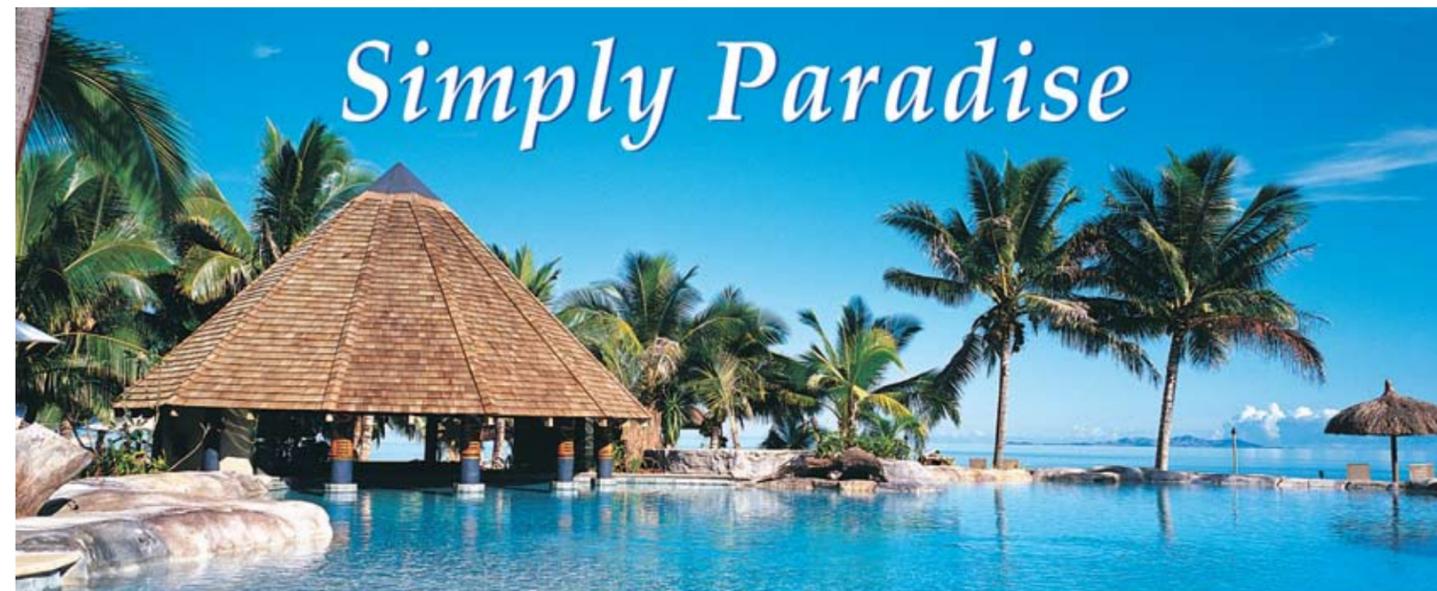
Travellers to Fiji have long wished for this, a sanctuary near Nadi where they can relax and refresh before or after a trip to their remote Fijian island paradise.

## The FIJI ORCHID



www.fjiorchid.com

# Simply Paradise



4 1/2 – Star Sonaisali Island Resort, located on its own tropical island paradise just 25 minutes drive from Nadi International Airport, is the perfect location to share your romantic honeymoon or holiday of a lifetime. The Resort features Deluxe air-conditioned Bure accommodation, complete with private spa set on the balcony overlooking the ocean. The Resort's spacious Hotel Rooms all have direct beach frontage. Restaurants and Bars reflect the best of Asian, Pacific and European influences. The alfresco Sunset Terrace Restaurant is all day casual, while the air-conditioned “Plantation” Fine Dining Restaurant offers 5-Star service. The Resort's fabulous Swim-up Pool Bar, set in the huge free form swimming pool is the perfect spot to relax and enjoy your favorite cocktail and view Fiji's spectacular sunsets. A wide range of watersports and activities, including snorkelling trips to the outer reef, island hopping, Jet Ski Safaris, full PADI scuba diving, local village

excursions, paintball/skirmish is available for the more venturesome Guests. Or simply pamper Mind, Body and Soul at the Frangipani Spa. Nightly entertainment and the Resort's unique location – situated just 300 meters off the main island – will guarantee a relaxing and memorable vacation with memories to last a lifetime.

**SONAISALI ISLAND RESORT FIJI**  
P.O. Box 2544, Nadi, Fiji Islands.  
Phone: (679) 670 6011 Fax: (679) 670 6092  
E-mail: info@sonaisali.com Web Site: www.sonaisali.com

# denarau island

Denarau Island has established itself as the most successful development in the South Pacific. It is the premier location minutes from Nadi and Nadi Airport for some of the world's best-known resort brands targeting every travel budget and taste: Sheraton, Westin, Hilton, Sofitel, Wyndham and Radisson. And now the addition of Port Denarau, a multi-million dollar retail, commercial and entertainment complex adds 71 stores for a world class shopping, dining and "play" experience that is unrivaled anywhere in the South Pacific.

## Must See-Must Do Highlights:

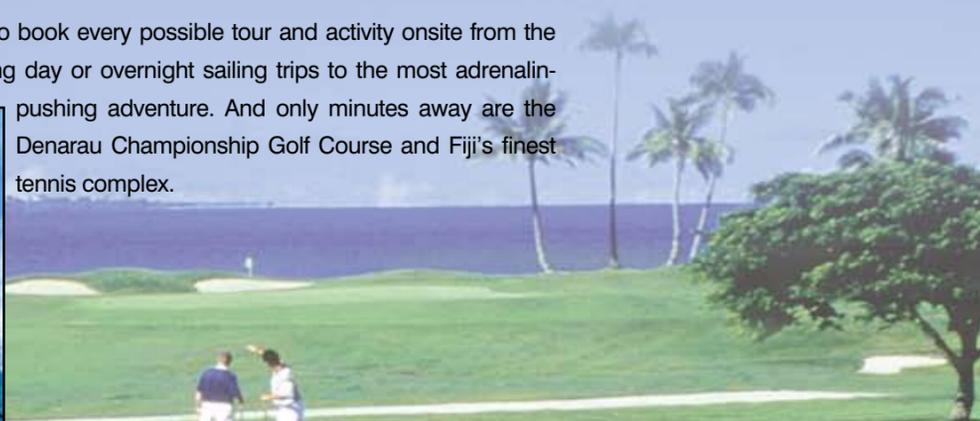
Living by the theme "Heart of Denarau and Spirit of Fiji", the complex melds Fijian culture and community into the visitor experience including regular free entertainment programs

with interactive daytime cultural and learning performances for kids, and for adults, roving entertainers, evening cultural art and dance troupes and cooking demonstrations by Denarau resort chefs. Speaking to the "culinary" experience, the food offering is sensation-

al with dining options ranging from Fiji's famed Cardo's Steak House to Indigo, Fiji's premier Indian restaurant to several other al fresco dining experiences and even includes a Hard Rock Café! And for fun and delicious treats there's everything from the likes of Fiji's leading pizza chain Mama's to New Zealand Natural Ice Cream, the Esquire Coffee house and more.

For "shopping", you can buy everything from designer fashions to boutique and surf wear to watches, jewelry, books and dvds and some of the most beautiful furniture (Pacific Green) and handicrafts (Jacks) in the world.

You can also book every possible tour and activity onsite from the most relaxing day or overnight sailing trips to the most adrenalin-pushing adventure. And only minutes away are the Denarau Championship Golf Course and Fiji's finest tennis complex.



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FIJI

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\*Kids Stay, Play and Dine Free is applicable to children 2-12 years old. Further conditions may apply.

## inspire me

From their location at the crossroads of the Pacific, Fiji offers an exotic and complementary melting pot of various cultures: Melanesian, Polynesian, Indian, European and Chinese which is reflected in Fijian customs, language, food, architecture and ambiance.



Fiji is probably the only place on earth where you can truly experience the perfect harmony between a land, its people and a melting-pot culture that has remained virtually unchanged for centuries. You'll be fascinated by the many age-old traditions in which you can actually interact in an authentic, non-commercial way with the friendly, gentle Fijians.

### Kava

The most ubiquitous ritual is the kava or 'yaqona' (pronounced yan-gona) ceremony whereby Fiji's national drink, made from the root of the pepper tree, is used to welcome visitors as honored guests, christen babies, seal treaties or close business deals among other ceremonial and social uses.

### Firewalking

Certain to fascinate is the firewalking ritual where Fijians walk barefoot over red-hot coals. It is truly one of the more spectacular sights in Fiji. The Fijians perform this at hotels on Viti Levu, or on the Island of Beqa where they were first given this gift according to legend. The Indians perform the firewalking as a Hindu religious observance. Check at your hotel tour desk for details on performances.



### Meke

No trip to Fiji would be complete without experiencing a colorful evening of traditional Fijian song and dance – 'meke' – by local villagers or resort island staff members. The Fijian meke features both men and women in a program of traditional song and dance. The various provinces in Fiji have different dance routines. The meke usually depicts a story.

The performances are quite colorful and participants wear traditional island costumes of printed bark cloth (tapa) and accessories woven from flowers and leaves. Musical accompaniment is provided by a Lali (drum carved from the trunk of a tree) and a hollow bamboo pole beaten rhythmically on the ground.

The daily integration of these and other social and cultural traditions serve as a reminder that Fiji is more than an unspoiled tropical paradise, but a land where the past remains one of its most vibrant and precious national resources.

*"My experience in Fiji was one of a kind, and one I will always cherish and remember for the rest of my life....it's a beautiful and exciting country, and I cannot wait for my next visit!"*

– Bekim Xhaferi  
Mahwah, NJ



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# mamanuca islands

The Mamanuca Islands (pronounced Ma-ma noo tha) lie immediately West of Nadi Bay and Viti Levu, Fiji's largest Island and are easily accessible by boat, air or sea plane and tourist service helicopter. They are set among a paradise of eye-popping reefs with deep blue waters of turquoise and pastel greens. These sand-fringed isles are shared by traditional Fijian villages and 20 modern island resorts each on its own separate island, many of which cater to the tastes and expectations of the American market. The Mamanucas offer some of Fiji's most awesome beauty. And, to top it all off, they also lie in a weather belt boasting the South Pacific's highest "sunshine factor"!



The 20 islands in the group, basking in a large lagoon formed by the Malolo Barrier Reef and Viti Levu are Fiji's movie stars, its glittering jet set, forever photographed and feted, valued more for their natural beauty and considered among the most beautiful islands in the country with miles of white sand beaches and those coral blue waters that provide a total tropical experience in incredibly comfortable surroundings.

## Must See-Must Do Highlights:

The arc-shaped Mamanuca chain is situated well inside the outer Malolo Reef whose protective barrier creates ideal conditions for wonderful sailing and boating, excellent scuba diving among big fish and harmless sharks, and snorkelling straight from the beach, as well as a wide range of every imaginable water-based activity. If you are into boating, you won't want to miss the Annual Regatta which is a magnet for yachts from all over the world. The myriad of sports, eco-tourism and cultural-interaction opportunities are easily organized through resort Activity Desks.



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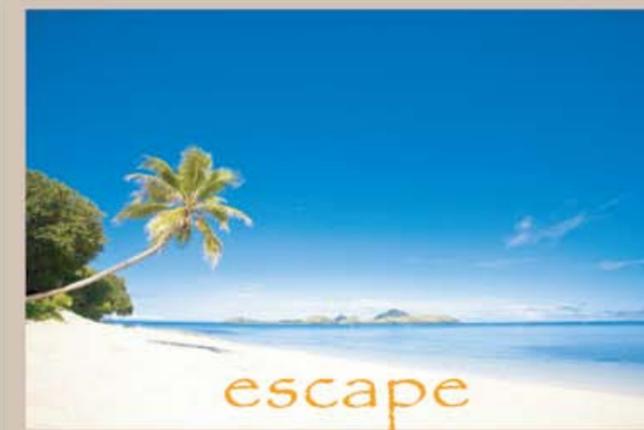
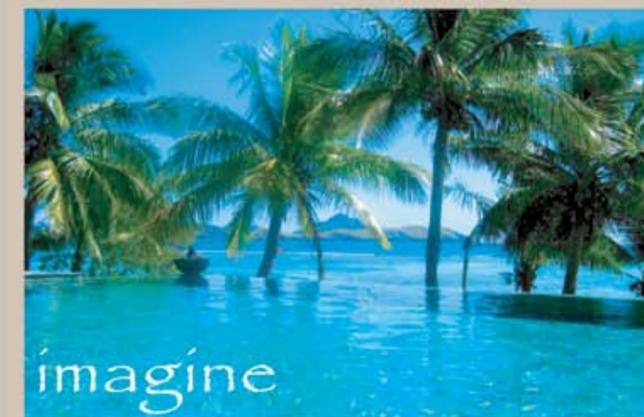
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v o m o  
ISLAND RESORT  
FIJI ISLANDS

## relax me

As a visitor to the Fiji islands you'll be treated in Fiji's timeless tradition as an honoured guest. As such, you'll be embraced by the warmth and simplicity of the people and drawn into their idyllic lifestyle. In Fiji, the most wonderful activity is doing nothing at all. You'll awaken your spirit by relaxing amid the peace and quiet of Fiji's uncrowded beaches, magical lagoons, tranquil coves and lush rainforests or by sitting in serene seclusion on a nearby mountain top...just soaking up the tranquillity and warmth of a land that is unspoiled – a place that is ideal for people stressed out by the hectic pace of today's demanding world. It is truly a tropical paradise unequalled in its ability to provide ultimate relaxation.



But, if doing absolutely nothing is beyond your comprehension, you can stimulate and regenerate your body with a wide range of land and water activities. Whatever your choice, you're sure to return home refreshed and truly relaxed with the knowledge that paradise can be more than a dream – it's a way of life in Fiji. No wonder the Fiji Islands have been known for years as the "One Truly

Relaxing Tropical Getaway"

### Relaxing Accommodations

Fiji offers a wide range of resort accommodations to fit every traveler's needs and desires. Choose from budget to 4 and 5-star resort hotels offering every imaginable amenity or discover one of our backpacker hide-aways.



Relax in Fijian luxury at one of Fiji's main island resorts or experience the unique lifestyle of a luxurious 'bure' – a thatched roof cottage/villa based on traditional Fijian village dwellings but with all the requisite modern amenities. Fiji offers numerous private islands catering to couples craving privacy and romance, as well as to families seeking a high activity holiday.

The bounty of Fiji is evident in so many ways, but nowhere is Fiji more beautiful than in the caring souls of its people. You'll find the innate Fijian sense of hospitality and service wherever you choose to stay.

"I booked a 600 square foot beachfront bungalow...built in the traditional way with intricate, hand-carved poles and a thatched roof. It had an outdoor shower, a plunge pool and a day bed above the sand, set at the optimum angle for watching sunsets. A few steps off our deck was a beach so white and water so aquamarine that it was like a backdrop from "the Truman Show." Our days would go like this: We would wake up late, head to the open-sided restaurant for some breakfast and discuss whether to go kayaking or hike one of the islands. We'd make great plans, then head back to our room, take a swim, go snorkeling, eat lunch, take a nap and never go anywhere. We were so soothed by the tranquility food was the only thing to entice us from our daybed...."

– Amanda Jones  
Special to the Times (Los Angeles Times)



## AHURA RESORTS

The Warm Heart Of Fiji.

Sunworshippers?

Ahura was an ancient god of creations who worshipped the sun – a symbol of radiance, purity and life. Together, this was paradise. Ahura Resorts is a 100% Fijian-owned company with over 30 years experience in tourism and hospitality and operates one of the region's most popular and well-known resorts – Malolo Island Fiji. Ahura's newest creation is a luxury escape for couples which features Fiji's first over-water accommodation – Likuliku Lagoon Resort.

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Simply mention the words **LUXURY HELI COMBO** when you book your *Outrigger* (deluxe or bure style accommodation) and *Castaway Island* Combo Package and get all of the following absolutely **FREE**...

- One hour spa treatments for two people at Outrigger on the Lagoon's new Bebe Spa. Your stay at this multiple award-winning resort also includes the luxury of a Fiji-style Butler service - the famous "Talai" service - truly taking pampering to new heights.
- Scenic 20 minute helicopter transfer between Outrigger and Castaway Island for 2 guests. Not only breathtaking but a seamless way to travel.
- Dolphin Safari Tour for two people, aboard Castaway Island's fast luxury speedboat around the Mamanuca Islands.

This magical luxury bonus package is valued at over \$1000 per couple and it's yours **FREE\*** for a limited time. **\*Conditions Apply**



The *Outrigger on the Lagoon - Fiji* is an AAA officially rated 5 star international resort situated on Fiji's famous Coral Coast. When you've finished being pampered at Outrigger, you'll soar by helicopter over the beautiful coastline and outer islands to the AAA rated 4 star *Castaway Island*, one of Mother Nature's masterpieces and Fiji's most popular island resort. **WEBSITES - [www.outriggerfiji.com](http://www.outriggerfiji.com) [www.castawayfiji.com](http://www.castawayfiji.com)**

BOOK NOW WITH YOUR PREFERRED TRAVEL AGENT OR CALL TOLL FREE (800) 733-2107



Offer available until 31/3/2011. Terms and conditions apply.

# Love Fiji, love Lomani.

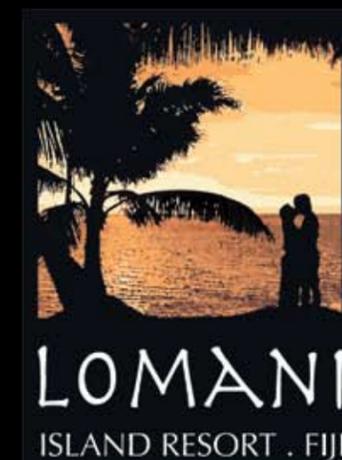
Escape to a private Fijian Island retreat. Discover Lomani, an intimate resort of just 12 rooms and bures. Located on the beautiful island of Malolo Lailai just 14kms from Fiji's main island of Viti Levu. Lomani is the ideal destination for a romantic getaway, your honeymoon – perhaps even a wedding under the swaying palms by the beach.

Lomani....Fijian for Love

[www.lomaniisland.com](http://www.lomaniisland.com)

Phone: (679) 666 8212 Fax: (679) 666 9423

Email: [info@lomaniisland.com](mailto:info@lomaniisland.com)





## coral coast

The Coral Coast is located on the south coast of Viti Levu and stretches for more than 100 kilometres (60 miles) between Nadi and Pa-

cific Harbour. The Queens Road largely hugs the coast as it passes through Sigatoka, the main town along the Coral Coast, as well as smaller towns and villages. The range of tropical scenery that you'll see is spectacular and includes "Caribbean" mountain pines cascading down to the shores, sugar cane fields, coral lagoons, and seemingly endless beaches. Both Sunbeam Transport and Pacific Transport have regular buses along the Queens Road.



Many of Fiji's large resorts and international hotels are located along the Coral Coast, but they are stretched out over a large area. There's no high-rises or crowding here! Along the way, you'll also discover Fiji's most popular and satisfying cultural, historical and sightseeing attractions and activities that are sure to give you

an insight into the Fijian way of life.

### Must-See, Must-Do Highlights:

Discover Fiji's culture and history and its immutable respect for nature and the environment at Ka Levu Cultural Centre, Kula Bird Eco

Park, Sigatoka Sand Dunes, the exciting and stimulating Sigatoka River Safari and the Tavuni Hill fortification that lies across the river from Sigatoka. There's exploration and tours of our cannibal caves that'll raise the hairs on your head; tours of the Biasevu waterfalls that will awe you and visits to truly authentic Fijian villages that will inspire you; and, a day you'll never forget visiting Nayawa village where pottery-making is an art form reflecting Fiji's cultural roots.



On land you can also take a Coral Coast scenic railway trip on the "Sugar Train" passing through miles of sugar cane fields to Natadola Beach, one of the most pristine and the biggest crescent shaped beach you may ever see.

# LUXURY HAS A NEW EXPRESSION IN FIJI.



Now open, the new InterContinental Fiji Golf Resort & Spa is located on the white sands of Natadola and features an extensive range of golf, diving, leisure, dining and conference choices. Warm Fijian hospitality combines with spectacular contemporary Pacific Island design to create an idyllic tropical destination for travelers seeking relaxation, rejuvenation and authentic, enriching experiences.

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REWARDS

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INTERCONTINENTAL®  
FIJI GOLF RESORT & SPA



Shangri-La's Fijian Resort is located on Fiji's Coral Coast, a 45-minute drive from Nadi International Airport.

Set on a 109-acre private island with a causeway joining it to the mainland, the resort has natural white sandy beaches and a large natural lagoon forming a protected bay in front of the main swimming beaches, making it ideal for swimming and water sports.

All 442 guest rooms, suites and bures (bungalows) have lagoon or Pacific Ocean views and large private balconies directly facing the water.



The resort offers a wide range of dining options with six restaurants, five with water vistas, and six bars. The Resort has one of the most extensive sporting and recreation facilities in Fiji.

Well known for being family-friendly the resort combines luxury quality and the award winning Little Chiefs Club, complimentary for children aged between 2 -12 years. Our family friendly policy allows for up to two children per room aged under 12 years of age to Eat Free and 2 children under 18 years to stay free.



Shangri-La's Fijian Resort & Spa  
Yanuca Island, Cuvu  
Sigatoka Fiji Islands  
Tel: [679] 652 0155 Fax: [679] 650 0402  
fij@shangri-la.com www.shangri-la.com/fijian



### WEDDINGS

For those who have dreamt of getting married in paradise, Shangri-La's Fijian Resort and Spa offers a range of stunning outdoor venues and a spectacular non-denominational Seaside Chapel with views of the Pacific Ocean.



### MEETINGS

The Davui Events Centre convention facilities includes the Ratu Makutu Events Centre and Executive boardroom bure, Davui Hall and Secretariat, and the Pavilion, creating the largest stand alone meeting facility of any hotel in Fiji.



**CHI, The Spa at Shangri-La**  
Shangri-La's signature spa brand has four ocean view and two forest treatment bures and features Fiji's first spa village with overnight accommodation. One third of the spa menu has treatments using age-old Fijian remedies and techniques. Distinctly Fijian in architecture, six premier ocean bures for couples only are also located in the SpaVillage.

### PREMIER OCEAN BURES

The six premier one-bedroom Ocean Bures are located on the waters edge beside the Resorts Seaside Chapel. These state of the art bures are designed to accommodate couples and honeymooners and each have their own butler and dedicated golf buggy for the duration of stay. The premier Ocean Bures are 131 square metres and include outdoor showers, sunken baths and an outdoor jacuzzi.

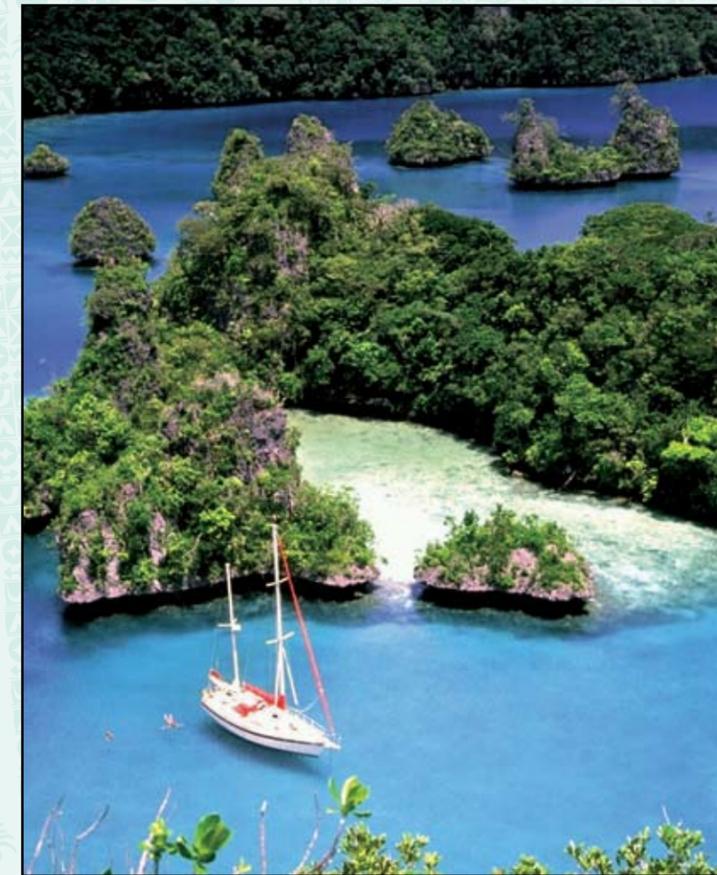


## sail me

You can become part of South Pacific legend and lore by cruising the world's most romantic sea in luxury and style. Cruising Fiji's sparkling emerald and azure waters is not just experiencing the pleasure of untrammled beauty, but also realizing childhood dreams of far-away places. It is Treasure Island revisited...the essence of Robert Louis Stevenson, Somerset Maugham and James A. Michener.

You'll see calm, seductive lagoons and soaring volcanic island peaks blanketed with rainforests that descend to gentle, sandy bays and coral cays. And, off-shore a kaleidoscope of color awaits you on the world's third largest living reef ecosystem.

Fiji has something for everyone. For a taste of the high seas, enjoy a great selection of day and half-day excursions, cruises with family and friends, or even an overnight cruise. You can take a two, three or seven night cruise on well-appointed boutique luxury ships and sailing yachts or charter your own motor or sailing vessel. Whatever your choice, be alert, for you might even see Robinson Crusoe strolling one of the white sand beaches.



**PURE FIJI**

*discover the south pacific secret for beautiful skin and hair*

For centuries South Pacific Islanders have used a balanced blend of pure coconut and drift nut oils infused with flower extracts to nourish, hydrate and beautify both skin and hair. Pure Fiji brings you the best of these traditional blends for your tropical indulgence.

Ecologically conscious, Pure Fiji's botanical ingredients are harvested sustainably and support community development. True nurturing gifts of nature - sublimely excellent for the skin, the senses and the environment.

[purefiji.com](http://purefiji.com)

**Rydges Hideaway Resort Fiji**

**FIND YOUR PERFECT HIDEAWAY.**

Located on the stunning Coral Coast, enjoy finely appointed, spacious bures (Fijian Villas) right on our white sandy beaches amid lush and relaxing tropical surroundings....

Each bure offers private outdoor showers and can accommodate up to 6 guests who can experience...

- Nightly Live Show
- Day Spa
- Boutique
- Snorkelling
- Scuba Diving
- Surfing
- Swimming Pool & Waterslide
- Plus...over 25 activities & tours

And our FREE kids club ensures that everyone takes away lasting memories....

**RYDGES**  
HIDEAWAY RESORT • FIJI

# Cruise & Sail Fiji



## Over 20 cruises every week from Port Denarau, Nadi

Discover the beauty, adventure and excitement of the Fiji Islands with Captain Cook Cruises

Day Tours & Dining	Overnight
<b>Island Day Cruise 10.00am</b> Fun & adventure by tall ship to private Tivua Island. Snorkel, glass bottom boat tours & lunch.	<b>3, 4 &amp; 7 Night Yasawa &amp; Northern Fiji</b> Cruises to the Yasawa Islands, Savusavu & Taveuni aboard the explorer-style small ship MV Reef Escape.
<b>Sunset Dinner Cruise 5.30pm</b> A romantic sunset cocktail, a la carte dining & cultural entertainment.	<b>3 &amp; 4 Day Sailing Safaris</b> Tall ship adventures of the Yasawa Islands. Swim with manta rays & stay in traditionally-built bure village.
<b>Lunch Cruise 12 noon</b> Nadi Bay & inner Mamanuca Islands sightseeing & lunch.	<b>Overnight Island Stays</b> 2 Private Islands. Village-style Drawaqa Barefoot Lodge & romantic Tivua Island for just 2 couples.

Free transfers from Nadi & Coral Coast on selected cruises



Speak to a Fijian Travel Specialist who can provide first hand knowledge and experience of the best cruises in Fiji.

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**(888) 830-9965**

# Outstanding Day Cruises

Tropical islands, beautiful beaches and crystal clear water...



Enjoy a seafood lunch overlooking a remote Fiji island beach, explore the beautiful outer islands aboard our magnificent classic schooner, take in an island resort or visit our very own aquatic playground South Sea Island and maybe even let the kids find Nemo.

Scuba dive in clear tropical waters or enjoy the watersports on offer - parasailing, jetskiing, windsurfing, fishing and semi-submersible coral viewing.

You will be cruising the Fiji Islands in comfort and style. Our vessels have two air-conditioned lounges, outer viewing decks and a fully licensed bar.

South Sea Cruises is Fiji's most experienced cruise operator with an extensive range of award winning day cruises which all offer great value and great fun.



Fiji Tourism Award Winner  
 1999, 2004, 2005 and 2007

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## meet me

A meeting or incentive reward in Fiji is an experience you and your organization will not soon forget. From small island getaways to international-style mainland resorts, from Fijian luxury 'bures' on the beach to deluxe hotel suites to over-the-water bungalows, Fiji has your conference and incentive accommodation needs covered, no matter the budget or group size.



Imagine holding a company meeting on a remote island in the South Pacific just for you and your group. How about a conference with the friendly Fijians catering to your every whim at one of Fiji's 5-star resorts? Or, maybe two boutique luxury cruise ships for your 250 plus person conference or chartering a luxury yacht for a four day board meeting, stopping to relax and bond at one of Fiji's many deserted isles? With these options, Robinson Crusoe would have made a fine Chairman of the Board!

## Reward me

Of course, we all know the better the reward, the better the effort. And, with Fiji as your reward destination, you'll create a level of excitement that can make any incentive program a success. A Fiji reward is enough to inspire anyone to push a little harder, move a little faster and reach a little higher.



In addition, it's the Fijian sense of hospitality that provides an incomparable level of service and genuine concern for guests that makes Fiji the ideal destination for any meeting or incentive reward. Why focus on people in a discussion about conferences and meetings? Because it's the people who go beyond the expected and it's the people who make the difference between an ordinary conference or incentive and an unforgettable one.

*"I have worked meetings and incentive programs all over the world and you provided unsurpassed quality, service and professionalism....simply the best I've ever encountered."*

— Liz Merrick  
Morris Meetings and Incentives, USA

# See The Heart & Soul of Fiji



## FIJI'S VERY OWN RIVER SAFARI

If you really want to experience Fiji's culture, meet the people and feel the island's soul then this is the tour for you!!

We travel deep into the upper regions of the majestic Sigatoka River, and transport you comfortably and safely on our purpose built safari jet boats. Cruising through amazing natural sceneries, over the river shallows and past a plethora of locals going about their daily lives, you will feel like you have stepped back in time.



**SIGATOKA  
RIVER SAFARI**  
sigatokariver.com

Stopping at your designated village you spend a simply unforgettable day with your new friends. This is without doubt Fiji's most unique and authentic village tour as we visit a different village every day to ensure our guests see 'real' villages.

You have come to Fiji to experience all its natural beauty. You have come this far, now go all the way and see Fiji's inner beauty which lies just outside your door.

Multiple Award Winning | 2007 Best Adventure Tour | 2008 Best Fiji Experience

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**sigatokariver.com**







## thrill me

Fiji may be known as the “one truly relaxing tropical getaway” but the Islands are tailor-made for relaxed or exhilarating adventure. It boasts miles and miles of extreme pristine beauty and is a nature lover’s delight. It is not only the South Pacific hub for adventure but one of the few if only places in the world where there are so many adventure opportunities within an hour at most of each other!



Whatever your budget, the “rush” beckons throughout the islands and you’ll find world-class adventure excursions that support the local communities and environment and that offer opportunities to meet Fiji’s people, all of which are suited to your adventure thrills, be they on sea, air or land.

### Excitement will surround you!

The best part is that you don’t need to be an Iron Man or “Survivor” competitor to enjoy the adventure experiences that are available in Fiji. For land lubbers, there’s trekking in lush rainforests and Central Highlands or mountain biking through awesome scenery and ancient inhabited villages. Or you can embrace the euphoria of up to 10,000 feet skydives and experience the mind-blowing view of Fiji from a bird’s eye view.



For inland water enthusiasts, Class II, III and IV white water rafting on the Upper Navua, the Ba, and the Luva rivers should satisfy the hard adventurer. The Jet Boat and Jet Ski Safaris will not only thrill you but inspire you as well. And, for ocean lovers, you can marvel the rush of jet boating and jet skiing, windsurfing and for surfers, Fiji offers world-class surf breaks such

as “Cloud Break” (in the Mamanucas), Frigates Passage (on Coral Coast) and Typhoon Alley (off Kadavu).

Fiji is one of the world’s most exciting but still largely unexploited havens for fishing so we invite you to try trolling for the adrenaline rush of a monster marlin; experiencing the thrill of popper casting for giant travelley; hand-lining for a sweet lip on the reef’s edge at day’s end; or, simply opting to participate in a local village fish drive.



Or you can ‘adventure’ at a more sedate pace meandering our rivers on a bamboo raft (known locally as a ‘bilibili’); float across the shoreline on a solo, tandem or triple parasailing experience; connect with nature on an ocean, river or lagoon kayaking expedition; or, simply lose yourself swimming our pristine waters with giant manta rays!

### Discover paradise under the sea!

And for those seeking paradise underwater, you’ll discover why Jean-Michel Cousteau calls Fiji the “soft coral capital of the world” and with that accolade comes some of the best snorkeling and scuba-diving anywhere. For snorkelers and divers Bill Harrigan of Sport Diver magazine says that “The Fiji seascape is lush with color and diversity in a way few other destinations can match. Even the sunlight and seawater can’t mute the volume of Fiji’s symphony of hues.”

Rated among the Top 10 dive destinations in the world, Fiji’s vast, varied and colorful underwater playgrounds boast something spectacular for divers at every skill level. The “unparalleled range of quality dive sites and sheer diversity of life on Fijian reefs is overwhelmingly breathtaking”. The hard and soft corals, wall dives, caves, grottos and shipwrecks make Fiji a diver’s paradise.

Fiji has vast and colorful underwater playgrounds (4% of the planet’s coral reefs) that are teeming with 1500 species of fishes including dozens of rare or endemic species, 1000 known species of invertebrates, 445 documented marine plants, 400 known species of coral and five of the world’s seven marine turtles, three kinds of sea snake and an infinite variety of crustaceans, mollusks, worms and other vertebrate.

Fiji is also home to a variety of sharks as well as pilot, humpback, orca, and sperm whales, spinner dolphins, giant grouper, tuna and manta rays. This variety and diversity is matched only by the professional competence of the dive operators and the warm smiles and caring assistance of every Fijian dive crew member.



“If you want casinos, all-night bands, shopping and hustle bustle, Fiji is not your place.

If you want peace and quiet in a remote stunning island paradise enjoying some of the South Pacific’s (and world’s) finest diving, Fiji cannot be surpassed.”

– Marty Snyderman  
Skin Diver magazine

“Fiji is an increasingly rare kind of place that recharges one’s soul. In just one week, my dive guide, Meli, and I had become like brothers. Our bond was the ocean and the creature within it.”

– Ethan Gordon  
Fathoms Magazine



## pacific harbour

Pacific Harbour, known as the "Adventure Capital of Fiji", is a 45 minutes drive from Suva, the Capital and largest city in the Fiji Islands.

The region offers 12 resorts with accommodations to suit every budget from 5-Star luxe to back-packer fun as well as a wide selection of restaurants and bars.

Besides white sand beaches where you can kick back, chill out and

do nothing at all, The Pacific Coast offers an endless choice of adventure activities catering to all ages and degrees of difficulty including superb diving and amazing snorkeling as well as the renown "swimming with sharks" dive experience, white water river rafting, zip lining over the rainforest canopy, jet skiing, river and sea kayaking, game fishing, surfing Frigates Passage, trekking the Namosi Highlands, waterfall excursions, private island picnic trips to Yanuka Island, 18 holes of championship golf, shopping for Fijian crafts and

much more.

And, what is a trip to Fiji if you can't immerse yourself in the country's 2000 year old culture. The Arts Village brings this experience to life with an entertaining and inspiring exposition of Fijian culture on the mainland while the famous Fijian Firewalkers can be seen on Beqa Island.



*"The most diverse and energized shark dive experience in the world"*

—Shawn Heinrichs  
Renowned Shark Cinematographer



## TAUNOVO BAY RESORT & SPA

FIJI'S ONLY LUXURY BEACHFRONT POOL VILLA RESORT

Setting a new benchmark for luxury and privacy in the South Pacific, Taunovo Bay Resort & Spa is located just a 25 minute flight from Nadi International Airport to Taunovo Bay's private airport. With two miles of white sandy beaches, Taunovo Bay is situated on Fiji's Pacific Coast in the Adventure Capital of Fiji.

Experience world class diving and snorkeling in Beqa Lagoon including the famous shark dive, an 18 hole Robert Trent Jones Jr. course, white water rafting, zip-lining through the rainforest canopy, surfing Frigates passage, game fishing, private island day trips, waterfall safaris, jet ski tours and shopping at Art's Village.

Experience gourmet pacific rim cuisine at Novo Restaurant & Beach Bar, wonderful spa treatments, and a sense of refined luxury. Taunovo Bay features four spectacular wedding locations including sunset beach weddings, Taunovo Bay's private island, the Point, and Bure Vunikau, Fiji's newest and most luxurious dream house.

Every Villa and Suite at Taunovo Bay includes a private pool and every bedroom has been designed as a master. Your Villa in paradise is situated beachfront and feature lush tropical landscaping, exotic interiors, a gourmet kitchen, living lounge, home theatre, daybed pavilion, private courtyards, outdoor jacuzzi's, and luxurious en-suites.

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Fiji: +679 999 2227  
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[taunovobay.com](http://taunovobay.com)



## discover me

### Sight-seeing

In Fiji, each new day brings with it a wide range of unique and fascinating things to see, do and experience. From wondrous beauty to captivating cultural experiences, sightseeing in Fiji will never fail to take your breath away.

Picnic or stroll through the world famous private orchid collection of American actor, Raymond Burr. Visit legendary Viseisei Village where the original Fijians landed 3,500 years ago. Take an evening sugar train ride with cocktails and Fijian serenaders. Swim with the 'gods' in the mystical waterfall of a tropical rainforest. Explore the huge, ancient cave fortress of Fiji's last cannibal tribes - wondrous rock formations and awesome reminders of bygone days. Visit Kula Eco Park to see a microcosm of Fiji's natural flora and fauna. Or, add a thrilling perspective and see the islands as only a flight-seeing experience can offer.

Fiji's tropical climate, boasting the highest sunshine factor in the South Pacific, provides a sun culture that focuses on water and outdoor activities like the following not yet featured in this Fiji Guide:

**Bike Riding** - Biking should be an integral part of your eco-experience, either as adventurous mountain biking or casual scenic cycling. It is an independent and affordable way to see parts of Fiji and to keep fit. Fiji also offers motorcycle and off-road motor bike rentals.

**Exploring** - The 'Nahehe' Cave located in the Sigatoka Valley is nature's treasure, accessed by a short trek through farmland and forest. The caves includes a sacred pond and legendary "pregnancy gap" leading to the Great Cathedral Chamber. The tour is organized daily by Adventures in Paradise.

**Guided Day Tours** - A tour of Fiji's capital city Suva will take you to Government House, Fiji Museum, Albert Park, Botanical Gardens, University of the South Pacific, Laucala Bay, The Fijian Handicraft Centre, Moslem Mosque, Hindu Temple, Catholic Cathedral and the main shopping district.

**Horse-back Riding** - If you can't find it at your hotel resort, try Newtown Beach Stables for beach, mountain, sunset or even moonlight rides.

**Ballooning & Sky Diving** - Float with birds feeling the quiet rush of air as you cross the Fijian landscape in a hot air balloon, or embrace the mind-blowing euphoria of a 10,000 foot skydive. Whichever you choose, you'll be awestruck by your bird's eye view of Fiji.

**Pearl Farms** - Savusavu in our northern island of Vanua Levu produces Fiji's rare pearls. With day tours to the farm, the visit will enlighten you on the farming techniques for pearls of significant color and world-recognized size.

**Rivers** - Explore Fiji's extensive river systems, either by boat, jet boat, canoe, kayak or a "bilibili" bamboo raft, Try the Navua River, Sigatoka River or Wainibuka River.

**River Safari** - This award-winning eco-cultural tour aboard a jet-boat on the Sigatoka River gives you an in-depth experience of the panoramic view of the highland sceneries, farmlands and village communities.

**Scenic Flights** - Fiji from a helicopter or fixed-wing craft is an aerial spectacle of reef-fringed islands floating amidst a cobalt blue ocean that needs to be seen to be believed.

**Tennis** - For all-weather or immaculate grass courts choose Denarau Racquet Club.

**Water Sports** - Choose from waterskiing, water scooters, banana boating, glass bottom boat rides and sailing on a sunfish or hobie cat.

**Waterfalls** - Because of Fiji's volcanic mountainous terrain, waterfalls are common on the larger islands. Perhaps the best known are in Bouma [Taveuni], Biausevu [Coral Coast], Rakiraki, Koroyanitu [Lautoka], Savusavu, Wailoku and the Navua River.

**Village Visits** - Feel the warmth and genuine hospitality of the Fijian people when visiting our villages, but please be mindful of Fijian traditional values and protocol. Navala Village, famous for its unspoiled beauty brings you Fiji's hinterland with a spectacular hill-top location of over 100 thatched "bures" [homes]. With its magnificent view, Navala appears to be built in the shape of a crucifix.

## Beqa Lagoon Resort

### FIJI ISLANDS

ONE of "1,000 Places to See Before You Die" - NY Times Bestseller and Home of the LEGENDARY FIREWALKERS!



[www.beqalagoonresort.com](http://www.beqalagoonresort.com)

FEEL THE WARMTH... Secluded island paradise featuring private Fijian villas, fine dining, World Class Diving and Surfing, snorkeling, relaxation, romance, and the warm hospitality and culture of the local Fijians.

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## got sharks?



**FIJI'S ULTIMATE SHARK ENCOUNTER™**  
**8 SPECIES OF SHARK -- 1 DIVE**  
*Your Adventure Starts Here....*

"The most energized shark dive in the world"  
~ Shawn Heinrichs, Blue Sphere Media



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## romance me

Welcome to a romantic experience you'll never forget...the perfect escape for love. And we're not the only folks who think so – the readers of Travel + Leisure magazine voted Fiji one of the Top 5 Romantic Destinations in the world!



It's as if Fiji was created with romance in mind. It's a land of long walks on deserted, white sand beaches, moonlit swims in warm, clear waters and intimate moments in secluded coves. Where else in the world can you watch a fiery sunset from your private thatched-roof bure just steps away from the warm waters of the South Pacific; enjoy a day of picnicking and romance on your own private isle or coral atoll; or, trek through a lush rainforest for an afternoon of fun and frolic under cascading waterfalls. Or, how about just dangling your toes in the crystal clear water while sipping champagne and soaking up the warmth, tranquility and friendliness of a land tailor-made for people in love.

Or, how about just dangling your toes in the crystal clear water while sipping champagne and soaking up the warmth, tranquility and friendliness of a land tailor-made for people in love.

Whatever you do, the spirit, culture and breath-taking beauty of Fiji will remain etched in your memory as one of the most romantic and enchanting experiences of your life. Such unique and memorable experiences are what a honeymoon in Fiji is all about.

### Marry Me!

For many couples, getting married in Fiji is a chance to share your love with family and closest friends in a warm and welcoming setting – a magical, boun-

tiful playground of relaxing and stimulating adventures for all to savor. And the choices for your tropical Fiji wedding are endless. Experience spectacular tropically-inspired wedding chapels, cliff top decks set amidst cascading waterfalls, lush tropical surroundings, a sandbank with waves lapping at your feet, or say your vows in special chapels create by island resorts, in a colonial church of the local village, or even underwater. You can choose to wear white or opt for traditional Fiji tapa costumes custom-made for you. Of course, you'll arrive in a traditional Fijian wedding "raft", escorted by Fijian warriors and costumed attendants while being serenaded by angelic, choir voices.



Overseas visitors intending to get married in Fiji are required by law to obtain and sign a marriage license from the nearest registry prior to the ceremony with an average of 36 hours in advance. The couple must provide the following personal documents to the registrar for verification purposes at least two weeks before the wedding:

- Original birth certificate
- Valid passport
- Divorce papers, if applicable
- Death certificate if previous spouse is deceased
- Written parental consent is required if either party is under 21 years of age

Resorts offer the services of a wedding coordinator who will arrange everything including all legal requirements in advance and there is a great flexibility and willingness to customize arrangements to match a couple's aspirations. And you can tell your family and friends that weddings in Fiji are of course recognized as legal in the USA, Canada and the rest of the world!

You can choose Fiji for your romantic getaway; you can marry in Fiji; or, you can just give yourselves an unforgettable honeymoon

experience. The choice is yours...but anyway you choose to experience Fiji, we're sure you'll return home knowing that the only answer to Romance Me? is "Fiji Me!"



"We had so much fun and thought everything was just so unbelievable. Everyone had such a wonderful time and we all can't stop talking about it. I brag to everyone about my Fiji wedding and it's definitely the way to get married!"

– Kell  
Australia



## northern islands

The Northern Islands including Vanua Levu, Taveuni, Nukubati, Matangi and Qamea are known as the 'real' Fiji for their unhurried pace of life. The region is home to over a dozen resorts and is easily accessible by plane or ferry. Most of the properties are small and intimate and offer a chance to interact more closely with the people and cultures of Fiji. They offer the type of vacation difficult to find anywhere else in the world. Deep reefs ring both principal islands and the area is internationally acknowledged as having some of the best dive and fishing sites in the world. The extended area offers excellent marine activity, including scuba diving, ocean kayaking, sports fishing and is a safe haven for cruising yachts.



### Must See - Must Do Highlights:

In Savusavu, the recently renovated Copra Shed Marina, a landmark since the 19th century now houses the Savusavu Yacht Club, a café, a Japanese restaurant, art shop, liquor store, and chandlery shop. Another significant landmark is the Savarekareka Mission, which was the first Roman Catholic mission built on Vanua Levu. Savusavu is also famous for its natural geothermal hot springs and pearl farm.



On Taveuni, Lake Tagimoucia, a volcanic crater at an altitude of 800 meters is the habitat of the rare red and white Tagimoucia flower. Fiji's most famous waterfalls, the Bouma Falls also deserve a visit. For Nukubati and Matangi, apart from great diving, activities include fishing, windsurfing, sailing, water-skiing, snorkeling and island hiking. And on Qamea as well as Taveuni, the rich birdlife is a must for our "birding" friends.

But the best thing to do on these private islands is relax doing absolutely nothing at all!



## NUKUBATI ISLAND, THE GREAT SEA REEF, FIJI

*Luxury is the experience*



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it's no wonder we were voted "best island" ...



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Listed in Islands Magazine "Best Private Island", listed in "1000 places to see before you die", as seen on "Travel Channel"...

## pamper me

### Fiji - The Ultimate Spa & Wellness Destination.

Fiji is perfectly suited to lead the South Pacific as the top spa destination. A land of natural beauty and calm, everything about it is designed to relax and rejuvenate you, your body, mind and spirit.



From the warmth of your welcome and the peace of the swaying palms, to the soothing sounds that surround you, your body relaxes in great anticipation of the sensual experiences awaiting you in the splendid isolation of the most unspoiled reaches of the Fijian Archipelago.

For centuries, the Fijians have been known for their spiritual connection to natural healing and the use of herbal remedies passed down from generation to generation. Since these ancient times maramas (women) of the villages have utilized Fiji's natural resources from its pristine rainforests, as well as its marine and plant extracts, with their beneficial and healing properties, to provide a range of therapies for both beautification and medicinal purposes.



The Fijian massage or 'bobo' for instance is usually passed down from father to son or mother to daughter. The skill is believed to be hereditary. The 'bobo' is excellent for treating chronic muscle aches and stiffness, as it is generally less painful than traditional deep tissue, more effective than sports massage, and more stimulating than Swedish.

### Variety of treatments. And value for your money.

There are a variety of treatments available including a selection of packages to suit any traveler's budget. Whatever you choose, your expectations are sure to be exceeded. The use of natural treatments helps maintain beauty by combining them with Fijian herbs into beauty treatments including facials, body scrubs and wraps, massages and baths. The treatments include ancient traditional Fijian healing remedies and combined with today's technology, they provide the ultimate relaxation and are designed to make you look and feel your best and deliver total detoxification and vitality both physically and mentally.

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### Paradise Found

A genuine Fijian experience is extended to all who visit this remote and secluded paradise. If you're searching for true Fijian hospitality and long to experience the culture of this mystical land, spend some time in Paradise.

Paradise Taveuni is a remote and secluded boutique oceanfront Resort on a panoramic 5 acre property nestled amongst lush tropical gardens with Rainforest Mountain as a back drop.

Catering to discerning travellers looking for their own piece of paradise, its unique deep water frontage allows Guests to dive, snorkel and swim from the lava flow edge into pristine warm tropical waters at any time of the day.

Situated on the southern tip of Taveuni, this secluded getaway is a 1 hour domestic flight from Nadi International Airport followed by a scenic 1 hour drive from Taveuni's Matei Airport.

Full service activities include kayaking, hiking, horseback riding, snorkelling, SCUBA diving, jet skiing, sports fishing, guided tours, spa services and more.

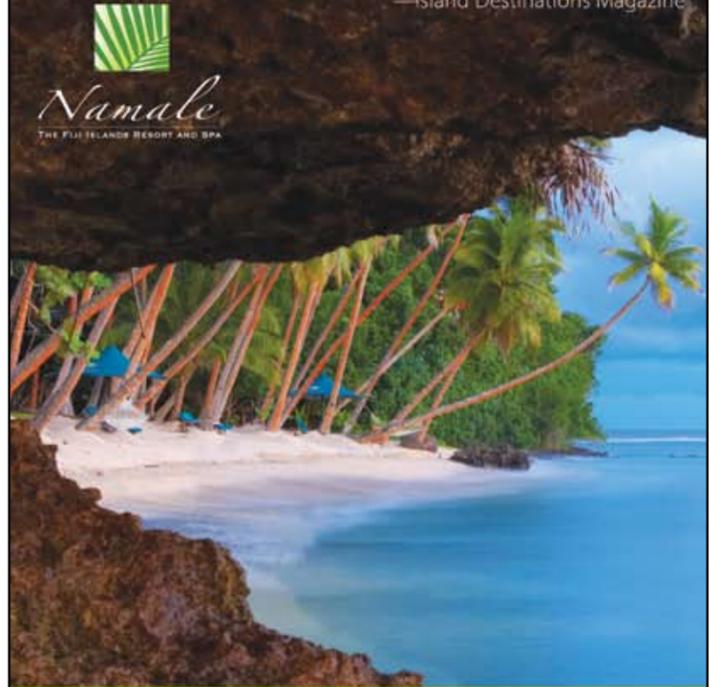
With only ten luxury Fijian Bures on site, Paradise offers a personalised and friendly 'Fiji' experience. All who visit this unique and secluded Paradise leave with a very real sense of Fiji in their hearts.



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—Donna Karan,  
World Renowned Fashion Designer

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## Jean-Michel Cousteau Fiji Islands Resort

Experiential travel at its best. This multi-award winning upscale, eco friendly resort set among elegant palms overlooks the calm, clear waters of Savusavu Bay on the relatively undiscovered Island of Vanua Levu.

An hour scenic flight from Nadi, the resort nestled on 17 acres is designed along the lines of a Fijian village. It is surrounded by a Marine Protected Area with world-renowned pristine coral reefs, abundant exotic marine life, secluded coastline, tropical gardens and magnificent sunset ocean views.

The variety of complimentary activities for all ages is exceptional and includes world-class snorkeling trips with the resident marine biologist, yoga classes, diving, sailing, kayaking and much more. Complimentary off site excursions include - rainforest/waterfall hike, trip to a local village, Savusavu farmers market and mangrove discovery in Savusavu bay.

The 24 spacious, individual Fijian style bures exude tropical elegance. The spectacular Villa features a four-poster bedroom suite, sunken bathroom with jacuzzi, pool, daybed pavilion and indoor, and outdoor, showers. It combines contemporary style and natural elegance with traditional Fijian architecture and ambience.

The gourmet cuisine is legendary. Guests dine by lantern light on mouth-watering fusions of local and international cuisine.

All à la carte menus use local seafood and fruits, together with vegetables from the organic garden. Seasoned romantics enjoy an intimate dinner on the pier or a gourmet picnic on the private island.

The resort provides a separate area for family and children's activities which include designated family pools with waterslides and day bed pavilion, trampoline, zip line, table tennis, activity and dining pavilion.

Tariff is inclusive of all gourmet meals, bottled non-alcoholic beverages, specialty loose leaf teas, ground coffee, a diverse range of complimentary activities and return vehicle transfers from Savusavu Airport to the Resort. Also included for children is the Bula (educational) Club and an exclusive nanny for each child under 6, 9am-9pm.

This intimate and socially responsible resort is perfect for discerning travelers of all ages seeking the combination of relaxation, nature, discovery, wellbeing, romantic interludes, gourmet cuisine and authentic culture in an unspoiled local environment. Cultural and environmental integrity is paramount at this resort.

Winner of Fiji's Leading Resort & Australasia's leading Green Hotel in the "2008 World Travel Awards" and many others.



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## challenge me

For those of you so inclined, time away from your other Fiji experiences can be well-spent on our equally satisfying and stimulating championship golf courses.

Golf is a sport that the people of Fiji revere and live and die for just like we do here in North America. While few Fijians will ever play at their countryman Vijay Singh's level, they do appreciate and are proud of the challenging championship courses located in cultural and activity hubs like Denarau Marina, the Pacific Coast and Natadola Bay.



The latest to raise the bar, like the venerable Denarau Country Club and the Robert Trent Jones designed Pacific Harbor course, is the stunning Natadola Bay Championship course. At 7,400 yards from the back tees, it offers challenging signature holes with awesome and unforgettable views of the azure-blue Pacific from 16 of its 18 holes along the longest crescent beach you'll ever see!

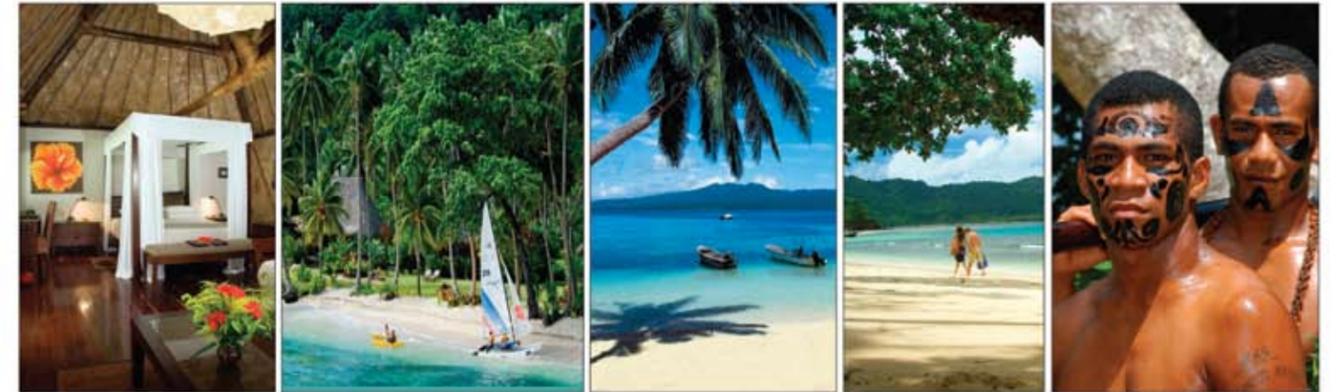


Like so much of your vacation experience in Fiji, we are sure you'll find that playing these courses is the epitome of a challenging yet relaxing experience. If this is your idea of paradise, then welcome to the Fiji Islands. You'll be among discriminating travelers who like to get in their strokes and who like to say... Fiji Me!

*"Like so much of my vacation and business experience in Fiji, playing these courses is the epitome of a surreal and relaxing experience. It's like playing in Paradise without having to pass through the pearly gates."*

— David Marchese  
Los Angeles

Somewhere between Louis Vuitton and "Lost"



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## outer islands

If you are willing to travel off the beaten track and enjoy the unspoiled and mostly undiscovered beauty spots, then Fiji's Outer Islands are the perfect place to visit! A slice of heaven on earth, Fiji's "hideaway or getaway" islands are situated away from the main tourism belt

and offer the inquisitive visitor an authentic Fiji experience and a vast selection of resort options for the most discerning traveler.

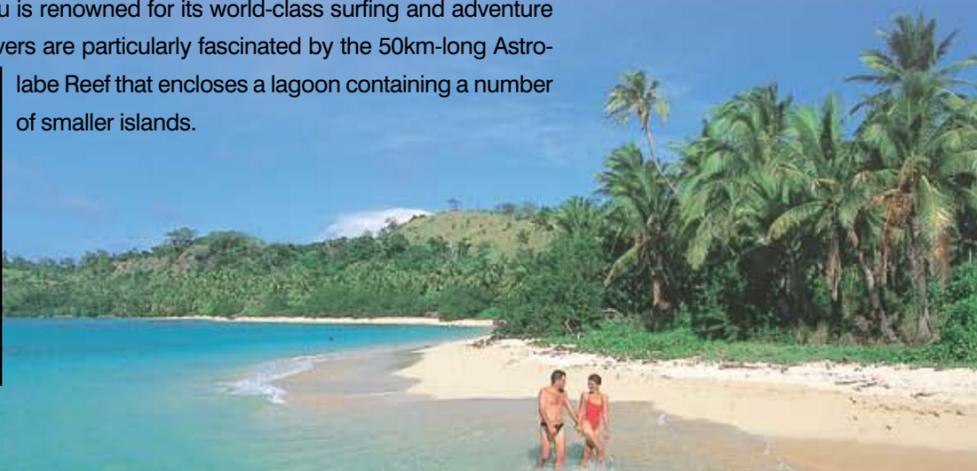
The Outer Islands include, among others, Vatulele which is south of the Coral Coast, Kadavu which is south of Suva and the biggest group the Yasawas, the furthest most island chain northwest of Viti Levu. The Yasawas are a chain of 20 ancient islands famous for crystalline waters, lush tropical rainforests,

crystal blue lagoons and some of the Pacific's most ethereal white sandy beaches. This is where – movie goers take note – both the original and sequel to the movie Blue Lagoon were filmed as well as was Tom Hank's "Castaway" and a major scene in Jodie Foster's "Contact". These islands offer some of the world's leading properties,

exclusive 5-Star resorts, where the cuisine is superior; the wine lists are first class; and, the champagne flows freely. Here, you'll also discover that the amenities are luxurious, the water activities bountiful, the service uncompromising and the experience is unmatched anywhere in the world.

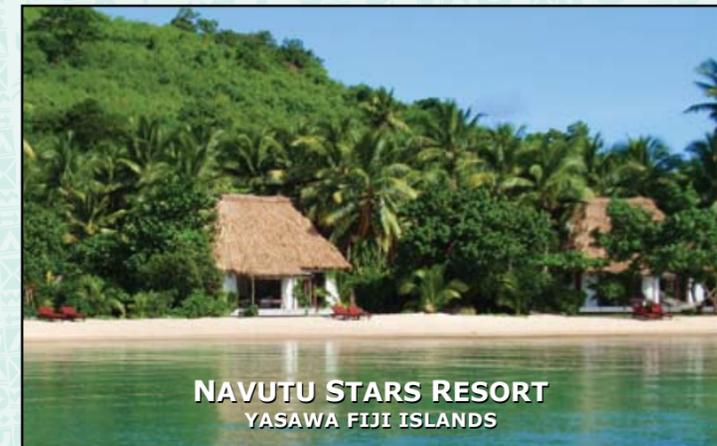
### Must See-Must Do Highlights:

You can hike across Waya, kayak along the Yasawa chain, visit Sawa-I-lau limestone island caves, have enormous fun at a village fish drive whenever you can because it only happens on special occasions, or attend a village church service on Sundays. On Vatulele, the diving and snorkeling is great while Kadavu is renowned for its world-class surfing and adventure activities. Divers are particularly fascinated by the 50km-long Astro-labe Reef that encloses a lagoon containing a number of smaller islands.



"I just returned from a 10 day trip with a small group of travel agents and would highly recommend this unique South Pacific destination to anyone looking for a romantic honeymoon, scuba diving with sharks, adventure travel or a relaxing beach vacation on a remote tropical island. Anyone with a spirit of adventure and curiosity is sure to fall in love with Fiji and its legendary people. The exchange rate is extremely favorable to our dollar and the recent devaluation of the Fijian currency has made it even more affordable. Compared to Tahiti, your dollar will go much further and your experience will be as good, if not better. Taxes have just been reduced on airfare to Fiji and the nonstop flight from LA is now just \$859.70, including all taxes. With over 300 islands, planning a Fijian vacation can be daunting but, as a Fiji specialist, I can help you find the resort best suited to your dreams. Many resorts are currently offering Stay 5/Pay 4 or Stay 7/Pay 5 deals so call today to start planning what will be one of your most memorable vacations ever."

– Carol Bryant  
Matai Specialist, May 2009



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YASAWA FIJI ISLANDS

Imagine a private secluded volcanic island in the unspoilt Yasawas, a dramatic scenario, pristine waters and the hospitality of the Fijians. Imagine a luxurious boutique resort nestled amongst swaying palm trees where you get to choose your accommodation from only nine individually designed traditionally thatched bures, stretching over three secluded bays with a fusion of traditional Fijian architecture with modern comfort and design, Asian and Ethnic objects d'art to fill your spacious surroundings. Tantalize your taste buds with the best of Italian and Fijian cuisine complemented by a great selection of wines from the Old and New World vineyards. Rejuvenate and recharge your batteries in one of the many sumptuous treatments available from our spa where only the most natural and organic Fijian traditional remedies are blended with the best western cosmetics. Enjoy an authentic Fijian village experience, non motorized water sports, Yoga workshops or simply do nothing. Imagine exchanging your vows against the magnificent backdrop of a Yasawan Sunset accompanied by the lilting voices of the choir echoing over the undulating waves. Imagine Navutu Stars Resort, a barefoot paradise where the rhythm of life is not dictated by any external factors but nature itself!



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## dine me

Dining in Fiji offers a multi-ethnic culinary experience. Whether dining at your hotel, island resort or "in town", you'll find a palate of flavors from India, China, Korea, Japan, Europe and America as well as the best of Australia, New Zealand and the freshest from our South Pacific waters.

Restaurants run the gamut from 5-Star international to 24 hour air-conditioned coffee shops. And yes, for those who crave the familiar tastes of home we have a McDonald's and a Kentucky Fried Chicken! And, world renowned Australian beef and New Zealand lamb as well as fresh local seafood can be found in most hotels and restaurants as can the specialties of Fiji's cooking heritage. Our Indian culture also contributes many delicious signature dishes, among them the "roti parcel" featuring Indian curry wrapped in the Fijian version of a pancake.

The restaurant and culinary revolution in America over the past 15 years has not gone unnoticed in Fiji. Hotels, resorts and independent dining establishments constantly vie to create culinary masterpieces, to push the envelope so to speak and create a culinary experience that is not only satisfying but constantly evolving. Most also offer specific culinary themed nights including the 'magiti' an opulent culturally-based Fijian feast accompanied by the traditional "meke", an exhilarating song and dance experience. And the "when in Rome philosophy" reaches a zenith with beach or poolside BBQ's that one would expect in a tropical island paradise.

Of course, a holiday in Fiji is incomplete if you haven't experienced Fiji's best known and most popular outdoor cooking experience – the 'lovo'. Using an underground oven of smoldering rocks, Fijians cook a variety of foods wrapped in banana leaves. Covered with earth and coming out



after several hours of "slow" cooking with a faintly smoky flavor, lovos produce succulent, tender meats, chicken, seafood, and the centerpiece of the feast, a whole suckling pig.

And with the explosion of fine dining all across Fiji has come, as it has in North America, a growing appreciation for wine lists of distinction with a natural emphasis on superior wines from our neighboring trading partners - wonderful reds (Shiraz and Cabs) from Australia and whites (Sauvignon Blancs) from New Zealand. So when some one says "Dine Me, you can confidently say "Fiji Me!"



*"Fiji is one of those island daydreams you can't believe still exists. The ocean is warm, turquoise, clean, and little in it stings or bites. The people are exuberantly welcoming, the drinking water is filtered. The food is safe and, in the upscale places, worthy of Michelin stars."*

– Amanda Jones  
Special to the Los Angeles Times  
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# trip planning

## Trip to the Fiji Islands: "An American's View"

By Barbara Beckley

Once you touch down on this South Pacific paradise, you'll discover that sugar white beaches, transparent seas and Technicolor coral reefs are just the beginning of Fiji's tropical magic. Ancient traditions, modern trends and lush landscapes from 4,500-foot mountain peaks to the only sand dunes in the South Pacific make this island nation's 333 emerald isles a treasure trove of activities for seasoned and occasional travelers.



Fiji's historic blend of Melanesian and Polynesian cultures and European, Indian and Chinese influences provide rich opportunities for cultural tourism, delicious dining and inspired shopping. One-of-a-kind land excursions and unparalleled ocean sports offer the ultimate in adventure. Modern resorts from lavish five-star islands and romantic spa hideaways to time shares and cozy bungalows offer something to fit everyone's vacation dreams and budget.

Fiji is a former British colony, so everyone speaks English. And no where on earth will you find as friendly a people! The Fijians' genuine warmth and friendliness turns every day into a treasured memory.



I quickly learned that almost everything in Fiji begins with kava. I felt a part of Fiji life as I was led through the traditional yaqona (kava) ceremony, instructing me to clap three times and say "bula," before drinking the pungent kava from a half-coconut shell cup. Dating back before memory, the kava ceremony is one example of the deep culture that makes the Fiji experience unique. Cultural adventure tours on Viti Levu, Fiji's big island, offer more opportunities to share Fiji's thousand-year-old history. I found myself deep inside a vine-draped cavern in the mountains of the Sigatoka River Valley on one such excursion. "Our ancestors hid from their enemies for months at a time here," the local village priest told us, pointing out the children's hiding place, the women's work area and the sleeping compartments in this vast and sacred cave.

Afterward, we floated down the river on a traditional "bilibili" bamboo raft. The Fijians' ancestral bond with nature is truly a cultural wonder to behold.

Many of Fiji's attractions are just plain fun. Flower fans ooh and aah over one of the world's largest orchid collections at the Garden of the Sleeping Giant. Swimming in the fresh water pools beneath thundering waterfalls is the perfect reward for a walk through the towering hibiscus to Bouma Falls in Tavoro National park on Taveuni, or a hike to Waisali Waterfall in the Eden-like rainforests on the island, Vanua Levu.

River rafting, jet boat rides, zip-lining through the tree tops, single and multi-day mountain and jungle hikes, horse rides, sport fishing, yachting, sailing and, of course, snorkeling and diving abound. World-class dive sites teeming with brilliantly colored, healthy soft corals and abundant sea creatures make Vanua Levu, Fiji's second island, one of the best under-sea experiences on earth.

As a shopper, I found paradise in Fiji. With a ratio of Fiji \$2.20 to the U.S. dollar, it's as if everything is half price because it is! At Baravi Handicrafts, a roadside shop along Fiji lush Coral Coast, with a tad of bargaining I bought a Fiji black pearl pendant (yes, Fiji has black pearls), a coral necklace and a freshwater pearl necklace – all for \$210. Traditional Fijian wood carvings, tapa cloth, Fiji's signature product handcrafted from pounded tree bark and decorated in red and black symbolic motifs; tropical printed "bula" shirts and sulus are other authentic and unique Fiji finds.

If you're looking for romance, it's everywhere in Fiji. Tree-house cottages on remote islands, picnics alone together on a deserted island and candle-lit dinners for two on the beach under a canopy of stars are the very definition of a honeymoon.



Every resort is happy to arrange weddings. Couples can choose a Western style wedding or a traditional Fijian ceremony – Fiji weddings are legal in the U.S. It's a fairytale moment, as the bride, dressed in traditional tapa cloth, sails in from the sea on a wedding barge escorted by Fijian warriors dressed in traditional costumes.

To add pampering to your romance, Fijian massage techniques and healing traditions have been renowned throughout the South Pacific for centuries. One might even say that today's spa trends are just catching up to Fiji. The Fijians combine their native traditions with advanced international techniques to make Fiji a spa-seekers' heaven.

It's easy to understand Fiji's attraction. Only in Fiji does the dream of being on your own South Seas island come true. Fiji's unique one-resort islands range from idyllic white sand dots to miniature continents with hills and rainforests. Individual beach "bure" cottages make the island experience a Robinson Crusoe delight. There are so many one-resort islands, it's easy to match one to your vacation style and budget. Fiji's mainland resorts are

just as alluring. The Coral Coast features modern resorts in all sizes, with lagoon pools, gardens, beach restaurants and accommodations and activities to please everyone from honeymooners to meeting attendees. Travel experts say the best way to experience Fiji is to divide your time between a larger coastal resort and one of these single-isle charmers. I agree. It's also wise to spend your last night in Nadi. This gives you time for last-minute shopping at the new Denarau Marina Complex.

What's my favorite example of Fiji's magic? I'd say the sunset torch-lighting ceremony. As the sun begins its explosive descent into the Pacific, I make a point to be at the beach bar to watch the Fijian "warrior" running through the resort with a fiery torch lighting the tiki lamps. This is my signal that another day in paradise is ending and a heavenly night is beginning.

# matai

The Matai-Fiji Islands Specialist Program is our destination loyalty program for North American travel agents. This program, run by Tourism Fiji, is affiliated with the retail travel industry and the leading wholesalers and tour operators in North America. Tourism Fiji has designed this program with the view to develop a core of Fiji travel specialists who have the passion and the desire to build Fiji as a holiday and business destination. Through the Matai-Fiji Islands Specialist Program we familiarize, educate and continually keep agents updated with what's happening in Fiji. We also keep them informed about any exciting new products that we are about to launch.

This means, as a Matai Specialist, agents are always one step ahead of everyone else in their knowledge of what's happening in Fiji and what they can offer you as clients.

As we've said 'the splendor of Fiji is evident in so many ways, but nowhere more than in the caring souls of its people'. Our featured agents adhere to this innate sense of Fijian hospitality, passing their dedication to the finest service on to you.

With over 300 Matai Specialists, these are our leaders:

**"Tabua" (first tier):**

Diane Cameron CA  
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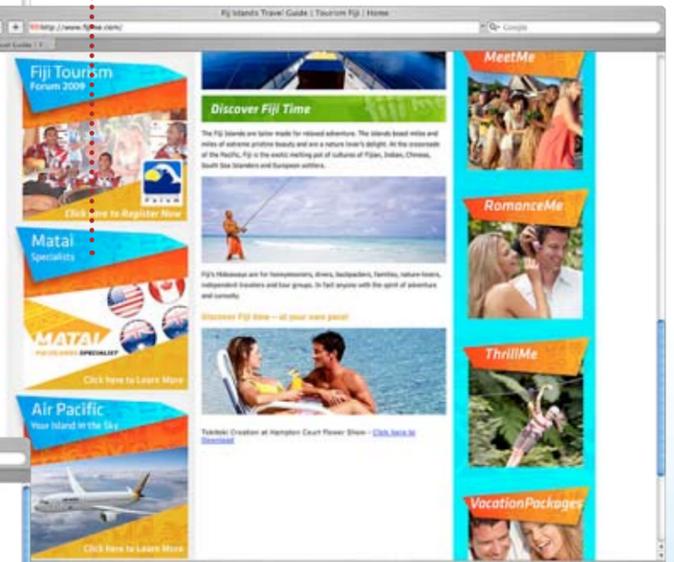
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"I had such a wonderful time in Fiji, completely fell in love and having experienced it now first hand, realize that not only is it a beautiful country with amazing accommodation but the warmth of it's people is what sets it apart from anywhere else I've encountered on my many travels around the world."

— Joanne Morgan  
 Fiji Matai Specialist, New York



## SUVA

While every region in Fiji offers a wide range of resorts that welcome or cater to the “fun, sun and culture seekers” among students,

backpackers and the budget conscious traveler, Suva is truly the must-see, must-do stop on a visit to Fiji. It offers easy access to adventure, shopping, inexpensive and varied dining and social (bars, clubs etc) options, cultural interaction and education and, for those interested, a true perspective to the history of the Fiji Islands.



Suva is the Capital of Fiji as well as the largest city in the South Pacific! It has become an important regional center for students from the Pacific region and a growing expat community that make up a significant chunk of the population. Suva is also Fiji’s political and administrative capital and home to almost half of the country’s population.

Suva was developed in the late 1800’s and retains much of the character of the colonial period. Its many attractions include shopping, book stores, restaurants, nightclubs, a bustling open air marketplace, a museum and sightseeing tours. You can enjoy a walk around the central city area, which will uncover numerous



surprises. The Roman Catholic Cathedral is a Suva landmark and a leisurely stroll down Victoria Parade (the main avenue) will introduce you to major banks and airline offices. Here you’ll also see the blending of traditional, early 20th century South Pacific buildings juxtaposed with modern high-rise structures.

For visitors seeking an unforgettable historical and cultural experience, there’s Levuka, Fiji’s most picturesque town and the original Capital of Fiji. Located on the island of Ovalau, a “puddle-jump” northeast of Suva, Levuka is also famous for many of Fiji’s ‘firsts’. It was the site of Fiji’s first bank, post office, school, private members club, hospital, town hall and municipal government. For travelers who want to experience a living heritage, Levuka is a trip back in Colonial times to a Fiji that is still untouched by mass tourism.



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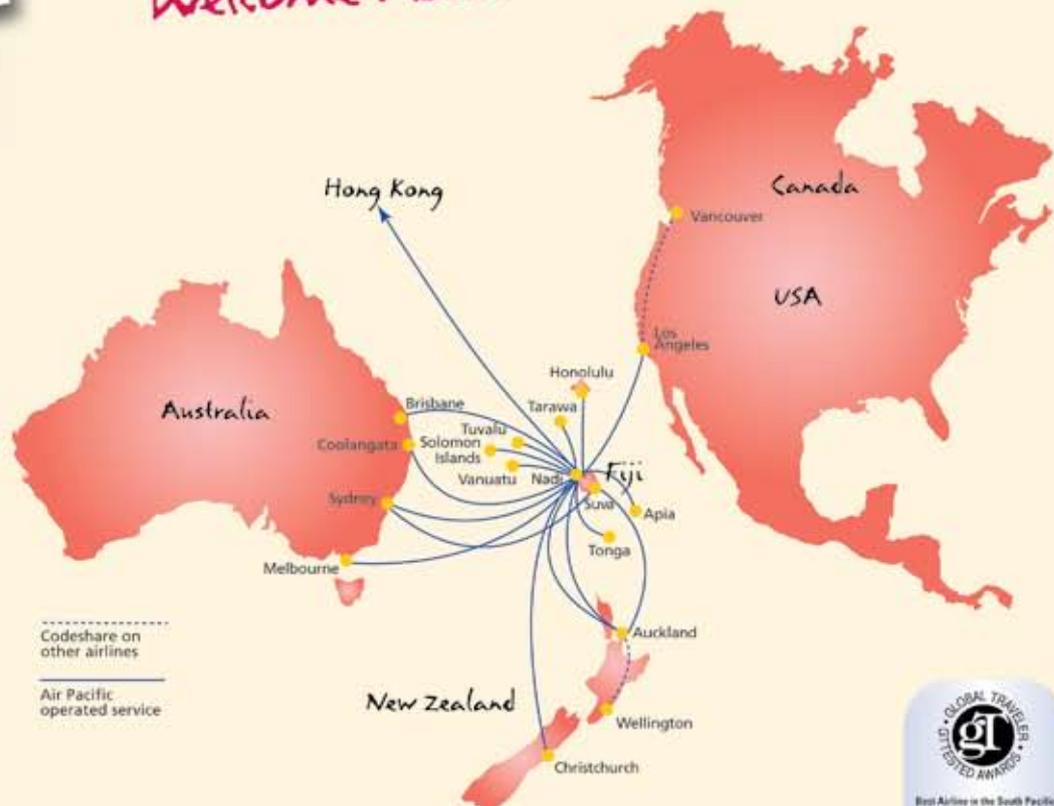
Your exotic island sojourn starts the moment you step on board one of Air Pacific's flights to Fiji and the South Pacific. We offer non-stop service from Los Angeles and Honolulu to Fiji, plus codeshare service with Alaska Airlines and Qantas Airways. We are also frequent flyer mileage partners with Alaska, Qantas and American Airlines. In addition, Pacific Sun, Air Pacific's regional carrier, provides seamless connections throughout the Fijian islands.

You'll enjoy the true Fijian hospitality and service Air Pacific is renowned for with:

- A FREE stopover in Fiji when traveling to many South Pacific destinations, such as Australia, New Zealand, and the Island nations of Tonga, Samoa, Vanuatu and the Solomons.
- "State of the Art" entertainment system in each seat with a wide selection of movies, cultural stories and kids programming as well as interactive video games.
- Amenity kits with products suited to encourage comfort and tranquility.
- Complimentary healthy light dinners and full breakfast served with an international influence along with a broad selection of world class wines, beverages, fresh fruit, sandwiches and desserts.
- Air Pacific's Business Class, Tabua, includes special service features including expedited check-in and priority baggage handling.

On Air Pacific you can count on friendly service, reliability and value for your dollar. Let Air Pacific take you to the enchanting South Pacific.

## Welcome Aboard!



For reservations, please contact your travel agent or call Air Pacific at

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