

fiji me.
rejuvenate me



rejuvenate me... **LIVING THE EXPERIENCE!**

Leave all that hustle and bustle behind, come to the Fiji Islands for a gentler pace of life.

Fiji is a melting pot of different races and cultures that will bring a warm, friendly and hospitable touch to your holiday experience whether it's in a hotel, on a village tour, interacting with the locals or walking through any of our towns and villages. The minute you step off that plane or cruise ship, you will experience the gentle approach to life of our wonderful people.



Fiji enjoys a pleasant, tropical two-season climate. Summer temperature averages from 22 to 33 degree Celsius and winter averages from 19 to 29 degrees Celsius.

We have a range of activities to suit your needs, whether it's a day cruise, sailing, coach tours, playing a game of golf or just laying on the beach enjoying Fiji's sunshine.

FIJI ISLANDS



WHY FIJI?...

- A safe, clean and unspoilt group of islands
- Friendly, warm and hospitable people
- A refreshingly authentic experience of a unique culture
- The melting pot of a multi-racial society at the cross roads of the Pacific
- Guaranteed stress-free vacation – everything is on “Fiji Time”
- Excellent dining options, variety of shopping experiences and magnificent landscaped golf courses for the avid or novice golfer
- Sensual experiences to relax your body and mind with spa and holistic treatments
- Enjoy an afternoon tea with locals singing melodies on a acoustic guitar just for you
- Witness local artisans weaving a basket or listen to the old tales of Fiji’s history in a village
- Living the experience in Fiji – enjoy spectacular sunsets, the dawn chorus, warm sand between your toes and floating in calm balmy waters.



SPORTING ACTIVITIES

Our islands are blessed with a year-round warm weather, golden sandy beaches, clear blue water and attractive coral reefs. Although a small island nation, Fiji has the facilities, infrastructure and atmosphere to provide a truly unique and unforgettable vacation experience.

Take up the challenge with a round of golf, venture out for a dawn swim or simply join the locals for a game of bowling on a nearby lawn.

From thrilling rushes, to soft laid-back activities, from exciting involvement to sideline observation, Fiji is a spectacular sporting wonderland.

Rugby

Fiji is renowned for its competitive abilities and achievements in the world of rugby. Whilst not many people succumb to the idea of participating in a torrid rugby match, many are avid fans of the game. Information on local and regional games is available through the Fiji Rugby Union – or ask at the hotel tour desk.

Fiji Rugby Union: fjirugby@connect.com.fj

Netball

Having previously hosted the “Golden Oldies Netball Festival”, Fiji provides all facilities from the competition to the social setting and everything in between. Age becomes no barrier as there are no scores or a winner, but only the opportunity to experience the fun and laughter entailed. For details contact the Fiji Sports Council.

Fiji Sports Council: www.fjispportscouncil.com.fj

Bowling

The Suva Bowling Club is the largest bowls facility in the country with 3 full size greens featuring 7 rinks each. The greens are kept to international standards. The Suva Bowling Club is the home of great events like the South Pacific Bowling Carnival, the 2003 South Pacific

Games, Premier National Events like the Pineapple Cup, Super 10's and many more.

Fiji Bowling Association: www.fba.imfiji.com

Golf

Fiji offers some of the finest championship golf courses in the Pacific, including Denarau, Suva, Shangri-la Fijian Resort and Pacific Harbour. Challenging courses, quality greens and year-round warm weather have helped put Fiji on the international sporting map. Equipment, caddies and carts are available.

Fiji Islands Golf Guide: www.fjivision.com/ecofiji/Golf.html



Hockey

From grass courts to world-class facilities, enjoy a game of hockey in this tropical island setting. For a more competitive edge, why not experience a fun-filled game with our local hockey clubs at the National Hockey Centre in the capital city of Suva.

National Hockey Centre: www.fjjsportscouncil.com.fj

HORTICULTURE

From spice gardens to attractive landscaped gardens with Fiji's native plants as well as an impressive collection of orchids, Fiji's tropical weather hosts a wide range of flora and fauna. The exquisite beauty of the gardens is unsurpassed. Fiji houses one of the world's largest orchid collections plus beautiful cultivated greenery and enchanting lily ponds. You can take a picnic and enjoy the peace and serenity of some of the most stunning gardens on earth.

Navua – Spices of Life: www.spicesfiji.com

Nadi – Garden of the Sleeping Giants: giant@connect.com.fj



EXCURSIONS

There is no shortage of activities in unspoiled Fiji. Venture out on an air-conditioned coach tour, visit an old colonial capital city, take a day trip through the highlands or take a day cruise to one of our secluded private islands. Fiji has it all.

Adventures in Paradise: www.adventuresinparadisefiji.com

Adventure Fiji: www.rosiefiji.com

Discover Fiji Tours: www.discoverfijitours.com

Coral Sun Fiji: www.coralsunfiji.com.fj

Wilderness Ethnic Adventure Fiji: www.wildernessfiji.com.fj



Day cruises

For a change of scenery, take a day trip to any island in the Mamanucas or the Yasawa Islands. Enquire at a tour desk at the resort that will provide you a wide range of options to choose from. Take a half-day trip or a full day trip and enjoy the warm sunshine and the feast that will be prepared for you at the islands. Non-motorised water equipments are free although a cost is incurred if you choose to dive.



Captain Cook Cruises: www.captaincook.com.au

South Sea Cruises: www.ssc.com.fj

Beachcomber Cruises: www.beachcomberfiji.com

Whale's Tale: funcruises@connect.com.fj

Adrenalin Watersports Fiji: info@adrenalinfiji.com

Cultural Centres

Unique, spectacular and fun cultural centres are one of the pleasant discoveries you'll make during your visit to Fiji. A brilliant blend of culture, tradition and the history of Fiji. You will discover and take part in authentic ceremonies, including the welcoming 'kava' ceremony, hear tales of local folklore, witness firewalking on bed of white hot rocks and savour sumptuous 'lovo' feasts.



Visit the Arts Village at Pacific Harbour, which is Fijian culture “alive and strong”- 25 acres of tours, shows, demonstrations, shopping, and restaurants. Ancient Fiji comes to life “Disneyland style” as you explore a village by boat or on foot. Take a seat in the grandstand to experience our live action-packed show with dancing, stunts, 'meke' traditional song and dance performance, mock battles and the famous “Beqa Firewalkers”.

Arts Village – info@artsvillage.com

Kalevu Cultural Centre -www.fjiculturalcentre.com

Fiji Museum

The Fiji Museum was founded in 1904 and houses some of the best-kept collections of Fijian artifacts that trace back history to more than 100 years. The Museum is located in the unique Thurston Gardens. Open six days a week from 09:30am to 4:30pm – Mondays to Saturdays.

Fiji Museum: www.fjimuseum.org.fj

Sri Siva Subramaniya Temple - Nadi

Nadi is the home to the largest Hindu temple in the southern hemisphere and is a 'must stop' for visitors wishing to experience the cultural and architectural diversity for which Fiji is well known. The intricate craftsmanship of the individual statues within the temple is the work of eight craftsmen brought to Fiji from India



NATIONAL PARKS

The National Trust of Fiji administers six national parks designated as areas of outstanding national beauty.

Koroyanitu National Heritage Park

If you are a keen walker or nature lover, the Koroyanitu National Heritage Park is definitely worth a visit. There are six villages within the park that cooperate as part of an ecotourism project. They maintain the landscape and tracks, and subsequently earn tourist dollars through village stays and manning the office. From here, you will have spectacular views of the Nadi Bay and the Mamanuca Islands. A knowledgeable tour guide will take you around. Village etiquette must be observed at all times.

Koroyanitu National Heritage Park: abacaecopark@connect.com.fj



Sigatoka Sandunes National Park, Viti Levu

This 4-mile stretch of large windswept sand dunes along the coast is a protected environment administered by the National Trust of Fiji. The park has a very informative visitor centre for details about the history and ecology of the region. There are several official trails to explore the sand dunes which often expose ancient pottery shards.

Sigatoka Sand dunes: nationaltrust@connect.com.fj

Colo-i-Suva Forest Reserve

Offers 6 square km of trails through rainforest less than 20 minute drive from Suva. The area has several small waterfalls, indigenous flora, bird life and scenic lookouts.

Colo-i-Suva Forest Reserve: raintreelodge@connect.com.fj



Bouma National Park, Taveuni, Northern Islands

On the beautiful Garden Island of Taveuni this park offers three separate day hikes - Tavoro Waterfalls, Lavena Coastal Walk and Vidawa Rainforest Hike.

There is also a rough trail to Lake Tagimoucia, home of the rare Tagimoucia flower that comes out in abundance between September and December.



Nausori Highlands

This inland rural area is an impressive collection of rolling hills, river valleys and volcanic peaks. The highlands also offer fantastic views over the Mamanuca and southern Yasawa islands to the west. Experience these sights in air-conditioned comfort.

Lovoni Trail, Ovalau, Lomaiviti Group

The tropical mountains behind Levuka on Ovalau have some excellent trails, waterfalls and swimming pools to explore. The beauty here is that they can all be reached from the road a short walk from the historic town of Levuka.

Coach Tours

Air-conditioned coaches, chauffeur-driven limousines and professional service ensure the right choice can be made when dealing with Fiji's inbound tour operators.

Adventure Pacific Tours: www.aptfiji.com

ATS Pacific: www.atspacific.com/fiji

Coral Sun Fiji: www.coralsunfiji.com.fj

Rosie Holidays – Adventure Fiji: www.rosiefiji.com

Rental Cars

Name brands, professional service, desks of leading rental car companies are located at most resorts, hotels and at Nadi International Airport.

Avis Cars: aviscarsfj@connect.com.fj

Budget Rental: www.budget.com.fj

Hertz Rental: hertzfiji@connect.com.fj

Khans Rental: www.khansrental.com.fj

Thrifty Cars: www.rosiefiji.com



SPA AND WELLNESS

Immerse yourself in splendid isolation in the most unspoiled reaches of the Fijian archipelago. Be pampered. Come enjoy some of the most extensive spa treatments in the South Pacific. You will find a spa in many properties of your choice for a truly relaxing holiday!



There are also some properties that would allow you to enjoy the traditional “bobo” (massage in Fijian). Enjoy the sensual massages passed down traditionally from generations as they knead all your stress away.

Fiji Spa Listing:

Heavenly Spa – Westin Denarau Island Resort & Spa:
www.westin.com/denarauresort

Harmony Retreat – Radisson Fiji Denarau Island Resort:
www.radisson.com/fiji

Senikai Spas: www.fjisenikaispas.com

Mandara Spa: www.mandaraspa.com

Warwick Fiji Resort & Spa: www.warwickfiji.com

Joy Spa – Naviti Resort & Spa: www.navitiresort.com.fj

Bebe Spa – Outrigger on the Lagoon Fiji: www.outriggerfiji.com

Baravi Spa – Yasawa Island Resort: www.yasawa.com

Leilani Spa – Malolo Island Resort: www.maloloisland.com

Rainforest Spa – Koro Sun Resort & Spa: www.korosunresort.com

Fiji Luxury Spa - Jean Michel Cousteau Fiji Islands Resort:
www.fjiresort.com

Namale Resort & Spa: www.namalefiji.com

Maravu Plantation Beach & Spa Resort: www.maravu.net

Guinot Waterfront Spa – Qamea Resort & Spa: www.qamea.com

Pure Fiji: www.purefiji.com

CRUISE / CHARTERS

Comprising over 333 islands, Fiji offers unsurpassed opportunities for exploration in both secluded cruises and make-your-own itinerary charters. There are world-renowned cruises to the famous Yasawa Islands – twice the setting for the movie, *The Blue Lagoon*. Cruises also operate to the Mamanuca Islands and northern parts of Fiji and various other equally spectacular destinations.



© Blue Lagoon Cruises

Imagine waking up every morning to a new paradise. Days of turquoise seas, palm fringed islands and the intimate tranquility of boutique island cruising. While we're spoiling you, we'll cruise to unspoilt islands, visit remote Fijian villages, swim and snorkel in some of the most beautiful waters in the world. You will experience first hand the ancient Fijian culture, where people live today as they have for hundreds of years.

Blue Lagoon Cruises: www.bluelagooncruises.com

Awesome Adventures: www.awesomefiji.com

Captain Cook Cruises: www.captaincook.com.au

South Sea Cruises: www.ssc.com.fj

Live Aboard



If you're looking for something more intimate, charter a yacht for day trips including fishing and snorkelling gear and lunch. Yachts can cater to six people, all of whom will be thoroughly pampered.

Coral Cats: sailfiji@connect.com.fj

MV Sundancer: www.sundancerfiji.net

Tui Tai Adventures: www.tuitai.com

Day cruises

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Captain Cook Cruises: www.captaincook.com.au

South Sea Cruises: www.ssc.com.fj

Beachcomber Cruises: www.beachcomberfiji.com

Whale's Tale: funcruises@connect.com.fj

Adrenalin Watersports Fiji: info@adrenalinfiji.com

HOMES FOR RENT

Fiji, the land of extraordinary natural beauty, ancient rituals and warm-hearted people make this tropical destination an ideal choice for an infinite variety of experiences. With a wealth of endless options, it is no wonder why Fiji is so hard to leave. Live the experience by staying a bit longer to share with us this paradise we call home!

There is a selection of self-containing or serviced apartments or villas to choose from.



SHOPPING IN FIJI



In Fiji you can find a wide variety of shops: from small independent traders in towns to factory outlets, duty-free to handicraft shops, a wide range of gift items are available for you to choose to take home.



Even if you decide to stay in any of our island resorts, visit any of our villages and shop from our shell markets with bags, bracelets, necklaces and shells especially made by our ladies in the village.



Our souvenir shopping includes hand-made art and crafts. Displays of weaving a basket or a mat, pottery making, hand pounding of masi (Fiji's traditional bark cloth) and woodcarving can be seen in a Fijian village. Take time to enjoy as well our special song and dance performances known as 'meke'.



FIJI ISLANDS VISITORS BUREAU CONTACTS



Head Office – Fiji Islands

Suite 107, Colonial Plaza
Namaka, Nadi
PO Box 9217, Nadi Airport
Tel: +679 6722433
Fax: +679 6720141
Email: marketing@fijifvb.gov.fj

Suva Office – Fiji Islands

Thomson & Scott Street
PO Box 92, Suva
Tel: +679 3302433
Fax: +679 3300986
Email: infodesk@fijifvb.gov.fj

Australia

Level 12, St Martin's Tower
31 Market Street, Sydney
NSW 2000
Tel: (02) 92643399
Fax: (02) 92643060
Email: infosyd@bulafiji.au.com

New Zealand

35 Scanlan Street, Grey Lynn
Auckland
Tel: (09) 376 2533
Fax: (09) 376 4720
Email: info@bulafiji.co.nz

United States

5777 West Century
Boulevard
Suite 220 Los Angeles
CA 90045
Tel: (310) 568 1616
Fax: (310) 6702318
Toll Free: 1-800 YEA FIJI [1 800 932 3454]
Email: infodesk@bulafiji-americas.com

Japan

Level 14 Noa Building
3-5, 2 Chome Azabudai
Minato-Ku Tokyo 106
Tel: (03) 3587 2561
Fax: (03) 3587 2563
Email: info@bulafiji-jp.com

United Kingdom/Ireland

Lion House, 111 Hare Lane
Claygate, Surrey
KT10 OGY
Tel: (1372) 475772
Fax: (1372) 470057
Toll Free: 0-800 652 2158
Email: fiji@ihml.com

South Korea

Suite 919, SK Richeuble, #116
Hap-dong, Seodaemun-gu, Seoul
Tel: (02) 363 7955
Fax: (02) 363 7954
Email: fvbkorea@gmail.com

FVB Europe

Karl Marx - Allee 91 a
10243 Berlin, Germany
Tel: 49 (30) 4225 6285
Fax: 49 (30) 4225 6286
Email: info@BulaFiji.de

