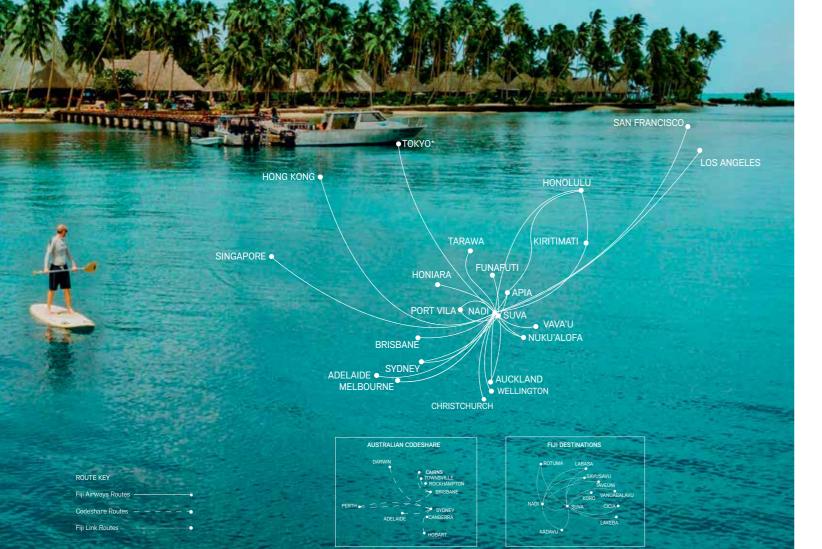


RUSH MOUR

<u>That's a little more Fiji</u>



*Flying direct three times weekly from Nadi to Tokyo from July 3rd 2018. Subject to government approvals.

With a route network that spans 23 destinations in 13 countries our airline provides unequalled access to the Pacific through our hubs in Nadi and Suva, Fiji to destinations in the USA, Pacific Islands, Singapore and Hong Kong. Travellers from Australia will find convenient flights departing to Fiji and beyond from Sydney, Melbourne and Brisbane with up to 25 flights per week using Airbus A330 aircraft and Boeing 737 aircraft, offering world class service in both Business and Economy class. Fiji Airways is affiliated to Qantas (QF), Alaska Airlines (AS) and American Airlines (AA) frequent flyer and mileage awards partner programs and members flying with Fiji Airways can earn points or miles, plus status credits on Qantas or Alaskan Airlines programs. Within Fiji, Fiji Link offers services that are reliable, comfortable and competitively priced, with a comprehensive range of schedules to connect.

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ON THE COVER: CASTAWAY ISLAND. OR QALITO, ONE OF THE MAMANUCA ISLANDS lmage: iStock



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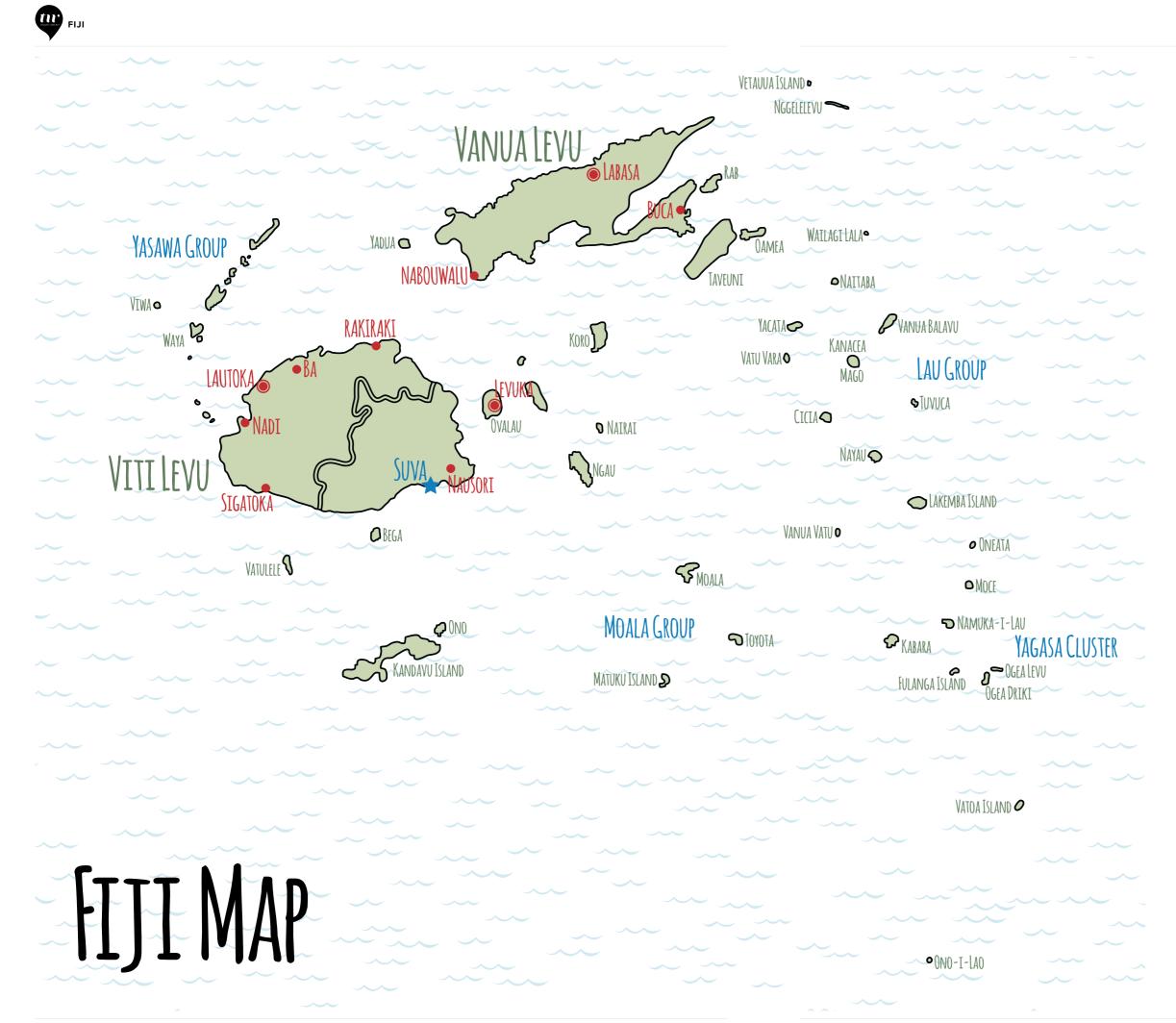
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Fiji consists of 333 islands and is located in the South Pacific Ocean.

Most people live on the two largest islands, Viti Levu and Vanua Levu.

Suva is the capital of Fiji and is located on Viti Levu.

Fiji has a population of approximately 900,000.

In summer, the wet season runs from November to March while the dry season occurs during the cooler months from May to September.

Fiji is warm for most of the year, with an average maximum temperature of

32 degrees Celsius around the coast. Even in the cooler season (May to October), the average temperature is still

22 degrees Celsius.

English, Fijian and Hindu are the most widely

spoken languages.

THE CURRENCY IS THE FIJIAN DOLLAR (FJD). ONE FIJIAN DOLLAR IS WORTH ROUGHLY 0.64 AUSTRALIAN DOLLARS.

ATMs are widely available in airports, major towns and cities.

The main international transit hub is Nadi International Airport.

To enter the country, visitors need a passport valid at least six months beyond the date of entry as well as an onward ticket.

If you are an Australian passport holder and are visiting Fiji for less than four months, you do not need to apply for a visa in advance.

Like Australians, Fijians drive on the left-hand side of the road.

+679 is Fiji's international dialling code.



Getting there with Fiji Airways

Fiji Airways is the international airline of Fiji and when you board your Fiji Airways flight, you will instantly enjoy the hospitality of one of the world's friendliest cultures. When you are welcomed with a beaming smile and unrivalled hospitality, you travel as part of the Fiji Airways family - not just a tourist.

Fiji Airways has a modern fleet of Boeing 737 and Airbus A330-200 aircraft. Both aircraft offer business and economy class options. On all international services, passengers receive a complimentary meal, drinks, in-flight entertainment options, up to 23kg of checked baggage in economy and up to 40kg in Business class.

It's easy to get there

Direct flights to Nadi depart Sydney twice daily, from Brisbane daily, from Melbourne five to six times weekly and twice weekly from Adelaide. Plus connect from Perth, Darwin, Cairns, Rockhampton, Adelaide, Canberra and Hobart on codeshare flights with partner airline Qantas, via Brisbane or Sydney.

Food

Wonderful fresh ingredients and vibrant flavours define Fijian food and Fiji Airways will give you a taste of this delicious South Pacific cuisine. Meals are offered with a full range of beverages on long-haul flights. Lighter snacks are offered on all short-haul journeys with drinks available for purchase.

Entertainment

A complimentary in-flight entertainment program is offered on all flights, through personal screens or throughout the main cabin on overhead screens. All business class passengers and economy passengers on selected long-haul flights can enjoy FijiTime, a new inflight entertainment program that offers on-demand movies, TV and radio.

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Economu class

Economy class on Fiji Airways offers you your first taste of one of the world's most welcoming cultures. Sit back and enjoy stylish cabin decor, complimentary inflight entertainment and the services of the friendly cabin crew. Our economy class passengers receive one piece of 7kg carry-on and 23kg check-in luggage, with in-flight entertainment, a hot meal and beverages.

Business class

Fiji Airways' exclusive business class is ideal for discerning travellers looking for a unique and luxurious experience. This deluxe service begins before you board the plane, with express airport lanes and access to lounge facilities at selected airports. A three-course fine dining menu, a range of beverages and on-demand in-flight entertainment ensure that passengers have a relaxed and comfortable flight.

Business class passengers receive two pieces of 7kg carry-on and 30kg priority tagged check-in luggage. In addition to priority check-in and boarding, our business class passengers also access our business class lounge at Nadi International Airport plus affiliate Qantas lounges in Sydney, Brisbane and Melbourne.

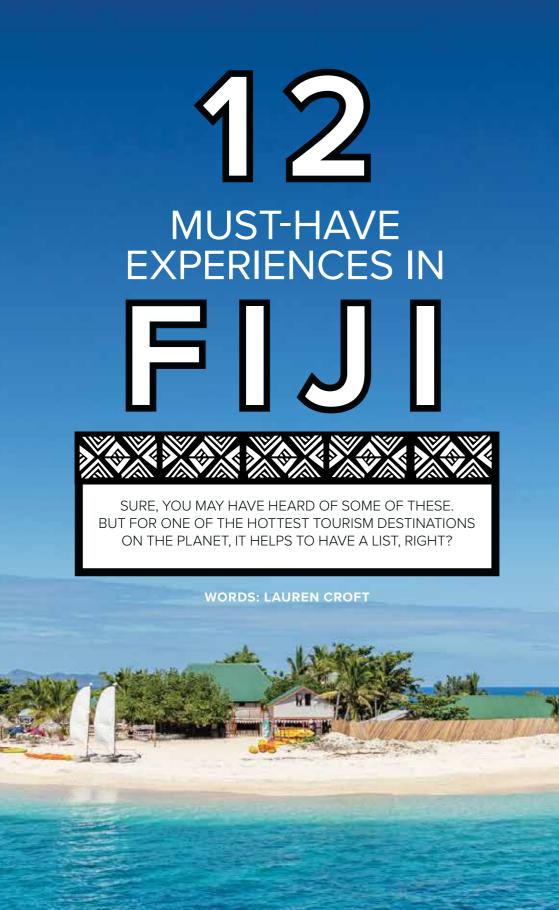
Our onboard service includes gate to gate entertainment on your personal in-flight screen, noise cancelling headsets, a welcome Fiji rum cocktail with canapés, followed by a three course meal, accompanied with world renowned wines and spirits.

Tabua Club

For frequent travellers to and from Fiji, membership to Fiji Airways Tabua Club offers benefits such as priority check-in, priority flight reservations, extra baggage allowance, earn points towards upgrade credits, access to partner lounges in Australia and the newly opened Fiji Airways Premier Lounge at Nadi International Airport.

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1. QUAD BIKING

One of the wildest (and best) ways to see the vast Fijian landscape is on a quad bike. It also happens to be one of the most intimate ways – as often you'll see places you wouldn't other than on a quad bike.

Go Dirty Tours have a range of tour options available, from two or three hours up to five hours. Be prepared for mud pools, hot springs, traditional villages and mountain dirt tracks. There's even a combined quad biking and helicopter tour to see the lush Fijian landscape both from the ground and with a bird's eye view.







2. SHARK SNORKELLING

Whilst many have heard of diving with sharks, this experience may be a little easier (or a little harder, maybe) for some to swallow. Rather than diving down next to the sharks (although you can if you want to) snorkellers float above the sharks in a shallow reef as they feed on fish heads that guides have left under rocks.

The Barefoot Kuata Island Resort offers the rare opportunity to snorkel with reef sharks in warm, clear water. But don't be scared; reef sharks are usually fairly small – and they won't bite.





3. TRY KAVA

You may have heard of this traditional drink before heading to Fiji, and trust us, it's worth a taste. It's the unofficial national drink of Fiji – and the country's citizens drink it ceremonially. It's also known as *Yaqona*, and is a large part of Fiji's culture.

Kava comes from the root of the yaqona bush, and is ground up and then strained with water into a large wooden communal bowl, which, in a traditional kava ceremony, everyone then sips from.

It's effects are mildly sedative – and a large amount will make you sleepy and sluggish. Best just to have a small taste if you're on the go.

4. VISIT A CULTURAL SITE

This goes without saying, as Fiji has some of the best cultural activities in the Pacific.

Visit a traditional Fiji Village for the full experience, as Fijians welcome you with a ceremony, the aforementioned kava, plus a tour and description of how they incorporate a traditional way of life into more modern times.

Ancient Fijian burial grounds and pieces of pottery dating back hundreds of thousands of years have been discovered in the Sigatoka Sand Dunes National Parkland, while Tavuni Hill Fort offers a glimpse of what war was like in Fiji – with a view to boot.

5. RELAX ON A BEACH

An absolute must-do experience in Fiji is what you've been expecting – and chilling on a beach is the perfect end to any day, or week, that's filled with adventure.

And where silky, white sand meets beckoning clear water, you're bound to find your zen. Basically, to say the beaches in Fiji are hard to leave would be quite a large understatement.

And you never have to travel far to find one. Whilst some of the best beaches would arguably be on the smaller islands, the Coral Coast on Viti Levu has more than a few stretches of sand worth a visit.







6. WHITE WATER RAFTING

This is one of the most adventurous, adrenalinrushing activities to do in Fiji, particularly in the county's stunning rivers and gorges, where calm, still water meets small waterfalls and rushing rapids. Hold on for dear life as your inflatable little raft takes you down river, over rocks and past exotic wildlife and lush greenery.

Most tours include a stop for lunch and a photo opportunity at a waterfall – perfect for swimming under before heading back to your raft.

Rivers Fiji run all-day white water rafting tours, departing in the morning and visiting a local village along the way, as well as the obligatory waterfall stop, of course.







7. VISIT AN ECO PARK

Checking out an Eco park is a terrific alternative to visiting a zoo – and is a chance to see and interact with the wildlife of Fiji. Plus, it's a great day out for the whole family.

The Kula Wild Adventure Park has a ton of activities and attractions on offer, like a stunning coral display (the largest in Fiji, in fact), where you can watch marine life support technicians handfeeding individual coral. They also have a largerthan-life animal display. Walk through habitats with parrots, fruit bats, iguanas, Kula birds, herons, and more – and get up close and personal with other animals, including snakes and lizards.





8. ZIPLINING

FIJI

For a different view of Fiji, why not fly through the trees and soar over the lush landscape on a zipline tour. Not only does ziplining offer a rush for adrenalin junkies, but a chance to immerse yourself in the Fijian jungle like never before – and with views to write home about.

Zipline Fiji offers the a full ziplining experience, soaring through the rainforest, exploring tree top canopies and looking at rivers and waterfalls from above, plus ziplining through Fiji's largest cave. An experience not to be missed.

9. TAKE A COOKING CLASS

With Pacific, Indian and Asian influences, the food of Fiji has been underrated for far too long. And the best way to get to know a culture's cuisine is to take a cooking class. Picture a visit to the markets to buy the freshest Fijian ingredients followed by a lunch you've made yourself.

Classes at the Flavours of Fiji cooking school, based in Denerau, include a food culture presentation, cooking lesson, lunch, refreshments and take-home recipes. There's also a visit to the bustling Nadi marketplace which is jam-packed with farmers and vendors.









10. VISIT THE MAMANUCA ISLANDS

If there's one thing Fiji is famed for, it's the islands. And the Mamanuca variety are arguably the best of the best. Think long, white stretches of sand accompanied by warm, crystal clear water. Just a few metres out from the shore you'll find pristine snorkelling spots ripe for exploring.

Not only are the Mamanuca Islands the closest to Nadi International Airport, they are also some of the most picture-perfect in Fiji.

Accommodation ranges from backpacker lodges to five-star resorts, and activities range from jetski safaris and skydiving to sailing and diving. This paradise truly offers something exciting for every traveller.





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11. ENJOY A SPA TREATMENT

Fiji is almost synonymous with luxury, and luxury is synonymous with spa treatments. Try a traditional Fijian massage, a relaxing body scrub and wrap or a rejuvenating facial. Better yet, try them all.

Spas like Spa InterContinental, Heavenly Spa By Westin, Bebe Spa at Outrigger Fiji Beach Resort in Sigatoka and the Essence of Fiji Rejuvenation Centre in Nadi offer some of the best treatments in Fiji. The latter is perfect for a layover, and the Bebe Spa provides guests with fresh fruit and cold champagne. What more could you want?

12. STAY IN A FIVE-STAR RESORT

These grand properties are abundant throughout Fiji, and for good reason – the islands are one of the top destinations in the world for honeymoons and weddings. And where there's romance, there's luxury.

Resorts on the main island of Viti Levu like Nanuku Auberge Resort, InterContinental Fiji Golf Resort & Spa, Westin Denarau Island Resort and Shangri-La's Fijian Resort and Spa offer terrific five-star experiences.

For exclusive and secluded five-star accommodation, head to private island resorts like the Royal Davui Island Resort Fiji, Kokomo Private Island Fiji and Matangi Private Island Resort. Picture flying in on a helicopter, settling into your overwater bungalow's infinity pool and watching the sunset whilst your private chef cooks a delicious Fijian feast. Now that's five-star.

Undiscovered F2010

YOU'VE HEARD OF NADI, SUVA AND PARADISES LIKE DENARAU AND THE MAMANUCA ISLANDS. BUT THERE'S MORE TO FIJI THAN THESE WELL PATRONISED SPOTS. MAY WE RECOMMEND A VISIT TO A FEW OF THESE GEMS

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WORDS: LAUREN CROFT

YASAWA ISLANDS

This stunning group of 20 islands remain largely undiscovered by visitors – and once you're done ogling at the views, there's a plethora of activities to try as well.

On Wayalailai Island, you can climb to the top of a mountain to watch the sunrise, or hike the length of the island and cross over to Waya Island. No matter which isle you're on, the hiking is an easy level – and the views are worth it.

On most of the islands you can also rent a kayak, perfect for an early morning paddle through the nearby crystal clear waters before a relaxing afternoon fishing for some fresh seafood.

For more adventurous travellers, swim with Manta Rays in the channel between Drawaqa and Nanuya Balavu islands, where they come to feed from May to October each year. The Sawa-i-Lau caves should also be high on your bucket list – located within Fiji's spectacular Blue Lagoon, the caves are comprised of ancient limestone formations. Hidden within the Yasawa Islands, the journey to the caves alone is worth the trip.

Generally, the Yasawa Islands are one of the best value places to visit in Fiji too, and whilst filled with cheaper accommodation options, there are also luxury places like the Yasawa Island Resort, which is adults only with some amazing food and plenty of activities to get stuck into.

TAVEUNI ISLAND

This picture-perfect paradise is the third largest island in Fiji, and is also known as the Garden Island due to lush rainforests and waterfalls aplenty. On top of this, it's also home to a marine park and Bouma National Heritage Park as well as the Gaiatree Sanctuary, making it a dream destination for those looking to escape the familiar.

The Bouma National Heritage Park makes up over a third of the island, and is home to vibrant birds and a magnitude of other wildlife. Here you can experience beautiful hikes with breaks to cool off under sparkling waterfalls and in the secluded swimming holes that accompany them.

For a culinary experience immersed in the greenery found over most of the island, visit the Gaiatree Sanctuary, an organic spice plantation with a food forest, nectar dome, lush gardens and a farm-to-table menu. Before lunch, pick fresh food that's grown on over 50 different plants – from star fruit to cacao to turmeric.

Head to the edges of the island to experience long stretches of beach and coral reefs galore. The Waitabu Marine Park is Fiji's oldest. It's a place where crystal clear waters are home to more marine life than you'll have ever seen. Little wonder why – the Waitabu Village declared the park to be a no-take fishing zone. It truly is marine paradise.





ISLAND RESORTS

There is nothing truly akin to paradise more than a private island, and in Fiji, island resorts like Kokomo Private Island Fiji and Royal Davui Island Resort do private better than anywhere else.

Kokomo Private Island Fiji is the vision-come-to-life of Australian property developer Lang Walker, and is an experience in luxury from the minute you step off the seaplane from the mainland until your last sunset dinner – accompanied by panoramic views, of course. The resort comes with complimentary snorkelling excursions and equipment, or you can venture deeper with a diving trip to unbelievable spots exclusive to the resort. There's 21 beachfront villas and five luxury residences to choose from, as well as an anchor package for yachts.

You wouldn't know that Royal Davui Island Resort was only 30 minutes away from the mainland, but this island paradise is truly remote – and in fact with only 16 villas, you could rent the whole island for a private holiday, honeymoon or wedding. All of the delicious food is included, as are cooking classes, sea kayaking, sailing, snorkelling, local entertainment and guided reef tours. Plus, if you lock yourself in for more than seven nights, a helicopter transfer is included. Now that's luxury.



PACIFIC HARBOUR

Most drive straight through Pacific Harbour on their way to bustling Suva, but it's the undisputed adventure capital of Fiji and worth a stop.

You'd be forgiven for thinking Pacific Harbour was anything but adventurous – the collection of culs-desacs, perfect lawns and holiday villas don't exactly scream swimming with sharks or ziplining through the trees. But that's what you can expect here, plus much, much more.

The former usually takes place just off the coast of Beqa Island, where you can scuba dive down to the depths of the ocean, shark food in hand. Or if you'd rather stay above the depths, jet ski and snorkelling tours are the order of the day, as is a white water rafting trip or an adrenalin-filled tree top zipline tour.

To slow down, visit the Pacific Harbour Arts Village for local food and crafts or check out the traditional Navua Village via bamboo raft.



CAPTAIN COOK CRUISES

What's the best way to soak up the finest of the Fijian islands? By boat, obviously. But for island hopping without the bumpy waves, life jackets and soaking seats, a small ship cruise is what you're looking for.

Captain Cook Cruises Fiji offers day cruises right up to 11 nights sailing through paradise. The smaller ships are perfect for seeing absolutely everything the islands have to offer, all from the comfort of your very own vessel, where staying dry is a guarantee.

You can cruise through the northern Fiji islands, the Lau Islands or explore the Yasawa Islands by boat for a few nights, or opt for a sunset dinner cruise or a day on the ship around Tivua Island.

This is perfect for those who don't want to fly and flop - on a short Fiji cruise you can swim and snorkel daily in gorgeous waters, take a glass bottom boat tour or a kayaking excursion, plus explore island towns.

THREE SURPRISES YOU'LL UNEARTH **IN FIJI**

IT GOES WITHOUT SAYING THAT AN ISLAND PARADISE. BUT HERE SOME OF ITS QUALITIES YOU MAY HAVE OVERLOOKED

WORDS: LAUREN CROFT

THE FOOD

Though it may not have had a reputation for great food in the past, Fiji has really stepped up its game. The islands have an amazing selection of local produce, which many chefs are using in the most ingenious ways possible.

Malamala Beach Club boasts Australian chef Lance Seeto, who cooks everything from scratch - from the chipotle guacamole in the blackened fish tacos to the humble tomato sauce. But here, none of the food could be considered humble - it's all delicious.

For your coffee fix in Nadi, head to Taste (which also has pastries to die for) or Café O, but beware, this isn't the place for soy latte lovers.

Resorts like Likuliku Lagoon Resort, Kokomo Private Island Fiji, Tokoriki Island Resort, Royal Davui Island Resort and Nanuku Auberge Resort have also been key in bringing up the quality of food across the islands whilst using the abundance of fresh produce available.

Likuliku places an emphasis on local seafood and tropical fruit, Tokoriki offers a tepanyaki experience and Nanuku will provide you with a gourmet picnic, filled with garden fresh produce and delicious seafood straight from its backyard. Kokomo, meanwhile, has its own farm, while Royal Davui has all-inclusive dining. To say these resorts have taken Fiji's cuisine offering to the next level would be the understatement of the century.

A DIFFERENT KIND OF TOURISM

community program.

Sustainable and responsible tourism is on the rise, and Fiji is no exception, with many properties becoming more eco-friendly and giving back to the community. At the Jean-Michel Cousteau Resort guests can plant coral for a travel experience that will have a lasting effect, and the Shangri-La Fijian Resort gives much needed help to the local schools and villages through its inspiring To experience true Fiji communities, take a five-day tour with Hands On Journeys and visit villages that rarely see tourists. You can take part in cooking classes and explore how Fijians traditionally live, and the company then gives back to the village communities and helps them build a better future.

The newest eco-friendly resort on the block is Six Senses Fiji, which opened in mid-April and is 100% solar powered. The resort uses Tesla battery packs to power its off-grid solar installation, which is one of the largest in the Southern Hemisphere. Six Senses also has its own water refinery, which produces high quality drinking water without using plastic bottles. Its sustainability practices range from the enormous (the former), right through to the resort's fruit and veggie garden and free-range chicken farm - both of which drastically reduce their environmental footprint.

ADULTS-ONLY ROMANCE

Okay, it isn't exactly surprising that Fiji is great for romance, but it's also pegged as a family friendly destination, which means there can be kids running around most of the resorts. But not these resorts. A few properties have opened new adults-only sections, whilst there are many luxury, boutique properties that are kid-free, period. Hilton Fiji Beach Resort & Spa has just opened its new adults-only section,

Koro, which combines two stunning beachfront pools and live entertainment every night, coupled with all-day dining options, ocean views and a long, long list of wine and champagne to choose from. Marriott Momi Bay, meanwhile, echoes a similar sentiment with its adults-only section, comprised of overwater villas and an infinity pool to die for.

Both the Royal Davui Island Resort and Qamea Resort and Spa are completely adults-only. Qamea includes activities like stand-up paddle boarding and snorkelling in its packages, and Royal Davui is its own private oasis, perfect for honeymooners and couples.











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