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## Nadi Travel Guide

Nadi Airport is the main tourist hub in Fiji and where all international flights arrive and depart. There are several hotels opposite the airport which make a convenient base for stopovers or for day rooms.

Nadi itself has little to offer the tourist but it does make an excellent base for exploring the surrounding countryside and offshore islands on day tours. Most of Nadi is set inland but the beach resorts around Nadi Bay make a good place to spend the night. However, don't expect a beautiful white sandy beach, swimming or snorkelling - only pleasant views of the offshore islands and along the coastline. For those heading to the outer islands, or on early morning or late evening flights, it's likely you'll need to spend a night here.

### **Nadi Airport & Martintar**

For convenience, Nadi Airport hotels offer excellent value for money. Half way between the airport and town is Martintar, a busy residential suburb with lots of good restaurants and several lively bars.

### **Nadi Bay - Wailoaloa Beach**

Although Nadi beach doesn't have the picture postcard white sands and turquoise lagoons of the offshore islands, it does have stunning views and beach walks, cool ocean breezes and sunsets over the islands making it an attractive place to start or end your holiday, or as an affordable base for day cruises to the Mamanuca Islands and into the interior. It's also the most popular backpacker and budget hotspot in Nadi.

### **Nadi Town**

Nadi Town itself has lots of nice boutique shops selling Bula shirts and handicrafts, several good restaurants and a bustling local produce market. It's a functional town although here the tourism touts are on the streets trying to befriend you and sell their tours. There is a fine Indian temple at the end of town that is worth browsing around for a little peace and quiet. Getting around by taxi is easy and cheap.

### **Denarau Island**

Nadi's most exclusive resort lifestyle residences is at the superficial Denarau Island which boasts several large international hotel groups alongside the ocean including the Sofitel, Hilton and Sheraton brands. The beach on Denarau stretches for a couple of miles and makes for good walking - however, the sand is greyish from the nearby mangrove swamps and the sea is usually too murky for snorkelling. Denarau has several excellent independent restaurants at the modern and rather artificial Port Denarau Shopping centre, a pleasant but flat championship golf course and all weather tennis

courts. Most of the day cruises to the offshore islands as well as island resort transfers leave from the marina at Port Denarau.

The Denarau Golf Course is a cart only course and costs around F\$120 per round. The course is long and flat with lots of bunkers and water hazards making it challenging but unfortunately its layout is rather monotonous and there are few nice scenic holes. Overlooking the golf course is the Golf Terraces which offer 1 to 3 bed apartments ideal for golf lovers and families, and it's a minute stroll from here to Port Denarau with its shops, bars and restaurants.

### **Nadi South & Vuda Point**

Ten minutes drive south of Nadi Town, past sugar cane fields and Indian settlements, is Sonaisali Island with its popular resort. About twenty minutes north of the airport is Vuda Point with its stunning views over the bay and of the surrounding mountains. Vuda has an picturesque sandy beach although the lagoon is too shallow for swimming or snorkelling. There are two resorts here which make pleasant bases: First Landing Resort is next to the marina and has the convenience of both day cruises and dive excursions: Anchorage Beach Resort has exquisite mountain views.

### **Rural Nadi**

There are several attractions in this region including the Garden of the Sleeping Giant with its wonderful orchid gardens, and Koroyanitu National Park with its hiking trails, waterfalls and overnight accommodation. From the village, walking tracks head into the tropical rainforest to waterfalls, or along the grassy mountain ridges following the ancient walking trails that connect the villages of the interior. You can hire a guide from Abaca Village and walk cross country for days. For those with less time, the 3 hour loop trail offers a great variety of scenery and four waterfalls.

The Nausori Highlands makes an excellent day trip from Nadi, climbing high into the interior. There are some stunning vistas along the dirt road, several walks and the ancient village of Bukuya which has some unique legends, sacred waterfalls and a village walking tour.

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