

# Viti Levu



Frequently referred to as ‘the mainland’ Viti Levu is that hub of a place where commerce, industry and the small matter of running a country supersedes the idyllic holiday business ‘offshore’. Around three-quarters of the population resides here, many in the three biggest cities; Suva, Lautoka and Nadi. That said, don’t forget that we are talking about Fiji, so while Viti Levu may be all the above to the local population, for visitors it’s an opportunity to discover a Fiji you never imagined.

With the exception of Natadola, Viti Levu’s beaches run a poor second to the sublime shorelines on the outer islands; but the island’s best features lie elsewhere. Turn your attention from the coast and plant it firmly in the cooler climbs of the interior’s dramatic highlands. Trek through national parks, freshen up under a waterfall or 10 and visit a local village without the gimmicky hype. Marvel in the views and history of hill forts or get caught up in the heady hype of a local festival. Don your culture vulture hat and delve well beyond the brochures in Fiji’s sultry capital. Sporting the country’s most diverse population, cuisine, cultural attractions and nightspots, Suva is the best spot to simmer in the local culture.

Quite simply Viti Levu is all things Fijian that an idyllic beach is not. But, if you’re still yearning for a slice of the coast, escape to enigmatic Nananu-i-Ra island in the north, renowned for its windsurfing and diving, or pick and choose from the smorgasbord of resorts along the Coral Coast.

## HIGHLIGHTS

- Take a southern road trip along the scenic **Coral Coast** (p103)
- Trek the spectacular mountains of **Koroyanitu National Heritage Park** (p143)
- Savour some urban culture in **Suva’s bars** (p133) and **restaurants** (p130)
- Explore Fijian culture at the **Fiji Museum** (p121) and **Ka Levu Cultural Centre** (p103)
- Kayak or raft the mighty **Navua River** (p113) in the rugged Namosi Highlands
- Dive at **Beqa Lagoon** (p115) and **Nananu-i-Ra’s** (p140) vivid reefs
- Tackle the surf or soak up the sun at **Natadola Beach** (p102)
- Ride the waves – surf **Frigates Passage** (p116) or windsurf **Nananu-i-Ra** (p140)



■ POPULATION: 581,000

■ AREA: 10,400 SQ KM

VITI LEVU

