

OCEANIA · ISLANDS · BEACHES · DIVING · CULTURE · ADVENTURE



Fiji

Fiji's 330-odd islands run from the resort-dotted Mamanucas, a short boat ride from Nadi, to the rustic Yasawas and the rainforested 'Garden Island' of Taveuni. The snorkelling and soft-coral diving are superb, and village visits built around the kava ceremony show a culture that still runs on community, chiefs and Sunday church.

 Before you go, read the UK government's travel advice for Fiji and entry requirements (visas, passport validity). Last updated by FCDO 10 August 2026.

 CAPITAL Suva	 CURRENCY Fijian dollar (FJD) £1 ≈ FJD 3.02	 LANGUAGE English, Fijian Fiji Hindi	 BEST TIME May–Oct
 DAILY BUDGET £60–£350 £££ Expensive	 PLUGS Type I 240V · adapter needed	 FLIGHT FROM LONDON 26h via Los Angeles, Hong Kong, Singapore or Sydney ~£1,100–£2,000 return	 TIME ZONE UTC+12 standard time

Fiji has around 330 islands, about a third of them inhabited, but most trips start on Viti Levu, the largest, where international flights land at Nadi. From there, catamarans and seaplanes fan out to the Mamanuca Islands, close by and resort-heavy, and the longer Yasawa chain, where simpler lodges sit on white-sand beaches. Viti Levu's south-west Coral Coast has the Sigatoka sand dunes and family resorts, Pacific Harbour the shark diving and river rafting, and Suva the museum and markets. Taveuni and Savusavu, a short flight north-east, are for divers and walkers.

Fiji is not cheap: resort rooms, island transfers and compulsory meal plans add up, though dorms and backpacker resorts in the Yasawas keep costs down. The pace is gentle, 'Fiji time' is real, and the welcome genuinely warm, with 'Bula!' called out from every doorway. Roughly a third of Fijians are of Indian descent, so curries, roti and Hindu temples are as much a part of the country as lovo feasts and Methodist churches. There are no direct flights from Britain; most visitors connect via Asia, Australia or North America, often as a stopover.

Top 5 highlights

1

BEACH

Mamanuca Islands

A scatter of small coral islands off Nadi, reached by catamaran from Port Denarau, with clear lagoons, easy reef snorkelling and surf breaks such as Cloudbreak. Day trips work, but staying overnight on Malolo, Mana or Beachcomber is the real treat.

2

BEACH

Yasawa Islands

A chain of volcanic islands north of the Mamanucas, linked by the daily Yasawa Flyer catamaran. Expect simple eco-lodges, empty beaches, the Sawa-i-Lau limestone caves, and the chance to swim with manta rays between May and October.

3

NATURE

Taveuni

Fiji's 'Garden Island' is cloaked in rainforest: hike to the Tavoro waterfalls in Bouma National Heritage Park, dive the soft corals of the Rainbow Reef in the Somosomo Strait, and stand astride the 180° meridian.

4

ADVENTURE

Beqa Lagoon and Pacific Harbour

Pacific Harbour on Viti Levu's south coast is Fiji's adventure base: dive with bull and tiger sharks at Shark Reef in the Beqa Passage, or raft and kayak through the waterfalls and rainforest of the Upper Navua gorge.

5

HISTORY

Levuka

Fiji's first colonial capital, on Ovalau island, is a UNESCO-listed port town of weatherboard shopfronts, churches and the Royal Hotel, one of the oldest in the South Pacific. The 1874 cession to Britain was signed nearby.

Biggest cities

LARGEST CITY

Suva

≈ 186,000 people

The capital is a working Pacific port rather than a resort: visit the Fiji Museum and Thurston Gardens, the huge municipal market, and the rainforest pools of Colo-i-Suva just outside town.

2ND LARGEST CITY

Lautoka

≈ 72,000 people

Fiji's 'Sugar City', a working port with a big produce market and a sugar mill; it has few sights, but makes a cheaper, more local base than Nadi.

3RD LARGEST CITY

Nadi

≈ 71,000 people

The international gateway and a transit town: see the colourful Dravidian-style Sri Siva Subramaniya Temple, browse the market, then head to Port Denarau for boats to the islands.

Suva's figure includes neighbouring Nasinu, which forms one urban area with the capital; figures are based on the 2017 census, in which Lautoka and Nadi were almost exactly the same size.

When to go to Fiji

Best time: **May–Oct.**

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

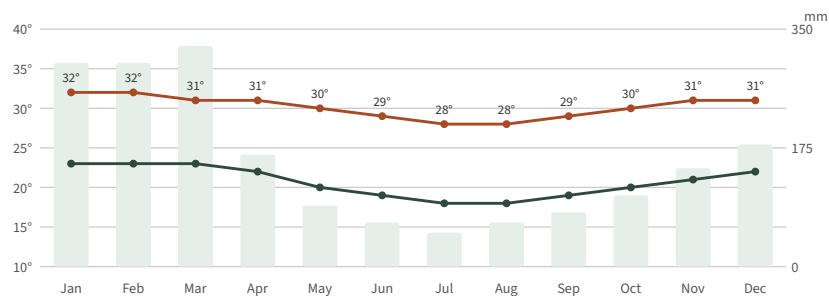
Nov

Dec

■ Best ■ Good ■ Mixed ■ Poor

Average climate in Nadi

— High °C — Low °C ■ Rain (mm)



Festivals & events

Jul	Bula Festival Nadi's week-long July festival fills the town with parades, music, food stalls and fairground rides, ending with the crowning of Miss Bula.
Aug	Hibiscus Festival Suva's week-long August carnival of food stalls, fairground rides, parades and the crowning of Miss Hibiscus; a good window on everyday urban Fijian life.
Oct–Nov	Diwali Indo-Fijian homes in towns such as Nadi, Lautoka and Labasa glow with oil lamps and fireworks for the Hindu festival of lights, a public holiday in Fiji.

How much does Fiji cost?

SHOESTRING £60 per person / day ≈ FJD 181 hostels, street food, buses	MID-RANGE £150 per person / day ≈ FJD 453 3-star hotels, restaurants, some taxis	COMFORTABLE £350 per person / day ≈ FJD 1,057 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Kokoda Fiji's take on ceviche: raw white fish cured in lime or lemon juice, then mixed with coconut cream, chilli, onion and tomato, often served in a coconut shell.	Lovo A feast cooked in an earth oven of hot stones: pork, chicken, fish, cassava, dalo (taro) and palusami, parcels of taro leaves baked in coconut cream.	Indo-Fijian curry Fiery fish, goat or chicken curries with dhal and roti, a legacy of the indentured Indian labourers brought to work the cane fields from 1879.
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Getting around

Fiji Airways and Northern Air fly from Nadi and Suva to Taveuni, Savusavu and Labasa. Catamarans from Port Denarau serve the Mamanucas and, as the Yasawa Flyer, the Yasawas; seaplanes and helicopters cost more but save time. On Viti Levu, express buses run the Queens Road between Nadi and Suva in four to five hours, and taxis are cheap. Large car ferries sail from Suva to Vanua Levu and Taveuni.

Practical information

PLUGS & VOLTAGE  I 240V — bring a UK-to-I adapter	EMERGENCY NUMBERS Telephone: 911 (ambulance, fire, police) Fire: 910 Source: FCDO “Getting help”
DIALLING CODE +679	TIME ZONE UTC+12 (standard time)

TAP WATER

Varies — bottled or filtered is safer

DRIVING

On the left

TIPPING

Not customary or expected. Many resorts keep a staff Christmas fund box at reception, which is the best way to thank everyone at once.

ETIQUETTE

In villages, cover shoulders and knees, remove hats and sunglasses, never touch anyone's head, and bring a bundle of yaqona (kava root) to present to the chief as sevusevu.

MAIN AIRPORTS

Nadi International Airport (NAN), Nadi; Nausori International Airport (SUV), Suva

Visas & entry for Fiji

Shown for a British passport.

No visa needed

You do not need a visa for visits of up to 4 months. If you plan to stay for longer than 4 months, apply for a visa from the Fiji Immigration Department.

At Fiji border control, you must also show:

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations



See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Tetanus

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Dengue

Hepatitis B

Bat Lyssavirus

Tuberculosis

Typhoid

YELLOW FEVER CERTIFICATE

A yellow fever certificate is only required if you arrive from (or transit through) a country with yellow fever risk — not if you fly direct from the UK.

MALARIA

No malaria risk

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Fiji

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Sun 8 Nov 2026

Diwali (date may shift)

Mon 9 Nov 2026	Diwali (observed, estimated) (date may shift)
Fri 25 Dec 2026	Christmas Day
Sat 26 Dec 2026	Boxing Day
Mon 28 Dec 2026	Boxing Day (observed)
Fri 1 Jan 2027	New Year's Day
Fri 26 Mar 2027	Good Friday
Sat 27 Mar 2027	Easter Saturday
Mon 29 Mar 2027	Easter Monday
Mon 17 May 2027	Girmit Day
Fri 28 May 2027	Ratu Sir Lala Sukuna Day
Sat 14 Aug 2027	Prophet Mohammed's Birthday (date may shift)
Mon 16 Aug 2027	Prophet Mohammed's Birthday (observed, estimated) (date may shift)
Sun 10 Oct 2027	Fiji Day

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Useful phrases in Fijian

ENGLISH	FIJIAN	SAY IT
Hello	Bula	<i>MBOO-lah</i>
Thank you	Vinaka	<i>vee-NAH-kah</i>
Please	Kerekere	<i>keh-reh-KEH-reh</i>
Excuse me	Tulou	<i>too-LOH</i>
How much is this?	E vica na kena isau?	<i>eh VEE-thah nah KEH-nah ee-SAH-oo</i>

Know before you go

Do not book an outer-island transfer on the same day as your international flight: boats and small planes depend on the weather, and schedules slip.

Carry enough Fijian dollars before heading to the outer islands, where ATMs are scarce or absent and card payments often carry a surcharge.

Many Yasawa and Mamanuca lodges charge a compulsory daily meal plan on top of the room rate, so factor it in when comparing prices.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.