

GETTING AROUND

BUS ROUTES

Several bus companies operate between all major towns in Fiji including Coral Sun Fiji and Pacific Bus Ltd. Talk to Concierge for schedules and prices.

TAXIS/LIMOUSINE SERVICES

Natadola Taxis operate from the resort and will take you anywhere on Viti Levu. Talk to Concierge for prices and bookings.

FERRY SERVICES

South Sea Cruises operates boat transfers and day cruises for many of the islands in the Mamanuca and Yasawa group. Talk to Concierge for schedules, prices and bookings.

TRAVEL INFORMATION

For tour information, the ATS Pacific Tour desk or our Concierge desk can help with any queries you may have.

PERFECT DAY

MORNING

Wake early and watch the sun rise with yoga stretches on our frangipani infused yoga deck. Indulge in breakfast at Sanasana and lounge by our infinity pool while waiting for your relaxing beachside Cabana massage from Spa InterContinental. Feeling refreshed, don your snorkeling gear and explore the cool waters of Natadola bay on a Snorkel Safari. Dry off, collect your packed lunch from Concierge and head to Kula Eco Park. Picnic under a rain tree canopy and enjoy the flora and fauna of one of Fiji's environmental sanctuaries.

AFTERNOON

Next, spend the afternoon shopping at Sigatoka's iconic locations. The Sigatoka markets are vibrant with the flavours of Fiji, Pacific Green's palm wood furniture display room, and lastly Nakabuta Pottery Village, where village women mould traditional clay pottery before your eyes. As the sun sets on the perfect day in paradise, sip cocktails at Kama Lounge and enjoy the ritual torch-lighting ceremony. Be entertained by serenaders, dancers and acoustic ensembles with local flair before dinner.

EVENING

An elegant Cabana Dinner under the stars awaits you. Indulge in the exquisite "Seafood Sensation" menu served by your personal waiter and sip champagne as waves roll against the shores of Natadola Bay. Your perfect day in paradise concludes with a Cleopatra bathing ritual infused with aromatherapy blends in the comfort of your private balcony or terrace. Finally, surrender yourself to your luxurious bed for a peaceful night's sleep.

WHERE TO EAT AND DRINK

EAT LIKE A LOCAL

Nadina's Authentic Fijian Restaurant, Port Denarau, Nadi, Fiji

Seafood, Lovo, Vegetarian / \$\$

For traditional and local Fijian Cuisine, Kava drinking, serenading and beautiful sunset viewing on the pier, eat at Nadina's authentic Fijian Restaurant. Experience traditional delicacies such as kokoda, kovu walu – steamed spanish mackerel in banana leaves, miti-wood fern shoots all served in delicious lolo (coconut milk). **A**

Taste of Fiji, Sanasana Restaurant

Lovo (traditional earth oven) / \$\$

A Lovo closely resembles the hangi of the New Zealand Māori. The stones are heated and food wrapped in banana leaves are placed in the pit, covered with soil and left to cook. Dishes you will enjoy include palusami (parcels of taro leaves saturated with coconut milk, onions, and meat), chicken, fish, kokoda, vudi vakasoso, vakalolo, purini, root crops and vegetables. **B**

Sitar Indian & Thai Restaurant, Martintar, Nadi

Indian & Thai / \$\$

Traditionally prepared Indian cuisine and authentic Thai dishes make the Sitar an enjoyable cultural experience. Good food, indoor/outdoor seating, live bands and a friendly service complete the restaurant's ambience. **C**

SPECIAL PLACES

Navo Fine-Dining, InterContinental Fiji Golf Resort & Spa

Fine-Dining at its best / \$\$\$

Navo offers elegant dining overlooking the lagoon and the island of Navo. The restaurant features contemporary cuisine inspired by the sea and an extensive range of new and old wines. An air conditioned private dining room is also available for special occasions and group celebrations along with an early sitting for guests with children. **D**

SOMETHING DIFFERENT

Beachside Cabana Dining, InterContinental Fiji Golf Resort & Spa

Romantic Fine-Dining / \$\$\$

One exclusive cabana is available each evening for romantic cabana dining under the stars. Surprise your loved one with an elegant evening for two with a menu and wines served by your own personal waiter, on the shores of Natadola Bay. **E**

WHERE TO SHOP

FIND WHAT YOU'RE LOOKING FOR

Tappoos Boutique & General Store, In house-next to Concierge facilities.

Tappoos General Store has everything from postcards to pearls. The Boutique has beautiful Fijian souvenirs, beachwear and elegant resort clothing. Opening hours are from 7:30am to 10:00pm. Everything from either one of these shops can be charged to your room and settled later upon checkout. **A**

Spa InterContinental - Pure Fiji Products, Spa InterContinental

Fiji islanders have long used pure coconut oil and flower extracts to nourish, moisturise and beautify both skin and hair, and now Pure Fiji brings us the best of these traditional blends for today's natural bath and body care. **B**

Pacific Green, Malaqereqere, Sigatoka

Pacific Green is the creator of palm wood furniture, a hardwood substitute of unrivalled beauty and texture sourced from our very own coconut palm trees. Inspired by innovative, modern ergonomic design, their products are a sophisticated interpretation of exotic indigenous cultures - the ideal souvenir of luxury and distinction to take home. **C**

LOCAL SECRETS

CreatiViti, 28 Cawa Road, Martintar (Nadi)

CreatiViti represents talented artists from across Fiji and is home to Fiji's only pottery production studio and second-largest art gallery. Designed to develop creative expression and arts & crafts in Fiji, they sell exquisite modern pottery, custom ceramic pieces, paintings, drawings and sculptures. **D**

Pearls, The Pearl Shop Suite 1B, Level 1, Colonial Plaza, Namaka, Nadi

Only a handful of pearl farms exist in Fiji, each cultivating their pearls to an exceptional and internationally-revered standard. Fiji's nutrient rich waters and pristine environment enable growers to produce pearls of untreated natural colours and luster, and admirable sizes and quality. Pearls of Paradise are the beautiful pearls sold in the on-site Tappoos Boutique. **E**

KEY SHOPPING AREAS

Nadi Handicraft Market, Main Street, Nadi Town

Try your hand at bargaining! The Nadi Handicraft Market is an assortment of stalls near the southern end of town and usually sells good woven pandanus baskets and traditional tapa cloth etc. The markets are an authentic contrast to the commercial souvenir shops downtown. **F**

INTERCONTINENTAL CONCIERGE.

WELCOME TO FIJI



IN THE KNOW

LOCAL CULTURE

LANGUAGE

'Bula' is the common greeting in the Fijian language and literally means life and wellness. Bula is shortened from the phrase 'Ni Sa Bula' and is the common way to say 'hello', so expect to hear and see the term often while you are in Fiji.

LOCAL TRADITION

Kava is made from the bare root of a pepper tree, pounded into a fine powder and mixed with fresh water. Traditionally, kava is used in ceremonies to welcome and thank visitors to a village and serves to reconcile quarreling clans, and while it remains an intricate element of culture it is more a social activity nowadays. Stories and jokes are told as the Bilo (coconut cup) is passed around the Tanoa (Kava bowl) and participants enjoy the tingling sensations the drink induces on the tongue.

DID YOU KNOW?

NATADOLA BEACH

Natadola Beach is the only stretch of natural, white sand beach on the main island of Fiji. Viti Levu. Protected by a reef to create an azure-blue lagoon, Natadola Beach was voted by Forbes Magazine in 2008 as one of the 25 best beaches in the world!

NAVO ISLAND

For centuries Navo Island has been heralded as a special place for the people of Sanasana Village. Located across the channel from the resort, the Island was once used as a settlement and place of retreat during times of war and conflict, where women and children were sheltered by warriors in a secret interior cave. We offer safe, guided tours through these caves; an experience adults and children thoroughly enjoy and remember forever.

WANT MORE?

Please talk to our friendly Concierge team for any information you require to make your stay with us even more memorable!

DISCOVER FIJI

TIME STARVED?

One Hour

Known as the 'Soft Coral Capital of the World' Fiji has clear, warm waters, stunning coral reefs and vibrant marine life. Explore this amazing underwater world on a Snorkel Safari, or learn how to dive with a free introductory pool splash.

Two Hours

Don't miss our weekly guided tour to Malomalo Primary School -one of the resort's community projects. Chat with the teachers, tour the school and gain insight into the Fijian way of life. Feel free to bring your camera! **A**

Half a Day

Adjacent to the resort is Natadola Bay Championship Golf Course - Fiji's first international competition standard course. It is an enjoyable outing for golfers and non-golfers alike, with 15 of the 18 holes offering uninterrupted views of the white sands and coral reefs of the Pacific Ocean. **B**

WALKS & TRIPS

SIGATOKA RIVER SAFARI

Embark on Fiji's award winning Sigatoka River Safari – the eco & cultural adventure into the heart & soul of Fiji. You will cruise the Sigatoka River to visit an authentic Fijian village and experience a day in the life of the real 'kaiviti' (Fijian). **C**

TAVUNI HILL FORT

Tavuni Hill Fort is historically known to be built by Maile Latamai Finau a Tongan chieftain and his followers on their arrival from Tonga via Kadavu and Serua Island a couple of hundreds of years ago. Visit and discover the history of this tale on a trip to the fort. **D**

WHERE THE CROWDS GO

SIGATOKA SAND DUNES

A visit to the Sigatoka sand dunes is an adventure. Not only are these dunes incredibly beautiful, they were also designated Fiji's first national park, and have a rich archaeological history. Be sure to wear your walking shoes and pack snacks & water. **E**

INTERCONTINENTAL FIJI GOLF RESORT & SPA

Welcome to the most beautiful island in the world. Well, we would say that, after all, it's our home! We want you to love being in Fiji as much as we do.

That's why we've put together this guide that will not only help you find your way around, but also show you what we think are some of the highlights. We hope it gives you a taste of what it feels like to be a local in Fiji.

Any new discoveries, great finds or just a top tip, please feel free to give us your thoughts.

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DIRECTORY

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 - B** Sanasana Restaurant
 - C** Sitar Indian & Thai Restaurant

- SPECIAL PLACES**
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- SOMEWHERE DIFFERENT**
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WHERE TO SHOP

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 - B** Spa InterContinental - Pure Fiji Products
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- LOCAL SECRETS**
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DISCOVER FIJI

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- WALKS & TRIPS**
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KEY

- MUSEUM/GALLERY
- POINT OF INTEREST
- AIRPORT
- MOUNTAIN PEAK
- MARINA
- FERRY ROUTE

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