

YOUR COMPLETE GUIDE TO FIJI'S UNDERWATER WORLD.

Diving in Fiji



WHERE HAPPINESS
COMES NATURALLY

Places to dive in

FIJI

Rotuma



Bula!

Given Fiji's lush green slopes, aquamarine waters, and dazzling white beaches, it's not hard to imagine that underwater, Fiji also offers a stunning diversity of terrain and a variety of marine life.

Circled by three of the world's largest barrier reefs, Fiji offers lots of lazy lagoon diving on sheltered reefs teeming with friendly reef fish, as well as great wall diving along the barrier reefs.

Acknowledged as the soft coral capital of the world, spectacular diving awaits in places like Vatu-i-Ra where colorful coral-clad pinnacles rise from 40m to just below the surface, and Taveuni's Rainbow Reef named for its extravagant mix of soft and hard corals, and colorful sea fans and anemones.

For thrill-seekers, Fiji's shark diving sites offer the opportunity to safely observe several species of sharks up close, and you can even snorkel with reef sharks and manta rays.

For beginners, if you're looking to graduate from snorkeler to certified diver, Fiji's warm clear waters provide a great place to try diving for the first time. As well as being fully PADI or SSI qualified, Fijian dive instructors know you're on holiday and so will make your first underwater experience or dive course just as much fun as it can be.

Fiji caters to all budgets as well, whether you're looking for an affordable eco-resort, a generous family-friendly resort, or a luxury, adults-only couples retreat, you'll find what you're looking for here.

Explore your diving options in this brochure then hop online and book your Fijian diving holiday. www.fiji.travel/diving

Welcome to Fiji - where happiness comes naturally!

Viti Levu

Mamanuca Islands

The Mamanuca chain of islands is the closest to Fiji's international hub of Nadi, a short ferry ride (or even shorter helicopter transfer) from the main island. As you cruise past the islands that dot this archipelago, you'll see plenty of palm-fringed white sandy beaches and the stunning resorts. But the Mamanuca Islands hold plenty of treasures beneath the water too. The Malolo Sea Reef produces perfect calm conditions within the lagoon for snorkelling the colourful coral gardens, with easy diving for beginners on sheltered bommies and pinnacles. It's the perfect place to try diving for the first time, or even learn to dive, whether you're holidaying with friends, staying at a luxury resort, or on holiday with the family – kids as young as ten can have a go at diving in Fiji.

Within the lagoon there are sites like Sunset Reef, a slowly shelving reef excellent for novice divers looking for coral trout and Maori wrasse, and Supermarket, which offers a good chance to see bronze whaler and reef sharks.

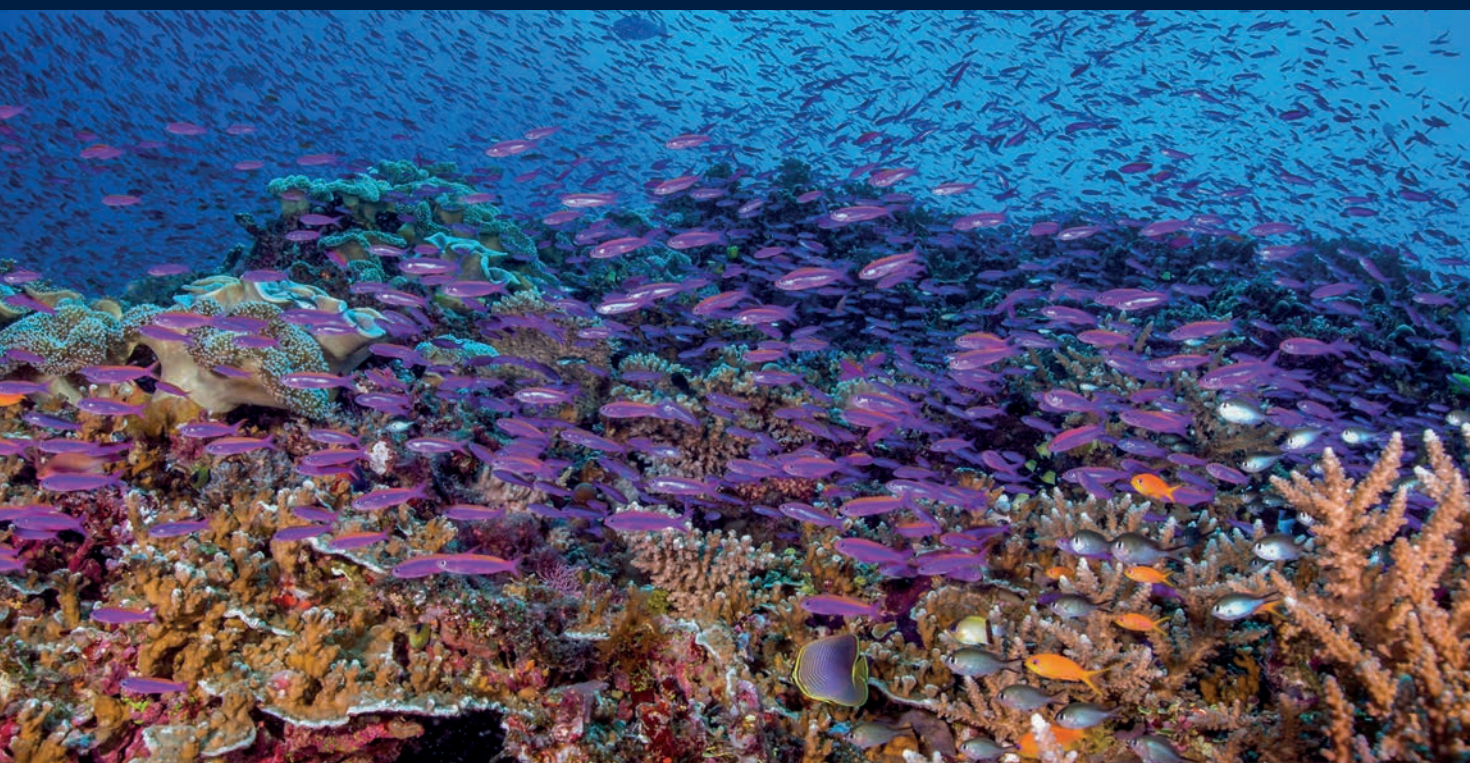
The ocean side of the Sea Reef is characterised by wall and drift diving. As well as rolling hills of pristine corals at sites like Big Blue, you'll find sheer reef walls at Wilke Wall and a good chance to encounter turtles, stingrays, sharks and even manta rays at Wilke's Pass.

Yasawa Islands

The Yasawa Islands are a chain of rugged looking volcanic islands on Fiji's north-western border. On the southern end of the Yasawa Islands you'll find a range of backpacker resorts, many with their own dive centres, offering an affordable, eco-friendly island-hopping experience for the young at heart. For those after a few more creature comforts, there are several luxury resorts tucked away amongst islands at the northern end, where diving is included with your stay as well as gourmet food and five-star day spas.

The relatively calm lagoonal waters of the Yasawa islands (and the Mamanuca Islands) make it an excellent region to learn to dive. Being relatively remote, and close to deeper water, there's also a good chance to encounter pelagic marine creatures like manta rays. Near Drawaqa island in the middle of the island chain, you can snorkel with manta rays in season (May to October) as they come into a shallow channel to be cleaned.

At Kuata and Drawaqa islands, the Barefoot Collection dive centres employ full-time marine biologists who run projects that preserve the area's marine life. You can do your part for the planet and join in on simple conservation themed dives like the crown of thorns starfish removal or clam and coral planting. All the dive centres in the Yasawas offer certified training at a very affordable price, and dive gear to hire.



Pacific Harbour & Beqa Lagoon

The shark diving in Beqa Lagoon is one of Fiji's most famous marine experiences. During these popular shark diving experiences, you can expect to see large bull and tiger sharks, as well as silvertips, reef sharks, and even lemon and tawny nurse sharks. The sites inside Beqa Lagoon are long established and world recognized. Typically, a low coral wall separates observers from the feeding area, and dive guests are led down the mooring lines and positioned behind the wall before feeding commences.

On some dives, the sharks are hand fed, on others, fish pieces are laid out around the feeding site for the sharks to discover. Either way, guests are treated to an eye-to-eye view of the sharks as they cruise around the site seeking out their lunch.

The double dives last 40 minutes each, but as the sites are at 20 - 26m (65 - 85 feet) they are only suited to divers with an Advanced Open Water certificate. For conservation reasons, the shark dives don't happen every day – but that's not a problem as there are dozens of other adventurous sites to be dived on the 144km coral reef that surrounds Beqa Lagoon, including a fascinating swim-through at John's Tunnel and the wreck of Chinese trawler.

The shark dives are open to guests from the many resorts in Pacific Harbour and Beqa Island – but be sure to book in advance as they are very popular.

Suncoast - Rakiraki

Located just a 2½-hour drive from Nadi on the north coast of Viti Levu, Rakiraki is a little paradise. The Suncoast promises pristine reefs and over 50 dive sites in depths of 20-40 meters in the Bligh Waters and the Vatu-i-Ra Passage. The waters here are considered the 'new' soft coral capital of Fiji – a maze of coral stacks and towers dotted with soft corals, teeming with schools of colorful reef fish.

In addition to soft and hard corals, there are gorgonians, small caves, large lobsters, snails, cuttlefish, crabs, and lantern bearers. Moreover, schools of barracuda and jackfish can be seen, as well as seasonal hammerhead sharks and eagle rays. Noteworthy diving spots include Vati-Ira, an approximately 7 km wide channel with a regular sea current; E6 lies in the center of the narrowest part of the channel and is a tip for photographers!

"Instant Replay" is a dive site that you'll want to experience again and again. The Volivoli Beach Resort is the ideal base for divers.



Vanua Levu

Vanua Levu

Fiji's second largest island, Vanua Levu, holds two of Fiji's best kept secrets as far as scuba diving is concerned: the Great Sea Reef and the Namena Marine Park.

The Great Sea Reef is one of the longest barrier reefs in the world, and arcs 300km from the top of Vanua Levu towards the tip of the Yasawa Islands. Though home to 80 per cent of Fiji's coral fish species, amazingly, much of the Great Sea Reef is still largely unexplored. It's the kind of place where you can just dive in and see eagle rays and manta rays, dolphins and turtles amid miles and miles of pristine hard and soft corals.

Namena Marine Reserve

The marine reserve extends over 70 km² around the island of Namena and is easily accessible from Savusavu. Scuba divers will find everything their hearts desire here: over 1,100 species of fish romp in the waters, as well as more than 1,000 invertebrate species, over 400 species of coral, and more than 440 underwater plants.

The dive sites offer rock formations dotted with soft corals and macro life such as shrimp & ghost pipefish. Alongside large schools of fish with bigeye jacks and barracudas, there are fantastic soft corals, gorgonians, and black corals.

Natewa Bay

Natewa Bay is becoming an insider tip for divers! Just a 35-minute drive from the seaside town of Savusavu, the bay rewards the more adventurous traveler with an off-the-beaten-path experience. Natewa Bay is not only the largest bay in the South Pacific in terms of area but also one of the deepest, with a maximum depth of over 1,000 meters in some places.

The shallow reefs are home to vibrant coral gardens of hard corals, colorful sea fans, thousands of Christmas tree worms, and a very healthy reef fish population.

Great Sea Reef

The Great Sea Reef is the third largest barrier reef in the world and is located on the north coast of Vanua Levu and is accessible from Labasa. It has an area of around 202,700 km and a length of 200 km. The variety and density of corals, fish species and marine flora is unique. The only resort with direct access is Nukubati Island Resort.



Kadavu - Great Astrolabe Reef

The Astrolabe Reef, approximately 120 km long and located near Kadavu, is the fourth largest barrier reef in the world and remains virtually untouched. It extends to the east of the island of Kadavu, which is accessible by domestic flights through Fiji Link. The reef boasts an impressive abundance of both hard and soft corals, displaying wonderful colors. Its biodiversity attracts a variety of marine life, including reef sharks, groupers, and large schools of fish. Manta rays can be observed year-round. Most of the dive sites in Kadavu are easily accessible, making them recommended for snorkelers, beginners, as well as experienced divers. Kadavu stands as the ultimate diving destination, offering unique underwater experiences.

While the choice of accommodation is relatively limited, options range from simple and budget-friendly dive resorts to breathtaking 6-star luxury



Taveuni - Somosomo Strait

Taveuni is Fiji's third-largest island and is also known as the Garden Isle due to its lush plant life. Here lies the Somosomo Strait, home to the Rainbow Reef and around 30 dive sites, with depths of up to 30 meters. The Rainbow Reef stands out as one of the finest diving areas in the South Pacific. Thanks to the influence of the open sea, numerous steep walls and dive sites with strong currents can be found here. The pristine nature of this region provides natural habitats for soft and hard corals, sharks, barracuda, tuna, swordfish, manta rays (December to May), whales (September to November), dolphins, and countless other tropical fish. The reef is renowned for its soft corals of various colors, particularly for the 'Great White Wall,' a wall adorned with unique white soft corals - considered one of the world's best dive sites.

Taveuni offers daily flights from both Nadi and Suva and provides a range of excellent diving accommodations, including Paradise Taveuni Resort, Garden Island Resort, and Sau Bay Dive Resort, to name just a few.

Fiji's liveaboards

Nai'a

Nai'a offers 7 to 14-day tours of Fiji's best reefs around Namena, Wakaya, and Gau, departing from Lautoka. This spacious 40-meter-long steel motorsailer accommodates 18 divers in 9 air-conditioned and well-furnished cabins, each equipped with its own bathroom and toilet. The vessel provides an exceptional amount of space. With approximately 4-5 dives per day, Nitrox is also available.

Captain Cook Cruises

Captain Cook Cruises Fiji features a PADI dive team aboard its small cruise ship, the MV Reef Endeavor. Departing from Denarau, it offers two northern routes, providing opportunities to dive at the best sites around Vanua Levu, including the Great Sea Reef, Rainbow Reef, and Namena Marine Reserve.

Additionally, there are the Lau and Kadavu routes, which allow diving in the Somosomo Strait, the remote Lau Group, and Kadavu.



Diving with Sharks



Beqa Lagoon

To protect the sharks, several dive operators have collaborated with local fishermen to establish the Shark Reef Marine Reserve and the Shark Corridor, situated between Viti Levu and Beqa Island. Divers have the opportunity to encounter up to eight different species of sharks during their dives, including nurse sharks, gray reef sharks, white, black, and silver tip reef sharks, lemon sharks, bull sharks, and even tiger sharks. The majority of the proceeds from these dives contribute to shark conservation efforts.



Barefoot Kuata

Diving with sharks is also possible in the Yasawa Islands. At Barefoot Kuata, house guests have the opportunity to witness bull sharks during the Awakening Shark Dive. This dive also offers the chance to see tiger sharks, hammerheads, and reef sharks. The island's marine biologists provide valuable insights into the lives of sharks and their natural habitats. These dives contribute to the protection and conservation of these species.

Learn to dive in Fiji

Fiji is a great place to get a diving license! Here are some of the reasons why:

- Dive centers in Fiji offer internationally recognized PADI and SSI diver training programs, ensuring that your certification will be valid worldwide.
- Both PADI and SSI provide eLearning options, allowing you to study scuba diving theory at home before coming on holiday to learn the practical aspects of diving.
- The visibility is excellent, and there's always plenty to see. This means you'll enjoy the dive even while practicing the skills and drills of your dive course.
- The warm waters around Fiji mean you'll need less cumbersome wetsuits and fewer weights, allowing you to feel as free as when snorkeling.
- The dive centers are conveniently located within your resort and on the beach, ensuring that none of your precious holiday time is spent traveling to the dive center.
- Dive centers in Fiji offer a wide selection of modern and comfortable rental gear.
- And don't forget, the friendly nature of the Fijians will also ensure that the diving course is a fun experience.

In Fiji, the minimum age to learn scuba diving is 10 years old. Children between the ages of 10 and 15 can earn the Junior Open Water certification, while those aged 15 and above can attain the Open Water certification, allowing them to dive to a recommended maximum depth of 18m. There are no prerequisites for learning to dive - if you can swim reasonably well and are in good health, you can learn to dive. If you already snorkel, you'll take to diving like a duck to water. If you're interested in learning, make sure to contact your resort in advance.



Good to know

Arrival and Immigration:

Visitors from most countries are automatically granted a 4-month visa upon arrival; all you need is a passport valid for at least 6 months beyond your intended stay.

Health: no vaccination required

Additional information visit: www.fiji.com.fj

Temperatures & Visibility

Water: between 25°C and 28°C

Air: average daytime temperature 26°C and 31°C

The summer season (November to April) tends to be more humid.

Visibility: 15 - 40 meters (best visibility from July to December)

Diving suit thickness: 3-5 mm

Dive

When diving, you'll need your certification card and logbook. Following extended diving breaks, having a diving fitness certificate (in English) is advisable. As of December 2022, there is a hyperbaric chamber located in Suva, Fiji. Divers are strongly encouraged to have insurance that covers medical evacuation (Medivac).

Nitrox diving is now available at numerous dive centers throughout Fiji.

Equipment rental is provided by all diving centers.

Please note that all information is accurate as of December 2022.



