



## Tour Name

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Fiji on Foot

## Tour City

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Nadi

## Tour Snapshot

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Go take a hike! Spend the day in the great outdoors, exploring the villages and hiking trails far beyond Nadi. When you're done exploring, fuel up with lunch prepared by a local family in a rural village.

### Highlights

- Catch breathtaking views as you head out of Nadi and into the countryside
- Hike along a forested trail that ends at a waterfall
- Learn about local flora, including plants that are used in traditional medicines — and a few that you never want to touch!
- Have lunch with a local family in a rural village
- Learn about life for Fijians who live outside of urban areas

Inclusions: Local English-speaking guide, transportation, lunch and water.

Exclusions: Additional food and drinks such as snacks bought at the market, souvenirs and items of a personal nature, tips/gratuities for your guide.

### **Schedule details**

- Duration: 6.5 hours
- Pickup location:  
Your hotel. Please indicate your hotel when you book, or, if you don't know your hotel yet, notify us at [info@nadiurbanadventures.com](mailto:info@nadiurbanadventures.com) before the tour date.
- Pickup time: 10.00 AM
- Drop off location:  
At your hotel

### **Full Itinerary**

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Your Nadi tour will begin with a wonderful scenic ride from Nadi to Lautoka, where we'll begin our hiking adventure. Along the drive, you'll get to see a side of Fiji that's away from the tourist zones, as we pass from urban to rural areas. Your guide will share the stories and histories of the places that you ride past, giving you a better understanding of local life in this land. You'll spot beaches, fields for farming sugar cane, and the village of Viseisei, which is where Fijians first settled. We'll also head off-road, climbing steep hills and crossing river streams to reach the start point of our hike.

En route, we'll make a pit stop for anyone who wishes to buy snacks or any other items from the local supermarket. The drive takes about 35 minutes total from Nadi to Lautoka, and from Lautoka to the hike location is about 20 minutes.

Once we arrive at the start point, we'll follow the trail through the forest, spotting wild plants that are used for traditional medicines. We'll also see a few species of flora that can harm you in an instant — don't touch any of them unless your guide says it's okay!

This hiking route will get you fascinated for local culture, as there are stories behind each mountain you'll see, path you'll take, and photo you'll snap.

We'll eventually find ourselves at a waterfall — the perfect place to cool off before returning back to the beginning!

After our hike, we'll head into Abaca village for a lunch prepared by a local family; families are given a chance to host lunches for guests, which benefit both them and the village. As we eat, you'll get to learn about local life, including how locals cope with living so far from urban areas, with no general stores nearby or public transport. Locals need to walk lengthy distances in the early morning to buy basic needs, and return back in the evening on foot.

After lunch, we'll then head back to urban life in Nadi, exhausted from the hiking, yet happy from all the interaction we've had with a local community.

**Note:** *Please be ready and in the lobby at least 15 minutes before your designated pick-up time.*

### **Additional information**

Inclusions: Local English-speaking guide, transportation, lunch and water.

Exclusions: Additional food and drinks such as snacks bought at the market, souvenirs and items of a personal nature, tips/gratuities for your guide.

Dress standard: Please dress for outdoor activity, and wear comfortable running shoes or hiking boots.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at your hotel for pick up. Please check your hotel details are correct on the voucher. If your details are not correct, it is very important to please email us to confirm your correct pick up hotel using the contact details on the voucher. If you prefer you may also phone the change through to us during business hours.

Child Policy: Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children below the age of 6 are not permitted on this tour.

### **Local contact**

Office phone number: +679 865 1146

Email address: [info@nadiurbanadventures.com](mailto:info@nadiurbanadventures.com)