

Things To Do In Fiji With Kids

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Things To Do In Fiji With Kids

Fiji in the South Pacific is a dream destination for couples, newlyweds but also for families with children. There are so many things to do in Fiji with kids that you'll never have a dull moment.

Relaxing at the beach under palms, snorkeling, experiencing a new culture; this dream vacation is affordable in Fiji with many resorts and hotels aimed at families.

Viti Levu is the largest island with the capital city Suva and the first stop for every traveler who comes to Fiji. Viti Levu not only offers pristine beaches but also plenty of water sports activities, exploring the village life and beautiful surroundings.

My post will give you tips on where to stay, when to go, what you should pack and most importantly fun things to do with your kids.

How To Get To Fiji

Most travelers will arrive by plane on Fiji's main island of Viti Levu and its airport Nadi International Airport. Fiji Airway is a fantastic airline with friendly staff and amazing food.

My Tip

Find the best flight deals with the [Travelocity Flight Fare Calendar!](#)

From Los Angeles, it's a 10 1/2 hours flight to paradise; from Auckland (NZ) it takes only 3 hours and from Sydney around 4 hours.

Best Time To Go

Fiji has a tropical climate so you can travel all year round. November to April is regarded as Summertime. The months of May through to October have a milder and drier climate.

What To Pack

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- Insect repellent
- Sun hat and light breathable clothing
- depending on the age of your children, [a baby carrier](#) or [a lightweight stroller](#)
- [a travel high chair](#)
- flip flops and canvas shoes
- snack food, baby food, etc. because the food is costly in Fiji

Where To Stay



Shangri-La Resort Fiji

I was chatting with my friend Wendy about her best tips for an Island vacation. She and her family loved their ten days stay in Fiji and would go back anytime.

Wendy booked her dream vacation as a package deal for her two children and husband, including flights, hotel rooms including breakfast and also free dinner for the children.

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Find your best hotel with Travelocity and save with package deals.



Wendy's family just loved their stay at the high-end resort **Shangri-La Fijian Resort** located on the western side of Viti Levu on Yanuca Island.

Even though the Shangri-La Resort is on the higher price scale, it is a family-friendly resort with large rooms in Apartment blocks featuring a balcony or terrace with gorgeous sea views.

Holidaymakers can use non-powered watersports gear like kayaks, paddle boards, snorkeling gears and even a sailing boat for free for the first hour.

The kids club is open to all ages and entertains from 9 am to 5 pm and again from 7 pm for the older children. If you have littlies and want to enjoy a dinner for two, you can even hire a nanny for the evening.

The fun activities for the kids included fish feeding, finding crabs, soccer, volleyball, swimming races and lots of other games

Wendy also recommends **the Gecko Resort**, another lovely and more budget-friendly hotel, just a few minutes away from the Shangri-La resort.

Tip: Right at the hotel's doorstep, you can take the local bus to Sigatoka town to experience real Island life and visit the street market. It's a 20-minute drive and costs only FJ\$1 per person

You can also hire a private taxi driver and explore the Island at your own leisure.

Or rent a car from a renowned company; keep in mind that you need to drive on the left side.

Fun Things To Do In Fiji With Kids

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Visit A Local Village



A visit to a local village

The highlight for Wendy's family was a visit to a local village. They had so much fun spending time with the locals and their families. The visit was organized by a private tour guide and took them off the beaten track.

Sophie had so much fun playing with the kids that she didn't even want to leave.

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Even though Fijians live very simple and with only the basic necessities, they are happy with their lives and very welcoming to visitors to their Island.

Wendy's tip: Get out of the hotel and experience the real life of the locals. How do they live? What is their culture like? How do they celebrate special events?

Ask at the hotel for a private tour and they will refer someone to you.

[Wildlife Park Kula Eco Park](#)

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The 'Kula Wild Adventure Park' is a fantastic place for the whole family. It was established in 1997 and is the most visited tourist attraction in Fiji and has won numerous Tourism Awards.

You can explore the native forest bush through boardwalks. Watch native animals like the Monuriki Crested Iguana, the Fiji ground frog or the Pacific Black Duck in the animal encounters.

You even get the chance to hold a snake or Iguana – what a wonderful experience for you and your children.

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Three times daily, at 11 am, 1 pm and 3.30 pm you'll get to hand feed Hawksbill turtles who are getting raised in a safe environment. Once they are old enough, they will be released to a protected sea park area.

Included in the entry is the 'Kula Kiddies Splash Pool', a water play paradise for toddlers with multiple slides, a sneaky dump bucket (watch out for the water!) and a very safe 25cm pool. So, bring your swimming togs, a towel, relax at the poolside cafe and watch your children having fun.

For your convenience, there are change rooms, restrooms, lockers and an outdoor shower.

There are some new attractions to discover as well – the Canopy Flier and the Jungle Slide.

The 'Splash Mountain Jungle Slide' leads through the lush green forest – it is over 100 meters (325 feet) long and is 15 m (50 feet) high.

The minimum height of your child needs to be 1.05 meters.

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A combo ticket for the Jungle Slide and Canopy Flier is F\$35/adult; Children under 12 F\$ 20.

Opening Times: daily; from 10 am, last entry 4 pm

Admission: Adults F\$26; Children F\$ 13; Family Pass (for four) F\$ 70

Website: fjiwild.com

Garden Of The Sleeping Giants



Have you had enough excitement at the Wildlife Park? Why not visit the botanical garden ‘Garden of the sleeping giants’?

It is the perfect place to admire indigenous species of orchids, wander along wooden boardwalks along lily ponds until you reach the tropical rainforest.

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The garden features two thousand different orchids! If you wish a guide will tell you all about the species, native plants, and history of this beautiful garden free of charge.

By the way, this garden was established in 1977 by actor Raymond Burr who his well-known through his roles in 'Perry Mason' and 'Ironside'.

Feel free to bring a picnic and enjoy the tranquility of this place.

When you leave, you will even get a refreshing complimentary drink.

Opening Times: Daily; Monday – Saturday 9 am – 5 pm; Sunday 9 am – 12 pm

Admission: Adults F\$ 18; Children (6 – 15 years) F\$ 9; Families F\$ 45

Getting There: 10 minutes drive north of Nadi, Wailoko Road

Website: gsgfiji.com

Cultural Show



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Traditional Welcoming

Most of the bigger resorts are offering a cultural show once a week.

Wendy and her family loved the special atmosphere and the food which was cooked in a traditional earth oven. In Fiji it's called a 'lovo,' in [Samoa](#) 'umu' and in [New Zealand](#) the Maori 'hangi.'

Pork, cooked bananas, tarot, and chicken were on the menu, just delicious.

After dinner, you can enjoy a spectacular fire show and traditional dances from Fiji, Rarotonga, and Samoa.

Special Tip: The Gecko Resort and Restaurant (only 500 metres away from the Shangri La Resort) is renowned for its beautiful food and amazing cultural show. Every Friday and Sunday you can enjoy a complimentary cultural show starting at 7.30 pm. The show is an hour long and visitors are encouraged to join in. Please book a table in advance. You and your children will love it.

Visit A Market

Local markets are a fantastic place to visit on a family holiday. It is an excellent way to mix and mingle with the locals, try different dishes and taste exotic fruits, vegetables, and spices.

Fiji has many big markets in the larger cities but also the smaller ones in the villages. You won't see much fruit at the supermarket, so the best place to buy is at the markets.

Nothing beats the sights, smell, and sounds of a buzzing market.

Foodhall Vegetable Market Sigatoka

You can choose from a great variety of tropical fruits, root crops like yaqona roots (for kava), fish, mussels, local honey and coconut oil.

A good time to go is in the late afternoon to grab a bargain.

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The market is open daily from 7 am – 8 pm.

Suva Municipal Market

The best days for a visit are Thursday to Saturday. Farmers from the surrounding villages bring fresh produce like fruit, vegetables, and flowers to this big and colorful market.

Don't be shy to barter. It's lots of fun for you and the stall holder. Again, the best time to get a bargain is the afternoons.

You'll find the market in Rodwell Road, open every day from 5 am – 9 pm.

Sabeto Mud Pools And Hot Springs

A visit to the mud pools will be a bliss for you and your children. It is so much fun to get your hands dirty and rub the mud all over your body (leave your swimwear on :-)) The next step is to let it dry in the hot sun.

Once the mud is nice and dry, you can either put a second layer on or hop in the hot springs to wash it off.

Lastly, for a second cleanse, jump in the freshwater pool, and you will feel so refreshed.

Your kids will love this experience. After all, when do they get a chance to get muddy and dirty? I bet you as a parent will love it too.

The Sabeto mud pool grounds are in clean condition and also offer changing rooms, toilets and shower facilities.

Opening Times: Daily, 9 am – 5 pm

Admission: F\$ 20 Adults

Getting There: around 30 minutes away from Nadi on the road to the Garden of the Sleeping Giants; either go on a local bus, hire a car or taxi or book a guided tour.

General Advice

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The currency in Fiji is the Fijian Dollar. The exchange rate at the moment (August 2017) is 1F\$ = 0.68 NZ\$ = 0.63 AUS\$ = 0.50US\$.

Please make sure your passport is valid for six more months after your arrival date. You'll get the visa upon arrival on the Island. You will also need proof of the pre-booked information and a return ticket or outbound ticket. For more details, please [click here](#).

We also recommend having a family travel insurance to cover any unexpected events. For more information and recommended insurance companies, please [read more here](#).

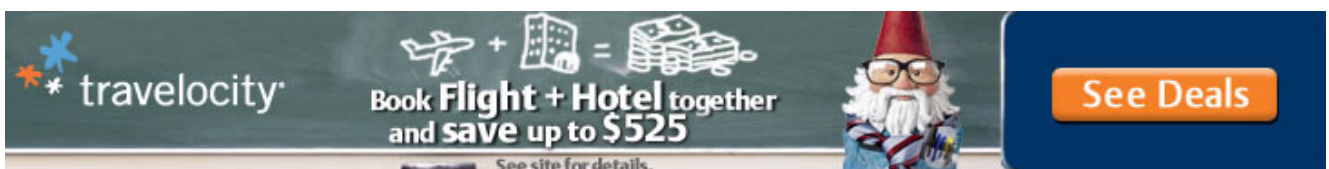
Food at the supermarket is very expensive. It is best to bring in snack food, biscuits, and other non-perishable items on your holiday to avoid high costs.

How about the tipping etiquette in Fiji? As a general rule, tipping is not required nor expected. I have found [a guide](#) that will tell you all about it, so you are prepared when traveling to Fiji.

I do hope this post will inspire you to book your next family holiday to Fiji. Your kids will love spending hours at the pristine beaches building sand castles, hunting crabs or playing with the local kids.

There are so much more things to do in Fiji with kids. A big Thank You to Wendy for sharing her experience and photos with us.

If you have any tips for other readers, please be sure to leave a comment below.



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