



户外、赏花、航海、观剧…… 楠迪不能错过的 *TOP10*

文、图/斐济旅游局

无论您是过境楠迪，还是本就有计划来斐济度假旅行，一定要来感受一下楠迪的必体验活动。



1、漫步沉睡巨人花园

美国演员雷蒙德·布尔非常喜欢兰花，因此在萨贝托 (Sabeto) “沉睡巨人 (Sleeping Giant)” 的山脚下修建了这座美丽花园。现在，这里拥有 2000 多种兰花以及许多其他品种的热带和本土植物。您既可以预定观光旅游，也可以自己漫步在乡村小路上，穿过鲜花盛开的雨林，欣赏山上的美景。

花园开放时间：每周一到周六上午 9 点到下午 5 点，周日上午 9 点到下午 1 点。

2、温泉泥浆浴放松身心

如果您想尝试一次泥浆浴，那就去萨贝托吧！在这里，您可以泡泥浆浴，享受火山泥温泉，保证让您的身心得到放松。有趣、自然的水疗始于在身上涂抹上厚厚的泥浆，随后您可以在不同的火山泥温泉中浸泡、洗掉它，您会感觉自己神清气爽、精神百倍。如果您有兴趣再试试斐济式按摩，效果会更好。大多数观光团都将这里作为中转站，但您也可以自己乘坐租来的汽车前往。开放时间：每日上午 9 点到下午 5 点。

3、直升机或水上飞机观光游

翱翔于天际，欣赏楠迪 (Nadi) 及其近海岛屿的最佳风景。每天都有水上飞机和直升机旅行，从楠迪机场出发，座位有限，推荐您提前预订。短途即时旅行 10-30 分钟，如果您租直升机的话，可以根据喜好，在偏远的岛屿着陆。



4、从林滑索

楠迪的经典滑索体验带您开启一场惊险刺激的丛林探险。虽然斐济莫米湾 (Momi Bay) 萨贝托的沉睡巨人滑索 (Sleeping Giant Zip) 只有 5 条滑索，但这里的冒险乐园套餐提供无限滑索和包午餐的瀑布之旅。莫米 (Momi) 的斐济滑索 (Zip Fijii) 提供 16 条滑索，索道

更长、索线更高，吸引了不少追求刺激体验的游客。在尖叫声中体验一次洞穴绕绳下降，不失为一次难得的体验，您可度过完美的一天。

5、拜访当地寺庙

说到寺庙，不得不提沙巴马尼亚湿婆神庙，这座色彩斑斓的印度教寺庙绝对不容错过。它位于楠迪镇南部，形似金字塔，是典型的达罗毗荼（Dravidian）建筑，塔面覆盖着战士、国王和神的精致雕刻。只需支付少量入场费，您就可以参加由上午 8 时 30 分持续到下午 3 时的每半小时一次的导览团。寺庙是神圣的场所，因此您需要遵守当地规则，比如注意着装得体、在入口处脱鞋等。参观整个建筑群是一场视觉盛宴，但请注意寺庙内部不允许拍照，游客只能拍摄寺庙的外部。

6、泥泞之旅（Go Dirty）

体验“泥泞之旅（Go Dirty）”最受欢迎的四轮摩托车吧，您将前往山区，沿着蜿蜒的小路穿过甘蔗地和松树林，最后返回楠迪（Nadi）镇。这是一次纯粹的骑行体验，您也可选择参观著名景点、加入乡村之旅或乘坐直升机返回。每日出发两次，上午 9 点 30 分和下午 1 点 30 分。

7、参观斐济文化村(Fiji Culture Village)

当您游览楠迪镇外的斐济文化村(Fiji Culture Village)时，古老的斐济变得生动起来。斐济人十分注重文化的传承，您可以在这里深入地了解斐济文化。这里除了古庙，还有一些小木屋，当地工匠会在这里展示传统手工艺技艺以及传统舞蹈，这将是一场文化的饕餮盛宴。

8、艺术文化活动

在丹娜努（Denarau）外面的一个大帐篷里，您可以观看百老汇风格舞台剧《另一面斐济》（Fiji Untold）的现场演出，剧目通过当代舞蹈形象地展现了鲜为人知的斐济传奇。该故事讲述了一位年轻贵族女性与幻想中的巨人、章鱼神和变形蜥蜴的相遇，追溯了斐济棒舞的起源。晚间演出每周 3 次，晚上 8 点到 10 点，不失为

饭后休闲的最佳选择。门票费用包含了度假村接送、小吃和软饮料。您可以在度假旅游服务台或沃中心（You Hub）网上订票并预约接送时间。

9、圣舟起航

伊沃拉·西格沃号（iVolaSigavou）是斐济最后一艘圣舟（Dura）的复刻品，它承载了一段近乎被遗忘的悠悠岁月。一个多世纪前，这些双体船因其卓越的尺寸、速度和灵活性而在整个太平洋地区备受推崇。最大的圣舟长达 30 米（98 英尺），足以乘载 200 多名战士！您可以乘坐每天从武达港口（Vuda Marina）的游船出发，在上午航行到一个隐蔽的潜点，经验丰富的船员会教您操纵船只，并为您灌输精彩的卡瓦（kava）和航行故事。游船每天从武达港口出发，但也有 2 小时的日落游轮和包船可供 10 人以下的团体选择。

10、乡村美食体验

卡努餐厅（Kanu）的主厨兰斯·塞托（Lance Seeto）的创新菜单充满了熟悉的斐济风味，然而做法却很创新，比如芋头锅贴或西班牙鲭鱼色拉，这家餐厅总能给您带来惊喜。美食探索家们一定要来品尝当地特色的卡瓦马丁尼（Kava Martini）。卡努餐厅（Kanu）的饮食理念是尽可能使用当地食材，这样您就可以随时品味最新鲜的时令果蔬了。您可留意每日菜单板，了解更多乡村美食体验。



Going outdoors, enjoying the sights of flowers, sailing and watching plays...

Top 10 activities not to be missed in Nadi

Article & image/Tourism Fiji

Whether you're transiting the Jet Set town or staying here for a longer while, make sure you check out Nadi's top things to do.

1. Take a stroll through the Garden of the Sleeping Giant

The American actor Raymond Burr's passion for orchids was what gave this beautiful garden at the foothills of Sabeto's 'Sleeping Giant' mountain its start. The main attraction is the 2000 plus orchid varieties but you'll find lots of other tropical and indigenous plants there too. Join a scheduled sightseeing tour or wander the rustic paths yourself through the flower-filled rain-forest to enjoy the glorious views further up the hill.

Opening hours: 9 am – 5 pm daily except Sundays when they close at 1 pm.

2. Kick back with a mud pool bath

For some wallet-friendly pampering, head to Sabeto for a soothing soak in the area's mud and geothermal pools. The fun, natural spa treatment kicks off with a thick mud lather before washing it all off with a dip in the different thermal pools. You'll feel like a million dollars after – especially if you top it off with a massage from one of the local women. Most sightseeing tours include the pools as a stopover but you could also drop by yourself in a hired car. Open daily from 9 am – 5 pm.

3. Book a helicopter or seaplane scenic tour

Take to the skies for the best views of Nadi and its offshore islands. Short burst trips last anywhere from 10 – 30mins with options to touchdown on remote islands if you charter. Seaplane and helicopter tours depart from Nadi Airport base daily! Seats are limited so it's a good idea to book ahead.

4. Go ziplining

Check out either of Nadi's two zipline courses for some thrilling treetop adventures. The Sleeping Giant Zip (Sabeto) may have only 5 ziplines but their adventure park packages offer unlimited zips and waterfall tours with lunch. Zip Fiji's (Momi) 16 ziplines entice thrill-seekers with longer and higher zips. Tack on the cave abseiling activity for an even more heart-pumping day out.

5. Visit Sri Siva Subramaniya Swami Temple

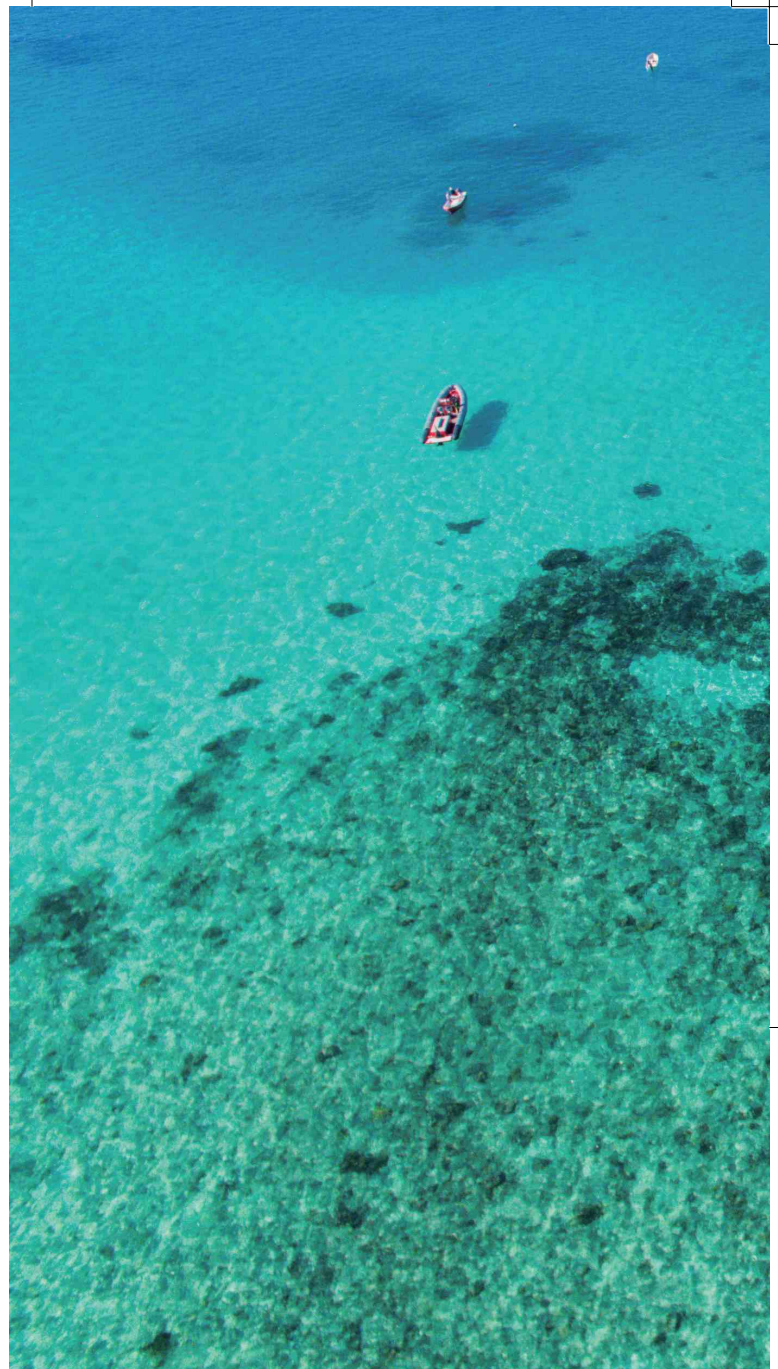
This brightly colored Hindu temple at the southern end of Nadi town is hard to miss. The pyramid-shaped towers (typical of Dravidian architecture) are covered in elaborate carvings of warriors, kings, and gods. For a small entry fee, you can join the guided tour which runs every 1/2hour between 8.30 am – 3.00 pm. It's holy ground so you'll need to observe a few rules like dressing modestly and removing your shoes at the entrance. The entire complex is a visual feast but keep your photos for the temple's exterior. It's forbidden to take photos inside the temple.

6. Go dirty on Nadi's back roads

On Go Dirty's most popular quad bike tour, you'll head to the mountains, whizzing past cane fields and pine forest before following the winding tracks back to Nadi town. It's a pure riding experience but there're also options to chill at popular sightseeing spots, fit in a village visit or hop on a heli ride back. Tours depart twice daily at 9.30 am and 1.30 pm.

7. Visit the Fiji Culture Village

Ancient Fiji comes alive when you tour the Fiji Culture Village just outside Nadi town. This simulated indigenous Fijian village is a great one-stop-shop if you're after a cultural fix. Besides the ancient temple, there are smaller huts where local artisans demonstrate their traditional handicraft along with traditional dance and feasting. Tip: Book the night show if you want to see the spectacular fire dancers light up the night.





8.You Hub for arts, culture & activities

Performed live in a big top tent just outside Denarau, the Broadway-style show 'Fiji' Untold' is the beautiful portrayal of a little-known Fijian legend through contemporary dance. 'Fiji Untold' traces the origins of the Fijian stick dance through a young noblewoman's encounters with fantastical giants, octopus gods, and shape-shifting iguanas. The evening shows run 3 times a week from 8 pm – 10 pm so it's the perfect fit for an after-dinner lull. Resort transfers, light snacks, and soft drinks are included in the ticket cost. Just ask about the transfer time when you book your tickets with your resort tour desk or with VOU Hub online.

9.Set sail on the Drua experience

A replica of Fiji's last Drua (war canoe), the iVola Sigavou was built to revive an almost forgotten tradition. Over a century ago, these double-hulled crafts were revered throughout the Pacific for their superior size, speed, and agility. The largest recorded was 30 metres (98 ft) long and could carry more than 200 warriors! On a ½ day morning cruise to a secret snorkeling spot, the experienced crew will teach you how to handle the craft and ply you with kava and voyaging stories. Cruises depart the Vuda Marina daily but there's also a 2hr sunset cruise and charter options available for groups of up to 10 people.

10.Kanu by Lance Seeto

Kanu is all about surprises – in the best, tastebud-tempting way. Chef Lance Seeto's innovative menu is packed with familiar Fijian flavours served in exciting new ways – like 'palusami (dalo leaf) potstickers' or the 'smoked walu (Spanish Mackerel) okra salad'. Curious foodies should also try the surprisingly delicious Kava Martini. Kanu's food philosophy is to use local as much as possible so you can always expect the freshest, seasonal produce on your plate. Check out their daily menu board for more rustic gourmet adventures.

