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## A guide to becoming a Fijian action hero

By Fiona Harper | Presented by Flight Centre | 5 years ago

When serial adventurer and author Paul Theroux lobbed into Fiji while paddling the Pacific, he observed that "loud laughter was the Fijian way of conveying the bad news that something was impossible."

It's hard to imagine the good-natured Fijians being disagreeable. Along with their trademark "Bula" greeting, they are known for warm hospitality and wide smiles, which invariably precede laughter.

Their easy-going nature almost guarantees that a Fiji holiday is going to be good fun. Toss in an island archipelago with an abundance of natural beauty and you've found Fiji's heart and soul.

Here are some unique and awe-inspiring ways to get your nature fix in a tropical paradise.

### 1 Hike to the wailing rock and use the coconut telegraph



A Fijian local visits the wailing rock to communicate with the elders via coconut telegraph.

Long before mobile phones dominated our lives, Fijian warriors were using nature's own coconut telegraph to communicate.

Using a hollow wooden log, Tui Lawa elders would strike a wailing rock called Vatu Tagi.

The distinct ringing sound was used to send messages during times of war.

The sound of the wailing rock would reverberate around Malolo Island, inviting the elders to convene for a chiefly meeting.

The wailing rock is located on a large rocky outcrop high atop the summit of Malolo and is accessed via a narrow track.

There's a Fijian saying that translates to 'Malolo is where the sun comes to rest' based on a belief that it appeared that the sun was resting as it set behind Malolo Island.

The hike is popular as a pre-breakfast appetiser or as a dusk stroll, giving visitors the chance to witness the sun resting on the Pacific Ocean.

Get there from [Malolo Island Resort](#).

[Instagram](#) [Facebook](#)

Map location: [View on Google maps](#)

## 2

## Celebrate an ancient turtle calling ceremony



Villagers gather on a headland overlooking the ocean for an ancient turtle calling celebration. Photo credit: Fiona Harper

Villagers at Namuana Village on Kadavu Island perform a sacred, emotionally-charged turtle calling ceremony high on the headland above Udelevu Beach.

Legend has it that a princess and her daughter were out fishing when they were captured by warriors and tossed into the boat's hold.

When a storm threatened to capsize the vessel, the women morphed into turtles and escaped.

Today, colourfully dressed women dance, chant and sing to call the princess' mythical turtle descendants home.

When a turtle surfaces and makes its way shoreward the laughing, singing and chanting reaches fever-pitch and the whole village celebrates the reappearance of their transformed ancestors.

Get there via a [Lau Island Cruise with Captain Cook Cruises](#).

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## 3 Wash away your cares with a therapeutic mud bath



A therapeutic mud bath and soak in thermal pools at Sabeto Mud Baths is incredibly relaxing. Photo credit: Fiona Harper

There's no denying the allure of the therapeutic warm mud pools at Sabeto Mud Baths.

Fed by geothermal spring water from an inland volcano, Fiji's outdoor baths have the sulphuric aroma typical of most therapeutic pools.

The mud bath ritual is not for the squeamish.

Wearing a swimsuit (tip: do not wear white!) visitors step into the warm muddy waters of a small pool as soft mud squishes between their toes.

After soaking in its tepid waters, bathers are then lathered in mud the colour of dark chocolate, with the texture of clotted cream.

It's then a matter of standing around in the sun for around 20 minutes while the mud bakes firm and dry. Then it is back into the pool to wash, before hopping into a much cleaner and larger pool to soak away your cares (and any remaining mud).

Is it therapeutic? Hard to say, but it's certainly good, clean (eventually) fun.

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**Map location:** [View on Google maps](#)

## 4 Get cast away on an uninhabited island



Modriki Island was where Tom Hanks' character was washed ashore in the movie *Cast Away*. Credit: Fiona Harper

Tom Hanks and his bearded, bedraggled character Chuck Nolan have a lot to answer for.

Ever since Nolan washed up on uninhabited Modriki Island (also known as Monuriki) after a plane crash, travellers have been flocking to the island featured in 2000's *Cast Away*. It's understandable.

Beyond the obvious 'Instagram-ready' nature of the Modriki's serene beauty, a forest-clad peak tumbling into white sand kissed by an emerald sea is the drawcard.

Snorkelling, swimming, beachcombing and daydreaming of an uncomplicated life keep most visitors enthralled.

Get there on a day trip from [Likuliku Island Resort](#)

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**Map location:** [View on Google maps](#)

## 5

## Hike to waterfalls in the rainforest



Lavena Coastal Walk is an easy hike on the east coast of Taveuni. Photo credit: Fiona Harper

There is no better place to cool down from Fiji's tropical heat than a freshwater pool at the base of a tumbling waterfall.

Head to Tavoro Waterfalls in the Bouma National Heritage Park on Taveuni Island and a three-hour hike will take you to the three waterfalls.

The first swimming hole is a mere ten minutes from the trail head, and has a large pool fed by a waterfall plunging from 25 metres.

Leave the crowds behind and carry on hiking the forest trail and you'll come across two more falls and swimming holes.

The smallest waterfall has a pretty pool at its base inhabited by fresh water prawns.

The trail can get a bit overgrown and slippery so sturdy hiking shoes are a must.

Nearby Lavena Coastal Walk is another splendid hike complete with coastal views, a swing bridge river crossing, and a waterfall reached by a short swim through a grotto.

Get there from the Taveuni Coastal Road.

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