

LAUTOKA, FIJI

On the northwest coast of Fiji's largest island, Viti Levu, Lautoka is the primary city of the country's sugarcane-growing region. Lautoka is conveniently positioned for a day in nature at Koroyanitu National Park, or on the beach at the popular tourist resort town, Nadi

KEY INFO

Currency: Fijian Dollar (1 USD = 2.24 FJD)

Population: 53,000 (925,000 Fiji)

Emergency #: 911

Drinking water: Tap water is not drinkable

Time Zone: GMT+12

ID Requirements: Photo ID

Languages: Fijian, English & Fijian Hindi

Drive on the: Left

Pharmacy: HyperChem Pharmacy, 91 Vitogo Parade

Bug Spray: Recommended

Wi-Fi: Taurus Internet Café, McDonalds, Starbucks

Post Office: Lautoka Post Office, Tavewa Avenue

PORT LOCATION

Ships dock at the Port of Lautoka, which is 3km from the city center (40-minute walk/10-minute drive)

Getting Around: The local tourist board often arranges shuttle buses for cruise ships, though this is generally charged to passengers. The shuttle bus terminates outside Jack's of Fiji.

The bus network is comprehensive and takes payment via a pre-loaded disposable card – the card has a 30-day life, and leftover credit can be refunded during that period at any Vodafone store.

Licensed, metered taxis have LT at the beginning of their reg-plate. Non-metered taxis start with LH.

Port Facilities: Private tour sales

Port Address: Port of Lautoka, Lautoka, Fiji

BEACHES NEAR LAUTOKA

Saweni Beach: White sand beach, unfortunately littered with trash. 17-minute drive (10km from port)

Lomolomo Beach: An unfussy, tree-lined beach with dirty-blond sand. 25-minute drive (14km from port)

Wailoaloa Beach: Head to Nadi for the best beaches. 50-minute drive (29km from port)

SHOPPING IN LAUTOKA

Lautoka Market: Big and busy! This market is where the locals come to do business. From fresh produce to handicrafts, there's little that you can't find here. 'Wheelbarrow Boys' are on hand to assist.

7am-5pm (Mon-Fri), 6am-4pm (Sat) | 5-minute drive/23-minute walk (1.7km from port)

TappooCity: For a mall style shopping experience, visit TappooCity – a Fijian chain with a food hall, as well as a range of retail outlets all under one roof. 4-minute drive/20-minute walk (1.5km from port)

📍 www.tappoo.com.fj

Jack's of Fiji: For clothing and crafted goods. 4-minute drive/20-minute walk (1.4km from port)

📍 www.jacksfiji.com

LAUTOKA CITY HIGHLIGHTS

Lautoka Sugar Mill: Producing about 50,000 tons of sugar a year, Lautoka is most famous for being the heart of Fiji's sugar plantation industry. While there are no official tours, local guides offer unofficial tours, or you can explore the site independently. 3-minute drive/11-minute walk (800m from port)

📍 www.sugarsoffiji.com

Lautoka Golf Club: 9-hole golf course spread over almost 5km, welcoming to day visitors. There's a reasonably priced clubhouse with food and drink too.

12pm-10:45pm (Mon-Wed), 9am-10:45pm (Thur-Sun) | Roughly \$50 FJD | 7-minute drive (3.4km from port)

Krishna Kaliya Temple: An important site of worship for Fiji's Hare Krishna community. A large proportion of Fiji's Indo-Fijian population are descended from Indian migrants who were brought to Fiji by the British to work on the sugar plantations. 4-minute drive/22-minute walk (1.7km from port)

PUBLIC GARDENS IN & AROUND LAUTOKA

Lautoka Botanical Gardens: This 15-acre garden features beautiful orchids and other tropical flowers. Follow the paths around the garden and get a photo on 'Lovers Bridge' as you cross the Lilypond. Open 8am-5pm | Free | 30-minute walk/5-minute drive (2.1km from port)

📍 <https://www.lautokacitycouncil.com.fj/ova.sev/parks-and-garden/>

Garden of the Sleeping Giant: Named after the local legend that the mountain is a giant who ate so many locals that he fell into a deep sleep, this garden displays a vast collection of Asian orchids and Cattleya hybrids. Formerly the private collection of American actor Raymond Burr.

Open 9am-5pm | \$25 FJD | 30-minute drive (19km from port)

📍 www.gardenofsleepinggiant.com

OUT OF TOWN HIGHLIGHTS

Koroyanitu National Heritage Park: Visit the traditional Abaca Village in the Koroyanitu National Heritage Park, where locals will greet you like a friend and provide you with a map, or even a guided tour if you would like. Also make sure to stop by the waterfalls. 1-hour drive (36km from port)

Summit Mount Tomanivi: Venture into the cloud forest at the top of Mt Tomanivi's 1323m summit. Views are far from guaranteed, but on a clear day you can see out to Ovalau Island and a huge panorama of the Sun Coast. ATV tours are a fun way to go. 2.5-hour drive (99km from port)

Sabeto Mud Baths: Bathe like a hippo in these natural, muddy hot springs, situated about half-way between Lautoka and Nadi. Possible to combine with Garden of the Sleeping Giant.

7am-5pm daily | From \$70 FJD | 35-hour drive (21km from port)

📍 <https://sabetohotspringandmudpool.com/>

FUN FACT

Fiji is the only country in the world to feature a **banknote of a \$7 denomination**. The \$7 bill came about to celebrate Fiji's first ever Olympic Gold medal – won for Rugby Sevens at the 2016 Summer Olympics in Rio de Janeiro. At the 2020 Olympics in Tokyo, the Men's Team defended their title, while the Women's Team won Bronze. To celebrate the renewed success, the Bank of Fiji commissioned a second edition of its unique \$7 denomination.