

# *Suva*

## *City Centre Guide*



**H** *Holiday Inn*

AN IHG® HOTEL

SUVA

# When you know more you can do more

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## Bula Vinaka!

Thank you for choosing to stay at Holiday Inn Suva for your trip to our capital city. Here you can enjoy fine ocean views and a warm Bula welcome, just steps from the city's key sights. Leave the city bustle behind in the cool, open-plan hotel Lobby at Holiday Inn Suva. You'll relax as you stroll through palm-fringed gardens and cool off in the sparkling freshwater pool. All of our bright, modern Guest rooms have high-speed Internet and a balcony.

Nausori Airport is 22km away and Holiday Inn Suva is well-located for business, within 5 minutes' walk of major banks, embassies, major regional headquarters, and historic Government buildings along Victoria Parade. Our 3 flexible meeting rooms, with wireless Internet and ocean views, provide a unique backdrop for events and you can catch up in the 24-hour Business Centre. Suva is easily explored on foot. Take a short walk into the

CDB to shop for Fijian handicrafts and experience the city's diversity. At the botanical Thurston Gardens, you'll find the Fiji Museum, a fascinating insight into the country's history. Colo-i-Suva's Forest Park, a nature reserve, with rainforest trails and waterfalls is 15 minutes' drive away.

Sirocco restaurant offers a laid-back dining ambience focused on Mediterranean cuisine, complimented by Tapa bar & lounge with large sports screen and the relaxed atmosphere of the outdoor Pizzeria, bure, and deck - live music on selected evenings and digital music selection available throughout the service period - your ideal setting to enjoy Suva and its sunsets.

If I can assist you during your stay, please feel free to reach out to me directly on [+679 999 5200](tel:+6799995200) or [jackie.verma1@ihg.com](mailto:jackie.verma1@ihg.com)

Jackie Verma  
Front Office Manager

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## GPH Day Spa

Balance your mind and body with a revitalising body scrub, massage or beauty treatment at the Spa, a tranquil haven near Rara Lounge. Indulge in one of our blissful massages, facials or body treatments, and enjoy complete serenity and rejuvenation throughout your stay.

Opening Hours  
10am - 7pm

For any enquiries, please call extension 6308.

## Gym Facilities

Keep up your fitness regimen at the Fitness Centre near Rara Lounge. Our fully equipped Fitness Centre provides state-of-the-art equipment for cardio, resistance, and core training.

Opening Hours  
5am - 8pm

For any enquiries, please call extension 6308.

# Guided Walking Tour Suva

Discover the hidden gems and off-the-beaten-path neighborhoods that make up the rich tapestry of Suva's history, culture, and lifestyle. Join us for an unforgettable adventure as we explore the heart and soul of Fiji's capital city with the friendly and knowledgeable local guide, Peter Sipeli.

As you meander through the city, the tour offers an exclusive insight into the soul of Suva, a city that embodies the essence of Fiji's unique blend of indigenous and colonial cultures. Discover the architectural marvels that showcase the city's diverse past and present, from the grandeur of colonial-era buildings to the contemporary designs of modern landmarks.

From fashion and street art to environmental initiatives and the culinary scene, each walking tour presents a different perspective of Suva, a vibrant and eclectic city that has something for everyone. You'll experience the city like never before, gaining a deeper understanding of its heritage, traditions and local customs.

As you journey through Suva with Peter Sipeli, you'll be treated to insider knowledge and fascinating anecdotes, imparting a wealth of information about the landmarks and neighborhoods you explore. Every step is an opportunity to discover something new, uncovering the secrets of Suva's rich history and culture.

The guided walking tours are an exclusive and immersive experience, perfect for those seeking an authentic and meaningful encounter with Suva's local culture and heritage. It's an opportunity to engage all of your senses and leave with a deeper appreciation and understanding of this captivating city.



Scan QR Code  
to Book

**Price:** \$40 per person (Minimum of 3 people per tour / Max of 15)

**Duration:** 2.5 - 3 Hours

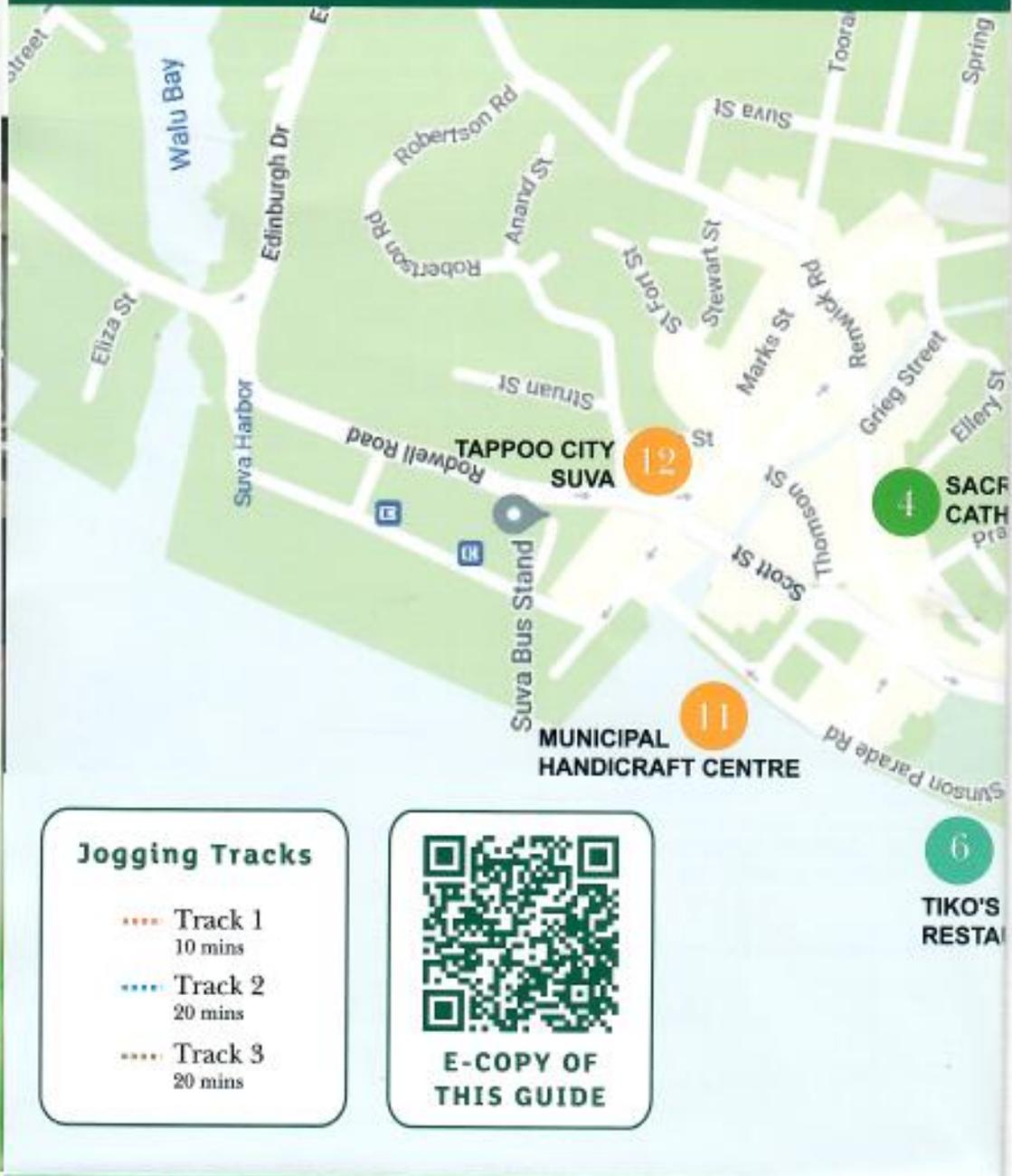
**Phone:** +679 789 2918

**Email:** [guidedwalksfiji@gmail.com](mailto:guidedwalksfiji@gmail.com)

A 24-hour prior booking is required.

*Please note payment is cash only and will need to be paid directly to Guided Walking Tours Suva authorized personnel. No room charge, and is inclusive of local government taxes.*

# Use this map to



## Jogging Tracks

- Track 1  
10 mins
- Track 2  
20 mins
- Track 3  
20 mins



E-COPY OF  
THIS GUIDE

6  
TIKO'S  
RESTAURANT

# o explore Suva



# See

**FIJI MUSEUM**  
2 CAKOBAN ROAD

1

Located in the heart of Suva's Thurston Gardens, the Fiji Museum holds a remarkable collection including archaeological material dating back 3,700 years.

 4 MINS



**THURSTON GARDENS**  
2 CAKOBAN ROAD

2

Thurston Gardens is a botanical garden next to the Fiji Museum. This peaceful, public park has a variety of flora, including water lilies, ginger, palms and other native South Pacific plants. The park is open to the public.

 2 MINS



# Taste

**DAIKOKU RESTAURANT**  
SHOP11, DOLPHIN PLAZA,  
VICTORIA PARADE

5

Authentic Japanese Cuisine and Teppan Yaki style Steak House. With fire and technique, minutes from Grand Pacific Hotel, Daikoku Restaurant serves up authentic Japanese teppanyaki dishes in a contemporary environment.

 5 MINS



**TIKO'S FLOATING RESTAURANT**  
STINSON PARADE RD

6

Tiko's Seafood Restaurant and Bar is located on the harbour near Stinson Parade, directly across from Sukuna Park. It is easy to spot as it is the only floating restaurant in Suva. Tiko's has a well deserved reputation for its variety of grilled fish and seafood platters.

 12 MINS



**NA TOBA POOL BAR**  
GRAND PACIFIC HOTEL

9

Enjoy the ultimate Suva sunset at Na Toba with panoramic harbor views and enchanting ambiance. Sip on signature cocktails and sample local drinks with a snack menu. Elevate your night with Lali drums and tiki lights. Check out Na Toba for more.

 3 MINS



**AN PHO**  
GARDEN CITY, GRANTHAM RD

10

If you're in the mood for Vietnamese food, An Pho serves fresh and flavorful dishes with a balance of sweet, sour, salty, and spicy flavors.

 7 MINS



**PARLIAMENT HOUSE  
GOVERNMENT BUILDINGS**

3

Fiji's government building includes Parliament, High Court, Appellate Courts, and Government Offices, all featuring grand architecture and intricate details. The Parliament Discovery Centre showcases Parliament's history and procedures through exhibits and digital displays.



 3 MINS

**SACRED HEART CATHEDRAL  
PRATT ST**

4

The Sacred Heart Cathedral or simply Cathedral of Suva, is the main ecclesiastical building of the Roman Catholic Church in the island nation of Fiji, and is located on Pratt Street in the City of Suva, Fiji's capital.



 13 MINS

**ROC CAFE  
LOFTUS STREET**

7

A popular spot for locals, the Republic of Cappuccino has been pouring espresso blends to espresso of the day, filter, and iced batch brew—you'll find tea, herbal tea, milkshakes, fresh juice, and more. Iced coffee and chai lattes suit hot days.



 6 MINS

**KANU BY LANCE SEETO  
46 KNOLLYS ST**

8

Chef Lance Seeto combines traditional Fijian flavors with modern influences at KANU to create a contemporary interpretation of Fijian cuisine. The restaurant uses unique native ingredients to evolve and elevate the local culinary scene, encouraging chefs to draw inspiration from their history rather than looking abroad.



 4 MINS

## Shop

**SUVA HANDICRAFT  
CENTRE  
STINSON PARADE RD**

11

Explore the artisans market at Suva Handicraft Centre, located just 90 metres from Suva Municipal Market. Talented carvers and craftspeople sell a variety of goods, including wooden carvings, woven baskets, jewelry, pottery, and more.

 15 MINS

**SUVA CITY SHOPPING  
THOMSON ST**

12

Suva City in Fiji offers a vibrant shopping scene with various options such as the Municipal Market, Tappoo City, and luxury designer boutique. From souvenirs to high-end fashion, there's something for everyone.

 15 MINS

# Wander and be surprised by unexpected finds and neighbourhood tales in the heart of Suva City

Ask our hotel colleagues for more of  
their favourite neighbourhood finds!

**Holiday Inn Suva**

Victoria Parade, Suva, Fiji

T: +679 330 1600

E: [reservations.holidayinnsuva@ihg.com](mailto:reservations.holidayinnsuva@ihg.com)

W: [holidayinn.com](http://holidayinn.com)

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