

# FIJI RUN

**"Hard" Option  
(15.4km)**

Take higher path to left  
then through gate into  
Wambina Nature Reserve

Take care  
on short  
steep rocky  
descents  
along this  
section

Pass to left of  
water tower and  
descend on steep  
rocky fire-trail

Cross The Entrance Road and  
go down footpath lane-way

Right for "Hard" Option  
Left for "Soft" Option

A taste of Fiji

**"Soft" Option  
(9.7km)**

