

NEWSLETTER

Whether you're looking to host workshops or simply escape into nature, Namosi Eco Retreat is ready to welcome you with fantastic deals. Don't miss out – book your stay today and experience the transformational environment firsthand.



Recently Renovated Namosi Eco Retreat

Exciting news from Namosi Eco Retreat! 🎉
Our guests are enjoying our larger size, rebuilt Bures – our facilities are now better than ever!

📍 Also enjoy our upgraded Large Function Venue (dining hall) and new Workshop Lodge, perfect for learning, fun and delicious meals with fellow retreat-goers.

Our renovated Bures provide a cozy sanctuary to relax and unwind.

If you haven't visited over the past 12-18 months then come try the new Bures.

They are larger family Bures with more space, mosquito netting on all windows, and more following their re-construction after Covid.

Fiji's Toughest Run in June – Namosi Challenge



Source: Namosi Challenge

The Namosi Challenge 2025 is Fiji's premium trail running event. The course will follow a stretch of difficult track in the Namosi highlands used during the "World's Toughest Race: Eco-Challenge Fiji." The run is a challenge for even the fittest of athletes, providing the opportunity for 500 runners from all over Fiji and beyond to experience the rugged beauty of Viti Levu's interior.

The run finishes near Namosi Eco Retreat, where runners can book a Bure for their rest before and after the run – afterwards is a live sigidrigi band, kava night and bonfire at the retreat. Accommodation is nearly booked out (\$95 singles/shared with all meals): namosiecoretreat@gmail.com For those wanting to join the fun run, there are 3 options: half marathon at 21.1 km / 13.1 miles; 10km trail run; and 10km team challenge (team of four)

For more details about the Namosi Challenge: www.namosimarathon.org



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Namosi Women's Rugby League Team Gears Up for 2025 with New Kits



Namosi Women's Rugby League team geared-up for 2025 with new kits and renewed determination following their 2024 debut. It is always a challenge for young women and girls in a village to play rugby, given their daily work on the farm, caring for family and many commitment – plus there is the high cost of transport to travel to Suva to play in competitions. Thanks to our supporters including Play for Equity supported by the Australian Government's Team Up Program in partnership with the International Olympic Committee through its Olympism365 strategy. Also a big thanks to Namosi's locally based, international business Pleass Global that is always there to support our women players. Toso Mai Namosi!

Visit from the FRCS group for team building



We were thrilled to host the Fiji Revenue & Customs Service Team at Namosi Eco Retreat! 🌿

During their visit, they embraced a digital detox, explored breathtaking hikes, and experienced our traditional kava ceremony. These activities not only provided a break from their busy schedules but also strengthened team bonds in an inspiring natural setting.

The FRCS Team departed with more than just great memories; they left feeling revitalized and ready to tackle new challenges ahead!

Doncaster Students and Teachers

We welcomed students and staff from Doncaster College, England, eager to expand their tourism knowledge. 🌍✈️



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A Short Mountain Walk is Rewarded with this Aerial View

When you purchase your 'Full Experience Package' at Namosi Eco Retreat you get a full package for your family that includes: all meals, dedicated Local Guide, and all retreat activities including river Stand Up Paddleboard (SUP), bili-bili bamboo rafting, hiking and more – bonus Bure accommodation is also included in the package. For those who hikers who walk up the nearby mountain, they are rewarded with an incredible view of the entire valley. This includes an aerial view of the retreat.



Expanded Function Venue and Facilities

🏠 Check out our expanded Large Function Venue for weddings and family reunions, large workshops, and other events. Ideal for creativity and collaboration.

There is also a new Workshop Lodge, which is fully-enclosed and weather-proof, concrete floor and emergency access to electricity and internet for critical workshop communications. You also have the option to hire chairs, tables, overhead projector, and more. There is also full catering including all meals plus morning and afternoon tea.



Filming the Next Blockbuster Movie at Namosi Eco

Starring the Namosi Eco Retreat band; the next blockbuster movie recently filmed at the retreat. Manakwa Vakalevu for the opportunity to showcase the talents and Namosi songs to the world, during the movie filming in April for BBC.

Our music connects us to our past, to the present, to our future and to each other.

