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# 20 Best Scuba Diving Destinations in the World

Immerse yourself in the underwater world with these must-see diving spots, from Mexico to the Maldives.

By [Stephanie Vermillion](#) | Updated on March 11, 2025

## Rainbow Reef, Fiji



Great White Wall, Rainbow Reef, Taveuni Island, Somosomo Strait, Pacific Ocean, Fiji Islands. PHOTO: JASON EDWARDS/GETTY IMAGES

Fiji's nickname, the "soft coral capital of the world," does not disappoint—especially on the legendary Rainbow Reef. This 1,500-mile ribbon of marine life, located between the islands of Taveuni and Vanua Levu, is a crayon box of soft and hard corals that draws some 2,300 species of fish. Lucky divers may spot reef sharks, turtles, and eagle rays while they're here.

Visit with sustainable [Sau Bay Resort and Spa](#), located right along Rainbow Reef. It's one of the first PADI Eco Centers in the South Pacific. In addition to diving, Sau Bay guests enjoy complimentary "happy hour" nature sessions to learn about the reef and local restoration efforts.