

# Contents

<b>The Authors</b>	<b>12</b>	South Coast Beaches & Reefs	79
<b>Getting Started</b>	<b>14</b>	Sataoa & Sa'anapu Conservation Area	80
<b>Itineraries</b>	<b>18</b>	O Le Pupu-pu'e National Park	80
<b>Samoa Islands</b>	<b>25</b>	Togitogiga Falls & Recreation Reserve	81
<b>Samoa Islands Snapshots</b>	<b>27</b>	Sopo'aga Falls	81
<b>'Upolu</b>	<b>56</b>	Fuipisia Falls	81
History	57	To Sua Ocean Trench	81
Getting Around	57	Sleeping & Eating	81
<b>APIA</b>	<b>60</b>	<b>ALEIPATA DISTRICT</b>	<b>83</b>
Orientation	60	Aleipata Beaches & Reefs	83
Information	60	Sleeping & Eating	83
Sights & Activities	64	<b>APOLIMA STRAIT ISLANDS</b>	<b>84</b>
Walking Tour	66	Manono	84
Apia for Children	67	Apolima	85
Tours	67	<b>Savai'i</b>	<b>88</b>
Festivals & Events	68	History	90
Sleeping	68	Tours	90
Eating	70	Getting Around	90
Drinking	72	<b>SOUTHEASTERN SAVAI'I</b>	<b>91</b>
Entertainment	73	Information	91
Shopping	73	Salelologa	91
Getting There & Away	74	John Williams Monument	91
Getting Around	74	East-coast Beaches	91
<b>THE CROSS ISLAND ROAD</b>	<b>74</b>	Pu'apu'a	92
Robert Louis Stevenson Museum & Mount Vaea Scenic Reserve	74	Tafua Peninsula Rainforest Preserve	92
Bahá'í House of Worship	77	Sleeping & Eating	92
Tiapapata Art Centre	77	<b>NORTHEASTERN SAVAI'I</b>	<b>94</b>
Lake Lanoto'o	77	Lava Field	94
Papapapai-tai Falls	77	Turtles	95
<b>NORTHEASTERN 'UPOLU</b>	<b>77</b>	Fagamalo & Avao	95
Uafato Conservation Area	77	Safotu	95
Fatumea Pool	78	Mount Matavanu Crater	95
Sleeping & Eating	78	Dwarf's Cave	96
<b>NORTHWESTERN 'UPOLU</b>	<b>78</b>	Mata'olealelo Spring	96
Papasee'a Sliding Rock	78	Pe'ape'a Cave	96
Vailima Brewery	79	Sleeping & Eating	96
Sleeping & Eating	79	<b>NORTHWESTERN SAVAI'I</b>	<b>97</b>
<b>SOUTH COAST &amp; SURROUNDS</b>	<b>79</b>	A'opo Conservation Area & Mount Silisili	97
		Falealupo Peninsula	97
		West-Coast Beaches	99
		Sleeping & Eating	99
		<b>SOUTHERN SAVAI'I</b>	<b>99</b>
		Afu Aau Falls	99
		Pulemelei Mound	100
		Alofaaga Blowholes	100
		Sleeping & Eating	101

**Tutuila 102**

History	104
Getting Around	104
<b>PAGO PAGO 105</b>	
Orientation	105
Information	106
Sights	108
Walking Tour	110
Pago Pago for Children	111
Tours	111
Sleeping	112
Eating	112
Drinking	113
Entertainment	114
Shopping	114
Getting There & Away	114
Getting Around	114
<b>EASTERN TUTUILA 114</b>	
Rainmaker Mountain	115
National Park of American Samoa	115
Beaches	116
Masefau & Sa'ilele	117
Tula & Onenoa	117
Sleeping & Eating	117
<b>WESTERN TUTUILA 117</b>	
Matafao Peak	117
Tia Seu Lupe	118
Turtle & Shark Site	118
Fagatele Bay National Marine Sanctuary	118
Leone	119
Massacre Bay	119
Cape Taputapu	119
Sleeping	119
Eating	120
Drinking	121
Entertainment	121
<b>AUNU'U 121</b>	
Pala Lake	121
Red Lake	121
Ma'ama'a Cove	122
Pisaga	122
Other Sights & Activities	123
Sleeping & Eating	123
Getting There & Away	123
<b>SWAINS ISLAND 123</b>	
<b>ROSE ATOLL 123</b>	

**Manu'a Islands 124**

History	125
Information	126
Getting Around	126
<b>OFU 126</b>	

Ofu Beach	127
To'aga Site	127
Va'oto Marsh	127
Ofu Village & Surrounds	127
Mount Tumutumu	127
Sleeping & Eating	128
<b>OLOSEGA 128</b>	
Maga Point	128
Ofu-olosega Bridge	128
Sleeping & Eating	128
<b>TA'U 129</b>	
National Park of American Samoa	129
Ta'u Village & Surrounds	130
Fagamalo Cove	130
Sleeping & Eating	130

**Samoa Islands Directory 131**

Accommodation	131
Activities	133
Business Hours	138
Children	138
Climate Charts	139
Customs	139
Dangers & Annoyances	139
Disabled Travellers	140
Discount Cards	140
Embassies & Consulates	140
Festivals & Events	140
Gay & Lesbian Travellers	141
Holidays	141
Insurance	141
Internet Access	142
Legal Matters	142
Maps	142
Money	142
Photography & Video	143
Post	144
Shopping	144
Telephone	144
Time	145
Toilets	145
Tourist Information	145
Visas	146
Women Travellers	146
<b>TRANSPORT IN THE SAMOAN ISLANDS 146</b>	
Air	147
Bicycle	147
Boat	148
Bus	148
Car & Motorcycle	149
Hitching	150
Taxi	150

**Tonga 151****Tonga Snapshots 153****Tongatapu Group 179**

History	180
Activities	180
<b>TONGATAPU ISLAND 182</b>	
Nuku'alofa	182
Around the Island	199
<b>ISLANDS NORTH OF NUKU'ALOFA 213</b>	
Pangaimotu	213
Fafá	213
'Atata	214
<b>'EUA 215</b>	
Northern 'Eua	217
Central 'Eua	218
Southern 'Eua	221

**Ha'apai Group 225**

History	226
Dangers & Annoyances	227
Activities	227
Festivals & Events	228
<b>LIFUKA GROUP 228</b>	
Lifuka Island	228
Foa	236
Nukunamo	237
Ha'ano	237
Uoleva	237
'Uiha	238
Tatafa	239
<b>OTHER HA'APAI GROUP ISLANDS 239</b>	
Tofua & Kao	239
Luahoko	241
Ha'afeva	241
Nomuka & Nomuka'iki	241
Telekivava'u	242

**Vava'u Group 243**

History	245
Climate	245
Activities	245
Festivals & Events	248
<b>VAVA'U ISLAND 249</b>	
Neiafu	249
Around the Island	257
<b>OTHER VAVA'U GROUP ISLANDS 259</b>	

Pangaimotu	260
Tapana	260
'Utungake	260
Mala	260
Southern Vava'u Group Islands	261
Eastern Vava'u Group Islands	264

## **The Niuas 265**

Getting There & Away	266
<b>NIUATOPUTAPU 266</b>	
Information	267
Sights & Activities	267
Sleeping & Eating	268
<b>TAFahi 268</b>	
<b>NIUAFO'OU 268</b>	
History	269
Information	270
Sights & Activities	270
Sleeping & Eating	270

## **Tongan Directory 271**

Accommodation	271
Activities	273
Business Hours	277
Children	277
Climate Charts	277
Customs	278
Dangers & Annoyances	278
Disabled Travellers	278
Embassies & Consulates	279
Festivals & Events	279
Gay & Lesbian Travellers	280
Holidays	280
Insurance	280
Internet Access	280
Legal Matters	280
Maps	280
Money	281
Photography	282
Post	282
Shopping	282
Telephone & Fax	283
Time	283
Toilets	284
Tourist Information	284
Visas	284
Women Travellers	284
Work	284
<b>TRANSPORT IN TONGA 285</b>	
Air	285
Bicycle	286
Boat	286
Bus	288

Car	288
Hitching	289
Horse	289
Taxi	289
Tours	289

## **Transport 290**

## **Health 296**

## **Language 303**

## **Glossary 307**

## **Behind the Scenes 309**

## **Index 312**

## **World Time Zones 319**

## **Map Legend 320**

# Regional Map Contents

