

Contents

<u>The Authors</u>	22	Embassies & Consulates	96
<u>Getting Started</u>	28	Festivals & Events	96
<u>Itineraries</u>	33	Internet Resources	96
<u>Snapshot</u>	37	Maps	96
<u>History</u>	39	Money	96
<u>The Culture</u>	50	Telephone	96
<u>Environment</u>	60	Time	96
<u>South Pacific Diving</u>	69	Tourist Information	96
<u>Food & Drink</u>	79	Visas	96
<u>Easter Island</u>	84	TRANSPORT IN EASTER ISLAND	97
Climate & When to Go	85	Getting There & Away	97
History	85	Getting Around	97
The Culture	87	Federated States of Micronesia	98
Arts	88	Climate & When to Go	99
Language	88	History	99
Environment	88	The Culture	101
HANGA ROA	88	Arts	102
Orientation	88	Language	102
Information	88	Environment	102
Transport	90	KOSRAE	103
Sights	90	Orientation	103
Activities	92	Information	104
Easter Island for Children	92	Transport	104
Tours	92	Tofol	105
Sleeping	92	Lelu Island	105
Eating	93	Malem	106
Drinking	94	Utwe	107
Entertainment	94	Airport to Lelu	107
Shopping	94	Tafunsak	107
EASTER ISLAND DIRECTORY	94	Activities	107
Accommodation	94	Kosrae for Children	108
Activities	95	Tours	109
Business Hours	95	Sleeping	109
		Eating	109
		Shopping	109
		POHNPEI	109
		Orientation	110
		Information	110
		Transport	110
		Kolonia	111
		Porakiet Village	113
		Sokehs Island	113
		Around Pohnpei	113
		Nan Madol	114
		Islands in Pohnpei Lagoon	115
		Outer Atolls	116
		Activities	116

Pohnpei for Children	117	Getting There & Away	135	Sleeping & Eating	189
Tours	117	Getting Around	135	OVALAU & THE LOMAIVITI GROUP	190
Sleeping	117			Levuka	190
Eating	118	Fiji	136	Caqalai	193
Drinking	118	Climate & When to Go	138	Leleuvia	193
Shopping	119	History	138	Naigani	193
CHUUK	119	The Culture	141	Namenalala	194
Orientation	120	Religion	143	VANUA LEVU	194
Information	120	Arts	143	Savusavu	195
Dangers & Annoyances	120	Language	144	Tunuloa Peninsula	199
Transport	121	Environment	145	Labasa & Around	199
Weno	121	VITI LEVU	146	Kioa	200
Islands In Chuuk Lagoon	123	Orientation	146	TAVEUNI	200
Outer Islands	124	Information	146	Waiyevo, Somosomo & Around	202
Activities	124	Dangers & Annoyances	147	Southern Taveuni	204
Chuuk for Children	124	Transport	147	Matei & Around	204
Tours	125	Viti Levu for Children	150	Eastern Taveuni	206
Sleeping	125	Tours	151	Offshore Islands	206
Eating	125	Nadi	151	KADAVU	207
Shopping	126	Lautoka	158	Dangers & Annoyances	207
YAP	126	Southern Viti Levu & The Coral Coast	160	Activities	207
Orientation	127	Offshore Islands	166	Transport	207
Information	127	Suva	166	Sleeping	207
Transport	128	Viti Levu's Kings Road	175	LAU GROUP	209
Colonia	128	Viti Levu Highlands	177	Vanua Balavu	209
Balabat Village	129	Sigatoka Valley	178	FIJI DIRECTORY	209
German Cable Station & Japanese Zeroes	129	Namosi Highlands	178	Accommodation	209
Okau Village	129	MAMANUCA GROUP	178	Activities	210
Wanyan	130	South Sea Island	180	Business Hours	211
Bechiyal	130	Bounty Island	180	Children	211
Outer Islands	130	Beachcomber Island	181	Embassies & Consulates	211
Activities	131	Treasure Island	181	Festivals & Events	211
Yap for Children	131	Navini	181	Internet Access	211
Tours	131	Malololailai	181	Internet Resources	211
Sleeping	132	Malolo	182	Maps	212
Eating	133	Castaway Island	182	Money	212
Drinking	133	Mana	183	Telephone	212
Shopping	133	Matamanoa	183	Time	213
FEDERATED STATES OF MICRONESIA DIRECTORY	134	Tokoriki	184	Tourist Information in Fiji	213
Accommodation	134	Tavarua	184	Visas	213
Activities	134	Namotu	184	TRANSPORT IN FIJI	213
Business Hours	134	YASAWA GROUP	184	Getting There & Away	213
Children	134	Kuata	186	Getting Around	214
Embassies & Consulates	134	Wayasewa	186		
Festivals & Events	134	Waya	186	Guam	217
Internet Resources	135	Naviti & Around	187	Climate & When to Go	218
Money	135	Tavewa	187	History	219
Time	135	Nacula	188	The Culture	220
Visas	135	Nanuya Lailai	189	Arts	221
TRANSPORT IN THE FEDERATED STATES OF MICRONESIA	135	Matacawalevu	189	Language	221
		Sawa-i-Lau	189	Environment	221
		ROTUMA	189	Orientation	222
		Transport	189		

Information	222	Activities	262	Books	285
Dangers & Annoyances	222	Books	262	Business Hours	285
Hagåtña	223	Business Hours	262	Children	285
Tumon Bay	225	Children	263	Embassies & Consulates	285
Northern Guam	225	Embassies & Consulates	263	Festivals & Events	285
West Coast	227	Internet Access	263	Internet Access	285
Southern Guam	228	Internet Resources	263	Internet Resources	285
East Coast	230	Maps	263	Money	285
Activities	231	Money	263	Telephone	286
Guam for Children	232	Telephone	263	Time	286
Tours	232	Time	264	Tourist Information	
Sleeping	233	Tourist Information	264	In the RMI	286
Eating	234	Visas	264	Visas	286
Drinking	236	Women Travellers	264	TRANSPORT IN THE	
Entertainment	237	TRANSPORT IN KIRIBATI	264	MARSHALL ISLANDS	286
Shopping	237	Getting There & Away	264	Getting There & Away	286
GUAM DIRECTORY	237	Getting Around	265	Getting Around	286
Accommodation	237				
Activities	238	Marshall Islands	266	Nauru	288
Business Hours	239	Climate & When to Go	267	Climate & When to Go	289
Embassies & Consulates	239	History	267	History	289
Festivals & Events	239	The Culture	269	The Culture	291
Internet Resources	239	Religion	270	Language	293
Money	239	Arts	270	Environment	293
Time	239	Language	271	Orientation	293
Visas	239	Environment	271	Sights & Activities	293
TRANSPORT IN GUAM	239	MAJURO ATOLL	271	Sleeping & Eating	294
Getting There & Away	239	Orientation	272	NAURU DIRECTORY	294
Getting Around	240	Information	272	Accommodation	294
		Transport	272	Books	294
Kiribati	241	D-U-D Municipality	273	Business Hours	294
Climate & When to Go	242	Activities	275	Embassies & Consulates	294
History	242	Sleeping	275	Internet Access	295
The Culture	245	Eating	276	Internet Resources	295
Religion	245	Drinking	277	Money	295
Arts	245	Entertainment	277	Telephone	295
Language	246	Shopping	278	Time	295
Environment	247	KWAJALEIN ATOLL	278	Visas	295
TARAWA ATOLL	247	Kwajalein Island	278	TRANSPORT IN NAURU	295
Orientation	247	Ebeye	278	Getting There & Away	295
Information	248	OUTER ISLANDS	280	Getting Around	295
Transport	249	Arno Atoll	281		
Sights	250	Bikini Atoll	281	New Caledonia	296
Activities	251	Enewetok Atoll	282	Climate & When to Go	297
Sleeping & Eating	252	Jaluit Atoll	282	History	297
Drinking	254	Likiep Atoll	283	The Culture	299
Entertainment	254	Maloelap Atoll	283	Sport	300
Shopping	254	Mili Atoll	283	Arts	300
OUTER ISLANDS	255	Rongelap Atoll	283	Language	309
Outer Gilbert Islands	255	Wotje Atoll	284	Environment	309
Line Islands	258	MARSHALL ISLANDS		NOUMEA	310
Phoenix Islands	262	DIRECTORY	284	Orientation	310
KIRIBATI DIRECTORY	262	Accommodation	284	Information	311
Accommodation	262	Activities	284		

Transport	311	Festivals & Events	350	Arts	371
Noumea Walking Tour	313	Internet Access	350	Language	371
Place des Cocotiers	314	Internet Resources	350	Environment	372
Musée de la Ville de NoumEa	314	Maps	350	SAIPAN	372
Cathédrale St Joseph	314	Money	350	Orientation	372
Musée de Nouvelle-Calédonie	314	Telephone	351	Information	373
Mwâ Ka	314	Time	351	Dangers & Annoyances	373
Le Marché	315	Tourist Information in New Caledonia	351	Transport	374
Musée de l'Histoire Maritime	315	Visas	351	Garapan	375
Parc Zoologique et Forestier	315	TRANSPORT IN NEW CALEDONIA	351	Mañagaha Island	377
Tjibaou Cultural Centre	315	Getting There & Away	351	Northern Saipan	377
Aquarium	315	Getting Around	353	Cross-Island Road	379
Le Petit Train	315			East-Coast Beaches	379
Beaches	315	Niue	356	Southern Saipan	379
Around Noumea	315	Climate & When to Go	357	Activities	380
Activities	316	History	357	Saipan for Children	380
Noumea for Children	316	The Culture	357	Tours	380
Tours	317	Arts	358	Sleeping	381
Sleeping	317	Language	359	Eating	382
Eating	318	Environment	359	Drinking	382
Drinking	320	Alofi	360	Entertainment	382
Entertainment	320	Around the Island	360	Shopping	382
Shopping	321	Activities	362	TINIAN	382
GRANDE TERRE	321	Niue for Children	362	Orientation	383
The Far South	321	Tours	363	Information	383
Central Grande Terre	324	Sleeping	363	Transport	383
Northwest Coast	327	Eating & Drinking	364	Sights	383
Northeast Coast	329	NIUE DIRECTORY	365	Activities	386
LOYALTY ISLANDS	332	Books	365	Sleeping	386
Maré	332	Business Hours	365	Eating & Entertainment	386
Lifou	335	Festivals & Events	365	ROTA	386
Ouvéa	339	Internet Access	366	Orientation	387
ÎLE DES PINS	342	Internet Resources	366	Information	387
Orientation & Information	342	Maps	366	Transport	387
Dangers & Annoyances	342	Medical Services	366	Sights	387
Transport	342	Money	366	Activities	389
Getting Around	342	Post	366	Sleeping	389
Vao	342	Telephone	366	Eating	390
Kuto	344	Time	366	Shopping	390
North of Kuto	344	Tourist Information	366	NORTHERN MARIANA ISLANDS DIRECTORY	390
North of Vao	345	Travel Agencies	367	Accommodation	390
Tours	345	Visas	367	Activities	390
Sleeping & Eating	345	TRANSPORT IN NIUE	367	Business Hours	390
Shopping	347	Getting There & Away	367	Children	391
NEW CALEDONIA DIRECTORY	347	Getting Around	367	Embassies & Consulates	391
Accommodation	347			Festivals & Events	391
Activities	347	Northern Mariana Islands	368	Internet Resources	391
Business Hours	349	Climate & When to Go	369	Money	391
Children	349	History	369	Telephone	391
Dangers & Annoyances	349	The Culture	371	Time	391
Embassies & Consulates	349			Visas	391
				TRANSPORT IN THE NORTHERN MARIANA ISLANDS	392

Getting There & Away	392
Getting Around	392

Palau **393**

Climate & When to Go	394
History	395
The Culture	396
Sport	396
Arts	397
Language	397
Environment	397
KOROR STATE	398
Orientation	398
Information	398
Transport	399
Koror Island	400
Malakal Island	401
Arakabesang Island	401
Activities	401
Palau for Children	402
Tours	402
Sleeping	402
Eating	403
Drinking	404
Shopping	404
ROCK ISLANDS	404
Transport	404
Sights	405
Activities	405
Tours	406
Sleeping	406
BABELDAOB	407
Geography	407
Transport	407
Sights	408
Activities & Tours	409
Sleeping	409
PELELIU	410
Transport	410
Sights	411
Activities	412
Tours	412
Sleeping	412
Eating	413
ANGAUR	413
Transport	413
Sights & Activities	413
Sleeping & Eating	414
KAYANGEL	415
SOUTH-WEST ISLANDS	415
PALAU DIRECTORY	416
Accommodation	416
Activities	416
Business Hours	416

Children	416
Embassies & Consulates	416
Festivals & Events	416
Holidays	417
Internet Access	417
Internet Resources	417
Money	417
Telephone	417
Time	417
Visas	417
TRANSPORT IN PALAU	417
Getting There & Away	417
Getting Around	417

Pitcairn Island **419**

Climate & When to Go	420
History	420
The Culture	420
Religion	422
Language	422
Environment	422
PITCAIRN ISLAND	422
History	422
Sights	426
Sleeping	426
Shopping	426
Getting Around	426
OTHER ISLANDS	427
Oeno Island	427
Henderson Island	427
Ducie Atoll	428
PITCAIRN ISLAND DIRECTORY	428
Accommodation	428
Internet Resources	428
Money	429
Telephone & Fax	429
Time	429
Visas	429
TRANSPORT IN PITCAIRN ISLAND	429
Getting There & Away	429
Getting Around	430

Rarotonga & the Cook Islands **431**

Climate & When to Go	432
History	432
The Culture	432
Arts	434
Language	435
Environment	435
RAROTONGA	436

History	436
Orientation	436
Information	437
Transport	437
Avarua	440
Around the Island	441
Activities	444
Rarotonga for Children	445
Tours	446
Sleeping	447
Eating	450
Drinking & Entertainment	452
Shopping	453
AITUTAKI	454
History	454
Orientation	454
Information	454
Transport	454
Around the Island	456
Activities	456
Tours	457
Sleeping	457
Eating	458
Drinking & Entertainment	459
Shopping	459
PALMERSTON	460
'ATIU	460
History	460
Information	460
Transport	460
Sights	461
Tours	462
Sleeping	462
Eating	463
Drinking & Entertainment	463
Shopping	463
MA'UKE	463
Information	463
Transport	463
Sights	464
Tours	465
Sleeping	465
Eating & Drinking	465
MITIARO	465
Information	465
Transport	466
Sights	466
Sleeping & Eating	467
MANGAIA	467
History	467
Orientation	467
Information	468
Transport	468
Sights	468

Tours	469
Sleeping	469
Eating & Drinking	469
Shopping	469
NORTHERN GROUP	470
Transport	470
Manihiki	470
Rakahanga	470
Penrhyn	470
Pukapuka	471
Suvarrow	471
RAROTONGA & THE COOK ISLANDS DIRECTORY	471
Accommodation	471
Activities	471
Business Hours	472
Children	472
Customs	472
Dangers & Annoyances	472
Embassies & Consulates	472
Festivals & Events	473
Holidays	473
Internet Access	473
Internet Resources	473
Money	473
Photography & Video	474
Post	474
Telephone	474
Time	474
Tourist Information	474
Visas	475
TRANSPORT ON RAROTONGA & THE COOK ISLANDS	475
Getting There & Away	475
Getting Around	476

Samoa **477**

Climate & When to Go	478
History	478
The Culture	480
Sport	482
Arts	482
Language	483
Environment	484
'UPOLU	485
Orientation	485
Information	485
Transport	487
Apia	488
Robert Louis Stevenson Museum & Mt Vaea Scenic Reserve	492
Bahá'í House of Worship	492
Lake Lanoto'o	493
Papapapai-tai Falls	493

Fatumea Pool	493
Uafato Conservation Area	493
Aleipata Beaches & Reefs	493
To Sua Ocean Trench	493
Sopo'aga Falls	494
Togitogiga Recreation Reserve	494
O Le Pupu-Pu'e National Park	494
South Coast Beaches & Reefs	494
Papasee'a Sliding Rock	495
Manono	495
Apolima	495
Activities	496
'Upolu for Children	497
Tours	497
Sleeping	497
Eating	500
Drinking	502
Entertainment	502
Shopping	503
SAVAI'I	503
Information	503
Transport	504
Salelologa	506
East Coast Beaches	506
Lava Field	506
Turtles	506
Mt Matavanu Crater & Dwarf's Cave	506
Mata'olealelo Spring	507
Pe'ape'a Cave	507
A'opo Conservation Area & Mt Silisili	507
Falealupo Peninsula	507
Alofaaga Blowholes	508
Afu Aau Falls	508
Pulemelei Mound	508
Tafua Peninsula Rainforest Preserve	508
Activities	509
Tours	509
Sleeping	509
Eating & Drinking	511
SAMOA DIRECTORY	511
Accommodation	511
Activities	512
Business Hours	513
Children	513
Embassies & Consulates	513
Festivals & Events	514
Internet Access	514
Internet Resources	514
Maps	514
Money	514

Telephone	515
Time	515
Visas	515
TRANSPORT IN SAMOA	516
Getting There & Away	516
Getting Around	517

American Samoa **519**

Climate & When to Go	520
History	520
The Culture	521
Arts	521
Language	521
Environment	521
TUTUILA	522
Orientation	522
Information	524
Transport	524
Pago Pago	525
Rainmaker Mountain	527
National Park of American Samoa	527
Eastern Beaches	528
Masefau & Sa'ilele	528
Aunu'u	528
Matafao Peak	528
Tia Seu Lupe	528
Turtle & Shark Site	529
Fagatele Bay National Marine Sanctuary	529
Leone	529
Massacre Bay	529
Cape Taputapu	530
Activities	530
Tutuila for Children	530
Tours	531
Sleeping	531
Eating	532
Drinking	533
Entertainment	533
Shopping	533
MANU'A ISLANDS	534
Information	534
Transport	534
Ofu	534
Olosega	535
Ta'U	535
Activities	536
Sleeping & Eating	536
AMERICAN SAMOA DIRECTORY	537
Accommodation	537
Activities	537
Business Hours	538

Children	538	Accommodation	572	Eating	609
Embassies & Consulates	538	Activities	573	Drinking	610
Festivals & Events	538	books	574	Entertainment	610
Internet Access	538	Business Hours	574	Shopping	610
Internet Resources	538	Children	574	HUAHINE	610
Maps	538	Dangers & Annoyances	574	Orientation	612
Money	539	Embassies & Consulates	574	Information	612
Telephone	539	Festivals & Events	575	Transport	612
Time	539	Internet Access	575	Huahine Nui	612
Visas	539	Internet Resources	575	Huahine Iti	621
TRANSPORT IN		Maps	575	Activities	621
AMERICAN SAMOA	540	Money	575	Tours	622
Getting There & Away	540	Telephone	576	Sleeping	622
Getting Around	540	Time	576	Eating	623
		Tourist Information in the		Drinking	623
		Solomon Islands	576	RA'IA TEA & TAHA'A	623
		Visas	576	Ra'iatea	626
		Women Travellers	576	Taha'a	629
Solomon Islands	542	TRANSPORT IN THE		BORA BORA	631
Climate & When to Go	544	SOLOMON ISLANDS	577	Orientation	631
History	544	Getting There & Away	577	Information	631
The Culture	546	Getting Around	577	Transport	631
Religion	547			Sights	634
Arts	548			Activities	634
Language	549	Tahiti &		Sleeping	635
Environment	549	French Polynesia	579	Eating	637
GUADALCANAL	550	Climate & When to Go	581	Drinking & Entertainment	638
Orientation	551	History	581	Shopping	639
Information	551	The Culture	585	MAUPITI	639
Dangers & Annoyances	552	Arts	586	Orientation & Information	640
Transport	552	Language	588	Transport	640
Honiara	553	Environment	589	Sights	640
Tours	555	TAHITI	590	Activities	641
Sleeping	555	Orientation	590	Sleeping & Eating	641
Eating	556	Information	591	TUAMOTU ISLANDS	642
Drinking & Entertainment	556	Transport	591	Rangiroa	642
Shopping	557	Pape'ete	595	Tikehau	647
East of Honiara	557	Around Tahiti Nui	596	Mataiva	648
West of Honiara	557	Tahiti Iti	597	Manihi	648
Weathercoast	557	Activities	597	Ahe	650
CENTRAL PROVINCE	557	Tahiti for Children	600	Takaroa & Takapoto	650
Nggela Islands	557	Tours	600	Fakarava	650
Savo	558	Sleeping	600	MARQUESAS ISLANDS	651
Russell Islands	558	Eating	601	Nuku Hiva	652
WESTERN PROVINCE	558	Drinking	603	'Ua Huka	655
Ghizo	559	Entertainment	604	'Ua Pou	657
Islands Around Ghizo	562	Shopping	604	Hiva Oa	658
New Georgia Island	562	MO'OREA	604	Tahuata	661
Marovo Lagoon	564	Orientation	604	Fatu Hiva	662
RENNELL & BELLONA		Information	606	AUSTRAL ISLANDS	662
PROVINCE	567	Transport	606	Rurutu	663
Rennell Island	567	Coastal Road	606	Raivavae	665
Bellona	568	Paopao & Opunohu Valleys	607	THE GAMBIER	
MALAITA PROVINCE	569	Activities	607	ARCHIPELAGO	665
Malaita Island	569	Sleeping	608	Orientation & Information	665
SOLOMON ISLANDS					
DIRECTORY	572				

Transport	666
Sights & Activities	666
Sleeping & Eating	666
TAHITI & FRENCH POLYNESIA DIRECTORY	666
Accommodation	666
Activities	668
Business Hours	669
Children	669
Embassies & Consulates	670
Festivals & Events	670
Gay & Lesbian Travellers	671
Internet Access	671
Internet Resources	671
Money	671
Telephone	672
Time	672
Tourist Information in Tahiti & French Polynesia	672
Visas	672
Women Travellers	673
TRANSPORT IN TAHITI & FRENCH POLYNESIA	673
Getting There & Away	673
Getting Around	675

Tokelau **679**

Climate & When to Go	680
History	680
The Culture	681
Sport	682
Religion	683
Language	683
Environment	683
Food & Drink	684
TOKELAU DIRECTORY	684
Accommodation	684
Activities	685
Internet Resources	685
Money	685
Telephone	685
Time	685
Visas	686
TRANSPORT IN TOKELAU	686
Getting There & Away	686
Getting Around	686

Tonga **687**

Climate & When to Go	688
History	688
The Culture	690
Religion	690
Arts	691

Language	691
Environment	691
TONGATAPU	692
Information	692
Transport	694
Nuku'alofa	695
Around the Island	703
Offshore Islands & Reefs	704
HA'APAI GROUP	707
Lifuka Group	708
Other Ha'apai Group Islands	711
VAVA'U GROUP	712
Neiafu	714
Around Vava'u	721
Southern Vava'u Islands	722
Eastern Vava'u Islands	723
THE NIUAS	724
Niuatoputapu	724
Niuafou'ou	725
TONGA DIRECTORY	725
Accommodation	725
Activities	725
Books	726
Business Hours	727
Children	727
Dangers & Annoyances	727
Embassies & Consulates	727
Festivals & Events	727
Gay & Lesbian Travellers	728
Holidays	728
Internet Access	728
Internet Resources	728
Money	728
Telephone	728
Time	729
Tourist Information in Tonga	729
Visas	729
TRANSPORT IN TONGA	729
Getting There & Away	729
Getting Around	730

Tuvalu **732**

Climate & When to Go	733
History	733
The Culture	735
Sport	736
Religion	737
Arts	737
Language	738
Environment	738
FUNAFUTI ATOLL	739
Orientation	739

Information	739
Transport	739
Fongafale Islet	741
Fongafale by Bicycle	742
Around Funafuti	742
Sleeping	743
Eating	743
Drinking	744
Shopping	744
OUTER ISLANDS	744
Nukufetau Atoll	744
Vaitupu	745
Nui Atoll	746
Nanumaga Atoll	746
Niutao Atoll	746
Nanumea Atoll	746
Nukulaelae Atoll	746
Niulakita	747
TUVALU DIRECTORY	747
Accommodation	747
Activities	747
Books	747
Business Hours	747
Children	747
Embassies & Consulates	747
Festivals & Events	748
Internet Access	748
Internet Resources	748
Money	748
Telephone	748
Tourist Information	749
Time	749
Visas	749
TRANSPORT IN TUVALU	749
Getting There & Away	749
Getting Around	749

US Territories **751**

HOWLAND ISLAND	752
BAKER ISLAND	752
JARVIS ISLAND	753
PALMYRA ATOLL	753
KINGMAN REEF	753
JOHNSTON ATOLL	754
WAKE ATOLL	754

Vanuatu **755**

Climate & When to Go	757
History	757
The Culture	759
Arts	761
Language	762
Environment	763

EFATE	764
Information	764
Transport	766
Port Vila	766
Around Efate	775
Nguna	776
EPI	777
TANNA	779
Mt Yasur	781
West Tanna	781
East Tanna	782
MALEKULA	785
The Dog's Head	787
Eastern Malekula	787
The Southeast Coast	788
The Maskelynes	789
South West Bay	789
AMBRYM	789
Volcanoes	790
West Ambrym	791
South Ambrym	792
East Ambrym	792
North Ambrym	792
ESPIRITU SANTO	793
Luganville	796
Around Luganville	799
Northeast Santo	800
West Santo	800
PENTECOST	801
Northern Pentecost	802
Southern Pentecost	802
VANUATU DIRECTORY	804
Accommodation	804
Activities	805
Business Hours	805
Children	805
Embassies & Consulates	805
Festivals & Events	806
Internet Access	806
Internet Resources	806
Money	806
Telephone & Fax	807
Time	807
Tourist Information	807
Visas	807
TRANSPORT IN VANUATU	808
Getting There & Away	808
Getting Around	808

Wallis & Futuna	810
Climate & When to Go	811
History	811

The Culture	811
Religion	812
Arts	813
Language	813
Environment	813
WALLIS ISLAND	814
Information	814
Transport	814
Mata'utu	815
Around the Island	815
Around the Lagoon	816
Activities	816
Wallis for Children	816
Sleeping	816
Eating & Drinking	817
FUTUNA & ALOFI	817
Leava	817
WALLIS & FUTUNA DIRECTORY	819
Accommodation	819
Activities	819
Business Hours	819
Children	819
Embassies & Consulates	819
Festivals & Events	820
Internet Access	820
Internet Resources	820
Money	820
Telephone	820
Time	820
Visas	820
TRANSPORT IN WALLIS & FUTUNA	820
Getting There & Away	820
Getting Around	821

South Pacific Directory	822
Accommodation	822
Activities	824
Business Hours	826
Children	826
Climate Charts	827
Dangers & Annoyances	827
Disabled Travellers	828
Embassies & Consulates	828
Gay & Lesbian Travellers	829
Holidays	829
Insurance	829
Internet Access	829
Money	830
Post	832

Telephone	832
Time	833
Tourist Information	833
Visas	833
Work	834

Transport in the South Pacific 835

GETTING THERE & AWAY	835
Air	835
Sea	840
Tours	840
GETTING AROUND	840
Air	840
Boat	841
Local Transport	843
Tours	844

Health 845

BEFORE YOU GO	845
Insurance	845
Recommended Vaccinations	845
Medical Checklist	846
Internet Resources	846
Further Reading	847
IN TRANSIT	847
Deep Vein Thrombosis (DVT)	847
Jet Lag & Motion Sickness	847
IN THE SOUTH PACIFIC	847
Availability & Cost of Health Care	847
Infectious Diseases	849
Traveller's Diarrhoea	850
Environmental Hazards	851
Traditional Medicine	853

Glossary 854

Behind the Scenes 858

Index 868

World Time Zones 883

Map Legend 884