

index

A

accommodation 26-30, *see also individual locations*
 activities 31-5, *see also individual activities*
 Aganoa Beach 133
 air travel 238-41
 airlines 238-9
 tickets 239
 Aitutaki 69-75, **70, 17**
 Alega Beach 152
 Aleipata 117
 Alofaaga Blowholes 134
 American Samoa 145-65, **147**
 2009 earthquake & tsunami 161
 accommodation 145, 153-5, 159, 160, 163
 activities 151-3
 budget 146
 climate 145
 culture 162
 drinking 156
 economy 161
 environment 162-3
 entertainment 156
 festivals & events 163
 food 146, 155-6, 163
 history 161-2
 internet access 163-4
 itineraries 23, 146, **23**
 Manu'a Islands 158-60
 medical services 157
 money 146, 164
 planning 146
 population 146, 162
 shopping 156
 sights 147-51, 158-9
 telephone services 146, 164
 time zones 164
 tours 153
 travel seasons 145
 travel to/from 146, 164-5

000 Map pages

000 Photo pages

travel within 165
 Tutuila 147-58, **148**
 'Anahulu Cave 180
 Anatakitaki Cave 10, 76, **10**
 animal welfare 60
 animals 92, *see also individual species*
 A'opo Conservation Area 131
 Apia 103-15, **108-9, 116**
 Apolima 124
 archaeological sites
 American Samoa 150, 159, 160
 Samoa 123, 131, 132
 Tonga 171, 179, 180, 186
 architecture 137, 231
 area codes
 American Samoa 146
 Rarotonga & the Cook Islands 45
 Samoa 101
 Tonga 169
 'Arorangi 58
 arts 230-2, *see also books, dance, music*
 American Samoa 162
 Rarotonga & the Cook Islands 91
 Samoa 137-8
 Tonga 203
 Arutanga 69-70
 'Atiu 10, 76-80, **78, 10**
 ATMs
 American Samoa 146
 Rarotonga & the Cook Islands 45
 Samoa 101
 Tonga 169
 Aufaga 119
 Aunu'u 152
 Avaio Beach 152
 Avarua 10, 51-7, **54-5, 2-3, 10**
 Avarua Landing 85-6
 aviation buffs 208

B

Bahá'í House of Worship 116
 Baker, Reverend Shirley 201
 beaches 16
 Aganoa Beach 133
 Alega Beach 152
 Aleipata 117
 'Ano 197
 'Atiu 76
 Avaio Beach 152
 'Eua'iki 198
 Foe'ata 198
 Ha'atafu Beach Reserve 180
 Hinakauea 197
 Houmale'ea Beach 185
 Lalomanu Beach 117
 Ma'u'ke 80, 81

Muri 58
 Ofu Beach 12, 158
 Oholei Beach 179
 O'otu Beach 70
 Palagi Beach 151
 Sa'ilele 151
 Saleapaga 119
 Salelologa 125
 'Upolu 120
 Vaiala Beach 103
 beer 77
 bicycle travel, *see cycling*
 birds 76, 92, 182
 books 91
 megapodes 200, 204
 swiftlets 76, 120, 129, 197-8
 birdwatching 62, 77
 Bligh, Captain William 189
 blogs 214
 blowholes 134
 blue rooms 18, 121
 boat travel 240-1, 241, 242, *see also cruises, yachting*
 books 214
 birds 91
 Rarotonga & the Cook Islands 91
 Samoa 137
 Bougainville, Louis-Antoine de 161, 217
 Bounty, the 189, 217
 budget 14, *see also individual locations*
 budget accommodation 29
 bus travel 242
 business hours
 American Samoa 163
 Rarotonga & the Cook Islands 93
 Samoa 115, 140
 Tonga 205

C

camping 30
 canned meats 205
 cannibalism 225
 canoes 231
 Cape Mulinu'u 11, **11**
 Cape Taputapu 151
 car travel 15, 242
 American Samoa 165
 Rarotonga & the Cook Islands 50-1
 Samoa 144
 Tonga 208
 cathedrals, *see churches & cathedrals*
 caves
 'Anahulu Cave 180
 'Atiu 76
 Dwarf's Cave 130
 Falealupo Peninsula 132

caves *continued*
 Mangaia 85
 Mariner's Cave 198
 Ma'u ke 80
 Mitiaro 83
 Pe'ape'a Cave 120, 129
 Piula Cave Pool 118

caving 34, 92-3

cell phones 15

cemeteries
 Shirley Baker Monument & European Cemetery 185

children, travel with 36-7
 Rarotonga & the Cook Islands 61, 93
 Samoa 140
 Tonga 205

Christian, Fletcher 189

Christianity 136, 202-3

churches & cathedrals
 Bahá'í House of Worship 116
 Centenary Chapel 173
 Cook Islands Christian Church (Arutanga) 69
 Cook Islands Christian Church (Avarua) 52
 Cook Islands Christian Church (Matavera) 59
 Cook Islands Christian Church (Mitiaro) 83
 Cook Islands Christian Churches (Mangaia) 85
 Divided Church 82
 Holy Family Cathedral 150
 lava-ruined churches 128
 LMS Church 128
 Mormon Temple 104
 Mulivai Catholic Cathedral 104
 St Joseph's Cathedral 191
 CICC's, *see* churches & cathedrals

climate 14, 19-21, 34, *see also individual locations*
 climate change 91-2
 coffee plantations 76-7
 colonisation 219-20
 concrete parks 179
 consulates, *see* embassies & consulates
 Cook, Captain James 85, 89, 179, 202, 217, 222
 Cook Islands, the 44-97, **46**
 accommodation 44, 53, 62-4, 72-4, 78-9, 81-2, 83, 92,
 activities 52-3, 59-61, 70-1, 76-7, 92
 Aitutaki 69-75, **70**
 'Atiu 76-80, **78**

budget 45
 climate 44
 culture 90, 223
 drinking 54-5, 67, 75, 82
 electricity 94
 environment 91
 family life 225-6
 festivals & events 93
 food 44, 45, 53-4, 64-7, 74-5, 79-80, 82, 87, 93
 history 89-90
 internet access 94
 internet resources 94
 itineraries 22, 25, 45, 47, **22, 25**
 language 45
 Mangaia 85-8, **86**
 Ma'u ke 80-2, **81**
 media & television 94
 medical services 69, 75, 82
 Mitiaro 82-5, **84**
 money 45, 94-5
 Northern islands 88-9
 Palmerston 75-6
 planning 45
 population 90
 Rarotonga 47-69, **48-9**
 religion 224
 safe travel 93
 shopping 55-7, 68, 80, 87
 sights 51-2, 57-9, 69-70, 80-1, 83, 85, 87
 telephone services 45, 95
 tourist information 95
 tours 53, 61-2, 71-2, 77, 81-2, 87, 97
 travel seasons 44
 travel to/from 45, 95-6
 travel within 96-7
 weights & measures 94
 Cook Islands Christian Churches, *see* churches & cathedrals

costs 14
 accommodation 92, 139, 163, 205
 food 93, 141, 163, 206
 crafts 231-2
 cricket 123
 Cross-Island Track 6, 59, **7**
 cruises 31-2
 cultural shows 18
 culture 223-6, *see also individual locations*
 currency 15, *see also* exchange rates
 cycling 34-5, 241-2
 cyclones 34

D

dance 230
 Rarotonga & the Cook Islands 91
 Samoa 114
 Tonga 204

dangers, *see* safety
 Davis, Sir Tom 91
 day cruises 31-2
 DC3 aeroplanes 208
 dengue fever 243
 diarrhoea 244
 Disappearing Island 188
 Divided Church 82
 diving 16, 32-3, 36, *see also* snorkelling
 Rarotonga & the Cook Islands 59-60, 70-1, 92
 Samoa 107, 129, 139
 Tonga 174, 181, 185, 189, 191, 199
 drinking, *see individual locations*
 drinking water 244
 drinks 234-6, *see also* beer
 driving, *see* car travel
 driving licences
 American Samoa 165
 Rarotonga & the Cook Islands 50
 Samoa 144
 Tonga 172, 208
 Dwarf's Cave 130

E

earthquakes 136
 economy 221-2
 embassies & consulates
 American Samoa 163
 Rarotonga & the Cook Islands 93
 Samoa 140-1
 Tonga 205-6
 emergencies
 American Samoa 146
 Rarotonga & the Cook Islands 45
 Samoa 101
 Tonga 169
 environmental issues 213-14
 Esther Honey Foundation 60
 etiquette 235
 'Eua 181-3
 'Eua 'iki 198
 'Euakafa 198
 European exploration 216-17
 European explorers
 Bougainville, Louis-Antoine de 161, 217
 Cook, Captain James 85, 89, 179, 202, 217, 222
 Galaup, Jean-François de 161
 Krusenstern, Admiral Adam Johann von 89
 le Maire, Jacob 201
 Mendaña y Neyra, Don Alvaro de 89
 Mourelle, Don Francisco Antonio 201
 Quirós, Pedro Fernández de 89
 Roggeveen, Jacob 134, 161

Schouten, Willem 201, 217
 Tasman, Abel 180, 201, 217
 events, see festivals & events
 exchange rates
 American Samoa 146
 Rarotonga & the Cook Islands 45
 Samoa 101
 Tonga 169

F

fa'afafine 136-7, see also *fakaleiti*
 Fafá Island 181
 Fafa O Sauai'i 11, 131
 Fagamalo 130
 Fagatele Bay National Marine
 Sanctuary 8, 152
fakaleiti 203, see also *fa'afafine*
fale 139
 Falealupo Rainforest Preserve 131
 family life 225-6
 ferry tragedy (Tonga) 209
 festivals & events 19-21, see also
 individual locations
fiafia 137
 films 213
 fishing 33
 Rarotonga & the Cook Islands 52,
 59, 71, 87
 Samoa 107, 139
 Tonga 191, 198
 fishing pigs 179
 flying foxes 92, 163, 180
 Foa 187
 Foe'ata 198
 Foelifuka 198
 Fofoa 198
 Fonuafo'ou 188
 food 233-6, see also *individual*
 locations
 foreign aid 212-13
 Friendly Islands 202
 Frisbie, Robert Dean 88, 89, 91

G

Galaup, Jean-François de 161
 galleries, see museums & galleries
 gardens, see parks & gardens
 gay travellers 206
 geography 35
 golf courses
 American Samoa 153
 Rarotonga & the Cook Islands 61
 Samoa 107
 Grey, Aggie 111

H

Ha'amonga 'a Maui Trilithon 11
 Ha'ano 187

Ha'apai Group 8, 183-9, **183**
 health 243-4
 Heilala Festival 20
 Henry, Albert 221
 hepatitis A 244
 Highland Paradise Cultural Centre 58
 Hihifo 199
 hiking 17, 35
 American Samoa 151-2, 159
 Rarotonga & the Cook Islands 7,
 60, 62
 Samoa 107, 131, 139-40
 Tonga 182
 historic sites 17
 history 215-22
 colonialism 219-20
 European contact 216-17
 independence 220-1
 missionaries 217-19
 Polynesian settlement 215-16
 postcolonial era 221-2
 hitching 242
 holidays
 Rarotonga & the Cook Islands 95
 Tonga 206
hongi 226
 hostels 30
 Hufangalupe Archway 180
 Hunga 198

I

ie toga 138
 independence 220-2
 insurance
 car 242
 health 243
 International Date Line 240
 internet resources 15, 164, 213
 island formation 35
 island nights 11, 68
 itineraries 22-5, **22, 23, 24, 25**, see
 also *individual locations*
 Ivirua 85

K

Kalau 198
 Kao 189
 Kapa 197-8
 karting 191
 Kauraka Kauraka 91
 kava 136, 205, 234
 kayaking 8, 33-4
 American Samoa 153
 Rarotonga & the Cook Islands 61
 Samoa 107, 140
 Tonga 175, 185, 192
 King George Tupou I 201
 King George Tupou V 200, 201, 202

King Taufa'ahau Tupou IV 202
 King Tupou VI 201
 kite surfing 33, 61, 92
 Krusenstern, Admiral Adam Johann
 von 89

L

lakes
 Aunu'u 152
 Lake Lanoto'o 116
 Lake Te Roto 76
 Mitiaro 83
 Vai Lahi 200
 Lalomalava 125-6
 Lalomanu 118
 Lalomanu Beach 117, **6-7**
 languages 15, 245-51
 Rarotongan 245-6
 Samoan 246-8
 Tongan 248-9
 Lano 126-7
 Lapita 134, 201, 216
 lava fields 128
 lava tubes 131
 le Maire, Jacob 201
 legends, see myths & legends
 Leone 150
 leptospirosis 243-4
 lesbian travellers 206
 literature, see books

M

Mafana 198
 Maire, Jacob Le 217
 Mala 197
 Manase 130
 Mangaia 85-8, **86**
 Manihiki 88
 Manono 123-4
 Manu'a Islands 158-60
 Maori 89
 maps
 American Samoa 164
 Samoa 141
marae 89
 Arai-Te-Tonga Marae 59
 Ma'u'ke 81
 Marae Orongo 69, 77
 Marae Puarakura 81
 Marae Rangimanuka 81
 Marae Takero 83
 Marae Te Apiripiri 77
 Marae Vairakai 77
 marine reserves, see also national
 parks & reserves, wildlife
 sanctuaries
 Fagatele Bay National Marine
 Sanctuary 152
 Palolo Deep Marine Reserve 105

Mariner, William 184, 202
 Mariner's Cafe 186
 Mariner's Cave 198
 markets 18, *see also* shopping
 Fagatogo Market 149
 Flea Market (Apia) 104
 Maketi Fou 103
 Pangai Market 187
 Punanga Nui Market 10, 53, 55, **10**
 Salelologa 125
 Talamahu Market 174
 Maséfau 151
 Massacre Bay 152
 Mauga 128
 Maui the Hero 228-9
 Ma'uke 80-2, **81**
 medical services 243
 American Samoa 157
 Rarotonga & the Cook Islands
 69, 75, 82
 Samoa 128
 Tonga 171, 187, 196
 megapodes 200, 204
 Mendaña y Neyra, Don Alvaro de 89
 meningitis 243
 Michener, James 111
 Minerva Reef 181
 Miss Galaxy Pageant 20, 203
 missionaries 134, 201, 217-19
 Mitiaro 82-4, **84**
 mobile phones 15
 money 14, 15, *see also* costs,
 exchange rates, *individual*
 locations
 monuments
 Port au Prince Massacre
 Monument 185-6
 Shirley Baker Monument 185
 Moso's Footprint 132
 Moso'oi Festival 21
 motorcycle travel 52, 242
 Mounu 198
 Mourelle, Don Francisco Antonio 201
 Mt Matavanu Crater 128
 Mt Pioa (Rainmaker Mountain) 151
 Mt Silisili 131
 Mt Talau National Park 191
 Mt Tumutumu 159
 Mt Vaea Scenic Reserve 116
 Muri 58
 museums & galleries
 Cook Islands Library & Museum
 Society 52
 Cook Islands Whale & Wildlife
 Centre 57-8

Falemataaga – The Museum of
 Samoa 103-4
 Floating Ark Gallery 197
 Jean P Hayden Museum 149
 Madd Gallery 104
 National Museum (Cook Islands) 52
 Robert Louis Stevenson Museum
 115-16
 music 230-1
 Samoa 137
 Tonga 204
 myths & legends 227-9

N

Namu'a 118
 National Park of American Samoa
 151-2, 158, 160
 national parks & reserves, *see also*
 marine reserves
 A'opo Conservation Area 131
 Fagatele Bay National Marine
 Sanctuary 152
 Falealupo Rainforest Preserve 131
 Mt Talau National Park 191
 Mt Vaea Scenic Reserve 116
 National Park of American Samoa
 151-2, 158, 160
 O Le Pupu-Pu'e National Park 120
 Tafua Peninsula Rainforest
 Preserve 133
 Takitumu Conservation Area 62
 Togitogiga Recreation Reserve 120
 Uafato Conservation Area 117
 Neale, Tom 88, 89, 91
 Neiafu 190-6, **194**
ngatu 231
 Niuafo'ou 199-200
 Niua Group 198-200
 Niuaotupapu 199
 Nuapapu 198
 Nuku'alofa 13, 172-9, **174-5, 13**
 Nukunamo 187

O

O Le Pupu-Pu'e National Park 120
 Ofu 158-9, **159**
 'Ofu (Tonga) 198
 Ofu Beach 12, 158, **12**
 Oholei Beach & Hina Cave Feast &
 Show 179
 Olosega 158-9, **159**
 Oneroa 85
 opening hours, *see* business hours
 'Ovalau 198

P

package tours 29-30
 Pago Pago 147-9, 153-4, **154**

Palagi Beach 151
 Palmerston 75-6
 Palolo Deep Marine Reserve 105
 palolo worms 121
 Pangaimotu Island 181
 Papase'e Sliding Rocks 116
 Papeiha 89
 parks & gardens
 'Ene'io Botanical Garden 196-7
 Faga'alu Park 153
 Pe'ape'a Cave 120, 129
 Penrhyn 88-9
 Piula Cave Pool 118
 planning, *see also individual*
 locations
 accommodation 26-30
 budgeting 14-15
 calendar of events 19-21
 children, travel with 36-7
 internet resources 15, 164, 213
 itineraries 22-5, **22, 23, 24, 25**
 outdoor activities 31-5
 package tours 29-30
 regions 38-9
 travel seasons 14, 19-21
 Polynesian settlement 215-16
 population 213
 pre-Christian religion 227-9
 public holidays, *see* holidays
 Pukapuka 89
 Pulemelei Mound 13, 132, **13**
 Punanga Nui Market 10, 53, 55, **10**

Q

Queen Salote 201-2
 Quirós, Pedro Fernández de 89

R

Rainmaker Mountain (Mt Pioa) 151
 Rakahanga 88
 Rangimotia 87
 Rarotonga 47-69, **48-9**, *see also* Cook
 Islands, the
 accommodation 53, 62-4
 drinking 54-5, 67-8
 entertainment 54-5, 68
 food 53-4, 64-7
 history 47
 shopping 55-6, 68
 travel to/from 47
 travel within 47-8
 Rarotongian language 245-6
 recipes 233
 religion 213, 224-5
 remote islands 16
 resorts 27-8
 Robert Louis Stevenson 218, **218**

000 Map pages

000 Photo pages

Robert Louis Stevenson Museum
116-17

Roggeveen, Jacob 134, 161

S

safety

Cook Islands 93

diving 32

dogs 206

ferries 209

food 235

Tonga 206

Sa'ilele 151

sailing 17, 33

Rarotonga & the Cook Islands
60-1, 96

Samoa 143

Tonga 191, 207

Saleapaga 119

Sale'aula 129

Salelologa 125-8

Samoa 100-44, **102**

accommodation 100, 106, 110-12,
118-19, 120-2, 122-3, 123-4, 125-7,
129-30, 132, 133-4, 138-9

activities 107, 116, 129, 139-40

climate 100

culture 135-7, 223

drinking 100, 101, 114, 127-8

economy 134

emergencies 101

entertainment 114-5

environment 138

family life 226

festivals & events 141

food 100, 101, 112-14, 119-20, 122,
127-8, 129-30, 132, 133-4, 141

history 134-5

internet access 131, 141

itineraries 23, 101, **23**

medical services 128

money 101, 141

politics 134

population 101, 137

Savai'i 124-34, **126-7**

shopping 115

sights 103-4, 115-18, 120, 128-9,
131-2, 132-3

telephone services 141

time zones 142

tours 105-6

travel to/from 101, 142-3

travel within 143-4

'Upolu 102-24, **104-5, 116**

Samoa International Game Fishing
Tournament 139

Samoa language 246-8

Sapapali'i 125-6

Satoalepai Turtle Sanctuary 129

Savai'i 124-34, **126-7**

Schouten, Willem 201, 217

sea kayaking 33-4, *see also* kayaking

shopping, *see* markets, *individual
locations*

siapo 138, 231

snorkelling 16, 34, *see also* diving

American Samoa 152

Rarotonga & the Cook Islands

58, 59-60

Samoa 107, 140

Tonga 185

spas (Samoa) 105

sport 137, 213

stamp collecting 200

star mounds 11, 123, 131, 150

Stevenson, Robert Louis 115-16,
118, 137

Sunday activities

Samoa 128

Tonga 177, 178

surfing 34

Rarotonga & the Cook Islands 60-1

Samoa 107, 121, 133, 140

Tonga 175, 180, 181, 197

Suwarrow 89

Swallows' Cave 197-8

swimming 34

T

Tafahi 199

Tafua Peninsula Rainforest Preserve
133

Tagaloa (Tangaroa) 161

Talamahu Market 174, 178

Talihau village 197

Tamarua 85

Tanagaloa DC3 aeroplanes 208

Tangaroa the Creator 227

tapa 204, 231

Tasman, Abel 180, 201, 217

tattoos 91

American Samoa 157

Rarotonga & the Cook Islands 68

Samoa 138

Ta'u 159-61

Taufa 'ahau, *see* Tupou, King George I

Ta'u 159-60, **160**

telephone services 15, *see also
individual locations*

Te Maeva Nui 20

Te Pare Fort 83

Te Rua Manga 6, 59

Teuila Festival 20, 141

time change 214

time zones

American Samoa 164

Rarotonga & the Cook Islands 95

Samoa 142

Tonga 207

Tin Can Island 200

Tofua 189

Togitogiga Recreation Reserve 120

tombs

Grave of 99 Stones 123

Grave of Afutiti 123

Hulu'ipaongo Tomb 186

Olovehi Tomb 186

Royal Tombs (Nuku'alofa) 173

Royal Tombs ('Uiiha) 188

Virgin's Grave 128

Tonga 168-209, **170**

accommodation 168, 176-7, 180-1,
186-7, 188-9, 193, 195, 197, 205

activities 174-5, 191-2

climate 168

culture 202, 224

drinking 178-9, 196

economy 200

electricity 206

entertainment 179

environment 204

'Eua 181-3

family life 226

festivals & events 193

food 168, 177-8, 187, 196, 205, 206

Ha'apai Group 183-9, **183**

history 201-2

internet access 206

itineraries 24, 169, **24**

medical services 171, 187, 196

money 169, 206

Niua Group 198-200

planning 169, 206

politics 200

population 169, 202

religion 202-3, 225-6

shopping 179, 196

sights 173-4, 179-80, 185-6, 190-1,
196-7

telephone services 169, 206

time zones 207

Tongatapu 171-81, **172-3**

tourist information 207

tours 175-6, 185, 192-3

travel seasons 168

travel to/from 169, 207

travel within 207-8

Vava'u Group 189-98, **192-3**

Tongan language 248-9

Tongatapu 171-81, **172-3**

To Sua Ocean Trench 8, 117, **8**

tourism 212

tours 241, *see also* package tours,
walking tours, *individual locations*

traditions 223-6

travel to/from Rarotonga, Samoa & Tonga 238-41
 travel within Rarotonga, Samoa & Tonga 241-2
 treehouses 121
 tropical cyclones 34
 tsunamis 136
 Tuasivi 126-7
tumunus (bush beer clubs) 77
 Tupou, King George (I) 217-19
 Tupou, King George (II) 220
 turtles 129, 204
 Tutuila 147-58, **148**
 typhoid fever 244

U

Uafato Conservation Area 117
 'Uiha 188-9
 ukulele 230
umu 128
 Uoleva 188
 'Upolu 102-24, **104-5, 116**

V

vacations, see holidays
 vaccinations 243
 Vai Lahi 200

Vava'u Group 8
 Vava'u Group 189-98, **192-3**
 vegetarian travellers 235
 visas 15
 American Samoa 146, 164
 Cook Islands 45
 Samoa 142
 Tonga 169, 207
 volcanoes
 Fonuafo'ou 188
 Mt Matavanu Crater 128
 Niuafu'ou 199-200
 Tafahi 199
 volunteering
 Rarotonga 60
 Tonga 197

W

walking tours
 Apia 113, **113**
 Wallis, Samuel 217
 waterfalls
 Afu-A-Au Falls 133
 Nu'uuli Falls 149-50
 Papapapai-tai Falls 117
 Papase'ea Sliding Rocks 116
 Sopo'aga Falls 118
 Wigmore's Waterfall 58

watersports 31-4
 Rarotonga & the Cook Islands 60-1, 92
 weather 14, 19-21, 34
 weaving 232
 weddings (Cook Islands) 63
 Weil's disease 243-4
 Wendt, Albert 137
 whales 163, 190, 204, **13**
 whale watching 12, 34
 Rarotonga & the Cook Islands 57-8, 62
 Tonga 182, 185, 192, 199
 White Sunday 141
 wildlife 92
 wildlife sanctuaries 57-8, 129, see also marine reserves, national parks & reserves
 Williams, Reverend John 85, 89
 woodcarving 232

Y

yachting 241
 American Samoa 165
 Rarotonga & the Cook Islands 96
 Samoa 143
 Tonga 191, 207

how to use this book

These symbols will help you find the listings you want:

- | | | |
|------------|--------------------|-----------------------|
| Sights | Tours | Drinking |
| Beaches | Festivals & Events | Entertainment |
| Activities | Sleeping | Shopping |
| Courses | Eating | Information/Transport |

These symbols give you the vital information for each listing:

- | | | |
|-------------------|-----------------------|--------|
| Telephone Numbers | Wi-Fi Access | Bus |
| Opening Hours | Swimming Pool | Ferry |
| Parking | Vegetarian Selection | Metro |
| Nonsmoking | English-Language Menu | Subway |
| Air-Conditioning | Family-Friendly | Tram |
| Internet Access | Pet-Friendly | Train |

Reviews are organised by author preference.

Look out for these icons:

- TOP CHOICE** Our author's recommendation
- FREE** No payment required
- A green or sustainable option

Our authors have nominated these places as demonstrating a strong commitment to sustainability – for example by supporting local communities and producers, operating in an environmentally friendly way, or supporting conservation projects.

Map Legend

Sights

- Beach
- Buddhist
- Castle
- Christian
- Hindu
- Islamic
- Jewish
- Monument
- Museum/Gallery
- Ruin
- Winery/Vineyard
- Zoo
- Other Sight

Activities, Courses & Tours

- Diving/Snorkelling
- Canoeing/Kayaking
- Skiing
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity/Course/Tour

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking

- Drinking
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Transport

- Airport
- Border Crossing
- Bus
- Cable Car/Funicular
- Cycling
- Ferry
- Metro
- Monorail
- Parking
- Petrol Station
- Taxi
- Train/Railway
- Tram
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed Road
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian
- Overpass
- Walking Tour
- Walking Tour Detour
- Path

Geographic

- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Swamp/Mangrove
- Reef
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Glacier

Areas

- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Park/Forest
- Sportsground
- Sight (Building)
- Top Sight (Building)

behind the scenes

SEND US YOUR FEEDBACK

We love to hear from travellers – your comments keep us on our toes and help make our books better. Our well-travelled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to postal submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit lonelyplanet.com/contact to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travellers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Claire Allen, Aurore Aurore, Ed Austin, Judith Bamp, Jamie Berwick, Guadalupe Blasco, Michaela Bodesheim, Jens Boernemeyer, Mark Boyd, Patrick Bradley, M Camden, Pam Cussen, Angela Dewhirst, Rowin Dreef, Nicolas Fofeu, Debi Futter, Jean-Sebastien Gagnon, T Gandell, Stephan Goutier, G Gray, Kaori Hashimoto, Mark Hillhouse, Vera Hohaus, Carolina Isfer, Ewa Janek, Geraldine Keogh, Phillipa Laughton, Chris Letsinger, Ian Mackenzie, Alan Matthews, Ann-Mari Michaels, Timea Negyesi, Zoe Mae Nemer- ever, Alexandra Nisbeck, John D Nobelius, Vincent O'Malley, Chris Perman, Todd Porter, Cindy Rimmington, Esther Rueden, Chris Steele, Kewin Stoeckigt

AUTHOR THANKS

Craig McLachlan

A huge *malo 'aupito* to all those who helped me out in Tonga this time around. Special mention to Bruno in Vava'u – I hope all your

piglets are doing well. Cheers to Sandra at the TVB, Luisa and Tai, Craig, and to my good mate Kava. Double-special thanks to my exceptionally beautiful wife Yuriko for putting up with the mess. A hearty cheers to co-authors Brett and Celeste and to Maryanne and Corey at Lonely Planet Melbourne.

Brett Atkinson

Meitaki ma'ata to all the friendly Cook Islanders I met on my travels, especially Papatua Papatua in Rarotonga, Marshall and Jeanne Humphreys on 'Atiu, and Tangata and Teata Ateriano on Ma'uke. On tiny Mitiaro, thanks to Papa Neke – and a big hug to Aunty Mii – and on Aitutaki, thank you to Tutai Clark. Back in Auckland, Kelly Hansen and Michal McKay were both very helpful, and love and thanks to Carol for holding the fort at Casa Loma.

Celeste Brash

Most thanks to my kids Jasmine and Tevai and my husband Josh for putting up with my absences. In Samoa thanks to the Martel family, Christina Gale, Gabor and Fiona and Ocean. In American Samoa huge thanks to John and Luao Wasko, my Ta'u host Lesi'i and Sia Figiel.

ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate

Classification', *Hydrology and Earth System Sciences*, 11, 163344.

Cover photograph: Man blowing into a conch, Samoa. Neil Farrin/AWL-Images ©.

THIS BOOK

This 7th edition of Lonely Planet's *Rarotonga, Samoa & Tonga* was researched and written by Craig McLachlan, Brett Atkinson and Celeste Brash. The previous edition, *Samoa & Tonga 6*, was written by Craig McLachlan and Peter Dragicevich. Paul Smitz and Suzannah Farfor wrote *Samoa Islands & Tonga 5*. *Rarotonga & the Cook Islands 6* was written by Oliver Berry and Errol Hunt, while the 5th edition was written by Errol Hunt and Nancy Keller.

This guidebook was commissioned in Lonely Planet's Mel-

bourne office, and produced by the following:

Commissioning Editor

Maryanne Netto

Coordinating Editors Kate

Mathews, Jeanette Wall

Coordinating Cartogra-

pher Laura Matthewman

Coordinating Layout

Designers Wibowo Rusli, Ker-

rienne Southway

Managing Editors Brigitte

Ellemor, Anna Metcalfe, Martine

Power

Managing Cartographers

Anita Banh, Mark Griffiths, Corey

Hutchison

Managing Layout

Designer Jane Hart

Assisting Editors Emma

Gilmour, Trent Holden, Bella Li

Assisting Cartographers

Mick Garrett, Samantha Tyson

Cover Research Naomi

Parker

Internal Image Research

Rebecca Skinner

Language Content Branis-

lava Vladislavjevic

Thanks to Ryan Evans, Larissa

Frost, Chris Girdler, Annelies

Mertens, Trent Paton, Suzannah

Shwer, Gerard Walker

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'