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 your 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: Chris Evans, Inano McMurchy, Iris Hüll, Jim Green, Judy Chappell, Kaori Hashimoto, Katherine Lynch, Logan McDaneld, Steve Waters.

AUTHOR THANKS Brett Atkinson

Meitaki ma'ata to all the friendly Cook Islanders I met on my travels, especially Christian Mani, Nane Teokotai Vainepoto Papa and Daniel Fisher at Cook Islands Tourism in Avarua. On 'Atiu thanks to Mata Arai, Roger Malcolm, and Mareta Atetu, and to Tangata and Teata Ateriano on Ma'uke. Final thanks to Carol for sharing this latest South Pacific adventure with me – especially the mammoth tuna sandwiches, bush-bashing excitement and lazy sunset cocktails.

Charles Rawlings-Way

Huge thanks to Tasmin for the gig: it had been far too long since I'd experienced the South Pacific any closer than 39,000 feet above the waves. Thanks also to the all-star in-house LP production staff in London and Melbourne, and kudos to my island-addled crew of co-authors (dirty job, someone's gotta do it, etc). Special praise and adoration as always to Meg and our

daughters lone and Remy, who held the fort at home while I reported in from sundry remote islands with stories of coral reefs, sunsets and cold beer.

Tamara Sheward

Fa'afetai tele to the wonderful folks of the erstwhile Navigator Isles for all of their invaluable guidance and assistance while researching and travelling for this book. Among hundreds of others, garlands must go to Maria, Sophie, Jay and Killi in Samoa, and Fanua, Cita, Tom and Howard in American Samoa. Frangipanis and South Sea smooches to my two crazy coconuts, Dušan and Masha.

ACKNOWLEDGEMENTS

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: Humpback whale, Tonga. Maria Teresa Lara/500px ©

THIS BOOK

This 8th edition of Lonely Planet's Rarotonga, Samoa & Tonga guidebook was researched and written by Brett Atkinson, Charles Rawlings-Way and Tamara Sheward. The previous edition was written by Craig McLachlan, Brett Atkinson and Celeste Brash. This

guidebook was produced by the following:

Destination Editor Tasmin Waby

Coordinating Editor Sarah Bailey

Product Editors Grace Dobell, Alison Ridgway

Senior Cartographers Diana Von Holdt, Corey Hutchison

Book Designer Wibowo Rusli **Assisting Editors** Janet Austin, Katie Connolly, Andrea Dobbin

Cover Researcher Naomi Parker

Thanks to Dan Corbett, Joel Cotterell, Laura Crawford, David Hodges, Lauren Keith, Kirsten Rawlings, Sarah Reid

Index

accommodation 29-32, see also individual locations activities 20-2, 33-8, see also individual locations. individual activities adventure tours 63, 190 air travel 234-5, 235-6 Aitutaki 70-7, 71 Aitutaki Lagoon 72

Alofaaga Blowholes 132 American Samoa 42, 144-63.

145 accommodation 144,

alcohol 231

161-2 arts 161 beaches 144 climate 144 culture 161, 220-1 embassies & consulates 162 emergencies 162

environment 161 festivals & events 162 food 155 highlights 145, 145

history 159-61

internet access 162 itineraries 24 25 147

24.25

language 162 maps 162 money 162 opening hours 162 telephone services 162 travel seasons 144 travel to/from 163 travel within 163 visas 162-3 animal welfare 193 animals, see individual

Map Pages 000 Photo Pages 000

species

Apia 99-114, 106-7, 116

accommodation 103-11 drinking & nightlife 112-13 entertainment 113 food 111-12 shopping 113-14

walks 110. 110 Apolima 123 archaeological sites 12, 211 Ha'amonga 'a Maui

Hihifo 182 House of Rock 131 Moso's Footprint 131 Mu'a 176

Trilithon 176, 13

Pulemelei Mound 132 Saua site 159 Tia Seu Lupe 146

To'aga site 158 architecture 227 area codes 17

ariki 214 art galleries, see museums

& galleries arts 226-9 Arutanga 71

'Atata Island 178 'Atiu 77-82. 78 ATMs

> American Samoa 162 Cook Islands 95 Samoa 140 Tonga 203

Aunu'u 157 'ava 232

Avarua 46-57. 52-3 Avarua Landing 87

Beach 119

Bahá'í House of Worship 115 bark cloth 137, 200 bathrooms 204 beaches 18 Aganoa Beach 133 Aganoa Black Sand

Aro'a 58 Circle-Island Road 82 Ha'atafu Beach 177 Hinakauea Beach 193 Houmale'eia Beach 181, 183 Kopupooki (Stomach Rock) Beach 82 Lalomanu 115 Lano 126 Matareva 119 Muri 59, 60 Ofu Beach 14, 157, 14 Oholei Beach 176 One'unga 82 O'otu Beach 72 Oravaru Beach 79

Alega Beach 151

Aleipata 115

Anaraura 82

'Ano Beach 193

Si'ufaga 126 Takauroa Beach 79 Taunganui Harbour 79 Taungaroro 79

Saleapaga Beach 118

Palagi Beach 147

Salamumu 119

Teoneroa 82 Tikioki 58 Titikaveka 58 Tukume 82

Tumai 79 Two Dollar Beach 151 Utulei 146

Vaiala Beach 100 Vaiula Beach 119

beer 81, 231 bicycle tours 59-60 bicycle travel, see cycling birdwatching 63, 80 Black Rock 58 blowholes 132, 176-7

hoat tours 33 Cook Islands 63, 73 Tonga 169, 183, 189

blue worms 121

boat travel 235, 236 books 208, 212 Cook Islands 93, 224 Samoa 137, 213, 221, 227 Tonga 227 budget 31-2

bushwalking, see hiking business hours 17, see also individual locations

bus travel 113, 236

C

cafes 231-2 camping 32 cannibalism 222 canoes 212-13, 228 Cape Mulinu'u 13, 131, 13 Cape Taputapu 147 car travel 236

American Samoa 163 Cook Islands 97 insurance 236 Samoa 142

Tonga 205 tours 63

cargo ships 235, 236 cathedrals, see churches & cathedrals

caves

'Anahulu Cave 176 Anatakitaki 12, 79, 12, 37 Dwarf's Cave 130 Mariner's Cave 195 Motuanga 82 Pe'ape'a Cave 129

Piula Cave Pool 116 Rima Rau 12, 79 Swallows' Cave 194

Te Ana O Rakanui 79 Te Rua Rere 87 Toru a Puru Cave 87

Tuatini Cave 87 Vai Tango 82 caving 36, 94

cell phones 16

cemeteries
Royal Tombs 167
Shirley Baker Monument
& European Cemetery 182
children, travel with 39-40
Cook Islands 57, 94
Samoa 139-40
Christianity 215-16, 217
churches & cathedrals
Cathedral of the Holy
Family 146
Centenary Chapel 167
Cook Islands Christian Church (Avarua) 46
Cook Islands Christian
Church (Ma'uke) 84
Cook Islands Christian Church (Mitiaro) 85
Immaculate Conception
Cathedral 101
LMS Church 128
Matavera CICC 59
Mormon Temple 102
St Joseph's Cathedral 186
CICCs, see churches &
cathedrals
ciguatera 239
climate 16, 20-2, 16,
see also individual
locations
coffee tours 80
colonisation 216-17 cone shells 239
consulates, see embassies
& consulates
Cook Islands 41, 44-97, 47
accommodation 44,
89, 94 activities 94
activities 94 arts 92-3
climate 44
culture 14, 92, 14
embassies &
consulates 94
emergencies 94
environment 93-4
festivals & events 95
food 44, 79
highlights 47, 47
history 91-2
internet access 95
itineraries 46
language 95
money 95
opening hours 95
postal services 96
public holidays 96

telephone services 96

```
tourist information 96
  tours 63-4, 97
  travel seasons 44
  travel to/from 96-7
  travel within 97
Cook. James 79, 87, 197.
   214, 215
coral atolls 38
coral ear 239
costs 16-17
crafts 227-9
Cross-Island Track 9.
   61-2.9
cruise ships 235
cultural centres
  Highland Paradise
    Cultural Centre 58
  Samoa Cultural Village
    100
  Te Vara Nui Cultural
    Village 59
cultural tours 73-4, 169
culture 4, 14, 212, 220-3.
   232, 14, see also
   individual locations
currency 16
customs regulations 94,
   202, 235
cycling 36-7, 236
  Cook Islands 59-60
cyclones 36
D
```

dance 226-7 Cook Islands 92 Samoa 113 Tonga 201 dangers, see safety dengue fever 238 diarrhoea 239 disabilities, travellers with 204 diseases 238-9 diving 18, 34, 35, 239, see also snorkelling American Samoa 147 Cook Islands 60-1, 72-3 Samoa 105, 129, 138 Tonga 168, 179, 187-8, 196 dogs 239 drinking water 239 drinks 230-2 driving, see car travel

E earthquakes 135 economy 209-10 electricity 94

embassies & consulates American Samoa 162 Cook Islands 94 Samoa 140 Tonga 202 emergencies, see individual locations environmental hazards 239 eosinophilic meningitis 238 etiquette 210, 223, 231 'Eua 178-80 'Eua'iki 195 'Euakafa 195 European exploration 213-14 events 20-2 see also individual locations exchange rates 17 Fafá Island 178 Fagamalo Cove 159 fakaleiti 199 fale 10, 139, 10 Falealupo Ruins 131 family life 222-3 ferries 236 festivals & events 20-2. see also individual locations Figiel, Sia 226 films 208, 214 fish poisoning 239 fishing 34-5 American Samoa 151. 158 Cook Islands 60, 73, 80.87 Samoa 139 Tonga 168, 188 fishing pigs 176

80, 87 Samoa 139 Tonga 168, 188 fishing pigs 176 flying foxes 177 Foa 183-4 Foe ata 194 Fonuafo ou 182 food 4, 230-2, see also individual locations fruit 230

galleries, see museums & galleries gardens 'Ene'io Botanical Garden 193

golf courses American Samoa 152 Cook Islands 63

gay travellers 203

Tonga 168 Ha'ano 184 Ha'apai Group 180-5, 181 health 238-9 heatstroke 239 Heilala Festival 21 Henry, Albert 219 highlights 8-15 hiking 9, 18, 38, 9 American Samoa 147-51, 158, 159 Cook Islands 61-2 Samoa 105, 131, 139 Tonga 179 historic sites Abel Tasman Monument 177 Arai-Te-Tonga Marae 59 'Arorangi 58 Captain Cook landing site 175-6 Highland Paradise Cultural Centre 58 Marae Orongo 79 Marae Puarakura 82 Marae Rangimanuka 82 Marae Takero 85 Marae Te Apiripiri 79 Marae Vairakai 79 Para O Tane Palace 46 Te Pare Fort 85 Turtle & Shark site 146-7 history 12, 19, 211-19 colonialism 216-17 European contact 213-14 independence 217-19 missionaries 214-16 Polynesian settlement 211-13 hitching 236-7 holidays Cook Islands 96 Tonga 203 hongi 223 hostels 32

Samoa 105

independence 217-19 independent travel 32 insurance 203 car 236 health 238 International Date Line 237

Hufangalupe Archway 176

Hunga 194

international investment internet resources 17, 210 air tickets 235 island nights 69 island time 220 islands 18, 28-32 itineraries 23-7. 23. 24. 25. 26. 27. see also individual locations

jellyfish 239 Judds Crater 159

Kapa 194 kava 232 kayaking 11, 35, 11, 35 American Samoa 151 Samoa 139 Tonga 168, 182-3, 188 King Taufa'ahau Tupou IV 198-9

kitesurfing 35, 73

lakes

Lake Lanoto'o 115 Lake Te Roto 79 Te Rotoiti 85-6 Te Rotonui 85-6 languages 16, 210, 240-5 Rarotongan 240-1 Samoan 221, 241-3 Tongan 243-4 Lapita culture 212 legal matters 203 legends 224-5 Leone 147 leptospirosis 238-9 lesbian travellers 203 LGBT travellers 203 Lifuka 181-3 Lifuka Group 181-6

M

Mafana 195 Mala 194 Manase 130 Mangaia 86-9, 88 Manihiki 90

literature, see books

Map Pages 000 Photo Pages 000 Manono 123 Manu'a Islands 156-9 maps 140, 162 Mapu'a 'a Vaea Blowholes 176-7 marine parks & reserves. see also national parks & reserves Fagatele Bay National Marine Sanctuary 12 150 Palolo Deep Marine Reserve 102 Mariner, William 185, 197 markets 232 Fagatogo Market 146 Fish Market 101 Flea Market 101 Maketi Fou 100-1 Punanga Nui Market 15. 51. **15** Salelologa 125 Talamahu Market 167 'Utukalongalu Market 192 Masefau 147 Massacre Bay 150-1 Matutu Brewery 59 Mauga 128 Maui Potiki 225 Ma'uke 82-4. 83 Maumaukura Lookout 87 Maungapu 72 measures 95 medical services 238 Minerva Reefs 177 missionaries 214-16 Mitiaro 84-6. 85 mobile phones 16 money 16 motorcycle travel 58, 236 Mounu 195 Mt Silisili 131 Mt Talau 187 Mt Tumutumu 158 museums & galleries Ark Gallery Vava'u 193-4 BCA Art Gallery 46 Cook Islands Library & Museum Society 50 Cook Islands Whale & Wildlife Centre 58 EFKS Museum 121 Falemata'aga 101 Jean P Havden Museum National Museum (Cook Islands) 50 Robert Louis Stevenson Museum 19, 114, 19

Tauese PF Sunia Ocean Center 146 Vanya Taule'alo Gallery 101 music 227 Samoa 137 Tonga 201 mythology 224-5 American Samoa 153 Samoa 132

Namu'a 118 national parks & reserves 209, see also marine parks & reserves A'opo Conservation Área 131 Falealupo Canopy Walk 131 Lake Lanoto'o National Park 115 Lalomanu Crater 116 Mt Talau National Park 187 Mt Vaea National Reserve 114 National Park of American Samoa 149 O Le Pupu-Pu'e National Park 119-20 Tafua Peninsula Rainforest Preserve 133 Takitumu Conservation Area 63 Uafato Conservation Area 116-17 Neiafu 15, 186-93, 191, 15 newspapers 95, 141

Niua Group 195-6 Niuafo'ou 196 Niuatoputapu 196 Northern Group (Cook Islands) 89-91

Nuapapu 195 Nuku'alofa 15, 166-75. 170-1. 15

accommodation 169-73 activities 167-8 drinking & nightlife 174 food 173-4 shopping 174 sights 167

tourist information 174-5 tours 169 Nukunamo 184

O Oceania Sevens 22 'Ofu (Tonga) 195,

Ofu 14, 157-9, 158, 14 Oholei Beach & Hina Cave Feast & Show 176 Old Harbour (Neiafu) 187 Olosega 157-9, 158 opening hours 17, see also individual locations outdoor activities 33-8 'Ovalau 195

Pago Pago 10, 145-6.

package tours 32

150, 10 Palmerston 77 palolo worms 121 Pangaimotu Island 178 Papa Neke 86 parks & gardens 'Ene'io Botanical Garden 193 passports 234 Penrhyn 90 photography 204 Piula Cave Pool 116 planning, see also individual locations accommodation 29-32 activities 33-8 basics 16-17 budgeting 16-17 calendar of events 20-2 children 39-40 countries 41-2 internet resources 17 islands 28-32 itineraries 23-7. 23. 24.

25, 26, 27 package tours 32 regions 41-2 travel seasons 16, 20-2 weather 20-2 politics 208-9 Polynesian culture 4 Polynesian settlement 211-13 population 209 Port-au-Prince Massacre Monument 182 postal services 96, 175

postcolonialism 218 prepackaged travel 32 Protestants 214-15 public holidays, see holidays Pukapuka 90

Punanga Nui Market 15. 51. 15

Queen Salote 198

Rainmaker Mountain 147 Rakahanga 90 Rangimotia 87 Rarotonga 45-70, 48-9 accommodation 50-1, 64-6 basics 16-17 climate 44 drinking & nightlife 55-6.69 entertainment 69 food 51-4, 66-9 itineraries 56 shopping 56-7, 69-70 travel seasons 44 travel to/from 45 travel within 45-6 Rarotongan language 240-1 religion 209, 220-3 reserves, see marine parks & reserves, national parks & reserves resorts 29-30 restaurants 231-2 Royal Palace 167, 15 Royal Residences 175

Royal Tombs 167

safety 139 Cook Islands 94 diving 35 food 231 hitching 236-7 Tonga 203 Sa'ilele 147 sailing 19, 35 Cook Islands 62 Tonga 187 Saleapaga 118-19 Salelologa 125-8 Samoa 42, 98-143, 100, 5 accommodation 98, 138 activities 105, 138-9 arts 136-7 basics 16-17 climate 98 culture 135-6 embassies & consulates 140 emergencies 140 environment 137-8 festivals & events 140 food 98, 140

highlights 100, 100 history 133-5 internet access 140 itineraries 101 language 141, 221, 241-3 maps 140 money 140 opening hours 140 sports 136 surfing 122, 133 telephone services 140 tourist information 141 tours 102-3 travel seasons 98 travel to/from 141-2 travel within 142-3 visas 141 Samoan language 221, 241-3 Savai'i 123-33, 124-5, 128 sea kavaking 11, 35, 11, 35, see also kayaking sea snakes 239 seafood 230 sharks 239 siapo 228 snorkelling 18, 36, 37, see also diving American Samoa 151 Cook Islands 60-1 sports 136, 210 staph infection 239 star mounds 151 Stevenson, Robert Louis 114, 117

surfing 9, 36, 8-9

Samoa 105, 122, 133, 139 Tonga 168, 169 Suwarrow 91

swimming 36

Tafahi 196

Tangaroa 224-5 tap water 239 tapa 228 Tapuaeta'i 72, 31 tattoos 137, 154, 228 Ta'u 159. 160. 19 taxis 237 Te Maeya Nui 21 Te Pa'ata Lookout 87 telephone services 16, see also individual locations Te-Toa-A-Morenga Lookout 87

Teuila Festival 22

time 4, 16, 220, 237, see also individual locations Tin Can Island 198 toilets 204 To Sua Ocean Trench 11. 115-16, 11 Tonga 42, 164-205, 165 accommodation 164. 202 arts 200-1 hasics 16-17 climate 164 culture 199-200 disabilities, travellers with 204 diving 187-8 embassies & consulates 202 emergencies 202 environment 201 festivals & events 190 food 164, 192, 202 highlights 165, 165 history 197-9 insurance 203 internet access 203 itineraries 167 language 204, 243-4 legal matters 203 money 203 opening hours 203 public holidays 203 religion 199-200 safe travel 203 sailing 187 telephone services 203-4 toilets 204 tourist information 204 tours 189-90 travel seasons 164 travel to/from 204-5 travel within 205 visas 204 volunteering 204 women travellers 204 work 204

Tongan language 243-4 Tongatapu 166-78, 168-9 tourist information 96. 141, 204 tours 235, see also individual tours American Samoa 152 Cook Islands 63-4, 80, 82-3, 86, 87

Samoa 102-3

Tonga 169, 189

traditions 220-3

transport 234-7 travel to/from Rarotonga. Samoa & Tonga 234-5 travel within Rarotonga. Samoa & Tonga 235-7 trekking, see hiking Triple-headed Coconut Tree 177 tsunamis 135 Tuasivi 127 tumunu 81 turtles 138, 161, 201, 2, 12 Tutuila 145-56, 148 accommodation 152-3 drinking & nightlife 153-5 entertainment 155 food 153-5 shopping 155 travel to/from 156

Ü

'Uiha 185 Uoleva 184-5 Upolu 99-122, 102-3, 116

vacations, see holidays

travel within 156

va'a 212

vaccinations 238 Vai Marere 84 Vai Nauri 84 vaka 212-13 2 Vaka Eiva 22 Valley of Giants 159 Vava'u Group 185-95. 188-9 vegetables 230 vegetarian travellers 232 visas 16, see also individual locations volcanoes Kao 187 Mt Matavanu Crater 128-9 Tofua 187 volunteering 204

walking tours 110, 110 water slides (natural) Papase'ea Sliding Rocks 114-15 water sports Cook Islands 62, 94

walking, see hiking

Tonga 188

waterfalls Afu-A-Au Falls 133 Nu'uuli Falls 146 Papapapai-tai Falls 115 Papase'ea Sliding Rocks 114-15 Sopo'aga Falls 117 Togitogiga Waterfalls 120 Wigmore's Waterfall 58

weather 16, 20-2, 16, see also individual locations weaving 228-9 websites, see internet resources weddings 66 weights 95 Weil's disease 238-9 whales 36, 189, 193 weights 95 Weil's disease 238-9

women travellers 204 woodcarving 229 work 204 WWI 217 WWII 200. 217-18

Y yachts 235



Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- ♠ Christian Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Shinto Sikh
- C Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking Course/Tour
- Sento Hot Baths/Onsen
- Skiing Snorkelling
- Surfing
- Swimming/Pool
- Walking **(a)** Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

Eating

Drinking & Nightlife

- Drinking & Nightlife
 - Cafe

Entertainment

Entertainment

Shopping

Shopping

Information

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

Geographic

- Beach Gate
- Hut/Shelter
- Lighthouse
- Lookout
- ▲ Mountain/Volcano
- Oasis
- Park
-) (Pass
- Picnic Area
- Waterfall

Population

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

Transport

- Airport
- Border crossing Bus
- ++⊕++ Cable car/Funicular
- -- 650 − Cycling
- Perry
- Metro station
- Parking
- Petrol station
- Subway station
- Taxi
- +-- Train station/Railway
- --- Tram
 - Underground station
 - Other Transport

Note: Not all symbols displayed above appear on the maps in this book

Routes

Tollway Freeway Primary

> Secondary Tertiary

> > Unsealed road

Road under construction

Plaza/Mall

Steps) = Tunnel

Pedestrian overpass Walking Tour

 Walking Tour detour Path/Walking Trail

Boundaries

--- International --- State/Province

- Disputed

- Regional/Suburb

Marine Park Cliff

- Wall

Hydrography

River, Creek Intermittent River

Canal Water

Dry/Salt/Intermittent Lake

Reef

Areas

Airport/Runway

Beach/Desert Cemetery (Christian)

Cemetery (Other)

Glacier

Mudflat

Park/Forest

Sight (Building)

Sportsground

Swamp/Mangrove

©Lonely Planet Publications Pty Ltd



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime - across Europe and Asia overland to Australia. It took several months, and at the end - broke but inspired - they sat at their kitchen table writing and stapling together their first travel guide, Across Asia on the Cheap. Within a week they'd sold 1500 copies. Lonely Planet was born. Today, Lonely Planet has offices in Franklin, London,

Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Brett Atkinson

From his home in Auckland. Brett has travelled to many of the islands in his South Pacific backyard. For this extended research trip to the Cook Islands, he snorkelled and scootered around Aitutaki, drank bush beer and organic coffee on 'Atiu, and explored Rarotonga on two and four wheels with his wife, Carol. Brett has covered more than 50 countries as a guidebook author and travel and food writer. See www.brett-atkinson.net for his most recent work

and upcoming travels.



Charles Rawlings-Way

As a likely lad, Charles suffered in school shorts through Tasmanian winters: ice on the Hobart puddles, snow on Mt Wellington... He dreamed of one day exploring tropical isles with a more humane climate. After dropping a windsurfer mast on a Texan tourist's head in Fiji in 1985 and chasing rats around an Aitutatki guesthouse in 2005, a trip to see what Tonga had to offer was well overdue. Charles has penned 30-something Lonely Planet guidebooks, and remains

pathologically fixated on the virtues and vices of travel.



Tamara Sheward

Despite a hearty dislike of heat and humidity – not to mention that pesky mango allergy – Tamara not only lives in the tropics, but enjoys travelling them extensively. While researching the South Pacific, she rode in 50-plus boats, 14 aeroplanes, umpteen rattly open-air buses and one submarine; alas, no similar tally was kept on kava and coconut consumption. In addition to the islands in this book, Tamara has covered an incongruous miscellany of countries for Lonely

Planet, including Serbia, northern Australia, Bulgaria and Russia.

Published by Lonely Planet Global Limited

CRN 554153 8th edition - December 2016 ISBN 978 1 78657 217 2 © Lonely Planet 2016 Photographs © as indicated 2016

10 9 8 7 6 5 4 3 2 1

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, manifold from the state of the publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/ip.

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.



© 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.'