

Tonga

📍 676 / POP 106,000

Includes ➔

Tongatapu	434
Nuku'alofa	434
'Eua	446
Lifuka Group	449
Vava'u Group	453
Neiafu	454
Niua Group	463

Best Places to Stay

- ➔ Hideaway (p447)
- ➔ Port Wine Guest House (p458)
- ➔ Matafonua Lodge (p452)
- ➔ Sandy Beach Resort (p452)
- ➔ Nerima Lodge (p439)

Best Places to Eat

- ➔ Friends Cafe (p441)
- ➔ Tiger Inn (p441)
- ➔ Mariner's Cafe (p451)
- ➔ Aquarium Café (p460)
- ➔ Bellavista Cafe & Restaurant (p460)

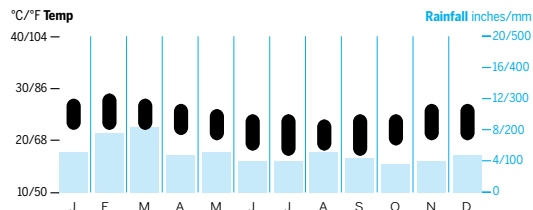
Why Go?

Kiss the tourist hype goodbye – and say a warm *malo e lelei* (hello!) to the Kingdom of Tonga. Resolutely sidestepping flashy resorts and packaged cruise-ship schtick, Tonga is unpolished, gritty and unfailingly authentic. Life here ticks along at its own informal pace: church life is all pervasive, chickens and pigs have right of way, and there's nothing that can't wait until tomorrow. You don't have to seek out a cultural experience in Tonga – it's all around you!

Once you've shifted down into 'Tonga time', you'll find these islands awash with gorgeous beaches, low-key resorts, myriad snorkelling, diving, yachting and kayaking opportunities, hiking trails, rugged coastlines and affable locals (especially the kids!). Gear up for some active pursuits, then wind down with a cool sunset drink to the sound of waves folding over the reef. In Tonga, there really is nothing that can't wait until tomorrow.

When to Go

Nuku'alofa



Jun–Oct

Peak season: stable weather, warm seas and buzzy waterside restaurants.

Apr–Aug

Cool, dry and less humid (winter) – when yachties turn up to play.

Nov–Mar

Warm and wet in the South Seas summer, but fine for water sports.

8 Niuafo'ou

NIUA
GROUP

Tafahi
Niuatoputapu

*SOUTH PACIFIC
OCEAN*



Fonualei
Toku
VAVA'U GROUP

11 Vava'u
17 Neiafu

Swallows Cave

HA'APAI
GROUP

Fonuafo'ou

Hunga Tonga
Hunga
Ha'apai

Ha'atafu Beach

Ha'amonga a Maui Trilithon

'Eue'iki

Nuku'alofa

Tongatapu

'Eua

TONGATAPU GROUP

Tonga
Trench

'Ata

Minerva Reef
(300km. See Inset)

Tonga Highlights

1 Kayaking
(p436) between the reefs and islands offshore from Nuku'alofa, Neiafu and Pangai.

2 Hiking tropical rainforests and along sheer ocean clifftops on 'Eua (p446).

3 Pondering Tongatapu's curious **Ha'amonga 'a Maui Trilithon** (p444), the 'Stonehenge of the South Pacific'.

4 Beach-bumming on the photogenic sands of **Uoleva** (p452), and (if you're lucky) watching whales breaching offshore.

5 Catching the cultural show at Tongatapu's **Oholei Beach & Hina Cave Feast & Show** (p444).

6 Swimming into **Swallows' Cave** (p462) on Kapa island in Vava'u.

7 Bouncing between bars and cafes in raffish **Neiafu** (p454).

8 Exploring far-off, doughnut-shaped **Niuafu'ou**, also known as Tin Can Island (p464) in the Niua Group.

9 Surfing the reef breaks at **Ha'atafu Beach** (p445) on Tongatapu.

10 Wandering aisles of produce and crafts at Nuku'alofa's **Talamahu Market** (p435).

11 Sailing (p455)
through Vava'u's
psychedelic web of
waterways, islands
and deserted beaches.

Same Scale as Main Map

Minerva Reef

Inset