

Contents

List of Maps

vii

What's New in the South Pacific

1

1 The Best of the South Pacific 4

- | | | | |
|--|----|--|----|
| 1 The Most Beautiful Islands | 4 | 7 The Best Dining Experiences | 11 |
| 2 The Best Beaches | 6 | 8 The Best Island Nights | 13 |
| 3 The Best Honeymoon Destinations . . . | 7 | 9 The Best Buys | 14 |
| 4 The Best Family Vacations | 9 | 10 The Best Diving & Snorkeling | 15 |
| 5 The Best Cultural Experiences | 10 | 11 The Best Sailing | 15 |
| 6 The Best of the Old South Seas | 11 | 12 The Best Offbeat Travel Experiences . . | 16 |

2 Planning Your Trip to the South Pacific 17

- | | | | |
|---|----|---|----|
| 1 The Islands in Brief | 17 | 9 Planning Your Trip Online | 36 |
| 2 Visitor Information | 22 | 10 The 21st-Century Traveler | 38 |
| 3 Entry Requirements & Customs | 23 | <i>Configuring Your Laptop</i> | 39 |
| 4 Money | 26 | 11 Getting There & Getting Around . . . | 40 |
| <i>Island Time vs. Island Service</i> | 28 | 12 Packages for the Independent | |
| 5 When to Go | 29 | Traveler | 46 |
| 6 Travel Insurance | 30 | <i>Flying with Film & Video</i> | 48 |
| 7 Health & Safety | 31 | 13 The Active Traveler | 49 |
| <i>Insects & Other Critters</i> | 33 | 14 Tips on Accommodations | 51 |
| 8 Specialized Travel Resources | 33 | 15 Recommended Reading | 53 |
| <i>Frommers.com: The Complete</i> | | | |
| <i>Travel Resource</i> | 35 | | |

3 Suggested South Pacific Itineraries 57

- | | | | |
|--------------------------------|----|--|----|
| 1 Two Weeks in Fiji | 57 | 3 A Week in The Cook Islands | 61 |
| 2 Two Weeks in Tahiti & French | | 4 A Week in the Samoas | 62 |
| Polynesia | 59 | 5 A Week in Tonga | 64 |

4 Introducing Fiji 66

- | | | | |
|--|----|---|----|
| 1 Fiji Today: The Regions in Brief | 66 | 2 Fiji Yesterday: History 101 | 71 |
| <i>Diving in Fiji</i> | 70 | 3 The Islanders | 74 |

<i>A Holy Meal</i>	75	6 Money	81
<i>"Grog" Etiquette</i>	76	<i>The Fiji Dollar & the U.S. Dollar</i>	82
4 Languages	78	7 When to Go	82
5 Visitor Information & Entry Requirements	80	8 Getting There & Getting Around	83
		<i>Fast Facts: Fiji</i>	89

5 Viti Levu 94

1 Nadi	94	<i>Fast Facts: The Coral Coast</i>	127
<i>Fast Facts: Nadi</i>	95	4 Pacific Harbour & Beqa Island	137
<i>A Side Trip to Lautoka</i>	98	5 Suva	140
<i>Don't Miss a Meke</i>	111	<i>Fast Facts: Suva</i>	142
2 The Mamanuca & Yasawa Islands	114	<i>Walking Tour: Suva</i>	144
<i>How to Choose Your Offshore Resort</i>	122	<i>A Side Trip Back in Time to Levuka</i>	152
3 The Coral Coast	126	6 Rakiraki & Northern Viti Levu	156

6 Northern Fiji: Savusavu & Taveuni 159

1 Savusavu	159	<i>Fast Facts: Taveuni</i>	170
<i>Fast Facts: Savusavu</i>	162	3 Resorts on Qamea & Matagi Islands	177
2 Taveuni	169		

7 Introducing French Polynesia 179

1 French Polynesia Today: The Islands in Brief	179	6 Money	192
2 French Polynesia Yesterday: History 101	183	7 When to Go—Climate, Holidays & Events	193
<i>Sexy Skin</i>	184	<i>French Polynesia Calendar of Events</i>	194
3 The Islanders	187	8 Getting There & Getting Around	195
<i>Sex & the Single Polynesian</i>	188	9 Seeing the Islands by Cruise Ship & Yacht	198
4 Languages	189	10 Dining Out in French Polynesia	201
5 Visitor Information & Entry Requirements	190	<i>Fast Facts: French Polynesia</i>	203

8 Tahiti 207

1 Arriving & Getting Around	208	<i>Walking Tour: Papeete</i>	217
<i>Fast Facts: Tahiti</i>	212	<i>The Moon & Six Million</i>	225
2 Exploring Tahiti	214	3 Golf, Hiking & Watersports	229

4 Shopping	230	<i>Don't Miss Les Roulottes</i>	237
<i>Buying Your Black Pearl</i>	232	<i>Dining with a Belle View</i>	239
5 Where to Stay	232	<i>A Most Indecent Song & Dance</i>	241
6 Where to Dine	237	7 Island Nights	242

9 Moorea 244

1 Getting Around	245	4 Fishing, Hiking, Watersports & Other Outdoor Activities	253
<i>Fast Facts: Moorea</i>	246	5 Shopping	255
2 Exploring Moorea	247	6 Where to Stay	256
<i>Tiki Theatre Village</i>	252	<i>The Bali Hai Boys</i>	258
3 Safari Expeditions, Lagoon Excursions & Dolphin-Watching	252	7 Where to Dine	261
		8 Island Nights	264

10 Bora Bora 266

1 Arriving & Getting Around	267	4 Diving, Fishing & Watersports	273
<i>Fast Facts: Bora Bora</i>	268	5 Shopping	274
2 Exploring Bora Bora	270	6 Where to Stay	274
<i>A Side Trip to Maupiti</i>	271	7 Where to Dine	280
3 Safari Expeditions & Lagoon Excursions	272	8 Island Nights	282

11 Huahine & the Other Islands of French Polynesia 283

1 Huahine	283	<i>Fast Facts: Rangiroa</i>	301
<i>Fast Facts: Huahine</i>	284	4 Tikehau	304
2 Raiatea & Tahaa	292	5 Manihi	305
<i>Fast Facts: Raiatea & Tahaa</i>	294	6 Fakarava	305
3 Rangiroa	300		

12 Rarotonga & the Cook Islands 307

1 The Cook Islands Today	307	6 Money	313
2 The Cook Islands Yesterday: History 101	308	<i>The New Zealand Dollar & the U.S. Dollar</i>	313
<i>All in the Family</i>	310	7 When to Go	313
3 The Cook Islanders	311	<i>The Cook Islands Calendar of Events</i>	315
4 Language	312	8 Getting to Rarotonga & Getting Around	316
5 Visitor Information & Entry Requirements	312		

<i>Fast Facts: Rarotonga</i>	319	13 Where to Dine on Rarotonga	338
9 Exploring Rarotonga	323	<i>Cook Islands Chow</i>	338
10 Fishing, Hiking, Diving & Other Outdoor Activities	328	14 Island Nights on Rarotonga	342
11 Shopping on Rarotonga	330	<i>Don't Miss an Island Night</i>	343
12 Where to Stay on Rarotonga	332	15 Aitutaki	343
		<i>Fast Facts: Aitutaki</i>	344

13 Samoa **351**

1 Samoa Today	351	9 Exploring Apia & the Rest of Upolu . . .	369
2 Samoa Yesterday: History 101	353	10 Watersports, Golf & Other Outdoor Activities	377
<i>The Teller of Tales</i>	354	11 Shopping	378
3 The Samoan People	355	12 Where to Stay on Upolu	378
4 The Samoan Language	358	<i>Hot Dogs & Hamburgers</i>	379
5 Visitor Information & Entry Requirements	359	<i>Beach Fales at Aleipata</i>	383
6 Money	360	13 Where to Dine in Apia	384
<i>The Samoan Tala & U.S. Dollar</i>	361	<i>Don't Miss a Fiafia</i>	385
7 When to Go	361	14 Island Nights on Upolu	386
8 Getting There & Getting Around . . .	362	15 Savai'i	386
<i>Fast Facts: Samoa</i>	366	<i>Manono & Apolima</i>	388

14 American Samoa **391**

1 American Samoa Today	391	<i>Fast Facts: American Samoa</i>	396
2 History 101	392	7 Exploring American Samoa	398
3 Visitor Information & Entry Requirements	393	<i>Seeing American Samoa as a Day Trip from Apia</i>	400
4 Money	393	8 National Park of American Samoa . .	402
5 When to Go	394	9 Where to Stay	403
6 Getting There & Getting Around . . .	394	10 Where to Dine	405

15 The Kingdom of Tonga **406**

1 Tonga Today	406	6 Money	414
2 History 101	408	<i>The Pa'anga & the U.S. Dollar</i>	414
3 The Tongans	410	7 When to Go	415
<i>What Day Is It?</i>	411	8 Getting to Tonga & Getting Around	416
4 Language	412	<i>Fast Facts: Tonga</i>	419
5 Visitor Information & Entry Requirements	413	9 Exploring Tongatapu	422

10	Island Excursions, Watersports & Other Outdoor Activities	427	<i>Dine Like a Tongan</i>	434	
11	Shopping on Tongatapu	429	14	Island Nights on Tongatapu	436
12	Where to Stay on Tongatapu	430	15	Vava'u	436
13	Where to Dine on Tongatapu	433		<i>Fast Facts: Vava'u</i>	438
			16	Ha'apai	444
Appendix: The South Pacific in Depth				447	
1	A Shared History	447	3	The Islands & the Sea	454
2	The Islanders	451			
Index				458	

List of Maps

The South Pacific	18	The Society Islands & the Northern Tuamotus	181
Two Weeks in Fiji	59	Tahiti	209
Two Weeks in Tahiti & French Polynesia	61	Walking Tour: Papeete	219
A Week in the Cook Islands	62	Moorea	249
A Week in the Samoas	63	Bora Bora	269
A Week in Tonga	64	Huahine	285
The Fiji Islands	69	Rarotonga	317
Viti Levu & Ovalau	99	The Samoa Islands	363
Nadi	105	Apia	371
Walking Tour: Suva	145	Pago Pago	399
Northern Fiji	161	Nuku'alofa	417