



www.niueisland.com

A scuba diver in a dark blue and black wetsuit is swimming horizontally in the middle of the frame. The water is exceptionally clear, showing a vibrant turquoise color with visible ripples and reflections. The diver is wearing a black mask and snorkel, and yellow fins. The background consists of a rugged, grey rock formation with some green algae or coral growth. A thick, jagged red line runs across the top of the image, separating the white header area from the main photograph.

island guide



Fakaalofa Lahi Atu, Welcome to Niue

We wish you a wonderful time here, discovering the natural beauty we have to share, which we hope will form memories and friendships you will take home with you.

Situated in the South Pacific, just a three and a half hour flight from Auckland, New Zealand, you will arrive at our island. A large coral atoll, you can simply choose to relax or have an adventure exploring caves, chasms and sandy coves, all in one place. Swim where kings once bathed, snorkel and dive in crystal clear waters and navigate our lush, tropical Huvalu forest. Discover what it feels like to be connected to the earth, the sea and the people. There truly is nowhere like us.

All information in this booklet was accurate at time of printing and is subject to change. Please refer to the Niue Visitor Information Centre in the first instance.



important facts

BANKING Currency is NZ Dollars. Kiwibank open Monday - Friday 8:30am-4pm. Ph: 4220 / 4221. There are no ATMs on Niue, for cash out contact Kiwibank, Niue Rentals, Swanson Supermarket, Double M or the Bond Store. Charges may apply.

DEPARTURES It is important that you are checked in at least 2 hours prior to your flight departure. For all Air New Zealand queries contact Peleni's Travel. Ph: 4317. Departure tax is included in your Air New Zealand ticket.

DRESS CODE No swimwear in public. Please ensure appropriate attire is worn at all times, particularly when attending Sunday church services, in villages when a church service is under way, and on tours. Nudity is not permitted in any public place.

DUTY FREE Alcohol within the limits can be purchased on arrival, at NB Liquor (the "Bond") within 3 days of arriving on Niue. Duty free may also be purchased by departing passengers. Only the airport sells duty free cigarettes and tobacco.

FONO From time to time a fono (a strong spiritual and social code) may be declared, meaning it is forbidden to enter an area. We ask for the respect and understanding of all visitors in observing this.

HOSPITAL Clinic Hours Monday - Thursday 8am-4pm. Friday - Sunday & Public Holidays 9-10am & 7-8pm. Charges for health services apply to all visitors. Ph: 4100 **EMERGENCY PHONE: 999.**

INTERNET Wifi vouchers can be purchased at Telecom Niue and selected stores. These allow you to access Wifi hotspots available around the island, however it can be slow so please be patient. Kaniu also operates its own hotspots and vouchers are available from the Niue Vanilla shop in Alofi.

KALOAMA Small goat fish, Kaloama visit Niue annually at any time depending on sea conditions. Kaloama fishing is a tradition for locals. During this time some spots may be closed for swimming. Please check with the Information Centre about the best places to swim.

PASSPORTS Travel documents and passports accepted for entry must be valid for a minimum of three months from your arrival date in Niue.

PHONES Telecom Niue service the island's network, so your global roaming won't work here. If you do need a phone while you're in Niue head into Telecom Niue at the commercial centre in Alofi, open 24/7 to purchase a SIM card.

POLICE Open Monday-Thursday 8am-4pm. A Niuean driver's licence is required if operating a motorised vehicle, please get this from the station. It also makes for a great souvenir. Ph: 4333 **EMERGENCY PHONE: 999.**

PUBLIC TOILETS Located at the Commercial Centre car park, Alofi. Also at Tamakautoga sea track, Avaiki, Avatele Beach, Kalaone, Limu Pools, Matapa Chasm and Togo Chasm.

SUNDAYS Sundays are a day of rest and worship in Niue. Please respect the local custom and do not swim near village greens or churches on Sunday during service. There is no fishing, diving or boating on a Sunday. If unsure of protocol please check at the Visitor Information Centre.

TIDE INFORMATION Please check tides before heading out on your adventures. Contact the Visitor Information Centre for tide times during your stay.

language

English is widely spoken in Niue, but you may like to learn a few Niuean words to use during your visit.

Hello – **Fakaalofa lahi atu**

Hi – **Fakaalofa atu**

Please – **Fakamolemole**

Thank you – **Fakaaue lahi**

Goodbye [1 person] – **Koe kia**

Farewell – **Kia monuina**

Yes – **E**

No – **Nakai**

Drinking water is safe to drink on Niue; we suggest you take light refreshments and water with you on daily trips.

Download our free mobile app, search 'GO! Niue' in the App Store or Google Play.

Pop into the **Visitor Information Centre** in Alofi, where our team have a fantastic knowledge of the island, and for activity/ tour bookings and souvenirs.
Mon-Fri: 8am-4pm,
Sat: 9am-12pm.
Ph: (+683) 4224 or email: infocenter2@mail.gov.nu





Diving in Niue is spectacular with up to 80 metres visibility with underwater caves and caverns to explore.

Snorkelling gear is available for hire from Buccaneer Adventures Niue Dive and some accommodation providers.

Niue has a wide variety of unique activities, from Uga (coconut crab) hunting, village, forest and cultural experiences to caving, plus world class snorkelling, diving and fishing.

Bookings are essential in most cases, please contact the Visitor Information Centre or operators direct to book or for further information. Bookings may be subject to weather conditions and minimum numbers.

BUCCANEER ADVENTURES NIUE DIVE A registered SSI and PADI store operating from March to November. Your one stop adventure shop for above, below and off the water activities. Prices vary. • Scuba diving and learn to dive - SSI open water, free diving and master courses available • Whale interactions • Snorkel trips and snorkel gear hire • SUP (stand up paddle boards) lessons and hire • Freediving courses • Inflatable kayak hire • Reef watch kids club Tamakautoga Village, next door to Scenic Matavai Resort. Ph: 4311 www.dive.nu.

MAGICAL NIUE SEA ADVENTURES Offering a wide range of on water and under water experiences. • Educational sea tour with snorkel / sight seeing • Scuba diving • Night snorkelling • Whale watching • Underwater scooter / sub wing • Clear bottom kayaks. Alofi. Contact Rami. Ph: 4347 / 6737 www.magicalniue.com.

ORIENTATION TOURS

Operating the morning after you arrive in Niue.



NIUE ORIENTATION TOUR A 4-hour tour visiting caves, cliff tops, chasms, beaches, and the best snorkelling locations. The NOT team will show you Niue's unique geology and important considerations for safe swimming and snorkelling. You will also receive a resource pack to help you maximise your time in Niue. Ph: 4633 / 5497.



EXPLORE NIUE TOUR - ISLAND DISCOVERY TOUR Join your local guide who will take you on a tour to some of Niue's better known spots on the western side of the island. Learn the history, culture, language, flora and fauna on the island from knowledgeable Niuean guides, plus where and when to go, to make the most of your stay. Ph: 5122.

FISHING CHARTERS



Commonly encountered fish species include mahimahi, yellowfin tuna, skipjack, wahoo, marlin, sailfish, giant trevally and red bass. Catch stays with the boat, however most are happy to give you a good piece to cook at your accommodation; please discuss this with your skipper before leaving the wharf.

FISH NIUE CHARTERS 8m Blade Runner, suitable for groups, and 6.3m Stabicraft. Ph: 5697.

KIU TAHI CHARTERS 5.7m Pontoon Boat. Ph: 5151.

NIUE FISHING CHARTERS 7.3m Stabicraft 2400 Super Cab. Ph: 4312.

NIUE WAHOO FISHING CHARTERS Custom Built Stabicraft 2050 Hardtop. Ph: 4345 / 5530.

PAUL PASISI CHARTERS 20' Open Hardtop Pontoon Boat. Ph: 4103 / 6868.

SEA TURTLE CHARTERS 5.5m Surtees workmate. Ph: 4670.

TERESA'S CHARTERS 6m Stabicraft. Ph: 4179 / 6744.

*Offers spear fishing, please note spear fishing is not encouraged unless with a licensed operator. All charters are dependent on weather conditions.

OTHER TOURS

A5 PLANTATION TOUR Combined plantation and uga tour. Ph: 7343.

ANDAHS UMU EXPERIENCE TOUR Help with the preparation of food for the umu. While the food cooks, visit some of the special locations nearby. Return to open the umu and sample some of the delicious dishes. Ph: 4569 / 5578.

EBONY CARVINGS TOUR See and experience first hand Niue's rich tropical forest and ebony carving with your experienced guide Jack. Ph: 7649.

KAYAK TOUR Coastal guided tours or freedom rentals. Weather and tide dependant. 1-2 hours. Contact Meshu. Ph: 4097 / 5097.

MAALA GARDEN TOUR Learn about the past and present on this special interest tour. Love growing things, gardens and food crops? Join Doris and John on a tour of their Maala, a traditional garden in the forest at Vaipouli, Liku. Ph: 7528.

MISA'S NATURE TOUR Learn first-hand how our ancestors survived in the forest. Misa will show you what you can eat, where you can sleep, how to start a fire using natural resources and natural herbal medicines. Tue-Sat. Contact Niue Tourism Ph: 4224. Email: infocenter2@mail.gov.nu.

NIUE VANILLA TOURS Learn first-hand how to grow, pollinate and pick out Vanilla beans. You can enjoy yourself by going out with a local tour guide. Contact Stanley Ph: 4342 / 5030.

TAUE UGA TOUR 3hr Uga Hunting Tour. Ph: 5789.

TAUE VAKA TOUR Weather dependant. Ph: 5789.

REEF WATCH KIDS CLUB We have two 3 hour program where we take the kids on a reef walk learning about the life on the reef and an edu-snorkel where we explore the 'Pirate Cave'. Minimum of 5 years old. Session 2 available during school holidays only. Contact Buccaneer Adventures Niue Dive. Ph: 4311. Email: buccaneeradventureniue@gmail.com.

Humpback whales come to Niue to calve generally between July and September. Niue is one of the few places in the world you can view the whales only metres offshore.



OTHER ACTIVITIES

MAULU MASSAGE We come to you. Maulu Massage offers a healing massage service and body scrubs in the comfort of your own home (or home away from home). Contact Lana Ph (mobile): 888 5955 / 888 5288. Email: maulu.spa@niue.nu or asalinitukuniu@icloud.com

MINIGOLF 18 hole minigolf course on the top of a 30m cliff with outstanding views, coupled with great food and beverages. Located at Vaiolama Café. Ph: 4336.

NIUE LAWN BOWLS Come and bowl with the locals, Saturdays at 9am. Ph: 4641.

NIUE GOLF CLUB Welcomes visitors and has a well-stocked bar. There is a 1pm tee off time for Saturday golf and after golf is a great time to mix and mingle with the locals. Golf clubs for hire from Vaiolama Café or Buccaneer Adventures Niue Dive.

NIUE YACHT CLUB The biggest little yacht club in the world. Become a member and be part of the legend. Alofi, Ph: 4074.

STAND UP PADDLEBOARDING (SUP) Lessons or hire available through Buccaneer Adventures Niue Dive. Ph: 4311.

TUI NA CLINIC Remedial and therapeutic massage using local coconut oils. Ph: Ahi Cross on 5961 / 7518. Email: ahicross@niue.nu.

VILINA'S HAIR SALON Pamper yourself or treat a loved one at Vilian's Hair Salon. Alofi. Ph: 6583 for bookings.

SPECIAL EVENTS

Throughout the year various special events happen including food, music and cultural festivals. Visit www.niueisland.com or contact the Visitor Information Centre.



Misa's Nature Tour



SUP



Hio Beach



Togo Chasm



Tomb Point

places of interest

HIKULAGI SCULPTURE PARK Liku. The main sculpture, 'Protean Habitat', is a work in progress and changes as objects are added. The park is also evolving as new sculptures are installed.

LAUFOLI UMU PIT Liku. Ancient site from the Laufoli legend.

NIUE PHILATELIC & NUMISMATIC COMPANY Fonuakula, Alofi. See Niue's own collectable coins and stamps. Ph: 4643.

OPAAHI The attempted landing place of Captain Cook in June 1774 in Alofi.

PENIAMINA'S GRAVE On the left hand side of the road, 5km north of Alofi. Burial site of the first Niuean to bring Christianity to Niue.

SCHOOLS Niue Primary School Friday morning assembly at 9am, visitors welcome to visit Paliati. Ph: 4070 for details. Niue High School located at Paliati. Ph: 4039. University of South Pacific located behind Niue High School. Ph: 4049.

TAUE I FUPIU Mutalau Village. Traditional fortress where Peniamina was protected by village warriors.

TOMB POINT Alofi. A lookout with 180 degree views of the bay and good whale watching spot. Two of Niue's former Kings are buried within the grounds of the adjacent church.

Hikulagi Sculpture Park invites visitors to leave their small mark on Niue by adding to the large, found object assemblage entitled 'Protean Habitat'.



Hikulagi Sculpture Park



Togo Chasm



Uga



Talava Arches

Take care when visiting sea tracks and wear sturdy footwear as they may be slippery when wet. Be cautious with cigarettes which may cause fires. No littering, please take your rubbish with you or use rubbish bins provided.

For your own safety do not go past reef areas and always be aware of tides.



Avaiki

ANAPALA CHASM 🚶🚶🚶 Hakupu. 155 steps to reach the fresh water chasm.

AVAIKI CAVE 🚶🚶 Makefu. Short walk through cave to a spectacular spot. Niue ancestral kings private bathing cave to the right at low tide. Site of first canoe landing.

AVATELE BEACH 🚶 Swim and snorkel here. Public toilets/changing facilities.

HIKUTAVAKE 🚶🚶 Park on the grass next to ANZAC memorial. Low tide offers two large snorkelling pools, cut off from the ocean.

HIO BEACH 🚶🚶 Small white sandy cove, good for swimming. At low tide access a cave to the North. Historic site of the 1877 Peruvian 'black birder' Irole wreck.

LIMU POOLS 🚶 Namukulu. Short walk to popular snorkelling pools. Best on an incoming mid tide on a still day.

MATAPA CHASM 🚶 Hikutavake. Fresh water bathing place of Niue's past kings and great sheltered snorkelling at any tide.

SIR ROBERTS WHARF 🚶 Drive down access. No swimming off wharf on Sundays.

TALAVA ARCHES 🚶🚶🚶 Hikutavake. Long walk, uneven underfoot. Put aside 2 hours, best at low tide. Traditionally used as a lookout point.

TAMAKAUTOGA BEACH 🚶 Steps from car park lead to a small white sandy beach. Good for families with young children.

TAUTU 🚶 Liku. Drive around edge of village green to the sea track sign. A beautiful spot to have lunch and the cool shade of the trees just above the cave or watch the sunrise. A definite must see attraction.

TOGO CHASM 🚶🚶🚶 Liku. Visit Niue's black pinnacle chasm. A long walk, wear sturdy footwear and allow 2 hours, includes a steep ladder for access to the sandy chasm. A must see but not for the faint hearted.

🚶 Easy 🚶🚶 Moderate 🚶🚶🚶 Moderate to hard 🚴 Suitable for biking and walking

ULUVEHI 🚶 Mutalau. Drive down access walk to the steps, canoe cave on the left.

UTUKO 🚶 Alofi. Small, sandy beach with good snorkelling, best on a calm day at mid tide.

VAILA 🚶 Alofi North. The rock pools in Alofi North are contained within a marine protected area and offer good snorkelling, best one hour either side of low tide.

VINIVINI TRACK 🚶🚶🚴 A 7.7km bush track ideal for walking or biking. An easy but long walk through the Huvalu Forest. See some magnificent examples of mature forest and managed land.

ANAANA LOOKOUT 🚶 A great spot to have a picnic or an outdoor BBQ. Also a perfect location to view the Humpback whales when in season.

POFITU 🚶🚶 Located in the village of Tamakautoga. A secluded sandy cover, perfect for a picnic. Best to go at low tide.

NAMUKULU RAMP 🚶 Located in the village of Namukulu. Perfect for watching the sunset and an ideal swimming location at low tide.

OPAHI 🚶 This was the site of Captain Cook's second landing attempt in June 1774. Cook's landing party was challenged by the locals, who retreated after several volleys were fired, and the landing party returned to the ship.

AMANAU 🚶🚶 Located in the village of Alofi South. A great little picnic spot, open grassy area at the top and a small snorkeling pool at the bottom. Best to go at low tide.

TOMB POINT 🚶 An easy walk next to the church of Alofi, opposite the main shopping centre, with a lookout and 180 degree views of Alofi Bay. There are picnic areas nearby and two of Niue's former kings are buried within the grounds of the church.

PALAHA CAVE 🚶🚶 Tuapa. Short walk to limestone formations in cave and view to the ocean.



Book in for a Niuean feast or culture show during your visit for a real Niuean experience.

From excellent cafés and contemporary Niuean cuisine, to delicious Japanese and Indian restaurants or traditional Island buffets featuring cultural performances, you can be assured that you won't lack variety or quality dining options.

Opening hours vary depending on seasons. Please check with the Visitor Information Centre or phone the establishment for current times.

ALOFI RUGBY CLUB HOUSE Each Saturday night Alofi Rugby club comes alive with good sounds, a dance floor and a well-stocked bar. Come dance the night away and enjoy the local company. A small cover charge may apply. Cash only. By Niue High School. Ph: 4300.

CRAZY UGA A well established and well loved licensed café, serving fantastic espresso coffee and counter food or order from the à la carte menu. With a great ocean view, well-stocked bar and friendly staff you'll be glad you stopped by. Next to Utuko sea track, Alofi. Ph: 4653.

CLAYTON'S BAR Join the locals at Clayton's, a licensed bar with pool tables and dart boards. Dance the night away each Thu & Sat nights. A small cover charge may apply. Cash only. Amanau, Alofi. Ph: 4395.

NIUE GOLF AND SPORTS CLUB Fonuakula, Alofi South. Saturdays 5pm onwards.

FALALA FA CAFÉ & BAR A popular, fully licensed restaurant, serving good food in a relaxed and intimate atmosphere. Fresh local produce is transformed into delicious Niuean contemporary dining, served by the friendly team. Bookings appreciated. Catering also available. Alofi South. Ph: 4697.

GILL'S INDIAN RESTAURANT Fresh, authentic, Indian food. A whole range of curries available, served with fresh warm rice and roti in a relaxed environment. Licensed bar. Commercial Centre, Alofi. Ph: 4180.

ALL RELATIVF Fonuakula, Alofi South. Tue-Sun 2-11pm Happy Hour: 4pm onwards. Ph: 4385/4724.



HIO CAFÉ A quaint café by the seaside, serving local and international food and beverages with a view. Incorporating local produce to give you a taste of Niue kai. Bookings essential for Niue Umu Kai night. Hio. Ph: 4545.

JENNA'S DE LA CUISINE A family run restaurant that takes pride in serving delicious traditional cuisine while entertaining guests. Experience authentic Niuean song, dance and food at their buffet and island show. Cash only. BYO. Buffet bookings to be made 24 hours in advance. Alofi South. Ph: 4316.

KAIKA Fully licensed restaurant offering sushi and New York style pizza. High quality Japanese cuisine with a Niuean twist, using the freshest local seafood, prepared by a skilled, authentic Japanese chef. Bookings essential. Alofi South. Ph: 4628. www.kaiika.com

KATUALI COFFEE HOUSE Pizzas, pastries, fresh sandwiches and great coffee. Also catering services. Cash only. Opposite Police Station. Ph: 4012.

KEKE TIME AND THE CROW'S NEST Homemade cakes baked and decorated with a touch of island flavours, by local self taught baker, Krystal. Also a place where you can find

some of the best fish and chips around. Tues-Fri 9am-3pm / 6pm-8pm & Sunday 6pm-8pm. Ph: 4174.

MAKFURLY BURGERS Open Friday evenings. Located at Makete Niue, next to the Visitor Information Centre, Alofi.

MATAPA BAR Fully stocked bar and great sounds. Open Wednesday and Saturday nights. Hikutavake. Ph: 4558.

NIUE SLUSH Serving slushies, smoothies and frappé. Cold drinks only. Located next door to the Niue Yacht Club.

FUSION FLAVA'S Friday 6-10pm & Sunday 12-4pm.

PACIFIC WAY BAR A popular bar, well known for happy hour, bingo (once a fortnight), and karaoke nights. Cash only. Amanau, Alofi. Ph: 4139.

R' LINAS RESTAURANT This family run restaurant and bar takes inspiration from Niuean, European and Asian cuisine to make their own unique and delicious dishes. Niuean Kai Buffet night. Catering available. Cash or NZ Eftpos only. Bookings essential. Located near the airport, Alofi. Ph: 4115 / 5623.

WOK ON THE ROCK Tue-Fri 11am-2pm Thu & Sat 6:30-9pm Ph: 4150.

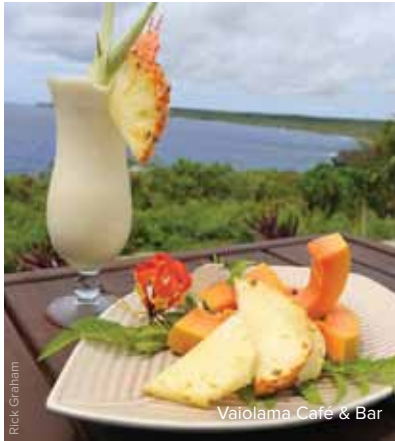
RUNWAY BAR Hanan International Airport departure lounge on plane days.

SAILS BAR Relaxed, fully licensed bar, set on the cliff edge with stunning sea views. Great place to watch for whales in season. Cash only. Makefu. Ph: 4235.

SCENIC MATAVAI RESORT Indoor and outdoor alfresco dining with 180 degree Pacific Ocean views. Enjoy a delicious fusion of Niuean and European flavours accompanied by a full range of cocktails, spirits, wines and beers. Special themed nights are scheduled, including a cultural show and buffet. Tamakautoga. Ph: 4360. www.scenichotelgroup.co.nz

TALO'S RESTAURANT Bringing food, family and tradition together to give you a taste of Niuean flavours. Buffet night featuring many famous Niuean dishes and international foods. Licensed bar on site and BYO. Cash only. Bookings essential for buffet night. Opposite Niue High School, Alofi. Ph: 4607 / 4077.

TAVANA'S CAFÉ Fish and chips, burgers, chicken and pasta meals, plus refreshing fruit frappés, smoothies and iced teas from Zero Degrees. Drop in for lunch and find out why Tavana's is so popular. Cash or NZ Eftpos only. Commercial Centre, Alofi. Ph: 4334.



VAIOLAMA CAFÉ & BAR Stunning licensed café, with uninterrupted views of the Pacific Ocean. Serving cabinet food and pasta, toasted sandwiches, and great coffee. Have a game of mini golf, or simply enjoy the warm hospitality and relaxed atmosphere. Happy hour every Thursday from 3pm. Alofi South. Ph: 4336.

WASHAWAY CAFÉ Sundays only! Enjoy a relaxed Sunday afternoon in a stunning beach front setting with a cold drink and a burger, panini, fish meal or pizza. Laid back atmosphere and possibly the last self-serve honesty bar in the world. Cash or NZ Eftpos only. Avatele Beach.

Visitors are able to get married in Niue, for more information contact the Matavai Conference Centre or the Niue Visitor Information Centre.



Scenic Matavai Resort



To drive a motor vehicle you will need a local driver's licence, available from the Police station.

Please note the only gas station on the island is in Alofi South.

With 123km of paved roads on Niue we strongly recommend you hire some form of transport for your stay, as there is no public transport. The 64km road circling the island is mostly sealed as are most inland roads between the main town and surrounding villages.

CAR RENTAL / SCOOTERS

4x4 Ph: 4392 / 4621
Alofi Rentals Ph: 4017 / 4373
Heahea Rentals Ph: 4153 / 4317
Ilena's Rentals Ph: 6175 / 4671
Niue Rentals Ph: 4216



MOUNTAIN BIKE HIRE

Hire a bike and head off to explore some of the secrets of Niue. For your own safety and the safety of those around you it's advised that you wear high visibility clothing. By law you must have a working headlight after sunset. Helmets are not required by law but their use is highly recommended. Be sure to stop at intersections, especially at blind corners.

Namukulu Bike Hire Ph: 4533
Niue Rentals Ph: 4216

TAXI

For transport from Alofi town to the Bond store, supermarket and customs office; from the Scenic Matavai Resort to Alofi restaurants and return. Contact Brian, ph: 5065 / 4074.

arts, crafts & culture

BUFFET NIGHTS & CULTURE SHOWS Several establishments offer an island night feast and culture shows. Timings subject to change, bookings essential.

Hio Café & Bar Thursday night 7pm. Ph: 4545.

Jennas Tuesday 6.30pm. Ph: 4316.

Scenic Matavai Resort Thursday and Friday 6pm. Ph: 4360.

Talo's Thursday 6pm. Please call to book. Ph: 4026.

HINAPOTO HANDICRAFTS Commercial Centre, Alofi. Ph: 4158.

KAUHI KRAFTS Souvenir and gift shop, Avatele. Ph: 4823.

TIKI'S COCONUTS & HANDICRAFT SHOP Ph: 7626.

VIVA'S HANDICRAFT SHOP & COCONUT STOP Ph: 4410.

LUPE NIUE Paliati, Alofi South. Ph: 6255.

MAKINI HANDICRAFTS Makini Hall, Alofi. Wednesday 9am-2pm. Ph: 4068.

TAHIONO ART GALLERY Mark Cross paintings and pictures, Niue art, Ebony carving display. Commercial Centre, Alofi. Mon-Fri 10am - 4pm, book by appointment. www.markcross.nu Ph: 7518.

TAOKE PRINTS Commercial Centre, Alofi. Mon-Thu 9am-1pm & 2pm-4pm, Fri 9am-1pm. Niue T-shirts, pareu, flags, souvenirs. Ph: 4337 / 7429.

FALE TAU TĀOGA NIUE – NATIONAL MUSEUM, ARCHIVES AND AUDITORIUM

Located at Halamahaga, Alofi. Mon-Thu 9am-3pm. Ph: 4138.

VILLAGE SHOW DAYS Each village has an annual Show Day - a traditional celebration where the villagers sell food, arts and sing and dance. If you're lucky enough to time your visit to Niue with a Village Show Day come experience a magical day. Visit www.niueisland.com or contact the Visitor Information Centre.

WOMEN'S WEAVING GROUPS Each group has their own particular day to get together and weave and visitors are welcome to observe and participate. Contact the Visitor Information Centre for times and venues.

CHURCH SERVICES

Visitors are welcome at local church services and are advised to check service times as these may vary in villages. A small donation to the church collection is appreciated, and please wear suitable attire, covered top and knee length skirts for ladies and collared shirt and pants for males.

Apostolic Sunday 10.30am, Halaika, Alofi South

Catholic Mission Sunday 10am, Houme, Alofi North

Ekalesia Niue Sunday 10am & 4pm, 13 villages. Tuapa Village: 9am & 5pm. Alofi Village: 10am & 4:30pm

Jehovah Witness Sunday 10am, Makihi, Mutalau

Latter Day Saints Sunday 9.30am, Opaahi, Alofi South

Seventh Day Adventist Saturday 9.30am, Makaheheke, Alofi North

Niue Christian Fellowship Sunday 10am, Anamotuku, Alofi North



Sundays are a day of rest and worship here in Niue. You can go sightseeing and swimming on a Sunday, however where swimming spots are close to village churches it is asked that you respect the local custom. There is no fishing, diving or boating on a Sunday.

Waving is customary when travelling around Niue. Be sure to wave out to everyone you pass while driving, walking or biking on the roads during your stay.



shopping

Visitors can purchase **duty free** liquor within their allowances from the Bond Store. Open Mon-Fri 9am-5pm, Sat 12-6pm, Ph: 4122. Monday arrival purchase by Friday 5pm; Friday arrival purchase by Wednesday 5pm. Duty free is also available from the airport departure lounge.

Niue Post Office is located in Kiwibank. Open Mon-Fri 8:30am-4pm. Ph: 4220 / 4221.

Shops and eateries are generally closed on Sundays, so plan to buy any supplies you may need before then.

FOOD & DRINK SUPPLIES - GROCERY

SWANSON SUPERMARKET Fonuakula. Extensive range of groceries with frozen goods, dry and canned goods, essential pharmacy items, fresh local produce when available. Open Mon-Fri 8am-6pm, Sat 12noon-6pm. Ph: 4306.

CENTRAL SERVICES Alofi South. The only place on the island to buy petrol. Also available are fresh fruit/veges, baked goods, pies and cold drinks. Mon-Sat 7am-8pm, Sun 4-8pm. Ph: 4156.

NIUE ADVENTURES Alofi South. Groceries, fishing accessories, bait, fresh local veges (when available) Mon-Sat 7am-9pm, Sun 6am-9am, 4pm-9pm. Ph: 4276.

NIUE FRESH Toa, Tamakautoga. Ph: 5288.

MOKOS CENTRAL MART Commercial Centre, Alofi. Mon-Fri: 8:30am-5pm, Sat: 2-8pm. Ph: 4331.

OPA-AHI DAIRY Opaahi, Alofi South. Mon-Sat 7-9am & 5-9pm. Ph: 4161.

G'S MINI MART Utuko, Alofi. Mon-Thu 9am-4.30pm, Fri 9am-6pm, Sat 10am-7pm. Ph: 4366 / 4504.

DOUBLE M Commercial Centre, Alofi. Grocery items and fresh produce (when available). Mon-Sat 7.30am-7.30pm.

KENDRA'S KOLLECTION Clothing, sunglasses, Havaianas and much more. Mon-Fri 10am-3pm.

MAIHI LAND Peta Hill. Fresh hydroponic goods. Ph: 4227.

TIKI'S SHOP Hakupu. Mon-Sat 10am-8pm.

FOOD & DRINK SUPPLIES - BAKERIES

ILENA'S BAKERY Alofi North, Next to BJ Hardware, Mon-Sun 5-9am. PH: 4671

ROCKBAK BAKERY Huihui, Alofi South. Tue-Fri 6-8:30am. Ph: 4325. Pre-orders Mondays only. Order throughout the weekend. Pick up at bakery at 6-8:30am.

ROLLING PIN Swanson's Complex. Tue & Fri 7am-1pm. Specialising in cakes and pastries.

ROSA'S BAKERY Huihui, Alofi South. Coconut bread, birthday cakes. Saturdays. Ph: 4182.

KEKE TIME Commercial Centre, Alofi South. Tue-Fri 9am-3pm & Sunday evenings 6-8pm.



Alofi

Makete is our early morning market, where you can buy fresh local produce and handicrafts or even try nane (coconut porridge). Arrive early to experience the best this market has to offer. On in Alofi, next to the Visitors Information Centre, Mondays and Fridays 5-8am.

FOOD & DRINK SUPPLIES - LIQUOR OUTLETS

VAI MAMALI LIQUOR By Niue Broadcasting. Mon-Wed 5-8pm, Thu-Fri 3-8pm, Sat 11am-1pm & 4-8pm. Ph: 4378.

NB LIQUOR BOND STORE Fonuakula, Alofi South. Duty free can be purchased and consumed while in Niue. Mon-Fri 9am-5pm, Sat 12-6pm. Ph: 4122.

Most villages also have a small store or Coconut Stop, please ask anyone in the village who will happily point you in the right direction.

GENERAL SHOPPING

COMMERCIAL CENTRE Alofi. Banking, post, stationery, art and crafts, cafes, beauty salon and more.

MATAKAU FISIKANAI FLOWERS Flowers and arrangements for occasions and events. Ph: 4104.

CHEMIST TYPE ITEMS Swanson supermarket stocks basic first aid requirements, but for any pharmacy medication required you will need to go to the hospital for assistance.

STAMPS, COINS Niue Philatelic & Numismatic Company. Fonuakula, Alofi. Ph: 4643.

SOUVENIRS Available at the Visitor Information Centre, Commercial Centre, the Makete, village show days, Hanan Airport on departure, Scenic Matavai Resort or directly from local craftspeople.

LOCAL PRODUCE Honey, noni, vanilla and koefaga soaps, balms and more can be purchased at the Visitor Information Centre, various local stores or directly from the manufacturer. All food, animal products, plant material and other goods taken from Niue must be declared to the Quarantine Officer at Hanan Airport prior to flight departure. A fee may apply for certification.

DVD HIRE Alofi. Ph: 4379.

LOCAL CD'S, ELECTRONICS, GADGETS Oka Koa. Mon & Tue 9:30am-3pm, Wed-Thu 10am-4pm, Fri 9:30am-3pm.



golden rules for your stay in Niue

With your help we can ensure Niue continues to be a great place for everyone to enjoy.

During your stay we ask that you:

- Treat all people with respect and politeness.
- Respect cultural and religious protocols and beliefs and act in a manner consistent with Niuean philosophy.
- Appreciate that not everything in Niue will be the same as in your own country.
- Respect Niue, its environment and facilities.
- Contribute to Niue's commitment to responsible tourism through appropriate waste management, energy and water conservation.

Appreciate that there may be seasonal variances

Avoid walking through populated areas or villages in your swim suit

Take all rubbish with you when you leave

Refrain from going down sea tracks near churches during church services

Honour our no swimming tradition near village greens or churches on Sundays

Do not swim at beaches that are closed during kaloama (yellowstripe goatfish) season or when a Fono is also in place

Dress modestly, appropriately and avoid nudity in public

Fakaane, thank you

ALOFI TOWN CENTRE



EMERGENCY PROCEDURES

CYCLONE: In the event of cyclone activity you will be advised by way of an early alert warning. Follow all instructions from radio, police, your accommodation manager or Disaster Management teams. In the midst of a cyclone remain indoors and monitor the radio.

TSUNAMI: If you feel an earthquake get off the reef and get to higher ground immediately, do not wait for a siren. If you hear on radio or TV that a tsunami may be coming stay off the reef, listen to the radio and follow all instructions. Follow evacuation signs and stay on high ground until police say it is safe to go back.

*monuina e fenoga
farewell from Niue*