

Index

ABBREVIATIONS

- AS American Samoa
- S Samoa
- T Tonga

A

- A'asu (AS) 29, 119
- accommodation, *see also individual countries*
homestay programme 117
- activities, *see also individual countries, individual activities*
- Afu Aau Falls (S) 99-100, **100**, **202**
- Aganoa Beach (S) 92
- Aganoa Black Sand Beach (S) 79
- agriculture 33, 45, 47, 172
- 'aiga 34-7
- air travel 147
 - air tickets 291-4
 - airlines 290-1
 - to/from Samoan islands & Tonga 290-4
 - within American Samoa 147
 - within Samoa 147
 - within Tonga 285-6
- aitu 40, 98
- Alega Beach (S) 116, 137
- Aleipata District (S) 83-4
- Aleipata Islands Conservation Area (S) 46, 83
- Alofaaga Blowholes (S) 100-1, 5
- American Samoa 102-150
 - accommodation 131
 - activities 133-8
 - arts 41-3
 - culture 34-43
 - drinking 151-2
 - embassies 140
 - entertainment 41-2
 - environment 43-9
 - food 51-3
 - health 298-302
 - history 28-31, 33-4
 - holidays 141

- 000 Map pages
- 000 Photograph pages

- Internet access 142
- itineraries 18, 20, 106
- money 142
- postal services 144
- shopping 144
- sports 39-40
- telephone services 144
- tourist offices 145
- tours 111
- travel to/from 190-5
- travel within 104-5, 126
- websites 108
- visas 146
- 'Ana Pekepeka (T) 222, 246, 262
- 'Anahulu Cave (T) 210
- animals, *see also endangered species, individual species*
books 43, 171
- reptiles 44, 170
- Samoan islands 44-5, 48, 94
- Tonga 170-2, 218, 239, 252
- websites 47, 171
- 'Anokula Palace (T) 217-18
- aaa 45, 201, *see also banyan trees*
- A'opo Conservation Area (S) 97
- Apia (S) 60-74, **62-3**
 - accommodation 68-70
 - activities 64
 - attractions 64-6
 - drinking 72
 - entertainment 73
 - food 70-2
 - shopping 73-4
 - sights 64-6
 - tourist information 64
 - tours 67-8
 - travel to/from 74
 - travel within 74
 - walking tour 66-7, **67**
- Apolima (S) 85-7
- Apolima Strait Islands (S) 84-7, **85**
- archaeological sites
 - Ha'amonga 'a Maui Trilithon (T) 154, 209-10, 8
 - Lapaha (T) 199-200, 208-9, **200**
 - Paepae 'o Tele'a (T) 200, 209-10
 - Pulemelei Mound (S) 28, 100, **100**
 - star mounds 116
 - To'aga Site (AS) 127
 - Velata Mound Fortress (T) 232

- architecture 42, 188-9, 6
- arts, *see also individual arts*
books 42, 166, 167, 168
- Samoan islands 41-3
- Tonga 165-9
- websites 43
- 'Ata (T) 222
- 'Atata (T) 214-15
- 'Atenisi Institute (T) 188
- ATMs 143, 281
- Aunu'u (AS) 121-3, **122**
- 'ava 38, 52, *see also kava*
ceremony 37, 45
- websites 53
- Avao (S) 95

B

- Bahá'í House of Worship (S) 77
- Baker, Rev Shirley 157-8, 232
- banyan trees 45, 219, 201, *see also*
aaa, Big 'Ovava
- bargaining 144
- beaches 64, 91-2, 99, 259-60, 4, 201, 202
 - access fees 133
 - Aganoa Beach (S) 92
 - Aganoa Black Sand Beach (S) 92
 - Alega Beach (AS) 116, 137
 - Ofu Beach (AS) 127, 7
 - Return to Paradise Beach (S) 79
- bicycle travel, *see cycling*
- Big 'Ovava (T) 219, 220
- birds
 - books 170
 - Samoan islands 44, 46, 92, 129
 - Tonga 170, 218, 241, 252
- bird-watching 211, 248, 263, 273
- blackbirding 30, 222, 239, 264
- Bligh, Captain William 156, 226, 239
- blowholes 100-1, 211
- boat travel, *see also yachting*
to/from Samoan islands & Tonga 294-5
 - within American Samoa 148
 - within Samoa 148
 - within Tonga 286-8
- books 16-17, 41, 166
- animals 43, 171
- anthropology 36, 37, 161
- arts 42, 166, 167, 168

- birds 170
- culture 162, 165, 167
- food 52, 53
- health 297
- history 28, 30, 31, 34, 157, 158, 159, 165, 228-30, 236
- mythology 154
- plants 169
- snorkelling 171
- Tonga 162, 165
- traditional culture 158, 161
- traditional medicine 46, 169
- yachts 295
- Bounty, mutiny on the 156, 226, 239
- bus travel
 - within Samoan islands 57, 148-9
 - within Tonga 288, 201
- bushwalking, *see hiking*
- business hours
 - Samoan islands 138
 - Tonga 277

C

- camping
 - Samoan islands 49, 132-3
 - Tonga 172, 227
- cannibalism 155, 212, 226
- Cape Mulinu'u (S) 97
- Cape Taputapu (AS) 119
- car travel 149-50, 288-9
 - driving license 149, 288
- cargo ships 294
- carvings 168-9, 197, **206**
- caves 99, 217, 219, 221, *see also individual caves*
- caving 273
- children
 - sights 67, 111, 138, 277
 - travel with 53, 138, 177, 191, 277, 299
- choirs 37, 86, 164, 167, 188-9
- Christianity 29, 157, 164, 212
 - conversion to 29, 157, 227
 - missionaries 29, 40, 57, 85, 95, 119, 156-7, 164, 212
- church services 65, 86, 164, 188-9
- etiquette 35, 164, 189
- churches 40
 - Apia (S) 65, **203**
 - Nuku'alofa (T) 188
 - 'Uiha (T) 239
- Ciguatera 302
- climate
 - Samoan islands 14-5, 139
 - Tonga 169, 245, 277-8

- climbing 222, 248
- coconut radio 40
- coconuts 45, 47, 170
- conservation areas, *see also national parks & conservation areas*
American Samoa 46, 118-9
- Samoa 46, 97-8
- Tonga 172
- consulates
 - American Samoa 140
 - Samoa 140
 - Tonga 279
- Cook, Captain James 155-6, 165-6, 180, 199, 215, 226, 232-3
- coral 44, 47, 134
- costs 15-16, 57, 104, 182
- custom fees 139
- credit cards 143, 281
- Cross Island Road, the 74-7
- cruise ships 294
- cultural considerations 16
 - camping 49, 132-3, 172
 - permission 227, 273
 - photography 143
 - Samoan islands 35, 54, 84
 - Tonga 160-3, 172, 177, 284
- culture, *see also traditional culture*
books 162, 165, 167
- Samoan islands 34-43
- Tonga 160-9
- customs regulations
 - fees 139
 - Samoa 139
 - Tonga 235, 278, 295
- cycling 248, 286
- cyclones
 - American Samoa 125
 - cyclone season 15
 - Samoa 30, 33, 57, 90, 98-9
 - Tonga 211, 245, 262, 276

D

- dance 41, 165-6, *see also fiafia*
- dangers & annoyances 104
- Dengue fever 299
- dirt shirts 256
- disabled travellers
 - Samoan islands 140
 - Tonga 278-9
- discount cards 140
- diving, 133-5, 273, 274, *see also snorkelling*
decompression chamber 275
- Ha'apai Group (T) 227-8
- safety 275, 278, 301

- sites 83, 132-3, 245, 246, 262
- Tongatapu Group (T) 180-1
- tours 21, 23, 134
- Vava'u Group (T) 21, 23, 134, 246
- dogs 48, 104, 128, 139, 277, 278
- drinking, *see individual countries*
- driving licence 149, 288
- Dwarf's Cave 96

E

- economy
 - American Samoa 27, 34
 - Samoa 27, 32
 - Tonga 159-60
- ecotourism 10, 17, 47, 49, 274
- Eftpos 143
- electricity
 - Samoa 131
 - Tonga 272
- embassies, *see individual countries*
- emergencies, *see inside front cover*
- emigration 27-8, 33-4
- endangered species 44, 46, 212, 129, 267
- environmental issues 47-9, 169
 - American Samoa 48
 - conservation areas 172
 - coral bleaching 127
 - deforestation 47, 172
 - global warming 127, 169
 - pollution 17, 47-9, 105, 137, 172
 - Rose Atoll (AS) 123
 - Savai'i (S) 94
 - tourism 47, 172
 - whales 171, 248
 - wildlife 170-2
- Eosinophilic Meningitis 299
- etiquette, *see cultural considerations*
- 'Eua (T) 215-24, **216**
 - accommodation 223-4
 - climate 215
 - food 224
 - hiking 220
 - tours 223
 - travel to/from 224
- 'Eua National Park (T) 220, 8
- 'Eua Plantation Forest (T) 218-20
- 'Euakafa (T) 263
- 'Eue'iki (T) 262-3
- European contact 29
- European settlement 30
- exchange rates, *see inside front cover*
- explorers 29, 119, 155-6, 180, 226, 245, 262, *see also individual explorers*

F

fa'a Samoa 34, 36, 37, 50-5
fa'afafine 36
fa'alavelave 37, 43
 Fafā Island (T) 213-14, **208**
 Fagamalo (S) 95
 Fagamalo Cove (AS) 130
 Fagatele Bay National Marine Sanctuary (AS) 46, 118-19
fakaleiti 161
fale 42, 132, 6
 Fale Fono (S) 66
 Faleaitu 41
 Falealupo Peninsula (S) 97-9
 Falealupo Rainforest Preserve (S) 46, 97-8
 Fatafehi Paulaho (T) 199
 Fatumea Pool (S) 78
 fauna, *see* animals, birds, reptiles
 fax services 283
 feasts 174, 196
 ferries 294
 festivals, *see also* special events, *individual festivals*
 Samoan islands 15, 52, 68, 117, 140-1
 Tonga 191, 228, 248, 279-80
fiāfiā 41, 73, 114, **203**
 Filiriasis 299
 films 38, 41, 157
 Finau 'Ulukalala I 182, 233, 236, 281, 245
 Finau 'Ulukalala II 236, 245, 249, 251, 252, 258, 261
 fishing
 game fishing 135, 181, 275
 Samoan islands 135
 Tonga 239, 246, 275
 tournaments 248
 fishing pigs 209
 flora, *see* plants
 flying foxes 44, 46, 47, 92, 115, 170, 212, 218, 239
 Foa (T) 236-7
fofo 45
 Fono (AS) 110
 Fonuafō'ou (T) 242
 Fonualei (T) 264
 food 109
 fish market 65
 safety 227, 300, 301-2

Samoan islands 49-55
 Tonga 173-8
 recipes 50
 vegetarian travellers 176-7
 websites 49, 51, 53
 Fua'amotu Beach (T) 210
 funerals 162

G

galleries, *see* museums & galleries
 gay & lesbian travellers 141, 280
 geography 43-4, 169-70
 German bandstand 32, 66
 gifts 35, 144, 272
fa'alavelave 37, 43
 global warming 127, 169
 golf 135
 government
 American Samoa 27, 33-4
 Samoa 32-3, 48
 Tonga 153, 159-60
 Governor's House (AS) 110
 graves 37, 211
 Grey, Aggie 69

H

Ha'afeva (T) 241
 Ha'aluma Beach (T) 221
 Ha'amonga 'a Maui Trilithon (T) 154, 209-10, 8
 Ha'ano (T) 237
 Ha'apai Festival 228
 Ha'apai Group (T) 225-42, **226**
 history 226-7
 sights 225
 travel to/from
 travel within 90-1
 Ha'apai Royal Palace (T) 231
 Ha'atafu Beach Reserve (T) 211
 Halafuoleva Beach (T) 211
 handicrafts 42, 167-9, 189
 health 296-302
 Internet resources 297
 vaccinations 296-7
heilala 171
 Heilala Festival 15, 191, 279
 hepatitis 299
 Hihifo (T) 231-2, 232
 hiking
 'Eua (T) 217, 219, 220
 Ha'apai Group (T) 227
 Massacre Bay (AS) 119
 Matafaa Peak (AS) 117-8
 Mt Alava (AS) 108
 Mt Silisili (S) 97

Mt Tumutumu (AS) 127-8
 National Park of American Samoa (AS) 115
 responsible hiking 274
 Samoan islands 135-6
 Tofua (T) 240
 Hina Cave (T) 210
 history, *see also individual locations*
 American Samoa 33-4
 books 28, 30, 31, 34, 157, 158, 159, 165, 228-30, 236
 European contact 155-7
 Samoa 31-3
 Tonga 154-60, 232, 281
 hitching
 Samoan islands 150
 Tonga 289
 HIV/AIDS 300
 holidays
 Samoan islands 141
 Tonga 280
 Holopeka Beach (T) 226, 232
 homestay programme 117, 128, 130, 132-3, 272
 horse-riding 228, 239, 273, 289
 hospitality 132-3, 272
 Huluhūpaonga Point (T) 232
 Huluhūpaongo Tomb (T) 232
 humpback whales 44, 171, 211, 214, 247, 251, 261, 276

I

ie toga 43
 immunisations 290
 Independence Memorial (S) 66
 Independence, Samoan 32
 insurance
 health 296
 travel 141-2, 280
 vehicle 149, 289
 international aid 27, 32
 Internet access 61, 142, 280
 Internet resources, *see* websites
 island time 177, 277
 itineraries 12, 13, 18-24, 181

J

Japanese B Encephalitis 300
 Jean P Haydon Museum (AS) 109
 John Williams Monument (S) 91

K

Kao (T) 240-1, 264, **240**
 Kapa (T) 262

kava 163, 174, 176, 234, 268, *see also 'ava*
 ceremonies 176, 189, 196, 255
 clubs 176, 256
 kayaking, *see* sea-kayaking
 Keleti Beach (T) 211
 Kenutu (T) 264
kilikili 209, 240, 252
 King George II 187
 King George Tupou I 187, 222, 232, 245, 264
 King Taufa'ahau Tupou IV 187
Kirikiti 39

L

Lake 'Ano (T) 257-8
 Lake Lanoto'o (T) 77
 Lalomanu Beach (S) 83
langi 199
 Langi Namoala tomb (T) 209
 language 34, 303-6
 Lapaha Archaeological site (T) 199-200, 209, **200**
 Lapita 226
 people 28, 154, 226
 pottery 28, 154, 189, 226, 231, 232
 Late (T) 264
 Late'iki (T) 264
 lava field (S) 94-5
 legends, *see* myths & legends
 Leone (AS) 119
 Leptospirosis 300
 lesbian travellers 141, 280
 Liahona (T) 211
 Lifuka Group (T) 228-39, **238**
 literature, *see* books
 Lolo (T) 264
 London Missionary Society 29, 40, 91, 95, 156
 Luahoko (T) 241
lupe 129

M

Ma'ama'a Cove (AS) 122
 Madd Gallery (S) 66
 Maga Point (AS) 128
 magazines 131, 272
 Maketi Fou (S) 64-5, 5
 Mala (T) 260-1
 malaria 296
 Malietoa 30
 Maninita (T) 263
 Manono (S) 84-5
 Manu'a Islands (AS) 124-30, **205**
 history 125
 sights 124
 travel within 126
manume'a 92
 maps
 sea charts 276
 Samoan islands 142
 Tonga 280
 Mapu'a 'a Vaca Blowholes (T) 211
Margarita, the 239
 Mariner, William 157, 182, 226, 236, 245, 261, 262, 281
 Mariner's Cave 246, 261, 262
 marine life 171-2
 marine reserves, *see* national parks & conservation areas
 markets
 fish market (S) 65
 flea market (S) 65
 Maketi Fou (S) 64-5
 Pago Pago market (AS) 108-9
 Salelologa market (S) 91, **203**
 Talamahu market (T) 188, **207**
 Massacre Bay (AS) 20, 119
 Mata'afa 30-1
 Matafao Peak (AS) 117-18
matasi system 34-6
 Mata'olealeo Spring (S) 96
 Matareva Beach (S) 79
 Mata'uvave 232
 Matalanga'a Maui (T) 220
 Matheson, Patricia Ledyard 260
 Mau Movement 31-2, 66, 90
 Mauga (S) 94
 Maugham, Somerset 109
 Maui 154, 215, 220, 221
mea alofa 133
 Mead, Margaret 35-6, 130
 media 163-4
 medical services 298-9
 traditional medicine 45-6, 127
 megapode 170, 267
 metric conversions, *see inside front cover*
 Michael J Kirwan TV Studios (AS) 109
 Michener, James A 69, 79, 268
 missionaries 29, 85, 156-7, 164, 212
 London Missionary Society 29, 40, 91, 95, 156
 Williams, Rev John 29, 57, 65, 119
 mobile phones 283
 money, *see also inside front cover*
 Samoan islands 15-16, 142-3
 Tonga 281-2
 motorcycle travel 149-50, 288-91

Mt Alava (AS) 46, 108
 Mt Matavanu (S) 31-3, 94-5, **95**
 Mt Matavanu Crater (S) 95-6
 Mt Mo'ungalafa (T) 258
 Mt Talau (T) 252
 Mt Talau National Park (T) 252
 Mt Tumutumu (AS) 127-8
 Mt Silisili (S) 97
 Mt Vaea Scenic Reserve (S) 46, 74-7
 mountain biking, *see* cycling
 Mounu (T) 263
 Mourelle, Don Francisco Antonio 156, 245, 262, 264
 Mu'a (T) 199-209
 Muihopohoponga Reserve (T) 210
 museums & galleries
 Afa Historical Museum (T) 231
 Jean P Haydon Museum (AS) 109
 Madd Gallery (S) 66
 Museum of Samoa (S) 65
 Robert Louis Stevenson Museum (S) 65, 74, 6
 Tiapapatata Art Centre (S) 77
 music 37, 41, 42, 161, 166-7, *see also* choirs
musu 16, 36
 mutant coconut palm tree (T) 211
 myths & legends
aitu 40, 98
 books 154
 flying foxes 115
 Maui 154, 209, 215, 220, 221
 Samoa 46, 57, 96, 98, 104, 110, 122, 125, 130
 Tonga 154-5, 170, 212, 214, 217, 241, 252, 259, 260, 261, 263, 268

N
 national parks & conservation areas
 46, 172
 A'opo Conservation Area (S) 97
 Fagatele Bay National Marine Sanctuary (AS) 46, 118-9
 Falealupo Rainforest Preserve (S) 97-8
 National Park of American Samoa (AS) 46, 115-16, 125, 127, 129-30
 Tafua Peninsula Rainforest Preserve (S) 92
 Togitogiga Recreation Reserve (S) 81
 Uafato Conservation Area (S) 77-8
 National Park of American Samoa (AS) 46, 115-16, 125, 127, 129-30

natural disasters, *see* cyclones, volcanic activity
 Neiafu (T) 249-57, **250**
 accommodation 253-4
 attractions 251-2
 drinking 255-6
 food 254-5
 shopping 256
 tours 252
 Neiafu Tahi (T) 251-2
 newspapers
 Samoa 40, 131
 Tonga 272
 Ngau (T) 262
 Niuafo'ou (T) 268-70, **269**
 Niuafo'ou megapode 264
 Niuas, the (T) 265-70
 history 269-70
 travel to/from 266
 Niuatopotapu (T) 266-8, **266**
 Nomuka (T) 241-2, **241**
 Nomuka'iki (T) 241-2, **241**
 nonu 46, 175
 Northern Lifuka Group (T) **229**
 Nuapapu (T) 262
 Nuku (T) 262
 Nuku'alofa (T) 182-99, **184-5**
 accommodation 191-3
 attractions 187-9
 activities 189
 drinking 196
 entertainment 196-7
 food 193-6
 shopping 197
 tourist information
 tours 191
 travel to/from 197-8
 travel within 198
 walking tour 189-91, **190**
 Nukunamo (T) 237

O

O Le Pupu-Pu'e National Park (S) 46, 80-1, **80**
 O Le Pupu Lava Coast (S) 80
 Ofu (AS) 126-8, **126, 205**
 'Ofu (AS) 264
 Ofu Beach (AS) 127, 7
 Ofu village (AS) 127
 Ofu-Olosega Bridge (AS) 128
 'Oholei Beach (T) 210

'Ohonua (T) **223**
 Old Harbour (T) 251
 Old Quarry (T) 232
 Olosega (AS) 128, **126, 7, 204, 205**
 Olovehi Tomb (T) 231
 'Ovalau (T) 263

P

Paepae 'o Tele'a (T) 200, 209-10
 Pago Pago (AS) 105-14
 accommodation 112
 attractions 106, 108-10
 drinking 113
 entertainment 114
 food 112-13
 homestay programme 108
 shopping 114
 tourist information 108
 travel to/from 114
 travel within 114
 walking tour 110-11, **111**
 Pago Pago Harbor (AS) 105, **107**
 Pala Lake (AS) 121
 Palagi Beach (AS) 119
 Palolo Deep Marine Reserve (AS) 46, 64
 pandanus 168
 pandanus weaving 42, 43, 168, 188, **206**
 Pangai (T) 228, **230**
 accommodation 232-4
 attractions 231-2
 drinking 234
 entertainment 234-5
 food 234
 shopping 235
 travel to/from 235
 travel within 235
 Pangaimotu (T) 213, 260
 Papasee'a Sliding Rock (S) 78
 passports 290, *see also* visas
 Pau (T) 262
 Pe'ape'a Cave (S) 80, 96
 la Pérouse, Jean-François 29, 119, 156
 phonecards 283
 photography 143-4, 282
 cultural considerations 160
 equipment 143
 tips 144
 Pisaga (AS) 122
 pisupo 50
 planning 14-17, *see also* itineraries
 health 296-7

plants 45, 170-1, *see also* individual plants
 books 169
 websites 45, 47
 Pola Tai (AS) 116
 Police Band of Samoa 42, 66
 politics
 Samoan islands 32, 34
 Tonga 155, 159
 population
 Samoan islands 27, 39
 Tonga 153, 163
Port-au-Prince 182, 226, 236
 postal services, *see* individual countries
 Pu'apu'a (S) 92
 Pulemelei Mound (S) 28, 100, **100**

Q

Queen Salote 155, 158, 165, 187, 269

R

Radio
 Samoa 40, 131
 Tonga 272
 Rainmaker Hotel (AS) 108
 Rainmaker Mountain (AS) 115
 Red Lake (AS) 121-2
 religion, 37, 77, 164-5, *see also* Christianity, traditional beliefs
 Return to Paradise Beach (S) 79
 Robert Louis Stevenson Museum (S) 74, 6
 rock climbing 275
 Rose Atoll (AS) 44, 46, 123
 Royal Beer Co (T) 189
 Royal Palace (T) 187, **208**
 royalty 227, 245
 estates 199, 210
 family 159
 palaces 187
 tombs 187, 238
 rugby 27, 39-55, 153, 163

S

sa 35, 38, 84
 sailing, *see* yachting
 Salelologa (S) 91
 Samoa 56-101, 131-50
 accommodation 131
 activities 133-8
 arts 41-3
 culture 34-43
 drinking 51-2
 embassies 140
 entertainment 41-2
 environment 43-9
 food 51-3
 health 298-302
 history 28-33
 holidays 141
 Internet access 142
 itineraries 18, 20, 22, 23
 money 142
 postal services 144
 shopping 144
 sports 39-40
 telephone services 144
 tourist offices 145
 tours 67-8
 travel to/from 290-5
 travel within 146-50
 websites 47, 49, 51, 145-6
 visas 146
 Samoan islands 27-150
 Sataoa and Sa'anapu Conservation Area (S) 46
 Saua Site (AS) 130
 Savai'i (S) 88-101, **89**
 history 90
 sights 88
 tours 90
 travel within 90-1
 scuba diving, *see* diving
 sea-kayaking 136, 214, 228, 237, 247, 276
 security 132, 140
 shark calling 214
 shopping 144, 283
 siapo 42, 65, 144, **202**
 snorkelling
 books 171
 equipment rental 136
 Fafá Island Resort (T) 214
 Ha'apai Group (T) 227-8
 itineraries 21, 23
 Matareva (S) 79
 Pangaimotu (T) 260
 safety 278, 300-1
 Samoan islands 136-7
 Tonga 273, 275
 Tufuvai Beach (T) 218
 Vava'u Group (T) 246, 260, 261, 262, 263
 Soldier's Grave (T) 219, 220
 South Pacific Games 2007 27, 40, 73, 141
 special events
 Samoan islands 140-1
 Tonga 191, 228, 248, 279-80
 White Sunday 36, 141

sports, *see* individual countries, individual sports
 star mounds 28, 116, 118, 130
 Stevenson, Robert Louis 31, 41, 65, 74, 76
 surfing
 American Samoa 137-8
 Boulders (S) 79
 Fagamalo (S) 95
 Ha'apai Group (T) 276
 Satuitatua (S) 99
 Savai'i Education Fund 137
 Tongatapu Group (T) 181
 Vava'u Group (T) 247-8
 sustainable tourism 47
 Swains Island (AS) 44, 123
 Swallows' Cave (T) 222, 246, 262
 swimming 136-7

T

Tafahi (T) 268
 Tafahi Volcano (T) **268**
 Tafua Peninsula Rainforest Preserve (S) 46, 92
 Tafua Savai'i crater (S) 92
 Tagaloa 60, 104, 125
 Talafo'ou (T) 209
 Talamahu Market (T) 188, **207**
 Tangaloa 154, 180
 ta'ovala 249, **206**
 tapa 167-8, 188, 235, 256, 282, *see also* siapo
 Tapanu (T) 260
 tapu 161, 232
 taputapu 119
 Tasman, Abel 155, 180, 212, 215, 226
 Tatafa (T) 239
 tattooing 28, 38, 6
 Ta'u 128, 129-30, **129**
 Taufa'ahau Tupou IV 159
 Taunga (T) 262
 taxes 16
 taxi
 Samoan islands 150
 Tonga 289
 Telekivava'u (T) 242
 telephone services, *see* individual countries
 teuila 45
 Teuila Festival 15, 68
 theft 140, 278
 Thompson, Sadie 109
 time
 Samoan islands 145
 Tonga 283-4
 tipping
 Samoan islands 143
 Tonga 282
 Tisa's Tattoo Festival 117
 To Sua Ocean Trench (S) 81
 To'aga Site (AS) 127
 Tofua (T) 240, **240**
 Togitogiga Recreation Reserve (S) 81
 toilets
 Samoan islands 145
 Tonga 284
 Toku (T) 264
 Tonga 153-289
 accommodation 271
 activities 227-8, 245-8, 273-7
 arts 165-9
 culture 160-9
 drinking 173-4
 embassies 279
 entertainment
 environment 169-72
 food 173-8
 health 298-302
 history 154-60
 holidays 280
 Internet access 280
 itineraries 19, 21, 22, 23-4
 money 281
 postal services 282
 shopping 282
 sports 163
 telephone services 283
 tourist offices 284
 tours 289, **206**
 travel to/from 290-5
 travel within 285-9
 websites 164, 171
 visas 284
 Tonga Pro-Democracy Movement 159
 Tongan National Centre 189
 Tonga's first Holy Communion 212
 Tongatapu Group (T) 179-224, **180**
 activities 180-2
 history 180, 182
 sights 179
 travel to/from 197-8
 travel within 198-9
 Tongatapu Island (T) 182-212, **183**
 to'ona'i 37, 49-55, 93
 tourist offices, *see* individual countries
 tours, *see* individual countries
 traditional beliefs 29, 40, 57, 98, 165, *see also* myths & legends

traditional culture 37, 155, 189, 228,
259, 208
books 158, 161
gifts 133
mea alofa 133
to'ona'i 93
traditional dance 196, 5
traditional handicrafts 239
traditional medicine 165
books 46, 169
nonu 46, 175

transport
Samoa islands 146-50
Tonga 285-9

trekking, *see* hiking

Tufuvai Beach (T) 218

Tu'i Kanokupolu 157, 187

Tu'i Malila 180, 199

Tu'i Malila II 199

Tu'i Manu'a 30, 125

Tu'itatui (T) 210

Tu'i Tonga 180, 199, 232

Tu'i Tonga, Tu'itatui 180, 209

tuna canneries 27, 48, 110

Tupua Tamasese Lealofi III 32

turtles 44, 83, 94, 95, 118, 123, 129,
171, 211, 241, 25

Turtle & Shark Site (AS) 118

Tutuila (AS) 102-23, **103**

history 104

medical services 106-7

sights 102

travel within 104-5

TV

Samoa islands 40

Tonga 131

Typhoid fever 300

U

Uafato Conservation Area (S) 46, 77-8

'Uiha (T) 238-9

sights 238-9

umu 49-55, 52, 117

'umu 174, 189

'Umuna (T) 264

Uoleva (T) 237-8

'Upolu (S) 56-87, **58-9**

history 57

medical services 61

travel within 57-9

'Utula'aina Point (T) 258-9

'Utulei village (T) 264

'Utungake (T) 260

V

vaccinations 290

Va'oto Marsh (AS) 127

Vailima Brewery (S) 79

Vatia (AS) 116

Vava'u Festival 248

Vava'u Group (T) 243-64, **244, 207**

climate 245

history 245

sights 243

travel to/from 256

travel within 256-7

Vava'u Island (T) 249-59

vegetarian travellers 53, 176-7

Veimumuni Cave (T) 259

Velata Mound Fortress (T) 226, 232

video

equipment 143-4

systems 272

tips 144

Villa Vailima, *see* Robert Louis

Stevenson Museum

visas 146

American Samoa 146

Samoa 146

Tonga 284

volcanic activity 94, 269

volcanoes 31, 94, 129, 215, 240, 242,
264, 268

volunteering 48

W

walking, *see* hiking

waterfalls

Papapapai-tai Falls (S) 77

Papasee'a Sliding Rock (S) 78

zAfu Aau Falls (S) 99-100

Fupisia Falls (S) 81

Ofa Waterfall (S) 80

Sopo'aga Falls (S) 81

weaving 42, 43, 168, 188, **206**, *see*
also ie toga, ta'ovala

websites

animals 47, 171

archaeology 29

art 43

'ava 53

culture 160, 164

food 49, 51, 53

health 297

history 29

plants 45, 47

Tonga 164, 171

travel 291-4

weight & measures 272, *see also inside*

front cover

Wendt, Albert 41

whales 118, 8

pilot 44

humpback 44, 171, 211, 247, 251,
261, 276

whale-watching 171, 181-2, 223, 228,
248, 276-7

White Sunday 36, 141

wildlife, *see* animals, plants, birds,
reptiles

Williams, Rev John 29, 57, 65, 91,
119

women travellers 146, 284

health 299

safety 278, 284

work 284-5

Y

yachting 294-5

books 295

customs 235, 295

itineraries 19, 21, 23

Tonga 275-6, 288

Vava'u Group (T) 246-7

yellow fever 290

000 Map pages
000 Photograph pages