



fakaalofa lahi atu

WELCOME TO NIUE

YOUR ISLAND GUIDE



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 in this lost world. Consisting of just one 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 Rainforest. Discover what it feels like to be connected to the earth, the sea and the people. There truly is nowhere like us.

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**

Please – **fakamolemole**

Goodbye [1 person] – **koe kia**

Yes – **e**

Hi – **fakaalofa atu**

Thank you – **fakaaue lahi**

Farewell – **kia monuina**

No – **nakai**

*“Niue is a
hidden gem.”*

Jonathan Irish
National Geographic Photographer

VISITOR INFORMATION CENTRE

It's worth popping into the Visitor Information Centre in Alofi. Our team have a fantastic knowledge of the island, as well as maps, activity and tour bookings, information and souvenirs.

Alofi Town Centre - opposite Parliament Building
Open: Monday-Friday: 8am-5pm Jun-Oct; 8am-4pm Nov-May
Saturday & Public Holidays: 9am-12pm
Phone: (+683) 4224 or email: info@niueisland.com



Whilst every effort has been made to ensure the accuracy of this booklet please note that seasonally some hours may be amended or tours not available. Please refer to the Niue Visitor Information Centre in the first instance.



QUICK & IMPORTANT *facts*

BANKING

Currency is NZ Dollars. Kiwibank open Monday - Friday 8:30am-4pm. Ph: 4220 or 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

Departure tax is payable in cash at the airport, children under 12 years are exempt. 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.

DRESS CODE

No swimwear in public, suggest a pareu or long T-Shirt for cover. When attending Sunday church services or you are in a village when a service is underway please wear appropriate attire. Nudity is not permitted in any public place.

HOSPITAL

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

INTERNET

Wifi is available around the island and at most accommodations, however it can be slow so please be patient. Wifi is also available at Telecom Niue and Rocket System.

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 the store at the commercial centre in Alofi open 24/7 to purchase a SIM card.

POLICE

Open Monday-Thursday 8am-4pm. Ph: 4333, **EMERGENCY PHONE: 999**. A Niuean driver's licence is required if operating a motorised vehicle, please get this from the station at a cost of NZD22.50.

PUBLIC TOILETS

Located at the Commercial Centre car park, Alofi. Also at Tamakautoga sea track, Avaiki, Avatele Beach, Kaione, Limu Pools, Matapa Chasm, Togo Chasm and between the Visitor Information Centre and Market.

SUNDAYS

Sundays are a day of rest and worship 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. If unsure of protocol please check at the Visitor Information Centre.

TIDE INFORMATION

In Niue it is important to check tides before heading out on your adventures. Please contact the Visitor Information Centre to check tides during your stay, or phone 101. A tide information sheet is also available for your reference.

WATER

Drinking water is freely available and safe to drink on Niue; we suggest you take light refreshments & water with you on your daily excursions.

TOURS & *activities*

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

MAGICAL NIUE SEA ADVENTURES

Offers a wide range of on water and under water experiences.

- Educational sea tour with snorkel / sight seeing
- Whale watching
- Scuba diving
- Underwater scooter / sub wing
- Clear bottom kayaks

Contact Julz. Ph: 6737 or 6477 Email: adventures@magicalniue.com
www.facebook.com/magicalniue www.magicalniue.com

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.

Diving Diving in Niue is easy yet rewarding with an interesting mix of diving in caverns, caves, walls and drop-offs, with pristine hard coral reef. Single dives from \$100pp.

Learn to Dive With Niue's crystal clear water and visibility reaching up to 100 metres, what better place to learn to dive. With Try Dive, SSI open water, free diving and master courses on offer right here what are you waiting for! Prices vary.

Snorkel Trips Visit spectacular reef snorkelling spots. If the spinner dolphins are around you can get in the water with them and be gently towed alongside the boat. Min 4, max 6 per trip. Minimum age 8 years. Mon-Sat, 2:30pm, running time 2.5 hours. \$90pp.

Whale Interactions Interact with Humpback whales (generally between Jul-Sep). Min 4, max 10 per trip. Minimum age is 8 years for boat travel and 10 years for in-water activities. Mon-Sat at 8am and 1pm, running time 4 hours. \$150 per person.

Glass Bottom Boat A great trip for the entire family. Take a coastal tour of Avatele Bay, see the beautiful corals and marine life of Niue. Min 4, max 8 per trip. Minimum age 5 years. Jun-Nov, Mon-Sat 9am and 1.30pm, running time 2.5 hours. \$80 per adult, \$50 per child.

Paddleboards Enjoy our popular stand up paddleboards. Hire from \$20, lessons from \$40.

Inflatable Kayaks Great fun on the water. Hire from \$50 per day, \$200 per week.

Push Bike Hire Good quality mountain bikes available for hire from just \$15 a day or \$90 a week.

Reef Watch Kids Club An educational adventure, heading out on reef, rock pool, cave and snorkelling trips. Min 2, max 10 per trip. Minimum age is 5 years. Running time 3 hours, \$50 per child.

Scuba Rangers Giving 8 -14 year olds the opportunity to learn the basics of Scuba Diving and take their first breaths underwater. \$70 pool session, \$80 Limu pools session.

Ph: 4311 www.dive.nu Located next door to Scenic Matavai Resort, Tamakautoga.

Snorkelling

gear is available for hire from Buccaneer Adventures Niue Dive, next to Matavai Resort. Some accommodators also offer gear to hire.

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.





Palaha Cave, Tuapa

ORIENTATION TOURS FROM \$70 PER PERSON



COMMODORE'S ORIENTATION TOUR

Join us for a 4 hour tour the morning after you arrive. Visit caves, cliff tops, chasms, beaches, and the best snorkelling locations. Commodore Keith and his team will show you Niue's unique geology as well as important considerations for safe swimming and snorkelling. You will also receive a resource pack that will help you maximise your time on Niue. Ph: 4633, 5497 or book through the Visitor Information Centre.



TOAMANA DISCOVER TOUR

The morning after you've arrived in Niue 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 from knowledgeable Niuean guides a little of the history, culture, language, flora and fauna on the island as well as where to go, and when, to make the most of your holiday here. Ph: 5029 or book through the Visitor Information Centre.

FISHING CHARTERS

FISH NIUE CHARTERS*

6.3 metre Stabicraft, 5 hours, max 4 anglers. Ph: 5697

NIUE CHARTERS

7.5 metre, max 6 anglers. Ph: 5678

NIUE FISHING CHARTERS*

6 metre Frewza Fisher, max 4 anglers. Ph: 4312

NIUE SPORT FISHING CHARTERS*

659 Stabicraft, 5 hours, max 4 anglers. Ph: 4684

ON TRACK CHARTERS

4 hours, max 4 anglers. Ph: 5151

SEA TURTLE CHARTERS

5.5 metre Workmate, 5 hours, max 2 anglers. Ph: 4670

TERESA'S FISHING CHARTERS

6 metre Super Cab Stabicraft, 4 hours, max 4 anglers. Ph: 4179

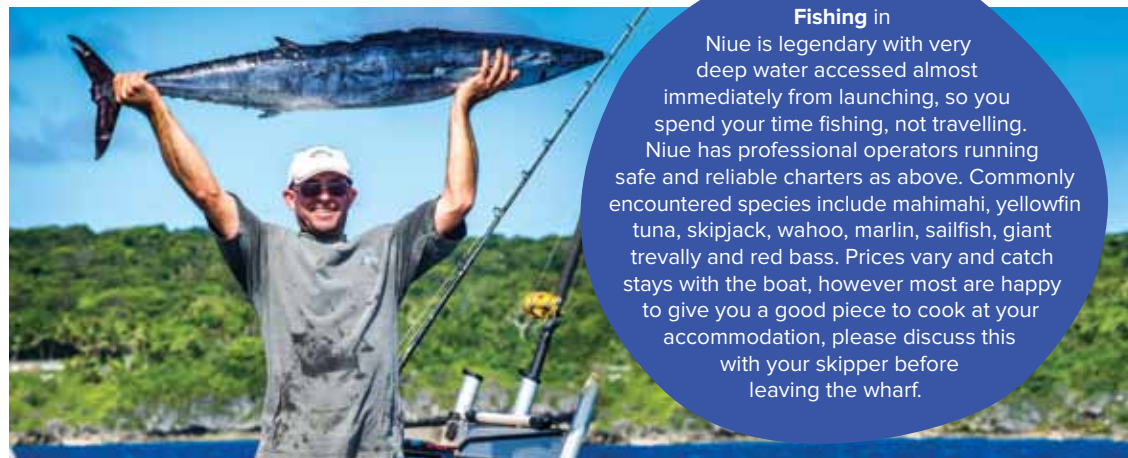
TOAMANA CHARTERS

5 metre alloy, 4 hours, 2 anglers. Ph: 5029

VAIMONO CHARTERS

5 metre alloy, 4 hours, max 3 anglers. Ph: 4065

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



Fishing in

Niue is legendary with very deep water accessed almost immediately from launching, so you spend your time fishing, not travelling. Niue has professional operators running safe and reliable charters as above. Commonly encountered species include mahimahi, yellowfin tuna, skipjack, wahoo, marlin, sailfish, giant trevally and red bass. Prices vary and 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.

ISLAND TOURS

Bookings essential please contact the Visitor Information Centre or contact below.

ON THE ROCK VANILLA PLANTATION TOUR

Tour Niue's plantation and see how vanilla is planted, grown, hand pollinated and picked from \$40pp. Ph: 4535.

AVATELE VILLAGE TOUR

Join Kuso for a village tour, explaining daily life, customs, history, weaving, canoe building and more from \$50pp. Ph: 4224.

HERMAN'S REEF TOUR

Dependent on weather and tide, reef walk, uga hunting at night. \$45 pp. Ph: 4573.

TALI'S CAVE TOUR

Experience underground stalactites and stalagmites. \$75pp includes transport and equipment. Ph: 4198.

A5 PLANTATION TOUR

Combined Plantation and Uga (coconut crab pronounced oongah) tour from \$70pp. Ph: 7343.

TAUE UGA TOUR

3hr Uga hunting tour \$80pp (\$35 under 16yrs), or Vaka tour \$80pp (\$25 10-15yrs), weather dependant. Ph: 5789.

KAYAK TOUR

Weather and tide dependent coastal guided tour or freedom rentals \$75 per adult 1-2 hrs. Ph: 4097 / 5097 (AH).

EBONY CARVINGS TOUR

See and experience first hand Niue's rich tropical forest and ebony carving with your experienced guide Jack. \$70 adults. Ph: 7649.

LAKEPA VILLAGE EXPERIENCE

Travel South to Lakepa with a stop at breathtaking Togo Chasm where you will walk through Coastal forest and rugged coral pinnacles. Then head to Lakepa where you will see a little of village life. \$95pp, reasonable level of fitness required for Togo walk. Ph: 5029.

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 you helped prepare. From \$95pp. Ph: 4569 / 5578.

NIUE CULINARY ADVENTURES

Enjoy a special epicurean experience and discover the taste of Niue's authentic South Pacific cuisine. Gather local ingredients and take them back to the kitchen for a Niuean cooking demonstration. The adventure concludes with a gourmet alfresco lunch paired with beautiful New Zealand wines. Thu 11am-2pm from June. \$195pp limited to a maximum of 6. Ph: 4698 / 5433. www.niueculinaryadventures.com

MISA'S NATURE TOUR

Learn first-hand how our ancestors survived in Niue's rainforest. Misa will show you what you can eat, where you can sleep, how to start a fire using natural resources and natural herbal medicines. Wed and Sat. \$50pp. Ph: 4104.

OTHER ACTIVITIES

NAMUKULU DAY SPA

Massage, facials, body and foot treatments. Ph: 4533 or visit www.namukulu-cottages.nu for full list of treatments available.

TUI NA CLINIC

Remedial and therapeutic massage using local coconut oils, from \$60 per hour. Ph: Ahi Cross on 5961 or 7518.

MAULU MESSAGE

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). From \$30 for 30 minutes. Contact Lana or Jen: maulu.spa@niue.nu Ph: 5288 or 5733.

TROPICAL TREATS

Luxury spa, manicure and pedicure from \$25. Contact Juls: julzevens@icloud.com Ph: 6477.

MINIGOLF

At the Vaiolama Café, Bar and Minigolf 18 hole minigolf course on the top of a 30 metre cliff with outstanding views, coupled with great food and beverages, open Mon-Fri 9am-4pm Sat-Sun 12pm-7pm. Ph: 4336.

STAND UP PADDLEBOARDING

Lessons or hire available through Buccaneer Adventures Niue Dive. Ph: 4311.

KAYAK HIRE

Guided tours or hire are available. Ph: 4097.

NIUE YACHT CLUB

The biggest little yacht club in the world, visit the award winning team at NYC, become a member for \$20 and be part of the legend, have a cold beer while you're there. Ph: 4074.

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. Ph: 4292. Golf clubs for hire from \$20 per day from Vaiolama café. Ph: 4336.



Utuko



Talava Arches

THINGS TO see & do

Below are some of the more well known tracks around the island.

We've left you plenty to discover for yourself. Take care when visiting sea tracks as they may be slippery due to wet weather, and wear sturdy footwear. Be cautious with cigarettes or BBQs 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 at sea tracks and always be aware of the tide.

SEA TRACKS

WALKING KEY: Easy Moderate Moderate to hard

Talava Arches, Hikutavake

Long walk uneven underfoot, wear sturdy shoes, put aside 2 hours, best at low tide. Traditionally used as a lookout point.

Matapa Chasm, Hikutavake

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

Hikutavake

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

Limu Pools, Namukulu

Short walk to popular snorkelling pools and picnic site. Best on an incoming mid tide on a still day.

Hio Beach, Hio

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

Palaha Cave, Tuapa

Short walk to limestone formations in cave and view to ocean.

Avaiiki Cave, Makefu

Short walk through cave to a spectacular Niue Ancestor kings private bathing cave to the right at low tide. Site of the 1st canoe landing.

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.

Sir Roberts Wharf

Drive down access to wharf area. No swimming off wharf on Sundays.

Utuko, Alofi

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

Tamakautoga Beach

Steps from carpark to a small white sandy beach, good for families with young children.

Avatele Beach

Swim, snorkel and public toilets/changing facilities.

Anapala Chasm, Hakupu

Visit a fresh water chasm - 155 steps to get there.

Togo Chasm, Liku

Visit Niue's black pinnacle chasm. 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.

Tautu, Liku

Drive around edge of village green to the sea track sign.

Uluvehi, Mutalau

Drive down access walk down to steps, canoe cave on left.

A FEW *places* OF INTEREST



Tomb Point

NIUE PHILATELIC & NUMISMATIC COMPANY

Commercial Centre, Alofi. Come and see Niue's own collectable coins and stamps. Ph: 4643.

PENIAMINA'S GRAVE

On the left hand side of the road, 5km north of Alofi is the burial site of the first Niuean to bring Christianity to Niue.

OPAABI

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

TOMB POINT

In Alofi, a lookout with 180 degree views of the bay, good whale watching spot. Two of Niue's former Kings are buried within the grounds of the adjacent church.

HIKULAGI SCULPTURE PARK

Situated in the village of Liku. The main sculpture in the park, 'Protean Habitat', is a work in progress and changes all the time as objects and items are added. The park is also evolving as new sculptures are installed.

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.



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



Avaiki

PLACES TO *eat & drink*

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.



TAVANA'S CAFÉ

Commercial Centre **Phone:** 4334

Opening Hours: Mon-Fri 9am-2pm

Burger Night: Sat 6-8pm

Fish and Chips, Burgers, Chicken, Pasta meals and more. Drop in for lunch and find out why Tavana's is so popular with locals and tourists alike. **Cash or NZ Eftpos only.**



KAI IKA

Alofi South **Phone:** 4628 **Web:** www.kaiika.com

Opening Hours: Mon-Fri 11am-2pm, Mon-Sat 6-9pm

Fully licensed gourmet restaurant offering sushi and New York Style Pizzas (cooked fish as well) high quality Japanese cuisine with a Niuean twist, using the freshest local seafood caught by the owner of the restaurant and prepared by a skilled and authentic Japanese chef.

Bookings are essential.



SCENIC MATAVAI RESORT

Tamakautoga **Phone:** 4360

Web: www.scenicotelgroup.co.nz

Opening Hours: Open 7 days a week

Restaurant: 7am-9pm **Pool Bar:** 11am-6pm

Scenic Matavai offers terraced 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 on Saturday nights.

Please contact the resort for details.



JENNA'S DE LA CUISINE

Alofi South **Phone:** 4316

Opening Hours: Mon-Fri 10am-2pm,

Tue 6:30-9:30pm Niuean Food Buffet Island Night with Entertainment, Fri & Sat 6-9pm. BYO.

A family run restaurant that takes pride in serving delicious traditional cuisine while entertaining guests. Do yourself a favour and book in for the buffet and island show and experience authentic Niuean song, dance and food! Cash only.

Bookings for buffet to be made 24hrs in advance.



FALALA FA CAFÉ & BAR

Alofi South **Phone:** 4697

Opening Hours: Mon 6:30-9pm, Tue-Fri 11am-2pm, 6:30-9pm, Sat 6:30-9pm. Public holidays: dinner only

A popular, fully licensed restaurant. Great 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.



VAIOLAMA CAFÉ & BAR

Alofi South **Phone:** 4336

Opening Hours: High Season: Mon-Fri 9am-4pm, Sat-Sun 12-7pm. Low Season: Mon-Fri 9am-4pm, Sun 11:30am-2:30pm. Happy hour Thu 3-4pm

Stunning licensed café, with uninterrupted views of the Pacific Ocean, serving cabinet food and pasta, toasted sandwiches, and of course great coffee. Have a game of minigolf while you're here, or simply enjoy the warm hospitality and relaxed atmosphere.



HUMU ISLAND RETREAT CAFÉ

Mutalau **Phone:** 7344

Open throughout the week with various times. Convenience store and bar, serving lunch & dinner.



KATUALI COFFEE HOUSE

Opposite Police Station **Phone:** 4012

Opening Hours: Mon-Fri 9am-3pm.

Pizzas, pastries and fresh sandwiches, with great coffee. Also quality catering services. **Cash only.**



R' LINAS RESTAURANT

Near the airport **Phone:** 4115 **Mobile:** 5623

Opening Hours: Mon-Fri 11am-2pm, 6-9pm. Wed Buffet subject to numbers, Sat 6-9pm

This family run restaurant and bar takes inspiration from Niuean, European and Asian cuisine to make their own with unique and delicious dishes. Cash or NZ Eftpos only.

Bookings essential. Catering also available.



CRAZY UGA

Next to Utuko sea track **Phone:** 4653

Opening Hours: Mon-Fri 8am-2pm, Wed 6-9pm, Sat 9am-2pm.

A well established and well loved licensed café serving fantastic espresso coffee and counter food or order from the a la carte menu, along with an extraordinary ocean view. With a well-stocked bar and super friendly staff you'll be glad you stopped by. **Cash only.**



GILL'S INDIAN RESTAURANT

Commercial Centre **Phone:** 4180

Opening Hours: Mon-Fri 10am-9pm, Sat 10am-10pm, Sun 4-9pm

Fresh authentic Indian food with a whole range of curries served with fresh warm rice and roti in a relaxed environment with a licensed bar.

RUNWAY BAR

Hanan International Airport departure lounge. **Opening Hours:** Plane days



WASHAWAY CAFÉ

Avatele Beach

Opening Hours: Sundays only! 11am-11pm.

Enjoy a relaxed Sunday afternoon in a stunning beach front setting enjoying a cold drink and a burger, panini, fish meal or pizza. Plus experience possibly the last self-serve honesty bar in the world. With the laid back free flowing design, you'll never forget the afternoon you spent at Willie's Washaway Café. **Cash only.**

CLAYTON'S BAR

Amanau, Alofi **Phone:** 4395

Opening Hours: Wed 5pm-1am, Fri-Sat 5pm-12am
Come and join the locals at Claytons, a licensed bar with pool tables and dart boards. Dance the night away each Wed, Fri or Sat (small cover charge may apply) and enjoy a great night out. **Cash only.**

SAILS BAR

Makefu **Phone:** 4235

Opening Hours: Mon-Sat 11am-7pm.

Relaxed fully licensed bar set on the edge of the cliff with stunning sea views. Great place to watch for whales in season. **Cash only.**

MATAPA BAR

Hikutavake **Opening Hours:** Wed 7pm-2am, Sat 7pm-12am, Mon-Fri 10am-4pm. **Cash only.**

OKI OKI MAI CLIFF TOP CAFÉ & BAR

Tamakautoga Beach **Phone:** 4944

Opening Hours: Mon-Sun 9am-7pm, Bar: 7-10pm



TALO'S RESTAURANT

Opposite Niue High School **Phone:** 4607 / 4077

Opening Hours: Thurs 6.30-11pm Island buffet night and cultural show (bookings for buffet to be made by 12noon).

Fri 6.30pm-11pm, Sat 12pm-11.30pm.

Talo's brings food, family and tradition together to give you a great feeling for the Niuean way. Buffet night features many famous dishes such as the takihi, ota and uga, as well as a variety of international foods. There is a licensed bar on site but you are welcome to also BYO. **Cash only.**

Bookings for buffet night are essential.



VAI TAVANA

Next to Bond Store **Phone:** 4663

Opening Hours: Mon-Fri 9am-3.30pm, Sat 1-4pm
Refreshing fruit frappes, smoothies and iced teas. Also an impressive range of coffees. **Cash only.**

PACIFIC WAY BAR

Amanau, Alofi **Phone:** 4139

Opening Hours: Mon-Sat 4pm till late.

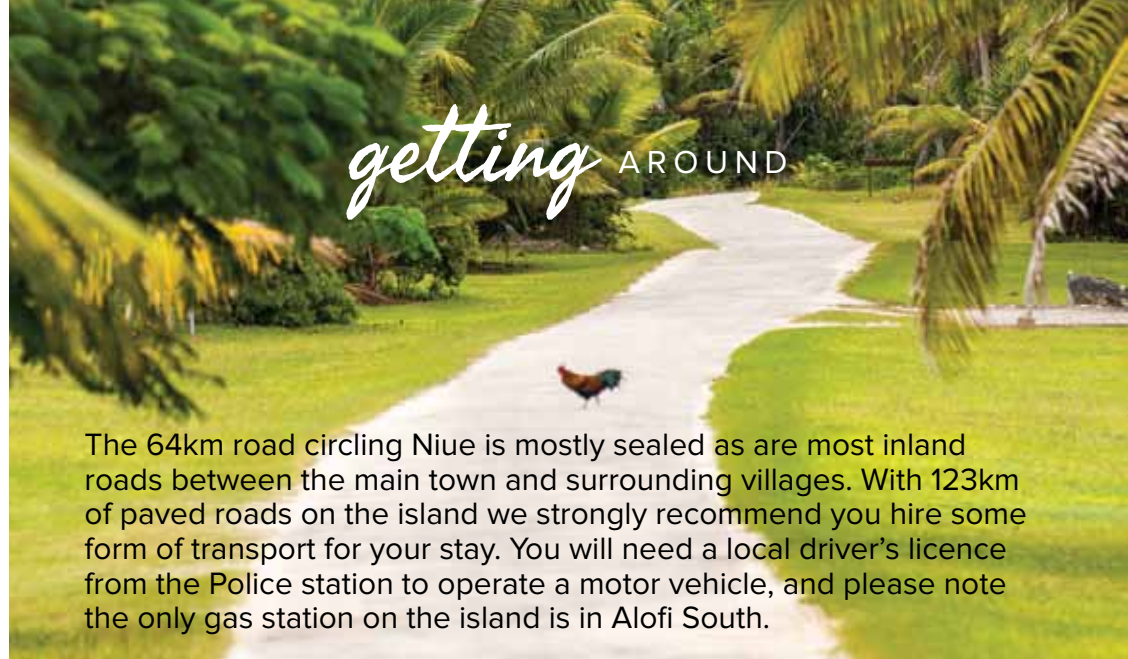
A popular bar well known for happy hour from Wed-Fri 4-5pm, bingo every Sat fortnight, and karaoke Fri & Sat from 7pm. **Cash only.**

ALOFI RUGBY CLUB HOUSE

By Niue High School **Phone:** 4300

Opening Hours: Sat 6pm-12am.

Each Saturday 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.**



getting AROUND

The 64km road circling Niue is mostly sealed as are most inland roads between the main town and surrounding villages. With 123km of paved roads on the island we strongly recommend you hire some form of transport for your stay. You will need a local driver's licence from the Police station to operate a motor vehicle, and please note the only gas station on the island is in Alofi South.

CAR RENTAL / SCOOTERS

Alofi Rentals	Ph: 4017 / 4373
Niue Rentals	Ph: 4216
Drive Away Rentals	Ph: 4392 / 4621
Heahea Rentals	Ph: 4153 / 4317
Georgia's Rentals	Ph: 5613 / 4037
Ilena's Rentals	Ph: 6175 / 4671
Oki Niue	Ph: 4711
Anno Scooter Rentals	Ph: 6059 / 5983



MOUNTAIN BIKE HIRE

There are plenty of good quality bikes available for hire on the island as below, so grab a bike and head off to explore some of the secrets of Niue. There are a few key points you must take heed of to ensure not only your own safety but also the safety of those around you. If using your bicycles under cover of darkness, it is a requirement by law that you use a working head light. Do wear high visibility clothing. Helmets are not required by law but it is highly recommended that they are used. Be sure to stop at intersections, especially where there are blind corners.

Niue Bike Hire	Ph: 4336
Visitor Information Centre	Ph: 4224
Alofi Rentals	Ph: 4017
Buccaneer Adventures Niue Dive	Ph: 4311
Niue Rentals	Ph: 4216



NIUE RESTAURANT SHUTTLE

If you want to head out for dinner and a few drinks a restaurant shuttle service is available on selected evenings between accommodation and eateries around the island.

For full schedule, pricing and bookings please contact Scenic Matavai Niue Resort. Ph: 4360.

ARTS, *crafts* & CULTURE

TAHIONO ART GALLERY Commercial Centre, Alofi , Mon-Fri 10am-4pm (Thu till 5pm). Mark Cross paintings and pictures, Niue art, Ebony carving display, see www.markcross.nu Ph: 7518.

TAOKE PRINTS Commercial Centre, Alofi, Mon 10am-5pm, Tue/Wed 9am-1pm, Thu 9am-7pm, Fri 9am-1pm. Niue T-shirts, pareu, flags, souvenirs. Ph: 4337 or 7429.

TĀOGA NIUE NATIONAL MUSEUM Salvage collection, located at Paliati beside the Taoga Niue Office. Open Mon-Thu 9am-3pm. Entry fee \$10. Ph: 4138.

VILLAGE SHOW DAYS If you are lucky enough to time your visit to Niue with a Village Show Day come and experience a magical day sharing local food, culture and handicrafts. Each village on Niue has an allocated Show Day. It is a traditional occasion where the village has its turn to sell food, arts and sing and dance and celebrate. 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.

BUFFET NIGHTS & CULTURE SHOW Several establishments offer an island night feast and culture show. (Timings subject to change please book on arrival in Niue.) Jennas Tue 6.30pm. Ph: 4316. Talo's Thu 6pm. Ph: 4026. Scenic Matavai Resort Thu and Fri 6pm. Ph: 4360.

HINAPOTO HANDICRAFTS Commercial Centre, Alofi. Ph: 4158.

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

LAVAS CREATION Located at Kaimiti. Open Mon-Fri 10am. Ph: 6949 for private viewings.

LUPE NIUE HANDICRAFTS Pao, Alofi South. Ph: 6255.

PENIAMINA HANDICRAFTS Women's weaving, Makefu. Tue from 10.30am.

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

TUPA'S HANDICRAFTS Halaika, Alofi South. Ph: 4237 or 5658.

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 Sun 10.30am, Halaika, Alofi South

Catholic Mission Sun 10am, Houme, Alofi North

Ekalesia Niue Sun 10am & 4pm, 13 villages

Jehovah Witness Sun 10am, Makihi, Mutalau

Latter Day Saints Sun 9.30am, Opaahi, Alofi South

Seventh Day Adventist Sat 9.30am, Makaheheke, 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. If unsure of protocol please check at the Visitor Information Centre.

shopping

Shopping Hours

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

Post Office

Located in KIWIBANK
open Mon-Fri
8:30am-4pm.
Ph: 4220 or
4221.

Duty Free

Visitors can purchase duty free liquor within their allowance from the Bond Store, located at the rear of the Commercial Centre car park in Alofi. Opening hours: Mon-Fri 9am-5pm, Sat 12-6pm. Ph: 4122. Fri arrival purchase by 5pm Tue, Tue arrival by 5pm Fri, Sat arrival by 5pm Wed. Duty Free is also available from the airport departure lounge.

FOOD & DRINK SUPPLIES - GROCERY

SWANSON SUPERMARKET 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 1-6pm. Ph: 4306.

CENTRAL SERVICES Only place on the island to buy petrol. Alofi South. Petrol as well as fresh fruit/veges, baked goods, pies, cold drinks. Open Mon-Sat 7am-8pm, Sun 4-8pm. Ph: 4156.

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

NIUE FRESH Laloia, Toa, Tamakautoga. Ph: 5288.

MOKOS CENTRAL MART Commercial Centre, Alofi. Mon-Fri 8.30am-4.30pm, Sat 2-8pm. Ph: 4331.

MAKETE Alofi, by the Visitor Information Centre. For fresh local produce and crafts. Tue and Fri from 6am.

QUICK STOP SHOP Omahi, Alofi North. Mon-Sat 6-10am & 2-6pm.

OPAHI 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. Mon-Sat 7.30am-7.30pm. Grocery items and fresh produce (when available).

MAIHI LAND Fresh hydroponic goods, Peta Hill

SASSY SISSY Kalaone - fresh hydroponic goods. Mon-Fri 10.30am-3pm.

HUMU CONVENIENCE STORE Mutalau. Wed-Sun 1-6pm.

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

FOOD & DRINK SUPPLIES - BAKERIES

ILENA'S BAKERY Alofi North, next to Swanson Mon-Sun 5-9am. Ph: 4671.

ROCKBAK BAKERY Huihui, Alofi South. Open Tue, Wed, Fri & Sun 6-8.30am. Ph: 4325.

ROLLING PIN Alofi. Open Mon-Fri 7am-1pm specialising in cakes and pastries.

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

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 Rear of Commercial centre carpark, Duty Free, Mon-Fri 9am-5pm, Sat 12pm-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.

Alofi Town Centre

GENERAL SHOPPING

COMMERCIAL CENTRE

Visit the commercial centre in Alofi for banking, post, stationery, art and crafts, cafes, beauty salon and more.

MAKETE

Fresh local produce, handicrafts. Try Nane coconut porridge from 6am Tuesdays and Fridays.

MATAKAU FISIKANAI FLOWERS For occasions and events. Ph: 4104.

SASSY SISSY

Next to Falala Fa for fresh hydroponic veges, fashion and shoes!

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, commercial centre, Alofi. Ph: 4643.

SOUVENIRS

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

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 and a fee may apply for certification.

DVD HIRE

Butch DVD. Mon-Fri 9am-12pm and 6-9pm and Sun 6-9pm. Ph: 5677. Oka-koa. Mon 12.30pm-2pm, Tue 9.30am-2pm. Ph: 4379.



For a more detailed map please refer to the larger separate map, available from the Visitor Information Centre.
This map is accurate at time of printing and subject to change.

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

Fakaaue Lahi for visiting Niue, we hope you enjoyed your time on our amazing island and look forward to welcoming you back again soon.

www.niueisland.com