



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 If you've booked your flight before 1 July 2017 you will need to pay a departure tax of \$80. If you've booked after this the tax will already be included with your Air New Zealand ticket; however please make sure you have a physical ticket printed out to show at time of departure to prove you have paid this fee. Children under 12 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. 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.

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

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 at a cost of \$22.50. 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. You can go sightseeing and swimming on a Sunday, however where swimming spots are close to 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 Please check tides before heading out on your adventures. Contact the Visitor Information Centre for tide times during your stay.

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

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

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 &
Public Holidays: 9am-12pm.
Ph: (+683) 4224 or email:
info@niueisland.com





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.

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 Glass bottom boat tours SUP (stand up paddle boards) lessons and hire Freediving courses Inflatable kayak hire
- Reef watch kids club Bike hire. Located in 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

- Whale watching Scuba diving Underwater scooter / sub wing
- Clear bottom kayaks. Contact Julz. Ph: 6737 / 6477 www.magicalniue.com

ORIENTATION TOURS

Operating the morning after you arrive in Niue. From \$70 per person.



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.



TOAMANA DISCOVER 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 a little of 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: 5029.

FISHING CHARTERS



FISH NIUE CHARTERS* 8m Bladerunner, 5 hours, suitable for groups. Ph: 5697.

GONE FISHING NIUE CHARTERS 1850 Stabicraft fitted with 100HP Yamaha motor.

Carries 2-3 people for a 3-4 hour charter. Ph: 6206.

KIU TAHI CHARTERS 5 hour charter. Max 4 anglers. Ph: 5151.

NIUE FISHING CHARTERS* 6m Frewza Fisher, max 4 anglers. Ph: 4312.

NIUE SPORT FISHING CHARTERS* 659 Stabicraft, 5 hours, max 4 anglers. Ph: 4684.

PAUL PASISI CHARTERS 5hr Charter. 2x pax. Ph: 4103 or 6868.

SEA TURTLE CHARTERS 5.5m Workmate, 5 hours, max 2 anglers. Ph: 4670.

TERESA'S FISHING CHARTERS 6m Super Cab Stabicraft, 4 hours, max 4 anglers. Ph: 4179.

TOAMANA CHARTERS 5m alloy, 4 hours, 2 anglers. Ph: 5029.

VAIMONO CHARTERS 5m alloy, 4 hours, max 3 anglers. Ph: 4065.

*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 from \$70pp. 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. From \$95pp. Ph: 4569 / 5578.

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

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.

HERMAN'S FOREST WALK Take a guided tour though traditional family and plantation grounds. Learn about the various uses of plants and listen to some of the myths and legends of Niue. \$45pp. Ph: 4573.

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

KAYAK TOUR Coastal guided tours or freedom rentals. Weather and tide dependant. \$75 per adult. 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. \$20pp 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. Wed and Sat. \$50pp. Ph: 4104.

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. \$50pp Contact Stanley Ph: 4342 / 5030.

ON THE ROCK VANILLA PLANTATION TOUR Tour the plantation and see how vanilla is planted, grown, hand pollinated and picked. From \$40pp. Ph: 4535. TALI'S CAVE TOUR Experience underground stalactites and stalagmites. \$75pp includes transport and equipment. Ph: 4198.

TAUE UGA TOUR 3hr Uga Hunting Tour \$70pp Kids: \$35. Ph: 5789.

TAUE VAKA TOUR \$50pp Kids: \$25, weather dependant. Ph: 5789.



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

KAYAK HIRE Guided tours or hire are available. Contact Meshu: kayakniue@niue.nu Ph: 4097 / 5097 (mobile).

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

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.

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

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 member for \$20 and be part of the legend. Register at the Visitor Information Centre. If arriving to Niue on a yacht please visit to check in also. Alofi, Ph: 4074.

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

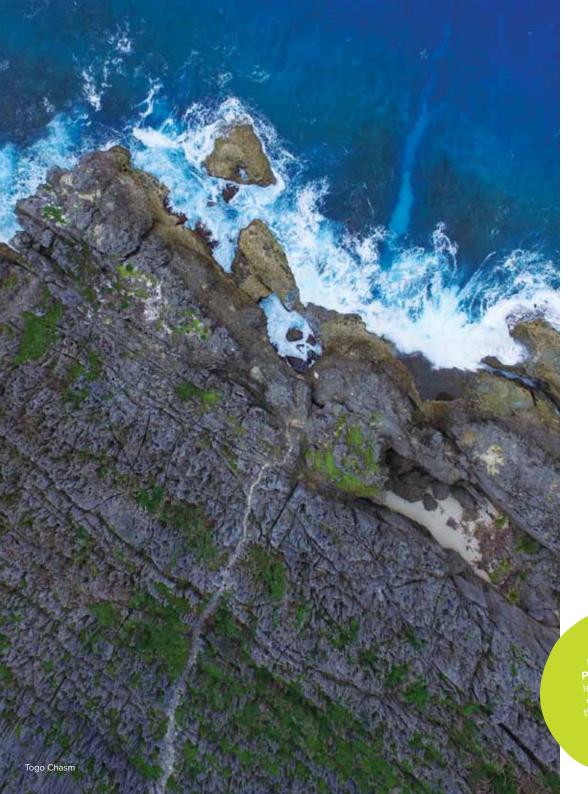
TUI NA CLINIC Remedial and therapeutic massage using local coconut oils, from \$60 per hour. Ph: Ahi Cross on 5961 / 7518.

VILINA'S HAIR AND BEAUTY Alofi. Ph: 6583 for bookings.











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 Commercial Centre, 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.









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.

ANAPALA CHASM (16) Hakupu. 155 steps to reach the fresh water chasm.

AVAIKI CAVE () Makefu. Short walk through cave to a spectacular spot. Niue ancestor 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 (M) Park on the grass next to ANZAC memorial. Low tide offers two large snorkelling pools, cut off from the ocean.

HIO BEACH (36) 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 (3) Namukulu. Short walk to popular snorkelling pools. Best on an incoming mid tide on a still day.

MATAPA CHASM (3) Hikutavake. Fresh water bathing place of Niue's past kings and great sheltered snorkelling at any tide.

PALAHA CAVE (M) Tuapa. Short walk to limestone formations in cave and view to the ocean.

SIR ROBERTS WHARF (1) Drive down access. No swimming off wharf on Sundays.

TALAVA ARCHES (1) Hikutavake. Long walk, uneven underfoot. Put aside 2 hours, best at low tide. Traditionally used as a lookout point.

TAMAKAUTOGA BEACH (3) 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 tress just above the cave or watch the sunrise. A definite must see attraction.

TOGO CHASM (1) 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.

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 (3) 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.

Basy Moderate Moderate to hard Suitable for biking and walking

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





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 Wed, Fri or Sat. A small cover charge may apply. Cash only. Amanau, Alofi. Ph: 4395.



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.





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.

HUMU ISLAND RETREAT CAFÉ

Convenience store and bar. Call for opening hours. Mutalau. Ph: 7344 / 6087.

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.

KAIIKA 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 Specialising in speciality cakes made to order. Krystal Ph: 4103.

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 right next door to Niue Bond Store, Alofi.

OKI OKI MAI CLIFF TOP CAFÉ & BAR

Enjoy burgers, drinks and a beautiful view. Located just above Tamakautoga beach, Tamakautoga. Ph: 4944.

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.



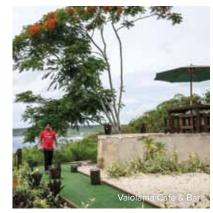
RUNWAY BAR Hanan International Airport departure lounge on plane days.

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

scenic Mataval 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.



THE CROWS NEST Fresh/frozen fish & fish and chips takeaway. Krytal Ph: 4103.

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 only. Avatele Beach.





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

Alofi Rentals Ph: 4017 / 4373 Anno Scooter Rentals Ph: 6059 / 5983 Drive Away Rentals Ph: 4392 / 4621 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.

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



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.

R'linna's Restaurant Wednesday 6pm - 9pm. Ph: 4115

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.

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

LUPE NIUE Paliati, Alofi South. Ph: 6255.

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

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

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.

TĀOGA NIUE NATIONAL MUSEUM Salvage collection. Located at Paliati beside the Taoga Niue Office. Mon-Thu 9am-3pm. Entry fee \$10. 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 Sun 10.30am, Halaika, Alofi South
Catholic Mission Sun 10am, Houme, Alofi North
Ekalesia Niue Sun 10am & 4pm, 13 villages, Tuapa Village: 9am & 5pm
Jehovah Witness Sun 10am, Makihi, Mutalau
Latter Day Saints Sun 9.30am, Opaahi, Alofi South
Seventh Day Adventist Sat 9.30am, Makaheheke, Alofi North





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

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 Alofi (relocating in 2018). 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: 12noon-8pm. Ph: 4331.

OPAAHI 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.

MAGICAL NIUE STORE Omahi, Alofi North. Mon-Sat: 10am-5pm.

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

SASSY SISSY Kalaone. Clothing, Sunglasses, Havaianas and much more. Mon-Fri 10.30am-4pm.

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

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

FOOD & DRINK SUPPLIES - BAKERIES

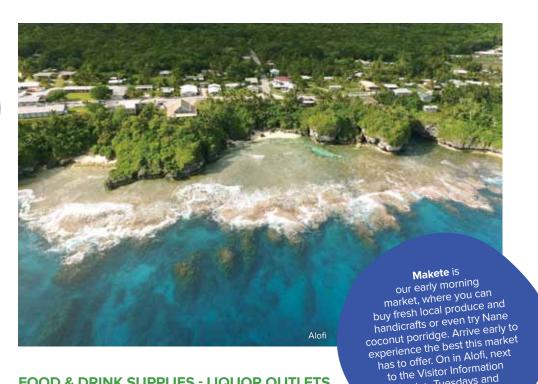
ILENA'S BAKERY Alofi North, next to Swanson Mon-Sun 5-9am. Ph: 4671.

ROCKBAK BAKERY Huihui, Alofi South. Open Tue-Fri 6-8:30am. Ph: 4325.

Pre-orders Mondays only. Order throughout the weekend. Pick up at bakery at 6-8:30am.

ROLLING PIN Utuko, Alofi. Open Tue & 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, Alofi (relocating in 2018). 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.

Centre, Tuesdays and

Fridays, 5 - 8am.

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. Commercial Centre, 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 Butch DVD. Alofi. Ph: 5677 / 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 Nine

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

Take

all rubbish

with you

when you

leave

Ayoid
walking through
populated areas
or villages in your
swim suit

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at beaches that are closed during kaloama (yellowstripe goatfish) season or when a Fono is also in place

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

> Dress modestly, appropriately and avoid nudity in public

Fakaane, thank you



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.

