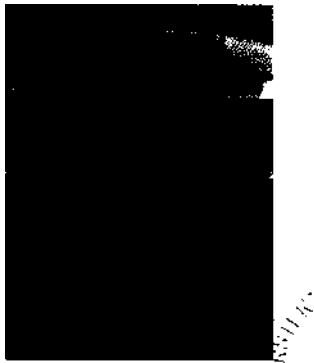


* *

Samoaan Islands

**Michelle Bennett
Dorinda Talbot
Deanna Swaney**



Contents - Text

THE AUTHORS		4
THIS BOOK		6
THANKS		7
FOREWORD		8
INTRODUCTION		9
FACTS ABOUT THE REGION		12
History.....12	Flora & Fauna.....	.18
Geography & Geology.....15	Economy.....	.20
Climate.....15	Population & People	.20
Ecology & Environment.....16	Arts.....	.20
	Society & Conduct	.22
	Religion23
	Language23
	Fa'a Samoa25
REGIONAL FACTS FOR THE VISITOR		31
Highlights.....31	Health.....	.36
Suggested Itineraries.....31	Social Graces.....	.40
Planning.....31	Women Travellers.....	.41
Post & Communications.....32	Gay & Lesbian	
Digital Resources.....32	Travellers41
Books.....33	Disabled Travellers41
Photography.....35	Travel with Children41
Time.....35	Dangers & Annoyances	.42
Weights & Measures.....36	Business Hours43
Toilets	Public Holidays43
	Special Events43
	Activities.....	.44
	Accommodation	.44
	Food.....	.45
	Drinks.....	.47
	Entertainment48
	Spectator Sports	.48
	Shopping49
I GETTING THERE & AWAY		50
Air.....50	Sea52
GETTING AROUND THE REGION		53
Air	Bicycle.....	.54
[Bus	Hitching.....	.55
[Car	Boat55
	Organised Tours	.56
(FACTS ABOUT INDEPENDENT SAMOA		58
[History.....58	Government & Politics	.60
	Economy	.61
VCTS FOR THE VISITOR		63
urist Offices.....63	Post & Communications ..	.65
; & Documents.....63	Digital Resources65
ncassies.....63	Books65
istoms.....63	Newspapers & Magazines	.65
ley.....64	Radio &TV66
	Electricity	.66
	Health66
	Activities .	.66
	Shopping	.70
LU		72
.....76	Northwestern 'Upolu	.95
! the Island.....91	South Coast &	
! Cross Island Road.....91	Surrounds96
	Apolima Strait	
	Islands101
	Manono101

2 Contents - Text

SAVAI'I

Southeastern Savai'i108	Fagamalo.....112	Asau & Vaisala114
Information.....108	Safotu.....112	Falealupo Peninsula115
Salelologa.....108	Mt Matavanu Crater	Sea Arches116
John Williams Monument ..109	Walk.....112	Lovers' Leap.....116	
Beaches.....109	Dwarf's Cave.....113	Beaches116
Pu'apu'a.....109	Mata'olealelo Spring.....113	Places to Stay & Eat116
Tafua Peninsula Rainforest	Sasina & Letui Conservation	Southern Savai'i117
Preserve.....109	Area.....113	Olemoe Falls.....117	
Places to Stay & Eat.....110	Places to Stay & Eat.....113	Pulemelei Mound118
Northeastern Savai'i111	Northwestern Savai'i114	Satupaitea.....118	
Lava Field.....111	A'opo Conservation Area &	Puleia.....118	
Satoalepai Wetlands.....112	MtSilisili.....114	Alofaaga Blowholes118

FACTS ABOUT AMERICAN SAMOA

History.....120	Government & Politics.....121	Economy122
-----------------	-------------------------------	---------------	------

FACTS FOR THE VISITOR

Tourist Offices.....123	Post & Communications	Health125
Visas & Documents.....123	Digital Resources.....124	Activities125
Embassies.....123	Newspapers & Magazines ..125	Work127
Customs.....123	Radio & TV.....125	Shopping127
Money.....123	Electricity.....125		

TUTUILA

Pago Pago132	Western District.....144	Swains Island149
Around the Island141	Aunu'u147	Rose Atoll150
Eastern District.....141			

THE MANU'A ISLANDS

Ofu.....153	Olosega	Ta'u155
-------------	---------------	------------	------

LANGUAGE

GLOSSARY

INDEX

Text.....172	Boxed Text.....175
--------------	--------------------

METRIC CONVERSION

inside back cover