



*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. You will arrive as a visitor and leave as a friend.

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, fish and dive in crystal clear waters and navigate our lush, tropical Huvalu forest and other walks. Discover what it feels like to be connected to the earth, the sea and the people. The way life used to be; the way life should be....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 [www.niueisland.com](http://www.niueisland.com) or come and visit us at the Niue Visitor Information Centre and we can help you make the most of your time on Niue.



# important facts

**BANKING** Currency is NZ Dollars and international EFTPOS and credit cards are widely accepted at most Niue retail and food outlets. Using your credit card may attract a fee. Cash can also be obtained from Kiwibank (open Monday - Friday 9am-3pm), Niue Rentals, Swanson Supermarket. Charges may apply.

**DEPARTURES** It is important that you check in for your flights at least 2 hours prior to your flight departure. Check on Air New Zealand's website for latest information - [www.airnewzealand.co.nz/international-check-in](http://www.airnewzealand.co.nz/international-check-in). Peleni's Travel is the Air New Zealand agent in Niue for booking changes. Ph: 4318. 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** It can be purchased on arrival and departure at the airport store 'only'.

**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** 4G Wi-Fi & phone sims can be purchased at Telecom Niue at the airport on arrival or in town (24/7). Wi-Fi is also widely available at most accommodation properties in Niue. See Telecom Niue in central Alofi - [www.telecomniue.com](http://www.telecomniue.com). 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** Global roaming on overseas phones won't work in Niue so for 4G phone & data sim cards, head into Telcom Niue's shop at the commercial centre in Alofi, open 24/7 [www.telecomniue.com](http://www.telecomniue.com)

**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** Commercial Centre car park, Alofi, Kalaone, Tamakautoga sea track, Avatele Beach & Ramp, Togo Chasm, Matapa Chasm, Limu Pools, Avaiki, Tuhia, Makete Niue and Vaila Sea Track.

**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** For the best times to enjoy Niue's many coves or chasms visit the Visitor Information Centre or Telecom Niue for tide times during your stay.

We suggest you take light refreshments and water with you on daily trips.

# 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 – **Fakalofa atu**

Please – **Fakamolemole**

Thank you – **Fakaaue lahi**

Goodbye [1 person] – **Koe kia**

Farewell – **Kia monuina**

Yes – **E**

No – **Nakai**

Monuina e Aho – **Have a great Day**

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: [info.center@gov.nu](mailto:info.center@gov.nu)







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

For the most up to date tours, activities and contact details head to [www.niueisland.com/see-and-do](http://www.niueisland.com/see-and-do)

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.

**NIUE BLUE ISLAND EXPERIENCES** Niue Blue is the largest and most experienced watersports specialist on the island. Our highly qualified dive professionals and management are from New Zealand's renowned Dive! Tutukaka and have a safety and professional record that is internationally recognised. Niue Blue offer gear hire, snorkelling and diving trips and training from beginners to advanced as well as in water Whale and Dolphin experiences. Ph: 4311. [www.niueblue.com](http://www.niueblue.com) E: [dive@niueblue.com](mailto:dive@niueblue.com)

**EXPLORE NIUE TOURS; WHALE, DOLPHIN AND SNORKELLING**

A Niuean owned and operated venture with the goal of ensuring you leave with a memorable Niue experience. Offering both in and on water experiences. Ph: 4664 or 4213 E: [explore@niue.nu](mailto:explore@niue.nu). [www.exploreniue.com](http://www.exploreniue.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 / 5896. [www.niuetours.com](http://www.niuetours.com)

**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: 4664 / 4213. [www.exploreniue.com](http://www.exploreniue.com)

**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 / 4664 / 4213.

**GONE FISHING NIUE CHARTERS** Stabicraft 1850. Ph: 6206.

**KIU TAHI CHARTERS** 5.7m Pontoon Boat. Ph: 4288.

**NIUE FISHING CHARTERS\***, 7.3m Stabicraft 2400 Super Cab. Ph: 4312 / 5539.

**NIUE WAHOO FISHING CHARTERS** 6.3m 2050 Hardtop Stabicraft. Suitable for groups, families and couples. Ph: 5530 Hardtop. Ph: 5530.

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

\*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 Email: a5@niue.nu

**EBONY CARVINGS TOUR** See and experience first hand Niue's rich tropical forest and ebony carving with your experienced guide Jack. Ph: 7649. Email: charliesebony@niue.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. Email: niuevanilla@niue.nu

**TAUE UGA TOUR** 3hr Uga Hunting Tour. Ph: 5789. Email: lavamokalei59@gmail.com

**TUHIA TOURS** An immersive tour in the village of Hakupu. Email: Hkp.stua@gmail.com

**NIUE DARK SKIES TOURS** An opportunity to view some of the clearest skies in the world. Ph: 888 6206 / 888 6306 Email: darkskysniue@gmail.com

**TOFI'S NIUE TOURS** Guided eco-cultural tours learning about the unique history of Niue and its natural unspoiled environment in the village of Mutulau. 1 or 2 hr options. Email: mvilitama@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 from land only metres offshore or inwater experiences with licensed operators.



## OTHER ACTIVITIES

**MAULU SPA** Offers massage, energy healing and fertility support treatments. Contact Alana on email: alana@alanatukuniu.com

**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. Or hire some clubs at the Visitor Information Centre and use the honesty box for your green fees any other time.

**NIUE LAWN BOWLS** Come and bowl with the locals, starts Saturdays at 9am or pop along from 4pm for a final rollup and a drink with the locals. Bowls will be provided and all welcome. Ph: 4641.

**STAND UP PADDLEBOARDING** Niue Blue. 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.

**MATA FULUOLA** Certified Niue lash technician providing Classic & Hybrid eyelash extensions. Ph: 888 6887. Email: matafuluola@gmail.com

**LOMILOMI MASSAGE** Lomilomi is a full body massage for general wellbeing and health. 888 5492

## SPECIAL EVENTS

Throughout the year various special events happen including food, music and cultural festivals. Visit [www.niueisland.com](http://www.niueisland.com) or contact the Visitor Information Centre.







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

**DARK SKY NATION** Niue is the world's only Dark Sky Nation. Head out at night and check out the stars and planets or enquire about a tour.

**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** Attend the Niue Primary School Friday morning assembly every fortnight at 9am, visitors are welcome, 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.

**NATIONAL MUSEUM - FALE TAU TĀOGA NIUE** Located at Halamahaga by the Falefono II, Alofi. Open Mon-Thu 9am-3pm. Ph: 4138.





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.



**AMANAU** (Easy) 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.

**ANAANA LOOKOUT** (Easy) A great spot to have a picnic. Also a perfect location to view the Humpback whales when in season.

**ANAPALA CHASM** (Moderate) Hakupu. 155 steps to reach the fresh water chasm. Recommended to visit between 11am -1pm

**AVAIAKI CAVE** (Easy) 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** (Easy) Swim and snorkel here. Public toilets/changing facilities.

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

**HIO BEACH** (Easy) 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.

**HOUME** (Easy) Alofi North. Great walking on the reef at low tide.

**KALAONE** (Easy) Drive down access. Great place to watch the sunsets and see local fisherman launch their traditional vakas.

**LIMU POOLS** (Easy) Namukulu. Short walk to popular snorkelling pools. Best on an incoming mid tide on a still day.

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

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

**OPAHI** (Easy) 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.

**OMAHI** (Easy) Alofi North. A short adventure down the rocky hill. The track brings you out onto the coastline with sweeping views on either side.

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

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

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

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

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

**TAUTU** (Easy) 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** (Moderate) 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.

**TOGALAHU** (Easy) Easy access to the coastal reef. Great for picnic with the family, walking on the reef when is low tide.

**TOGALUPO** (Easy) Alofi North. A short stroll down to what we like to is the world's smallest bay.

**TOMB POINT** (Easy) 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.

**TUHIA** (Easy) Drive down access. A great spot to have a picnic of an outdoor BBQ. Small Rock Pools, best accessed at low tide.

**ULUVEHI** (Easy) Mutalau. Drive down access walk to the steps, canoe cave on the left.

**UTUKO** (Easy) Alofi. Small, sandy beach with good snorkelling, best on a calm day at mid tide.

**VAILA** (Easy) Alofi North. A snorkeler's delight, great swimming spot and picnic.

**VINIVINI TRACK** (Moderate to hard) 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.



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.

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

**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. 9pm-12am.

**AVI'S ARK AND INU HAKE** Karaoke and Disco. Every Thursday night Karaoke 6-9pm; Disco 9pm-12am. Bar open and bar snacks available. Try the local crafted beer at Inu Hake. Thursdays 4pm onwards.

**BUK BUK CHICKEN NIUE** Thu, Fri 12pm-7pm, Sat 6pm-1am. Behind the Commercial Center Carpark, Alofi. Ph: 888 7203.

**CLAYTON'S BAR** Join the locals at Clayton's, a licensed bar with dart boards. A small cover charge may apply. Cash only. Amanau, Alofi. Ph: 4395.

**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. Mon-Fri 8am-2pm, Sat 9am-2pm. Ph: 4653.

**FANA CAFÉ** Modern café style food with a local twist. Located at the Swansons complex. Mon-Fri 8am-2:30pm.

**FUSION FLAVAS** Sunday 12-2:30pm Available for catering.

**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. Wed, Thu & Sat 11am-3pm, Fri & Sun 5-8pm Happy Hour & Toni's Woodfire Pizza. Uga Nights 5-8pm; Sunday, with booking required by Friday. Bookings essential. Hio. Ph: 4545.



**KAI IKA** Fully licensed restaurant offering sushi and New York style pizza. High quality Japanese cuisine with a Niuean twist, using the freshest local seafood. Bookings essential. Mon-Thu 11:30am-2pm / 5:30-8pm Fri 5:30-8pm Sun 5-8pm. Ph: 4628.

**KATUALI COFFEE HOUSE** Pizzas, pastries, fresh sandwiches and great coffee. Also catering services. Thu-Sun: 5-8pm. 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.

**Keke Time:** Tue-Fri 8:30am-2:30pm, Sun 6-8pm.

**The Crow's Nest:** Tue-Fri 6-8pm, Sun 6-8pm. Ph: 4174.

**LILOS RESTAURANT** Located in the Village of Hakupu.

**LITTLE ROCK** For your early morning coffee and breakfast and lunch on the run. Located on the main road opposite Opaahi. Tue-Thu 7am-1pm.

**MANUIZ** A small family restaurant and bar located at Halaika, Alofi South. Also home to the Niue Yacht Club. Mon-Tue 2-8:30pm, Wed: Buffet Night 6:30pm (bookings essential and must be made by Tue 12pm the day before), Thu-Fri 2-8:30pm. Ph: 4016.

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

**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. 6pm onwards. Ph: 4115 / 5623.

**CLIPPED WINGS** Hanan International Airport departure lounge on plane days.



**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. Mon-Sun Breakfast: 7-10am. Lunch: 12-3pm. Dinner: 6-9pm (Bookings Essential). Ph: 4360. www.scenichotelgroup.co.nz

**TALO'S RESTAURANT** Bringing food, family and tradition together to give you a taste of Niuean flavours. Opposite Niue High School, Alofi. Ph: 4607 / 4077.

**TAVANA'S CAFÉ** Fish and chips, burgers, chicken and pasta meals. Drop in for lunch and find out why Tavana's is so popular. Cash or NZ Eftpos only. Commercial Centre, Alofi. Mon-Fri 11-2pm, Sat 6-8pm. 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. Enjoy the warm hospitality and relaxed atmosphere. Mon-Fri: 9am-1:30pm, Dinner: Wed, Thu, Fri & Sat 6-9pm. Happy hour every Thursday from 5pm. Alofi South. Ph: 4336.



**VANILLA CAFÉ BAR & RESTAURANT** Breakfast & Lunch: Tue-Fri 9am-2:30pm, Dinner: Tue-Sat: 5-9pm & Sun 6-9pm. Bar opens 9-10pm.

**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. 11am-9pm.



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



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**

- Alofi Rentals: Ph: 4017
- Niue Rentals: Ph: 4216
- Heahea Rentals: Ph: 4317
- Niue 4x4 Car Rentals: Ph: 6392
- Ilena's Car Rental Ph: 4671
- Niue Rock Rentals: Ph: 888 5523
- Golden-Hope Rentals: Ph: 4373 or 888 6180



**BIKE HIRE**

Hire a bike or e-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. Mountain bike: Niue Blue. Ph: 4311 or head to the Visitor Information Centre for other hire options.





# arts, crafts & culture

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

**Lilos Restaurant & Bar** Ph: 7643.

**Manuiz Buffet** Ph: 4016.

**Scenic Matavai Resort** Ph: 4360.

**Talo's** Please call to book. Ph: 4026.

**FALE TAU TĀOGA NIUE – NATIONAL MUSEUM, ARCHIVES AND AUDITORIUM**

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

**HINAPOTO HANDICRAFTS** Commercial Centre, Alofi. Mon & Fri 9am-4pm. Ph: 4158.

**KAUHI KRAFTS** Souvenir and gift shop, Alofi. Ph: 888 6306. Wed-Fri 10am-4pm.

**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](http://www.markcross.nu) Ph: 7518.

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

**TIKI'S COCONUTS & HANDICRAFT SHOP** Ph: 7626.

**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](http://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** Tuapa: Sunday 9am & 5pm, TMK, Vaiea, HKP, Liku, Toi, MTL, Hikutavake, Namukulu, Makefu & Avatele: Sunday 10am & 4pm

**Jehovah Witness** Sunday 10am, Makihi, Mutalau

**Latter Day Saints** Sunday 9.30am, Opaahi, Alofi South

**Seventh Day Adventist** Saturday 11am, 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.

**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-6pm, Sat 12-6pm, Ph: 4122. 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

**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-7pm, Sunday 4-7pm. Ph: 4156.

**DOUBLE M** Commercial Centre, Alofi. Grocery items and fresh produce (when available). Mon-Wed 7:30am-7:30pm, Thu & Sat 7:30am-8pm.

**G'S MINI MART:** Mon-Thu 10am-5pm, Friday 10am-6pm, Sat 3.30-7pm.

**KENDRA'S KOLLECTION** Clothing, sunglasses, Havaianas and much more. Mon-Fri 10am-5:30pm & Sat 12-5:30pm.

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

**MOKOS CENTRAL MART** Commercial Centre, Alofi. Mon-Fri 9am-8pm, Sat 2-8pm. Ph: 4331.

**NIUE ADVENTURES** Alofi South. Groceries, fishing accessories, bait, fresh local veges (when available). Ph: 4276.

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

**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 10am-6pm. Ph: 4306.

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

**ILENA'S SHOP** 6am-11:30pm.

**HAPPY FACE DAIRY** Mon-Sun 6-8am / 4pm-9pm.

**JZ SHOP** Mon-Sun 6-7:30am / 4-9pm.

**KENDRA KIDS** Mon-Fri 9am-5:30pm, Sat 10am-5:30pm, Sun 12-5:30pm.

## FOOD & DRINK SUPPLIES - BAKERIES

**ILENA'S BAKERY** Alofi South, next to Pacific Way Bar. Mon-Sun: 6am-4pm.

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

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



**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

**NB LIQUOR BOND STORE** Fonuakula, Alofi South. Mon-Fri 9am-6pm, Saturday 12-6pm. Ph: 4122.

## GENERAL SHOPPING

**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.

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

**LOCAL CD'S, ELECTRONICS, GADGETS** Oka Koa. Mon-Fri 10am-4pm.

**LOCAL PRODUCE** Honey and noni can be purchased at various local stores. 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.

**NIUE VANILLA OUTLET** Vaccum packed vanilla beans, vanilla paste, vanilla essence and so much more. Alofi South, Ph: 4246.

**VANILLA LATOA NIUE HYBRID** The Hybrid Vanilla specie has been genetically identified as a cross between vanilla Planifolia and vanilla Odorata also known as vanilla Fragranse. VLNH vanilla beans are 100% organic, washed and sun baked. To order contact vlh.lk@hotmail.com

**FROZEN FISH** Take a piece of fish or two with you back home. Blast frozen, export quality. Available at Double M.

**NIUE HONEY** World known for its taste and colour, a must have. Can be purchased from Double M and is allowed into New Zealand with a DAFF certificate available at the Airport before you depart.

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

**SOUVENIRS** Available at ALI's Enterprise, Taoke Prints, Kendras Kollection, Tahiono Art Gallery, Niue Vanilla Outlet, Kauhi Krafts, Hinapoto Handicrafts and the Visitor Information Centre. Also other locations at the main Commercial Centre, the Makete, village show days, directly from local crafts people or at the Airport market on departure.





Stop and checkout the various information boards located around the island that have the history and relevance of that site.

# 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





key

- MAIN ROAD
- BUSH ROAD (suitable for mountain biking)
- SEA TRACK
- BIKE TRACK

- INFORMATION CENTRE
- AIRPORT
- RESTAURANT/CAFE
- BATHROOMS
- SWIMMING
- SCENIC SITE
- BIKE TRACK
- POLICE
- PICNIC AREA
- GOLF AND BOWLS
- PUBLIC TELEPHONE
- CHURCH
- HISTORIC PLACE
- TOWN
- HOSPITAL



# ALOFI TOWN CENTRE

PACIFIC OCEAN



*key*

- MAIN ROAD
- BUSH ROAD (suitable for mountain biking)
- INFORMATION CENTRE
- BAR
- PICNIC AREA
- POLICE
- BATHROOMS

### RESTAURANTS & CAFES

- 1** FANA CAFE
- 2** R'LINA'S RESTAURANT
- 3** VAOLAMA CAFE
- 4** FUSION FLAVA'S
- 5** KAIKA GOURMET CUISINE
- 6** LITTLE ROCK TAKEAWAY
- 7** MANUIZ, KENDRA'S KIDS
- 8** JENNA'S RESTAURANT
- 9** CRAZY UGA CAFE
- 10** KATUALI COFFEE HOUSE
- 11** VANILLA CAFE BAR & RESTAURANT
- 12** BUK BUK CHICKEN
- 13** TALO'S RESTAURANT

### ACCOMMODATION PROVIDERS

- A** VINNIE'S GUEST HOUSE
- B** PETITE HATAVA
- C** RESTORATION REEF
- D** ALIUTU GUESTHOUSE
- E** TALOA HEIGHTS
- F** PELENI'S GUESTHOUSE
- G** TUAGA LODGE
- H** HELENI JESSOP - FATAHEGA LODGE
- I** LIU'S HIDEAWAY
- J** JOEMA'S PLACE
- K** STONE VILLAS
- L** KOLOLI'S MOTEL
- M** TUKUITONGA GUESTHOUSE
- N** YOLOS
- O** LUTA ALIUTU

This map is accurate at time of printing and subject to change

### 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 managers or Disaster Management teams. In the midst of a cyclone remain indoors and monitor the radio.

### VISITOR INFORMATION CENTRE

Alofi Town Centre  
 Open: Monday – Friday 8am-4pm,  
 Saturday 9am-12pm  
 Ph: 4224 or email: [info.center@gov.nu](mailto:info.center@gov.nu)

### NIUE FOOU HOSPITAL

Located at Kaimiti, Alofi.  
 Clinic hours: Monday – Thursday 8am-4pm,  
 Friday – Sunday & Public Holidays 9-10am & 7-8pm  
 Ph: 4100 **FOR ALL EMERGENCIES PHONE: 999**  
 Charges for health services will apply to all visitors. Please settle your account at reception after your appointment.

### NIUE POLICE

Open: Monday – Thursday 8am-4pm  
 Ph: 4333 **FOR ALL EMERGENCIES PHONE: 999**

### TRAFFIC

- Speed limit is 40km within village areas and 60km open road - do not exceed speed limits
- Safety belts are strongly recommended at all times
- Remember to always drive on the left-hand side of the road
- Helmets on motorbikes are **COMPULSORY AT ALL TIMES**, for cyclists helmets are recommended. Ride single file and a light is compulsory at night.
- Obtain a Niue Driver's License from the Niue Police Department
- Niue blood alcohol limits: 0.35mcg breath, 0.80mcg blood
- **NO PARKING** on the yellow lines in the main road of Alofi and the Government building car park
- No 'U' Turn at any intersections

### DRIVING DISTANCE/TIMES

- Alofi-Namukulu ..... 15 minutes ..... 10km
- Namukulu - Liku ..... 25 minutes ..... 20km
- Liku - Togo Chasm ..... 10 minutes ..... 6.5km
- Togo Chasm - Avatele ..... 15 minutes ..... 12km
- Avatele - Matavai Resort ..... 5 minutes ..... 2km
- Matavai Resort - Alofi ..... 15 minutes ..... 10km (8km via the top road)
- Alofi - Lakepa ..... 30 minutes ..... 14.5km (cross island road)
- Alofi - Liku ..... 30 minutes ..... 15km (cross island road)



[www.niueisland.com](http://www.niueisland.com)



*monuina e fenoga  
farewell from Niue*