



www.niueisland.com

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. There is no crime, no traffic and no queues.

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 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 and the Bond Store. 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. 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 Alcohol within the limits can be purchased on arrival, at NB Liquor (the "Bond") within 3 days of arriving on Niue. Duty free may also be purchased by departing passengers.

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. 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

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**

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





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

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

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: 5122. 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

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: 5122 / 4664 / 4213. 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.

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. Ph: 7528.

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.

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

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 or contact the Visitor Information Centre.





Dark Sky Nation



**NIUE
DARK SKY
NATION**
Niue – Motu Lagi Pouli



INTERNATIONAL DARK SKY ASSOCIATION



places
of interest

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 🚶🚶 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 🚶 A great spot to have a picnic. Also a perfect location to view the Humpback whales when in season.

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

AVAIKI CAVE 🚶🚶 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 🚶 Swim and snorkel here. Public toilets/changing facilities.

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

HIO BEACH 🚶🚶 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 🚶 Alofi North. Great walking on the reef at low tide.

KALAONE 🚶 Drive down access. Great place to watch the sunsets and see local fisherman launch their traditional vakas.

LIMU POOLS 🚶 Namukulu. Short walk to popular snorkelling pools. Best on an incoming mid tide on a still day.

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

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

OPAHI 🚶 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 🚶 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 🚶🚶 Tuapa. Short walk to limestone formations in cave and view to the ocean.



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

SIR ROBERTS WHARF 🚶 Drive down access. No swimming off wharf on Sundays.

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

TAMAKAUTOGA BEACH 🚶 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 trees just above the cave or watch the sunrise. A definite must see attraction.

TOGO CHASM 🚶🚶🚶 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.

TOGALAHİ 🚶 Easy access to the coastal reef. Great for picnic with the family, walking on the reef when is low tide.

TOGALUPO 🚶 Alofi North. A short stroll down to what we like to is the world's smallest bay.

TOMB POINT 🚶 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 🚶 Drive down access. A great spot to have a picnic of an outdoor BBQ. Small Rock Pools, best accessed at low tide.

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 🚶 Alofi North. A snorkeler's delight, great swimming spot and picnic.

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.

Take your
time and tick
them all off!



Book in for a Niuean feast or culture show during your visit for a real Niuean experience.

Falala Fa Café

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.

AVI'S ARK Karaoke and Disco. Every Thursday night Karaoke 6-9pm; Disco 9pm-12am. Bar open and bar snacks available.

INU HAKE: Try the local crafted beer at Inu Hake. Thursdays 4pm onwards

BUK BUK CHICKEN NIUE

Wed 12-4pm, 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 pool tables and 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 9am-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. Bookings essential. Hio. Ph: 4545. Wed, Thu & Sat 11am-3pm, Fri & Sun 5pm-8pm Happy Hour & Toni's Woodfire Pizza. 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 / 5:30pm-8pm Fri 5:30pm-8pm Sun 5pm-8pm. Ph: 4628.

KATUALI COFFEE HOUSE Pizzas, pastries, fresh sandwiches and great coffee. Also catering services. Thu-Sun: 5pm-8:30pm. 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 6pm-8pm.

The Crow's Nest: Tue-Fri 6pm-8pm & Sun 6pm-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. Mon-Thu 6am-1:30pm.

MAKFURLY BURGERS Open Friday 1pm. Located at Makete Niue, next to the Visitor Information Centre, Alofi.

MANUIZ A small family restaurant and bar located at Halaika, Alofi South. Also home to the Niue Yacht Club. Mon 10am-2pm & 5:30pm-8:30pm, Tue 12pm-2pm, Wed: Buffet Night (bookings essential and must be made by Tue 12pm the day before), Thu 5:30pm-8pm. 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. 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-2pm, Dinner: Wed, Thu, Fri & Sat 6pm-9pm. Happy hour every Thursday from 5pm. Alofi South. Ph: 4336.

VANILLA CAFÉ BAR & RESTAURANT

Breakfast & Lunch: Tue-Fri 9am-2:30pm & 5pm-8:30pm. Sat 5pm-8:30pm & Sun 6pm-8:30pm. Bar opens 5pm-11pm).

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

Niue 4x4 Car Rentals Ph: 6392
Alofi Rentals Ph: 4017
Heahea Rentals Ph: 4317
Niue Rentals Ph: 4216
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. E-bikes or 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.

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 Ph: 7518.

TAOKE PRINTS Commercial Centre, Alofi. Niue T-shirts, pareu, flags, souvenirs. Mon 9am-1pm, Thu 9am-1pm & 2pm-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 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 Alofi / Avatele: Sunday 10am, Tuapa: Sunday 9am & 5pm, TMK, Vaiea, HKP, Liku, Toi, MTL, Hikutavake, Namukulu, Makefu & Alofi: 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.



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 & Saturday 7:30am-8pm.

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

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

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

MOKOS CENTRAL MART Commercial Centre, Alofi. Mon-Fri 9am-8pm, Saturday 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, Saturday 10am-6pm. Ph: 4306.

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

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

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

FOOD & DRINK SUPPLIES - BAKERIES

ILENA'S BAKERY Alofi South, next to Pacific Way Bar. Mon-Sun: 6am-11pm.

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. Duty free can be purchased and consumed while in Niue. Mon-Fri 9am-6pm, Saturday 12-6pm. Ph: 4122.

VAI MAMALI LIQUOR By Niue Broadcasting. Mon-Fri 5pm-8:30pm, Saturday 5-9:30pm. Ph: 4378.

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.


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 and MCM.

NIUE HONEY World known for its taste and colour, a must have. Can be purchased from Double M and is allowed into NZ 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, and the the Visitor Information Centre. Also other locations at the main Commercial Centre, the Makete, village show days, directly from local craftspeople or at the Airport on departure.

A young girl with brown hair, wearing a colorful striped swimsuit, is crouching on a rocky shore. She is looking down into the clear, vibrant blue water. The shore is covered in various types of coral and seaweed. In the background, the ocean extends to a distant shoreline with some buildings and trees under a clear sky. A bright green circular graphic is overlaid on the right side of the image, containing text.

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

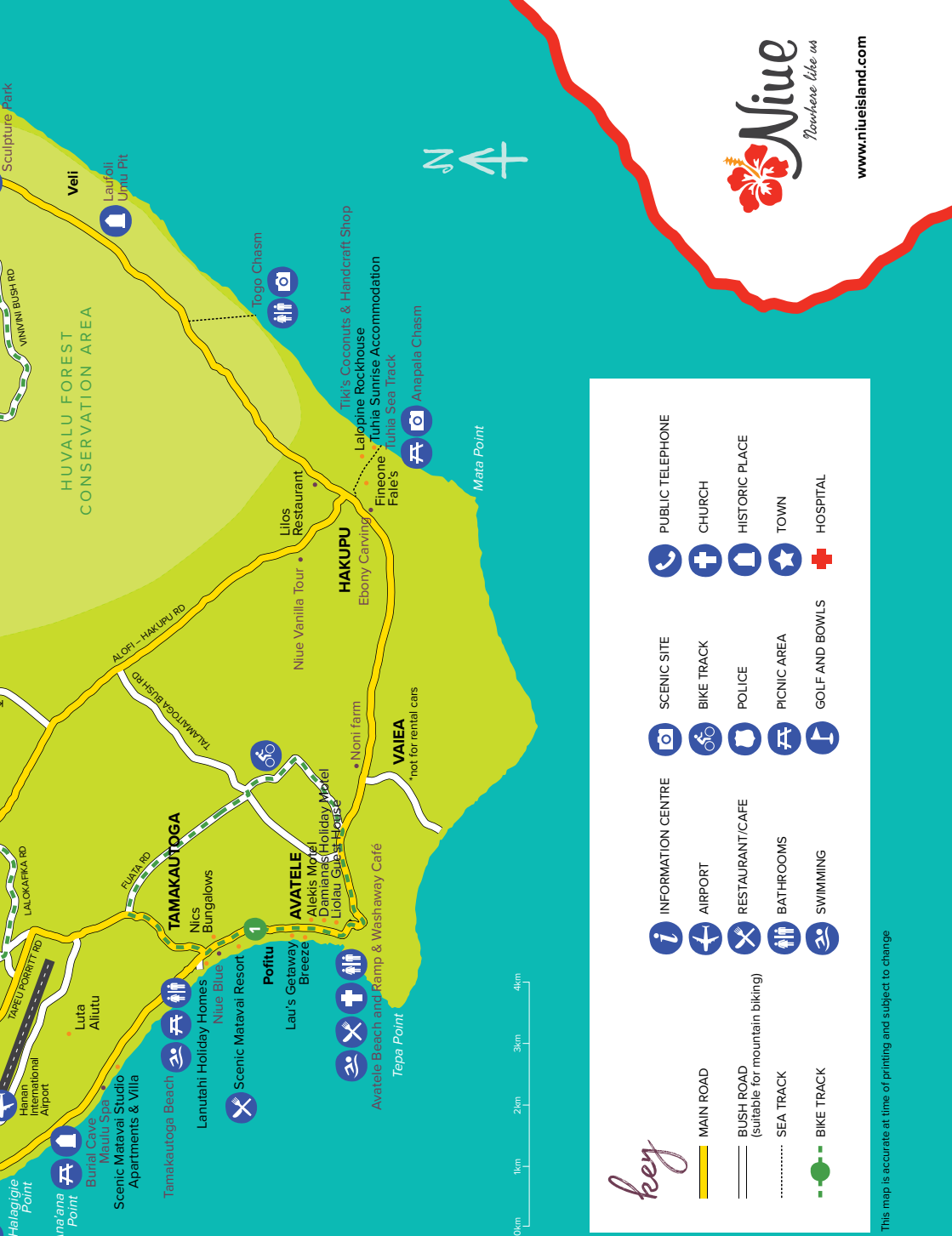
Refrain from going down sea tracks near churches during church services

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



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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

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

ALOFI TOWN CENTRE

PACIFIC OCEAN



RESTAURANTS & CAFES

- 1** FANA CAFÉ
- 2** RILMA'S RESTAURANT
- 3** VANILLA CAFE

ACCOMMODATION PROVIDERS

- A** VINNIE'S GUEST HOUSE
- B** PETITE HATAVA
- C** RESTORATION PREE

- L** LILI'S HIDEAWAY
- J** JOEMA'S PLACE
- M** RESTORATION PREE



To Hospital: 3km
To Airport: 500m
To Niue Rock: Rentals 2.5km

BCN (Broadcasting Corporation)
Limestone Motors
Tui Na Health Clinic
Vai Mamali Liquor Store
Rockbak Bakery

Crèche
Niue Government Building
Environment Department
Justice, Lands, Survey & Community Services

Niue Honey
SWANSONS COMPLEX:
All Relativ Bar, Swansons Supermarket, Niue Philatelic & Numismatic, Kendras Collection Niue Bond Store, Pelemi's Travel Agent, Niue Chamber of Commerce, Rolling Pin, LeViArt, Soul Merch.
Niue Lawn Bowls Club
Niue Golf Club

New Zealand High Commission Office
New Zealand High Commissioner's Residence
Australia High Commission

Fale Tau Taoga
Niue National Museum
Fale Fono II

Kauni Kraffs
Gene Fishing Charters
Fale A Nofoko

Niue Education Department
Lupe Niue
Rugby Club, Niue Primary School, Niue High School, Niue University

COMMERCIAL CENTRE:
Ali's Giftware, Double M, Hinapepo Handicrafts, Keke Time Cafe & Bakery, KwiBank & Post Office, MICM, Oka-Koa Multimedia, Tahiono Art Gallery, Taoke Prints, Tavanas Cafe, Telecom, The Crows Nest, South Sea Traders Stationery
Vanilla Cafe Bar & Restaurant

Seventh-Day Adventist Church
Niue Rentals
Hina's laundromat
Millennium Hall

Omahi Sea Track
Catholic Church
Holome
Togalupo
To Makefu 4km

WhARF
Eklasis Church
Tomb Point
Togalahi Sea Track

UtUKO
Alulu Hall
Makin Hall
G's Mini Mart
Explore Niue Charters
Explore Snorkel & Whale Trip

OpaaHI KALAONE
Cook's Landing Point
Canoe Landing
Alofi Rentals
Church
Apostolic Church

Central Services (Petrol)
Childrens Playground
Ali's Hardware

Pacific Way Bar
Ileng's Shop
Amanau Sea Track
To Scenic Matavali Resort 6km

3 MAIN ROAD

3 VAICLAMA CAFE

U RESTORATION REEF

K STONE VILLAS

4 BUSH ROAD
(suitable for mountain biking)

4 FUSION FLAVAS

D ALIUTU GUESTHOUSE

L KOLOLI'S MOTEL

5 INFORMATION CENTRE

5 KAIKA GOURMET CUISINE

E TALOA HEIGHTS

M TUKUITONGA GUESTHOUSE

6 BAR

6 LITTLE ROCK TAKEAWAY

F PELENI'S GUESTHOUSE

N YOLOS

7 PICNIC AREA

7 MANUIZ

G TUAGA LODGE

O LUTA ALIUTU

8 POLICE

8 JENNA'S RESTAURANT

H HELENI JESSOP - FATAHEGA LODGE

9 BATHROOMS

9 KATUALI COFFEE HOUSE

10 VANILLA CAFE BAR & RESTAURANT

11 BUK BUK CHICKEN

12 TALO'S RESTAURANT

13

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.

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.

VISITOR INFORMATION CENTRE

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

NIUE FOOT 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)



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*monuina e fenoga
farewell from Niue*