

# FEDERATED STATES OF MICRONESIA

One Destination, Four Different Unique Experiences

The Federated States of Micronesia (FSM) is a hidden gem spread across the western Pacific Ocean, comprising more than 600 islands that covers over 1 million km<sup>2</sup>. The FSM is made up of 4 island states (West to East): Yap, Chuuk, Pohnpei and Kosrae. Although its land area is just 702 km<sup>2</sup>, renowned for its cultural richness, the FSM offers unique experiences such as wreck-filled dives, ancient ruins and pristine biodiversity. One notable site is the Nan Madol Ruins, a UNESCO World Heritage Site. You can find the FSM between Palau on its western borders, Marshall Islands on its eastern borders and US Territory of Guam on its northwest borders. The FSM welcomes you to our shores for exciting experiences of our rich and vibrant cultures, our unspoiled and pristine biodiversity, and our uniqueness "a destination with four unique experiences".

**Yap State**  
 Rumung, Maap, Gagil-Tamil, Yap, Colonia, Yap International Airport, Traditional meeting place in Yap State.

**Pohnpei State**  
 Sokehs Rock, Pohnpei International Airport, Sokehs mountain, Palikir, Mt. Kupuriso, Mt. Nahnalud, Kapirohi Waterfall, Nan Madol Ruins, Nahlap, Kapirohi Waterfall in Pohnpei State.

**Chuuk State**  
 Mt. Tonachau, Chuuk International Airport, state government, Japanese War Memorial, Ruins of Japanese gun emplacements, Ueno, Old Japanese Lighthouse, Port of Chuuk, Market, Chuuk Visitors Bureau, Mt. Tonoken, Mt. Chukuwen, Jeep Island in Chuuk State, Winchene River.

**Kosrae State**  
 Kosrae International Airport, Mt. Matante, Lelu Ruins, Yela Ka Forest, Mt. Finkel, Tofol, Mt. Oma, Cascade Waterfall, Former Japanese Army Cave, Sipyen Waterfall, Saurang Waterfall, Tower of Peace, Tochka of the former Japanese Army, Former Japanese Military Communication Station, Utwe Biosphere Reserve, Yela Ka Forest in Kosrae State.

**Example flight routes**  
 Narita⇒Guam(USA)⇒Chuuk(FSM)⇒Pohnpei(FSM)⇒Kosrae(FSM)  
 Narita⇒Guam(USA)⇒Yap(FSM)

A map of Japan shows its geographic location, but the scale is different from reality.

**Yap State**

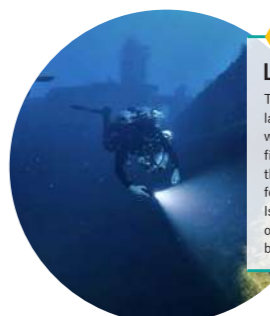
**Land of the Stone Money**

The highlight of Yap, the most traditional cultural site in the FSM, is its ancient giant stone money. Locally called "rai" or "fei", stone money is still used today as a traditional expression of indebtedness or apology. Some stone money has a history of more than 1000 years. Yap's traditional culture involves not only stone money but also village tours enabling visitors to experience the village's traditions and culture, including traditional dances performed by local people in colourful folk costumes, and tours where visitors experience a traditional canoe ride.

**Chuuk State**

**Land of History**

This state has numerous atolls, creating one of the largest lagoons in the world. Chuuk is a dive haven for wreck diving, boasting deep blue waters. Battleships, fighter planes, tankers, and cargo ships that have sunk to the bottom of the sea are home to colourful fish, making for a fantastic diving experience. Additionally, Jeep Island, an uninhabited island resort with a circumference of approximately 100 m, offers a unique experience of being surrounded by beautiful nature.



**Pohnpei State**

**Land of Mystery**

Pohnpei is home to Palikir, the FSM's capital. Along with the World Heritage Site of the Nan Madol Ruins and Kapirohi Waterfall, the natural environment is blessed with a tropical rainforest, among the world's wettest regions, where visitors can enjoy more than 600 species of tropical plants and flowers.



**Kosrae State**

**Land of Nature**

The island is also known as the 'Coral Kingdom' because of the more than 200 species of coral reefs that surround the island. The island boasts outstanding transparency, making diving and snorkelling a must-see experience. The island is covered with mangrove forests, tropical rainforests, and other natural wonders, allowing visitors to spend a peaceful time amid nature, away from the hustle and bustle.



**Q** Nan Madol Ruins on Pohnpei in the FSM is considered the model for a certain Japanese fairy tale. What is this fairy tale?

The answer is on **p.30!**

An experience that can only be had here. **Unique experience with wreck diving and the mysterious World Heritage Site!**

**Beginners' course**

- 1st day**  
 AM ● Arrival at Chuuk Airport via Guam.  
 PM ● Enjoy snorkelling in the calm ocean! You may encounter dolphins!
- 2nd day**  
 AM ● Let's enjoy wreck diving for experienced divers! You can enjoy fantastic diving to explore the many battleships and fighter planes that are sunk to the bottom of the sea!  
 PM ● Visit Jeep Island, an uninhabited island selected as the most beautiful scenery in a Japanese TV program. Enjoy diving or snorkelling in the beautiful ocean. Stay overnight on Jeep Island and spend time relaxing under the beautiful starry sky.
- 3rd day**  
 All day ● Spend relaxing time on the Jeep island and return to Weno Island in Chuuk State in the afternoon.
- 4th day**  
 AM ● Move from Chuuk State to Pohnpei State.  
 PM ● After lunch, visit the Plaza de España and the German Bell Tower in Kolonia.
- 5th day**  
 All day ● Visit the World Heritage Site of Nan Madol Ruins. The ruins of a maritime city, meaning 'between heaven and earth', comprising nearly 100 man-made islands over a period of 1000 years starting around the 6th century. Visit Kapirohi Waterfall, a natural pool waterfall basin.
- 6th day**  
 AM or PM ● Snorkelling at Manta Road.  
 PM ● Cruise through the mangrove forest by kayak.
- 7th day**  
 AM ● On the last day, go hiking to Sokehs Mountain. You can see the remains of the Japanese Army during World War II. Visit Kapingamarangi Village and choose memorable souvenirs, such as crafts made from mangrove roots.  
 PM ● Experience the culture! Try 'Sakau'—a calming drink—at a Sakau bar. (Please avoid it if you have a sensitive stomach.) Move from Pohnpei to Guam and return to Japan the next day.

**Optional Plan**  
 If you want to experience more of FSM, visit Kosrae State! Kosrae is located in the easternmost state of the FSM, the furthest place from Japan. Kosrae is blessed with nature, and visitors can enjoy the mysterious Yela Ka Forest on the land and beautiful coral reefs through diving.

Enjoying traditional culture **Fully enjoy a tradition of FSM in Yap State**

- 1st day**  
 AM ● Depart Guam at midnight and arrive in Yap.  
 PM ● First, join in a guided village tour to experience the traditional culture of Yap. You can see Yap's traditions, such as giant stone money and the traditional meeting place, which are unique to Yap.
- 2nd day**  
 AM ● Participate in diving or snorkelling with the possibility of observing manta rays and sharks. Enjoy Yap's natural beauty.  
 PM ● Experience local culture on a traditional canoeing tour.
- 3rd day**  
 All day ● If you arrange your itinerary successfully, you may even be able to participate in a festival that will allow you to fully experience Yap's traditional culture! Enjoy traditional food, dancing, and more at the annual Yap Day on March 1st every year!
- 4th day**  
 AM ● Depart Yap at midnight for Guam and return to Japan.

Online contents **RainbownesiaTV**  
 Visit the YouTube channel, which showcases the FSM's attractions!

The four states comprising the FSM