

# NIUE

Healing country with the world's clearest ocean and starry sky

Niue is situated at the heart of the triangle connecting Tonga, Samoa, and the Cook Islands in Polynesia. Although small, with a population of about 1900 people, it boasts an abundance of attractions! The clear waters, where you can see dolphins, sharks, sea snakes, and a variety of other marine life, are so clear that you can see whales while snorkelling, a fantastic experience in the clear waters of Niue!

Beyond the ocean, the island is adorned with caves, vibrant flowers, and fluttering butterflies. Local guides lead various tours for visitors to explore these wonders. For those seeking independent exploration, bicycles or rental cars are readily available, with numerous signs posted throughout the island providing detailed explanations. After sunset, you can enjoy the breathtaking starry sky of Niue, the world's first nation to be designated a 'Dark Sky Nation'. Why not journey to Niue, a place rich in nature, and be healed in your heart?



Example of flight routes

Narita ⇌ Auckland (New Zealand) ⇌ Alofi (Niue)

## Beginners' course

### Niue's Charm Full Enjoyment Plan / Experience the Attractions of Niue's Stunning Seascape and Starry sky!

1st day

- PM ● Arrive in Niue in the early afternoon, one day before the day you left Auckland, New Zealand, thanks to crossing the date line!

Self-Explore Talava Arches: a large natural bridge formed by caves washed by waves. In evening, experience beautiful dark sky in the world's first 'Dark Sky Nation'.



2nd day

- AM ● Go on an orientation tour of Niue led by a knowledgeable local guide! Experience Niue's panoramic cliff top views, fantastic caves, coves, and vibrant coral pools.

- PM ● Dive into the crystal-clear waters for an unforgettable snorkelling or diving adventure, offering visibility down to 70 m! If you are lucky, you may even see a whale while snorkelling!



3rd day

- AM ● Take a tour to explore a coconut plantation and encounter the fascinating habitat of the coconut crab (Uga)! Learn about traditional and modern coconut farming methods at a local plantation. Visit a coconut crab habitat in the interior of the island. Finish the tour with a refreshing coconut beverage!



- PM ● Once acquainted with Niue, it is fun to get around the island on your own by renting a bicycle. For dinner, why not try the coconut crab you encountered during the tour?

4th day

- AM ● The last day in Niue is free to spend on the pristine beaches or unwind at a local café until departure time.
- PM ● After lunch, head to the airport, where you'll cross the date line again and arrive in Auckland the following evening.

## Advanced course

### Deluxe plan of Niue / Embrace the Ultimate Niue Experience with one-week stay!

1st day

- PM ● Arrive in Niue in the early afternoon, one day before the day you left Auckland, New Zealand, same as the beginner course! Settle into your accommodation property. Dine in at one of the many local restaurants.

2nd day

- AM ● Go on an orientation tour of Niue led by a knowledgeable local guide!
- PM ● Dive into the crystal-clear waters for an unforgettable snorkelling or diving adventure, offering visibility down to 70 m.

3rd day

- AM ● Take a guided tour to explore a coconut plantation and discover the habitat of the coconut crab (Uga)!
- PM ● Enjoy a leisurely stroll along the beach adorned with coral reefs revealed at low tide.



4th day

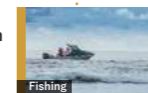
- All day ● Once you get used to Niue, you can rent a bicycle and get around the island on your own. Signs with detailed explanations are posted at various points of interest on the island. Enjoy seafood at a popular restaurant in the evening.

5th day

- AM ● Check out one of the ladies weaving groups and mix and mingle with the locals.
- PM ● Self-Explore - Check out Talava Arches, a natural wonder sculpted by crashing waves.

6th day

- All day ● Experience the thrill of fishing in Niue's abundant waters! Marlin, basking marlin, giant trevally, and bonito can often be caught just meters from shore. If you want to enjoy diving or snorkelling more, you can spend your time doing marine sports.



7th day

- All day ● Take a captivating nature tour of Niue! In Niue, you can walk through a virgin forest with a knowledgeable guide and tour the local specialty, vanilla. Find your favourite one and join it!

8th day

- AM ● On your last day in Niue, spend the day at a beautiful beach or relax in a café until departure.
- PM ● After lunch, head to the airport. Depart Niue in the evening, cross the date line again, and arrive in Auckland in the evening of the next day.



## Let's enjoy online content

Visit the Niue Tourism Office website for more information!



## Village

### 'Village Show days' in 14 villages

There are 14 villages in Niue, each hosting its own Village Show Day annually. These events typically occur between April and December, and usually on Saturdays. The date changes annually; therefore, you must check the schedule in advance to attend. During show days, there are dance and singing performances, and you can enjoy traditional Polynesian foods such as Umu and Uga (coconut crab). There are also handicrafts made by the women of the villages, games, and competitions. Immerse yourself in Niuean culture by attending one of these vibrant events!

## Food

### Uga (coconut crab)

Uga (coconut crab) holds a significant place in Niuean culinary tradition and is enjoyed only on special occasions. As highlighted in the model itinerary, Niue offers tours to explore the natural habitat of the coconut crab. With some luck, you may encounter the majestic coconut crabs, some weighing up to 4 kg. Not all restaurants in Niue serve them, as there are conservation efforts to maintain the population of coconut crabs. If you get the chance, try the dish!



## Gift

### Handicrafts

Niuean women are renowned for their weaving prowess, crafting exquisite items like bags and hats. You can find these crafts not only at the Village Show Day, but also at the morning market on Wednesdays or at the local handicraft store in the Commercial Centre. Why not find your favourite crafts as souvenirs to remember your visit to Niue?

Q

In 2015, Japan formally recognised Niue as a sovereign state and established diplomatic relations. Which Polynesian nation, situated adjacent to Niue, did Japan acknowledge as a state just before Niue, in 2011?

The answer is on p.12!

## Column 1 Japanese Contribution to the Niuean Community

Niue and Japan established diplomatic relations in 2015. At that time, there was a Japanese who played a pivotal role by facilitating Japanese Foreign Ministry officials to Niue. He was Mr. Taichi Wada, a Japanese entrepreneur with experience in various countries, including the U.S. Intrigued by Niue's small population and captivated by its charm during a visit, Mr. Wada relocated to Niue. Since then, he has been actively involved in the community, notably by introducing a cell phone system and opening a Japanese restaurant in Niue. He has the experience of contributing to Niue as the Prime Minister's Advisor.

## Column 2 Secrets behind the Crystal-Clear Waters of the Niue Sea

The sea near Niue boasts unparalleled transparency worldwide, offering visibility of down to 70 m. What's the secret behind this phenomenon? Niue, the largest coral reef island globally, owes its pristine waters to its geological formations. Rainwater permeates the island's limestone substrate, acting as a natural filter before entering the ocean. This unique process results in the crystal-clear waters characteristic of Niue. As a result, snorkellers in Niue are occasionally treated to sightings of underwater whales clearly.