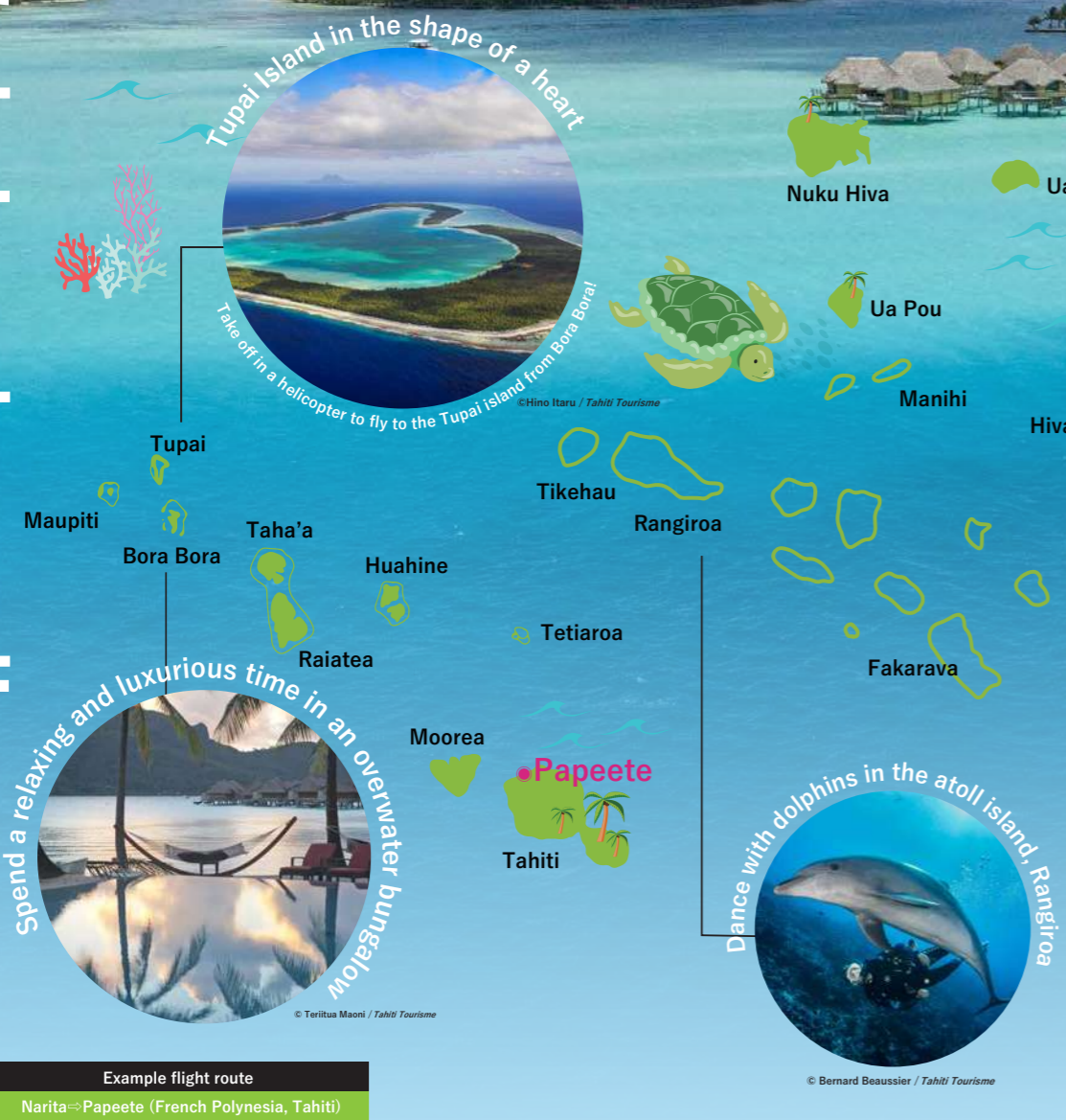


French Polynesia (The Islands of Tahiti)

Gauguin's beloved paradise

French Polynesia comprises 118 islands and atolls, among which Tahiti shines brightly. These islands are sought-after havens for tourists, boasting crystalline lagoons and luxury overwater bungalows. Venture beyond to discover ancient ruins, lush nature, and villages steeped in tradition. Lose yourself in this tropical idyll, a place so enchanting even the great artist Paul Gauguin was captivated. There are resorts and local tour agencies with Japanese-speaking staff, and you can explore them with ease and tranquillity.



Enjoyment plan Beginners' course Visit 3 popular islands in 1 week!

- 1st day**
- AM ● Depart Narita at night and arrive at Faa'a International Airport in Tahiti at noon on the same day due to the time difference. Head for Bora Bora Island by domestic flight.
- Bora Bora Island**
- PM ● After arriving at the resort hotel, enjoy snorkelling in the resort's lagoon and relax while watching the sunset. Romantic dinner on the resort's terrace under the stars.
- 2nd day**
- AM ● Charter a boat and enjoy snorkelling and motu picnic.
- PM ● Participate in a cultural experience tour. Enjoy a sunset cruise on a Catamaran yacht.
- 3rd day**
- AM ● Unique to Tahiti! Breakfast at Canoe Breakfast. Parasailing and kite surfing over the lagoon to enjoy the spectacular view from the sky.
- PM ● Explore nature and historic sites by hiking or 4WD. Taste local food at a local restaurant.
- 4th day**
- AM ● Relax at the Blue Lagoon and enjoy a Tahitian spa treatment.
- Tahiti Island**
- PM ● Transfer to Tahiti Island. Have dinner at a roulotte (food stall) in the beach area.
- 5th day**
- Moorea Island**
- AM ● Day trip to Mo'orea Island by boat.
- PM ● Rental car or guided tour around the island: enjoy the clear blue lagoon, green jungle and beautiful mountains. Stop at fruit juice stands and villages or explore on foot with a guide.
- 6th day**
- AM ● Listen to hymns in church on Sunday. Shop at Le Marché (market) and colourful boutiques along the seafont.
- PM ● Explore the old town of Papeete. Watch a Tahitian dance show at a restaurant.
- 7th day**
- AM ● Depart from Tahiti. Arrival at Narita in the afternoon of the next day.



Advanced course Experience the unknown Tahiti! Deep Tahiti Plan

- Visit the Islands of Tahiti while staying a little longer. This plan is an adventure in the Tahiti that Gauguin loved while experiencing the life of the local people and local culture.
- 1st day**
- AM ● Arrive at Faa'a International Airport in Tahiti.
- 2nd day~1st week**
- Easy Access from Tahiti: The Society & Tuamotu Islands**
- Rangiroa Island** You can swim with wild dolphins (by domestic flight from Tahiti)
- Huahine Island** Lush forests and traditional, quaint villages (by domestic flight from Tahiti)
- Raiatea Island** Sacred ruins, "Taputapuātea" World Heritage Site (by domestic flight from Huahine or Tahiti)
- Taha'a Island** Vanilla plantations and peaceful secluded resort islands (by boat from Raiatea Island)
- Return to Tahiti Island.
- 2nd week**
- A Secret Paradise: The Marquesas Islands**
- Nuku Hiva Island** Ancient ruins and a fjord-shaped bay, an island with an ancient landscape (by domestic flight from Tahiti)
- Hiva Oa Island** The island where the painter Paul Gauguin rests (by domestic flight from Nuku Hiva or by domestic flight from Tahiti)
- 13th day**
- AM ● Return to Tahiti Island. Get a souvenir of your trip at Le Marché in Papeete.
- 14th day~15th day**
- AM ● Depart Tahiti.
PM ● Arrive at Narita.

Q The famous Tahitian dances in Tahiti include 'Otea', a dance performed with drums, and 'Aparima and Hivinau', dances with percussion and stringed instruments. Which other Polynesian country offers shows, FiaFia Nights that incorporate fire dances, and traditional dances, such as Shiva?

The answer is on p.34!

Column 1 Tahiti more easily. Weekend and extended stay plans available!

Friday	Saturday/Sunday	Monday/Tuesday
Departure (evening)	Arrival in Tahiti (noon)	Departure for Japan (Return)
	-Enjoy Tahiti	

By departing from Narita Airport on Friday night, you can enjoy Tahiti for 5 days with a weekend. From noon on Friday to Sunday, you can fully enjoy the resort, marine activities, trekking, and shopping for Tahitian accessories! You will return home on Monday (arriving in Japan on Tuesday). Why don't you visit this tropical paradise to refresh yourself between busy days?

Column 2 The Islands of Tahiti and the Environment

The Islands of Tahiti, a popular tourist destination, have taken various measures for environmental protection. Fishing methods other than line fishing have been banned since 1996, and the world's largest marine protected area has been established since 2002. It covers 5 million km² and protects a wide variety of marine life, including whales, sea turtles, stingrays, and about 20 species of sharks. The Islands of Tahiti aim to remain a paradise for us travellers and creatures and nature.



Let's enjoy online content
Visit the Tahiti Tourisme website to learn more about the Islands of Tahiti!

