

# TONGA

## The Kingdom of Tonga

The Kingdom of Tonga is surrounded by beautiful blue waters in the South Pacific. The beauty of its nature and history is so interesting that it feels as though time has ceased. Tonga is the sole nation within the Pacific Islands that has maintained its independence from colonisation and continues to uphold a monarchy in the present era. Tonga consists of approximately 170 islands, grouped into four archipelagos: Tongatapu, Ha'apai, Vava'u, and Niuas. Nuku'alofa, the capital of the Tongatapu Island, is home to a quiet royal palace and historical buildings that remind us of ancient Tonga. Tonga stands out as one of the world's select locales where an impressive experience of swimming with whales is awaited. Immerse yourself in the enchanting waters of Tonga and share extraordinary encounters with these major marine beings. Indulge in the mesmerising charm of Tonga, a kingdom adorned with profound history and natural beauty.





The most popular destination for whale swimming!



Example of flight routes  
Narita → Nandi (Fiji) or Auckland (Air New Zealand) → Nuku'alofa (Tonga)

### Beginners' course

## Travel back in time to the Kingdom of Tonga!

- 1st day**
- PM ● Arrive at Fua'amotu International Airport on Tongatapu Island via Fiji or via New Zealand. Check in to your resort hotel. Watch the sunset and toast your arrival to the Kingdom.
- 2nd day**
- AM ● Start exploring the kingdom! First, let's visit the royal palace. The spacious lawn, white walls and red roofs are lovely. Looking at the royal tombs, feel the passage of time. 
- PM ● After lunch at a cafe in Nuku'alofa city, head to the beach! Swim with Tongan children at American Wharf, at the end of the wharf that extends from Tupoulahi Road to the ocean.
- 3rd day**
- AM ● Go to the eastern area of Tongatapu Island. Visit the ancient Polynesian ruins of Ha'amonga a Maui. Drive along the seaside of the island! The tropical sea breeze feels good. 
- PM ● After a buffet of traditional Tongan cuisine at the 'Oholei Beach Resort' located on the beach down a cave-like path (\*Buffet dinner is available on Wednesday and Friday only), enjoy a fire dance show at the buffet area. You can also visit Hina Cave, a limestone cave!
- 4th day**
- AM ● Go to the south to west area of Tongatapu Island. Visit Hufangalupe, which means 'Dove's Gate' in Tongan. At the blowholes of Mapu'a Vaea, feel the earth's spray as a column of water rushes up. 
- PM ● Enjoy a take-away lunch on your way to Ha'atafu Beach! Snorkeling at Ha'atafu Beach at the westernmost tip of Tongatapu Island. Ha'atafu Beach is also popular as a surfing point! 
- 5th day**
- All day ● Enjoy a day trip to Pangaimotu Island Resort by boat from Nuku'alofa. The best time to visit is Saturday or Sunday. Enjoy Tongan cuisine at the resort's restaurant and buy mave pearl accessories. Or, try 'Katea Retreat' located near to the Fua'amotu beach if it is on a Sunday. You can enjoy Tongan lunch buffet. Dinner buffet is also available on Wednesday and Friday.
- 6th day**
- PM ● Return to Japan.

### Advanced course

## Whale Swimming and Exciting Activities!

- 1st day**
- PM ● Arrive at Fua'amotu International Airport on Tongatapu Island via Fiji or via New Zealand. Check into a hotel. Nourish your energy for tomorrow's adventure at a restaurant in the capital city of Nuku'alofa.
- 2nd day**
- All day ● Take a domestic flight from Tongatapu to Vava'u Island. Transfer from Lupepau'u Airport, gateway of Vava'u Island to the city of Neiafu. After dropping off your luggage at the hotel, take a quick stroll in Neiafu city and along the ocean! 
- 3rd ~5th day**
- All day ● Take a marine activity tour! Whale watching and swimming is a must when you come to Tonga. It is a rare opportunity to see majestic whales right in front of your eyes. Scuba diving is also attractive. 
- 6th day**
- All day ● Flying back to Tongatapu island. Enjoy shopping for souvenirs in Nuku'alofa.
- 7th day**
- PM ● It's time to head back to Japan.



### Let's enjoy online content

Visit the Tonga Tourism Authority website for more information! You can find the information on the activities and hotels.



### Check out photos in Tonga!

Find beautiful pictures and exiting videos etc. in Tonga's official Facebook and Instagram account!




### Swim with Whales in Tonga!

Humpback whales visit the Tonga to mate and give birth. Tonga is one of the few countries in the world where people can enjoy whale swimming. Marine activity attracts tourists worldwide. Whales grace the Tongatapu Island from mid-July to early October. On Vava'u Island, the best time to encounter whales is from July to September. Do you want to dive into the sea and explore the magical underwater world with whales? Numerous tour operators offer unforgettable encounters with these majestic mammals. Make a reservation and join to swim with whales in Tonga!



### Scuba diving

### Enjoy Scuba Diving in Tonga!

Immerse yourself in the vibrant world beneath waves swimming among tropical fish in coral reef tunnels and exploring the gaping caves. You can experience the enchantment of encountering a world where mermaids seem to be within reach. Embark on a range of exciting tours to explore amazing underwater marine life and to discover ancient shipwrecks.



### Adventure

### The ULTIMATE ADVENTURE!?

Tonga has a number of uninhabited Islands. For example, Kao Island, the highest Island in Tonga, offers the ultimate survival and adventure experiences. If you are confident about your own physical strength, why should you not try it? Click here to read the travelogue of an actual visitor to Kao Island (only in Japanese):

A Country Where You Can Experience an Unparalleled Adventure, Tonga (Pacific Islands Centre Website)



**Q** In the Pacific Island Countries, some of other countries once had kingdom cultures. What country has the remains of a dynasty that lasted about 600 years from 1000 A.D. and is recognised as a World Heritage Site?

The answer is on **p.14!**

### Column 1 Tonga's Prehistory - The Beginning of the Kingdom

It is believed that the first people to settle in Tonga were the people of the 'Lapita Culture'. The Lapita culture arrived in Tonga around 850 B.C. through the Philippines, Vanuatu, and Fiji. This is believed to have continued for approximately 1000 years. Around 950 A.D., the first Tu'i Tonga, son of the Sky God Tangaloa, unified Tonga and became the first king.

### Column 2 Exchange between the Japanese Imperial Family and Tongan Royal Family & Rugby Exchange

Tonga has had relations with the Japanese Imperial Family, with the coronation of His Majesty King Tāufa'āhau Tupou IV being attended by the then Royal Highness and Royal Highnesses of Japan. Additionally, many rugby players from Tonga have come to Japan. For example, Tongan rugby players have represented Japan in the Rugby World Cup since the first tournament in 1987.