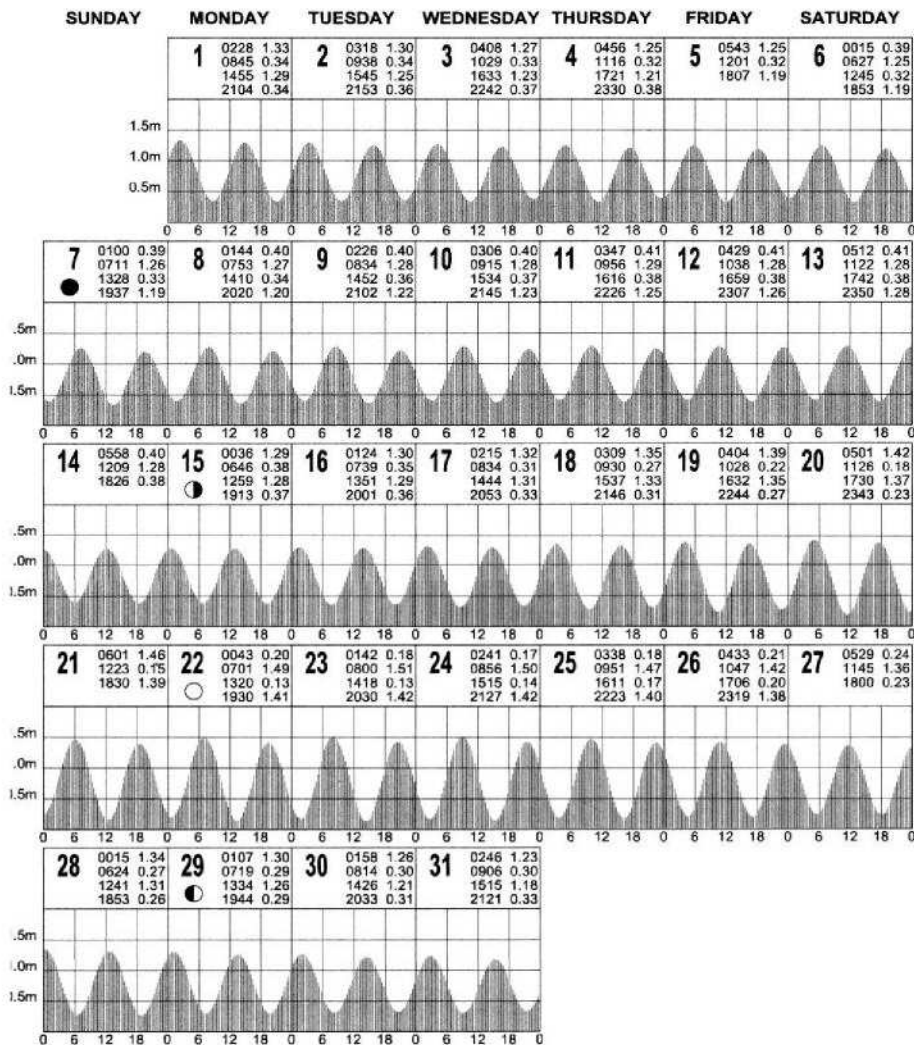


TIDE PREDICTIONS FOR NIUE (NOT OFFICIAL)

JULY – 2013

LOCAL STANDARD TIME

Tide gauge zero is Lowest Astronomical Tide



© Copyright: Commonwealth of Australia 2012, Bureau of Meteorology (ABN 92 637 533 532)

Disclaimer: These tide predictions are supplied in good faith and believed to be correct. No warranty is given in respect to errors, omissions, or suitability for any purpose.

NB: Visitors be advised to observe tides when planning a trip on the reef or swimming as tides turn very quickly so please take care. Also advisable that when snorkeling, **do not** go past reef areas. If unsure please check with the Niue Tourism Office/Information Centre on ph 4224.



"FAKALOFA LAHI ATU - GREETINGS"
~ WELCOME TO NIUE ~

VISITOR INFORMATION CENTRE

Alofi Town Centre – opposite Parliament Building

Open: 8:00am -5:00pm Monday – Friday

Saturday & Public Holidays 9:00am – 12:00pm

Phone: 4224 Or E-mail info@niueisland.com

COUNTRY PROFILE

Head of State	Her Majesty Queen Elizabeth II represented by the Governor General of Niue and New Zealand
Legal Status	Self-governing in free association with New Zealand since 1974 under the Niue Constitution
Head of Government Executive Government	Premier Cabinet: Premier and 3 Ministers Legislative Assembly (Parliament) consisting of 20 members. General elections held every 3 years
Population	2006 1,625: 802 males 823 females
Citizenship	All Niueans are New Zealand citizens and hold New Zealand passports
Land Area	259 square kilometers (100 square miles)
Exclusive Economic Zone	450,000 square kilometers
Average Rainfall	Annual mean rainfall is 2066mm
Average Temperature	Varies between 22.9 C in winter (July - August) to 26.6 C in summer (February)
Climate	Wet Season (summer): October - February Dry Season (winter): May - August
Official languages	Niuean and English
Currency	New Zealand Dollar NZD\$, Visa only
Ethnic Composition	- Niuean - Other (New Zealand, Australia, Tonga, Fiji, Samoa, Tuvalu, Cook Is, Philippines, Indian)
Religions	Ekalesia Kerisiano Niue, Church of Latter Day Saints, Catholic, Seventh Day Adventist, Apostolic, Jehovah's Witness
Exports	Noni, Vanilla, Taro, Honey
International personality	Constitutionally New Zealand remains responsible for Niue's defense and external affairs, however Niue has become responsible for external affairs and since 1988 has entered into treaties in its own right
Diplomatic representation	Niue High Commission, Wellington, New Zealand

HANAN INTERNATIONAL AIRPORT

Weekly service with Air NZ www.airnewzealand.co.nz with an extra flight every fortnight

Departure Tax NZD\$34 (**CASH ONLY**) Children under 12yrs exempt (Departure tax isn't included in your ticket so please pay after check in and complete your departure cards)

NB: *Declare coconuts/taro/honey for New Zealand; please obtain a Phytosanitary Certificate NZD\$8 from Quarantine ph 4690 before check-in (All local handcrafts do not need to be declared but will required a Quarantine sticker)*

AIR NEW ZEALAND SCHEDULE 2012



NZ0784 departs Auckland, Saturday 9.15am, arrives Niue, Friday 12.55pm
NZ0785 departs Niue, Friday 13.55pm; arrives Auckland Saturday 5.45pm
It is important that you are checked in by 12:00pm and proceed through to security.

Contact Peleni's Travel Agency ph 4317
Email pelenistravel@niue.nu

MONUINA E FENOGA! FAREWELL FROM NIUE!

Fakaaue Lahi (thank you) for visiting Niue. You are now part of a special group of people that have experienced a truly different pacific adventure.

You can now help us by telling other people about Niue, share your stories and show people your photographs.

You can also visit our website www.niueisland.com and load up stories, photos and videos and become a "Friend of Niue"

Don't forget to LIKE us on Facebook: www.facebook.com/pages/Niue-Tourism

If you have any feedback for us or need any help on planning you or a friends trip to Niue please contact us on info@mail.gov.nu Visit www.niueisland.com for more details.

DO's & DON'Ts

Niue is a very safe destination however, there are still a number of general safety guidelines for visitors to follow:

DRESS CODE

- Appropriate wear whilst Sunday church services are being conducted in villages
- No bikinis or speedos in public, we suggest a pareu or long t-shirt for cover in public areas such as cafes/restaurants/shops etc.
- When attending Sunday church services, common sense prevails - appropriate attire necessary.
- **NUDITY** is not tolerated in any public place.

TRAFFIC

- Speed limit is 40km within village areas and 60km open road.
- Safety belts are not compulsory, however is strongly recommended at all times
- Remember to always drive on the left-hand side of the road at all times.
- **DO NOT** exceed speed limits within residential areas.
- Helmets on motorbikes are **COMPULSORY AT ALL TIMES**, for cyclists single file and light compulsory at nights.
- Obtain a Niue Driver's License from the Niue Police Dept NZD\$22.50
- **Niue Blood Alcohol Limits** .35mcg breath, 80mcg blood
- **NO PARKING** on the yellow lines in the main road of Alofi, and the Government building car park.
- **No "U" Turn** at the Parliament Building.

COMMUNITY BOUNDARIES

- No driving on village greens
- Care with cigarettes or BBQs which may cause fires
- No littering, please take your rubbish with you or use provided rubbish bins at all and leave only footprints behind.

GENERAL

- When hiking in the bush, tell others where you are going and when you are due to return or take a local guide.
- When snorkeling **DO NOT EVER** go past reef areas at sea tracks, advise someone of your whereabouts and expected time away
- Spear fishing by visitors is **NOT** encouraged
- **NO** fishing/diving/boating on Sunday including Scuba
- Guides for diving or dive tours is essential
- **TAKE CARE** when visiting sea tracks as they may be slippery due to wet weather, and wear sturdy footwear
- Be environmentally friendly and *DO ... DO ... DO ... HAVE A GREAT TIME* while on "the Rock"

NB: Take light refreshments and plenty water on all trips when self- discovering Niue & inform someone of your whereabouts.

ESSENTIAL SERVICES

Niue Fooo Hospital located at Kaimiti, Alofi. Clinic Hours Mon-Fri 8am-4pm, Sat, Sun & Public Holidays 9am-10am & 7pm-8pm ph 4100

Emergency ph 999 Charges for health services will apply to all visitors ~
Please settle your account at reception after your appointment ~

Niue Police located at Utuko, Alofi. Opening hours Mon-Fri 8am – 4pm, Ph: 4333, for all emergencies ph **999**

KIWIBANK AGENCY

Operating Hrs: Mon-Thurs 9am - 3pm, Fri 8:30am - 3pm Contact Details: 4220 or 4221

Services not offered:

Credit Card Cash Advances & Foreign Currency you can contact Niue Rentals on 4216 or.niuerentals@niue.nu. Terms and conditions apply.

Niue Post: Open Mon-Fri 8:30am-3:30pm for stamps, postcards, stationery, photocopy service .30cents per copy **FRIDAY 9am CUT-OFF** for all international postal services ph 4174

Niue Public Library – has closed for relocation, books donated to the library can be left with Niue Tourism Office or Education Department in Alofi.

Public Toilets located at the Commercial Centre car park, Alofi (not open after hours) also at Tamakautoga seatrack, Avatele Beach, Limu Pools, Matapa Chasm, Togo Chasm.

RockET Systems Internet Café located Main Road, Alofi next to Garden of Nur & Bakery open Mon-Fri 9am-3pm ph 4638

Telecom Niue open 24/7 local & international calls, 2 way radio channel



"SALVAGE COLLECTION"

Niue Bond Store at the rear of the Commercial Centre car park. Retail and **DUTY FREE**, liquor and beer sales. Duty Free sales are for bona fide, incoming and outgoing passengers. Tuesday arrivals have until the following Friday 12pm to purchase duty free, and Friday arrivals have until the following Tuesday 12pm to purchase duty free. All departing passengers have until 10am of the day of departure to purchase their duty free alcohol. These will be delivered to you in the departure lounge on the Friday you leave. Some of the cheapest prices in the Pacific! Opening hours: Mon, Tues & Fri 9:00am-4:30pm, Wed 9:00am-3:30pm, Thur 1:00-3:30pm and Sat 2:00-6:00pm. Ph: 4122.

I Talava Arches
I Ekalesia Church Service Sun 10am & 4pm

NAMUKULU

I Limu Seatrack

TUAPA

I Vanilla Tours
I Namukulu Cottages & Spa ph Brian & Teresa 4533

MAKEFU

I Peniamina Women Weaving, look out for sign along road side I
Sails Bar
I Coral Gardens Motel ph Stafford & Salome 4325

YACHT INFORMATION

Niue Yacht Club

"The biggest little Yacht Club in the World"

The new home of the Niue Yacht Club www.nyc.nu will now be based downstairs of the Niue Backpackers in Alofi ph 4074

Visit us here, and chat to our cruising friends from all over the world. Become a member of the NYC for \$20 (laminated membership card provided and become a member of a unique Yacht Club.

All this helps a small group of volunteers and a non-Governmental organization to provide facilities and offer hospitality to a significant number of tourists on Niue.

Become part of the legend. It will be a good talking point at your next BBQ when you go home. *"While I was on Niue, I became a member of".*

Remember YOU are Niue's best advertisement and become one of the Yacht Club's friends. Since 1994 our sailing friends have done just that.

Taoga Niue

Museum is located at Paliati, beside the Tāoga Niue Office

Opening Hours : 9.00am-12.00pm

Mon, Wed & Fri

Closed Public Holidays

Entry Fee : Adults \$10 (Children under 12 Free)

Ph : 4138 or 4656

Email : taoganiue@niue.nu

Web : www.taoganiue.nu

OUTERVILLAGES

TAMAKAUTOGA

- ./ Tufuga Crafts House No. 63 open most weekday afternoons from 4.30pm also on weekends ph Hula 4068
- ./ Togulu Seatrack
- ./ Matavai Resort ph 4360
- ./ Niue Dive ph Krystal & Shannon 4311
- ./ NIC's Bungalows ph 4939 / 4940
- ./ Lanu Tahī Holiday Apartments ph 4935 / 4937

AVATELE

- ./ Israel Mart Fish & Chips and middle Eastern Takeaway open Mon-Fri 2pm-8pm, Sat 10am-7pm Sun 4pm-8pm, DVD hire, NZ ice cream, milk shake, assorted groceries, fresh fish when available ph 4844
- ./ Wash Away Café open Sun 11am-11pm self-serve bar, light meals
- ./ Golden Age Pacific Village Holiday Homes, Vekula House ph 4818
- ./ Pofitu Sea track,

VAIEA

- ./ Nonu Farm ph 3700
- ./ **"SEA TRACK NOT SUITABLE FOR RENTAL VEHICLES"**

HAKUPU

- ./ Anapala Chasm
- ./ Tiki's Ice Cream Shop open Mon-Fri drinks, ice cream, groceries ph 3626
- ./ Charlie's Original Ebony Carvings ph Jack & Vivien 3649, displays at Tahiono Art Gallery, Matavai Resort Gift Shop & Information Centre

LIKU

- ./ Tautu Seatrack
- ./ Country Club ph 3519
- ./ Hikulagi Sculpture park

LAKEPA

- ./ Fataiki Doncaster Shop located at Taoke Residence ph Mary 3414
- ./ Taoke Prints Factory Outlet
- ./ Maleloa Preschool – Tuesday 9:30am – 12pm

MUTALAU

- ./ Uluvehi Seatrack
- ./ Uluvehi Bar open Sat 4pm onwards
- ./ Coconut Stop
- ./ 4WD Tour

TOI

- ./ Church of Latter Day Saints Service Sun 9.30am-12am
- ./ Vaihoko Seatrack (**NOT SUITABLE FOR RENTAL VEHICLES**)

HIKUTAVAKE

- ./ Vaipapahi Farm, vanilla, nonu, Niue native plants & trees, visitors all welcome ph 3205
- ./ Matapa Chasm.

CALENDAR OF EVENTS

July

- > **Alofi South Marine Day 13th July**
- > **Alofi South Cultural Sports Day 17th July**
- > **Alofi South Annual Show Day 20th July**
- > **N.H.S Sports Day Part 1 5th July**
- > **N.H.S Sports Day Part 2 10th July**
- > **End of Term Two 12th July**
- > **Start of Term Three 29th July**

NB Please check the Tourism Notice Board for daily events or what's going on here in Niue. Some events do change or not known of during publication of this book

S H O P S I N A L O F I

Double M Commercial Center Mon- Thur 8:30am-4:30pm Fri 8:30am-5:00pm Saturday 10am-7:30pm

Mokoia Central Mart Commercial Centre Mon, Wed, Thur 8.30am-4.30pm, Tues & Fri 7:30am-7:30pm Saturday 2pm-7.30pm, ph 4331

Niue Adventures Tufukia, Alofi South open Mon-Sat 7am-9pm, Sun 6am-9am & 4pm-9pm grocery supply, fishing accessories, fishing bait, fresh local vegetables (on occasion) ph 4276 **Opaahi Dairy** Opaahi, Alofi South open Mon-Sat 7am-9pm & 5pm-9pm opposite Opaahi Reef ph 4161

Swanson Supermarket:Hamula, Alofi North open Mon- Fri 8:00am – 6:00pm & Sat 1pm- 6pm

Talepita Dairy Vaiala, Alofi North open Mon-Sun 5pm look for sign on road side Alofi North ph 4250

G's Mini Mart Utuko Alofi, Mon & Thurs 9:am-4:30pm, Tues & Wed 9am -5pm, Fri 9am-6pm, Sat 10am-7pm Ph: 4366/4504

Okesene Express Houme, Alofi North open Mon-Sat 5pm -9pm, Fresh vegetables (on occasion) taro, spring onions, tomatoes
[email: poiokesene@yahoo.com](mailto:poiokesene@yahoo.com) ph 4649 or 4113.

WEEKLY

FRIDAY

Makete in Alofi, early morning food, vegetables, crafts on sale;
Rockbak Bakery 6am-8.30am ph 4325; **Crazy Uga Café & Bar** 8am-2pm & 6pm-9pm ph 4653 licensed bar;
R'Lina's Restaurant & Bar lunch from 11am-2pm, dinner 6pm-9pm ph 4115 licensed bar; **Gills Indian Restaurant** 10.30am-9pm ph 4180. **Falala Fa** 11am-2pm & 6.30pm-9pm ph 4697 **Jenna's Restaurant** 9.30am-2pm & 7pm-9pm ph 4316;
Katuali Café 9am-2pm ph 4012
Kaiika Gourment Cuisine 11am-3pm & 6pm-9pm ph 4628;
Matavai Resort Fish & Chips Night- **bookings essential** ph 4360
Tavana's Café 10am-2pm;
Zero Degrees Juice & Smoothie Bar open 11am – 3.00pm
Clayton's Bar, Alofi Clubhouse 8pm-1am NZD\$3 entry or donations

SATURDAY

Crazy Uga Café & Bar 9am-2pm ph 4653 **R'Lina's Restaurant & Bar** 11am-2pm, 6pm-9pm ph 4115 licensed bar, **Gills Indian Restaurant** 12pm-10pm, ph 4180; **Kaiika Gourment cuisine** Dinner 6pm-9pm; **Tavana's Café "Burger Night"** 5pm-8pm;
Matavai Resort Island Night Buffet @6pm, ph 4360 \$38.00 per person and bookings essential by 12pm midday; **Falala Fa** 6.30pm-9pm ph 4697
Talo's Restaurant & Bar ph 4607/4077 buffet available at times
Alofi Rugby Clubhouse open 5pm and dance from 8pm till 12pm \$3.00 fee
Zero Degrees 1pm-5pm

SUNDAY

Rockbak Bakery 6am-8.30 simply fresh baked delights ph 4325
Garden of Nur Bakery 6am-9am & 5pm-9pm ph 4080;
Central Services open 4pm-8pm ph 4156
Okesene Express 6am-9am & 5pm-9pm ph 4649;
Niue Adventures 7am-9am & 4pm-9pm ph 4276;
Ekalesia Church Service all villages 10am & 4pm;
Wash Away Café 11am-11pm, Niue's only self-service 4844;
Gills Indian Restaurant 4pm-9pm,
Israel Mart Avatele 4pm-8pm ice-cream, DVDs ph 4844;

PLEASE NOTE THAT HEI NIUE WILL BE CLOSED UNTIL 22nd JULY

ROCKET SYSTEMS INTERNET CAFÉ

Located Main Road, Alofi next to Garden of Nur & Bakery for internet & email services. Connect to WIFI NZD\$25 registration fee. Internet fees: .20cents per minute / NZD\$6 1/2 hour / NZD\$12 per hour. Photocopy & Printing 30cents per page. Scan NZD\$5 per document. Passport Photos NZD\$15 set of 4. Also available computer accessories, IT services, software ph 4638 Opening hours: 9am – 4pm Mon- Fri

STUFF IT!

IT services & computer repairs ph Richard 4048

OKA-KOA MULTIMEDIA SYSTEM

Located at the Commercial Centre, Alofi for all your computer accessories, DVD rentals, music CD's, passport photos, photocopy & printing available ph Des 4378 / 4379

E D U C A T I O N

Niue Primary School "FRIDAY" morning assembly at 9am, visitors welcome to visit Halamahaga, contact school office ph 4070 for details;
Niue High School located at Paliati, the Multi-purpose Hall available for hire contact NHS Principal James Poihega ph 4039 / 4108;

University of South Pacific located behind Niue High School contact Maryanne Talagi ph 4049;

M E D I A S E R V I C E S

BCN (Broadcasting Corporation of Niue) Niue TV airs at 6pm with BBC World News. TV One Network News airs at 8pm, local Niue News airs **TUESDAY & THURSDAY** evening. International Sports are televised dependant on sponsorship email sunshine@mail.gov.nu ;
Radio Sunshine 91FM broadcast **MONDAY-SATURDAY** with local community notices at 6.30am, 7.30am, 9.30am, 12.30pm, 3.30pm. Sport Notices broadcast at 7.15am each morning. International News from Radio New Zealand & Australia broadcast 7am, 8am, 3pm;
Agent for **Sky Pacific Satellite** ph 4026 for further details

OKA ROCK 107.9FM radio broadcast 24/7 with international news. Sunday broadcast with gospel and evening jazz;

KILOCUTZ PRODUCTION HOUSE located Main Road Hakupu. For all your media needs ph Shane Tohovaka 3644 or email kilocutz@niue.nu

ENTERTAINMENT

- **Alofi Rugby Clubhouse** Paliati, Alofi South open Fri 5pm onwards on occasion, Sat 5pm **Dance** 8pm-12am ph 4300
- **Clayton's Bar** Amanau, Alofi South open Wed-Sat 4pm-12pm, **Dance** Wed, Fri & Sat 8pm-12am, dart boards, pool table, venue hire available ph 4395 / 4120
- **Country Club Bar** Fakatola, Liku dart boards available ph 3519
- **Crazy Uga Café & Bar** Main Road, Alofi ph 4653
- **Falala Fa Café & Bar** Kalaone, Alofi South Tues-Fri 11am-2pm lunch, Tues-Sat 6.30pm-9pm dinner, ph 4697
- **Matavai Resort** Lauoku, Tamakautoga ph 4360, Friday Happy Hours 5-7pm
- **Niue Golf & Sports Club** Fonuakula, Alofi South open Sat 5pm-12am ph 4292, Saturday Golf 1pm tee off \$20.00 fee.
- **Nukututaha Bar** Togalupo, Alofi North open Fri-Sat 5pm-12am ph 4141
- **Pacific Way Bar** "Experienced Thirst" Amanau, Alofi South open Mon, Wed-Thu, Sat 2pm-11pm, Tues & Fri 11am - 11pm, Wed & Fri **Happy Hour** 4pm-5pm, **Karaoke** Fri & Sat 7pm onwards **Bingo** fortnightly Saturday 2pm-6pm ph 4139 / 4239
- **Sails Bar** Tuolu, Makefu ph 4235
- **Talo's Restaurant & Bar** Paliati, Alofi South open Thu-Sat ph 4607 / 4077 **bookings essential**
- **Uluvehi Bar** Uluvehi, Mutalau open Sat 4pm-12am **Dance** 8pm
- **Wash Away Cafe** Palitua, Avatele open **SUNDAY** only 11am-11pm, light meals
- **Okakoa Vai Mamali** Located in front of the building next door to the BCN television station at Huhui, approximately 500 metres from the airport towards Alofi. Mon-Thur 5pm-8pm, Fri 3pm-8pm, Sat 3pm-9pm
- **R'Lina's Restaurant & Bar** Fonuakula, Alofi South, Mon-Sat 11am-2pm, 6pm-9pm, ph 4115 **bookings essential**

WEEKLY

MONDAY **Crazy Uga Café & Bar** 8am-2pm ph 4653; **R'Lina's Restaurant & Bar** lunch from 11am-2pm, dinner 6pm-9pm ph 4115 licensed bar, **Gills Indian Restaurant** 10.30am-9pm, ph 4180 **Jenna's Restaurant** 9.30am-2pm ph 4316 **Katuali Café** 9am-2pm, ph 4012 **Kaiika Gourmet Cuisine** 11am-3pm & 6pm-9pm ph 4628; **Falala Fa** 11am-2pm & 6.30pm-9pm ph 4697; **Tavana's Café** 10am-2pm; **Zero Degrees** 11:30am-3pm; **Body Pump** at Falepipi Hall, Tuapa 5pm-6pm; **Circuit Class with Figo @** @5pm - Niue High School Hall. **Hash House Harriers** at Niue Backpackers 5pm, Hakupu women's weaving group 9am-2pm @ Tuatea Hall Hakupu Village

TUESDAY **Makeke** in Alofi, early morning food, vegetables, crafts on sale; **Rockbak Bakery** 6am-8.30am ph 4325, **R'Lina's Restaurant & Bar** lunch from 11am-2pm, dinner 6pm-9pm ph 4115 licensed bar **Crazy Uga Café & Bar** 8am-2pm ph 4653 licensed bar; **Alofi South Women Weaving** Aliutu Hall 9am-12pm; **Peniamina Women Weaving** Makefu Village 10am look out for sign on roadside; **Falala Fa Café & Bar** lunch 11am-2pm, dinner 6.30pm-9pm ph 4697; **Gills Indian Restaurant** 10.30am-9pm ph 4180; **Jenna's Restaurant** **Pasifika Buffet & Show** 6.30pm-10pm **bookings essential** NZD\$40.00 pp ph 4316. **Kaiika Gourmet Cuisine** 11am-3pm & 6pm-9pm ph 4628; **Katuali Café** 9am-2pm lunch, ph 4012; **Tavana's Café** 10am - 2pm; **Zero Degrees** 11:30am-3pm;

WEDNESDAY **Rockbak Bakery** 6am-8.30am ph 4325 **National Council of Women Weaving** Makini Hall 9am onwards; **Crazy Uga Café & Bar** 8am-2pm **Burger Night** 6pm-9pm ph 4653 licensed bar; **Falala Fa Café** 11am-2pm & 6.30pm-9pm ph 4697; **Jenna's Restaurant** ph 4316; **Gills Indian Restaurant** 10.30am-9pm, ph 4180 **Sails Bar & Restaurant** 5pm onwards Quiz night at Coral Gardens; **Kaiika Gourment cuisine** 11am-3pm & 6pm-9pm ph 4628; **Katuali Café** 9am-2pm ph 4012; **Tavana's Café** 10am-2pm; **Zero Degrees** 11:30am-3pm; **R'Lina's Restaurant & Bar** **"Buffet Night"** \$35.00pp 6pm-9pm **bookings essential** ph 4115 - depends on availability.

THURSDAY: **Crazy Uga Café & Bar** 8am-2pm ph 4653 licensed bar; **Gills Indian Restaurant** 10.30am-9pm; **R'Lina's Restaurant & Bar** lunch from 11am-2pm, dinner 6pm-9pm ph 4115 licensed bar; **Falala Fa** 11am-2pm & 6.30pm-9pm ph 4697; **Kaiika Gourment Cuisine** 11am-3pm ph 4628; **Katuali Café** 9am-2pm ph 4012 **Talo's Restaurant & Bar** **Buffet Night** dinner ph 4607 / 4077 **bookings essential** by Thu 10am NZD\$35pp 6.30pm; **Tavana's Café** 10am-2pm; **Zero Degrees** 11:30am-3pm; **Circuit Class with Figo @** @5pm - Niue High School Hall

Please Note that Hei Niue will be closed until 22nd July 2013.

TOURS & ACTIVITIES

4WD TOUR: provides an insight into traditional subsistence living, NZD\$55 per adult, NZD\$25 per child, under 5yrs free - **Uga hunting** available \$60.00 adult \$30.00 child 8years and [up. ph](#) Tony 3343 Transport available on request - Prices depending on numbers

EBONY CARVINGS TOURS see and experience firsthand Niue's rich tropical rainforest with your experienced guide Jack. \$70.00 adults \$30.00, 12-16 yrs. Not recommended for 70yrs+ contact Jack & Viv ph 3649 or enquires to Niue Tourism Office.

HERMAN'S REEF WALK dependent on weather conditions and tide times Forest Walk day or night fishing the local way. Uga Hunting at night 3hr duration NZD\$45pp. Can also provide a guided tour of Talava Arches, ph Herman 3106 or

KAYAK NIUE dependent on weather and sea conditions, S-O-T coastal guide tour or freedom rentals NZD\$75 per adult 1-2 HRS ph 4097 (AH) mob 5097

TOAMANA DISCOVERY TOUR: Introducing the first time travelers to the island and bring repeat visitors up to date on some of the exciting things to see and do in Niue, Touring through the main village of Alofi and stopping at strategic location and ending with a stop at Matapa Chasm for a refreshing dip before returning to your accommodation, Runs Saturday mornings, \$60 per adult, \$30 per child, ph 4165 for booking or book at the Information Centre.

LAKEPA VILLAGE EXPERIENCE: \$80per person, pick up 9am from accommodation, and Drop off, lunch included. Ph4165 or book at Niue Tourism Centre.

TALI'S CAVE TOUR experience underground stalactites and stalagmites NZD\$75 return transport, equipment ph Moka 4198 Or book with Niue Tourism ~available only on Saturdays~ **With Flexibility** (tour is not recommended for the claustrophobic)

TAUE UGA TOUR 3 hrs, NZD\$60pp, **Short Canoe Tour** down at Avatele Beach dependent on weather conditions NZD\$30pp ph Bev 3839.

VAIEA NONU FARM open Mon-Fri 9am-12 noon, Sat by appointment only, Sunday closed ~ \$5.00 p/p (free with purchase) ph 3700

ON THE ROCKS VANILLA PLANTATION come and tour Niue's best vanilla plantation and see exactly how vanilla is planted, grown, hand pollinated and picked. Ph Nonga 4535

COMMODORE'S ORIENTATION TOUR Saturday @ 8:45am

Maximise your visiting experience with a 4 hour introductory trip, See a selection of Niue's finest west coast attractions and find out the best times to revisit your favorite locations with safety tips for tides and sea. \$60pp. Minimum of 2 adults. Light snack provided.

AVATELE VILLAGE TOUR: Thursday 2:00pm Join Kuso on Thursday afternoon for his special tour, hear about the history, daily life and local customs, food preparation, the significant of church. Hear about weaving, canoes and village fishing traditions, marine food gathering and the legend of Mataginifale. Book by Thursday 10am \$40per person, for bookings visit the Information Centre or Ph 4224

PLEASE NOTE: All confirmed tours will incur a 25% cancellation fee if tour is cancelled with in 24hrs.

WOMEN'S WEAVING

MONDAY:

Hakupu Women weaving group Tuatea hall 9am - 2pm, Hakupu Village

Makefu Women Viva Talagi Residence 9am-12pm look for Tumua's Coconut Stop sign

Mutalau Women Salem Hall, Mutalau 2pm onwards

Alofi North Women Alofi Tokelau Hall 4.30pm onwards

TUESDAY:

Alofi South Women Aliutu Hall, Alofi South 9am-12pm next door to Niue Backpackers

Peniamina Ladies Weaving Group Tuali, Makefu 10.30am onwards look for sign on road side

WEDNESDAY:

Niue National Council of Women Makini Hall, Alofi South 9am onwards

Toi Women Weaving Toi Village Hall 10am - 2pm

THURSDAY

Pemiamina Ladies Weaving Group Tuali, Makefu Village 10:30am onwards, look for sign on road side

NB: Days and time may change without notice

LOCAL CRAFTSMEN

Charlie's Ebony carvings & pendants displayed at Niue Tourism Centre, Tahiono Art Gallery & Matavai Resort Gift Shop contact Jack & Vivian ph 3649

Misa Kulatea ph 4104

Nutty Handicrafts local made jewelry from coconut shell Ernie Welsh ph 4118

Rodney Alec ph 4254

Talatalai Association 21st keys, Niue ornaments made of local wood, souvenir canoes Tutaue Siakifilo ph 3325

Taso Tukuniu ph 4289

Timothy Magaoa local made Niue pendants, miniature canoes from Niue wood ph 3430 for further details

NB: Check Makete Tuesday & Friday

~ SASSY SISSY ~

Your One & Only Source for Retail Therapy
Wed 11am-3pm, Sat 10am-1pm, next to Falala Fa Café, Kalaone, Alofi

ARTS~CRAFTS~SOUVENIRS

ALI'S GIFTWARE open Mon-Fri 9am-4pm mini Niue flags, caps, pins, teaspoons, fridge magnets, pareu material ph 4054

HINAPOTO HANDCRAFTS open Mon, Wed-Fri 9am-4pm, Tue 1pm-4pm Niue craft, kahoas, tye dye pareu, pareu material, craft material, postcards, music CD's, craft accessories and materials ph 4340

KOEFAGA PRESERVES Niue coconut oil, coconut soap, vanilla essence available Aliluki, Alofi South, ph Patricia 4246

NB: Niue Tourism Centre, *Available at the Niue Yacht Club*

LAVA'S CREATIONZ Niue craft and assorted jewellery, kahoas, earrings, located at Kaimiti, take Hospital turn off, house on the right before Niue Foou Hospital ph Lava 4130 or email lavas_creationz@yahoo.co.nz

MAKETE TUESDAY & FRIDAY morning's 6am local made handicraft, pendants made from local Niue wood, tye dye pareu ph Makete 4353

NUTTY HANDICRAFTS located at ULU PATUO sign on roadside for local jewelry made from coconut shell, 200mtrs up Peta Hill from Niue Police ph Ernie 4118

NIUE VIRGIN COCONUT OIL certified organic skincare oil lotion ph Frank 3317

ON THE ROCK organic A grade vanilla beans, pure vanilla essence and tours of the Vanilla Farm available with Noga Bray, ph 4535

TAHIONO'S ART GALLERY Mark Cross paintings & pictures, agent for SPASIFIK magazine, postcards, gift cards, picture framing, Niue art, Jack Feleti Ebony Carvings display, website www.markcross.nu ph Ahi & Mark 4662 or 3518,

TAOKE PRINTS open Tue-Wed 10am-1pm, Thu 10am-7pm, Fri 9am-1pm for those last minute take home gifts. NIUE t-shirts, polo shirts, tea towels, tye dye pareu, bedspreads on request, NIUE souvenirs, fridge magnets, pens, mini flags, standard size flags, agent for Pacific Perfumes, NIUE sandals ph 4337 / 3429 / 3414

NB: *Spend over NZD\$140 and receive a free carry bag*

TUFUGA CRAFTS located at 63 Tamakautoga Road, local made crafts ph Hula 4068 after 4.30pm

FISHING CHARTERS

FISH AWAY Sarah Boat NZD\$450 for boat 3hrs, max 3 persons ph Willie 4392 / 4621 email sarah@niue.nu

TOAMANA CHARTERS

Wahoo, yellow Fin and mahi-mahi are the target species. Anglers are welcome to take along their favorite tackle, although Toamana's 5 metre alloy is fully equipped. Up to four hours with a maximum of 3 anglers.

Rates from: \$170pp

Contact: manaia@niue.nu

TERESA FISHING CHARTERS

A 5 hour fishing charter for a maximum of 4 passengers on board fishing from an Alloy boat with a 90 HP Johnson motor. All gear is provided.

Rates from: \$500.00

Contact: chrishipa@niue.nu

NIUE CHARTERS Horizon is the largest charter vessel on Niue. It is a well-appointed 7.5 metre twin engine Blade runner Cat fully rigged for **Sport & Game Fishing**; Top quality tackle is provided; and your skipper, Paul Pasisi, is one of Niue's most experienced fishermen. Can cater up to 6 people fishing with Max 8 on board. 5 or 8 hour trip options plus spearfishing and whale watching options. Pre-paid vouchers from Niue Tourism accepted (Visa & Mastercard)

Rates from: \$700

Contact: niuecharters@niue.nu

SEA PRINCESS 1 CHARTERS 5m fully equipped alloy boat. Charter runs for 4hrs with a maximum of 3 anglers. The boat is equipped with all necessary safety equipment.

Rates: \$450.00

Contact: Stanley Kalauni 4065 or [email: niuerentals@niue.nu](mailto:niuerentals@niue.nu)

NIUE SPORT FISHING: R.E.M.D is a well-appointed 659 Stabicraft Supercarb, purpose built for Charter boat, powered by a 4 stroke 150ph Yamaha motor for a smooth ride, Charter customized to your fishing.

Rates: Fishing, 4 pax max 5 hr trip \$600.00 – additional hr at \$100

Spear Fishing: 4 pax max, 5 hr trip \$600

SEA TURTLE CHARTERS: specialize in affordable fishing/boat for 1-2 persons, our 5.5m Surtees Workmate is purpose built for fishing/diving. Trolling for Wahoo, Tuna Sailfish, bottom fishing for tropical reef species,

Rates: \$380 for 3-4 hours

Contact: Ian or Rene 4670 or 6163

Email: seaturtlecharters@niue.nu

Facebook: [seaturtlecharters](https://www.facebook.com/seaturtlecharters)

Web: www.seaturtlecharters.co.nz

PLEASE NOTE: All confirmed charters will incur a 25% cancellation fee if charter is cancelled with in 24hrs.

NB: All fishing charters are dependent on weather conditions
FRESH FISH OUTLETS

Local fish supply refer to Petrol & Diesel Stations

Monuina Fishing located at Israel Mart, Avatele ph Avi 4844

SEATRACKS

It's not possible to feature all tracks, however, popular tracks include:

Alofi there are a number of short sea tracks to the reef that are marked with signs. Utuko is a popular spot with sandy coves.

Avaiki, Makefu (moderate) short walk through the cave to a spectacular pool on the right, good reef walk at low tide, public toilets available.

Palaha, Tuapa (moderate) short walk to limestone formations in cave and view out to sea.

Limu, Namukulu (easy) short walk, popular snorkel pool & swim, public toilets available.

Matapa Chasm, Hikutavake (easy) short walk, sea track to chasm with fresh water, snorkel & swim, public toilets available

Talava Arches, Hikutavake (hard) long walk, wear sturdy footwear, need a couple hours for this walk to cave and arches, best at low tide, check tide times.

Uluvehi, Mutalau (easy) drive down access, walk down to steps, canoe cave on the left.

Togo Chasm, Liku (moderate to hard) long walk, wear sturdy footwear, allow a couple of hours. 20 min forest walk then track walk and enjoy views of stunning coral pinnacles, reach a steep ladder for access down to the sandy chasm – absolutely amazing & a 'must see'.

Tautu, Liku (easy) drive around the edge of the village green to the sea track sign.

Anapala, Hakupu (moderate to hard) at the first level, walk across the car park to a forest track leading to the inland fresh water chasm with a steep descent on well-formed steps.

Avatele Beach (easy) is Niue's beach, swim & snorkel, public toilets available.

Tamakautoga (easy) sea track sign post from the road, steps from the car park to the small beach ideal for family with kids.

Rentals & Service Stations

Central Services Pao, Alofi South open Mon-Fri 7am-8pm, Sat 7am – 8pm, Sun 4pm-7pm assorted fresh vegetables, groceries, car accessories, cold drinking coconuts, frozen food products, party ice, frozen fresh fish (on occasion) email censerv@niue.nu ph 4156

Alofi Rentals Pao, Alofi South open Mon-Fri 8am-4pm Sat 9am-12pm email alofirentals@niue.nu ph 4017 / 4373 (AH)

Drive Away Rentals located at Crazy Uga Café email sarah@niue.nu ph 1277 / 4392 / 4621

Heahea Rentals Fonuakula, Alofi South open Mon-Fri 8am-4pm email carrentals@niue.nu ph 4153 / 4317

Niue Rentals Omahi, Alofi North open Mon-Fri 8am-4pm niuerentals@niue.nu ph 4216

Swanson Supermarket

Swanson Supermarket stocks an extensive range of groceries, covering all the basics as well as plenty of treats.

The freezers are filled with a great selection of meat, chicken, seafood and ready meals; as well as plenty of ice-cream and ice blocks to cool you down.

We fly and ship in fresh produce and dairy products regularly, as well as selling local produce on behalf of local growers – whatever is in season; we aim to have in store.

Swanson Supermarket has an excellent range of soft drinks, dry and canned goods, and there is plenty to choose from for vegetarians. Our range is constantly growing, and many visitors are pleasantly surprised by the extensive range on offer. There is also an excellent range of hair and skin products, as well as essential pain relief, mozzie spray and sunscreen. Our pharmaceutical range is constantly expanding with suggestions from residents and visitors.

If you have any particular requests, or want our team to put groceries together for you for your arrival, please don't hesitate to [email swanson@niue.nu](mailto:email.swanson@niue.nu).

If you are visiting Niue by yacht, we are happy to collect you from the wharf and drop you back with your shopping.

Swanson Supermarket is open 8am – 6pm Monday to Friday, and 1-6pm on Saturdays.

Voted the Best Customer Service on the Rock!

Please note that like many businesses on Niue, Swanson only accepts NZ currency and NZ EFTPOS cards (sorry, no credit cards). We look forward to seeing you at Swanson and making your stay in Niue as enjoyable and well catered for as possible.

G'S MINI MART

Have in stock a whole range of items to meet your basic needs, from plastic ware, stationeries, drinks, snacks, organically grown vegetables to local eggs when available and much more. **Located** behind Niue Police, next door to Hei Niue and opposite Katuali Café or just look for "Snoopy"! opening Hours Mon & Thurs 9:am-4:30pm, Tues & Wed 9am -5pm, Fri 9am-6pm, Sat 10am-7pm Ph: 4366/4504

FRESH BAKED BREAD

Elena's Bakery Hamula, Alofi North local fresh cut bread

Garden of Nur & Bakery Main Road, Alofi South open Mon-Sat 6am-9pm, Sun 6am-9am & 5pm-9pm, groceries, assorted savories, ph 4080

RockBak Bakery Huihui, Alofi South open Tue, Wed, Fri, Sun 6am-8.30am "simple tastes with a fresh appeal" ph 4325

Rosa's Bakery Huihui, Alofi South local bake Niue coconut bread
SATURDAY mornings NZD\$7, reserve your fresh loaf, birthday cakes also available to order ph Rosa 4182

FRESH VEGETABLE OUTLETS

Central Services Pao, Alofi South, fresh taros, hydroponic lettuce, frozen tapioca, tomatoes, local chickens when available ph 4156

Makete Main Road, Alofi **TUESDAY & FRIDAY** mornings, coconuts bananas, watermelon (seasonal), taros, kumara, green vegetables, pawpaw, Niue porridge - NANE, local craft & carvings, assorted kahoas, tye dye, banana chips ph 4353

Okesene Express Houme, Alofi North, local vegetables, cucumbers, tomatoes open **MONDAY-SUNDAY** ph 4649

SAM'S COCONUT STOP

Mutalau Village look for the sign on roadside, Fale located at the entrance to Uluvehi Sea Track, Fresh seasonal fruit, Pawpaw, ripe Banana's & vegetables donate to honesty box or ph Sam 3305 "but be quick fresh coconut on high demand"

NIUE VANILLA

NZ Certified Organic Vanilla

Double M ph 4346

Hinapoto Handcrafts ph 4340

NIOFA ph 4032

Nonga Bray ph 4535

NIUE PHILATELIC & NUMISMATIC COMPANY

Niue Stamps & Coins

Located next to the Bond Store, Commercial Centre, Alofi

Contact Meshu Inia ph 4643 coins.stamps@mail.gov.nu

NB: Display at the Niue Information Centre.

BUCCANEER ADVENTURES NIUE DIVE

Dolphins

The Dolphins in Niue are known as "Spinner Dolphins" or "Long Nose Spinner Dolphins" to be exact - they only feed at night in very deep waters (they can dive down to 300 meters). The dolphins get their name because they can spin up to 7 times out of the water - they are the only dolphins that can do this.

Whale Interactions

Humpback whales come to Niue to breed and calve every year between July to October. Buccaneer Adventures Niue Dive guide trips to interact with these gentle giants. Every interaction is different, but snorkelers have spent up to half an hour floating just meters away from a mother and calf others prefer to watch from the boat, getting an impressive view of their breaches and tail dives. Trips run 6 days, 3 times a day and last approx 2 /2 hrs.

Minimum of 2 people required to run the trips.

NZD\$150.00 including snorkel gear, minimum age 10 years old.

Snorkel & Dolphin Trips

These trips run 6 days a week at 2:30pm - minimum of 4 people required for each trip. We take you to snorkel spots not easily accessible from shore and provide a guided snorkel if requested. Trips are approx 2 /2 hrs. Whenever possible, we also try to put you in the water with the islands spinner dolphins - we gently tow you alongside the boat, with the dolphins often just meters away.

NZD\$90.00 Snorkel/Dolphin Trip, minimum age 8 years old.

**Opening hours are Mon-Sat 8:00am- 5.30pm.
Contact Krystal & Shannon Hunter at Niue Dive
Ph 4311**

DONATIONS — DONATIONS — DONATIONS

Niue Tourism proudly supports OMA TAFUA, Niue's very own local NGO. Dedicated to conservation & research efforts for Niue's own marine mammals & our iconic Humpback Whales. We depend on the generosity of the general public & visitors to Niue to help support our awareness & educational programs. Please donate to this cause & sign up as a member.

Donations can be made to Niue Tourism or Falala Fa Café & Bar
Please contact omatafua@yahoo.com for more information.

ONLY LICENSED NIUE WHALE WATCHING OPERATORS ARE PERMITTED TO INTERACT WITH WHALES, GUIDELINES AVAILABLE AT THE VISITOR'S CENTRE AND NIUE YACHT CLUB.

BEAUTYSALON

SALA'S SALON ph Ettie Sala 4339 for a consultation located at the Alofi Commercial Centre open Wed-Fri 9.30am-3.30pm Enquire about waxing / hair styles

TUI NA CLINIC

Remedial and Therapeutic Massage \$50.00 per hour for full body message ph 4662 or 3158 for bookings strictly by appointment only.

DAY SPA, MASSAGE & BODY TREATMENTS

We are committed to providing a relaxing and rejuvenating experience while you are here in Niue.

To make your stay complete we would like to invite you to enjoy the benefits of our range of therapies including Facials, Relaxation and Remedial Massage and Body Treatments.

Massage:

Relaxation Massage (Full body) - 60 mins - NZD\$ 60.00

Relaxation Massage (Back of body only) - 30 mins - NZD\$ 40.00

Deep Tissue Massage - 30 minutes - NZD\$ 45.00

Facials:

Basic Facial - 30 mins - NZD\$ 35.00

Deluxe Aromatherapy Facial - 60 mins - NZD\$ 55.00

Feet Treat:

Essential Foot Treatment - 30 mins - \$NZD 30.00

Bookings essential, please call Brian & Teresa to book an appointment, phone 4533. See our website Namukulu Cottages & Spa www.namukulu-cottages.nu for full list of treatments available.

Day Spa is open from Monday to Thursday from 9:00 am to last booking at 4:00 pm. Saturday 9:00 am to last booking at 12:00 pm.

HEI NIUE ~ POLYNESIAN SWEETNESS

Hei Niue provides the only Health & Beauty Skincare products made with Niue Honey including Vitamins A, C & E in formula. The Hand & Body lotion has proven to aid treatment of eczema, acne & burns. Hei Niue is located behind the Police Station next to G's Mini Mart and open for Treatments on Mondays, Wednesdays & Thursdays from 10am with the last booking at 2pm. Confirmed bookings on Tuesdays & Fridays by special request. Hei Niue Products are also available from TAOKE PRINTS & the MATAVAI RESORT.

Products: HN Face Creme (Frangipani Scent), 250ml \$60, 120ml \$35 HN Hand & Body Lotion (Mango Scent), 250ml \$40, 100ml \$30, 50ml \$20 HN Face Mask (Watermelon Scent), 100ml \$35, 50ml \$20 HN Suka Scrub (Honey Suckle Scent), 100ml \$30, 50ml \$20 HN Mata Exfoliate (Pineapple Crush Scent), 100ml \$25, 50ml \$15 HN Niu Body Oil (Gardenia Scent), 250ml \$45, 120ml \$25

Services: Hei Niue Facial (30mins) - \$30.00

Hei Niue Manicure - \$35.00 or Polish only \$20.00 Gel Nails - \$40, Acrylic Nails \$45.00 Waxing - Facial \$20.00, Underarms \$30.00 Eyebrows - \$15.00 Hair & Makeup - range from \$20 - \$40.

Full Pamper Session (Facial, Manicure & footbath/Massage & Pedicure) - Special Price for May \$80.00 (Usually \$130.00)

Bookings to Email: tanirose@niue.nu, Mob: 5052, Hei Niue Phone: 4652

PLEASE NOT THAT HEI NIUE WILL BE CLOSED UNTIL 22nd JULY 2013

SPORTSONNIE

NISANOC (Niue Island Sports Association & Niue Olympic Committee) ph Alan Tano Puleoti 4169 email nisanoc@niue.nu

GOLF 9 Hole Course, membership NZD\$200 - local tee-off game on Saturday 1pm NZD\$20 green fee, Chicken run Tuesday Tee off 4:15pm \$10 p/p, all visitors welcome. Venue hire for functions, meetings, workshops - please contact committee members or Niue Tourism Office.

MATUA MANAIA Losana Sioneholo ph 4077

NIUE ATHLETICS President: Roz Hipa-Tafatu 4253

NIUE DARTS Nogi Poihega ph 4297 or Joan Viliamu ph 4120 local games are played at various venues. Clayton's Bar, Pacific Way Bar, X-Bar (Hakupu), Nukututaha Bar, Country Club (Liku)

NIUE NETBALL Ngatu Tukutama ph 4168

NIUE POWER LIFTING & WEIGHT LIFTING NISANOC ph 4169

NIUE RUGBY UNION Season Games 7s and 15s. Secretary - Dalton Tagelagi ph 4083 email niuerugbyunion@gmail.com Women's Rugby Inagaro Vakaafi ph 3319

NIUE SHOOTING Robert Togiamana ph 3404

NIUE SOCCER Alan Tano Puleoti ph 4169

NIUE TOUCH Stanley Kalauni ph 4216 email niuetouch@niue.nu

NIUE VAKA ASSOCIATION Taumafai Fuhiniu ph 4384

TAMA MANA SPORTS Alan Tano Puleoti ph 4169

E7SporTAR Ltd (Since 2006), located at Utuko, Alofi Suppliers of Quality Sportswear & Corporate Apparel, Promotional Products, Sports Equipment & Footwear (by order only)

For more information contact tanirose@niue.nu or Mob: 5396 or 4396

NIUE CHURCH DENOMINATION SERVICES

Apostolic Sun 10am Halaika, Alofi South Village

Catholic Mission Sun 10am Houme, Alofi North Village

Church of Christians Sun 10am & 6pm Paliati, Alofi South Village

Ekalesia Niue Sun 10am & 4pm 13 Villages

Jehovah Witness Sun 10am Makaihi, Mutalau Village

Latter Day Saints Sun 9.30am Opaahi, Alofi South Village

Seventh Day Adventist Sat 9.30am Makaheheke, Alofi North Village

NB: Visitors are advised to check service times as these may vary in villages and to dress appropriately.