

GUIDE DU VISITEUR TAHITI - MOOREA VISITOR'S GUIDE

LES ÎLES DE LA SOCIÉTÉ - SOCIETY ISLANDS

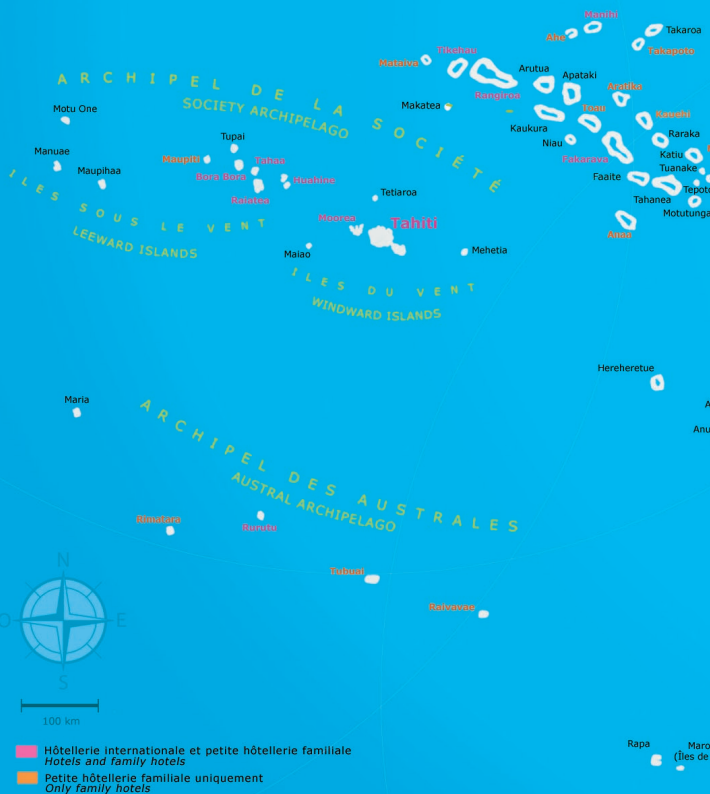
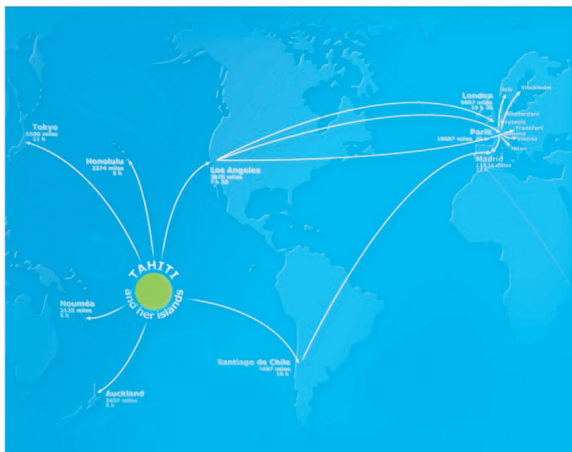


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TO
TA

ahiti et ses îles

HITI AND HER ISLANDS





Présentation générale de la Polynésie française

General presentation of French Polynesia

> GEOGRAPHIE

La Polynésie est un ensemble de 118 îles, disséminées sur une surface aussi vaste que l'Europe. Un immense territoire maritime pour seulement 4000 km² de terres émergées formant 5 archipels : Société, Tuamotu, Gambier, Marquises et Australes. La Polynésie française fait partie de l'aire culturelle dénommée « Triangle polynésien », dont les extrémités sont l'Île de Pâques, la Nouvelle-Zélande et Hawaï'i. Deux types d'îles se côtoient : les îles hautes aux reliefs montagneux (Société, Marquises, Australes et Gambier) et les îles basses ou atolls, des lagons cerclés de corail (Tuamotu). Des récifs coralliens entourent la plupart des îles, entrecoupés de passes creusées par l'eau douce des rivières. Seules les Marquises n'ont pas de récif en raison de la fraîcheur des courants marins, tandis que certains atolls dépourvus d'eau douce n'ont pas de passes, ce qui en fait des microcosmes dont la richesse est préservée.

La Polynésie française occupe un espace stratégique au cœur du Pacifique Sud, conforté par ses infrastructures modernes et les dessertes aériennes hebdomadaires voire quotidiennes à destination du monde entier (Amérique, Japon, France, Australie, Nouvelle-Zélande...). Son réseau aérien interne est également très développé et permet de rejoindre aisément un grand nombre d'îles.

> GEOGRAPHY

French Polynesia consists of 118 islands scattered over a surface area as big as Europe. The islands dot the South Pacific Ocean forming five archipelagoes —the Society Islands, the Tuamotu archipelago, the Gambier Islands, the Marquesas and the Austral Islands— with a total land surface area of 4000km² /2485 sq mi.

French Polynesia is part of the cultural zone that is called "the Polynesian triangle": the Easter Islands to New Zealand and onward to Hawaii. Two types of islands exist here: the mountainous, so-called "high" islands (Society Islands, the Marquesas, Austral and Gambier Islands), and the low-lying atolls, which are donut shaped coral islands surrounding a lagoon (Tuamotu archipelago). Almost all the islands have a surrounding coral reef which are interrupted by reef passes that have been carved out by freshwater rivers that flow into the lagoon. Only one of the archipelagos lacks a surrounding reef, namely the Marquesas Islands. Because of the cold ocean currents, no reef has been able to form here. Some atolls have no fresh water rivers, and therefore no reef passes, resulting in uniquely rich and preserved microcosms inside the lagoon. Situated at the heart of the South Pacific Ocean, French Polynesia is strategically placed with regards to the rest of the world. Modern infrastructures and frequent international flight service make the destination easily accessible from any country around the world. The internal flight service is equally well developed, allowing for easy and convenient connections to most of the French Polynesian islands and atolls.

> PEUPELEMENT

Les Polynésiens abordent ces îles entre 500 avant JC et 500 après JC, venus très certainement d'Asie du Sud-Est et principalement de Taiwan. Voyageant à bord de grandes pirogues doubles chargées d'animaux et de plantes, les Polynésiens colonisent peu à peu les terres du Pacifique. Ils s'établissent sur ces îles hospitalières, dressent leurs lieux de culte et érigent les codes d'une société systémique au prestige hiérarchisé, basée paradoxalement à la fois sur les rivalités claniques et une unité harmonieuse des valeurs humaines.

Offrandes aux dieux, danses, chants et cérémonies initiatiques ponctuent le temps, les idées et la vie au quotidien.

L'arrivée à Tahiti du navigateur anglais Samuel Wallis, en 1767, annonce la colonisation européenne, tout en contribuant à faire de Tahiti un éden mythique et éternel. Le passage du français Louis Antoine de Bougainville l'année suivante lui confère le statut et le nom de Nouvelle-Cythère : le mythe tahitien vient de naître. En 1797, la London Missionary Society envoie une trentaine de missionnaires à bord du Duff. C'est le début d'une évangélisation rapide et d'une acculturation qui s'étendra à tous les archipels avec comme point d'orgue le Code Pōmare en 1819, qui interdit les coutumes traditionnelles (danses, tatouages, dieux et musiques traditionnelles), puis la traduction de la Bible en tahitien qui s'achève en 1838.

La population très métissée de Polynésie est le reflet de ces différentes vagues de colonisation et de migration, mais aussi l'expression d'une cohabitation harmonieuse et pacifique.



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> SETTLEMENT OF THE ISLANDS

The Polynesian peoples arrived at these shores between 500 before B.C.E and after 500 B.C.E, most likely coming from Southeast Asia, and primarily from Taiwan. They traveled across the oceans in big double-hulled canoes that were filled with animals and plants populating the Pacific Islands over time. They established a community with their places of worship and with a hierarchical social order which, paradoxically, was based both on rivalry among the clans and on harmonious unity with humane values. Everyday life and culture was filled with various activities such as offerings to the gods, dancing, singing and initiation ceremonies.

The arrival of British circumnavigator Samuel Wallis to Tahiti in 1767 marked the beginning of colonization, and the sowing of the seed that led to Tahiti's reputation as a mythical and eternal Garden of Eden. When Frenchman Louis Antoine de Bougainville set foot upon the island the following year, he named Tahiti "New Cythera" and the "myth of Tahiti" bloomed. In 1797, The London Missionary Society sent more than thirty missionaries to the islands aboard the mission ship Duff. This marked the beginning of rapid evangelization and cultural integration throughout the French Polynesian archipelagoes. This process reached its peak with the institution of the Pōmare Code in 1819, outlawing traditional Polynesian customs (such as dancing, tattoos, gods and music), and the translation of the Bible to Tahitian in 1838. As a reflection of these various waves of migration and colonization, but also an expression of a harmonious and pacific society, the Polynesian population remains a very mixed population to this day.

> HISTOIRE

Suite à la découverte de la Polynésie par les Européens, les îles deviennent une escale prisée des bateaux de toutes origines et enjeux d'affrontements politiques et économiques.

Cet épisode consacre la suprématie de la famille Pōmare. Jusque là grand chef de clan parmi les autres, Pōmare II s'allie avec les colons qui lui permettent de remporter une bataille décisive en 1815. Il s'impose alors comme « roi » et se convertit au christianisme. Son action favorise les conversions et soutient les missionnaires dans leur tâche avec notamment l'institution du Code Pōmare (mélange de lois anglaises, de préceptes de la Bible et de coutumes tahitiennes) et l'interdiction des cultes et rites traditionnels. C'est la reine 'Aimata Pōmare IV, sa descendante, qui signe le protectorat avec la France en 1842, une étape qui sera définitive avec l'annexion en 1880 des États de Pōmare V en échange d'une rente viagère et du maintien des symboles de la royauté à l'occidentale.

Tahiti et ses dépendances deviennent ainsi colonie de la République française. La résistance d'une partie de la population, tournant parfois à la guerre civile, se résoudra au début du XXème siècle. Ces aléas politiques n'empêchent pas les colons de développer l'économie locale, et notamment la culture du coton et du café. En 1865, afin de répondre aux besoins en main d'œuvre, ils font venir des Chinois pour leur efficacité à moindre coût. Un petit nombre d'entre eux s'installera finalement dans ce nouvel eldorado.

La colonie est rebaptisée Etablissements Français d'Océanie en 1903.



© Illustration J. SAQUET

Soixante ans plus tard, le Centre d'Expérimentation du Pacifique (CEP) s'installe sur les atolls de Moruroa et Fangataufa, propulsant Tahiti dans l'ère de la modernité et de la consommation non sans provoquer des vagues de protestation, et ce jusqu'à l'arrêt définitif des essais nucléaires en 1996.

La colonie obtient enfin le statut d'autonomie interne en 1984, un statut qui n'a cessé d'évoluer vers la plus grande liberté possible au sein de la République française. En 2004, la Polynésie devient Pays d'Outre-mer (POM).

> HISTORY

Following the European "discovery" of French Polynesia it became an essential stopover for navigators of various origins, and issues of political and economic confrontations. The Pōmare family gained supremacy as Pōmare II—who was an important chief at the time—allied himself with the colonials and won an important battle between the clans in 1815. Pōmare became king and converted to Christianity, setting the example among Polynesians and helping the missionaries in their work to convert Polynesians, to implement the Pōmare Code—which was a mix of British law, Christian principles and Polynesian customs—that banned traditional beliefs and rites. It was Pōmare II's daughter, 'Aimata Pōmare IV, who later signed the protectorate treaty with France in 1842, the first of several steps that ultimately led to the annexation by France of the estates of King Pōmare V in exchange for a life annuity and the continuance of a symbolic role of the Polynesian royalty. Tahiti and her islands thereby became French colonies. Part of the Polynesian population resisted colonization—sometimes to the point of civil war—but the unrest settled by the beginning of the 20th century. Despite political unrest, the colonizers managed to develop the local economy, particularly in the sectors of cotton and coffee cultivation. In 1865, facing a shortage of workforce, the colonialists recruited Chinese workers who were known to be efficient, and cheaper than the local workers. Some of them later settled down in this newfound Eldorado. In 1903 the colony was renamed the "Etablissements Français d'Océanie." The "Centre d'Expérimentation du Pacifique" was established on the atolls of Mururoa and Fangataufa, an event that propelled social and economic change and the entry of Tahiti and her islands into the era of modernity and consumer society. The nuclear testing provoked waves of protest from its beginning until it was permanently halted in 1996.

With the internal autonomy statute in 1984, French Polynesia was granted full internal autonomy, and since then its autonomy has evolved toward the greatest degree of autonomy possible while remaining under the direction of the French Republic. In 2004, French Polynesia became a "Pays d'Outre-mer Overseas Country", or POM.



© L. Telihoiti

Informations pratiques générales

General and Useful Information

> LE CHANGE / À L'ACHAT

1 Euro =	119,33 F.CFP
1 £ =	145,11 F.CFP
1 US Dollar =	90,89 F.CFP
1 NZ Dollar =	74,70 F.CFP
1 AU Dollar =	95,34 F.CFP
1 CAN Dollar =	91,54 F.CFP
100 Yen =	109 F.CFP

(Cours des devises donné à titre indicatif au 27 mars 2012).

Sont acceptés : toutes devises ayant cours légal, les cartes de crédit internationales, les chèques de voyage (sur ces derniers, une commission de change de 3,5 Euros environ est perçue). Les banques internationales de Tahiti et des îles les plus visitées (Banque de Tahiti, Banque de Polynésie, Banque Socredo), ont un guichet de change. Les hôtels internationaux assurent également ce service. Les îles touristiques comportent pour la plupart une ou plusieurs agences bancaires. Mais attention : certains atolls des Tuamotu et îles des Australes et Gambier sont dépourvus de bureaux. Par ailleurs, il convient de déplafonner vos cartes bancaires afin d'éviter toutes situations de blocage.

> CURRENCY EXCHANGE/BUY RATES

1 Euro =	119,33 F.CFP
1 GBP =	145,11 F.CFP
1 USD =	90,89 F.CFP
1 NZD =	74,70 F.CFP
1 AUD =	95,34 F.CFP
1 CAND =	91,54 F.CFP
100 Yen =	109 F.CFP

(Foreign exchange rates at 27/03/2012).

The following forms of payment are accepted: all legal bank notes, international credit cards, and traveler's checks (an exchange commission is charged on the latter). The international banks with foreign exchange offices on Tahiti and on the most frequently visited islands are the Banque de Tahiti, the Banque de Polynésie and Banque Socredo. International hotels also provide this service but a word of warning: some atolls and islands in the Austral and Gambier group have no banking facilities. You might want to consider lifting the ceiling on your credit card before you leave in order to make sure you don't run out of cash while you're here. If you are traveling to outer islands or atolls make sure you bring enough as some places don't have ATM's and do not accept credit cards.

> EAU ET ÉLECTRICITÉ

L'eau du robinet est potable à Papeetē et sur l'ensemble de l'île de Bora Bora. Dans les autres îles, se renseigner.

En cas de doute, utiliser de l'eau minérale en bouteille capsulée.
Electricité : courant de 110 ou 220 volts (alternatif 60 périodes), selon les îles et les types d'hébergement. Vérifier avant tout branchement.

> WATER AND ELECTRICITY

Tap water in Papeetē and Bora Bora is safe to drink; enquire locally on the other islands. If in doubt, use mineral water in sealed bottles.

Electricity: 110 or 220 volts (60Hz) depending on the island and type of accommodation. Check before plugging in.

> HEURES D'OUVERTURE DES MAGASINS

Du lundi au vendredi, de 7h30 à 11h30, et de 13h30 à 17h00/18h00, de même que le samedi : de 7h30 à 11h30, voire l'après-midi pour certains d'entre eux. La plupart des boutiques sont fermées le dimanche mais c'est au marché de Papeetē que l'animation débute dès 5h00 du matin. On y trouve une grande variété de fleurs, fruits, paréos, chapeaux, nacres, objets d'art et divers souvenirs.

> BUSINESS HOURS

Shops are open from Monday to Friday 7:30 am to 11:30 am and from 1:30 pm to 5 pm/6 pm. Saturdays from 7:30 am to 11:30 am. Some shops are also open afternoons on Saturday. Most places are closed on Sunday including many restaurants except for the Papeetē market, which is very busy from 5 in the morning. There you can find a wide variety of flowers, food, pareu, hats, mother of pearl, art objects and a variety of souvenirs.

> LE COÛT DE LA VIE

Le tableau suivant présente les prix approximatifs de certains produits de consommation courante.

Ils sont sujets à des variations :

Baguette de pain.....53 F.CFP

Eau (1.5l).....	200 F.CFP
Plat du jour dans un snack.....	à partir de 900 F.CFP
Plat du jour dans un restaurant.....	à partir de 1 500 F.CFP
Jus de fruits en boîte, soda.....	250 F.CFP
Jus de fruits frais en verre dans un bar... ..	à partir de 500 F.CFP
Sandwich.....	à partir de 150 F.CFP
Café dans un bar.....	à partir de 250 F.CFP
Viennoiserie.....	150 F.CFP
Un kilo de carottes.....	200 F.CFP
Un kilo de bananes.....	environ 220 F.CFP
Un kilo de thon blanc frais.....	à partir de 1 000 F.CFP
Un kilo de thon rouge frais.....	à partir de 1 400 F.CFP
Un paquet de 4 ananas.....	à partir de 700 F.CFP
Une bière locale consignée (magasin).....	200 F.CFP

> THE COST OF LIVING

The following table presents the approximate prices of some basic grocery items.

These prices are subject to changes:

Bread.....	53 F.CFP
Mineral water (1.5l).....	200 F.CFP
Today's special in a snack bar.....	from 900 F.CFP
Today's special in a restaurant.....	from 1 500 F.CFP
Fruit juice, soda (can).....	250 F.CFP
Fresh fruit juice (glass) in a bar.....	from 500 F.CFP
Sandwich.....	from 150 F.CFP
Coffee in a bar.....	from 250 F.CFP
Croissant and other pastries.....	150 F.CFP
Carrots (per kilo).....	200 F.CFP
Bananas (per kilo).....	around 220 F.CFP
Fresh tuna - white meat (per kilo).....	from 1 000 F.CFP
Fresh tuna - red meat (per kilo).....	from 1 400 F.CFP
A pack of 4 Pineapples.....	from 700 F.CFP
Local beer (bottle of 33cl, shop).....	200 F.CFP

> Les consulats honoraires / Honorary consulates

ALLEMAGNE / GERMANY

Tel. : (689) 43.92.26

GSM : (689) 77.71.00

AUSTRALIE, REPRÉSENTANT

DU CANADA / AUSTRALIA

CANADA REPRESENTATIVE

Tel. : (689) 46.88.53

AUTRICHE, REPRÉSENTA-

TION CONSULAIRE DU

LIECHTENSTEIN / AUSTRIA,

SWITZERLAND AND

LICHTENSTEIN

Tel. : (689) 43.21.22

BELGIQUE / BELGIUM

Tel. : (689) 50.65.65

CHILI / CHILE

GSM : (689) 78.07.71

CHINE / CHINA

Tel. : (689) 45.61.79

CORÉE / KOREA

Tel. : (689) 43.64.75

GSM : (689) 77.19.15

DANEMARK / DENMARK

Tel. : (689) 54.04.54

GSM : (689) 77.97.60

ESPAGNE / SPAIN

GSM : (689) 22.09.17

ÉTATS-UNIS / USA

Tel. : (689) 42.65.35

FINLANDE / FINLAND

Tel. : (689) 46.76.58

**GRANDE-BRETAGNE
GREAT BRITAIN**

GSM : (689) 70.63.82

ISRAËL / ISRAEL

Tel. : (689) 42.12.50

GSM : (689) 77.39.99

ITALIE / ITALY

Tel. : (689) 43.45.01

GSM : (689) 79.73.35

JAPON / JAPAN

Tel. : (689) 45.45.45

NORVÈGE / NORWAY

Tel. : (689) 42.89.72

**NOUVELLE-ZÉLANDE
NEW ZEALAND**

Tel. : (687) 50.02.95

PAYS-BAS

THE NETHERLANDS

Tel. : (689) 46.86.86

SUÈDE / SWEDEN

Tel. : (689) 47.54.75

> **Les compagnies aériennes internationales**

International airline companies

AÉROPORT : INFORMATION

**VOLS / AIRPORT: FLIGHTS
INFORMATION**

Tel. : (689) 86.60.60

AIR FRANCE

Tel. Res. : (689) 47.47.47

AIR NEW ZEALAND

Tel. Res. : (689) 54.07.47

AIR TAHITI NUI

Tel. Res. : Papeete (689)
46.03.03

AIRCALIN

Tel. : (689) 85.09.04

HAWAIIAN AIRLINES

Tel. Res. : (689) 86.60.00

LAN AIRLINES

Tel. Res. : (689) 50.30.10

**S.P.R. GSA FOR QANTAS
AIRWAYS LTD AND QANTAS
HOLIDAYS**

Tel. : (689) 46.42.80

> **Compagnie aérienne régulière**

Regular airline company

AIR TAHITI - Tel. Res. : (689) 86.42.42

> **Les vols Charters / Charter flights**

AIR ARCHIPELS - Tel. Res. : (689) 81.30.30

AIR TAHITI - Tel. Correspondante groupes : (689) 86.40.23

SARL POL'AIR - GSM : (689) 74.23.11

> **Service hélicoptère / Helicopter service**

TAHITI HELICOPTERS

Tel. : (689) 50.40.75 / GSM : (689) 78.65.05

Présentation des Îles du Vent

Presentation of the Windward Islands

Tahiti et Mo'orea, les Îles du Vent, appartiennent à l'archipel de la Société. Îles hautes volcaniques, toutes deux sont ceinturées par un récif corallien qui assure la protection de leurs rivages et la richesse de leurs eaux. Sable blanc ou noir, plage paisible ou hauts-lieux du surf, les amateurs d'activités diverses y trouveront autant leur bonheur que les inconditionnels du « farniente ». Les vallées profondes et les hautes montagnes permettent de vivre de belles balades et excursions à pieds ou en voiture, de découvrir les nombreux vestiges archéologiques et légendaires de la Polynésie des temps anciens.

L'une et l'autre allient tous les charmes de la Polynésie et conviennent aussi bien aux sportifs, ou férus de culture. Leur proximité géographique permet d'aller de l'une à l'autre en très peu de temps, en bateau ou en avion.

Tetiaroa fait figure d'exception dans l'ensemble des Îles du Vent : île basse au récif totalement fermé, elle est cependant l'une des plus connues de Polynésie comme étant la propriété de la famille de l'acteur américain Marlon Brando.

Tahiti and Mo'orea belong to the Windward Islands of the Society archipelago. Both are high volcanic islands each encircled by a coral reef that ensures the protection of the shorelines and the richness of the surrounding waters. With their white or black sandy beaches, these islands offer the best of both worlds: quiet, secluded beaches for those seeking a laid-back beach vacation, or superb waves for avid surfers, and the possibility of a variety of other activities. The lush, deep valleys and high mountains offer the perfect setting for tropical hikes and excursions by foot or car to discover archeological sites and learn about ancient Polynesian legends and culture. Tahiti and Mo'orea embody the Polynesian dream, and are a great destination for athletes, and culture lovers alike. The islands' geographic closeness makes it quick and easy to travel from one island to the other, either by ferry or airplane.

As a low-lying atoll without a reef pass Tetiaroa stands out as unique among the Windward Islands. Tetiaroa is perhaps the most famous of the Windward Islands because of its owner, the Hollywood movie star Marlon Brando.

> Teti'aroa, un atoll préservé à proximité de Tahiti

Tetiarioa est à double titre remarquable. D'abord, c'est le seul atoll des îles du Vent. Ensuite, son nom est depuis de nombreuses années associé à celui d'un des plus grands acteurs de cinéma de tous les temps, Marlon Brando, qui en devint propriétaire en 1966. C'est en tournant « Les révoltés de la Bounty » en 1962 que l'enfant terrible de Hollywood, sex symbol et idole de toute une génération tomba littéralement amoureux de la Polynésie, des Polynésiens et de leur mode de vie. Malgré sa notoriété, Tetiarioa conserve les charmes qui avaient séduits jadis Marlon Brando. Un accès limité de l'atoll, en partie dû à l'absence de passe, a permis d'en préserver les paysages naturels et la biodiversité sous-marine et terrestre. L'île sert de sanctuaire à de nombreuses espèces d'oiseaux, ainsi qu'aux tortues marines qui viennent s'y reproduire et pondre: une vie sauvage accessible mais qu'il est recommandé d'observer à distance afin de ne pas la perturber. N'hésitez pas à découvrir ce trésor isolé que l'on aborde aujourd'hui au terme d'une promenade en catamaran charter de quelques heures. La journée s'y passe agréablement, entre visite des motus qui forment l'île, exploration des fonds marins avec palmes, masques et tubas et simple baignade. Prévoyez de quoi vous protéger du soleil et de la fraîcheur du soir lors du retour. Si vous apportez votre pique-nique, veillez à respecter les pratiques qui préserveront l'atoll des insectes ou maladies dont il est encore indemne. Un éco-boutique hôtel, The Brando est actuellement en construction sur le motu Onetahi. Sa conception est largement inspirée de la vision que Marlon Brando avait pour Tetiarioa. Pour plus d'information sur les bonnes attitudes à adopter sur Tetiarioa afin de préserver son patrimoine naturel, merci de contacter la Tetiarioa Society : contact@tetiarioasociety.org



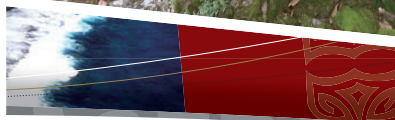
© R. Sahnouet

> Teti'aroa, a well-preserved atoll close to Tahiti

Tetiarioa is a remarkable place for a couple of reasons. First, it is the only atoll in the Windward Islands. Second, its name has long been associated with one of the most famous actors of all times, Marlon Brando, who became its owner in 1966. During the filming of « The Mutiny on the Bounty » in 1962, Hollywood's bad boy, also known as the idol of a generation literally fell in love with Tahiti and her Islands, the Tahitians and their lifestyle. Despite its fame, Tetiarioa has kept the charm that once had appealed to Marlon Brando. Natural sceneries, underwater and land biodiversity have been protected thanks to a limited access to the atoll, partly due to the lack of a pass between the lagoon and the ocean. The island is a sanctuary for numerous bird species and sea turtles coming to breed and lay their eggs: a wildlife requiring to be watched from the distance in order not to disturb the animals. Feel free to discover this secluded treasure sailing on a few hours catamaran cruise. A pleasant day is awaiting you: visit of the motu circling the island, snorkeling and exploring the seabed or swimming. Make sure you have packed the necessary items to protect yourself from the sun and the cool of the evening on the way back. If you are bringing your own lunch, make sure to follow appropriate practices enabling the island to remain protected from insects or diseases that it is still free of. An eco-resort « The Brando » is currently under construction on motu Onetahi. Marlon Brando's vision of Tetiarioa largely inspired its design. For more information on the proper practices to adopt while in Tetiarioa in order to protect its natural heritage, please contact the Tetiarioa Society: contact@tetiarioasociety.org



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Tahiti and Moorea:

queens of nature

While much of French Polynesia's good reputation as a terrific travel destination is related to its crystal clear lagoons and pristine beaches, the high islands, such as Tahiti and Moorea, are more than just a beach destination. While the lagoons certainly offer scuba divers and snorkelers an amazing experience with incredible underwater life and beauty, these high islands also present visitors seeking wild and lush nature with opportunities for unforgettable hikes. With the help of a guide you can discover the abundant and luxurious vegetation of the deep valleys of Tahiti and Moorea. Here you will find a rich biodiversity, and can hike through forests of mǎpē (Tahitian chestnut trees, or *inocarpus faiferus*), bamboo, tree ferns, undergrowth as you see waterfalls, rivers and natural pools to bathe in... At the end of the trail you are almost certain to be treated with a feast to the eyes: spectacular panoramic views of the lagoon and the outline of impressive and rugged mountains. Along the hike you are likely to pass by numerous historical and archeological sites, literally walking on the trails of the Polynesian soul and culture.

Keep in mind that certain precautions need to be taken for such hikes; good hiking shoes/boots, drinking water, mosquito repellent and of course, a guide who can teach you everything you need to know about the history and ancient legends of Tahiti and Moorea along the way. It is recommended to start the hike in the early morning in order to avoid the warmest parts of the day, and also to in order to take full advantage of the clear morning skies.

Mānava,

welcome to Tahiti

Tahiti is a high and mountainous island that was born out of a now-extinct volcano. The impressive crater that forms the center of the island is a constant reminder of this ancient volcanic activity. Tahiti is French Polynesia's main island, and French Polynesia's capital - Papeetē, - as well as Tahiti's international airport in the commune of Fa'a'a are to be found here. Tahiti is of course a destination in and of itself, however the airport also serves as a stopover for travelers continuing on inter-island and/or international flights.

> Like all the islands in French Polynesia, the climate in Tahiti is **tropical with two seasons**; the hot and humid season from November to May (called the Matāri'i-i-ni'a in Tahitian), and the dry and fresh season from May to November (called the Matāri'i-raro in Tahitian). Tahiti is rich in natural resources, and is known for its luxurious flora and lush nature which has a variety of deliciously fragrant flowers.

> **Two languages are spoken here: French and Tahitian.** The native languages are widely spoken and each archipelago has its own dialect and uniqueness. In the Society Islands- which Tahiti is part of- the Tahitian language (called reo Tahiti) is spoken.

> **Tahitian is also commonly used throughout the rest of the French Polynesian islands.** With almost 180 000 inhabitants-out of a total French Polynesian population of 260 000 according to the most recent census-Tahiti holds the largest population out of all the islands in French Polynesia. It comes as no surprise then that

Tahiti is also the most modern and equipped island, particularly in the areas surrounding the capital, where you find malls, movie theatres, department stores, art galleries, the central hospital, travel agencies and a variety of restaurants. In order to find a little more of the natural charm of the more tranquil and authentic Tahiti, you will need to move a little bit away from town. Once out of town a variety of possibilities opens up, such scuba diving, hikes to rivers and waterfalls, outings to legendary and historical sites and museums... basically everything that the curious traveler seeking the authentic and hidden Tahitian experience could ever wish for. Taking the time to drive around the island is a must, and those who ever doubted Tahiti's diversity and beauty are certain to be convinced of it along the way!

The population in Tahiti is very mixed, but there is a general feeling of hospitality and generosity. Smiles are frequent and the people are friendly. Luckily, many Polynesians speak English quite well and happily lend a hand to tourists who might stop and ask for help!



© G. Le Bicom

Place To'ata
Place Vaiete
Marché de Papeete
Musée de la perle
Parc Bougainville
Jardins de Paofai

To'ata Square
Vaiete Square
Papeete market
Pearl Museum
Bougainville park
Paofai gardens

Tombeau du
Roi Pomare V
King Pomare V Tomb

La maison
de James Norman Hall
James Norman Hall House

Pointe Vénus
Venus Point

Aéroport
de Tahiti-F'a'a'a'a
Tahiti-F'a'a'a'a
airport



- Aéroport / Airport
- Port / Boat ferry port
- Site historique / Historical site
- Information / Information
- Centre commercial / Commercial center
- Banque / Bank
- Location de véhicules / Vehicle rentals
- Site touristique / Site of interest
- Centre de plongée / Scuba diving center
- Bateau charter / Charter boat
- Equitation / Horseback riding
- Site de surf / Surf site
- Golf / Golf

- Hôtel / Hotel
voir / see page 75
- Hébergement chez l'habitant
et petite hôtellerie familiale / Family hotel
voir / see page 76

Le jardin botanique
The botanical garden

Maupiti ●

● Tupai

● Bora Bora

● Tahaa

● Huahine

● Raiatea



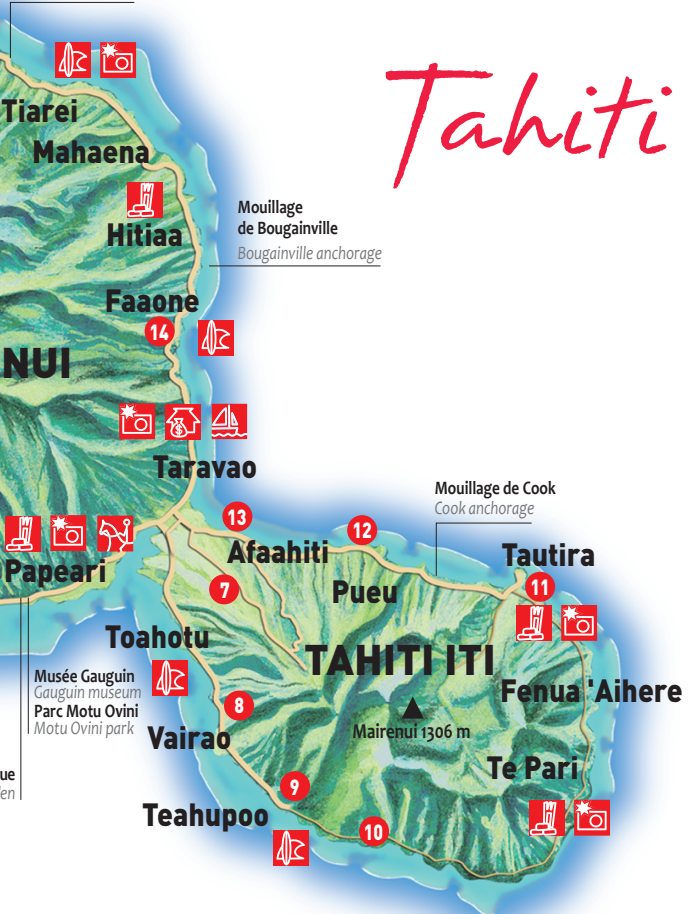
● Tetiaroa

Maiao ● Moorea ●

● Tahiti

Tahiti

Les 3 cascades de Fa'auruma'i
The three waterfalls of Fa'auruma'i
Le trou du souffleur de Araahoaho
Araahoaho blowhole



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en

The legend

of the coconut tree, or the eel of the Lake Vaihiria

Once upon a time there was a Tahitian Princess called Hina. Actually, her real name was Hina-te-vahine-e-'anapā-te-uirai-te-hiti'a-ō-te-rā, (the woman who shines the light of a thousand rising suns), the daughter of the sun and moon. Hina grew into a beautiful young lady and her celestial protectors decided to marry her off to the prestigious supernatural being that reigned over the pure waters in the depths of Lake Vaihiria: an eel with giant ears... and this before Hina had the chance to meet him! The eel, with his supernatural divinity, was known by the name Fa'aara-vai-a-nu'u (he who awakens and invigorates the waters), and Hina, happily began the wedding preparations. On the day of the wedding she wore a red and yellow 'ura, or feather, necklace and belt as symbols of her high rank.

To the sounds of the pahu, or drums, and the vivo (bamboo nasal flute), the princess began making her way toward the lake, accompanied by her servants and friends. The procession hadn't gotten further than halfway when the princess caught sight of her future husband. Horrified, she looked at the enormous eel standing before her... This creature was as long and thick as the trunk of a tree! Fa'aara-vai-a-nu'u was his name, and he was ari'i (chief) of the Vaihiria Lake. Terrified, the princess ran away and went back to her parents, yelling at them: "Do you want me to marry this monster? You are cruel! I am going to run away to spare myself of such a fate!" And she immediately left the valley. At nightfall Hina got in an outrigger canoe with her faithful servants and set out toward Vaira'o in Tairapu where her brother lived and could protect her. Her brother was the legendary hero Māui, who was known for his epic powers and feats. It is told that it was he who stopped and controlled the sun in its course, giving people the feeling of time, and splitting the days into various parts so that people could do the things necessary for their survival. Māui used his powers and magic abilities to save his sister Hina from her hideous husband-to-be. He fished the eel, killed and decapitated him, wrapped his head in tī (cordyline) leaves and gave Hina the bundle, telling her this: "Keep this bundle safely at your sides, and make sure you never put it on the ground until you are well at home. Once there, plant it in the middle of the marae (sacred place). This head holds within it great treasures for you and your people. It will give you everything you need to build your houses, to eat and drink and more!"

Hina grabbed the bundle and went on her way. She stopped to drink by a river, and forgetting what her brother had told her, she put the bundle on the ground and went to take a dip. As soon as she dove into the water, she remembered what Māui had told her. She ran to the riverbank and, to her great surprise, the earth opened up before her and swallowed the eel's head. A plant immediately began growing, and it grew and grew and turned into a strange tree that looked like a giant eel with its head reaching up towards the sun... This was the birth of the first tumu ha'ari, or coconut tree. Hina realized that she could no longer return to her home, but had to stay and oversee the growth of this new tree. Time passed, and



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the country suffered a big drought... but the coconut tree remained strong and healthy. After a while the people tasted its fruits and discovered that they were full of water and a sweet pulp. They saw that on the hard shell of each fruit there were three dark spots, just like the eel's two eyes and mouth. Lifting the coconut to her lips to drink the water, Hina realized that by doing so she was in fact marrying Fa'aravaianu'u and giving him the nuptial kiss that she had denied him at the wedding...

Source : adaptation of a version of the works by Teuira Henry, Tahiti aux temps anciens, Publication de la Société des Océanistes

Lexique Glossary

Ahima'a : four traditionnel tahitien / traditional Tahitian oven

'Aita : non / no

'A'ori ! : danse ! / dance!

'E : oui / yes

Faraoa : pain / bread

Fare : maison / house

Himene : chant / song

'Ia ora na : bonjour! / hello!

Ma'a : nourriture / food

Maeva : bienvenue / welcome

Maita'i ? : ça va ? / how are you?

Marae : site religieux sacré / holy religious site

Mauruuru : merci! / thank you!

Motu : îlot / island

Nana, Parahi : Au revoir! / goodbye!

'Orero : art oratoire / oratorical art

'Ori Tahiti : danse traditionnelle / traditional dance

Paepae : plate-forme en pierre / stone platform

Pahu : tambour / drum

Pape : eau / water

Pareu : paréo, tissu à usage multiple / pareo

Penu : pilon / pestle

Pe'ue : natte tressée en pandanus / Pandanus mat

Po'e : compote de fruit / fruit compote

Tama'a ! : à table ! / let's eat!

Tamure : danse en couple / couple dance

Tiare Tahiti : fleur emblème de Tahiti et ses îles
flower, emblem of Tahiti and her Islands

Tifaifai : couvre-lit en patchwork / patchwork bedspread

Tiki : statue en pierre / stone statue

To'ere : instrument à percussion polynésien
Polynesian percussion instrument

'Ukulele : guitare polynésienne / Polynesian guitar

'Umete : plat à fruits / fruit bowl

Va'a : pirogue à balancier / outrigger canoe

Vivo : flûte nasale / nasal flute





> RECETTE

Le poisson cru au lait de coco, fraîcheur et authenticité

Ingrédients

pour 4 personnes :

- 600 g de thon rouge ou blanc bien frais
- 1 concombre
- 2 tomates
- 1 carotte râpée (facultatif)
- Oignons verts
- 3 petits citrons verts
- 50 cl de lait de coco

- Coupez le thon en petits cubes et rincez-le à l'eau de mer ou à défaut à l'eau salée
- Découpez les légumes en petits dés
- Mélangez le tout, salez et poivrez légèrement
- Arrosez avec le jus de citron puis avec le lait de coco. Dégustez bien frais

> RECIPE

"Poisson Cru" Tahitian raw fish with coconut milk

Ingrédients for 4 portions:

- 600 g fresh tuna (red or white)
- 1 cucumber
- 2 tomatoes
- 1 grated carrot (optional)
- Green onions
- 3 small lemons/lime
- 50 cl coconut milk

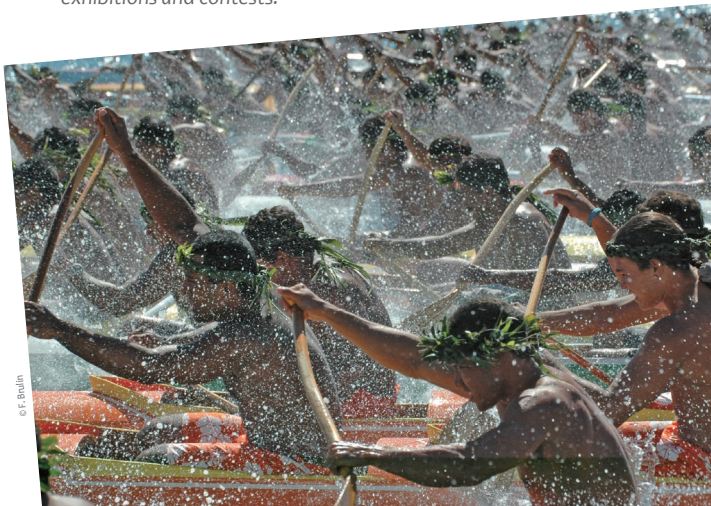
- Cut the tuna into small cubes and rinse them in seawater or simply in salted water
- Dice the vegetables
- Mix everything together and add a pinch of salt and pepper
- Pour in the limejuice, followed by the coconut milk.

Zoom

on the Heivā-i-Tahiti

The Heivā-i-Tahiti cultural festivities take place over a period of several weeks, and are a true celebration of everything Polynesian. All aspects of ancient Polynesian culture and arts are taken into consideration and celebrated through singing and dancing competitions, traditional Polynesian sports' contests, arts and crafts exhibitions and more. The festivities bring life to ancient words and gestures, and bring the entire Polynesian community together. The missionaries banned traditional singing and dancing in 1819, but after more than 65 years, in 1885, the Polynesian culture saw a revival and the early beginnings of these cultural celebrations began under the name "Tiurai" ("July" in Tahitian). In 1985, the "Tiurai" was renamed the "Heivā." The dancing competitions engage people of all ages and a large number of dance-troops and schools for months as they practice to learn the songs, choreography, and design and create costumes and outfits with flowers... The dance troops battle it out throughout the month of July in front of mesmerized audiences that have made their way to the "Place To'atā" to feel the vibration and power of the ancestral rhythms...

- > **The Heivā festivities also comprise competitions in traditional Polynesian sports**, such as fruit carrying contests, javelin throwing and canoe races (one-man outrigger canoes, double-hulled canoes and outrigger sailing canoes). The Polynesian participants put their heart and soul into the races, giving it their very best in order to secure a win in these highly esteemed, and often spectacular, games.
- > **The celebration of Polynesian arts and crafts is also an integral part of the festivities**, and the very best of Polynesian outfits, tīfaifai (hand-made Polynesian quilts), fans, baskets, hats, pē'ue (woven mats), sculptures and more are on display in the various exhibitions and contests.










Découvrez Papeete

Sightseeing in Papeetē

SERVICES PRATIQUES

PRACTICAL INFORMATION

-  > Office du Tourisme
Tourist office
-  > Office des Postes
Post office
-  > Internet
Internet
-  > Banques/DAB
Banks / ATM
-  > Toilettes
Restrooms
-  > Clinique Cardella
Cardella clinic
-  > Pharmacies
Pharmacies

FAIRE DU SHOPPING

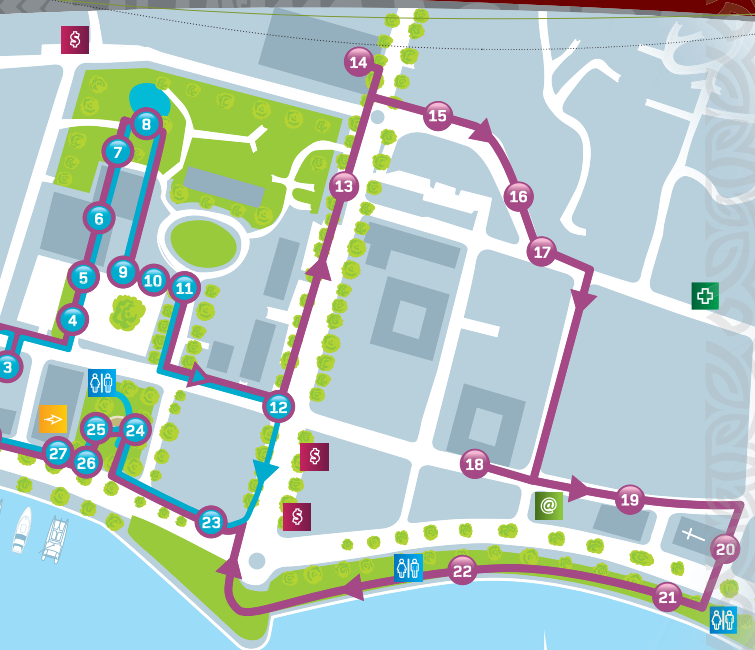
SHOPPING

-  1 > Marché municipal
Public market
-  2 > Centre commercial Vaima
Vaima shopping center
-  3 > Centre commercial Fare Tony
Fare Tony shopping center
-  4 > Quartier du commerce
Shopping area
-  5 > Supermarché Leader Price
Leader Price supermarket

SE DÉPLACER

HOW TO GET AROUND

-  > Taxis
Taxis
-  > Location de véhicules
Car rentals
-  1 > Gare maritime
Harbor station
-  2 > Quai des Ferries
Ferry dock
-  1 > Bus - Départ de...
Bus station West
-  2 > Bus - Départ de...
Bus station East



Parcours découverte Discover Papeetē

- i** > **Départ : Office du Tourisme**
Departure : Tourist office
- 1** > **Cathédrale de Papeetē**
Papeetē Cathedral
- 2** > **Fresque de la Bounty**
Fresco depicting the history of the Bounty
- 3** > **Maison de la reine Marau**
Queen Marau's House
- 4** > **Place Taraho'i**
Taraho'i Square
- 5** > **Buste de Pouvanaa a Oopa**
Bust of Pouvanaa a Oopa
- 6** > **Assemblée de la Polynésie française**
The French Polynesian Assembly
- 7** > **Jardin de l'Assemblée**
The Assembly Garden
- 8** > **Bain de la Reine**
The Queen's Pond
- 9** > **Résidence du Haut Commissaire**
The High Commissioner's Residence
- 10** > **Banier de Paul Gauguin**
Gauguin's Banyan Tree
- 11** > **Monument du général de Gaulle**
General de Gaulle's Monument
- 12** > **Avenue Pouvanaa a Oopa (ex Bruat)**
Pouvanaa a Oopa (ex Bruat Avenue)
- 13** > **Monument aux morts**
War Memorial
- 14** > **Présidence**
The Presidential Palace
- 15** > **Conseil économique et social**
Economic, social and cultural council
- 16** > **Académie tahitienne – Fare Vāna'a**
Fare Vāna'a - The Tahitian Academy
- 17** > **Maison du pharmacien**
The Pharmacist's House
- 18** > **Hôpital colonial Vai'ami**
The Vai'ami colonial hospital
- 19** > **Musée de la perle**
The Pearl Museum
- 20** > **Temple de Pā'ōfa'i**
The Pā'ōfa'i Church
- 21** > **Jardins de Pā'ōfa'i**
The Pā'ōfa'i Gardens
- 22** > **Port de Papeetē**
Papeetē Harbor
- 23** > **Commandement de la Marine**
The Navy Command
- 24** > **Parc Bougainville**
Bougainville Park
- 25** > **Buste de Bougainville**
The bust of Bougainville
- 26** > **Canon de la Zéléé**
Zéléé's cannon
- 27** > **Canon du Seedler**
The Seedler cannon
- 28** > **Matisse et l'hôtel Stuart**
Matisse and the Stuart Hotel
- 29** > **Marché municipal Mapuru a Paraita**
The Papeetē Market
- 30** > **Mairie de Papeetē**
Papeetē Town Hall

- Circuit court : 1h30/2h00**
Short tour : 1 1/2-2 hours
- Circuit complet : 2h30/3h00**
Complete tour : 2-3 hours

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TAHITI HERITAGE
NATURE & CULTURE



What to see in Papeetē ?

The Papeetē Market:

Full of bright colors, and with a typically Polynesian ambience, the market offers all kinds of traditional Polynesian arts, crafts and products. Sarongs (pareu in Tahitian), monoi oil and vanilla beans are beautifully presented alongside a variety of fresh fruits, vegetables, flowers, plants, fish and crustaceans. For those who prefer, ready-made dishes are also for sale. On the second floor of the market you can find typically Polynesian handicraft such as jewelry made out of mother-of-pearl, Tahitian black pearls or seashells, as well as clothing and sculptures... Tattoo artists are ready for you, should you decide to get a permanent souvenir from the islands! The market is open daily from 7:30 am to 6 pm, and on Sundays from 5 am to 9 am.



Papeetē Town Hall:

The town hall is an enlarged neo-colonial style replica of Queen 'Aimata Pōmare IV's palace. From the building's top floor you have panoramic views of the town, the harbor and the mountains. The wedding hall was recently redecorated and is available to host locals and visitors desiring an unforgettable wedding.

The Mahana pae: "Mahana pae" is Tahitian for "Friday," and it is also the name of a monthly cultural celebration. During these festivities, the Tourist Office and the town offer free daytime and evening entertainment with a cultural theme. Various forms of entertainment such as dance, music, expositions and demonstrations, film showings and more are on the program.



© I. Ozan

The Notre-Dame Cathedral: Towering over the heart of the city, the Notre Dame cathedral is the point of reference to the road that encircles the island, i.e. PK 0 of the “Point Kilométrique, or PK,” (meaning “kilometer point”) system, which is the local system for navigation. The church, which is made out of coral, from Mangareva in the Gambier Islands in 1875, and was restored in 2005. With its beautiful stained-glass windows and woodwork, it is well worth a visit!

Vaiete Square (“roulottes”): Next to the dock where the cruise liners lie, on the Vaiete Square, you can enjoy a cheap and yummy dinner as you watch the sunset and take in the cheerful and convivial ambience. The choice is yours: crepes, pizza, mouthwatering poisson cru, Chinese food and more is on the menu. An out of the ordinary, open-air, seaside dinner experience is awaiting you... The roulottes are open daily from 6:30 pm until late at night (ca 1 am).



© T. Sawyer



© I. Ozan

The Queen’s Fountain: the French Polynesian Assembly was built on the site where Queen ‘Aimata Pōmare IV’s palace used to be. In the back of the Assembly the Queen’s beautiful garden, as well as her fountain, remain, making it the perfect place for a calm break.

Queen Marau’s house: Hidden vis-à-vis the French Polynesian Assembly you will find the house that belonged to Queen Marau Taaroa who was Tahiti’s last queen, and the wife of King Pōmare V. The queen had the mansion built to her wishes in 1899, and the house belongs to her descendants to this day. In the old days the house was oceanfront and it is said that the queen spent much of her time on the balcony enjoying the fresh ocean breeze... The house is open for visitation Mondays through Fridays from 07:30 am to 5 pm. Entry is free.



© I. Ozan



© I. Ozan

Bougainville Park: Located a mere stone throw away from the Polynesian Assembly, the Bougainville Park is a virtual oasis of tropical and lush greenery with a stream running through it. Facing the ocean you will find a bronze bust in memory of French circumnavigator Louis Antoine de Bougainville who set foot upon Tahitian shores in 1768. Next to him, on either side, you will find two old canons, one of which was used by German ships in the bombardment of Papeetē in 1914.

The Pā’ōfa’i Gardens: Regardless the time of day, the well-kept Pā’ōfa’i gardens are constantly full of visitors. Families, athletes, couples and idlers come to these beautiful oceanfront gardens for a stroll, to play games on the grass or to picnic. The lovely views of the boats going in and out of the Papeetē harbor, and the silhouettes of the outrigger canoes make for a particularly serene atmosphere.



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The Pā'ōfa'i Temple: Straight across from the Pā'ōfa'i Gardens you can visit the Protestant temple with its colonial architecture and take part in one of the famous and frequent Polynesian church services. The site of the church has an interesting history and is known as the birthplace of Papeetē town, because in ancient times the legendary cultural and sacred place, or marae, Tū-mārama stood here.

The Robert Wan Pearl Museum: The famous pearl cultivator Robert Wan, who is also the owner of the jewelry company that carries his name, established the museum. Here you can learn about the history of the pearl, its uses, and the various techniques of pearl cultivation. Entry is free and the museum is open Mondays through Saturdays from 9 am to 5 pm (closed on holidays).



© ILOZAN



© ILOZAN

The old Vai'ami hospital: Built in the 19th century, this was the first hospital in Papeetē, and is one of the town's oldest buildings. Legendary painter Paul Gauguin was treated here on several occasions.

The Fautau'a Valley: Situated at the eastern exit of Papeetē town, the Fautau'a valley is the perfect place for a family stroll. A nice trail takes you upstream along the riverside to "Loti's pool," and further along to other pools where Queen 'Aimata Pōmare IV came to cool off and bathe in times past. In his book "Loti's Wedding," the famous writer Julien Viaud, alias Pierre Loti, used this place as a setting for several scenes with his young Tahitian companion Rārahu. A bust of the writer overlooks the river. If you cross the bridge and continue on for a while to the top of the waterfall you'll reach the Fachoda fort ruins from the French-Tahitian war in 1846. The hike, which goes through stunning nature and stops by historic sites, ends up at two cold freshwater pools that are connected by natural waterslides... fun and excitement for all! The hike takes about 2 hours, and in order to access this part of the valley you will need special permission from the Papeetē town hall, as well as to pay an entry fee of 600XPF per person.

The Bishop's Palace and the Mission quarter: A trip to the Mission quarter brings you back to the calm of Polynesia of the old days. In 1855, Bishop Tepano Jaussen bought 750 hectares of land on which the catholic mission could settle and thrive, using the land for agriculture and livestock farming. The magnificent gardens that remain on this huge property have some very rare species, such as a cacao tree, a camphor tree and even two walnut trees, a camphor tree and even two walnut trees. You can also visit the graveyard of catholic priests and the archbishop's residence. The small Episcopal chapel adds a certain nostalgic charm with its gothic architecture and pink walls that stand out amidst the lush vegetation.



What to see

on the island of Tahiti?

On the east coast

Pira'e : Located right next to Pira'e town hall with its impressive architecture is the must-see road up to the **Belvédère** (PK 2.5). The road goes through lush and scenic nature and takes you to a restaurant 600m/1969 ft. above sea level with magnificent, panoramic views. From the restaurant you can hike a number of trails, such as the wonderful, albeit tiring hike to the peak of **Mount Aora'i** at 2066 m/6778 ft. It is best not to go alone on this hike and you should count about five hours to complete it. There are two shelters along the way, so if you prefer, you can spend the night and split the hiking over two days.



© Ill. J.L. Saquet

PK= "Point Kilométrique", or, "kilometer point" is the local system for navigation. Pk 0 is located at the Papeetê Cathedral. You will find markers on the mountainside of the road every kilometer (both east and west coasts).

'Ārue : In 'Ārue you can visit the picturesque **tomb of King Pōmare V** (PK 4.7, ocean-side), and nearby you can also visit the family cemetery where other members of the Pōmare family are buried. At the **James Normal Hall museum** (PK 4.9) you can visit the writer's estate, which was constructed in 1892. Hall is famous for having written one of the versions of the novel "Mutiny on the Bounty" in collaboration with Charles Nordhoff in 1932. The museum is



open Tuesdays to Saturdays from 9 am to 4 pm (closed Sundays, Mondays and holidays). There is an entry fee,

except for children under the age of 12. The **colonial-style town hall** of the commune of 'Ārue (PK 5.7) is a sight in and of itself... While you are in 'Ārue make sure you stop by at **La Fayette** (PK 7), a lovely black sandy beach with crystal clear waters located right before the steep hills of Tahara'a. A **lookout point** at the top of hill gives you stunning views of Tahiti's sister island, Mo'orea, and is also the perfect place to admire the Tahitian sunset...

Māhina : Matavai bay (PK 10) was the place where Samuel Wallis set foot upon Polynesian shores in 1767. In the bay you can kick back on the long, black sandy beach at **Venus Point** as you enjoy panoramic views of the bay and of Mo'orea. In the adjacent park an eight-storey lighthouse overlooks the bay. The lighthouse dates from 1867, and was built by the father of the author Robert Louis Stevenson. To this date, it remains the only lighthouse in Tahiti.

Zoom on the discoverers

When the Europeans first "discovered" French Polynesia in the 18th century, they surely must have thought that they had found paradise on earth. Spanish circumnavigator Pedro de Queiros first arrived in Tahiti and her islands in 1605 claiming it for Spain followed by Samuel

Wallis who arrived in 1767. In 1768 French explorer Louis Antoine de Bougainville made his way to these islands thinking he was the first white man to arrive here. In an English expedition, James Cook set foot upon these shores in 1769. The circumnavigators kept coming and over time friendly and commercial connections were established with the Polynesian population. However, the arrival of the London Missionary Society in 1797 marked the beginning of the era of colonization, and with that things changed drastically...



Papeno'o : The commune of Papeno'o has much to offer both culturally and athletically speaking. The coastline is famous for its great waves-perfect for those wanting to learn how to surf, -while the valley is full of legendary and archeological sites and rivers and waterfalls. If you take a turn off the main road at PK 18, you can drive toward the heart of the island where you can stay at the Maroto hotel (Relais de Maroto) which is rumored to have Tahiti's best wine cave. Along the way you can stop at **Farehape**, a well-kept **archeological site** where you can visit two ancient marae (sacred ceremonial sites) and ancient Polynesian living areas. If you want to take full advantage of your trip to the archeological site, or you want to go swimming in the river and hike around, you might choose to rent one of the simple makeshift shelters, and stay the night on these sacred grounds. For further information, contact the Haururu association, ph: 79 83 83 / 42 87 27.





© M. Veillet

Zoom on Canyoning

Visitors to the islands often overlook Tahiti's vast opportunities for canyoning, but this activity really is something you don't want to miss out on! When the heat is unbearable on the beach or even in the lagoon, canyoning offers a spectacular and refreshing break. Whether you are a nature-lover seeking thrills, or the more mellow type, the island's many waterfalls and gorges are ideal for canyoning at any level. Amidst lush vegetation and in rivers where (friendly) freshwater eels dwell you can hike through gorges and valleys, slide down natural water slides and rappel down waterfalls. The options are literally endless in Tahiti, however the activity has not yet been fully developed here, which makes it an even more unique experience. For now you can have a go at speleo-canyoning in the lava tubes, dry rappelling in the Putoa canyon, visits to natural waterslides and more. A guide and professional equipment is necessary for safety's sake.

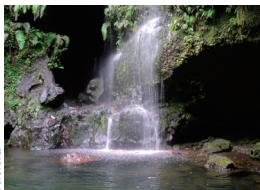


© P. Bacchet

Ti'arei : Right next to the road at PK 22 you will find the **Araahoaho blowhole** that powerfully sprays seawater-reminiscent of a geyser-as the waves come crashing in from below. Not far from the blowhole you can take an easy stroll up to visit the three beautiful **waterfalls of Fa'auruma'i**, and take

a refreshing plunge in the pools below the falls.

Hiti'a'a : The **lava tubes** at PK39 are well worth the detour. Over time water has carved through the mountain, making for stunning natural galleries where you can discover phosphorescent mushrooms, puhi tari (freshwater eels) and other natural wonders.



© J. Bacchet



© Collection du Service de la Culture et du Patrimoine

Bougainville's anchorage at PK 37.6. A sign on a rock at Hiti'a'a reminds us that in April of 1768, two French ships under the command of Louis Antoine de Bougainville anchored here for a period of nine days.



On the Presqu'île/Tahiti Iti (“Peninsula”)

Taravao : From the **Taravao plateaus** at PK 5 you have an excellent view of the isthmus of the Presqu'île, the peninsula which is also known as Tahiti Iti (“little Tahiti”). Whether you choose to visit the area by car or on horseback the tranquility of the rolling pastures where herds of cows graze make for a nice and peaceful backdrop.

Vaira'o : The small white sandy beach at PK 7, called **Māui beach** presents the perfect occasion to stop for a quick swim in pristine waters and to grab a bite before continuing on your tour of the island!

Tautira : The **Vaitepiha River** is said to be one of the island's most beautiful rivers, and is ideal for a refreshing dip!



The Vai'ote Valley : At the northern end of Tahiti Iti you can visit this valley with its many petroglyphs. At the river mouth you'll find a number of carved boulders. The biggest one is an oval boulder with carvings representing the rays of the sun and the sunrise over this area that was called *Te-pa'i'umara'a-ō-te-rā* (“the rising sun”) or *Te pa'i'umara'a-ō-te-atua* (“the rising of God”) in ancient times. Over time the name has been simplified into its present name “Tautira.” The land where these sculpted rocks lay is called *Hiti-te-rā* (“sunrise”).

Teahupo'o : At the end of the road at PK 18, lays a charming little village and its mythical waves. Teahupo'o's reef break is known internationally to be one of the (if not the) best waves in the world. Only the most brave and experienced surfers dare to take on the challenge of these powerful tubes!

Zoom on the Billabong Pro

Since 2000, Teahupo'o has hosted the Billabong Pro Tahiti surf competition every year in August. As one of the stops on the World Championship Tour (WCT) of surfing, the event gathers the world's top 35 surfers to battle it out in the fierce waves of Teahupo'o. It is at once one of the most anticipated and dreaded competitions, because of the size of the waves and the shallow and dangerous reef... Nevertheless, both foreign and local surfers take on the challenge with a grin! In order to get close to the action it is best to find a taxi-boat that can take you safely to the surf spot for captivating views directly into the tube... This is as close as you can get to surfing Teahupo'o, without getting wet!



© S. Dickinson

Fenua 'aihere and the Te Pari coast : Accessible only by foot or boat and with a guide, the **Fenua 'aihere** (on the Tautira side) is an isolated area with numerous trails and caves. **Te Pari site** (on the Teahupo'o side) with its numerous archeological and legendary treasures was classified in 1964, and is typical of the rich Polynesian history which remains imprinted in Polynesians' collective memory.

On the west coast

Papeari : The **Botanical Gardens** are situated right next to the **Gauguin Museum** at PK 51 close to the motu 'Övini. The lush, tropical gardens with their magnificent mǎpē forest and two old Galapagos turtles are worth the stop, and with a nice beach and a snack bar you can make it a day-trip! While the Gauguin memorial museum doesn't have any of Gauguin's original paintings, it does have some interesting original documents. The museum tells the story of Gauguin's life in Tahiti and onward to the Marquesas Islands, where he died in 1903. Both the botanical gardens and the Gauguin museum are open every day from 9 am to 5 pm. An admission fee is charged.



Mataiea : Situated at the heart of a luxurious tropical garden the magnificent waterfall at the **Vaipahi Spring gardens** (PK 49) has been classified as a "remarkable site" since 1952. In 2007 the spring gardens were renovated and now a

number of hiking trails lead up to the hills beyond the gardens. Make sure you stop by the **Vaima pool** at PK 48,6 for a swim in its crystal clear waters that are said to have healing properties. At the center of the island the Mataiea valley connects to the Papeno'o valley, by the **Vaihiria lake**, which hides the crater of the island (Tahiti Nui) in its depths. A lush and beautiful area well worth seeing.

Papara : The historical site at Atimāono has in modern times been transformed into a golf course, namely the **Olivier Breaud international golf course** (PK 41). It is a great course surrounded by stunning nature and all sorts of fruit trees grow here.



© J.L. Saquet

The **Taharu'u beach** at PK 39 lies at the river mouth of the river with the same name, and is a famous surf-spot as well as a really nice beach. Why not take the trip to the beach to relax in the sun as you watch the surfers after a long day at the golf course? Another place to visit in Papara is the town hall where you can see a big pyramid-shaped mausoleum that was built in memory of the illustrious Tātī Salmon, a descendant of the great family of chiefs of Papara.



© Z. Lengyel

Pā'ea : The grottoes at Mara'a, PK 28,5. Located right next to the main road these beautiful natural caves are fascinating. In one of the caves a small lake gives the optical illusion that the end of the cave is right there in front of you when in fact it's a long swim to reach it. The poet Victor Segalen was impressed to discover—

in the early 1900s— that there are in fact four successive caves, not just one. In Paea you can also visit two **marae** (ancient sacred places), the one called **'Ārahurahu** at PK 22,5, which has been moved and restored making for a beautiful archeological site where you can really get a grasp of the scope of these ancient constructions, and the second one called **marae Maraeta'ata** where you find three enclosures right next to each other, and which are thought to have been built over time in several stages. The **'Ārahurahu marae** hosts grandiose historical reenactments during the annual July Heiva festivities and every last week-end of the month.

Punaauia : The popular and famous **white sandy beach that carries the name "PK 18"** is great for swimming and offers a lovely view of the island of Mo'orea. Not far from here is another public beach and the **Mahana Park**, with a grassy resting and play area. The **Museum of Tahiti and her Islands** at PK 14,5



© filmmed.com



will teach you everything you ever wanted to know about the history, geography, fauna, flora, culture and settlement of French Polynesia. Beautiful old aerial pictures of the islands were recently added to the museum, completing this educational “tour” of the islands. The museum is open Tuesdays through Saturdays from 9 am to 5:30 pm (open holidays expect for January 1st). Admission fee. Along the way back towards Papeetē, you can stop for an instructive and enticing moment at the **Lagoonarium** at PK 11,5. Entering into the mouth of two giant concrete sharks you go below sea level to catch a view of countless species of fish, sharks, moray eels, anemones and more. The lagoonarium is open every day from 9 am to 5 pm, and there is an admission fee. The **Ta’apuna reef pass** lies straight outside a beautiful and accessible coral garden. Ta’apuna is a famous surf-spot, but- as is the case with many of Tahiti’s surf-spots- it is reserved for confirmed riders...the reef here is sharp and shallow!

Zoom on the Orange Festival

Punaauia is known as the “orange commune.” In 1777, Cook planted orange trees on the plateaus of Te-Tāmanu, and they thrived so well that by the mid-1800s French Polynesia was exporting these sweet and juicy oranges. Every year during the Orange Festival at the end of June, the commune organizes a orange carrying race where the orange pickers have to have the physical endurance to run into the heart of the island, up to an altitude of 800 m/2625 ft where the orange trees stand, and then run back down with the heavy nets filled with harvested oranges. Certain rules apply to the hiking trail in order to preserve the orange trees.



Fa’a’a : Mount Marau at PK 5,2 can be reached either by foot or car. From the top you have breathtakingly beautiful views towards the heart of the island: magnificent plateaus, valleys, and rivers reveal themselves once you make your way through the lush vegetation. The wild raspberries that grow along the trail are certain to keep you going all the way to the top! The **Hotuarea Spring** at PK 4 used to be the water supply for Fa’a’a are, but is no longer visible, however there remain some charming pools which are great for swimming.

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この企画は、自然環境、文化、モノイ®の歴史、モノイ®の製造工程、モノイ®の活用方法、モノイ®の魅力を伝えるためのものです。

1 Botanique

- 1 Parcours Botanique: Le Monoï® de Tahiti et des Îles. Papeete. PR 13.000 euros. Tél. 47 39 39, sur les jours de 08h30 à 17h30, sauf le lundi et le dimanche. Exposé permanent.
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- 3 Champ de Taro et cueillette de cannettes Tahiti. Papeete. Papeete. PR 39.000 euros. Tél. 72 72 72, sur les jours de 08h30 à 17h30, sauf le week-end.
- 4 Point de vue: cueillette et cueillette à Papaiti. Papeete. Papeete. PR 39.000 euros. Tél. 72 72 72, sur les jours de 08h30 à 17h30.
- 5 Point de vue: champ de Taro Tahiti. Papeete. Papeete. PR 48.000 euros. Tél. 72 72 72, sur les jours de 08h30 à 17h30.
- 6 Conservation de plantes médicinales. Papeete. Papeete. PR 39.000 euros. Tél. 72 72 72, sur les jours de 08h30 à 17h30.

15 Point de vue - cueillette

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Official website www.monoiaddict.com

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Useful information: download the map just use above all markets services, your holiday guide.

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Spécial focus

sur la Route du Monoï®
Zoom on the Monoï® Road

Partez à la découverte de La Route du Monoï® 1ère route touristique en Polynésie française !

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Marina Taina, Punaauia
Tel. : (689) 41.22.23
GSM : (689) 78.01.38

RESTAURANT STAR STUDIO

Fare Tony, Papeete
Tel. : (689) 45.30.13

RESTAURANT TAUMATAI

PK 0,5 Taravao
Tel. : (689) 57.13.59

RESTAURANT TERRE-MER

PK 58,800 Taravao, côté mer
Tel. : (689) 57.08.57

RESTAURANT VAITOHI

Hôtel Manava Suite Resort
Tahiti, PK 10 Punaauia
Tel. : (689) 47.31.00

**RESTAURANT-SNACK DU
JARDIN BOTANIQUE**

Papeari
Tel. : (689) 57.17.59

ROYAL KIKIRIRI

Rue Colette, Papeete
Tel. : (689) 43.58.64

TIARE

Hôtel InterContinental Resort
Tahiti, Punaauia
Tel. : (689) 86.51.22

TOA SUSHI PIRAE

PK 1 Pirae
Tel. : (689) 50.13.98

VIGNE EN VERRE

Rue Paul Gauguin, face à la
mairie de Papeete
Tel. : (689) 42.28.28

WESTERN GRILL

PK 12,6 Punaauia, côté mer
Tel. : (689) 41.30.56

Cuisine italienne / Italian cuisine

LOU PESCADOU

Rue Anne-Marie Javouhey,
Papeetē
Tel. : (689) 43.74.26

L'APIZZERIA

Front de mer, boulevard
Pōmare - Paofai, Papeetē
Tel. : (689) 42.98.30

LA SQUADRA

Passage Cardella, Papeetē
Tel. : (689) 41.32.14

COTÉ JARDIN

Centre Moana Nui, Punaauia
Tel. : (689) 43.26.19

MAJESTIC PIZZA

Avenue du Cdt Chesse
Mamao, Papeetē
Tel. : (689) 83.25.49
GSM : (689) 71.05.07

Cuisine traditionnelle / Local cuisine

MARKET COFFEE

4 rue Edouard Ahnne, Papeete
Tel. : (689) 45.60.70



Shopping

In Papeetē

Most of the shops are to be found downtown. There is a good variety and selection of things to buy and some shops even offer duty free shopping for visitors to the islands (you can pay in USD and Euros). Opening hours are approximately from 8 am to 5 pm. Closed on Saturday afternoons and Sundays (with some exceptions).

Vaima Center and Fare Tony : Located at the heart of Papeetē across the street from the Cathedral you can find numerous clothing stores and a couple of perfume shops, a bookstore, a hairdresser, jewelry stores, souvenir shops and banks, as well as a good selection of restaurants and bars offering all sorts of food and drinks.



The Papeetē Market

On the market's first floor : various stalls sell a great selection of vegetables, fish, ready-made food, flowers, woven baskets, hats, monoi oil, vanilla, shell necklaces and shells by the bottle. On the outside area of the first floor: you can buy pareos (sarongs) in all imaginable colors, and the deliciously fresh and fragrant flowers in bunts or prepared in flower leis or head wreaths.



On the second floor : you'll find booths selling Polynesian arts and crafts (such as textiles and objects carved in mother-of-pearl or wood) and tattoo artists ready to make their mark! In the areas surrounding the market the typical "Chinese stores" sell just about everything you can think of, and some specialized fabric stores sell the very best of Polynesian style fabrics.

Fare Manihini : By the ocean-front, in the same building as Tahiti Tourist Office, local artisans sell pareos (sarongs), shell necklaces and other arts and crafts from their stalls under a pergola.



In Punaauia

The Carrefour department store at PK 10 comprises a pharmacy, restaurants, clothes stores, a perfume store and a hairdresser. Opening hours are from 8 am to 8 pm Mondays through Saturdays, and Sunday mornings.



The Tamanu shopping center at PK 15 is a complex with a number of different shops (clothes, shoes, beauty salon, DVD rentals, pharmacy, tattoo salon, restaurants and more).

In Mahina

The Te fetia o te fauroa arts and crafts center at Venus Point (PK 10) offers a variety of demonstrations and events (Open Mondays to Saturdays from 9 am to 5 pm).



The Champion department store at PK 10. Here you can find clothes stores, a computer and cell-phone store, a hairdresser, a pharmacy and two snack bars.

In all the other communes on Tahiti you'll be able to find a good selection of everything you need as far as food goes (supermarkets, grocery stores, restaurants, snack bars or "roulottes"), as well as a number of other shops (clothes, souvenirs, art galleries and more).

What to bring back from Tahiti ?

In Papeetē and particularly at the Papeetē market-you can find all kinds of arts and crafts from the various archipelagoes: woven objects, wickerwork, monoi oil, sculptures, pearls, sarongs, jewelry, *tapa* (vegetal cloth), *tifaifai* (hand-sewn quilts) just to name a few. Most of the pearl boutiques in Papeetē allow you to design your jewelry according to your wishes, choosing your pearls and how you want them mounted. Polynesian-style clothing, tableware and books are also for sale in Tahiti. The ancient Polynesian art form of tattooing continues to be practiced all over French Polynesia, and -for the brave- a tattoo makes for an original, beautiful and everlasting souvenir!



➔ **Bureaux de postes (siège) / Post offices (head office)**

OFFICE DES POSTES DE PAPEETE
CENTRE DES MESSAGERIES POSTALES
Tel. : (689) 41.43.43

🏠 **Les banques (siège) / Banks (head office)**

BANQUE DE POLYNÉSIE
2, Place de la Cathédrale,
Papeete
Tel. : (689) 46.77.77

BANQUE SOCREDO
115, rue Dumont d'Urville,
Papeete
Tel. : (689) 41.51.23

BANQUE DE TAHITI
38, rue François Cardella,
Papeete
Tel. : (689) 41.70.00

LES NUMEROS D'URGENCE / IN CASE OF EMERGENCY

S.M.U.R / <i>Emergency hotline</i>	15
Pompiers / <i>Fire dept</i>	18
Police-Secours / <i>Police hotline</i>	17
Gendarmerie de Papeetë / <i>Gendarmerie of Papeetë</i>	46.73.67
Secours en mer / <i>Sea rescue</i>	46.53.16
SOS médecins / <i>SOS Doctors</i>	42.34.56
Médecins & pharmacie de garde <i>Doctors and Pharmacies on duty</i>	47.01.47

LES NUMEROS UTILES / USEFUL NUMBERS

Indicatif / <i>Area code</i>	689
Renseignement téléphonique (OPT) <i>OPT (directory information)</i>	4499
Direction de la Sécurité Publique / <i>Police headquarters</i>	47.01.47
Aéroport de Tahiti Faa'a / <i>Tahiti Faa'a airport</i>	86.60.61
Douanes / <i>Customs</i>	50.55.50
Météo prevision par archipel <i>Weather forecast per archipelago</i>	36.70.08

🏠 **Santé et urgence / Health and emergencies**

**CENTRE HOSPITALIER DE LA
POLYNESIE FRANÇAISE**
HÔPITAL DU TAAONE, Pirae
Tel. : Standard - *Switchboard*
(689) 48.62.62
Urgences - *Emergency* (689) 15

CLINIQUE PAOFAI
Paofai, Papeete
Urgences - *Emergency*
(689) 46.18.18 / 46.18.90

CLINIQUE CARDELLA
Papeete
Tel. : Standard - *Switchboard*
(689) 46.04.00
Urgences - *Emergency*
(689) 46.04.25

HOPITAL DE TARAVALO
Taravao
Tel. : Standard - *Switchboard*
(689) 54.77.68 / Urgences -
Emergency (689) 57.76.76

SOS MEDECINS
Tel. : (689) 42.34.56