

GUIDE DU VISITEUR

RANGIROA - MANIHI - TIKEHAU
FAKARAVA - TAKAPOTO - 'ANAA
MATAIVA - HAO - MAKEMO - AHE
RĒAO - KAUEHI - ARATIKA
MANGAREVA

VISITOR'S GUIDE

LES ÎLES TUAMOTU-GAMBIER - TUAMOTU-GAMBIER ISLANDS



www.tahiti-tourisme.pf

 *Tahiti*
TOURISME

Lexique Glossary

Kōpihe : four traditionnel tahitien / traditional Tahitian oven

Kaore : non / no

A kori ! : danse ! / dance!

Koia : oui / yes

Māmahu : pain / bread

Fare : maison / house

Hīmene : chant / song

Kia ora na : bonjour ! / hello!

Katinga : nourriture / food

Maeva : bienvenue / welcome

Maitaki ? : ça va ? / how are you?

Marae : site religieux sacré / holy religious site

Māuruuru : merci ! / thank you!

Fenua : îlot / island

Ka noho! : Au revoir ! / goodbye!

Kōrero : art oratoire / oratorical art

Kori Tahiti : danse traditionnelle / traditional dance

Paepae : plate-forme en pierre / stone platform

Pahu : tambour / drum

Komo : eau / water

Pāreu : paréo, tissu à usage multiple / pareo

Penu : pilon / pestle

Pē'ue : natte tressée en pandanus / Pandanus mat

Kārapu : compote de fruits / fruit compote

Mai a kai ! : à table ! / let's eat!

Tāmure : danse en couple / couple dance

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

Tifaifai : couvre-lit en patchwork / patchwork quilt

Tiki : statue en pierre / stone statue

Tōngere : instrument à percussion polynésien
Polynesian percussion instrument

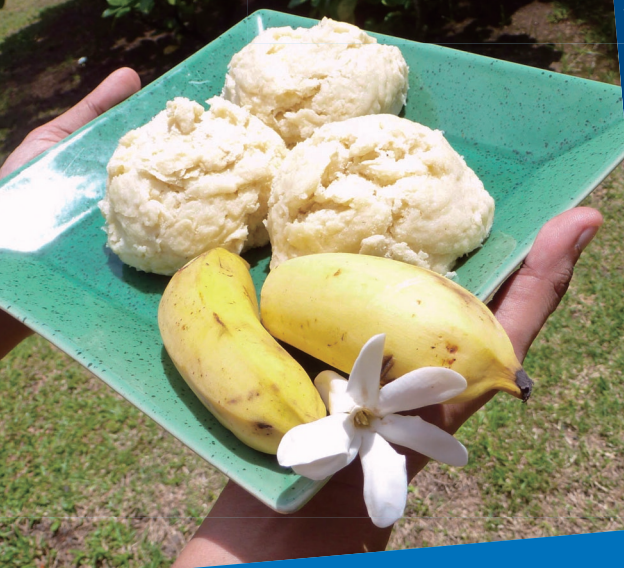
Ukurere : guitare polynésienne / Polynesian guitar

Kūmete : plat à fruits / fruit bowl

Kau : pirogue à balancier / outrigger canoe

Vivo : flûte nasale / nasal flute





> RECETTE

Ipo banane, le pain des Tuamotu

Ingédients

pour 6 personnes :

- 6 bananes
- 1 sachet de levure
- 6 cuil. à soupe de sucre
- 100 g. de farine
- 1 bol d'eau tiède
- 6 feuilles de papier aluminium
- Huile

- Ecrasez les bananes puis ajoutez la levure,
- Incorporez le sucre et petit à petit la farine tout en pétrissant, ainsi que l'eau tiède jusqu'à obtention d'une pâte semi épaisse,
- Séparez la préparation en 6 et mettez chacune des boules dans une feuille d'aluminium préalablement huilée. Refermez,
- Faites les cuire à la vapeur pendant environ 45 minutes.

> RECIPÉ

Ipo banana, the bread of the Tuamotu

Ingredients for 6 persons:

- 6 bananas
- 1 bag of yeast
- 6 tablespoons of sugar
- 100g of flour
- 1 bowl of warm water
- 6 sheets of aluminum foil
- Oil

- Crush bananas then add yeast,
- Combine with sugar and gradually add flour while kneading it, then add warm water until obtaining a thick dough
- Divide the preparation in 6 parts and wrap each ball into an oiled aluminum foil. Close.
- Steam cook for about 45 minutes.

La légende

de Māui (version Tuamotu)

Tagaroa était un des hommes du dieu Tāne, celui-là même qui parvint à subtiliser le feu au dieu de la création des Tuamotu, Ātea. Tāne devint alors le dieu tout puissant et prit pour demeure terrestre le grand atoll de Fakarava. De là, Tagaroa prit pour femme une mortelle, 'Uahe'a, avec qui il eut six enfants. Aucun d'eux n'avaient jamais vu son père et interrogeaient en vain leur mère à son sujet. Le dernier fils, Māui, plus curieux et plus intelligent que les autres, décida de découvrir lui-même son père. Un soir où il l'aperçut, il décida de le suivre : Tagaroa, avec son épouse, s'introduisirent dans un orifice conduisant à la deuxième plateforme terrestre, où des gardiens empêchèrent Māui d'entrer. Il prit alors la forme d'un oiseau pour pénétrer dans la région de son père. Mais sa mère le reconnut et Tagaroa fut humilié d'avoir été dupé par son jeune fils. Aucun mortel, sauf 'Uahe'a, n'avait le droit de s'aventurer ici. Pour effrayer Māui, qui avait repris son enveloppe première, Tagaroa ordonna un combat entre son fils et de mauvais esprits (*vārua 'ino*), transformés pour l'occasion en insectes en tout genres qui attaquèrent Māui de tous les côtés. Mais le courageux jeune homme sortit victorieux de l'épreuve et pour le récompenser, son père lui donna la permission d'attraper le soleil et de régler sa course afin que les populations du monde puissent avoir le temps de cuire leur nourriture et de la manger pendant le jour, et de dormir pendant la nuit. C'est ainsi également que, grâce à Māui, le feu, tiré des rayons du soleil, fit son apparition dans le monde pour être utilisé par les humains.

Source : D'après Teuira Henry, « Tahiti aux temps anciens ». Transmis par Taroi-nui, chef des Tuamotu, avec l'aide de Mme Walker.

The legend

of Māui (Tuamotu version)

Tagaroa was one of the men of the God Tane. Tane was the god who stole fire from Ātea, the god who had created the Tuamotu Islands. In possession of fire, Tane became the almighty god, and went to live on the big atoll called Fakarava. In Fakarava, Tagaroa married a mortal woman named 'Uahe'a, and had six children. None of the children had ever met their father, and they constantly asked their mother about him. The youngest son, Maui, was more curious and intelligent than the rest and he set out to find his father. One night, Maui saw his father and followed him. Along with his wife, Tagaroa went through a secret gateway that led to the second terrestrial world, and Maui tried to follow them, but the guards stopped him from entering. Then Maui transformed himself into a bird and managed to make his way



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into his father's secret domain. But Maui's mother recognized him, and Tagaroa was angry and humiliated to have been fooled by his own son. Maui's mother, 'Uahe'a, was the only mortal allowed inn. Maui was no longer disguised as a bird, and to frighten him, and frighten him, Tagaroa ordered a combat between Maui and the vicious spirits that had transformed into all imaginable kinds of insects for the occasion. The insects attacked Maui from all sides, but the courageous young boy finally won the battle. To reward him, Tagaroa gave Maui permission to capture and control the sun in its course. And that Maui came to control night and day, so that people all over the world could prepare and eat their food during the daytime, and rest during the night. It was also thanks to Maui that fire, which was taken from the rays of the sun, came to the earth and could be used by men.

Source : Teuira Henry, « Tahiti aux temps anciens ». Told by Taroi-nui, chief in the Tuamotu Islands, with help from Mrs. Walker.



Zoom

Discovery: The jewel of the lagoon, the black pearl

At the origin of the Black Pearl of Tahiti: the *Pinctada Margaritefera, cumingii* variety, is a pearl oyster found in Polynesian lagoons, especially in the Tuamotu and Gambier islands. The oyster secretes naturally a pigment that gives the inimitable tones of the Black Pearl of Tahiti, poe rava. But to obtain this iridescent gem, a lengthy labor is needed. The young oysters, called “naissains”, are collected by gatherers and let to grow inside nets for six months. They are then sorted, cleaned, and hung in strings before being grafted (injection of a small natural nucleus in the reproductive organ, associated with a small piece of the body of another oyster). As a defense mechanism, the shell secretes more or less regular layers of nacre around the intruder, which form a pearl. Dipped back in the lagoon to grow, the oysters are regularly sorted and cleaned during a period of eighteen months to four years preceding the harvest and the selection. Several years of attention are therefore needed to obtain a beautiful cultured pearl, the result of a wise and patient alchemy, to produce the most prestigious masterpiece of the South Seas. Connoisseurs rely on a number of criteria to evaluate and select a Tahitian pearl: its size, orient and luster, color, shape and purity. But remember: the choice of a pearl is primarily a matter of love at first sight!











Maeva, welcome to Rangiroa

In Tahitian, Rangiroa is also called Ra'iroa, meaning “immense sky”. And for a reason: 280 km in circumference around a lagoon 77 km long and 26 km wide. The largest atoll of Polynesia is also the second largest in the world by the size of its lagoon, which could contain all of Tahiti and its peninsula! Located about 350 km northeast of the island of Tahiti, Rangiroa consists of nearly 250 islets separated by hōā, shallow channels between the ocean and the lagoon, and two passes: Tiputa and Avatoru. Around the passes are gathered most of the 2500 inhabitants and key infrastructures such as the airport, wharfs and hotel facilities. While Rangiroa was spotted in 1616 by Dutch navigators Le Maire and Schoutter, traces of settlement and pre-European civilizations that managed to thrive on this atoll are still present in the form of relics such as marae. Much later, the first Europeans to settle there permanently were Catholic missionaries around 1860. Today tourism, copra harvesting and fishing are the main activities of Rangiroa, renowned for its rich marine life, with world-renowned diving sites.

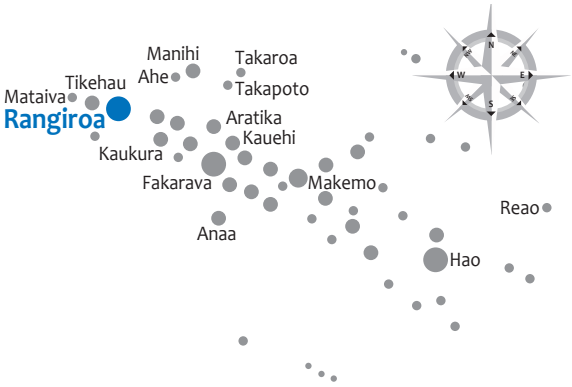
Several daily flights (non stop: 1h)

Rangiroa



-  Aéroport / Airport
-  Port / Dock
-  Banque / Bank
-  Office des Postes / Post office
-  Location de véhicules / Vehicle rentals
-  Site touristique / Site of interest
-  Centre de plongée / Scuba diving center
-  Ferme perlière / Pearl farm

-  Hôtel / Hotel voir / see page 38
-  Hébergement chez l'habitant et petite hôtellerie familiale / Family hotel voir / see page 39



Tiputa



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Les sables Roses

What to see

on the island of Rangiroa?



© L. Pesquière/BLP

Avatoru

The village of Avatoru hosts shops, banks and government offices. Do not miss the St. Michel Catholic Church, with its high walls painted red and yellow and its colorful stained glass windows. Avatoru is a pleasant place to live by the lagoon. The

villagers like to gather on the wharf at the end of the afternoon to fish. Each week, the joyous spectacle of schooners coming from Tahiti brings the population together in a festive atmosphere.

Tiputa

Nestled on the banks of the pass, this village is more intimate. You must come there for a walk early in the morning or late in the afternoon to have the pleasure of watching the spectacle of dolphins playing in the pass. As they are sedentary it is nearly impossible to miss them!

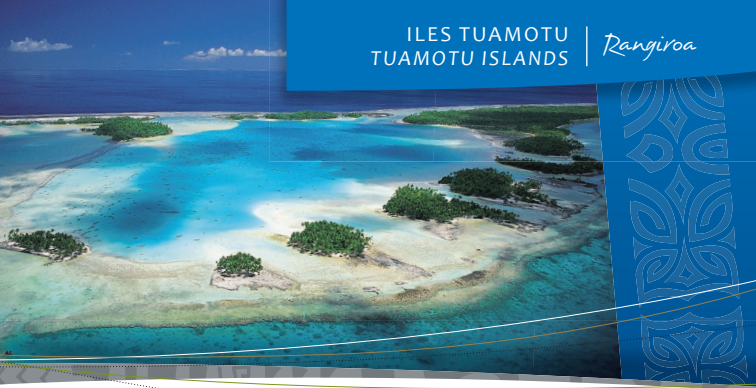
The lagoon, an inland sea

Various excursions are organized on the lagoon to discover the natural wealth of Rangiroa.

Located thirty miles south of Avatoru, on the other side of the lagoon, “**The Island of Reefs**” appears in all its complexity. Many coral reefs dotted with feo, elevated coral blocks, and shaped by the ocean’s whip, stretch over several hundred meters. A lunar, out of the ordinary landscape, whose rough aspect contrasts with the clarity of surrounding natural pools. Most observers will take the opportunity to admire the Gallicolombe (Tutururu in pa’umotu) a bird now found only in the Tuamotu.

© P. Barcnet





West of the atoll, the emblematic “Blue Lagoon”, of Rangiroa, is even more heavenly than a postcard picture. This charming site consists of eight islets forming an enclave within the lagoon. The program includes: sparkling white sand, hundreds of coconut trees, warm turquoise water and a myriad of colorful fish.

The “Pink Sands” is another natural curiosity that can be discovered 2 hours away by boat southeast of Avatoru. Dunes extend over a shoal and consist of white sand entirely colored by layers of deposits of foraminifera (coral residues), which, through accumulation, give it this pink aspect. A magnificent and surprising place for its colors, which under the effects of the sun, spread out in shades of pink.

Zoom on the vineyard

Believe it or not, wine is being produced on a coral island with no soil and where the temperature averages 27° C (84° F)! The adventure has been going on now for over 10 years ... This unique vineyard in French Polynesia is due to the audacity of an entrepreneur and wine lover who succeeded to found the wine of Rangiroa, whether red, rosé or white, made from French cepages. The vines grow in the shade of a coconut grove next to the lagoon and the grapes are transported by boat to the winery located in Avatoru. An original show that you can enjoy during a visit and taste the unique flavor of the “Wine of Tahiti.” Wine lovers will enjoy discovering a state of the art technology operation in a truly exotic landscape.





Les Activités Activities

Rangiroa, ce sont des plages de rêve et des récifs coralliens que le Commandant Cousteau a classé en tête des plus beaux du monde. La palette d'activités nautiques est à la hauteur de ce cadre enchanteur : découverte des fonds marins à bord d'un bateau à fond de verre, excursion en pirogue à moteur au cœur de véritables aquariums géants, plongée libre dans les jardins de corail, rencontre avec les dauphins, découverte des « sables roses », pêche en haute mer... Paradis de la plongée sous-marine, débutants ou confirmés seront éblouis par l'abondance de la faune et la diversité des sites.

Rangiroa, boasts dreamy beaches and coral reefs that Commandant Cousteau ranked as the very best in the world. The range of nautical activities lives up to this enchanting environment: a glass bottom boat, excursion to the heart of live giant aquariums, snorkeling in coral gardens, swimming with dolphins, discover... deep sea fishing, etc. In this paradise for scuba divers, beginners or experts will be dazzled by the abundance of marine life and the diversity of sites.

Plonger à Rangiroa

On vient du monde entier plonger à Rangiroa, aux fonds sous-marins d'une exceptionnelle richesse. L'eau étant très claire, la visibilité est remarquable. Les sites aux abords des passes abritent une concentration de requins particulièrement

importante, pour le plus grand bonheur des amateurs de frissons. Attention toutefois, car ce type de plongée « dérivantes » (on plonge lorsque le courant entre dans la passe) demande un minimum de technique. Dans la passe de Tiputa, les dauphins peu farouches sont bien évidemment de la partie, au-dessus d'un rassemblement de requins gris et parfois, plus en profondeur, d'impressionnants requins-marteaux. La passe d'Avatoru est le royaume des tapête, requins à pointe blanche. Il n'est pas rare de voir évoluer raies Manta, napoléons et autres carangues au cours de cette merveilleuse balade sous-marine. Les débutants trouveront leur bonheur au site de « l'aquarium », calme et abrité, où une faune riche en couleur vous éblouira.

Diving in Rangiroa

People come from all over the world to dive in Rangiroa, for the exceptional richness of its underwater life. The water is clear, the visibility outstanding. The sites around the passes feature an especially great concentration of sharks to the delight of thrill seekers. Be careful, however, as this type of "drift" diving (diving when the current enters the pass) requires a minimum of technique. In the Tiputa pass, tame dolphins are obviously part of the show, above a gathering of gray sharks and sometimes, deeper, impressive hammerhead sharks. Avatoru Pass is the realm of tapête, white tip sharks. It is not uncommon to see manta rays swim around napoleon fishes and jack fishes during this wonderful underwater journey. Beginners will enjoy diving at the calm and sheltered "aquarium", where a fauna rich in color can be found.

ACTIVITÉS NAUTIQUES / NAUTICAL ACTIVITIES

Bateau à fond de verre / Glass bottom boat

MATAHI EXCURSIONS

Pointe Ohotu, Avatoru

Tel. : (689) 96.84.48 / GSM : (689) 79.24.54

Centres de plongée sous-marine Scuba diving centers

RANGIROA PARADIVE

Pointe Ohotu, Avatoru

Tel. : (689) 96.05.55

SARL RANGIROA PLONGEE

Pointe Ohotu, Avatoru

Tel. : (689) 96.03.13

GSM : (689) 27.57.82

THE SIX PASSENGERS

Terre Tauamao, Avatoru

Tel. : (689) 96.02.60

GSM : (689) 30.32.59

TOPDIVE-BATHYS RANGIROA

Hôtel Kia Ora Resort & Spa

Plage de Reporepo

Tel. : (689) 96.05.60

GSM : (689) 72.39.55

Y AKA PLONGEE RANGIROA

Entre l'hôtel Kia Ora Resort & Spa

et la plage public de Avatoru

GSM : (689) 20.68.98

Excursions privées / Private excursions

WATERGAMES

Ohotu

Tel. : (689) 96.04.49 / GSM : (689) 21.25.87

Excursions sur le lagon & dans les passes *Nautical lagoon & coral reef pass excursions*

MAURICE TAXI BOAT

Tiputa

Tel. : (689) 96.76.09

GSM : (689) 78.13.25

OVIRI EXCURSIONS

Ohotu

Tel. : (689) 96.05.87

PA'ATI EXCURSIONS

Avatoru

Tel. : (689) 96.02.57

GSM : (689) 79.24.63

RAGI EXCURSIONS

Tiputa

Tel. : (689) 96.74.16

GSM : (689) 72.70.53

TEREVA TANE E VAHINE

Avatoru

Tel. : (689) 96.82.51

GSM : (689) 70.71.38

Pêche sportive en haute mer *Deep-sea sport fishing*

WATERGAMES

Ohotu

Tel. : (689) 96.04.49 / GSM : (689) 21.25.87

Centres de relaxation et Spa *Relaxation centers and Spa*

POEKURA

Hôtel Kia Ora Resort & Spa

Tel. : (689) 93.11.11

DIVERTISSEMENTS / ENTERTAINMENT

RESTAURANTS / RESTAURANTS

Cuisine française & internationale *French & international cuisine*

KAI KAI

Avatoru

Tel. : (689) 96.03.39

RESTAURANT KIAORA

Avatoru

Tel: 689. 931.111

LE LAGON BLEU

Avatoru,

Hôtel Maitai Rangiroa

Tel. : (689) 93.13.50

RAIRA LAGON

PK 4, Avatoru

Tel. : (689) 93.12.30

GSM : (689) 29.85.03

SNACK DE LA MARINA

Marina de Avatoru

Tel. : (689) 96.85.64

GSM : (689) 78.62.65

SNACK/RESTAURANT CHEZ AUGUSTE ET ANTOINETTE

Avatoru, face à la marina

Tel. : (689) 96.85.01

VAIMARIO

Avatoru

Tel. : (689) 96.05.96

RESTAURANT DE L'HOTEL KIA ORA

Avatoru

Tel : (689) 93 11 11



© G. Le Baron

Shopping

A Avatoru, il y a quelques boutiques proposant des perles (nues et montées), de l'artisanat, du vin de l'atoll et même du miel de Rangiroa. Les boutiques des deux hôtels sont bien achalandées en souvenirs variés.

Plusieurs supérettes à Avatoru, ouvertes en semaine de 6h à 12h et de 15h à 18h, dont certaines le dimanche matin (de 6h à 8h).

Que ramener de Rangiroa ?

Du vin, du miel, des perles.

Shopping

In Avatoru, there are a few shops offering pearls (loose or mounted), arts and crafts, wine from the atoll and even honey from Rangiroa. The two hotels' boutiques feature a large choice of various souvenirs.

There are several small grocery stores in Avatoru, open during the week from 6 am to 12 noon and from 3 pm to 6 pm, some are open on Sunday morning (6 am to 8 am).

What to bring from Rangiroa?

Wine, honey, pearls.

Informations pratiques

Practical Information

Office du tourisme / Tourist office

COMITÉ DU TOURISME DE RANGIROA

Avatoru

Tel. : (689) 93.11.30 / GSM : (689) 78.79.78

LES TRANSPORTS / TRANSPORTATION

Aéroport - Les vols réguliers Airport - Regular flights

AÉROPORT DE RANGIROA

Avatoru

Tel. : (689) 96.05.77

ESCALE AIR TAHITI

Tel. : Agence - Agency

(689) 93.14.00 / Escale -
Stop over (689) 93.11.00

Les transferts lagunaires / Lagoon transfers

MAURICE TAXI BOAT

Tiputa

Tel. : (689) 96.76.09 / GSM : (689) 78.13.25

Location de véhicules / Car rentals

ARENAHIO LOCATION

Avatoru

Tel. : (689) 96.82.45

GSM : (689) 73.92.84

JEAN-JACQUES GANDY

Avatoru

Tel. : (689) 96.03.13

GSM : (689) 27.57.82

GIROUX RANGIROA SERVICES

Tel. : (689) 96.04.96

GSM : (689) 79.24.79

RANGI RENT A CAR

Avatoru

Tel. : (689) 96.03.28

GSM : (689) 21.94.62

Transporteur touristique terrestre *Tourist land carrier*

GIROUX RANGIROA SERVICES

Tel. : (689) 96.04.96 / GSM : (689) 79.24.79

Les taxis / Taxis

M. IGNACE TUPAHIROA

GSM : (689) 77.28.02

M. TEMEEHU PIAVARI TETOKA

GSM : (689) 22.91.62

Bureaux de postes / Post offices

AGENCE OPT DE AVATORU

Tel. : (689) 96.83.81

AGENCE OPT DE TIPUTA

Tel. : (689) 96.73.80

Les banques / Banks

BANQUE DE TAHITI

Avatoru

Tel. : (689) 96.85.52

BANQUE SOCREDO

Avatoru

Tel. : (689) 96.85.63



Police et gendarmerie / Police

BRIGADE TERRITORIALE DE RANGIROA

Avatoru

Tel. : (689) 93.11.55

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 Papeetē / <i>Gendarmerie of Papeetē</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 MEDICAL DE AVATORU

Avatoru

Tel. : (689) 96.03.75

INFIRMERIE DE TIPUTA

Tiputa

Tel. : (689) 96.73.96

Cyber-espace / Web access

KAI KAI

Avatoru

Tel. : (689) 96.03.39