



island guide



Fakaalofa Lahi Atu, Welcome to Niue

We wish you a wonderful time here, discovering the natural beauty we have to share, which we hope will form memories and friendships you will take home with you. You will arrive as a visitor and leave as a friend. There is no crime, no traffic and no queues.

Situated in the South Pacific, just a three and a half hour flight from Auckland, New Zealand, you will arrive at our island. A large coral atoll, you can simply choose to relax or have an adventure exploring caves, chasms and sandy coves, all in one place. Swim where kings once bathed, snorkel, fish and dive in crystal clear waters and navigate our lush, tropical Huvalu forest and other walks. Discover what it feels like to be connected to the earth, the sea and the people. The way life used to be; the way life should be....There truly is nowhere like us.

All information in this booklet was accurate at time of printing and is subject to change. Please refer to Niueisland.com or come and visit us at the Niue Visitor Information Centre and we can help you make the most of your time on Niue.

important facts

BANKING Currency is NZ Dollars and international EFTPOS and credit cards are widely accepted at most Niue retail and food outlets. Using your credit card may attract a fee. Cash can also be obtained from Kiwibank (open Monday - Friday 8.30am-4pm), Niue Rentals, Swanson Supermarket and the Bond Store. Charges may apply.

DEPARTURES It is important that you check in for your flights at least 2 hours prior to your flight departure. Check on Air NZ's website for latest information - <https://www.airnewzealand.co.nz/international-check-in>. Peleni's Travel is the Air NZ agent in Niue for booking changes. Contact Phone 4317. Departure tax is included in your Air New Zealand ticket.

DRESS CODE No swimwear in public. Please ensure appropriate attire is worn at all times, particularly when attending Sunday church services, in villages when a church service is under way, and on tours. Nudity is not permitted in any public place.

DUTY FREE Alcohol within the limits can be purchased on arrival, at NB Liquor (the "Bond") within 3 days of arriving on Niue. Duty free may also be purchased by departing passengers.

FONO From time to time a fono (a strong spiritual and social code) may be declared, meaning it is forbidden to enter an area. We ask for the respect and understanding of all visitors in observing this.

HOSPITAL Clinic Hours Monday - Thursday 8am-4pm. Friday - Sunday & Public Holidays 9-10am & 7-8pm. Charges for health services apply to all visitors. Ph: 4100 **EMERGENCY PHONE: 999.**

INTERNET 4G Wi-Fi & phone sims can be purchased at Telecom Niue at the airport on arrival or in town (24/7). Wi-Fi is also widely available at most accommodation properties in Niue and in some eateries and retail shops. See Telecom Niue in central Alofi - <http://www.telecomniue.com/>. Kaniu also operates its own hotspots and vouchers are available from the Niue Vanilla shop in Alofi.

KALOAMA Small goat fish, Kaloama visit Niue annually at any time depending on sea conditions. Kaloama fishing is a tradition for locals. During this time some spots may be closed for swimming. Please check with the Information Centre about the best places to swim.

PASSPORTS Travel documents and passports accepted for entry must be valid for a minimum of three months from your arrival date in Niue.

PHONES Global roaming on overseas phones won't work in Niue so for 4G phone & data sim cards, head into Telcom Niue's shop at the commercial centre in Alofi, open 24/7 <http://www.telecomniue.com/>

POLICE Open Monday - Thursday 8:30am-4pm. A Niuean driver's licence is required if operating a motorised vehicle, please get this from the station. It also makes for a great souvenir. Ph: 4333 **EMERGENCY PHONE: 999.**

PUBLIC TOILETS Located at the Commercial Centre car park, Alofi. Also at Tamakautoga sea track, Avaiki, Avatele Beach, Kalaone, Limu Pools, Matapa Chasm and Togo Chasm.

SUNDAYS Sundays are a day of rest and worship in Niue. Please respect the local custom and do not swim near village greens or churches on Sunday during service. There is no fishing, diving or boating on a Sunday. If unsure of protocol please check at the Visitor Information Centre.

TIDE INFORMATION For the best times to enjoy Niue's many coves or chasms visit the Visitor Information Centre for tide times during your stay.

We suggest you take light refreshments and water with you on daily trips.

language

English is widely spoken in Niue, but you may like to learn a few Niuean words to use during your visit.

Hello – **Fakaalofa lahi atu**

Hi – **Fakalofa atu**

Please – **Fakamolemole**

Thank you – **Fakaaue lahi**

Goodbye [1 person] – **Koe kia**

Farewell – **Kia monuina**

Yes – **E**

No – **Nakai**

Pop into the **Visitor Information Centre** in Alofi, where our team have a fantastic knowledge of the island, and for activity/ tour bookings and souvenirs.
Mon-Fri: 8am-4pm,
Sat: 9am-12pm.
Ph: (+683) 4224 or email: infocenter2@mail.gov.nu





touring & activities

Diving in Niue is spectacular with up to 80 metres visibility with underwater caves and caverns to explore.

For the most up to date tours, activities and contact details head to www.niueisland.com/see-and-do

Niue has a wide variety of unique activities, from Uga (coconut crab) hunting, village, forest and cultural experiences to caving, plus world class snorkelling, diving and fishing.

Bookings are essential in most cases, please contact the Visitor Information Centre or operators direct to book or for further information. Bookings may be subject to weather conditions and minimum numbers.

NIUE BLUE ISLAND EXPERIENCES Niue Blue is the largest and most experienced watersports specialist on the island. Our highly qualified dive professionals and management are from New Zealand's renowned Dive! Tutukaka and have a safety and professional record that is internationally recognised. Niue Blue offer gear hire, snorkelling and diving trips and training from beginners to advanced as well as in water Whale and Dolphin experiences. Ph: 4311 www.niueblue.com

ORIENTATION TOURS

Operating the morning after you arrive in Niue.



NIUE ORIENTATION TOUR A 4-hour tour visiting caves, cliff tops, chasms, beaches, and the best snorkelling locations. The NOT team will show you Niue's unique geology and important considerations for safe swimming and snorkelling. You will also receive a resource pack to help you maximise your time in Niue. Ph: 4633. www.niuetours.com.



EXPLORE NIUE TOUR - ISLAND DISCOVERY TOUR Join your local guide who will take you on a tour to some of Niue's better known spots on the western side of the island. Learn the history, culture, language, flora and fauna on the island from knowledgeable Niuean guides, plus where and when to go, to make the most of your stay. Ph: 5122. www.exploreniue.com.

FISHING CHARTERS



Commonly encountered fish species include mahimahi, yellowfin tuna, skipjack, wahoo, marlin, sailfish, giant trevally and red bass. Catch stays with the boat, however most are happy to give you a good piece to cook at your accommodation; please discuss this with your skipper before leaving the wharf.

FISH NIUE CHARTERS* 8m Blade Runner, suitable for groups, and 6.3m Stabicraft. Ph: 5697.

GONE FISHING NIUE CHARTERS Stabicraft 1850. Ph: 6206.

KIU TAHI CHARTERS 5.7m Pontoon Boat. Ph: 4288.

NIUE FISHING CHARTERS*, 7.3m Stabicraft 2400 Super Cab. Ph: 4312.

NIUE WAHOO FISHING CHARTERS Custom Built Stabicraft 2050 Hardtop. Ph: 5530.

PAUL PASISI CHARTERS*, 20' Open Hardtop Pontoon Boat. Ph: 4103 / 6868.

SEA TURTLE CHARTERS 5.5m Surtees workmate. Ph: 4670.

TERESA'S CHARTERS 6m Stabicraft. Ph: 4179.

*Offers spear fishing, please note spear fishing is not encouraged unless with a licensed operator. All charters are dependent on weather conditions.



OTHER TOURS

A5 PLANTATION TOUR Combined plantation and uga tour. Ph: 7343.

EBONY CARVINGS TOUR See and experience first hand Niue's rich tropical forest and ebony carving with your experienced guide Jack. Ph: 7649.

MAALA GARDEN TOUR Learn about the past and present on this special interest tour. Love growing things, gardens and food crops? Join Doris and John on a tour of their Maala, a traditional garden in the forest at Vaipouli, Liku. Ph: 7528.

NIUE VANILLA TOURS Learn first-hand how to grow, pollinate and pick out Vanilla beans. You can enjoy yourself by going out with a local tour guide. Contact Stanley Ph: 4342 / 5030.

TAUE UGA TOUR 3hr Uga Hunting Tour. Ph: 5789.



Humpback whales come to Niue to calve generally between July and September. Niue is one of the few places in the world you can view the whales from land only metres offshore or inwater experiences with licensed operators.



OTHER ACTIVITIES

MAULU MASSAGE Maulu Massage offers a healing massage service and body scrubs. Contact Lana Ph (mobile): 888 5955 / 888 5288. Email: alana@tukuniu.com

NIUE GOLF CLUB Welcomes visitors and has a well-stocked bar. There is a 1pm tee off time for Saturday golf and after golf is a great time to mix and mingle with the locals. Or hire some clubs at the Visitor Information Centre and use the honesty box for your green fees any other time.

NIUE LAWN BOWLS Come and bowl with the locals, starts Saturdays at 9am or pop along from 4pm for a final rollup and a drink with the locals. Bowls will be provided and all welcome. Ph: 4641.

STAND UP PADDLEBOARDING Niue Blue. Ph: 4311.

TUI NA CLINIC Remedial and therapeutic massage using local coconut oils. Ph: Ahi Cross on 5961 / 7518. Email: ahicross@niue.nu.

VILINA'S HAIR SALON Pamper yourself or treat a loved one at Vilian's Hair Salon. Alofi. Ph: 6583 for bookings.

SPECIAL EVENTS

Throughout the year various special events happen including food, music and cultural festivals. Visit www.niueisland.com or contact the Visitor Information Centre.



SUP



Hio Beach



places of interest

Hikulagi Sculpture Park invites visitors to leave their small mark on Niue by adding to the large, found object assemblage entitled 'Protean Habitat'.

DARK SKY NATION Niue is the worlds only Dark Sky Nation. Head out at night and check out the stars and planets or enquire about a tour.

FATIAU TUAI VAIEA Old Village Settlement.

HIKULAGI SCULPTURE PARK Liku. The main sculpture, 'Protean Habitat', is a work in progress and changes as objects are added. The park is also evolving as new sculptures are installed.

LAUFOLI UMU PIT Liku. Ancient site from the Laufoli legend.

NIUE PHILATELIC & NUMISMATIC COMPANY Fonuakula, Alofi. See Niue's own collectable coins and stamps. Ph: 4643.

OPAAHI The attempted landing place of Captain Cook in June 1774 in Alofi.

PENIAMINA'S GRAVE On the left hand side of the road, 5km north of Alofi. Burial site of the first Niuean to bring Christianity to Niue.

SCHOOLS Attend the Niue Primary School Friday morning assembly every fortnight at 9am, visitors are welcome, Paliati. Ph: 4070 for details. Niue High School located at Paliati. Ph: 4039 University of South Pacific located behind Niue High School. Ph: 4049.

TAUE I FUPIU Mutalau Village. Traditional fortress where Peniamina was protected by village warriors.

TOMB POINT Alofi. A lookout with 180 degree views of the bay and good whale watching spot. Two of Niue's former Kings are buried within the grounds of the adjacent church.

NATIONAL MUSEUM - FALE TAU TĀOGA NIUE Located at Halamahaga by the Falefono II , Alofi. Open Mon-Thu 9am-3pm. Ph: 4138.



Talava Arches

Take care when visiting sea tracks and wear sturdy footwear as they may be slippery when wet. Be cautious with cigarettes which may cause fires. No littering, please take your rubbish with you or use rubbish bins provided.

For your own safety do not go past reef areas and always be aware of tides.



Avaiki

AMANAU (Easy) Located in the village of Alofi South. A great little picnic spot, open grassy area at the top and a small snorkeling pool at the bottom. Best to go at low tide.

ANAANA LOOKOUT (Easy) A great spot to have a picnic or an outdoor BBQ. Also a perfect location to view the Humpback whales when in season.

ANAPALA CHASM (Moderate) Hakupu. 155 steps to reach the fresh water chasm.

AVAIKI CAVE (Moderate) Makefu. Short walk through cave to a spectacular spot. Niue ancestral kings private bathing cave to the right at low tide. Site of first canoe landing.

AVATELE BEACH (Easy) Swim and snorkel here. Public toilets/changing facilities.

HIKUTAVAKE (Moderate) Park on the grass next to ANZAC memorial. Low tide offers two large snorkelling pools, cut off from the ocean.

HIO BEACH (Easy) Small white sandy cove, good for swimming. At low tide access a cave to the North. Historic site of the 1877 Peruvian 'black birder' Irole wreck.

KALAONE (Easy) Drive down access. Great place to watch the sunsets and see local fisherman launch their traditional vakas.

LIMU POOLS (Easy) Namukulu. Short walk to popular snorkelling pools. Best on an incoming mid tide on a still day.

MATAPA CHASM (Moderate) Hikutavake. Fresh water bathing place of Niue's past kings and great sheltered snorkelling at any tide.

MOTU (Moderate) Suitable access for 4 wheel drives ONLY. Open reef flats and small rock pools.

NAMUKULU RAMP (Easy) Located in the village of Namukulu. Perfect for watching the sunset and an ideal swimming location at low tide.

OPAHI (Easy) This was the site of Captain Cook's second landing attempt in June 1774. Cook's landing party was challenged by the locals, who retreated after several volleys were fired, and the landing party returned to the ship.

PALAHA CAVE (Moderate) Tuapa. Short walk to limestone formations in cave and view to the ocean.

(Easy) Easy (Moderate) Moderate (Moderate to hard) Moderate to hard (Suitable for biking and walking) Suitable for biking and walking

POFITU (Moderate) Located in the village of Tamakautoga. A secluded sandy cover, perfect for a picnic. Best to go at low tide.

PULUHIKI (Moderate) Suitable access for 4x4 ONLY. Open reef flats and small rock pools.

SIR ROBERTS WHARF (Easy) Drive down access. No swimming off wharf on Sundays.

TALAVA ARCHES (Moderate) Hikutavake. Long walk, uneven underfoot. Put aside 2 hours, best at low tide. Traditionally used as a lookout point.

TAMAKAUTOGA BEACH (Easy) Steps from car park lead to a small white sandy beach. Good for families with young children.

TAUTU (Easy) Liku. Drive around edge of village green to the sea track sign. A beautiful spot to have lunch and the cool shade of the trees just above the cave or watch the sunrise. A definite must see attraction.

TOGO CHASM (Moderate) Liku. Visit Niue's black pinnacle chasm. A long walk, wear sturdy footwear and allow 2 hours, includes a steep ladder for access to the sandy chasm. A must see but not for the faint hearted.

TOMB POINT (Easy) An easy walk next to the church of Alofi, opposite the main shopping centre, with a lookout and 180 degree views of Alofi Bay. There are picnic areas nearby and two of Niue's former kings are buried within the grounds of the church.

TUHIA (Easy) Drive down access. A great spot to have a picnic of an outdoor BBQ. Small Rock Pools, best accessed at low tide.

ULUVEHI (Moderate) Mutalau. Drive down access walk to the steps, canoe cave on the left.

UTUKO (Easy) Alofi. Small, sandy beach with good snorkelling, best on a calm day at mid tide.

VAILA (Moderate) Alofi North. The rock pools in Alofi North are contained within a marine protected area and offer good snorkelling, best one hour either side of low tide.

VINIVINI TRACK (Moderate) A 7.7km bush track ideal for walking or biking. An easy but long walk through the Huvalu Forest. See some magnificent examples of mature forest and managed land.



Book in for a Niuean feast or culture show during your visit for a real Niuean experience.

From excellent cafés and contemporary Niuean cuisine, to delicious Japanese and Indian restaurants or traditional Island buffets featuring cultural performances, you can be assured that you won't lack variety or quality dining options.

Opening hours vary depending on seasons. Please check with the Visitor Information Centre or phone the establishment for current times.

ALL RELATIVF Fonuakula, Alofi South. Mon-Sat 2-11pm Happy Hour: 4pm onwards. Ph: 4385/4724.

ALOFI RUGBY CLUB HOUSE Each Saturday night Alofi Rugby club comes alive with good sounds, a dance floor and a well-stocked bar. Come dance the night away and enjoy the local company. A small cover charge may apply. Cash only. By Niue High School. Ph: 4300.

AVI'S ARK Karaoke and Disco. Every Thursday night Karaoke 6-9pm; Disco 9pm-12am. Bar open and bar snacks available.

BUK BUK CHICKEN Wed-Fri 11am-3:30pm, Sat-Sun 6pm-8pm.

CLAYTON'S BAR Join the locals at Clayton's, a licensed bar with pool tables and dart boards. A small cover charge may apply. Cash only. Amanau, Alofi. Ph: 4395.

CRAZY UGA A well established and well loved licensed café, serving fantastic espresso coffee and counter food or order from the à la carte menu. With a great ocean view, well-stocked bar and friendly staff you'll be glad you stopped by. Next to Utuko sea track, Alofi. Ph: 4653.

FANA CAFE Modern café style food with a local twist. Located at the Swansons complex Mon-Fri 8am-3pm.

FUSION FLAVA'S Saturday 11am-3pm.

HIO CAFÉ A quaint café by the seaside, serving local and international food and beverages with a view. Incorporating local produce to give you a taste of Niue kai. Bookings essential. Hio. Ph: 4545.

KAFITI JENNAS A family run restaurant that takes pride in serving delicious traditional cuisine. Saturday 8:30pm-11pm. Ph: 4316.



KAIKA Fully licensed restaurant offering sushi and New York style pizza. High quality Japanese cuisine with a Niuean twist, using the freshest local seafood. Bookings essential. Alofi South. Ph: 4628. www.kaiika.com

KATUALI COFFEE HOUSE Pizzas, pastries, fresh sandwiches and great coffee. Also catering services. Cash only. Ph: 4012.

KEKE TIME AND THE CROW'S NEST Homemade cakes baked and decorated with a touch of island flavours, by local self taught baker, Krystal. Also a place where you can find some of the best fish and chips around. Ph: 4174.

LITTLE ROCK For your early morning coffee and breakfast and lunch on the run. Located on the main road opposite Opaahi. Mon-Fri 6:30am-2pm.

MAKFURLY BURGERS Open Friday 1pm. Located at Makete Niue, next to the Visitor Information Centre, Alofi.

MANUIZ A small family restaurant and bar located at Halaika, Alofi South - Tuesdays 6pm - 8:30pm / Friday 10am - 1pm and 6pm - 8:30pm / Sundays 11am - 2pm.

NIUE GOLF AND SPORTS CLUB Fonuakula, Alofi South. Saturdays 5pm onwards.

PACIFIC WAY BAR A popular bar, well known for happy hour, bingo (once a fortnight), and karaoke nights. Cash only. Amanau, Alofi. Ph: 4139.

RUNWAY BAR Hanan International Airport departure lounge on plane days.

R' LINAS RESTAURANT This family run restaurant and bar takes inspiration from Niuean, European and Asian cuisine to make their own unique and delicious dishes. Niuean Kai Buffet night. Catering available. Cash or NZ Eftpos only. Bookings essential. Located near the airport, Alofi. 6pm onwards. Ph: 4115 / 5623.

SCENIC MATAVAI RESORT Indoor and outdoor alfresco dining with 180 degree Pacific Ocean views. Enjoy a delicious fusion of Niuean and European flavours accompanied by a full range of cocktails, spirits, wines and beers. Special themed nights are scheduled, including a cultural show and buffet. Tamakautoga. Ph: 4360. www.scenicgroup.co.nz

TALO'S RESTAURANT Bringing food, family and tradition together to give you a taste of Niuean flavours. Buffet night featuring many famous Niuean dishes and international foods. Licensed bar on site and BYO. Cash only. Bookings essential for buffet night. Opposite Niue High School, Alofi. Ph: 4607 / 4077.

TAVANA'S CAFÉ Fish and chips, burgers, chicken and pasta meals. Drop in for lunch and find out why Tavana's is so popular. Cash or NZ Eftpos only. Commercial Centre, Alofi. Ph: 4334.

VAIOLAMA CAFÉ & BAR Stunning licensed café, with uninterrupted views of the Pacific Ocean. Serving cabinet food and pasta, toasted sandwiches, and great coffee. Enjoy the warm hospitality and relaxed atmosphere. Happy hour every Thursday from 5pm. Alofi South. Ph: 4336.



Rick Graham

Vaiolama Café & Bar

WASHAWAY CAFÉ (RE-OPENING 2023) Sundays only! Enjoy a relaxed Sunday afternoon in a stunning beach front setting with a cold drink and a burger, panini, fish meal or pizza. Laid back atmosphere and possibly the last self-serve honesty bar in the world. Cash or NZ Eftpos only. Avatele Beach.

WOK ON THE ROCK Tue-Fri 11am-2pm & 6pm onwards. Ph: 4150.

Visitors are able to get married in Niue, for more information contact the Matavai Conference Centre or the Niue Visitor Information Centre.



Scenic Matavai Resort



To drive a motor vehicle you will need a local driver's licence, available from the Police station.

Please note the only gas station on the island is in Alofi South.

With 123km of paved roads on Niue we strongly recommend you hire some form of transport for your stay, as there is no public transport. The 64km road circling the island is mostly sealed as are most inland roads between the main town and surrounding villages.

CAR RENTAL / SCOOTERS

- Niue 4x4 Ph: 4392 / 4621
- Alofi Rentals Ph: 4017 / 4373
- Heahea Rentals Ph: 4153 / 4317
- Niue Rentals Ph: 4216
- Niue Rock Rentals Ph: 5530



BIKE HIRE

Hire a bike or e-bike and head off to explore some of the secrets of Niue. For your own safety and the safety of those around you it's advised that you wear high visibility clothing. By law you must have a working headlight after sunset. Helmets are not required by law but their use is highly recommended. Be sure to stop at intersections, especially at blind corners. E-bikes: Freedom Bikes Niue Ph: 4670 or head to the Visitor information centre for other hire options.

arts, crafts & culture

BUFFET NIGHTS & CULTURE SHOWS Several establishments offer an island night feast and culture shows. Timings subject to change, bookings essential.

Hio Café & Bar Ph: 4545.

Jennas Ph: 4316.

Lilos Restaurant & Bar Ph: 7643

Manuiz Buffet Ph: 4016

Scenic Matavai Resort Ph: 4360.

Talo's Please call to book. Ph: 4026.

FALE TAU TĀOGA NIUE – NATIONAL MUSEUM, ARCHIVES AND AUDITORIUM

Located at Halamahaga, Alofi. Mon-Thu 9am-3pm. Ph: 4138.

HINAPOTO HANDICRAFTS Commercial Centre, Alofi. Ph: 4158.

KAUHI KRAFTS Souvenir and gift shop, Alofi. Ph: 4823.

LUPE NIUE Paliati, Alofi South. Ph: 6255.

MAKINI HANDICRAFTS Makini Hall, Alofi. Wednesday 9am-2pm. Ph: 4068.

TAHIONO ART GALLERY Mark Cross paintings and pictures, Niue art, Ebony carving display. Commercial Centre, Alofi. Mon-Fri 10am-4pm, book by appointment. www.markcross.nu Ph: 7518.

TAOKE PRINTS Commercial Centre, Alofi. Mon-Thu 9am-1pm & 2pm-4pm, Friday 9am-1pm. Niue T-shirts, pareu, flags, souvenirs. Ph: 4337 / 7429.

TIKI'S COCONUTS & HANDICRAFT SHOP Ph: 7626.

VILLAGE SHOW DAYS Each village has an annual Show Day - a traditional celebration where the villagers sell food, arts and sing and dance. If you're lucky enough to time your visit to Niue with a Village Show Day come experience a magical day. Visit www.niueisland.com or contact the Visitor Information Centre.

WOMEN'S WEAVING GROUPS Each group has their own particular day to get together and weave and visitors are welcome to observe and participate. Contact the Visitor Information Centre for times and venues.

CHURCH SERVICES

Visitors are welcome at local church services and are advised to check service times as these may vary in villages. A small donation to the church collection is appreciated, and please wear suitable attire, covered top and knee length skirts for ladies and collared shirt and pants for males.

Apostolic Sunday 10.30am, Halaika, Alofi South

Catholic Mission Sunday 10am, Houme, Alofi North

Ekalesia Niue Alofi/Avatele: Sunday 10am, Tuapa: Sunday 9am & 5pm,

TMK, Vaiea, HKP, Liku, Toi, MTL, Hikutavake, Namukulu, Makefu: Sunday 10am & 4pm

Jehovah Witness Sunday 10am, Makihi, Mutalau

Latter Day Saints Sunday 9.30am, Opaahi, Alofi South

Seventh Day Adventist Saturday 11am, Makaheheke, Alofi North



Sundays are a day of rest and worship here in Niue. You can go sightseeing and swimming on a Sunday, however where swimming spots are close to village churches it is asked that you respect the local custom. There is no fishing, diving or boating on a Sunday.

Waving is customary when travelling around Niue. Be sure to wave out to everyone you pass while driving, walking or biking on the roads during your stay.



Visitors can purchase **duty free** liquor within their allowances from the Bond Store.
Open Mon-Fri 9am-6pm, Sat 12-6pm, Ph: 4122. Duty free is also available from the airport departure lounge.

Niue Post Office is located in Kiwibank. Open Mon-Fri 8:30am-4pm. Ph: 4220 / 4221.

Shops and eateries are generally closed on Sundays, so plan to buy any supplies you may need before then.

FOOD & DRINK SUPPLIES - GROCERY

CENTRAL SERVICES Alofi South. The only place on the island to buy petrol. Also available are fresh fruit/veges, baked goods, pies and cold drinks. Mon-Sat 7am-7pm, Sunday 4-7pm. Ph: 4156.

DOUBLE M Commercial Centre, Alofi. Grocery items and fresh produce (when available). Mon-Thur 7:30am-7:30pm, Friday & Saturday 7:30am-8pm.

G'S MINI MART: Mon-Thu 10am-5pm, Friday 10am-6pm, Saturday 3.30pm-7pm.

KENDRA'S KOLLECTION Clothing, sunglasses, Havaianas and much more. Mon-Fri 10am-3pm & Saturday 12pm-6pm.

MAIHI LAND Peta Hill. Fresh hydroponic goods. Ph: 4227.

MOKOS CENTRAL MART Commercial Centre, Alofi. Mon-Fri 9am-8pm, Saturday 2-8pm. Ph: 4331.

NIUE ADVENTURES Alofi South. Groceries, fishing accessories, bait, fresh local veges (when available). Ph: 4276.

NIUE FRESH Toa, Tamakautoga. Ph: 5288.

SWANSON SUPERMARKET Fonuakula. Extensive range of groceries with frozen goods, dry and canned goods, essential pharmacy items, fresh local produce when available. Open Mon-Thu 8am-6pm, Friday 8am-7pm, Saturday 10am-6pm. Ph: 4306.

TIKI'S SHOP Hakupu. Mon-Sat 10am-8pm.

FOOD & DRINK SUPPLIES - BAKERIES

ILENA'S BAKERY Alofi South, next to Pacific Way Bar. Mon-Sun: 6am-9pm.

ROCKBAK BAKERY Huihui, Alofi South. Tue-Fri 6-8:30am. Ph: 4325.

ROLLING PIN Swanson's Complex. Tue & Fri 7am-1pm. Specialising in cakes and pastries.

ROSA'S BAKERY Huihui, Alofi South. Coconut bread, birthday cakes. Saturdays. Ph: 4182.



Makete is our early morning market, where you can buy fresh local produce and handicrafts or even try nane (coconut porridge). Arrive early to experience the best this market has to offer. On in Alofi, next to the Visitors Information Centre, Mondays and Fridays 5-8am.

FOOD & DRINK SUPPLIES - LIQUOR OUTLETS

NB LIQUOR BOND STORE Fonuakula, Alofi South. Duty free can be purchased and consumed while in Niue. Mon-Fri 9am-6pm, Saturday 12-6pm. Ph: 4122.

VAI MAMALI LIQUOR By Niue Broadcasting. Mon-Fri 5pm-8:30pm, Saturday 5-9:30pm. Ph: 4378.

GENERAL SHOPPING

CHEMIST TYPE ITEMS Swanson supermarket stocks basic first aid requirements, but for any pharmacy medication required you will need to go to the hospital for assistance.

COMMERCIAL CENTRE Alofi. Banking, post, stationery, art and crafts, cafes and more.

LOCAL CD'S, ELECTRONICS, GADGETS Oka Koa. Mon-Fri 10am-4pm.

LOCAL PRODUCE Honey and noni can be purchased at various local stores or directly from the manufacturer. All food, animal products, plant material and other goods taken from Niue must be declared to the Quarantine Officer at Hanan Airport prior to flight departure. A fee may apply for certification.

FROZEN FISH Take a piece of fish or two with you back home. Blast frozen, export quality. Available at Double M and MCM.

NIUE FISH JERKY Locally made tuna fish jerky using Niue honey and nothig artificial. Great for healthy snacking. Available at most outlets and can be taken home with you. Also makes a great gift.

NIUE HONEY World known for its taste and colour, a must have. Can be purchased from Double M and is allowed into NZ with a DAFF certificate available at the Airport before you depart.

MATAKAU FISIKANAI FLOWERS Flowers and arrangements for occasions and events. Ph: 4104.

SOUVENIRS Available at ALI's Enterprise, Taoke Prints, Kendras Kollection, Tahiono Art Gallery and the the Visitor Information Centre. Also other locations at the main Commercial Centre, the Makete, village show days, directly from local craftspeople or at the Airport on departure.



Stop and checkout the various information boards located around the island that have the history and relevance of that site

golden rules for your stay in Niue

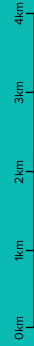
With your help we can ensure Niue continues to be a great place for everyone to enjoy.

During your stay we ask that you:

- Treat all people with respect and politeness.
- Respect cultural and religious protocols and beliefs and act in a manner consistent with Niuean philosophy.
- Appreciate that not everything in Niue will be the same as in your own country.
- Respect Niue, its environment and facilities.
- Contribute to Niue's commitment to responsible tourism through appropriate waste management, energy and water conservation.

- Avoid walking through populated areas or villages in your swim suit
- Take all rubbish with you when you leave
- Refrain from going down sea tracks near churches during church services
- Honour our no swimming tradition near village greens or churches on Sundays
- Do not swim at beaches that are closed during kaloama (yellowstripe goatfish) season or when a Fono is also in place
- Dress modestly, appropriately and avoid nudity in public
- Appreciate that there may be seasonal variances

Fakaane, thank you



For a more detailed map please refer to the larger separate map, available from the Visitor Information Centre.

This map is accurate at time of printing and subject to change.

ALOFI TOWN CENTRE



EMERGENCY PROCEDURES

CYCLONE: In the event of cyclone activity you will be advised by way of an early alert warning. Follow all instructions from radio, police, your accommodation manager or Disaster Management teams. In the midst of a cyclone remain indoors and monitor the radio.

TSUNAMI: If you feel an earthquake get off the reef and get to higher ground immediately, do not wait for a siren. If you hear on radio or TV that a tsunami may be coming stay off the reef, listen to the radio and follow all instructions. Follow evacuation signs and stay on high ground until police say it is safe to go back.

*monuina e fenoga
farewell from Niue*