

Samoa

a guided cycling & cultural adventure for women

15 days - June 2023

Yes, this is a “cycling tour” but it’s also a Pacific cultural experience and a beach break all rolled in to one memorable adventure. We spend the first week cycling around the island of Savai’i where there is so much to see that you will seldom ride for more than an hour without stopping to chat to the locals or admire the scenery. On riding days, we set off early (around 7.30am) to try and beat the heat. We have a full support van which will transport our luggage and give lifts if you run out of puff. Our local driver will be ahead of us ensuring that we don’t get lost or miss important points of interest. By early afternoon, we will be at our accommodation where you are free to relax, write, read, snorkel, swim, snooze. We gather for sundowners each afternoon and go over the expectations for the following day, followed by dinner. The second week is spent exploring the island of Upolo by vehicle and soaking up the scenery, history, cuisine and culture. This is not a luxury beach holiday – our accommodation is often simple fales with limited facilities but their location right on a picturesque beach and the local hosts is what makes them so special.

Day 1: Tue 13 June **Auckland - Samoa**

Depart Auckland on Air NZ for a 3 hr 45 min flight to Samoa. On arrival we will be met and transferred to our accommodation. Le Vasa is a small resort with just 18 oceanview bungalows and is located an easy drive from the airport and ferry. A great place to begin our Samoa adventure.

Accommodation: Le Vasa Resort (2 nights)

Day 2: Wed 14 June **Le Vasa**

Free day to relax and get to know each other as we lounge around the pool, laze under palm trees, stroll through the gardens of frangipani, doze in hammocks. For the more energetic there are kayaks and SUPS for use. Later today we have a bike fitting and comprehensive briefing of our upcoming cycle tour.

Day 3: Thu 15 June **Mulifanua - Salelologa - Lanu** **Cycling: 21 km**

This morning we have a short ride to Mulifanua wharf and take the ferry across to the island of Savai’i. The Apolima Strait crossing takes just over an hour to Salelologa where we will be met by our support driver. Time to visit the markets for some snacks before getting on the road.

This afternoon we will ride through numerous villages located close to the lagoon, stopping along the way for a refreshing swim. At Tuasivi the road ascends a small hill to the administrative centre of the island, also a good place for an ice-cream before the last 8kms alongside the lagoon to the beautiful white sandy beach of Lanu and our accommodation for the night. With a shallow sandy lagoon crops of coral, and plenty of places to stand up, this is the ideal place to learn to snorkel or brush up on your snorkelling techniques ready for the week ahead.

Accommodation: Lauiula Beach Fales

Day 4: Fri 16 June **Lanu to Manase** **Cycling 33kms/100m climb**

After breakfast, we set off riding alongside the lagoon before heading inland with gentle undulations through regenerating forest. We’ll stop to explore the village of Mauga which is built around a crater and the LMS church with a metre of lava across the floor at

Day 12: Sat 24 June**Lalomanu - Lufilufi**

If the tides are right, we may spend the morning exploring the nearby islands, before continuing our circumnavigation of Upolu. We drive through the hills and past the main hydro lake before heading through Le Mafa Pass. Here the bright green pasture under the regularly spaced coconut palms provides a glimpse of the old copra estates that are so well described in Jenny Patrick's book "Inheritance". A short drive down to the coast leads to our accommodation complete with air-conditioned rooms, a step-up from the simple beach fale we've been frequenting! Piula cave pools and some waterfall pools are a short distance from the Resort if you want to venture out.

Accommodation: Le Uaina Seaside Resort (1 night)

Day 13: Sun 25 June**Le Uaina - Apia**

Sundays are family day in Samoa so we will have a leisurely start and slowly make our way into the capital Apia. Enjoy a *taonai* lunch (like our traditional Sunday roast) at our hotel. Free afternoon. Option to walk up Mt Vailele and then a refreshing snorkel or swim at Palolo Deep Marine Reserve. Dinner is your own arrangement tonight – you may just want a snack after your big lunch.

Accommodation: Amanaki Hotel

Day 14: Mon 26 June**Apia**

For those who enjoy local markets, we can set off early this morning and walk to the fish markets where we'll see an amazing array of freshly caught fish. Later in the morning we board our minivan and drive to the Robert Louis Stephenson Museum – a beautifully maintained house and gardens of the famed Scottish author who took up residence in Samoa in 1890 with his family. At the Bahai Temple we can spend some time in the lush gardens with wonderful views and admire the architecture of the Mother Temple of the Pacific Islands. In the afternoon, there's free time to shop at the flea market. Tonight, we have a special farewell dinner planned at one of Apia's most popular restaurants.

Day 15: Tue 27 June**Apia - Auckland**

Time to say *lelei mālō* to Samoa and board our flight home.

Price per person twin share NZ\$4100**Includes:**

- Tour Escort + Local Guides
- Transportation by minivan
- 14 nights accommodation
- Daily breakfast & dinner (including one traditional umu dinner)
- Bike hire as detailed
- Return ferry
- Cycling escort + support van whilst cycling on Savaii
- Filtered water (byo water bottle)
- Customary rights fees to local sights
- Sightseeing as specified

Excludes

- Lunch, snacks & drinks
- Optional tours
- Upgrade to EBIKE additional \$240
- Flights
- Travel Insurance

Bikes

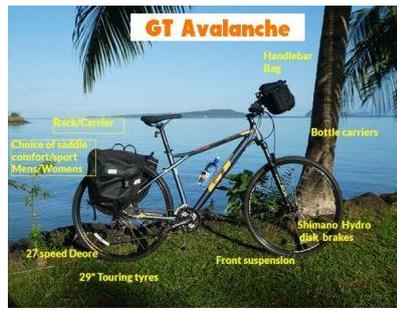
Standard Bike included in your tour price - your choice of a Schwinn Sierra or GT Avalanche

E-bike - GT ePanterras is an additional cost of NZ\$240

Your bike will come with

- Comfortable gel seat
- Handlebar bag
- Helmet
- Pump, spare tube, basic tools
- Rear Carrier
- Lock





What to Expect in Samoa....

Samoa time

This means that sometimes things don't happen as fast as you're used to. Take a deep breath and remember that you're on holiday and there's no rush and nothing to stress about. Smile - you're on Samoa time 😊

Dress Code

As Samoa is a very traditional country and the people are deeply religious, we recommend a modest dress code when cycling through villages. Tight lycra shorts should be covered with baggy shorts or a skirt or sarong. When kayaking it is appropriate for women to have a sarong/lava lava handy to cover up when landing. Respect is especially important on Sunday as it is traditionally a day of rest in Samoa. Your experience and interaction with the Samoan people and their culture will be enhanced by showing this appropriate cultural sensitivity.

Accommodation

The fale accommodation can be best thought of as glamping. They have waterproof roofs, solid wooden floors, matting sides, mosquito nets, bedding, pillows and mattresses. Bathrooms are shared and dining is usually from a limited or set menu. The fale locations and the hospitality often make these the most memorable nights of your trip. Motel/hotel standard accommodation provides clean, comfortable rooms with ensuite facilities. A single room may be possible on some nights for additional cost.

Snorkelling

It is recommended you bring your own snorkelling gear. A full packing list will be provided.

Group Size

Minimum 7, maximum 9

Important Notes

Roam Travel Adventure reserves the right to amend the route of the itinerary and accommodation due to unforeseen circumstances. Price is subject to change until confirmed and paid in full. \$500 non-refundable deposit is required to secure your place. Travel Insurance is compulsory and should be taken out at the time of booking to cover you for cancellation leading up to the tour, and to cover you whilst you are travelling in Samoa.

Flights & Travel Insurance

Roam Travel Adventures can assist with this if you require.

