



Samoa 2024

Cycling & Cultural Adventure

Thu 13 June

Apia

Arrive Apia today (there are direct flights from Auckland & Australia), where you will be met and transferred to accommodation. Le Vasa is a small resort set in peaceful gardens with a lovely pool to cool off in.

Accommodation: Le Vasa Resort 2 nights (oceanview bungalow with ensuite)

Fri 14 June

Le Vasa

Free day to relax and acclimatise on to "Samoa time" - lounge around the pool, laze under palm trees, stroll through the gardens, doze in hammocks. For the more energetic there are kayaks for use. Or you might like to take a quick boat ride across to Manono Island. There are no cars or dogs on this island and will take approx. 1-2 hours to walk around the perimeter. Later today we have a bike fitting and comprehensive briefing of our upcoming cycle tour.

Sat 15 June

Mulifanua – Salelologa – Lano

Cycling: 21 km

Up early and on our bikes for a short ride to Mulifanua wharf. The ferry across the Apolima Strait takes just over an hour to Salelologa where we will be met by our support driver. Time to visit the markets before getting on the road and riding through numerous villages located close to the lagoon. Along the way we'll stop for a refreshing swim. Continue riding alongside the lagoon to Lano and our accommodation for the night. With a shallow sandy lagoon and crops of coral, 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 1 night (open fale, mattress on floor, basic shared facilities)

Sun 16 June

Lano to Fagamalo

Cycling 30kms/100m climb

After breakfast, we set off riding alongside the lagoon before heading inland with gentle undulations through regenerating forest. Sunday is a nice quiet day to cycle, and you'll often hear beautiful singing coming from the packed churches. 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 Saleaula. Our destination is the small



village of Fagamalo where our boutique resort sits on a gorgeous sandy beach and has a fantastic bar/restaurant right on the beachfront.

Accommodation: Savai'i Lagoon Resort 2 nights (room with ensuite & ceiling fan)

Mon 17 June **Rest day**

Day at leisure. Cool off in the clear waters and relax on the private beach. The snorkelling is good and this is an area where you can often see turtles.

Tue 18 June **Fagamalo - Asau** **Cycling: 38kms / 500m climb**

Early this morning we'll start riding inland which means we leave the cooling coastal breeze and there are several sweaty climbs, but we will make lots of stops for photos, to chat with locals, and drink fresh coconut juice - perfect for rehydration. All your efforts will be rewarded with an exhilarating fast descent into Asau and a dip in the freshwater pool. We'll arrive at our resort in time for lunch and can then check in to our rooms. Later in the afternoon, we'll have a short tour of the cocoa plantation across the road which exports to Whittakers in New Zealand. You can spend the rest of the day swimming and relaxing.
Accommodation: Vaimoana Seaside Lodge 1 night (room with ensuite & air-conditioning)

Wed 19 June **Asau - Falealupo** **Cycling 19kms / 160m climb**

A fairly sharp climb leads to the Falealupo Peninsula and the tarseal then runs out as the road hits the coast and it's a short ride on gravel and sand tracks to Falealupo Beach. We'll stop at the church which was destroyed by Hurricane Ofa in 1990, before cycling on to our accommodation. Sit back and relax on a beautiful isolated sandy white beach set beside a small private lagoon at the western end of Savai'i. Great snorkelling and stunning sunsets await!

Accommodation: Falealupo Beach Fales (open fale, mattress on floor, basic shared facilities)

Thu 20 June **Falealupo - Satuiatua** **Cycling 38kms / 400m climb**

This morning our ride begins on a sand & gravel road through regenerating coastal bush before a reasonably steep climb. Follow an undulating road along the cliff tops with glimpses of wild seascapes including the Sea Arches. Along the way we'll stop at a primary school and learn about the education system and meet some super friendly children. Ride through colourful villages all individually decorated, before arriving at Satuiatua where our fale are located under shady banyan trees. Time for some drift snorkelling through the marine reserve where you will see plenty of coral and tropical fish.

Accommodation: Satuiatua Beach Resort 1 night (open fale, bed, basic shared facilities)



Fri 21 June

Satuiatua - Palauli

Cycling 42kms / 200m climb

The morning begins with a gentle climb through Lata, then it's mostly flat for the rest of the way. A good part of the morning is spent peacefully riding through copra estates. Plenty of time to watch the sea whistling into the air at the Alofaaga Blowholes before riding on to Afu Aau Falls where we'll have a picnic lunch and refreshing swim. It's a short ride on to the village of Palauli to enjoy the welcoming company of our homestay hosts Ruth & Kelvin. Optional (but highly recommended) visit to the family farm with Kelvin.

Accommodation: Florence's Place 1 night (shared rooms with comfy beds & facilities)

Sat 22 June

Palauli – Salelologa | Mulifanua - Lalomanu

Cycling 13 kms

This morning we'll visit one of the few families on the Island who make traditional tapa (barkcloth). Learn about the intricate process and painted designs which are sold worldwide on commission. The last cycle of this trip is a short ride into Salelologa where we'll have lunch in a seaside resort before boarding the ferry and heading back to Upolo Island.

On arrival in Mulifanua, we ride the last few km back to the cycle base and drop off our bikes. Then sit back and relax as we're driven across the island to our accommodation located on the picturesque beach at Lalomanu. Unpack and relax for a few days – this is a great place to unwind after our cycling efforts. Depending on the tide, we will stop enroute to Lalomanu to snorkel at the Giant Clams reserve. These fluorescent molluscs are almost a metre long and located in a sheltered and easily accessed lagoon.

Accommodation: Tafua Beach Fales 3 nights (seaview villa with ensuite and air-conditioning)

Sun 23 June

Lalomanu rest day

Sundays are family day in Samoa and most locals attend Church. You might like to put on a pretty frock and go to a local service before spending the rest of the day between the sea, sand and bar & restaurant.

Mon 24 June

Upolo sightseeing

Today we explore the South Coast of Upolo. Enjoy a walk in the forest to a giant Ma Tree, followed by a freshwater swim at Togitogiga Falls. Sometime during the day, we'll stop at one of the upmarket resorts for lunch. Samoa's best-known attraction is the So Tua Trench. If you don't mind heights and ladders you can climb down for a swim in the tidal pool at the bottom of the trench. If it's not your thing, stay at the top and enjoy the coastal views and cooling breeze.



Tue 25 June Lalomanu - Apia

Continuing our circumnavigation of Upolu, along the coast, past the main hydro lake, pretty villages and hills of coconut palms and into Samoa's capital city Apia. We'll stop at Palolo Deep Marine Reserve for a snorkel amongst the millions of colourful fish before arriving at our hotel and checking in. This is a lovely small hotel with a great swimming pool & restaurant and easy walk to town.

Accommodation: Amanaki Hotel 2 nights (poolside rooms with ensuite & air-conditioning)

Wed 26 June Apia

This morning we'll drive into the lush hills above Apia and visit the Robert Louis Stevenson Museum – a beautifully maintained house of the famed Scottish author who took up residence in Samoa in 1890 with his family. At the Bahai Temple, admire the lush gardens and architecture of the Mother Temple of the Pacific Islands. We'll also visit some local homecraft businesses where you can purchase locally made skin creams and hand block-printed fabrics. In the afternoon, there's free time to shop at the flea market and laze by the pool.

Thu 27 June End

Time to say *tofa* to Samoa and board our flight home.

Cost:

NZD4490 per person twin share

No single supplement available on Savai'i, you will twin share with another female

NZD900 single supplement available on Upolu (subject to availability)

Cost is subject to change as based on 2023 rates

Includes:

- Tour escort
- Cycling escort + support van whilst cycling on Savaii
- Transportation by minivan & ferry
- 14 nights accommodation
- Daily breakfast & dinner
- E-Bike hire
- Filtered water whilst cycling (byo water bottle)
- Sightseeing, Local Guides & Customary rights fees to local sights
- Tipping

Excludes

Lunch, snacks & drinks; Optional tours; Flights; Travel Insurance

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 quite religious, we recommend a modest dress code when cycling. Tight lycra shorts should be covered with baggy shorts or a skirt or sarong. Have a sarong handy to cover up when walking through villages or going into churches. 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.

Meals – the variety of food is fairly basic and special diets are not always catered for. Breakfast may consist of bread, jam, egg, Samoan porridge, fresh fruit. Lunch is usually snacks on the go or something more substantial in a restaurant (fried chicken, hot chips, toasted sandwich). Dinner may consist of chicken, fish, beef, rice, hot chips, taro, carrots, cabbage. Occasionally a salad with lettuce, tomato, cucumber.

Step-through E-Bike included

Your e-bike will come with

- Handlebar bag
- Helmet
- Rear Carrier
- Lock
- Whilst cycling we will have a support driver nearby who carries clean drinking water, pump, repair kit and can carry one or two bikes and passengers if you need a break or are ill.



Accommodation

Fale accommodation can be best described as camping. They have waterproof roofs, solid wooden floors, matting sides, mosquito nets, mattress, pillow and top & bottom sheet. Because it is hot, no blankets are needed. Bathrooms are extremely basic and dining is from a set menu.



Hotel/Resort accommodation is of a good standard with comfortable beds, ensuite bathrooms and air-conditioning.

Group Size

Minimum 7, maximum 10

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.

