



# Samoa

Photo: corners74/Shutterstock.com



Sorin Colac/Shutterstock.com

Talofa lava—welcome to Samoa! Think of picture-perfect, long sandy white beaches framed by a lapping marine-blue ocean, lush rainforests with cascading waterfalls, vibrant flora and fauna and, under the ocean, the most amazing colourful gardens you could imagine: this is Samoa, the last unspoilt paradise in the world.



Rawpixel.com/Shutterstock.com



zstock/Shutterstock.com

# QUIZ

*What Type of Traveller  
Are You Based on  
Your Travel IQ?*

**TAKE THE QUIZ**

## Top 5



### Lefaga Beach

Famous for being the setting of the 2004 Gary Cooper film "Return to Paradis...



### Auala Green Turtle Conserv...

Swim with Green Turtles at Auala Green Turtle Conservation managed by the Au...



### To Sua Ocean Trench

A must-do adventure for all the tourists in Samoa is the To Sua Ocean Trench...



### The Rainforests

Due to the tropical climate and fertile soils, the rainforests of Samoa are ...



### Lalomanu Beach

Beautiful beaches are one of Samoa's fine points and Lalomanu Beach are one ...



## THE COUNTRY



*zstock/Shutterstock.com*

Samoa is a holiday destination suited for couples and families within all budget ranges, and is indeed 'The Treasured Island of the South Pacific.' Open arms and laughter are the first things you will notice about the Samoan way of life, and when you'll arrive, you'll be greeted by a wide grin and the welcoming word 'Talofa.' You will then notice the endless blue skies, crystal clear waters, and the uncrowded beaches - this is why Samoa is known as a modern-day paradise.

In Samoa, life moves at a slower pace, and the Samoan way is one of generosity and kindness. Sundays are sacred here, and the Samoans generally attend a church service. Listen as their melodious singing echoes from the churches across the land. Furthermore, every visitor should experience a Fiafia, which in Samoan means celebration. This traditional form of entertainment incorporates song, dance and spectacular fire dancers twirling batons of fire on strings around their bodies, while traditional foods are served in a feast style.

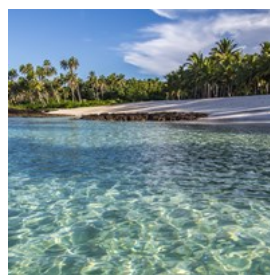
## DO & SEE



*Rawpixel.com/Shutterstock.com*

Each of the islands offer a totally different experience - from dense rainforests to soaring cliffs and tranquil lagoons. The fishing is excellent, snorkelling and diving superb, hiking amazing and, for those that simply want to lie and do nothing, there's deserted beaches and peaceful lodgings to let time pass you by. Samoa is also blessed with an abundance of beautiful waterfalls. On the island of Upolu you will find some of the most spectacular near the southern coast.

### Lefaga Beach



Famous for being the setting of the 2004 Gary Cooper film "Return to Paradise", Lefaga Beach is a lovely beach where to relax and sunbath. For

those who likes to snorkel, this is a great place to search for giant clams in the crystal clear water or why not take a kayak and explore the shoreline?

There is a nearby resort providing toilets, showers, a restaurant and other conveniences.

Photo: Andrew Moore/Flickr (image cropped)

Address: Apia, Upolu, Samoa

### Auala Green Turtle Conservation



Swim with Green Turtles at Auala Green Turtle Conservation managed by the Auala women's committee, where guides can show you these

ancient mariners before they are released back into the wild and at the wetlands sanctuary at Savaii's Satoalepai village. The Satoalepai Wetlands is the ideal place to bring your family - the kids will love feeding these gentle giants and swimming among them is a memorable experience!

Photo: tropicdreams/Shutterstock.com  
Address: Satoalepai village, Savaii, Samoa

### To Sua Ocean Trench



A must-do adventure for all the tourists in Samoa is the To Sua Ocean Trench: climb down the steep ladder leading to a natural pool of crystal

clear, serene waters, and enjoy the unique experience of swimming in a grotto!

Photo: NeilsPhotography/Flickr (image cropped)  
Address: Lotofaga, Upolu, Samoa

### The Rainforests



Due to the tropical climate and fertile soils, the rainforests of Samoa are a lush and vibrant paradise. Native wildlife such as seabirds, skinks,

flying foxes, geckos, as well as a plethora of unique flora call the forests home.

Le Pupu-Pue National Park on Upolu is one of

the best with extensive walking tracks and a listed 42 bird species. Tafua Peninsula Rainforest Reserve, in the southeast, is another bird watchers haven where you may see the rare Samoan tooth-billed pigeon. In the Falealupo Rainforest Reserve, take the treetop canopy walkway built about 40 metres above the ground among giant Banyan trees!

Photo: Valery Shanin/Shutterstock.com  
Address: Le Pupu-Pue National Park, Upolu, Samoa

### Lalomanu Beach



Beautiful beaches are one of Samoa's fine points and Lalomanu Beach are one of them. The picturesque white sand and the blue-green

transparent water are like straight off a postcard and the tranquil vibe just makes it a great place to relax and recharge your energy.

Photo: Libor Fousek/Shutterstock.com  
Address: Lalomanu, Upolu, Samoa

### Robert Louis Stevenson Museum



Villa Vailima mansion was built in 1890 by the famous Scottish author Robert Louis Stevenson and was his home for the last five years of his life.

Even though he only lived in Samoa for a few years, he did write quite a number of novels during that time. The Samoan people loved him and he was given the name Tusitala, which means "teller of tales".

A half hour tour explores Villa Vailima and, inside the museum, you'll discover a myriad of artefacts, while outside carefully manicured

lawns give an air of elegance. Stevenson and his wife Fanny Osborne are buried next door in the Mt Valea Scenic Reserve.

Photo: Simon\_sees/Flickr (image cropped)  
Address: Vailima Apia, Upolu, Samoa  
Opening hours: Monday - Friday 9:00 am - 4:30 pm, Saturday 9:00 am - noon  
Phone: +685 20798  
Internet: [www.rlsmuseum.org](http://www.rlsmuseum.org)  
Email: [villa.vailima@samoaoonline.ws](mailto:villa.vailima@samoaoonline.ws)

### Alofaaga Blowholes



At Alofaaga Blowholes, witness jets of water forced hundreds of feet in the air. These impressive blowholes are found near the village of Taga, on southwest Savaii, so come here to have a look and if you are lucky you also notice some locals throwing coconuts into the holes, which then are blasted back into the air!

Photo: NeilsPhotography/Flickr (image cropped)  
Address: Taga village, Savaii, Samoa

### Samoa Cultural Village



To get an insight into the customs and traditions of the indigenous population, save some time to visit the Samoa Cultural Village where ceremonies, rituals, songs, dances and workshops will be performed! Plus, participation is free (although it is polite to offer a small "thank you" donation).

Photo: Teinesavaii/Wikimedia Commons (image cropped)  
Address: Beach Rd, Apia, Upolu, Samoa  
Phone: +685 63521

### Swimming and snorkelling



Under the waters surrounding the islands of Samoa, beautiful coral gardens are teeming with an astonishing 900 species of fishes and 200 varieties of corals. The coast from Lalomanu to Lotofaga has plenty of swimming and snorkelling beaches, but a fee may be required to be paid to swim at many of them.

Samoa Adventure organise snorkelling trips and much more:

Photo: NOAA Photo Library/Flickr (image cropped)  
Address: P.O. Box 374, Samoa  
Phone: +685 77 70272  
Internet: [www.samoa-adventure.com](http://www.samoa-adventure.com)  
Email: [samoa\\_adventure@ipasifika.net](mailto:samoa_adventure@ipasifika.net)

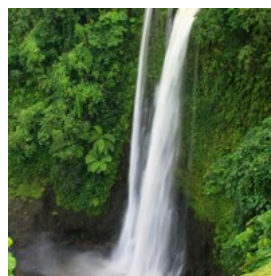
### Togitogiga Waterfalls



At the Togitogiga Waterfalls, in the village of Salailua, enjoy a swim in one of the delightful swimming holes - there is no entry fee here and toilets and changing rooms are always available.

Photo: Libor Fousek/Shutterstock.com  
Address: Togitogiga Waterfalls, Salailua, Samoa

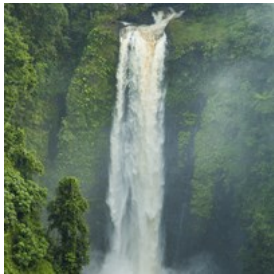
### Fuipisia falls



If you are feeling more energetic, take the hike to the top of the 55m high Fuipisia falls. You will find this spectacular jungle waterfall off the pass road in the village of Lotofaga. This is also a great place for bird watching.

Photo: NeilsPhotography/Flickr (image cropped)  
Address: Fuipisia falls, Samoa  
Tickets: An entry fee applies

### Sopoaga Falls



Another powerful waterfall is the Sopoaga Falls where you will find a lovely garden and picnic area. The garden is full of native plants and trees making it a beautiful place. Make sure not to miss the coconut-husking demonstration and taste the lovely fruit before leaving.

Photo: Libor Fousek/Shutterstock.com  
Address: Sopoaga Falls, Upolu, Samoa

### Mu Pagoa Falls



The Mu Pagoa Falls, mark the point where Samoa's largest river tumbles into the sea. This is for sure an excellent place to take pictures and where you can experience local villagers as they are engaged in using this natural resource in their daily life activities.

Photo: Sarah Kelemen Garber/Flickr (image cropped)  
Address: Mu Pagoa Falls, Palauli, Samoa

### Upolu



Upolu is the main and most populated of the islands in Samoa. The nation's capital Apia is located here, the perfect place to familiarize yourself with the island life, pick some souvenirs and get to know the cultural heritage and history.

Photo: Valery Shanin/Shutterstock.com  
Address: Upolu, Samoa

### Savaii



Savaii is actually a little bigger than Upolu and offers their visitors a true insight into the traditional Samoan way of life. It is also here the nation's highest peak, Mt Silisili rises 1866 metres and at Cape Mulinu'u you can stand at the last place on earth and view the final sunset of every day.

Photo: Valery Shanin/Shutterstock.com  
Address: Savaii, Samoa

### Piula Cave Pool



A beautiful spot to explore, Piula Cave Pool is a crystal clear freshwater spring pool and cave that was originally formed by a lava tube. There are a lot of small-middle sized fish to swim with in the pool and the amazing setting with the beach view just enhances the experience.

A good advice is to bring your own food with you since there are no restaurant nearby.

Photo: Libor Fousek/Shutterstock.com  
Address: The Main east coast road, Piula, Upolu, Samoa  
Tickets: There is an entrance fee  
More Info: Along the main east coast road, 45 mins from Apia, at the Piula theological college in the village of Lufilufi

### Tafa Tafa Beach



Another beautiful scenic beach with white sandy beach and clear blue water, Tafa Tafa Beach is the ideal place for a day trip where to sunbath, swim and snorkel. After the tide goes out, search for the gorgeous shells and natural souvenirs to bring back home.

There are organised trips to this beach with companies such as: Samoa Scenic

Photo: Libor Fousek/Shutterstock.com

Address: Apia, Upolu, Samoa

Phone: +685 26981

Internet: [www.samoascenic.com](http://www.samoascenic.com)

### Papapapai-Tai Falls



Admire the powerful Papapapai-Tai Falls plunging 100 metres from the lookout. This is one of the longest waterfalls in Samoa and is truly a beautiful sight even though visitor can't actually reach the waterfall close-up.

Photo: Shin Kang/Shutterstock.com

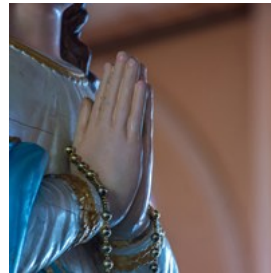
Address: Cross Island Rd, Samoa

### Pulemelei Pyramid

On Savaii, Pulemelei Pyramid is a historical site located on Letolo Plantation and, at 12 metres tall, it's the largest ancient structure in Polynesia. This massive man-made mound measures a whopping 61x50 metres. The mystery of how and why it was built still remains unsolved. It's marked on some maps as Tia Seu Ancient Mound.

Address: Letolo Plantation, Palauli, Savaii, Samoa

### Immaculate Conception of Mary Cathedral



Located in the center of the capital city, Apia, you will find this beautiful church with stained glass and art on the walls. The architectural beauty and the decor blends Samoan culture and Catholicism and it is truly a place where to admire icons, paintings, marble floors and carvings.

Photo: PongMoji/Shutterstock.com

Address: Main Beach Road, Apia, Upolu, Samoa

Phone: +685 20869

### DINING



Dolly MJ/Shutterstock.com

Food plays an important part in the Samoan culture with many festivities based on huge feasts. Traditional foods include Taro, pork, chicken, breadfruit and fresh fruit and the traditional way of cooking is in an earth oven called Uma, where the food is wrapped in banana leaves. No oils are used in this method of cooking, making it extremely healthy as well as flavoursome.

Delicacies on the Samoan menu include palusami (young taro leaves baked in coconut cream) and oka, (raw fish in coconut cream), both are must try dishes on any holiday to Samoa.

The ocean provides bountiful feasts of crayfish, snapper, masimasi, octopus and tuna to name just a few, but along with traditional dishes, there is a wide range of Western cuisines available!

### Vailili Restaurant



Dine on some of the freshest seafood you could find on these islands at Le Lagoto Resort, situated in the village of Fagamalo in Savaii. The restaurant is open seven days a week from 7:30 am to 10:00 pm and it's unmissable especially on Thursday night because of their themed buffet and the traditional fiafia show!

Photo: vsl/Shutterstock.com  
Address: Fagamalo, Savaii, Samoa  
Phone: +685 58189  
Internet: [www.lelagoto.ws](http://www.lelagoto.ws)  
Email: [lelagoto@samoa.ws](mailto:lelagoto@samoa.ws)  
More Info: Located at Le Lagoto Resort & Spa

### South Pacific Restaurant



The South Pacific Restaurant at Sheraton Samoa Aggie Grey's Resort is renowned for its tantalising seafood cuisine combined with

local produce. Besides a great dining experience, you can also enjoy their stunning views of the Pacific Ocean. This terrific resort is to be found near the village of Mulifanua.

Photo: Simon\_sees/Flickr (image cropped)  
Address: Mulifanua village, Apia, Upolu, Samoa  
Phone: +685 22880  
Internet: [www.starwoodhotels.com](http://www.starwoodhotels.com)  
Email: [aggiegreys@aggiegreys.ws](mailto:aggiegreys@aggiegreys.ws)

More Info: Located at Sheraton Samoa Aggie Grey's Resort

### Giordano's Pizzeria



Giordano's Pizzeria, in Apia, is a popular meeting place for locals who happily mingle with the tourists while dining: this place in fact is often full of tourists who, for one night, feel like indulge in some pizza and in a western-tasting meal!

Photo: Brent Hofacker/Shutterstock.com  
Address: Salanesa Road, Samoa  
Opening hours: Tuesday - Saturday 3:00 pm - 10:00 pm,  
Sunday 5.00 pm - 10:00 pm  
Phone: +685 25985  
Email: [gastanley@samoaonline.ws](mailto:gastanley@samoaonline.ws)  
More Info: Pizzeria

### Maketi Fou



Apia's colourful Maketi Fou (food market) on Fugalei Street, behind the Flea Market, is open daily and gives you the opportunity to sample the delicious traditional Samoan cuisine. Moreover, it's a great venue to get to know locals, chatting with them while trying the countless delicacies you'll find here!

Photo: okayryan/Flickr (image cropped)  
Address: Fugalei Street, Apia, Upolu, Samoa

### Salelologa Market

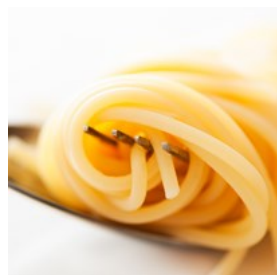


At the Salelologa Market you can taste traditional style dishes from the stalls located on the first floor, while on the second one you will find beautiful

handicrafts and clothing. To get to the Salelologa area, you must take a boat ride from the Salelologa wharf, which is enjoyable experience itself!

Photo: zcw/Shutterstock.com  
Address: Salelologa, Savaii, Samoa

### Paddles Restaurant



This restaurant's consistently high rankings and popularity among visitors and locals alike mean that a wonderful dining

experience is guaranteed. Be seated overlooking the Apia harbour and take in the views, while you dine Italian food with Samoan twist!

Photo: p.studio66/Shutterstock.com  
Address: Main Beach Rd, Apia, Samoa  
Opening hours: Monday - Saturday 9:30 am - 23:30 pm  
Phone: +685 21819

### Amanaki



The restaurant serves superb seafood, including sashimi and ota, a locally Samoan take on sushi (raw fish cubes pre-marinated in coconut

milk and served with vegetables on top). Furthermore, there are several vegetarian options available, as well as dishes that children will love!

Photo: cegoh/pixabay.com  
Address: Amanaki Hotel, Sogi Peninsula, Apia, Upolu, Samoa  
Phone: +685 27889  
Internet: [www.amanakihotel.com](http://www.amanakihotel.com)  
Email: [contact@amanakihotel.com](mailto:contact@amanakihotel.com)  
More Info: Located at Amanaki Hotel

### Scalinis Restaurant



This restaurant called "Scalinis" - small steps in Italian - enjoys a spotless reputation in Samoa - and rightfully so, since the food served surpasses all expectations! Founded in 1999, here you'll find dishes prepared in a perfect Italian style.

Photo: Romi/pixabay.com (image cropped)  
Address: Cross Island Road, Apia, Upolu, Samoa  
Opening hours: Monday - Friday 12:00 pm - 2:30 pm and from 5:30 pm on, Saturday from 5:30 pm on  
Phone: +685 77 78242 / +685 36720  
Internet: [www.scalinissamoa.com](http://www.scalinissamoa.com)  
Email: [joe@scalinissamoa.com](mailto:joe@scalinissamoa.com)  
More Info: Italian Restaurant

### Kokobanana Bar & Grill



Generous portions of perfectly prepared food, such as lobster or the unmissable steak, to be eaten with the heavenly sauce with onions! If you are not that much into meat, just ask the helpful staff that will surely advice you with other mouth-watering dishes!

Photo: Brent Hofacker/Shutterstock.com  
Address: Cross Island Road, Papaloloa, Apia, Samoa  
Phone: +685 26880  
Email: [thirzamooors@gmail.com](mailto:thirzamooors@gmail.com)

### Bistro Tatau Restaurant



Located in the centre on the busy intersection along the Main Beach Road, Bistro Tatau is a great choose for fresh and innovative food with a touch of European, Mediterranean and



Australasian cuisines while keeping the essence of the South Pacific. As with the food, the decor is modern and eclectic which creates a causal and sophisticated ambiance.

Photo: anyamuse/Shutterstock.com

Address: Main Beach Road, Apia, Samoa

Phone: +685 22727

Internet: www.bistrotatau.ws

Email: billgunn@lesamoa.net

More Info: Corner of Main Beach Road and Fugalei Street

### Izzy's



If you are craving for a juicy American style burgers with a Samoan twist, then Izzy's is a great place to head for. The food is prepared with

fresh ingredients to get that perfect taste and you will for sure not get disappointed. If burger is too heavy for you, they have mouth-watering salads and grilled fish on flatbread on the menu.

Photo: Dziewul/Shutterstock.com

Address: Meredith House, Savalalo, Apia, Samoa

Opening hours: Monday - Friday: 7:30 am - 4 pm, Saturday:  
7:30 am - 2 pm

Phone: +685 34047

### Tifaimoana Indian Restaurant



In the centre of Apia, you will find this exotic treasure where to relish creamy, dry, sweet or spicy Indian food. The menu offers a huge range

of Indian food from different regions both meat and vegetarian dishes, all served by the friendly staff.

Photo: Joe Gough/Shutterstock.com

Address: Fugalei St, Apia, Samoa

Phone: +685 29604

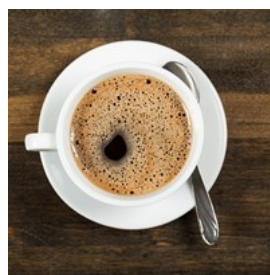
## CAFES



zstock/Shutterstock.com

The lines between the Western understanding of a "cafe" vs. "restaurant" are blurred in Samoa, and many local establishments may well easily fit into both categories. There are, however, a few places leaning more towards serving lighter foods and offering a selection of coffee varieties.

### Pinati



At Pinati there is a good range of well-priced large servings of Samoan fare, such as the tasty curry rice, but you could also check it out just for one

of their great coffees! Located near the corner of Vaea and Convent Street, at this café you'll love, in particular, the laid-back atmosphere.

Photo: Billion Photos/Shutterstock.com

Address: Convent Street, Apia, Upolu, Samoa

Phone: +685 24248

### Home Cafe



"Nothing tastes better than a Home-cooked meal", this is the description you'll find on their website, meaning that the genuineness of their products is a priority at Home. Try the

super tasty brunch with beans, cheese, eggs, bacon and, of course, coffee!

Photo: kevin7635/pixabay.com

Address: Cross Island Road, Tanugamanono, Samoa

Opening hours: Monday - Friday 6:30 am - 3:30 pm, Saturday 8:00 am - 1:00 pm

Phone: +685 845 2449

### Forest Café



Located just 10 minutes from town, there is Forest Cafe and as the name suggests, offers a breath-taking panorama over the dense Samoan

forests... Discover the sounds of the nature and observe birds in their natural habitat, while sipping tea and spoiling yourself with a slice of cake!

Photo: Kazitafahnizeer/Shutterstock.com

Address: Tiapapata, Samoa

Opening hours: Monday - Sunday 10:00 am - 7:30 pm

Phone: +685 77 55101

Email: forestcafesamoa@gmail.com

### Pacific Jewell's Garden cafe



Ideal location for a lovely breakfast or lunch, Pacific Jewell's is a beautiful garden cafe with a relaxed atmosphere.

Healthy food,

sandwiches, wraps, delicious coffee are all on the menu. There is a store adjoined to the cafe where you can buy some amazing gifts to bring back home.

Photo: Pjjaruwan/Shutterstock.com

Address: Levili village, Apia, Upolu, Samoa

Phone: +685 32887

### Coffee Bean Cafe



Established in 2009, Coffee Bean Cafe is a bustling cafe known for its high quality coffees, delicious menu, and great customer service. From the menu, freshly prepared food can be picked for breakfast (served all day) and lunch.

Photo: Peter Kremzar/Shutterstock.com

Address: Cross Island Rd, Apia, Samoa

Opening hours: Monday - Friday: 8:00 am - 4:30pm,

Saturday: 8:00 am - 1:00 pm, Sunday: 8:00 am - 12:00 pm

Phone: +685 842 7466

Internet: [www.thebeansamoa.com](http://www.thebeansamoa.com)

More Info: Shop 2, Tamaligi Samoa

### Le Petit Cafe



Tucked away off the cross island road out of Apia, Le Petit Cafe is for sure a hidden gem who knows how to satisfy sweet cravings with their

delicious crepes topped with salted caramel and caramelized banana or other yummy toppings. Homemade hamburgers, waffles, omelettes, French toast are also served at this secluded laid-back courtyard cafe.

Photo: AnjelikaGr/Shutterstock.com

Address: Papauta, Apia, Samoa

Phone: +685 75 12633

More Info: French-style breakfast and around the world lunch.

### Milani Caffe



A family business who take great pride in customer satisfaction, Milani Caffe is an Italian style cafe mixed with Samoan flavours where the menu incorporates locally sourced organic ingredients. Real Italian coffee, freshly baked croissants, salads, pastas, sandwiches, cakes, muffins and much more are served at this lovely cafe.

Photo: S\_Photo/Shutterstock.com

Address: Convent street, Apia, Upolu, Samoa

Phone: +685 20584

More Info: Gold Star Building

### Krush



Create your own roll, wrap or salad at this healthy juice bar and vegetarian friendly restaurant. Not only serving food but also delicious and healthy smoothies and juices, don't miss their berry and pawpaw smoothly or the banana chocolate one.

Photo: Marcelo\_Krelling/Shutterstock.com

Address: Cross Island Road, Motoootua, Apia, Upolu, Samoa

Phone: +685 27874

### Nourish Cafe



Local cuisine and organic farming are the main concepts at Nourish Cafe who also promote healthy eating. As the logo of the cafe - "Local, Organic and Wellness." The incredibly tasty food is well presented and served by the attentive staff. Coffee, smoothies and desserts are also offered

on the menu.

Photo: Snowbelle/Shutterstock.com

Address: Mulivai street, Apia, Samoa

Opening hours: Monday - Thursday: 7:30 am - 3:00 pm,  
Friday: 7:30am - 3:00 pm, 6:30 pm - 11:00 pm, Saturday:  
8:00 am - 2:00 pm

Phone: +685 840 0602

More Info: Located at the Ace of Clubs compound.

### BARS & NIGHTLIFE



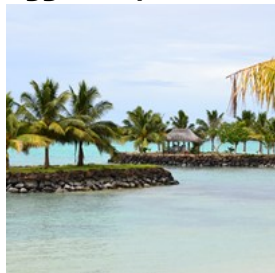
Deborah Kolb/Shutterstock.com

Nightlife in Samoa varies from bars and clubs to cultural shows and events. Watching the sun dip below the horizon, while sitting at one of the beach bars with a cocktail in hand - is, for many, a fine way to see the end of another day in paradise.

For a lively night out, Apia is the place to go, featuring the main concentration of clubs and bars in Samoa. Few bars are open after midnight, though, and fewer still on Sundays, the day of worship.

Fiafias is a spectacular Samoan dance accompanied by a buffet of traditional dishes that many hotels and resorts present as special entertainment for their guests. Kava is the traditional drink, but it is usually kept for special occasions.

### Aggie Grey's Resort



Many bars are located within resorts such as Aggie Grey's Resort, with the choice of two cocktail bars: "Bloody Mary's" and the "Solent Bar", each

with its signature cocktail and extensive range of imported beers, spirits and wines!

Photo: Simon\_sees/Flickr (image cropped)  
Address: Mulifanua village, Apia, Upolu, Samoa  
Phone: +685 22880  
Internet: [www.aggiegreys.com](http://www.aggiegreys.com)

### RSA Night Club

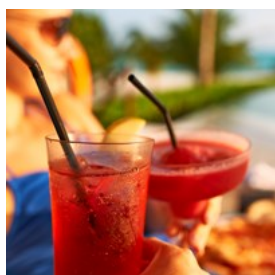


The centrally located RSA Night Club is another popular spot and the favourite haunt for locals. Check it out and experience a great night

out thanks to the talented DJs and musicians playing there every weekend and don't forget to try one of their refreshing beers!

Photo: Razumovskaya Marina Nikolaevna/Shutterstock.com  
Address: Mulinu'u Rd, Apia, Samoa  
Opening hours: Monday - Thursday 9:00 am - 10:00 pm,  
Friday - Saturday 9:00 am - midnight  
Phone: +685 20171  
Email: [rsa.bartender@gmail.com](mailto:rsa.bartender@gmail.com)

### Hans Bar, Le Lagoto Beach Resort



Hans Bar at Le Lagoto Beach Resort, on Savaii Island is a lovely poolside bar with an idyllic location. The pool, the palms and the suffused

lightning create the perfect atmosphere for sipping a cleansing local Vailima beer or having a nightcap!

Photo: [haveseen/Shutterstock.com](https://www.shutterstock.com)  
Address: Fagamalo, Savaii, Samoa  
Phone: +685 58 189  
Internet: [www.lelagoto.ws](http://www.lelagoto.ws)  
Email: [lelagoto@samoa.ws](mailto:lelagoto@samoa.ws)

### Lighthouse Bar & Grill

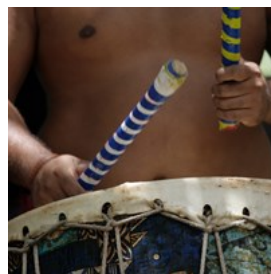


In Beach Road you will find the very popular Lighthouse Bar & Grill, which attracts both local people and tourists. This is an open air venue that

makes mingling with potential new friends a pleasure, while drinking one of their fruity cocktails!

Photo: CandyBox Images/Shutterstock.com  
Address: Beach Road, Apia, Upolu, Samoa  
Phone: +685 22691

### Le Vasa



Le Vasa is a luxury beach front resort offering traditional Fiafia nights that gives a great insight to the cultural side of Samoa. Professional

dancers wearing mat dresses and flower garlands perform an unforgettable and fiery dance to the sound of rhythmic drumming: totally unmissable!

Photo: CO Leong/Shutterstock.com  
Address: Cape Fatuosofia, Upolu Island, Samoa  
Phone: +685 46028  
Internet: [www.levasaresort.com](http://www.levasaresort.com)  
Email: [sales@levasaresort.com](mailto:sales@levasaresort.com)

### Cocktails on the Rocks



This bar is a long-standing venue in Apia, popular among both locals and tourists alike and it's a great place to grab an evening drink.

Some night, there are local bands playing here, so make sure to check their website for more detail.

Photo: Unsplash/pixabay.com

Address: Beach Rd, Apia, Upolu, Samoa

Opening hours: Monday - Thursday 3:00 pm - 10:00 pm,

Friday - Saturday 3:00 pm - midnight

Phone: +685 75 28604

### Apia Harbour

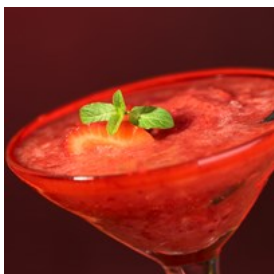


There are quite a few establishments lining the harbour, most of which offer incredible views over the sea and the busy Beach Road. Take your pick and enjoy the glorious sunset while sipping on your favourite drink!

Photo: Thoom/Shutterstock.com

Address: Apia, Samoa

### The Edge Marina View



At the Edge Cocktail Lounge, you can enjoy the beautiful marina view and catch the sunset while sipping a tasty drink. Beside cocktails, a great range of mocktails, shots, wines, spirits, juices, smoothies and delicious tapas style food are served. Dj nights on Thursday to Saturday.

Photo: Ildi Papp/Shutterstock.com

Address: Matautu-Tai Road, Apia, Upolu, Samoa

Phone: +685 77 55174

More Info: The Marina

### The Deck



Located at Tanoa Tusitala Hotel, you will find this poolside bar and restaurant where to chill and enjoy in the company of friends and family. The

Deck offers a wide range of alcoholic and non-alcoholic refreshments, including lunch and dinner.

Photo: Everything/Shutterstock.com

Address: Apia, Samoa

Phone: +685 211 22

Internet: [www.tanoatusitala.com](http://www.tanoatusitala.com)

More Info: Located at Tanoa Tusitala Hotel

### Uncle Harry's Bar



Relax and enjoy your holiday at the Uncle Harry's Bar which is located at Sinalei Reef Resort & Spa, a true paradise with a stunning

surrounding with trees and plants. The pool is just a few step away and when the evening falls watch the sun go down while sipping a cocktail or two.

Photo: altafulla/Shutterstock.com

Address: Siumu Village, Samoa

Phone: +685 25191

Internet: [www.sinalei.com/uncle-harrys-bar](http://www.sinalei.com/uncle-harrys-bar)

More Info: Located at Sinalei Reef Resort & Spa, Just 30 minutes from Apia

## SHOPPING



Gts/Shutterstock.com

When on Samoa, one should not expect to shop at a Harrods-style store. There are no pushy salesmen making quotas for their day, instead you will be lured by the quality of handmade crafts, colourful lava-lava prints, remarkable souvenirs and amazing artworks.

Popular with many visitors is a sample of siapo, a bark cloth made from the beaten bark of the u'a, or paper mulberry tree, and the medium for many artworks from Samoa. Siapo's are decorated with natural dyes and are considered one of the finest of artwork in the Pacific. On Savaii see Siapo being made at the village of Palauli. The Toga is a finely woven mat made from pandanus fibres. These can take years and years to make and when finished are the texture of silk or linen and are prized souvenirs to bring home.

In March, each year, don't miss Apia's Arts and Crafts Fair - a great time to purchase fine art and craft works. There are also a few galleries on Ifiifi Street, where the contemporary Samoan painter Momeo von Reiche showcases not only exceptional examples of artworks, but often you will witness dance, poetry and other forms of readings.

### Maketi Fou

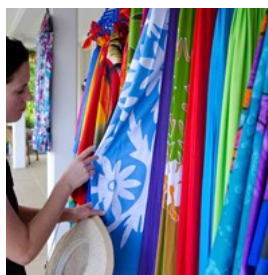


Maketi Fou (food market) on Apia's Fugalei Street, is perfect for stocking up on fresh fruit like pawpaws and sweet little ladyfinger bananas. This market is always lively and visited by both Samoans and tourists that are looking for household goods or genuine produce such as coconut milk!

Photo: romanov/pixabay.com

Address: Fugalei Street, Apia

### Old Apia Market



Old Apia Market - about a 10-minute walk from the food market - is a terrific souvenir haunt where you'll find everything from clubs and kava bowls to lava-lavas (the Samoan sarong), baskets, jewellery and authentic Samoan music. It's the place to go to look for souvenirs and to discover a bit more the Samoan culture!

Photo: ChameleonsEye/Shutterstock.com

Address: Beach Rd, Apia, Upolu, Samoa

Opening hours: Monday - Friday 8:00 am - 4:00 pm, Saturday 8:00 am - noon

### Fish Market



The place to go for the catch of the day is, of course, the Fish Market, located in very close proximity to the Flea Market. Buy fresh ingredients and prepare your own culinary masterpiece with local seafood!

Photo: PaelmerPhotoArts/pixabay.com

Address: Beach Rd, Apia, Upolu, Samoa

### Salelologa Market



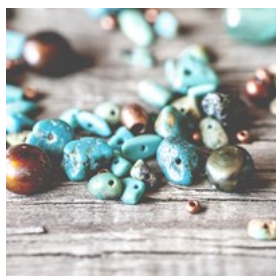
At Salelologa Market, near the wharf on Savaii, you'll discover fresh tropical fruits and vegetables alongside other delicious produce.

Take your time to look for the hidden gems and don't forget to purchase traditional items, such as lava lavas!

Photo: Photology1971/Shutterstock.com

Address: Savaii, Salelologa, Samoa

### Janet's



In Samoa there are some wonderful, locally made coconut and shell jewellery available throughout markets and villages... In particular,

Janet's is the place for jewellery and traditional items such as Pacific Island clothing, cosmetics, bracelets, necklaces and much more!

Photo: hookmedia/Shutterstock.com

Address: Lotemau Center, Saleufi, Apia, Upolu, Samoa

Phone: +685 23371

Internet: [www.janetssamoa.com](http://www.janetssamoa.com)

Email: [info@wheresamoashops.com](mailto:info@wheresamoashops.com)

### Mailelani



When in Samoa, make use of the opportunity to shop for high-quality cosmetics and body care items made with certified organic coconut oil at

Mailelani. Here, in fact, you will find soaps, lotions, oils and every kind of creams made from what the Samoan soil has to offer.

Photo: Africa Studio/Shutterstock.com

Address: Apia, Tuamasaga, Samoa

Opening hours: Monday - Friday 9:00 am - 5:00 pm, Saturday 9:00 am - 12:00 pm

Phone: +685 22111

Internet: [www.mailelani-samoa.com](http://www.mailelani-samoa.com)

### Mena



Mena is a local fashion brand that specializes on fun and vibrant women's clothing. The brand is well-known in Samoa and enjoys popularity as well

as a good reputation among locals, but also among the visitors that discover Mena directly on site and just can't get enough of its colourful, high-quality clothes!

Photo: Shebeko/Shutterstock.com

Address: Fugalei Street, Apia

Phone: +685 31293

Internet: [www.menashop.com](http://www.menashop.com)

### Pacific Jewell Gift Shop



If you're looking to stock up on peculiar souvenirs from Samoa, take a look at the Pacific Jewell Gift Shop and browse through its many items - from

artworks to small souvenirs (all locally produced)! The Polynesian style that permeates every item is sometimes tempered by a modern design, without attenuating its uniqueness, though.

Photo: naluwan/Shutterstock.com

Address: Levili Blvd, Apia

Opening hours: Monday - Friday 8:00 am - 5:00 pm, Saturday 8:00 am 2:00 pm

Phone: +685 32888

Email: [pacificjewell@gmail.com](mailto:pacificjewell@gmail.com)

### Plantation House Samoa



Head for this store for amazing gift ideas, Plantation House Samoa offers stunning contemporary designs and handprinted textiles.

Jewellery, homeware, and 'Design Pacific' bags are some of the items that can be bought here.

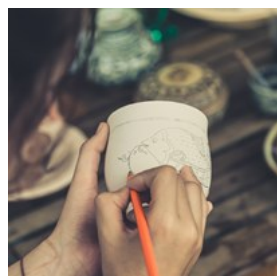
Photo: Gts/Shutterstock.com

Address: Lotopa Road, Apia, Samoa

Phone: +685 22839

More Info: Opposite the gates of The University of the South Pacific

### The Vanya Taule'alo Gallery



Four minutes outside of Apia you will find this gallery where they exhibit and sell contemporary and traditional Samoan art works and handcrafts,

all done by reputable artists and artisans. Buy the perfect pieces of art or jewellery to bring back home as a memory from your exotic trip on Samoa.

Photo: Korn Vitthayanukarun/Shutterstock.com

Address: Taumeasina Bay, Apia, Upolu, Samoa

Opening hours: Monday - Friday: 10:00 am - 3:00 pm,

Saturday: 9:00 am - 2:00 pm

Phone: +685 20011 / +68 5777 2993

Email: [vtaulealo@samoa.ws](mailto:vtaulealo@samoa.ws)

## TOURIST INFORMATION



*mikigroup/Flickr (image cropped)*

### Airport



The main entry point into Samoa is Faleolo

International Airport, located 40 km from Apia, on the island of Upolu.

Airport shuttles are

provided to the major hotels and can be booked prior to arrival or organised when you arrive after clearing customs.

Taxis are also available, furthermore, if your flight is arriving during the day, then you can catch a local bus into Apia from the main gate of the airport. There are no set timetables, unfortunately, but the departures from both the city and the airport are usually synchronised with the flights!

Photo: Juan Garces

Address: Main West Coast Rd, Faleolo, Samoa

Phone: +685 23 201

Internet: [www.apia.airport-authority.com](http://www.apia.airport-authority.com)



## Bus



Have fun exploring Samoa inexpensively by local bus! Buses come in a variety of colour schemes but you will notice that all the seating is wooden. If the bus is full when you board locals will sit on a person's lap and if it's heading into either Apia or Salelologa, the locals will often be carrying their produce to the markets. There are no bus stops around the islands, so just wave down a bus if you want to get on, and when you want to get off simply pull the cord to ring the buzzer. You pay your fare as you leave the bus.

Photo: Pierre-Luc Auclair

## Passenger/Vehicle Ferry



The Samoa Shipping Corporation runs the passenger/vehicle ferry between the main islands of Upolu and Savaii. The ferry departs from the

Mulifanua Wharf on Upolu, near the international airport, while for the return journey the ferry departs from the Salelologa Wharf on Savaii. The trip takes one hour each way and you can purchase your ticket directly at the wharf!

Photo: ArrivalGuides

## Rental Cars



There is a wide variety of car hire companies in Samoa, but Discovery Rentals is one of the companies offering great price and service. To drive in Samoa, you need to validate your foreign

driver's license by taking it to the Ministry of Works Transport & Infrastructure in Apia or to the Transport Control Board office in Vaitele, near the Vailima factory. Some rental car companies may assist you in the process of getting your license endorsed. There are 24 rental car companies to choose from and you could hire everything from sedans and soft top 4WDs to 12-seater vans, if you're part of a big group. Don't forget that all vehicles are right hand drive!

Photo: ArrivalGuides

Address: Apia, Samoa

Phone: +685 29230 / +685 45674

Internet: [www.discovery-rentals.com](http://www.discovery-rentals.com)

Email: [discoveryrentals@samoa.ws](mailto:discoveryrentals@samoa.ws)

## Taxi



Taxis can be hired and are popular for day tripping around the island, though it is strongly advisable to agree on your fare before departure.

City Central Taxis

+685 23600

Radio Taxi

+685 24432

Photo: ArrivalGuides

## Post



The main Post Office in town is located in the SamoaTel building, opposite the government building.

Photo: Andy Fuchs  
Address: Beach Road, Apia, Samoa  
Phone: +685 67723  
Internet: www.samoapost.ws

## Pharmacy



There are some pharmacies scattered around the islands. Here are some of them: Marias Health Care Pharmacy: Taufusi, Apia +685 29

834

Apia Pharmacy:  
Main Beach Road, Apia  
+685 22703  
ltaf008@gmail.com  
Mon-Fri: 8:00 am - 5:30 pm  
Sat: 9:00 am - 3:00 pm

Niu Pharmacy:  
Amau Complex

Photo: Gemma Garner  
Address: Vaea Street, Apia, Samoa  
Opening hours: Monday - Thursday: 8:30 am - 8:00 pm,  
Friday: 8:30 am - 6:00 pm, Saturday: 8:30 am - 2:00 pm,  
Sunday: 6:00 pm - 8:00 pm  
Phone: +685 22420

## Telephone

Country code: +685



Photo: Jardson Almeida

## Electricity

240V



Photo: Stirling Tschan

### Population

194,768

### Currency

100 sene = WS\$1

The Samoa currency is the Tala (dollar) and Sene (cent).

### Opening hours

Shops are usually open Monday - Friday 8:00 am - 16:30 and Saturday 8:00 am - noon. They are generally closed on Sundays.

### Newspapers

Samoa Observer  
Samoa Times  
Talamua Online News

### Emergency numbers

Police: 995  
Ambulance: 996  
Hospital: 21 212  
Fire: 994

### Tourist information

Samoa Tourism Authority  
Beach Road, Apia, Samoa  
Monday - Friday 9:00 am - 5:00 pm, Saturday 8:00 am - noon  
+ 685 63500  
info@visitsamoa.ws