

THE BEST DAY WALKS IN SAMOA

10-25 May, 2025

featuring one week in Upolu and one week in Savaii.



Price: \$4500

(based on a minimum of 10 participants and subject to currency fluctuations)

Price does not include:

- **Flights**
- **Travel insurance**
- **Personal incidentals and excursions**
- **Meals**

Price includes:

- **Accommodation (hotels, motels, fales)**
- **Airport transfers**
- **Transport (vehicle, ferries, water taxis)**
- **The services of an experienced NZ leader/guide throughout**
- **Fees and levies for local guides and for access to trails.**

UPOLU ISLAND (likely bases: Apia and Lalomanu) (10-18 May)



OVERVIEW OF WALKING OPPORTUNITIES

Hiking is excellent in the coastal rainforest of O Le Pupu-Pue National Park, where you can walk through the rainforest to the Togitogiga Falls, and inland to Peapea Cave, an old lava tube. Guides are recommended as trails can be easily lost. The walk out to Lake Lanotoo National Park, Samoa's largest lake, is also worthwhile. You'll need good walking shoes and water, and a guide is advisable. The rainforest of Mount Vaea Scenic Reserve has some scenic trails – you can climb to the summit for stunning views over Apia Harbour. Other options include the walk to Le Fale O Le Fee, an archaeological site at the end of Faipule Road, the coastal route from Falefa Falls to Fagaloa Bay, Amaile to Tafaga Beach on the north-east coast, and the coastal walk from Anapu to Lefaga at the south-western end of Upolu. Several walks extend from the pretty village of Uafato on the north-east through the rainforest of Uafato Conservation Area.

Top Walks in Upolu:

- Falease'ela River Walks and Cascades (4-6h loop)
- O Le Pupu Pale NP: Coastal Walk (2-3h)
- Lalomanu Beach to Sua Ocean Trench (2h)
- Ma Tree with Togitogiga Waterfall (1h30m)
- Mt, Fiamoe (2h)
- Lake Lanoto'o (2h)
- Mt. Vaea/R.L. Stevenson house (1h)
- Mt Tulimanuiva Star Moud
- Uafato Bird Hide Trail (1h)
- Namu'a Isalnd Summit (1h)

SAVAII ISLAND (likely bases Safua/Faga and Falealupo) (18-25 May)



OVERVIEW OF WALKING OPPORTUNITIES

There are plenty of good trails on Savaii, with its lush rainforest, volcanoes and rugged coast, although using a local guide is recommended. The Tafua Peninsula is a good area to explore, with its lava fields and beautiful rainforest walks at the Tafua Rainforest Preserve. The hike around the Tafua volcano rim takes about an hour from the base. The 1200 hectare Falealupo Rainforest Preserve has a scenic tree-top boardwalk and several walking trails, and there are shorter walks in the south to the Olemoe Falls and the Pulemelei Mound. Other good areas for walking include the Falealupo Road to Cape Puava, from Sasina to Letui on the north coast, and the Satoalepai wetlands, also on the north coast. The dramatic coastline around Cape Mulinu'u is also worth exploring, with its sea arches, cliffs and peaceful, secluded beaches.

Top Walks in Savaii:

- Mount Matavanu (2-3h)
- Saleaula Lava Filed (1h)
- Vaisala Bay Loop (30m)
- Tafua Crater (1h)
- Laauoleola Cave and Nature Walk (1h)
- Falealupo Nature Trail/ Canopy Walkway (30m)
- Papasea Sliding Rocks, Afu Aua Waterfalls, Alofaaga Blowholes



A SPECIAL FEATURE: WATERFALLS

Samoa is famous for its waterfalls which are often created by the green mountainous landscapes formed by ancient volcanoes. Especially in Samoa's island interiors, waterfalls cascade and splash into rivers, eventually winding their way to the ocean.

Favourites include:

- Togitogiga Waterfall – these falls tumble into multiple pools at this stunning site, so you can take your pick for that cooling swim.
- Sopoaga Waterfall – a majestic waterfall that's located in the bustling Lotofaga Village.
- Papapaitai Falls - a 100m waterfall that's said to be one of the tallest on Upolu.
- Fuipisia Falls – these flat cliff tops are a perfect place to stop, take a rest, take in the view, and enjoy the cooler air above the canopy.
- Afu Aau Falls/Olemoe Falls – framed by an idyllic plunge pool perfect for swimming on the southern coast of Savai'i.
- Falefa Falls - smaller than many of the other waterfalls but well worth a walk around to take in the stunning views.
- Sauniatu Waterfall - another hidden gem, not far from Falefa Falls.
- Mu Pagoa Waterfall - dropping straight into the ocean below, you won't find another waterfall like it in Samoa. In fact, there is only a handful around the world like it.



In conclusion, there are a lot of breathtaking hiking trails in Samoa that showcase the country's natural beauty and cultural heritage. From dense rainforests to volcanic craters and pristine beaches, the hiking trails in Samoa will leave you in awe of the country's diverse landscapes. So, pack your hiking boots, embrace the spirit of adventure, and embark on a journey through these remarkable trails for an unforgettable experience in the heart of the South Pacific.



FOOTSTEPS WALKING & TRAVEL CLUB OF AOTEAROA NEW ZEALAND

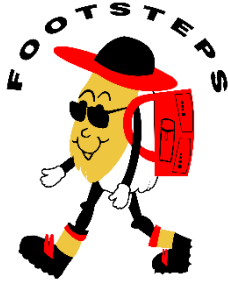
SAMOA, 10-25 May, 2025

Booking Conditions

1. Participants agree to all terms and conditions by signing the Registration Form.
2. Phillip Donnell and *Footsteps Walking and Travel Club* are not responsible or liable for any injury, damage, loss, accident, delay or irregularity which may arise from weather, pandemic, defect in any vehicle, vessel or aircraft, or through the acts or default of any person or company engaged in carrying out any of the arrangements of the trip. Everyone participates entirely at their own risk. The separate waiver form must be completed.
3. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be refunded. The minimum number for this trip is ten.
4. *Footsteps* reserves the right to make any modifications to the trip that may be necessary. The walks undertaken each day are determined by group consensus, but as far as possible we endeavour to meet your personal preferences.
5. The trip fee includes subsidisation of the leader/driver administrative and travel expenses, as well as a gift of appreciation/gratuity.
6. Registrations close on **1 February 2025**, or earlier if all the spaces are filled.
7. Registrations are accepted in good faith on a first comer's basis on receipt of the Registration form, Waiver form and passport scan. A deposit of \$500 per person is paid at the time of registration. The balance of the trip fee is due to be paid by **1 April 2025**.
8. Our preferred method of payment is internet banking to Footsteps, Kiwibank 38-9002-0435674-03. Please write your surname and the name of the trip ("Samoa") in the reference box.
9. Cancellations: If you need to cancel your registration for any reason, you must advise Phillip in writing as soon as possible. An email is acceptable, a phone call alone is not. Full refunds are given up to 90 days prior. Following that, refunds are by negotiation, with the aim of refunding the maximum amount possible. Travel insurance can cover you for unexpected changes of plan that have a valid reason. If you find a suitable replacement person, cancellation fees MAY be waived.
10. Personal travel insurance is compulsory. It is recommended that this includes Covid cover
11. You must abide by the Footsteps Covid policy (see below).

Registration and waiver forms are below.

Complete these and send them to us, with a copy of your passport, to secure your place. Then pay your deposit.



FOOTSTEPS WALKING AND TRAVEL CLUB
OF AOTEAROA NEW ZEALAND

COVID POLICY AND SAFETY MEASURES 2024-2025

In recent times there has been significant relaxation of the rules around travel associated with COVID-19. In that context, we have updated our COVID-19 policy and associated safety measures in line with official advice.

Footsteps has appropriate safety measures in place to help manage and mitigate COVID-19 risks on all trips operated by us. We have robust procedures and protocols in place for your wellbeing.

We would like to acquaint you in more detail with the Footsteps Covid policy, which in turn reflects that of most tour companies. **These are our expectations, which are now a condition of your booking a trip and travelling with us:**

1. You will ensure that Covid cover is part of your travel insurance policy. It is essential that you do this in order that that any unexpected circumstances, including risks of needing to cancel tour participation due to COVID or illness, can be reimbursed by your insurance company.
2. No guest should present for a tour if they are unwell, or have symptoms that may impact their ability to complete the walks/activities safely, having regard to their own interests and those of fellow guests and guides.
 - If you are older, not up-to-date with vaccinations, or at high risk for other reasons, talk to your GP, community pharmacy or local healthcare provider to find out more.
 - Since airlines no longer require pre-flight testing, you should take a RAT test within 48 hours prior to coming on the trip. If positive, you should not embark on the trip in terms of contact with the rest of the group. You can fly to your destination if you wish, but not participate with the group until you are clear.
 - If upon pick up at our meeting location on day one you are displaying any symptoms, our guides may make a determination as to whether you are sufficiently fit and healthy to continue with the tour.
3. We recommend that you wear a mask in all crowded spaces, such as airports, planes, buses, shopping centres, restaurants, transport hubs. It is strongly recommended that you also wear a mask when with the group.
4. As an added safety precaution, Footsteps asks that all guests ensure prior to trip departure that they have an adequate supply of face masks, hand sanitiser and an approved rapid antigen COVID-19 test kit.
 - Since RAT tests are not supplied, you need to bring them with you on the trip, and test yourself every 3-4 days, as well as at the first sign of feeling unwell. If you have any suspicion of having Covid, you should do a test. You must also take a RAT test if asked to do so by the trip leader or tour agency.

- You are most infectious (or contagious) in the first 5 days *after* your symptoms start. You can also spread COVID-19 in the 48 hours *before* your symptoms start. If you never have symptoms, consider yourself most infectious in the 5 days after you test positive.
5. Guides may choose to evacuate a guest off the tour if they have concerns about the ability of that guest to complete the walks/activities safely, having regard to their own interests and those of fellow guests and guides.
- If you contract Covid during a trip, it is anticipated that you will immediately isolate yourself as much as possible from the other participants.
 - Rest is vital - too much activity while having Covid or while taking anti-virals, can worsen the condition.
 - In the event of the need to isolate, or to evacuate you from a tour, arranging accommodation, treatment, medication, and meals are primarily your responsibility, as are any additional associated costs. However, our team will reasonably assist in organising these things (after having regard among other things to the interests of fellow travellers and guides).
 - On longer trips, it is anticipated that you will continue to travel with the group (usually in rear of the vehicle) unless you require significant treatment, but everyone must mask up.

We cannot guarantee that nobody will contract Covid on any of our trips. That possibility is now a fact of life. However, the above measures are designed to prevent this from happening, and to ensure that everyone knows what to do in the event of it happening.

Thanks for your understanding and anticipated precautions.

Footsteps Walking & Travel Club of Aotearoa New Zealand Samoa 2025: Trip Registration Form

Complete and send this (along with a passport scan and the waiver form) to our postal address (see base of page) or scan and email. The deposit required is \$500 per person. Our preferred payment method is internet banking into Kiwibank 38-9002-0435674-03 (with covering email please, or your surname/name of trip in reference column).

Your full name(s) and please underline or highlight your preferred first name(s):

Postal Address:

Day/Night phone:

Mobile:

Email:

Date(s) of birth:

Are you comfortable in close contact with like-minded travellers with all the give and take needed for harmony? Please extend your answers overleaf or on separate paper, or by email.

Specify any dietary requirements, allergies or medical conditions:

Contact person in NZ for any emergencies : name, address, contact phone numbers, email and the relationship to you. In the event of any emergency, this is the sole person you are authorizing us to liaise with

I/We have read the trip information and booking conditions. I / We enclose the deposit of \$500pp. I / We agree to pay the remainder of trip costs by the due date.

(signed and dated by each person registering):

Send (with passport scan and waiver form) to :

Footsteps, 3/B Te Arawa Place, Welcome Bay, Tauranga 3112. Email: footstepsanz@gmail.com

FOOTSTEPS WALKING & TRAVEL CLUB OF AOTEAROA / NEW ZEALAND
RELEASE AND WAIVER OF LIABILITY FORM

PROVIDER: Footsteps Walking and Travel Club (Phillip John Donnell)(“Footsteps”)

PARTICIPANT:

(“the Participant”)

I, the Participant, release and forever discharge and hold harmless Footsteps from all and any liability, claims, demands and damages, of whatsoever kind or nature, whether foreseeable or otherwise, either at law or in equity, which arise or may arise from the services and activities provided and arranged by Footsteps.

I understand and acknowledge that this Release and Waiver discharges Footsteps from any liability or claim that I may have against Footsteps in respect of personal injury, illness, medical treatment, death, property loss or damage, and otherwise howsoever, resulting from the services and activities provided and arranged by Footsteps. I hereby waive all such rights and remedies.

I accept that I participate in the services and activities entirely at my own risk.

I acknowledge and accept that this Release and Waiver:

- (a) Extends to and covers all contractors, agents, volunteers and employees of Footsteps; and
- (b) Binds the executors, administrators, successors, attorneys and assigns of both parties.

Signed by the Participant:

Date: _____