

THE BEST DAY WALKS IN SAMOA

10-24 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, Air BnB)**
- **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 base: Apia) (10-17 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)
- Star Mounds (various)
- Uafato Bird Hide Trail (1h)
- Namu'a Island Summit (1h)

SAVAII ISLAND (likely base Fagamalo) (17-24 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 Field (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

After our Savaii stay has concluded, we will travel back to Upolu to catch our flight home (on 24 May)



A SPECIAL FEATURE: WONDERFUL 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, 10-24 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

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 & 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: _____