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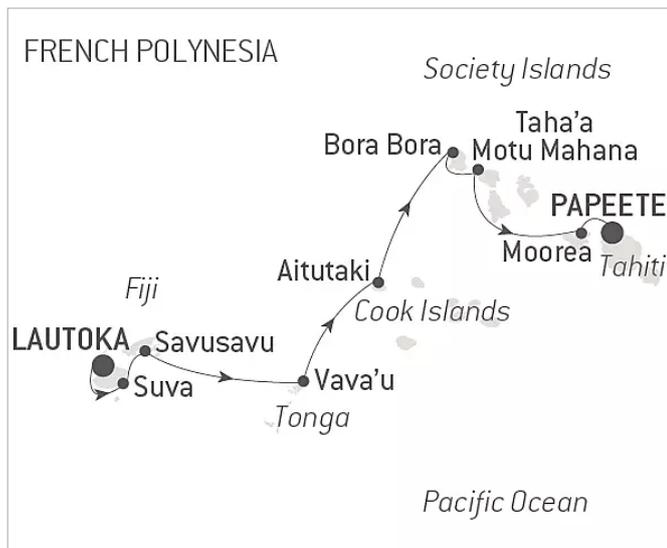
## Fiji, Tonga, Cook & Society Islands

Lautoka, Viti Levu Island to Papeete, Tahiti Island | 13 nights aboard *Le Paul Gauguin*

2025 departures: 1 May 2025

2027 departures: 13 Jan & 15 April 2027

Leaving from Lautoka in Fiji, PAUL GAUGUIN Cruises offers you a 14-day cruise to discover four beautiful archipelagos of the South Seas. You will be captivated by the resolutely Polynesian ambiance that prevails aboard the *Paul Gauguin*: a ship with a relaxed and international atmosphere, especially designed for sailing in these shallow turquoise waters. You will discover authentic villages, hillsides covered in dense tropical vegetation and the sumptuous lagoons of the islands of Fiji. The *Paul Gauguin* will then set sail for the Kingdom of Tonga. Consisting of around 30 picture-postcard islets, Vava'u is an idyllic and pristine destination for exploring the wonderful seabed, sunbathing on the fine sandy beaches edged with coconut trees and discovering the local crafts and traditions. You will also sail towards the Cook Islands and the incredibly clear waters of the Aitutaki lagoon. In the Society Islands, in French Polynesia, you will be dazzled by the incomparable beauty of the sumptuous lagoons of Bora Bora, with its distinctly recognisable volcanic silhouette, by the turquoise waters of the motu Mahana, our private vanilla-scented little paradise, and by Moorea, with its hillside pineapple plantations and its verdant peaks overlooking the island.



### Voyage highlights:

- A journey between the Society Islands, the Cook Islands, Tonga and Fiji; featuring idyllic atolls and hidden paradises.
- Discovering Polynesian way of life, an intimate barbecue on the Mahana motu, an exclusive islet, and visit of Suva, the sophisticated capital of the Fiji Islands.
- Possibility of diving (PADI Open Water Diver or equivalent) with an experienced instructor to admire the marine species of the South Pacific.



## Fiji, Tonga, Cook & Society Islands itinerary

### DAY 1 - LAUTOKA, VITI LEVU ISLAND

Lautoka is the second largest city of Fiji. Located on the western side of the island of Viti Levu, 24 kilometres north of Nadi. Lying in the heart of Fiji's sugar cane growing region, it is known as the Sugar City. Lautoka is the gateway to Fiji's "Sun coast" a land of abundant sunshine, azure skies and dramatic grass-covered peaks chequered with sugar-cane fields, rural villages and quaint market towns.

### DAY 2 - BEQA ISLAND

Just a few kilometres from Viti Levu, the small and remote island of Beqa (pronounced "Benga") offers a concentrated dose of Fiji's cultural and natural treasures. Its inhabitants continue the impressive ancestral tradition of fire walking, or Vilavilavevo. During demonstrations, they invite us to watch these ceremonies where barefooted men, prepared and dressed for the occasion in traditional costume, walk over red-hot coals. Legend says that they also have the power to heal burns. The coral reef so close to the beach is the promise of unforgettable underwater excursions. Further out to sea, the sumptuous seabeds are reputed to be home to many species of sharks.

### DAY 3 - SUVA, VITI LEVU ISLAND

Viti Levu, the largest island in Fiji, is teeming with natural and cultural richness. Dominated by Mount Tomanivi, the island is covered with dense and luxuriant tropical vegetation to the south and vast sugar cane plantations to the north. Suva, the modern and dynamic capital of Fiji, is home to the historical heritage of the islands. In Thurston Gardens, the Fiji Museum showcases the magnificent collections of archaeological objects, illustrating human activity for more than 3,000 years. Whether under the green and luminous highlights of the vertiginous forest canopy or under the turquoise waters of the Beqa lagoon, exploring the natural treasures of Viti Levu is an unforgettable experience.

### DAY 4 - SAVUSAVU, VANUA LEVU ISLAND

Receiving fewer visitors than its neighbour Viti Levu, lying some sixty kilometres to the south, Vanua Levu is the second largest island of Fiji. From Savusavu, set out to discover some of the many treasures of this mountainous island and its luxuriant vegetation. You will be enchanted by the fragrances and intense colours of its tropical rainforest, which hides sumptuous and refreshing waterfalls. You will be charmed by the hospitality of the Fijian people. Among the local traditions, there is the famous kava ceremony, where a drink made from a plant similar to the pepper plant is served in half a coconut shell. Snorkelling fans will be delighted by the beauty of the underwater world, renowned for its incredible visibility.

### DAY 5 - AT SEA

During your journey at sea, make the most of the many services and activities on board. Treat yourself to a moment of relaxation in the spa or stay in shape in the fitness centre. Depending on the season, let yourself be tempted by the swimming pool or a spot of sunbathing. This journey without a port of call will also be an opportunity to enjoy the conferences or shows proposed on board, depending on the activities offered, or to do some shopping in the boutique or to meet the PONANT photographers in their dedicated space. As for lovers of the open sea, they will be able to visit the ship's upper deck to admire the spectacle of the waves and perhaps be lucky enough to observe marine species. A truly enchanted interlude, combining comfort, rest and entertainment.

### DAY 6 - VAVA'U ISLANDS

Vava'u is a splendid archipelago in Tonga made up of around forty picture-postcard coral islands scattered across the turquoise waters of the south Pacific Ocean. The main island is dominated by Mount Talau which offers a magnificent panoramic view over the islands. Along the long fine sandy beaches of these idyllic islets, the teeming marine life can be seen in the coral reefs, the gorgonian coral gardens and the underwater caves. The lush vegetation of the island will delight amateur botanists. The traditional local know-how reveals all the richness of this incredible natural heritage: woven leaves from the legendary pandanus, production of Noni juice with its many virtues, extraction of vanilla essence.

### DAY 7 - AT SEA

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### DAY 7 - CROSSING THE INTERNATIONAL DATE LINE

Your itinerary enables you to cross the International Date Line. This imaginary line across the Earth's surface approximately follows the 180th meridian in the Pacific Ocean. Because of the roundness of the Earth and the necessity of having reference time meridians, we have to change dates



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when we cross this line. So if your ship is travelling west, you will need to add a day to the expected date; conversely, if travelling east, you will take away a day. This paradox, already noted by Magellan's crews during his circumnavigation, serves as dramatic motivation in several novels, including Jules Verne's famous *Around the World in Eighty Days*.

### DAY 8 - AITUTAKI

Aitutaki is a little island of 16 km<sup>2</sup>, with a small fishing port with few motor boats, where a simple and peaceful life endures. During your visit, don't miss the opportunity to walk along this magnificent lagoon, reputed as one of the most beautiful and spectacular in the world. Snorkelling fans will discover the treasures of underwater life here. The island is specialised in the sale of black pearls and the production of coloured sarongs, as well as "tivaevae" — patchwork quilting and handiworks. This local manufacture has great value because of its careful artisanal fabrication, and the pieces made are generally offered at important occasions.

### DAY 9 - AT SEA

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### DAY 10 & 11 - BORA BORA, SOCIETY ISLANDS

Paradisical atoll of the archipelago of the Leeward Islands, west of French Polynesia, mythical Bora Bora offers a natural spectacle of captivating beauty. You'll be won over as much by the white sandy beaches as by its famous lagoon, one of the most beautiful in the world, where colourful fish frolic in waters of incomparable turquoise. The island is covered with tropical

vegetation, and dominated by the majestic outline of Mount Otemanu. A promenade through this volcanic landscape will enable you to discover a number of villages and meet local communities.

### DAY 12 - MOTU MAHANA, TAHA'A ISLAND, SOCIETY ISLANDS

Feet in the sand, on the islet of Motu Mahana, our sumptuous little private paradise, you will share a very special experience around an authentic traditional Polynesian barbecue. A veritable jewel in the Taha'a lagoon, pristine atoll of the Society Islands, Motu Mahana offers an infinite palette of shades of turquoise, an idyllic backdrop for observing the majestic ballet of the tropical fish. The volcanic island of Taha'a, dominated by Mount Ohiri and Mount Puurauti, will reveal its fertile and luxuriant nature, ideal for cultivating the magnificent black pearls of French Polynesia, as well as vanilla. This rare spice, greatly in demand by gourmets, is the main economic resource of what is also known as Vanilla Island.

### DAY 13 - MOOREA ISLAND

A part of the Windward Island archipelago just to the west of Tahiti, famous Mo'orea will leave you with a series of unforgettable images and memories. Bask on its heavenly beaches, enjoy a dip in the turquoise waters of its lagoon, and soak up its luscious vegetation and the heady flowers that carpet the inland areas. Get the most out of this natural gem with a trip to the Mo'orea Belvedere. Exceptional views of Mount Rotui unfurl before your eyes, with the Opunohu Bay and its valley to the left, and the famous Cook's Bay, surrounded by notched, cathedral-style peaks, to the right.

### DAY 14 - PAPEETE, TAHITI ISLAND

Capital of French Polynesia, the city of Papeete is on the north-west coast of the island of Tahiti. You'll find a relaxed atmosphere here, where urban buzz combines with the legendary laid-back Polynesian lifestyle. Culture is not lacking. You can enjoy sites narrating the history of the archipelago, including the colonial cathedral and the Maison de la reine Marau. The Vaipahi public gardens will win you over by their abundant plant-life. The large municipal market offers local specialities: fresh fruit, spices and all kinds of fish abound on their stalls.

Contact your preferred travel agent:

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