

# *Micronesia*



Guam • Chuuk • Palau • Yap • Marshall Islands • Kosrae • Pohnpei • Saipan



# The Islands of Micronesia

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Micronesia means "small islands". It is the perfect name given to the 2100 tropical islands "scattered like pearls" across the heart of the Pacific, between Hawaii and the Philippines.

Surrounded by sparkling, azure waters each island is covered in lush, tropical vegetation and ringed by coral reefs. Varying in size and political status each island has its own unique topography, culture, language and attractions. The main island of Guam is a US territory and the gateway to the other island groups. The islands of Yap, Chuuk (Truk), Pohnpei (Ponape) and Kosrae form the Federated States of Micronesia (FSM), a sovereign state in free association with the US while Palau, Kiribati and the Marshall Islands group remain independent with established autonomous governments.



### The environment:

The islands of Micronesia are geographically diverse with a wide range of natural features including crystal clear blue water, protected lagoons, secluded sandy beaches, rolling hills, lush mangrove forests, mountain peaks, striking rock formations, river valleys and stunning waterfalls.

The islands and atolls are the result of volcanic activity that occurred in the region millions of years ago. Many of the islands are the summits of huge, underwater mountains or the rims of sunken volcano craters peaking through the water. These include the raised coral islands Guam and Saipan, the high volcanic islands of Pohnpei and Kosrae and the coral atolls of the Marshall Islands.

Micronesia has some of the most pristine underwater environments in the world while the lush tropical topside of the islands house an abundance of plants and birdlife.

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**The people:** Micronesia was settled approximately 3000 years ago by the ancient seafarers who migrated from areas of South-east Asia. The total population of the islands is less than

500,000. Micronesians are a warm, friendly, respectful people who welcome visitors to their homeland. Although the different islands have their own distinct customs and traditions, typified by the number of indigenous languages, they are united as a country and maintain strong traditions, folklores and legends. The pace of life is gentle with great importance placed on the extended family and clan systems. In the villages life is close to nature with many sustaining a subsistent lifestyle of gardening, fishing, sailing, weaving and open-hearth fires used for the cooking of daily meals. Music and dance also plays an important role in the everyday life of Micronesian people.



### Things to do:

The crystal clear waters, protected lagoons and surrounding reefs provide a plethora of water activities including swimming, snorkelling, diving, kayaking, fishing, jet ski, water ski, windsurfing, parasailing and banana boat rides. Land activities include; cycling, jungle hikes to secluded lakes and waterfalls, playing a round of golf or game of tennis, taking guided tours to historical WWII sites, experiencing cultural village visits and island hopping.

### General Information:

**Passport and Visa:** Non US citizens must hold a valid passport and onward airline ticket. Australian passport holders do not require a US visa but must complete a Visa Waiver Form. Always check for visa requirements before you travel.

**Departure Tax:** Is applicable and varies throughout the islands

**Climate:** Tropical, with little seasonal variation. The average temperature is 25°C to 30°C on all of the islands.

**Language:** The majority of the population speak English along with a local indigenous language.

**Health:** Vaccinations are not required unless coming from an infected area. There are no tropical diseases and health care is available in the main regions.

Guam and each of the FSM have a hospital.

**Electricity:** Standard 110 volt / 60 cycle current .

**Currency:** U.S. dollars are used throughout Micronesia. International credit cards are accepted throughout Guam and Saipan and most major hotels and resorts on other islands.

**Transport:** Transport in the form of buses, taxis and rental cars are limited throughout the islands. Most hotels offer a shuttle bus service.

**Business:** Hours of business are between 8.00a.m. - 12.00 p.m. and 1.00 - 5.00p.m. Monday to Friday.

**Communications:** Modern telecommunication links are available at all major hotel and resorts.

**Religion:** Micronesians are predominantly Christian although churches of many denominations can be found throughout the islands.

**Time Zone:** Micronesia stretches across 3 time zones: Palau is 9 hours ahead of GMT, Guam and Saipan 10 hours ahead and the Marshall Islands 12 hours ahead.

**Tipping:** Tipping is not expected but is accepted for good service.

**Dress:** Light casual clothing, not too brief away from hotel and resort areas. Good walking footwear, hats, sunglasses and sun screen.



# Guam



**Guam** is the largest island in the Marianas archipelago, a group of 15 islands located approximately 3 hour flight from the Philippines. The island was formed by the fusion of 2 volcanoes that sunk beneath the ocean millions of years ago. The majority of the island is surrounded by a coral reef table with deep water channels. The coastline is characterised by rocky cliffs, mangroves and sandy beaches. The southern area of Guam consists of high volcanic mountains, cascading waterfalls, traditional villages and lush agricultural land, while the northern section is relatively flatter and where the majority of Guam's population resides. The capital, Hagatna is the hub of Guam's business and government activities. The Historical



Centre features many reminders of Guam's 17th century Spanish heritage. Remains of graceful Spanish buildings, the Plaza De España and stone bridges can be seen. Spanish influence is also visible in the architectural design of Guam's southern homes and villages. Guam's premier holiday resort and entertainment region is Tumon Bay located on the western side of the island, facing the tranquil Philippine Sea. The white sandy beachfront of the large bay is lined with international hotels and resorts. Adjoining these are shopping centres featuring designer boutiques, duty-free shopping, restaurants, nightclubs with Vegas-style shows and other entertainment attractions.



## Things to do:

Guam's natural beauty and historical landmarks offer many places of interest. The coastal highway on the southern side of the island takes you to scenic lookouts, secluded snorkelling sites, hiking trails and tranquil villages offering insight into the Chamorro culture and everyday lifestyle of the local people. Guam's turquoise lagoons, deep sea currents and clear, warm waters offer a myriad of water sports and activities - snorkelling, diving, jet-skiing, windsurfing, surfing, sea-kayaking and waterskiing. For those who prefer to remain dry there are Riverboat tours, dolphin watching cruises and a submarine dive for close-up viewing of the islands fish and plant life or, visit the walk-through tropical aquarium or, enjoy a scenic round of golf.



## Ohana Bayview Hotel - Guam

**Ohana Bayview Hotel** is set on an elevated site that overlooks Tumon Bay and just a 15 minute walk to Guam's shopping and entertainment area. The hotel offers 148 air-conditioned rooms featuring a balcony , private bathroom facilities, hairdryer, queen size beds,



cable TV, tea /coffee making facilities, fridge, IDD telephone and in-room safe. Hotel facilities include a restaurant, bar, pool, Spa and sun deck. Guests have access to the Ohana Beach Club facilities located at the Outrigger Guam Resort.



## Outrigger Guam Resort - Guam

**Outrigger Guam Resort** is located right on the beach. The stunning resort offers a large range of room categories. All rooms are air conditioned and feature private bathroom facilities, balcony , cable TV, tea /coffee making facilities, IDD telephone, refrigerator, iron & board. Resort facilities include a selection of restaurants and bars, entertainment shows, kids club, fitness centre, Spa



and swimming pool. The Ohana Beach Club offers a snack bar and beach services as well as a range of water sports equipment available for hire.

# Guam

## Hyatt Regency - Guam

**Hyatt Regency Guam** is a 5 star resort located along a white sand beach. The hotel offers 455 guest rooms in a range of categories. The well appointed, air conditioned rooms feature a spacious balcony with breathtaking ocean or garden views. All rooms have private bathroom facilities, hairdryer, robes, tea /coffee making facilities, cable TV, internet, stereo, radio and in-room safe. Hotel facilities include a selection of restau-



rants and bars, fitness centre, Spa, 3 swimming pools, tennis courts and kids club. A variety of recreational activities are available along the beachfront.



## The Pacific Islands Club - Guam

**The Pacific Islands Club** is a luxury resort offering 781 rooms in a variety of room categories. The well appointed, air conditioned rooms all have panoramic views and come equipped with private bath-



room facilities, balcony, cable TV, IDD phone, hairdryer, bedside radio and in-room safe. Resort facilities include a variety of restaurants and bars, dinner shows, kids club, Spa, shops and water park. The large range of recreational facilities include tennis, beach volleyball, windsurfing, waterslides, kayaking, 18 hole mini golf course and archery.

# Saipan

**Saipan** is the largest and most populated of the 14 islands that make up the Northern Marianas chain. The island is a tropical paradise offering beautiful lagoons, white sand beaches, crystal-clear blue water, luxury hotels and resorts, restaurants, nightlife, shopping centres, world class golf courses, cultural and historical attractions and a selection of tours and activities. As well as its natural beauty Saipan offers many historical WWII landmarks. Points of interest include; Bird Island - spectacular views of a secluded emerald bay, Blue Grotto - swim in a huge limestone cavern connected by underwater passage to the open sea, Banaderos Caves (Last Command Post) - a natural limestone cave fortress with tanks, cannons and war relics, Banzai Cliff - sheer sea cliffs, Laderan Banadero Cave (Suicide Cliff) - panoramic views from this memorial site where many Japanese soldiers jumped to their death rather than surrender.

**Things to do:** Swimming, snorkelling, diving, windsurfing, jet-skiing, parasailing, banana-boat rides, fishing, golf and mountain biking.



## Pacific Islands Club - Saipan

**Pacific Islands Club** offers 308 guest rooms in a variety of categories. All rooms are air conditioned and feature private bathroom facilities, hairdryer,



fridge, cable TV, IDD phone, in-room safe and balcony. Resort facilities include 3 restaurants, 2 bars, room service, laundry service, kids club, boutique, lap pool, games room, health and beauty Spa. The Water-park and River-park offer a range of fun activities.



## Hyatt Regency - Saipan

**Hyatt Regency** is a premium hotel set amongst 14 acres of tropical gardens and lagoons. The hotel offers 315 rooms and suites in a range of categories. All rooms feature air conditioning, balcony, private bathroom facilities, hairdryer, mini-bar, Cable TV, voicemail and in-room safe. Hotel facilities include



4 restaurants 3 bars, pool, health Spa, fitness centre, tour desk, car rental and kids club.

# Palau



**The Republic of Palau** is Micronesia's western-most island chain. The tightly clustered archipelago covers a distance of around 125 miles and is rich in a diversity of plant life, bird life and marine species. The Rock Islands is Palau's crowning glory and one of the world's most unique phenomenon. The maze of over 400 limestone islets, covered in tropical forests are the remnants of ancient coral reefs. The Rock Islands dot the ocean for a 35km stretch south of the island of Koror. Continual tidal action and grazing by sea creatures has resulted in the island's bases wearing away, making them narrower at the bottom than the top. This has created the spectacular look of huge, emerald green mushrooms rising up from the turquoise sea.



**Things to do;** Kayaking is the ideal way to explore this fascinating region. The calm waters and easy pace allows the explorer closer observation of the hidden network of salt water lakes, mangrove forests, marine tunnels, tropical beaches and caverns. With so much to explore there is a range of guided tours that combine a variety of activities. This could include some paddling, snorkelling, bird watching and hiking. A speedboat shuttle service to and from the kayak site eliminates a long paddle. Expert biologists will guide you to juvenile reef fish remaining in nursery habitats or expose you to the mysteries of Palau's endemic fruit dove. Explore caves adorned with stalactites and stalagmites within the rock islands, snorkel among millions of stingless jellyfish at Jellyfish Lake, go scuba diving, join a fishing expedition or hike to Ngardmau waterfall. View the remains of ancient Palauan villages with their stone paths and ceremonial podiums and visit Anguar and Peleliu Islands containing historical WWII sites.



## Palau Pacific Resort - Palau

**Palau Pacific Resort** is a 5 star international resort set amongst 64 acres of tropical gardens. The resort sits on a private, white sand beach overlooking the stunning Rock Islands. The resort offers 160 guest rooms in a variety of categories, all with views over the ocean or lush gardens.



The well appointed rooms are air conditioned and feature private bathroom facilities, balcony, TV, mini bar, IDD telephone, kettle, hairdryer, robes and in-room safe. Resort facilities include a selection of restaurants and bars, swimming pool and jacuzzi, fitness centre and 2 tennis courts.



## Palau Royal Hotel - Palau

**Palau Royal Hotel** is a 5 star resort overlooking Palau's pristine waters and just a few minutes from the city centre. The luxurious resort offers 157 air conditioned rooms and suites equipped with private bathroom facilities,



balcony, LCD TV, mini bar, ceiling fans and in-room safe. Resort facilities include a variety of restaurants and bars, gift shop, Internet library, children's playroom, gym, Spa, swimming pool, beach bar, mini golf course, table tennis and tennis court.



# Palau

## Sea Passion Hotel - Palau

**Sea Passion Hotel** consists of 68 suites offering stunning ocean or mountain views. The hotel has a small private beach where you can relax, swim or snorkel. All rooms



are air conditioned and offer private bathroom facilities, LCD TV, fridge, comfortable furnishings and balcony. Hotel facilities include a restaurant and bar, swimming pool, beach bar, water sports centre, Spa, gift shop, tour desk and internet services.



## Palasia Hotel - Palau

**Palasia Hotel** is centrally located close to shops, restaurants and beaches. The hotel offers 165 rooms and suites with views overlooking the Rock Islands and the Northern Bay of the island. All rooms are air-conditioned and feature, a balcony, private bath-



room facilities, refrigerator, cable TV, hairdryer, robes, IDD phone, radio clock and in-room safety box. Hotel facilities include a variety of restaurants featuring Western and Asian dishes, buffet dinners, BBQ parties, a cocktail bar, swimming pool, health spa, fitness centre and free wireless internet.



## The Carolines Resort - Palau

**The Carolines Resort** is situated on top of a hill overlooking the stunning scenery of the Rock Islands and Philippine Sea. The intimate resort offers 7 private bungalows crafted from local materials and modelled on traditional Palaun architecture. The rustic, air conditioned bungalows have



private bathroom facilities, a balcony, refrigerator, mini bar, cable TV and VCR. Guests of Carolines Resort are provided with complimentary access and use of the tennis courts, fitness centre, swimming pool and private beach located at Palau Pacific Resort.



## West Plaza Hotels - Palau

**West Plaza Malakal** and **West Plaza by the Sea** are budget style hotels located within walking distance of Koror's shops and restaurants. Both hotels offer a selection of standard rooms and two bedroom suites. All rooms are air conditioned and equipped with



private bathroom facilities, TV, balcony, refrigerator, mini bar, hair dryer and telephone. The two bedroom self contained suites are ideal for families and come equipped with kitchen facilities, dining area and spacious living area.



# Chuuk - Truk Lagoon

**Chuuk**, also known as Truk Lagoon is in the Caroline Islands. The lagoon is one of the largest in the world and the final resting place for more than 60 ships, planes and submarines - the legacy of a fierce battle between the Imperial Japanese Fleet and Allied carrier planes during WWII. The lagoon has been declared an underwater museum. The warm, tropical waters and prolific marine life has transformed the wrecks into artificial reefs and beautiful coral gardens. The main island of Weno (formerly Moen) is the capital and commercial centre. **Things to do;** Snorkelling, Kayaking, Diving, Fishing, Climb Sapuk Lighthouse, Visit historical sites, Overnight on a small island or just relax on a pristine beach.



## Blue Lagoon Resort - Chuuk

**Blue Lagoon Resort** is set amongst 14 acres of tropical gardens along a white sand beach on Weno Island. The resort offers 56 air-conditioned rooms with balcony, private bathroom, IDD telephone, TV, fax and email service.



Resort facilities include a restaurant, bar, conference room, gift shop and PADI dive shop. Sport fishing, glass bottom boat excursions, tours and sea kayak rental is available.



## Truk Stop Hotel - Chuuk

**Truk Stop Hotel** is situated on the edge of the majestic lagoon and within easy walking distance to stores and markets. The hotel offers 23 air-conditioned rooms with ensuite bathroom, ceiling fan,



balcony, refrigerator, telephone service and cable TV. Hotel facilities include a restaurant, the Hard Wreck Café & Bar which is the island's premier meeting place and a dive centre.



# Yap



**Yap**, situated in the Western Caroline Islands between Palau and Guam, is one of the most intriguing islands of Micronesia. The lush tropical island lies just 9 degrees north of the equator and consists of rolling hills and thick jungle-like vegetation. Yap is affectionately known as the "Land of Stone Money", due to its ancient currency of huge stone disks, some over 3.5 meters in diameter. The people are proud of their ancient culture, traditions and fascinating legends. Dance is an important art form whereby legends are told and passed down through the generations. Village life where grass skirts for women and thu'us for men are still worn consists of fishing, sailing and weaving. The capital Colonia, is only slightly more urbanised than the village areas. Yaps coastal areas are mostly mangroves with the occasional beach and coral reef.

**Things to do include;** snorkel or dive with giant manta rays, deep-sea fishing, mountain biking, hike along ancient stone paths and experience cultural village visits.



## Manta Ray Bay Hotel - Yap

**Manta Ray Bay Hotel** is located in Colonia overlooking Tamil Harbour. The hotel offers 35 air-conditioned, spacious rooms with private bathroom facilities, hairdryer, TV, DVD, refrigerator, tea / coffee facilities making and in-room safety



box. Hotel facilities include "The Mnuw Ship" which houses the restaurant, bar and grill and movie theatre. Spa, plunge pool, Also on-site is the Stone Money (micro) Brewing Company and Yap Divers. Activities include diving, snorkelling, kayaking, fishing and wildlife walks.

## Traders' Ridge Resort - Yap

**Traders' Ridge Resort** is a charming property overlooking Chamorro Bay. The intimate retreat styled in 1880s Victorian architecture offers 20 rooms and 2 suites. The spacious rooms



feature handcrafted furniture, original artworks, hardwood floors and French doors opening onto a patio or veranda. All rooms have air-conditioning, ceiling fan, TV, VCR, IDD phone and mini bar. Resort features include a restaurant, café and bar, swimming pool, spa, massage retreat and gift shop.

# Kosrae

**Kosrae** is known as "the sleeping lady." The island is covered in tropical jungle, with high volcanic peaks, lush river valleys, stunning waterfalls and unspoiled beaches surrounded by fringing reefs and teeming with tropical fish. The coral reefs slope steeply into the clear blue depths and are one of Kosrae's great attractions. The people of Kosrae are considered one of the most peaceful and gracious on earth. Missionaries have had a huge influence on the island so modesty and cultural practices should be observed. Singing and chanting, weaving, woodcarving, canoe making, house building, farming, and fishing are still the regular practices.

**Things to do;** Diving, snorkelling, fishing, kayaking, canoeing, surfing, rainforest hikes, mountain climbs, bird watching and exploring WW II ruins.



## Kosrae Nautilus Resort - Kosrae

**Kosrae Nautilus Resort** is a small intimate property set on its own private beach. The resort offers 18 air-conditioned rooms with 2 double beds, mini bar, fridge, cable TV, tea / coffee making facilities



and video movies. Resort facilities include a restaurant and bar, swimming pool, phone, internet and daily room service.



## Kosrae Village Ecolodge - Kosrae

**Kosrae Village Ecolodge** offers traditional timber cottages with raised floors and a pitched thatched roof. The individual cottages contain a front porch, large bathroom with garden shower, queen size beds with mosquito nets, ceiling fans, electricity, hot water, table and chairs, refrigerator and tea /coffee making facilities. Resort facilities include a restaurant, bar, gift shop, dive centre, phone and internet services.



# Pohnpei



**Pohnpei Island** is a large volcanic island covered in lush rainforests. The island's mountain peaks receive an abundance of rainfall creating many fresh-water rivers, streams and cascading waterfalls, with large swimming pools at their bases. For those intrigued by local legends the archaeological site of Nan Madol (sometimes called the Venice of the Pacific), is an ancient man-made city. The mysterious city was built on 100 artificial islets between 750 and 1500 AD and housed a thriving royal civilisation. The major buildings were constructed from 6 metre long basalt logs, each weighing several tons and thought to be brought to the islands by raft. The stone fortress of steps, paths and temples became the burial place for the Saudeleur kings and priests.

**Things to do;** Snorkelling, swimming, diving, surfing, kayaking, boating, hiking, cultural tours, visit neighbouring atolls, explore Nan Madol ruins and other historical sites of Spanish Wall, Sokens Mass Grave, German Bell Tower, the Botanical Gardens, Japanese tanks and shrines.



## The Village Resort Hotel - Pohnpei

**The Village Resort Hotel** is an award winning eco-resort. The 14 private bungalows have a thatched roof and are built into the tree-top canopy of the jungle. Each bungalow offers lagoon views and



features an en-suite bathroom with hot water, queen-size waterbeds with insect netting, 110V electricity, ceiling fans and wicker furnishings. Resort facilities include a restaurant, bar and tour desk.



## Ocean View Plaza Hotel - Pohnpei

**Ocean View Plaza Hotel** is perched on a scenic summit overlooking Colonia Harbor. The hotel offers 20 well appointed guest rooms and 2 bedroom self-contained units. All rooms are air-conditioned and have private bathroom facilities, a balcony offering ocean or mountain views, cable TV, telephone and laundry service. Hotel facilities

include a restaurant, bar, boutique and conference facilities. Major credit cards are accepted.



# Marshall Islands



**The Marshall Islands**, situated halfway between Guam and Hawaii is a nation made up of 29 coral atolls and 5 small islands, spread out over 1 million square miles of the Pacific. The isolated atoll nation is surrounded by turquoise lagoons, white sand beaches and pristine coral reefs teeming with marine life. The capital, Majuro Atoll has a population of nearly 30,000 and is a thriving commercial centre with supermarkets and family stores providing a variety of products and services. The Marshallese people are revered throughout the Pacific for their advanced navigation skills, fishing techniques and canoe designs. From WW I up until the end of WW II the islands were governed by Japan until the US took control in 1947. In 1986 the nation became a self governing democracy in free association with the US.

**Things to do;** Snorkelling, scuba diving, canoeing, sport fishing, cultural tours, museum visits and charter boat tours.

## Marshall Islands Resort - Marshall Islands

**Marshall Islands Resort** sits on the shore of the beautiful Majuro Lagoon. The resort offers 149 air-conditioned rooms with cable TV, telephone, refrigerator, private bathroom facilities and private balcony offering magnificent views of the lagoon. Resort facilities include a restaurant, bar, salt water swimming pool, tennis courts, 24 hour fitness centre, tour desk and conference centre.



## Hotel Robert Reimers - Marshall Islands

**Hotel Robert Reimers** is a family run property located close to shops and services. The hotel offers 25 well appointed rooms and 11 freestanding cabins set amongst landscaped gardens and only a few metres from Majuro Lagoon.

All rooms are air conditioned and have private bathroom facilities, queen and single beds, mini bar, tea / coffee making facilities and cable TV. Hotel facilities include a restaurant and bar, BBQ area, room service and laundry services.



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