

# POLYNESIA



## SECRET TIPS: THE BEST TIME TO TRAVEL TO TAHITI AND THE MARQUESAS

Make the most of your journey to Tahiti and the Marquesas with these secret tips! Opt for the shoulder seasons (April to May and September to October) to avoid crowds and enjoy pleasant weather and better deals. For sunny and dry days, visit during the dry season (May to October) with temperatures ranging from 75°F to 85°F (24°C to 29°C) - perfect for hiking and snorkeling. Avoid the rainy season (November to March), especially December and January, as heavy rainfall may limit outdoor activities.



Time your trip with the Heiva Festival in July to experience traditional dance, music, and sports competitions, immersing yourself in the local culture. Whale-watching enthusiasts should plan for July to October when humpback whales migrate to breed and give birth in the warm waters.



Book accommodations and activities in advance as Tahiti and the Marquesas are popular destinations. For a diverse experience, consider island hopping to explore the unique charm, landscapes, and cultural attractions of different islands.

Check travel advisories, weather forecasts, and event dates before finalizing your plans. Armed with these secret tips, your adventure will be extraordinary. Bon voyage!

# 7 TIPS ON THE MOST POPULAR PRE AND POST CRUISE ADD-ON FRENCH POLYNESIA ISLAND VISITS

1

## BORA BORA

Iconic overwater bungalows, turquoise lagoons. Must-visit! Enjoy water activities, boat tours, and scenic hikes for panoramic views.

## MOOREA

Moorea, a short trip from Tahiti, boasts striking peaks, lush landscapes, and beautiful beaches. Discover hidden gems, like Belvedere Lookout and snorkeling.

2

3

## HUAHINE

Discover Huahine's hidden beauty, ancient maraes, and stunning beaches for an offbeat Polynesian experience. Bike or 4x4 around, visit vanilla plantations, and relax.

## RAIATEA AND TAHA'A

Raiatea and Taha'a, sister islands, are perfect for joint visits due to their closeness. Raiatea holds cultural richness while Taha'a exudes tranquility and offers vanilla farm tours and snorkeling.

4

5

## TAHITI

Tahiti, French Polynesia's main gateway, is perfect for pre/post-cruise. Explore Papeete's markets, cuisine, waterfalls, beaches, and history at the Museum.

## RANGIROA

Consider Rangiroa, a serene paradise with vast lagoons, vibrant marine life, and pristine beaches—perfect for divers and island lovers.

6

7

## TIKEHAU

Tikehau, the "Pink Sand Island," offers seclusion, idyllic beaches, abundant marine life, and a crystal-clear Blue Lagoon for exploration.

## TALK TO US

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(250)385-3001

1-888-883-2929

[support@farandawayadventures.com](mailto:support@farandawayadventures.com)



# 10 MUST-KNOW TAHITIAN WORDS

*checklist*

- "Ia Orana" - This is the traditional Tahitian greeting that means "Hello" or "Welcome."
- "Maururu" - This word expresses gratitude and means "Thank you."
- "Nana" - When it's time to say goodbye, use "Nana" to bid farewell.
- "Manava" - This Tahitian word means "Welcome" or "Hospitality."
- "Maita'i" - Use this word to describe something that is "Good" or "Great."
- "Aroha" - This word represents "Love" or "Affection" in Tahitian.
- "Fare" - In Tahitian, "Fare" means "House" or "Home."
- "Tama'a" - Use this word before a meal to say "Let's eat" or "Bon appétit."
- "Moana" - Tahitian for "Ocean," this word perfectly captures the essence of the vast, breathtaking waters that surround the islands.
- "Hina" - This Tahitian word refers to the "Moon."

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# Tahitian Lei Traditions

Leis are exchanged as a heartfelt welcome or as tokens of affection during significant ceremonies like weddings, birthdays, and cultural gatherings. They also hold a tender role in commemorating achievements and expressing condolences during times of sorrow.

Crafting a Tahitian lei is an art passed down through generations. Skillful artisans meticulously weave fragrant local flowers such as tiare, hibiscus, and frangipani into intricate designs. Each flower holds its own symbolism, and the selection and arrangement are done with utmost care and intention.

Presenting a lei is an act of honor and reverence. Typically given with both hands, the recipient accepts it graciously, often touching it to their forehead before draping it around their neck. This gentle gesture signifies the transfer of love and appreciation from the giver to the receiver.

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# Pareo Tying Instructions

Pareos, the colorful and versatile fabric wraps, are an essential part of Polynesian culture. Here are some pareo tying instructions to unleash your creativity and style:

01

## Classic Wrap

Hold the pareo lengthwise, wrap around waist or chest, cross ends, tie knot or secure with brooch.

02

## Halter Dress

Fold the pareo in half diagonally to form a triangle. Tie securely behind your neck, then around waist.

03

## Sarong Skirt

Hold the pareo horizontally, wrap around waist, tie a knot. Add flair with side slit.

04

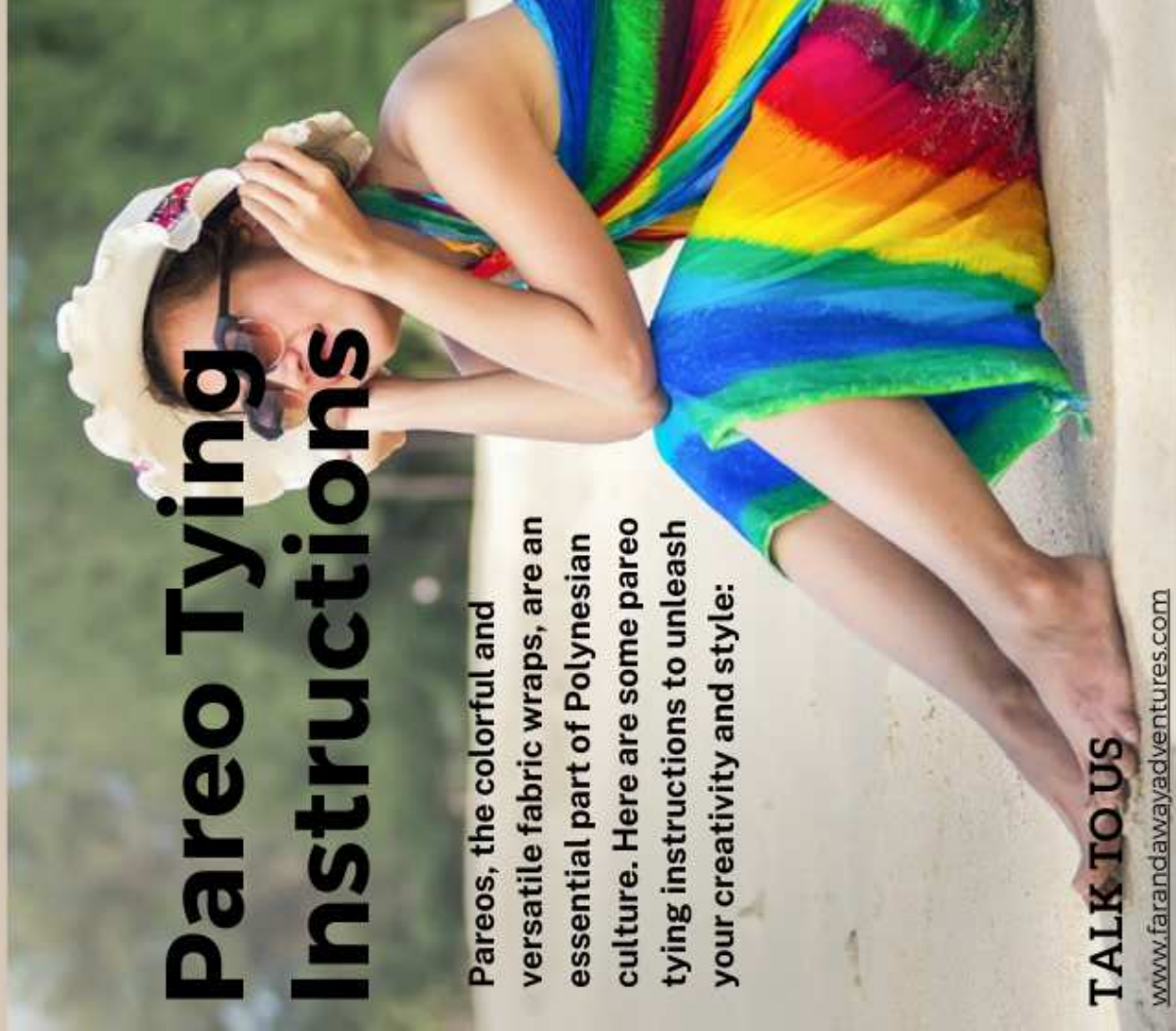
## One-Shoulder Dress

Fold the pareo diagonally in half, creating a triangle. Drape longest side over chest, tie ends at waist.

05

## Strapless Romper

Fold the pareo in half, hold behind your back, tie securely behind your neck for a stylish strapless romper.



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