

Activities

	TAHITI	MOOREA	HUAHINE	RAIATEA	TAHA'A	BORA BORA	MAUPIITI	RANGIROA	TIKEHAU	MANIHI	FAKARAVA	MAKEMO	NUKU HIVA	HIVA OA	UA POU	UA HUKA	TAHUATA	FATU HIVA	RURUTU	TUBUAI	RAIVAVAE
4 - wheel ATV safari excursions	X	X				X															
4WD safari excursions	X	X	X	X	X	X							X	X							
Aerial tour by helicopter	X	X	X	X	X	X	X	X					X								
Art galleries and workshops visit	X	X	X	X		X															
Boat rental / Sailboats	X	X	X	X		X												X			
Scuba diving for children	X	X	X	X	X	X		X	X	X	X	X	X								X
Circle island tour by boat			X	X		X	X			X			X								
Cruises / Nautical charters (see page 216) / Lagoon excursions	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Deep-sea fishing	X	X	X	X		X															
Scuba diving for the disabled	X	X	X	X	X	X		X	X	X											
Scuba diving excursions		X				X															
Ecotourism tours		X		X	X																
Equestrian activities	X	X	X	X		X							X		X	X		X	X		
Excursions / Botanical gardens	X	X	X		X								X		X						
Glass bottom boat			X	X			X														
Go carts	X																				
Golf	X	X																			
Guided hiking	X	X					X						X	X	X					X	
Guided mountain bike rides			X																		
Jet ski		X				X															
Kayak	X	X	X	X		X	X	X			X		X								
Museum visit	X													X	X	X	X				
Nitrox dives	X	X	X			X		X			X										
Parasailing		X				X															
Pearl farm visit				X	X		X				X										
Picnic on a motu	X	X	X	X	X	X	X	X	X	X	X	X								X	X
Relaxation center / SPA	X	X			X	X															
Sailing	X		X	X		X															
Scuba-diving	X	X	X	X	X	X		X	X	X	X	X	X						X	X	
Sea turtles					X	X															
Semi-submersible excursions		X				X		X													
Shark and/or ray feeding	X	X		X	X	X		X	X	X											
Snorkelling	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Submarine excursions						X															
Surfing / Fly surfing	X	X		X																	
Tours	X	X	X	X		X	X														
Vanilla plantation visit					X																
Water-skiing	X	X	X		X	X															
Whale and/or dolphin excursions	X	X	X	X	X	X		X		X	X								X	X	

The information above can be subject to changes.

Hiking

For hikers of all levels, Tahiti and her Islands offer innumerable hiking possibilities among diverse landscapes:

- Valleys, cut by refreshing rivers and draped with superb waterfalls where paths wind through luxuriant tropical vegetation.
- Vertiginous crests leading to summits attaining heights of more than 2,000 meters (6,500 ft) (Aorai, Orohena, Mou'a Puta, Mount Rotui).
- Seashore paths bordering remote creeks overshadowed by towering cliffs (the Te Pari cliffs, the Marquesan cliffs).
- From the family walk to the athletic hike, the routes will satisfy everyone's expectations.

Depending on the nature of the terrain, hiking in Tahiti and her Islands is very challenging, including:

- river crossings,
- pathways which are slippery at times and/or carpeted with roots,
- particularly crumbly volcanic rocks.

Even if certain hikes seem easy, it is always recommended (even vital) to hire the services of a licensed professional guide (BPA) which guarantees that security regulations will be respected and that the guide will be familiar with the terrain as well as the fauna, flora and Polynesian culture. The guide will also know how to advise visitors about the choice of an itinerary as well as the necessary equipment adequate for the excursion being undertaken.

Some examples of hikes on Tahiti and Moorea

(see pages 85 and 103)

On Tahiti, more than thirty routes have been registered and more than a dozen on Moorea, certain ones being circuits for speed races, mountain races, treks. On Tahiti, Papenoo Valley offers innumerable hiking possibilities. Here the professionals play a very important role; their knowledge of the often unknown sites being a real plus.

Simple and short hikes

The entrance is generally easy with wide and sufficiently developed paths.

TAHITI

- Mount Marau: accessible by car for beautiful walks to the summit (vertiginous crests, a nice hike for experienced walkers).
- The belvedere: panoramic viewpoint of the peninsula (Tahiti Iti).
- The three waterfalls.
- The Garden of Vaipae and its crestline path.

MOOREA

- Afareaitu Waterfalls.
- The "pathway of the ancestors" which joins up with "the pineapple route".
- The pedagogical circuits of the Professional High School of Agriculture.
- The Vaiaire-Paopao crossing.
- The winding paths in the Opunohu Valley.

More difficult hikes

Due to the nature of the terrain or the unevenness, which requires good physical condition services of a professional guide are highly recommended.

TAHITI

- The Fautaua Waterfall
- The crossing of the peninsula (Tahiti Iti) either by the interior or by the cliffs of the Pari, requires a minimum of two days of hiking.
- The ascent of Mount Aorai (2,066 meters - 6,714 ft): requires two days.
- The Faraura Waterfalls, a very aquatic and athletic hike.
- The Hitiia Lavatubes.
- The Diadem pass.

MOOREA

- The ascent of Mount Rotui (900 meters - 2,925 ft): crestline.
- The ascent of the pierced mountain.
- The three coconut trees pass (pathway designed with hairpin bends).
- The ascent of Mount Tohie'a.

