

Mother Pacific Ocean Itinerary

November 7 - 19, 2004

- 7 November -- Travel day
- 8 November -- Tahiti
Meet & Greet, flower lei and transfer to hotel
Check into Tahiti Beachcomber
- 9 November -- Moorea
Transfer to pier in Moorea, transfer to hotel (bus and boat)
Check into Dream Island
- 10 November -- Moorea
Dream Island
"Snorkel Safari"
- 11 November -- Moorea
Dream Island
"Hiking 3 Coconut Trail" (includes picnic lunch)
- 12 November -- Moorea
Dream Island
"Dolphin Quest"
Supplement round trip transfers from hotel
- 13 November -- Tahaa
Transfer to airport; transfer to Vahine Island by boat
Check into Vahine Island Resort
- 14 November -- Tahaa
Vahine Island Resort
"Tahaa Pearl Canoe Tour"
Private tour with pickup in Tahaa (includes lunch)
- 15 November -- Tahaa
Vahine Island Resort
- 16 November -- Tahaa
Vahine Island Resort
"Faaroa River Cruise"
Transfers to and from Raiatea
- 17 November -- Tahiti
Transfer to airport by boat, transfer to hotel
Check into Tahiti Beachcomber
- 18 November -- Tahiti
Check out of Tahiti Beachcomber
Transfer to airport, shell lei
- 19 November -- Travel Day

General Information

GETTING THERE

French Polynesia is readily accessible by air from most parts of the world. The following all have flights from the United States to Tahiti: Qantas, Air New Zealand, Air France, Hawaiian Air, AOM French Airways, Corsair. All international air traffic comes through Faaa Airport in Papeete, Tahiti. Most flights are overnight (7 1/2 hrs. from L.A.).

TRANSPORTATION

Getting around the islands of French Polynesia can be done by boat or air. Air Tahiti services a number of the islands with regular flights. Inter-island boats run regular routes between all of the island groups and can be a great way to travel within the region. Huge catamarans run between Tahiti and Moorea, and the trip takes about 30 minutes. The very modern Ono-Ono Ferry services the rest of the Society group. Luxury cruises are also available.

Tahiti and the developed islands operate a local-bus service known as le truck which is cheap and reliable. Taxis are available for hire, but can be expensive. 4WDs can be hired if you want to head inland on some of the "roads". Bring a driver's license in case you want to rent a vehicle. Rental cars and scooters are available in the Society Islands (where they are most needed). For the other islands, like the Tuamotu and the Marquesas islands, you will not need one. If available, check the rental office at the local airport/harbor. Get a brochure with prices if you are not sure about renting a vehicle. There are usually booths in the major hotels where you can also rent a car/scooter.

LANGUAGE

Tahitian and French are the main languages spoken throughout French Polynesia.

English is spoken at all major hotels, shops and restaurants. Tahitians truly appreciate visitors who try to learn a few of their words. They enjoy helping and you can expect a big smile and hearty laugh as they teach you.

ENTRY REQUIREMENTS

U.S. and Canadian citizens must have a valid passport. A return airline ticket is also required. Citizens of other countries should consult their travel agent or the French Consulate. It is solely the passenger's responsibility to ensure that all documents needed are complete and current.

TAXES AND TIPS

There are no sales taxes or other hidden service charges in French Polynesia, and this is one part of the world where you do not tip - Polynesian hospitality simply doesn't allow it.

TIME DIFFERENCE

Tahiti is in the same time zone as Hawaii, making it two hours behind the West Coast during Pacific Standard Time, and three hours behind during Pacific Daylight Time

CLIMATE

French Polynesia enjoys warm, tropical weather year-round. Cooled by the gentle breezes of the Pacific, the climate of these islands is sunny and pleasant. Because Tahiti and her islands are below the Equator, the seasons are the reverse of those in the Northern Hemisphere. Roughly speaking, there are two seasons: from November through May the climate is warmer and humid, with daily temperatures of about 85 degrees F and from June through October the climate is cooler and drier with daily temperatures of about 82 degrees F. The year-round low is about 70 degrees. Most of the rain falls during the warmer season, but there are also many lovely sunny days with refreshing trade-winds. The average ocean water temperature is in the low 80's.

HEALTH CERTIFICATION

Certificates of inoculations against cholera, yellow fever and the plague are required for visitors arriving from an infected area as defined by the World Health Organization.

MEDICAL CARE

French Polynesia enjoys a high standard of health, with excellent medical and dental services, pharmacies, private clinics and a large government hospital in Tahiti. The outer islands have hospitals or dispensaries, and a few private practitioners. All the islands maintain hygienic controls to combat potential epidemics of tropical diseases, such as the dengue fever.

There are no snakes, poisonous spiders or fearsome animals in these islands, and hotels and dispensaries on each tourist island and atoll keep first aid supplies on hand to treat coral cuts, sunburn and the extremely rare case of poisoning, when the barefoot swimmer steps on the toxic spines of the stonefish.

A good sun screen is essential. As in all tropical locales, French Polynesia has its share of mosquitoes; the hotels do their part to keep this problem to a minimum, but it is still wise to pack an insect repellent. Medications, even aspirin, should be brought from home, as pharmacies are not always convenient to the hotels.

WATER

Tap water in hotels and restaurants is generally safe to drink. A local mineral water, Eau Royale, and all sorts of French mineral waters are available.

CURRENCY AND EXCHANGE

The Pacific French franc (CFP) is the currency used in French Polynesia. It is different from the French franc. Banks are located at Tahiti's International Airport and on many islands. Traveler checks and U.S. dollars are also widely accepted. Generally a higher exchange rate is given for travelers' checks than for cash. Hotels also exchange money but give a less favorable rate than banks. U.S. currency may be accepted in most hotels, restaurants and other large establishments.

The average value of the CFP in relation to the US Dollar is: US\$ 1=100 CFP

CREDIT CARDS

Most major credit cards including American Express, Visa and Master Card are accepted at featured hotels and most restaurants and shops. It is always best to confirm current policy directly with each establishment.

ELECTRICAL EQUIPMENT

Most hotels have 110v outlets for electric shavers. For other appliances such as hair dryers, a converter/adaptor kit will usually be needed. Hotels may have either 110v or 220v systems. It's wise to always inquire at the hotel desk about the compatibility of your appliances before you attempt to use them.

CLOTHING

Casual, informal dress is standard in Tahiti. Lightweight, washable cottons are suggested for greatest comfort. Men are most often dressed in shorts (slacks for dinner), sport shirts or T-shirts, sandals or tennis shoes. Women can wear everything from shorts to skirts to sun dresses to pareos (wrap-around cloth garment). We also recommend taking along a couple of swimsuits each, rubber-soled shoes for walking on coral, hat or sun visor, sunglasses, and waterproof bag.

The standard attire for men even at dinner parties is simply slacks and shirt. Women usually wear comfortable dresses in the evenings and normal resort wear around the hotels. Pareos or pareos are brightly colored and versatile hand blocked or painted fabrics and are worn at home, at the beach or around the hotel pools. Some are elegantly tied for evening wear. Pareos are not recommended for downtown Papeete, as the city is rather cosmopolitan in dress code. Bathing suits and short shorts are also out of place in Papeete.

DINING

With the exception of a more cosmopolitan Papeete, you won't find much in the way of fast foods on the islands. However, you will discover a palate-pleasing variety of native dishes and Chinese, French, and American cuisine. You'll delight in the abundance of seafood, tropical fruits, and fresh vegetables. You can eat at fine restaurants or outdoor cafes, partake of Polynesian feasts and beach barbecues, and even arrange gourmet picnics on secluded motu.

TOURISM AND INFORMATION CENTER IN TAHITI

The main tourist office is in the center of Papeete, on the waterfront opposite the Vaima Shopping Center. It is very easy to find. They have maps, brochures, and accommodation information for most islands and are very helpful (in excellent English).

The address of the Tahiti Tourist Office is Fare Manihini (689 / 42-96-26), Boulevard Pomare, BP 65, Papeete, Tahiti, French Polynesia. For their US (LA) office, call : (310) 414-8484.

BUSINESS HOURS

Offices and shops are usually open from 8 am to 12 noon and from 1.30 pm to 5 or 5.30 pm. In the suburbs, smaller family corner stores may not close until 10 pm. Shops close at 11 am on Saturdays.

Banking hours are 7:45 am to 3:30 pm Monday to Friday, and some banks (eg. the Bank of Tahiti) are open on Saturday from 7:45 to 11:30 am.

Foreign Exchange counters are available at Faaa International Airport.

POST OFFICE

The French Polynesian postal system is on par with any standards. The mail delivery is efficient, but count on one week to ten days for mail to and from the US. The main post office is very modern and located on the waterfront boulevard. It offers all types of services including photocopying, fax and telegrams as well as "poste restante" where you can have your mail delivered. Hours are 7:30 am to 5:00 pm on weekdays and 7:30 to 11:30 am on Saturdays.

PERSONAL SAFETY

Tahiti is very safe by any standard, and violent crime is a rarity. Robbery and theft can happen, but you need not be concerned. Just don't be too careless. It is said that women can wear as much jewelry as they want anywhere (as the locals do) without fear.

TELEPHONE SERVICE

The telephone system in Tahiti is excellent and very easy. There are many public phones all over town and most of them are operated with phone cards (telecarte) which can be purchased at the airport coffee shop, in some bars (bar- tabacs), at some magazine stands and of course at the Post Office. You will find these phones everywhere in French Polynesia, even in the most remote atolls. When dialing direct to Tahiti and Her Islands, dial the proper International Access Code + 689 (Country Code) + Local Number. The international Access Code if calling from the U.S. is 011. When transmitting telex messages from the U.S., the code 702 or 711 for Tahiti and Her Islands must precede the telex number.

PLEASE NOTE THAT MANY HOTELS CHARGE VERY HIGH RATES FOR LONG DISTANCE CALLS TO THE UNITED STATES AND CANADA. HOTEL LONG DISTANCE RATES CAN BE AS HIGH AS \$14 A MINUTE.

You should consider using a public phone or a prepaid phone card that can be purchased in many places throughout the islands

WHAT TO BRING

As far as clothing is concerned, casual is the style because of the warm climate. Clothing should be light, even in the evenings which remain pleasantly mild. You will need a light rain-coat or a windbreaker for the odd tropical downpour, a hat to shield you from the tropical sun, lots of sunscreen, insect repellent, reef or water shoes, mask, snorkel and flippers, a supply of photo film or video tapes, aspirin, band-aids, etc.

HOTELS

Tahiti

TAHITI BEACHCOMBER (InterContinental)

www.tahiti.interconti.com

Deluxe Class

Mirroring serenity, informality and friendliness, hallmarks of the Society Islands, stands the Tahiti Beachcomber Inter-Continental Resort, a welcome oasis of relaxed pleasure. Set among thirty lush acres, this magnificent resort is landscaped around private beaches and surrounded by exotic tropical splendor. Discover the warm reaches of the colorful lagoon cooled by south sea winds. In tropical style, each of the rooms is graced with casual elegance and offers superb views. Step into cooled comfort after pondering the romance of a fiery Tahitian sunset from your private balcony.

The Tahiti Beachcomber takes great pride in its excellent restaurants. The Tiare all-day dining restaurant features exquisitely prepared French and International cuisine, Polynesian specialties, and theme nights featuring traditional Tahitian dance shows. The Lotus Restaurant features a grill and salad bar

One of the highlights of a visit to the Tahiti Beachcomber is the Tahitian Dance and Folkloric Show. A team of dancers and musicians perform a spectacular torchlit show around the hotel's private beach and lagoon, and a splendid seafood buffet dinner is served on the beach under the stars.

Complimentary activities: four private beaches, two freshwater swimming pools, two tennis courts, a jogging trail, pitching and putting greens, a new sports pavilion, French petanque, volleyball and badminton

Optional activities: Scuba diving, Water skiing, Windsurfing, Canoe excursions, Snorkeling, boating excursions, and sunset cruise are available daily

Moorea

DREAM ISLAND

www.dream-island.com

information@dream-island.com

Private House – Deluxe Class

Dream Island is a Polynesian hideaway located on a motu in Moorea's turquoise lagoon, just a few minutes by speedboat from shore. On this private island are four traditional Polynesian style homes complete with kitchens, livingrooms, bedrooms, and modern bathrooms.

Tahaa

VAHINE ISLAND

www.vahine-island.com

Telephone: (689)65 67 38

Superior Class A private island resort for only a few privileged guests.

The exclusive Vahine Island Resort is located on its own private motu (islet) on the northern side of the island of Tahaa in one of the still untouched blue lagoons of French Polynesia. Upon your arrival at the quaint airport on the nearby island of Raiatea, you are taken on a 25 minute speedboat ride across the transparent lagoon to this intimate and romantic resort. Surrounding you are white sandy beaches, coconut groves, and the sheltering coral reef with the open ocean on one side and a tranquil lagoon on the other.

Each guest receives personal attention from the multilingual staff who is available to meet all your needs. There is a lovely beachside restaurant, a bar and a small boutique. The restaurant features a delicate mix of local seafood and exotic flavors with a French touch.

Complimentary activities: Polynesian pirogues with oars for personal trips around the lagoon, Wind-surfing, Snorkeling equipment (tuba, masks, fins), Fishing equipment for the reef, beach games, board games.

Optional activities: You can rent the hotel's jet ski or small dingy with an outboard and pack a picnic lunch and explore a nearby deserted motu. Other activities include sailing on a 14 feet Hobie Cat Catamaran, scuba diving, small motor boats for private tours around the lagoon, water-skiing, trail bikes, Pearl Farm Visits, jeep safaris on nearby Tahaa Island and Video rentals. You may also choose among several excursions including a catamaran cruise to Bora-Bora

EXCURSIONS

Tahiti

HIKING IN VAIPOE VALLEY

Hike the West Coast of Tahiti in the tiny Vaipoe Valley and be surrounded by lush vegetation and cool breezes. This tour is not difficult and is ideal for nature lovers. Discover every treasure that Tahiti hides: mape tree (chestnut tree only available on Society Islands), beautiful flowers, wild birds and fresh water shrimp.

We will cross rivers, cool off in a natural basin, and arrive at a dry cascade.

Vehicle Type: Transfers by bus

Remarks: Sport shoes, swimsuit, sun care, hat, very comfortable clothes (shorts or light pants) and mosquito repellent.

Moorea

THE DOLPHIN QUEST (1 hour)

The ultimate dolphin encounter! Get up close and personal with the dolphins! Plunge into the pristine waters for an amazing dolphin snorkeling encounter. You will be in contact with them in their lagoon and have the opportunity to observe them underwater.

The Dolphin Quest lagoon is located within the spectacular coral reef surrounding the hotel Moorea Beachcomber InterContinental Resort. This 2.5 acres dolphin lagoon is one of the largest and most natural habitats for dolphins in the world and is home to a group of friendly bottlenose dolphins. You will discover amazing facts about these animals and how you can protect their delicate marine environment.

HIKING THE 3-COCONUT TRAIL

Duration: Full Day Tour

Pick Up time: At about 06:15 AM at the hotel

Return time: At about 04:00 PM

The hike is challenging but the pay-off is superb. Views from the ridge separating Mouaroa (880 metres) from Tohivea (1207 metres) are magnificent. There are not, however, three coconut trees. Two of them were blown down in a cyclone. If you study the saddle between the two peaks, you should be able to spot the single tree, standing proudly above the ridge.

The bus will drop you at the inland road from the top of Opunohu Bay towards the Belvedere lookout point. From there, we'll take the walking path down to a small stream, then climb up the other side, through ferns, to the ridge where the coconut tree stands.

After this hike, a picnic will be prepared by "Painapo Snack" with a plate of seasonal fruits, juice and punch. Then enjoy your afternoon in one of the most beautiful sandy beach of Moorea.

Vehicle Type: Transfers by bus

Remarks: Sport shoes, sun care, hat, very comfortable clothes (shorts or light pants) and mosquito repellent.

SNORKELING SAFARI

Duration: Half Day Tour (2 Hours)

Pick Up time: 09:00 AM or 02:00 PM

Return time: 11:00 AM or 04:00 PM

Get ready for an adventure in the clear blue waters of Moorea's lagoon with a stop at Opunohu's Bay, where the captain of the boat will give you a brief lecture on the legends, the geography, the fauna and the flora of beautiful island of Moorea.

On the way to a "motu" we will stop at "Sting Ray Paradise". You can join our native guide and jump in the water (only 3 feet deep) to feed a family of sting rays.

From there, the boat will cruise on to a magnificent "motu" surrounded by a white sandy beach and coconut trees. Enjoy the wonderful underwater world of the marvelous lagoon of Moorea with its tropical fish, its colorful corals ...

Vehicle Type: Motorized boat

Remarks: Swimsuit, towel, sun care and hat. Not accessible for the disabled

Tahaa

FAAROA RIVER CRUISE - RAIATEA

Duration: Half Day Tour (3 Hours)

Pick Up time: 09:00 AM

Return time: 12:00 PM

Board an outrigger canoe and glide on Raiatea's deep blue waters towards the eastern coast of the island. The tour will take you upstream on the only navigable river in French Polynesia. Considered the original source of migration by the Maori (or Maohi, as the Tahitians call themselves) to the far reaches of Polynesia, Hawaii and New Zealand (the famous Polynesian Triangle). The Faaroa has great historical significance to the Polynesians. Along the way, discover the lush vegetation of a tropical forest boarded with wild Hibiscus, Purau trees, bamboo groves, "mape" trees (Polynesian chestnut trees)....

On our return, we'll visit a small "motu" (islet) and have the opportunity to swim in the beautiful lagoon of Raiatea and relax on the sandy beach under the shadow of coconut trees.

Vehicle Type: Outrigger canoe

Remarks: Comfortable clothes and shoes, swimsuit, towel, sun care.

TAHAA PEARL CANOE TOUR

Duration: FULL DAY TOUR

Pick Up time: 09:00 AM

Return time: 05:00 PM

Tahaa is shaped like a hibiscus flower with four long bays cutting into its rugged south side. Mount Ohiri (590 meters) is the highest peak on the island. It is a quiet island, with little traffic and few tourists.

Participants are picked up at the hotel in Raiatea for a 15 minute boat ride to Tahaa. You will board an outrigger canoe and cross the blue and green waters of the lagoon. Along the coastline is the village of Vaitoare. Beyond the barrier reef you'll see the island of Huahine.

Tahaa is known as the "Vanilla Island" because of her many vanilla plantations. The island also has some private pearl farms, one of which we will make a visit to.

Then we'll set out from the barrier reef and the string of islets to the North of Tahaa. A stop is made on the most beautiful islet "Motu Tautau" where one can snorkel, swim or visit a coprah drying shed. Around noon a local lunch will be served by a polynesian family. Here, we'll enjoy the afternoon at leisure. On our return, we'll visit the village of Tiva on the West coast of Tahaa and visit a handicraft centre.

Vehicle Type: Outrigger Canoe

Remarks: Very comfortable clothes, sport shoes, sun care, hat, swimsuit, sunglasses, towel.

Sacred Passage and The Way of Nature Fellowship **13 Day Pilgrimage to Mother Pacific Ocean** **November 7 – 19, 2004**

How To Register

If you would like to register please contact the office and request a registration packet, or click on the 'Registration' link on our website and follow the directions. You will be asked to complete and return the following three documents with your deposit:

- 1. Program Registration Form**
- 2. Confidential Health Questionnaire**
- 3. The Program Agreement, Release of Liability, and Assumption of Risk form**

After you've filled out the forms, you'll need to have The Program Agreement, Release of Liability, and Assumption of Risk form (Liability Form) signed in the presence of a legally authorized witness (Notary Public), and then get a copy made of your insurance card. If you don't have health insurance, please include a note stating that you do not have health insurance. Once you are truly committed to going, you may send in your deposit with the completed forms.

The total cost of the program is \$3950. A 50% (\$1975) deposit is required to reserve your seat. The remaining balance is due four weeks prior to the program.

DEPOSIT POLICY

The price of the pilgrimage is subject to change until a deposit is received. This is due to room availability and requirements of the various hotels we will be staying at. To secure rate, a 50% deposit is required. Full payment must be received before October 7, 2004. We will provide a full refund only if the pilgrimage is cancelled.

PAYMENT OPTIONS

*Personal Check: **If you are paying by check, please make your check payable to:***

Sacred Passage & The Way of Nature
5600 W. Placita del Risco
Tucson, AZ 85745

Credit Card: You may also use your credit card. We offer payment through PayPal, found at the PayPal Online Payment link on our website, www.sacredpassage.com.