



Socialcycles

**Cycling Samoa
Itinerary 2018**



A vibrant tropical beach scene. In the foreground, a white sandy beach curves along the left side, with gentle waves of turquoise water washing onto it. Several tall, lush green palm trees are scattered across the landscape, some leaning over the water. The sky is a clear, bright blue with a few wispy white clouds near the horizon. The overall atmosphere is peaceful and idyllic.

Welcome to Samoa

Tropical paradise, white beaches, palm trees, rainforests, reefs and crystal clear waters. That is the beautiful country of Samoa. Slow travel by bicycle is the best way to explore this beautiful country, as we cycle around both major islands, Upolu and Savai'i.

A tropical lagoon with clear turquoise water. In the background, there are several wooden stilt houses built on stilts, surrounded by lush green trees. A person is paddling a yellow kayak in the water. The sky is blue with some light clouds.

Arrival Day

Day 1 , Sunday August 19

Bike fitting, ferry and an intro to Savai'i

The meeting point is on Upolu, about 3km from the ferry port at Outdoor Samoa. We'll come and pick you up from either the port, the airport or Le Vasa hotel. We'll meet for 9am and get fitted for our bikes.

From here, we take the midday ferry to Savai'i, stop at Lusia's lagoon for lunch and a bit of a snorkel before riding on to our first fale in Lano (20km).

Lano to Manase

Day 2 , Monday August 20

Church lava ruins, cycling and snorkelling

The 33kkm cycle from Lano to Manase brings you to the church ruins from the volcanic eruption of 1905-1911. An early start means you'll get to Manase by lunch time and make the most of the 2km of white sandy beaches. This is also an excellent place for snorkelling, visiting one of the many resorts and enjoying a well earned beer!



Manase to Falealupo

Day 3 , Tuesday August 21

This is the longest cycles of the trip, being almost 58km. It also has a couple of small climbs (240m) to conquer, but an early start will beat the heat. The day can be broken up with great snorkelling opportunities around Manase and Vaisala. And if at any point, the idea of snorkelling outweighs the cycling, you can always jump in the van to give you more time in the water!



A photograph of two cyclists riding away on a dirt path through a dense forest of tall palm trees. The path is dappled with sunlight and shadows. The cyclist on the left is wearing a red shirt and black shorts, while the one on the right is wearing a plaid shirt and a white cap. The background shows a clear blue sky peeking through the canopy.

Falealupo to Satuiatua

Day 4 , Wednesday August 22

Falealupo boasts the most remote and arguably dramatic scenery of Samoa. Situated on the western tip of Savai'i, you'll find a sunset painted for postcards, over the coral white beaches and lagoon. The 36km ride to Satuiatua should get you there before lunch, despite a couple of small climbs. Settle in for some more snorkelling.

Satuiatua to homestay

Day 5 , Thursday August 23

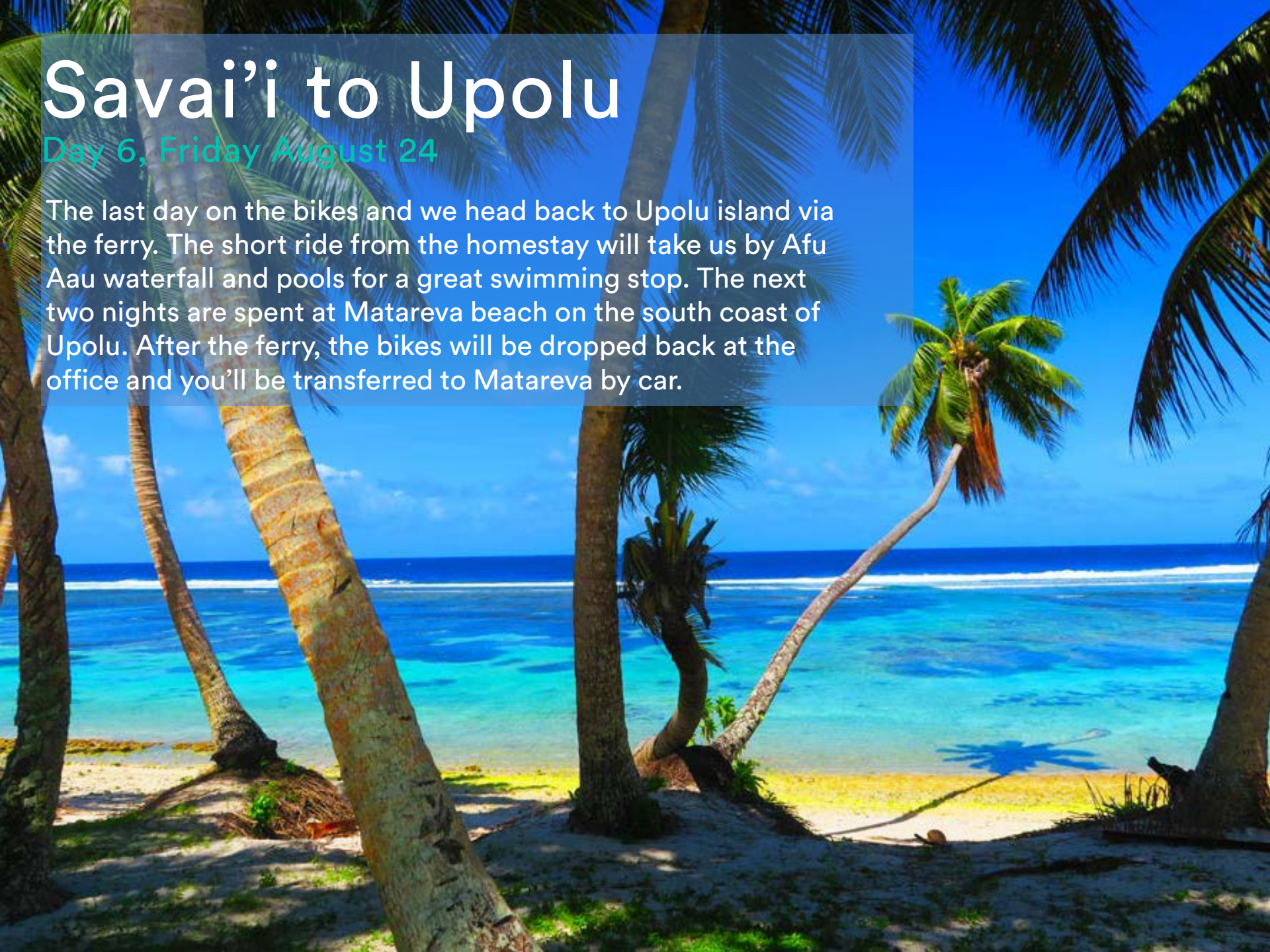
The ride out of Satuiatua village will take you by the Puleia swimming hole for a refreshing freshwater swim, just before reaching your homestay for the evening with Florence. Spend some time with the family as they prepare a traditional Umu (earth oven) to prepare dinner.



Savai'i to Upolu

Day 6, Friday August 24

The last day on the bikes and we head back to Upolu island via the ferry. The short ride from the homestay will take us by Afu Aau waterfall and pools for a great swimming stop. The next two nights are spent at Matareva beach on the south coast of Upolu. After the ferry, the bikes will be dropped back at the office and you'll be transferred to Matareva by car.





Matareva

Day 7 , Saturday August 25

Using Matareva as a base, we'll explore the best of Upolu. Togitogiga falls and To Sua ocean trench stand out as highlights for the day. We'll also have the chance to explore some local villages.

Departure Day

Day 8, Sunday August 26

From Matareva, you're not too far from the airport, or the ferry depending on what your post-adventure plans are. We'll help you on your way after breakfast.



Tour itinerary on a page

Day 3: Manase to
Falealupo

Day 2: Lano to
Manase

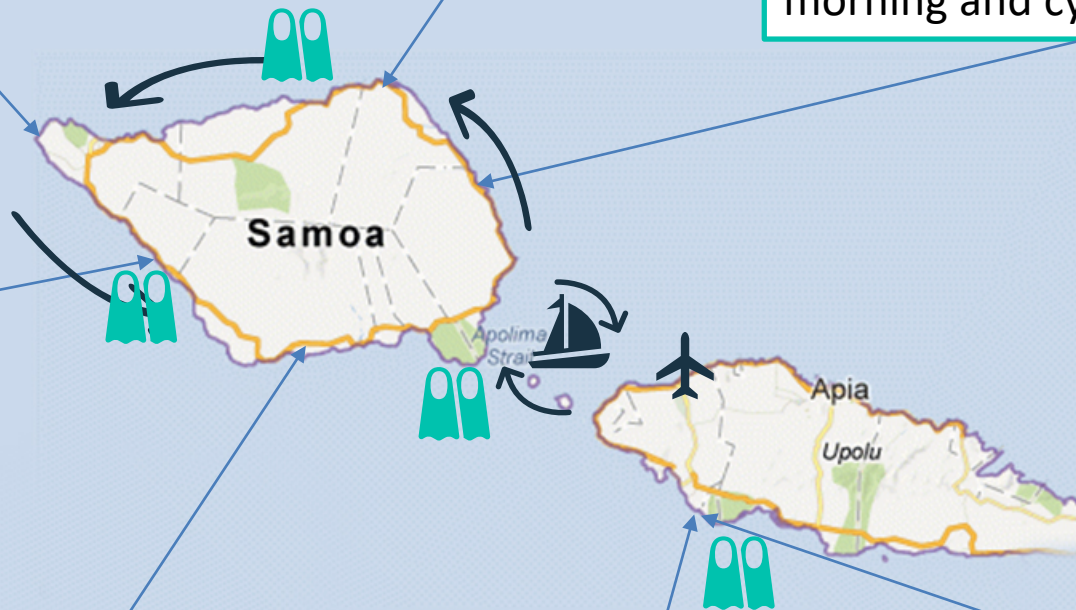
Day 1: Catch the midday ferry
After collecting bikes in the
morning and cycle to Lano

Day 4:
Falealupo to
Satuiatua

Day 5: Satuiatua to
Florence's homestay

Day 6: Savai'i to Upolu

Day 7 & 8:
Mataveva on
Upolu



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