

Socialcycles
Cycling Samoa
Essential Information



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#ridewithpurpose

SC Socialcycleshosts

It's a local team joining us for the Samoa tour with specialists for each island, Upolu and Savai'i

Lead Host: Uilau has a heart of gold and a bend over backwards attitude towards tourists enjoying his home country. Nothing is too much trouble for this true professional. He'll look after you in Savai'i

Local people: Throughout the country, you'll be visiting locals in various agricultural industries, such as cocoa farms, coconut plantations and home style cooking experiences

SC Founder: Brett Seychell will try and join as many Samoa tours as possible!



Tour itinerary on a page

Day 3: Manase to
Falealupo

Day 2: Lano to
Manase

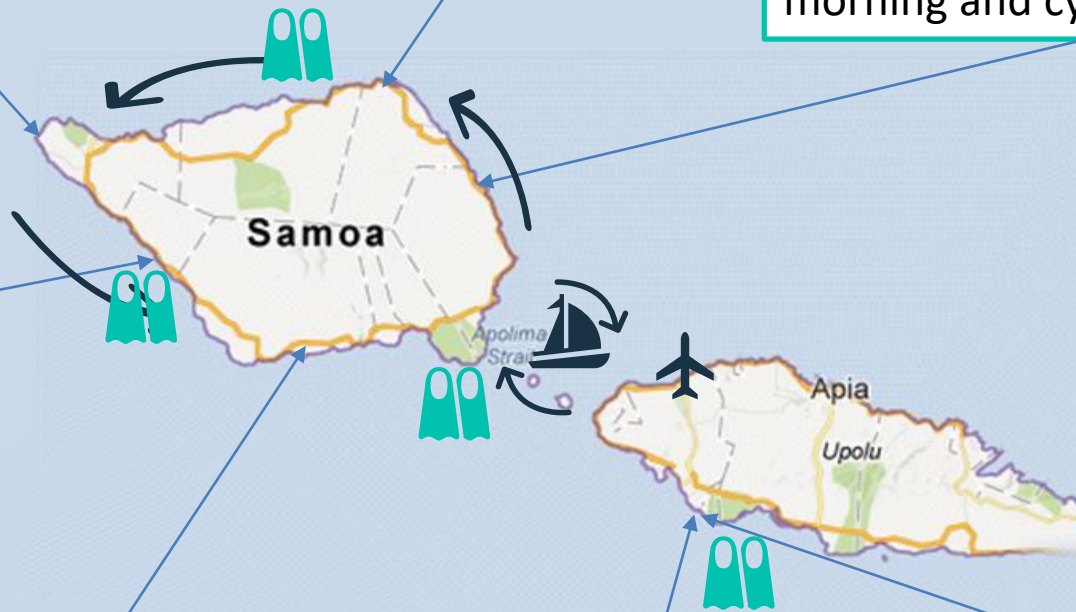
Day 1: Catch the midday ferry
After collecting bikes in the
morning and cycle to Lano

Day 4:
Falealupo to
Satuiatua

Day 5: Satuiatua to
Florence's homestay

Day 6: Savai'i to Upolu

Day 7 & 8:
Matareva on
Upolu



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Welcome to Samoa

#fastfacts

Population & visa:

Approx. 195,000. There is no requirement to obtain a visa for Samoa.

Cycling & geography:

We will be cycling around the entire island of Savai'i and then exploring Upolu by car for the last couple of days. The terrain is all paved road and the traffic is minimal. There are a few hills we will need to climb, however we will have the assistance of the support van should you need it. The average daily distance is 40km and we will cycle in the mornings to minimise the heat.

Wifi and internet

It is best to get a local SIM card, which we will have a chance to do so at the airport on arrival. It will be about 45 tala for 3GB that will last 14 days. Alternatively, you could try a technology detox, as there is almost no free wifi in the country and paid wifi is expensive.

Climate:

The temperature in Samoa does not change too much throughout the year. The maximum is 30 degrees with a low of 23-24 degrees. In May, it is the start of the dry season, but you should expect it to rain at least 3-4 days on our trip. The rain spells are reasonably short and quite warm, so there is no need to bring wet weather clothes. Perhaps some plastic bags to carry your camera.

Responsible Travel Tips

Water:

Water cannot be consumed from taps. We recommend you bring your own sports water bottle to assist in the reduction of plastic. We will endeavour to purchase a large drum of filtered water for the support van in which you can fill your water from. Each bike has a water cage attached (one). We have seen occasional incidences of upset stomach, but think this is seldom related to food. Swimming in the turtle ponds is strongly recommended against as the water is badly contaminated.

Health & Hygiene:

We recommend you consult your doctor 6 weeks prior to departure to take advice on any vaccinations you may require. We advise bringing strong insect repellent to avoid insect borne illnesses, hydralyte tablets/sachets, GastroStop and SPF 50+ for protection from the sun. Malaria and yellow fever are not considered risks but dengue fever is present. Do use mosquito repellent at dusk and do sleep under the supplied mosquito nets or in mosquito proof rooms.

Responsible Travel Tips

Angry looking dogs

Many Samoans keep small dogs and they wander. The tourism authority has been shooting/spaying strays and the problem is mostly under control. However, it is more than likely the dogs will give chase at times. As daunting as this may be, the absolute best action to take is to STOP cycling and get off your bike. Position your bike between you and the dog and wait a minute or two for the dog to get bored.

Dehydration

This is the biggest and most commonly seen issue. Drink plenty of fluids, always carry spare water and watch your companions. Coconuts and Coke are incredibly refreshing, even if you usually avoid fizzy drinks!

Infection

The hot climate keeps bugs alive and skin infections can quickly turn nasty - take a good antibiotic with you and know how to use it.

Getting there...

FLIGHTS

Airline options are Virgin, Air NZ, Samoa Airways and Fiji Airways. You can get direct flights from Sydney, Brisbane, Auckland, Fiji and Honolulu. Flights are not daily from every city, so you may need to plan to arrive prior to the beginning of the tour.

FROM THE AIRPORT

The airport is 33km away from Apia (45 mins by taxi). A good option for a hotel is Le Vasa, which is 9km away, and close to the starting point for the tour.

STARTING HOTEL

The start of the tour is 9am in Upolu, near the ferry port. You'll get fitted for your bikes and your first night is on Savai'i. If you're arriving a day or two early, we recommend staying at Le Vasa. Contact us for more options.

and away

DRIVE TO AIRPORT

The support van can take you to the airport at the conclusion of the tour. We finish on Upolu in a village called Matareva, on the south coast. Should you want to go back to Savai'i, we can also take you to the ferry port at the conclusion of the tour.

FINAL HOTEL

Our final sleeping destination is Matareva. There are few options of additional accommodation in the area should you want to continue your Samoa experience. We can assist in the booking of this.

GETTING BACK TO SAVAI'I

If you'd like to go back to Savai'i, we can get you to the airport and assist in the arrangement of transport from the ferry to your choice of destination in Savai'i.

Money matters

Money:

Samoan currency is the Tala, often abbreviated to WST. A Tala costs 50-60 Australian cents (Ignore the googled rates, these are "mid-market" positions and not available to travellers). Exchange rates vary hugely and the gap between buy and sell rates is larger than for most countries. On Savaii in particular you will need to pay for most of your expenses in Tala cash. The economy end resorts often do not take Visa or AU\$. The best rate for buying Tala is often at the airport on arrival with cash (even at 2am). ANZ banks in NZ and Australian cities have much better rates than those at Auckland and Sydney Airports. There are ATMs that accept NZ cards in Apia (day 1), Salelologa (day 4 & 8) and Manase (day 5). Rates are reasonable, but fees can be substantial.

A close-up photograph of a white plate filled with food. The main focus is several slices of pink fish, likely salmon or tuna, arranged in a circular pattern. Interspersed among the fish are pieces of green vegetables, possibly zucchini or cucumber, and some yellow, fried items that look like chips or bread. The background is slightly blurred, showing more of the plate and the food.

Tastes, Flavours & Eating

WHAT'S THE FOOD LIKE IN SAMOA?

In a word... delicious! Think brilliant barbecued meats, the freshest fish and coconut everything! There's also a lot of taro, breadfruit and fresh fruit. The hosts of the fales we stay in will provide a full breakfast and dinner everyday.

I HAVE DIETARY REQUIREMENTS

If you have any dietary requirements or allergies, please indicate on the online form you will fill out once you have paid a deposit and booked your place. We'll cater to all dietary requirements as best as possible. Please get in touch with us if you have life threatening allergies.

Sleeping local

FALES

The best accommodation in Samoa are the traditional beach fale. They are small thatched roof beach huts with matted sides. Small stilts lift your own hut from the white sand as you look directly out onto the calm blue waters.

Each fale is fitted with a mosquito net, a mattress and a light. There is not usually power to charge your phone inside the fale, but it can be arranged for you with the host. Shower and bathroom facilities are communal based. Think camping, but without the hassle of setting up a tent (and you're in paradise).

SHARING ROOMS

The tour is based on twin share accommodation. We ask for general courtesy when sharing a room with a fellow rider. Things such as turning your phone on silent, lights out at 10pm etc go a long way.

What do I need to pack?

CYCLE

Full sleeve sports top (high breathability)

Lightweight full length top and pants

Visor/Caps for under your helmet

Closed shoes (bikes do not have clip in pedals)

Gloves

Helmet

Sports water bottle

Lightweight backpack (optional)

Removable padded seat for your bike (optional)

GENERAL

Cash (see notes on money)

Passport & passport photo (women with head scarf)

Insurance copy

Camera, SD cards & chargers

Smart phone & chargers

Tropical strength insect repellent

Hand sanitizer

Gels & hydrolytes to stay hydrated

Sunscreen

Adequate prescription medication

Hat for sun protection

Mask & snorkel

Torch



The bikes

The bikes are mostly 2016 GT Aggressors. There is an option to get a GT Transeo touring bike with 700C touring wheels. All bikes are cleaned and serviced between hires and fitted to you. Other bikes available are womens low bar bikes, child carriers/trailers, tag-a-longs and assorted kids bikes.

All bikes are fitted with:
Handlebar bag (much better than a backpack in a hot climate), helmet, Pump, spare tube, basic tools, Rear Carrier, Lock

Electric Bikes

The bikes are regular GT mountain bikes modified for electric power. The larger motor/battery units will cover more than 50kms on a single charge and climb the steepest hills on the coastal roads around both islands. The smaller units are lighter and even easier to use. All can be pedalled as well. An additional A\$100 for the e-bikes.

Inclusions & Exclusions:

Included in tour price:

All Dinners (food only), All Breakfasts, support van transport, water whilst cycling, bike hire, all accommodation (fale), airport transfers on arrival and departure days, entry to local attractions including To Sua, Togitogiga waterfall and more

Excluded in tour price:

Lunches, juices & coffees whilst cycling, all additional activities such as snorkel hire, scuba diving, kayaking, international flights, travel insurance, SIM cards



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