



# Visitor Guide

Lōmiga 1 | Volume 1

## Suesue Atumotu Sā o le Lalolagi

**Talofa!** E fa'afeiloa'i atu le Paka Fa'asao o Amerika Samoa ia te oe. O se si'osi'omaga o mata'aga, leo ese'ese, ma ituaiga aga ma faiga e te lē maua i isi paka fa'asao a le Iunaite Setete. E tu tonu i le 2,600 maila i le itu i saute i sisifo o Hawai'i, ma o lenei paka fa'asao e mamao ese ma nofoaga 'ainā i le Iunaite Setete.

E te lē maua fale ua masani ai e pei ona maua i isi paka fa'asao. Peita'i, a fa'apea o oe o se tagata su'esu'e, e te maua nu'u tuufua, o la'au ma meaola e seāseā vaai i ai, matafaga oneonea, atoa ai mata'aga i le fogaelele ma le gataifale. E aofia i le paka fa'asao vaega o motu e tolu—Tutuila, Ta'ū, ma Ofu. O lauelele uma o i nei motu sa foa mai ai i maugamū—mai tumutumu mauga se'ia pā'ia le matafaga—o le vaomatua loaloa. E pe a ma le 4,000 eka fanua o le paka fa'asao e i lalo o le sami, i fafo atu o motu uma e tolu.



E ese ma le fa'amalieloto o lenei paka fa'asao, aua e talia fiafia oe e tagatānu'u o Amerika Samoa. Ua matou o mai nei e puipui lana aganu'u ae maise le si'osi'omaga fa'alēnatura. Afio mai tatou te su'esu'ea fa'atasi!

### Vaomatua

E amata mai lava i tumutumu mauga se'ia pā'ia le sami, o lo o ufitia ai le motu i ituaiga mea ese'ese e milo fa'atasi i totonu o le vaomatua. I totonu o se vaomatua e milo fa'atasi ai mea ese'ese, e leai lava se ituaiga la'au o ola fa'alafuā ai. E pau lenei o le vaomatua e fa'apea lona ituaiga i se paka fa'asao a le Iunaite Setete. O lo o puipuia fanua uma nei o le vaomatua e pe a ma le 9,500 eka le telē.

### Meaola O I Le Vaomatua

E maua pe'a ma e pau foi lea o se meaola e patino lona tupu'aga ia Amerika Samoa. O ituaiga pe'a e 'ai i fua o la'au e lua ma le ituaiga pe'a e 'ai i manu ninii e lē leaga lea mo tagata. E aogā tele i le vaomatua aua e fesoasoani i le ola o la'au ma le fe'avea'iga o fatu la'au. E silia ma le 35 ituaiga manulele ese'ese o le lotoifale e ofaga i totonu o lenei paka fa'asao.

### A'au 'Amu

E olaola lelei si'osi'omaga o meaola uma i gataifale o motu uma o Amerika Samoa. E fesoasoani foi nei a'au 'amu i le tele o ituaiga meaola o le gataifale e masani ona maua i lea itulagi o le Pasefika. E o'o mai i lenei vaitau, e silia i le 950 ituaiga i'a ese'ese ma e silia atu foi i le 250 ituaiga 'amu ese'ese ua uma ona tāmāu i fa'amaumauga.

## Explore the Islands of Sacred Earth

**H**ello! The National Park of American Samoa welcomes you into the heart of the South Pacific, to a world of sights, sounds, and experiences that you will find in no other national park in the United States. Located some 2,600 miles southwest of Hawai'i, this is one of the most remote national park's in the United States.

You will not find the usual facilities of most national parks. Instead, with a bit of the explorer's spirit, you will discover secluded villages, rare plants and animals, coral sand beaches, and vistas of land and sea. The national park includes sections of three islands—Tutuila, Ta'ū, and Ofu. Almost all of the land area of these volcanic islands—from the mountaintops to the coast—is rainforest. About 4,000 acres of the national park is underwater, offshore from all three islands.

Enjoy this unique national park in the heart of the South Pacific and the welcoming people of American Samoa. We are here to protect its rich culture and natural resources. Come explore them with us!

### Tropical Rainforest

From the mountaintops to the ocean's edge, the islands are covered with mixed-species, paleotropical (Old World) rainforests closely related to those of Asia and Africa. In mixed-species forests, no single tree or plant species dominates. This is the only rainforest of its kind in a United States national park. About 9,500 acres of tropical rainforest are protected here.

### Wildlife

Bats are the only native mammals found in American Samoa. The two species of fruit bat and one insect-eating bat species are harmless to people. They have a wingspan close to three feet. They play an essential role in the tropical rainforest by pollinating plants and dispersing fruit bearing seeds. There are also over 350 species of native birds that make their habitat in the national park.

### Coral Reefs

Each island of American Samoa supports a coral reef ecosystem in its coastal waters. These coral reefs support a variety of marine life typical of tropical Indo-Pacific waters. To date, over 950 species of fish and over 250 species of coral have been documented.



A *taupou*, or the daughter of a village chief, performs a cultural dance.

### Upega Tafa'ilagi | Social Media



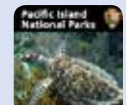
**FACEBOOK**  
@National Park of American Samoa



**INSTAGRAM**  
@np\_american\_samoa



**TWITTER**  
@PacificNPS



**BLOG**  
@PacificIsland Parks.com

### Numera Feso'ota'i | Contact Information



**National Park of American Samoa**  
**Paka Fa'asao o Amerika Samoa**

Pago Pago, AS 96799  
684-633-7082, ext 22  
npsa\_info@nps.gov  
www.nps.gov/npsa



# Fa'amatalaga Fa'alaua'itele

## Auala e Feuiuia'i ai

E iai pisinisi ta'avale totogi e tulata i le malae va'alele. I le motu o Tutuila, e te maua se taavale la'u pasese i le malae vaalele ma soo se nofoaga lava i lenei motu.



E iai foi pasi tua mo feoa'iga (e feoa'i fa'asolo atoa ae le'o iai ni ona taimi fa'atulagaina). Mo le 50 sene i le lua talā, e mafai ona fa'ati'eti'e solo ai oe i le uafu o Pago Pago ae fa'apea ai foi lou o'o atu i nofoaga lē 'ainā o le motu. O ālāpasi uma e taula'i pe fa'agata mai le maketi i Fagatogo a latou faigamalaga. E lē feoa'i ni pasi i le Aso Sā. E mafai ona e ta'alo e tau fa'atū se pasi pe tuu foi oe i so'o se nofoaga e ono afe ai i tua ma le auala tele.

E leai ni pasi po'o ni taavale la'u pāsese i Ta'ū, Ofu po'o Olosega.

## Taimi e Matala ai le Paka

E 24 itula e tatala ai le Paka Fa'asao o Amerika Samoa i aso ta'itasi, ma e faapena lava i le tausaga atoa, e aofia ai foi ma aso mālōlō.

E iai taimi lē fa'atulagaina e tapunia ai le paka mo se taimi lē tumau ona o galuega fa'amāmā po'o le nofo saogalemu o tagata tafafao mai. E leai se tupe e tau totogia ma e lē tau su'ea fua foi se avanoa e te alu atu ai e matamata i le paka.



## Saogalemu ma Puipuiga mai Lamatiaga

- Mata'utia le vevela o le la!
- Fai sau mata tioata, u'u lou tino, fai sau pulou, ma laei ni ofu puipuia.
- Ave sau fagu fa'apasī e faga ai manu ninii.
- E ao lava ona iai se tasi e lua te to'alua pea tofutofu.
- A o iai i nofoaga tumatafaga, vaai ane i pa'u ifo se popo.
- O fea lava se matafaga o e iai, e ao ona māta'itū le fafati o galu ma fa'aeteete i le ava—fatia mai le aloalo. 'Aua ne'i manatu fa'atauva'a i le tatafe o le au.
- E faigata ona savalia matafaga o lo o iai toega 'amu—savali ma le fa'aeteete. E māse'ese'ea vaega o lo o ufitia i le papa.
- Fesili i le ofisa paka fa'asao e tusa ai o le tulaga o 'alasopo.
- 'Aua lava ne'i ui i alasopo e aunoa ma se vai taumafa; ia ave le 2 i le 3 lita o vai taumafa mo tagata ta'ito'atasi.
- 'Aua ne'i tago i 'amu! E umi ona fa'apē se manu'a mai se 'amu.
- Ia fa'aeteete i ta'ifau! E i'u ina āfāina ai se tagata.
- E maua le vaifofō fa'afōma'i i Tutuila.

**Lapata'iga:** E lē tele ni lamatiaga tau le soifua maloloina e ono fa'apople ai tagata asiasi mai. Aumai vaifofō ma vailaau fa'afōma'i. E lē tele ni 'au'aunaga fa'atausima'i e maua i nei.

## Faigofie ona Savalia

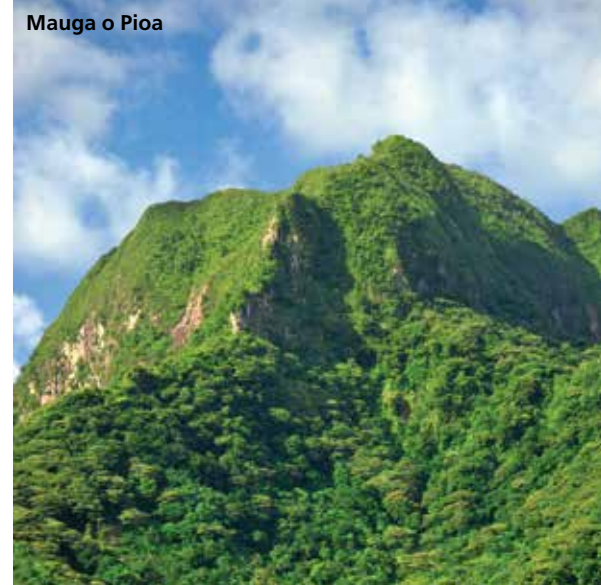


O le nofoaga mo matamataga i le Tuasivi i Sauma e uigofie. E leai se isi nofoaga faigofie mo matamataga ua ātia'e i lenei taimi. O 'alasopo e le'i fa'aleleia, ma e tofē loaloa, toe lauleaga.

E ono faigata i ni isi o taimi le femālāga'i solo i le atunu'u. O lo o avanoa foi fale lē tā'ua i le ofisa paka fa'asao.

## Fale Meli | Masini Nōnō Tupe

O lo o iai le fale meli i Fagatogo, pe a ma le maila mai le ofisa paka fa'asao. E matala i Aso Gafua i le Aso Faraile mai le 9:00 i le taeao se'ia pā'ia le 3:00 i le afiafi. E iai le masini nōnō tupe i le faletupe o le ANZ i Fagatogo.



## Tulaga o le Tau

O Amerika Samoa e i totonu o le itulagi o le Pasefika i Saute, e i le va o le Ekueta ma le Tropic of Capricorn. O lona tau e vevela. O le tulaga o le ea e mafanafana toe vevela i le tausaga atoa ma e susū foi le ea. E timu soo ma e a umi lava e po'o ni nai minute po'o aso uma foi. O tausaga ta'itasi e masani ona fuatia i le 125-inisi i nofoaga aupito mamago i le pe a ma le 300-inisi i mauga aupito i maualuluga. E masani ona tutupu afā i le vaitau timuga umi lava (Oketopa-Me) ae pu'upu'u le vaitau mālūlū ma le mago (Iuni-Setema).

Masina	Maua-luga °F   °C	Maulalo °F   °C	Timu in   cm
Ianuari	87   31	75   24	11   30
Fepuari	87   31	75   24	13   34
Mati	87   31	73   23	12   32
Aperila	86   30	75   24	13   34
Me	86   30	75   24	10   26
Iuni	84   29	75   24	9   24
Iulai	84   29	73   23	7   19
Aukuso	82   28	73   23	8   20
Setema	84   29	73   23	5   14
Oketopa	84   29	75   24	12   32
Novema	86   30	75   24	9   25
Tesema	86   30	75   24	14   36

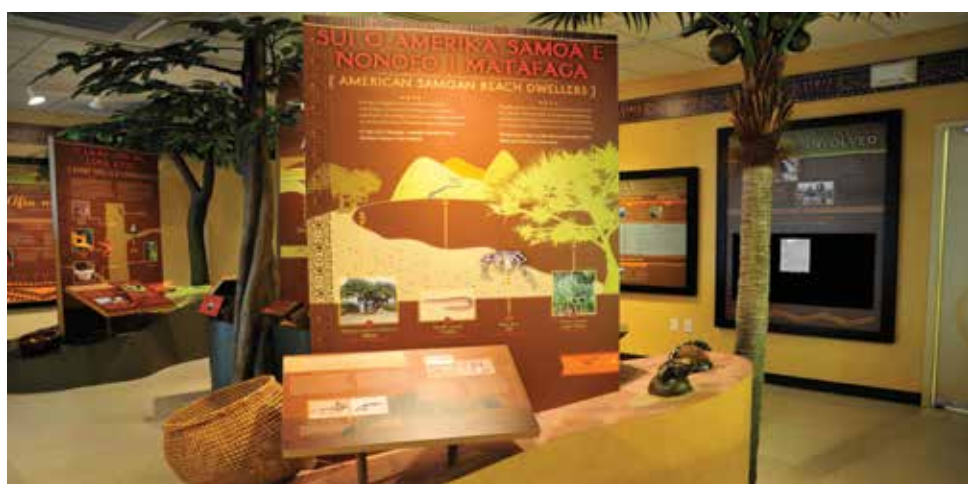
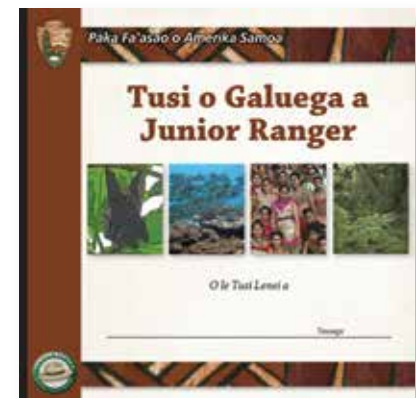
## Polokalama Junior Ranger

E mafai ona avea le Paka Fa'asao o Amerika Samoa ma nofoaga su'esu'e mo le malamalama o augatupulaga uma. E mafai ona savavali tamaiti e o atu ma o latou aiga e matamata ma su'esu'e soo se alasopo pu'upu'u po'o matafaga e matagofie i le vaai.



E maua fua le *Tusi o Galuega a Junior Ranger*, o se auala aupito lelei lea toe e fa'amasani ai i le Paka Fa'asao o Amerika Samoa. A mae'a, lafo mai lau tusi i le ofisa o le paka fa'asao. Matou te siakia tulaga o galuega ona toe lafo atu lea o lau tusi ia oe fa'atasi ai ma lau tusi pasi ma se pine.

**Tuatusi:**  
Junior Ranger Program  
National Park of American Samoa  
Pago Pago, AS 96799



## Ofisa ma Faleoloa a le Paka Fa'asao

E tatala mai le Aso Gafua i le Aso Faraile mai le 8:00 i le taeao i le 4:30 i le afiafi. E tapunia i le fa'ai'uga o le vaiaso ma aso mālōlō a le feterale. O le ofisa e tu i Pago Pago ma fa'afesaga'i le pamu kesi a le Pago Way Service Station.

### O Ituaiga Tautua Ese'ese:

- Fa'a'ilo
- Fale Lē Tā'ua
- Mea Fa'alaveai
- E maua le avanoa a sui o le paka i le aso atoa e fesoasoani ai ia te oe i le fuafuaina o sau asiasiga fa'agaloga'i i le paka fa'asao.
- Ata Tifaga Faaleaganu'u
- Faleoloa Paka Fa'asao
- Fa'matalaga

# General Information

## Getting Around

Several car rental agencies are available near the airport. On the island of Tutuila, taxis are available at the airport and throughout the island.



Local *aiga* or family buses are available (frequent, but unscheduled). For 50 cents to two dollars, you can be driven around Pago Pago Harbor and to the more remote parts of the island. Buses originate and terminate at the market in Fagatogo, the village next to Pago Pago. Buses do not run on Sundays. You can wave buses to stop or be dropped off anywhere they can safely pull off of the road.

There are no buses or taxis on the islands of Ta'ū, Ofu, or Olosega.

## Operating Hours

The National Park of American Samoa is open 24-hours per day, year round, including holidays. However, some areas of the park may be temporarily closed due to trail maintenance and/or safety measures.

No fees or reservations are required to visit the national park. For visitor center information, see below.



## Safety and Precautions

- Solar radiation is intense!
- Wear sunglasses, sunscreen, a hat, and protective clothing.
- Carry insect repellent.
- Always snorkel with a partner.
- While on beach areas, watch for falling coconuts.
- Whatever beach you are on, be aware of the tidal movements and be alert for dangerous waves—tidal outflows from the reef. Their currents and undertows should not be underestimated.
- Coral rubble beaches are difficult to walk on—watch your step. Rocky areas can be slippery.
- Ask the visitor center about trail conditions.
- Never hike without water; carry two to three liters per person.
- Don't touch the coral! Cuts from coral take a long time to heal.
- Beware of dogs! People do get bitten.
- Medical treatment is available on Tutuila.

**Note:** There are few health risks of concern for normally healthy people visiting the islands. Bring necessary medications with you. Medical care is limited (even more limited on the Manu'a Islands).

## Accessibility



One scenic overlook (Lower Sauma Ridge) is accessible with assistance. No other pullouts or overlooks have been developed at this time and trails are unimproved, steep, and rugged.

Keep in mind that the territory is underdeveloped for accessibility as well. Travel around the island may be challenging at times. The visitor center and restrooms are also accessible.

## Post Office | ATM

The post office is located in the village of Fagatogo, one mile from our visitor center. It is open weekdays from 9:00 am to 3:00 pm. An ATM is available in Fagatogo at the ANZ Bank.



## Weather and Climate

American Samoa is in the South Pacific Ocean, between the Equator and the Tropic of Capricorn. A tropical climate prevails with warm or hot temperatures year-round and high humidity. Rain showers are frequent and can last only for a few minutes or all-day. The average annual rainfall is 125-inches in the dryer areas to as much as 300-inches in the highest mountains. Tropical storms are more prevalent during the long, wet summer season (October to May) and a slightly cooler and drier season (June to September).

Month	High °F   °C	Low °F   °C	Precip. in   cm
January	87   31	75   24	11   30
February	87   31	75   24	13   34
March	87   31	73   23	12   32
April	86   30	75   24	13   34
May	86   30	75   24	10   26
June	84   29	75   24	9   24
July	84   29	73   23	7   19
August	82   28	73   23	8   20
September	84   29	73   23	5   14
October	84   29	75   24	12   32
November	86   30	75   24	9   25
December	86   30	75   24	14   36

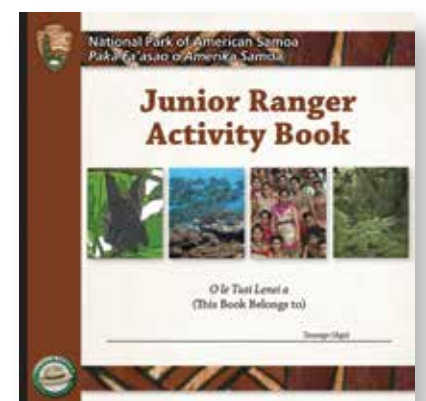
## Junior Ranger Program

The National Park of American Samoa can be a wonderland of exploration and understanding for children of all ages. Kids visiting with their families can hike and explore (with adult supervision) any of our short trails or beautiful beaches.



The free *Junior Ranger Activity Book* is a great way to have fun and learn about the National Park of American Samoa and the National Park Service. When you finish, see a park ranger at the visitor center or mail your activity book to the national park. We'll check it and send your book back to you along with your certificate and badge.

**Mailing Address:**  
 Junior Ranger Program  
 National Park of American Samoa  
 Pago Pago, AS 96799



## Visitor Center and Park Store

Open on weekdays from 8:00 am to 4:30 pm. Closed on weekends and federal holidays. Located in Pago Pago, across from the Pago Way Service Station.

### Available Services:

- Exhibits
- Restrooms
- First Aid
- Park rangers are available throughout the day to help you plan a safe and memorable visit to the national park.
- Cultural Videos
- Park Store
- Information

# O le Fa'asamoa



Tamaitai lalelei o lo o fa'afiafia mo le Sisiga Fua.

E pito i matua atu le Fa'asamoa i le Polenisia. E iai le talitonuga e fa'apea o ulua'i tagata na 'aigaina motu o Samoa na malaga mai i luga o le

sami mai i le itu i saute i sisifo o Asia i le pe a ma le 3000 tausaga talu ai. Ua alua'i alua'i tausaga, na fanau mai ai loa ma se aganu'u e tūpito e ta'ua o

le fa'asamoa. E tusa po'o oe se mālō fai mai po'o se tagata alu malaga foi e fia pā'ia nu'u tuaoi, ia fa'autagia lelei nei aganu'u e fa'ailoa atu ai lou āva.

## Ia Fa'autagia le Fa'asamoa:

- E ao lava ona fesili i tagatānu'u o se nu'u mo se fa'atagaga ae le'i pu'ea ni ata, po'o le asiasi atu foi i le matafaga, fa'atasi ai ma le auai i ni isi fa'agaoioiga, peita'i ia faia e aunoa ma le silafia e isi au mea o fai. O le tele o taimi e tai talia ai lava fa'anoi e ave atu.
- O le Aso Sā o le aso lotu, e mālōlō ai foi, ae maise ai le tausisia o le filemu i totonu o afioaga. O faiga ma fa'agaoioiga e talia i isi uma aso, e pei o le 'au'au, atonu o le a le fa'ataga i le Aso Sā.



Ua taitai e le fa'aluma le taualuga o se au siva.

- I totonu o se fale Samoa, e ao ona nofo muamua i lalo ae le'i faia sau tala, pe tausami ma taumafa se vai. Fa'atai lelei ou 'a'ao pe ufi i se fala; e lē talafeagai i le vaai le fa'aloaloa o vae ae le'o ufia.



O le fale Samoa

- 'Aua le 'ai tu pe inu savali i luma o se nu'u.
- O afiafi uma, e fa'amamalu ai e afio'aga ta'itiasi se taimi mo faigalotu i le ituaso e ta ai le Sā. A e ulufale atu i se nu'u i le taimi o le Sā, e ao ona taofi uma ni gaoioiga o faia ma fa'atali filemu se'ia mae'a le Sā. E ono valaaulia foi oe e se aiga tou te failotu fa'atasi. E lē āfaina le feoa'i i luga o le auala a le mālō pe a ta le Sā.
- E tusa ai ma tu ma aga fa'asamoa, o se fa'aaloalo taualoga tele le valaaulia o se mālō fai mai e silaaloafi fa'atasi ma ni matai o se nu'u (o le 'ava o se tauteaga fa'alotoifale e saunia mai le a'a o le 'ava). A e fa'ailo atu i matai o i le alofi lou fa'aaloalo ia i latou, ia sa'asa'a lemu lau ipu 'ava i luga o le fala i lou aga i le pito i luma, ona sii lea i luga lau ipu 'ava ma e fa'apea manuia ae le'i taumafa.



## Polokalama mo Tagata Api

E maua i le Polokalama mo Tagata Api avanoa mo tagata asiasi ina ia fa'amasani i tagatanu'u o Samoa ae maise ai le aganu'u. Ua ofo mai le fesoasoani a nisi o tagatanu'u mai afio'aga ese'ese i le paka fa'asao i ni avanoa e a'oa'o ai tu ma aga fa'alotoifale, fa'apea le aganu'u fa'asamoa.

Mafaufau i le taimi e te nofo ai i totonu o se nu'u ma maua le avanoa e mātau ai mea o lo o tutupu ae maise ai le taia o le fa'alogo i le si'omaga o le vaomatua. Fai sau mālōloga i totonu o se fale Samoa, ma nofo i se aiga Samoa ma amata gaoioiga o le aso e ala i lou auai i fe'au ma galuega fa'alenu'u, e pei o le tāina mai o laufala ma ave e fa'amamago aua le lalāgaga o fala.



### Mea Fai

O nisi atisi latou te fa'amagoina ma vali le pa'u o le u'a. E fa'aaogā e le 'au lalaga le laufala e lalaga ai ie toga. E o foi tagata i o latou ma'umaga ma latou fa'amamāina ai, totō talo ma fa'i, toli mai mago ma esi. O ni isi e fepe'e i niu ma 'ulu. Atonu o le a maua foi se avanoa e te fagota ai, ma tofo ai i faiga faiva fa'asamoa. E fa'aaogā e tagata Samoa ofe fagota ma upega e tapu'e ai i'a, a le'o lea po'o le savalivali i le aloalo e ao mai faisua ma fe'e. A o'o ni isi taimi o le tausaga, e vaai ai le o mai fa'atasi o tagata o se nu'u e tapu'e i'a e ala i le fa'aaogāgā o launiu. O mea nei e ono avea ma tulaga fa'agalogata a o e aumau ai i nei i Amerika Samoa.

### Taligāmālō

Ua uma ona saunia lelei e tagata talimalo ta'itiasi se tupe e ao ona totogi a o e aumau ai i nei ae maise ni isi o fa'agaoioiga fa'aleaganu'u o le a fa'atino. E ese'ese uma pili ua uma ona fa'atulaga, polokalama o mea uma fa'ata'oto, ae fa'apea ai foi ma le nu'u o le a e nofo ai. 'Aua ne'i mafaufau vave ai. 'Aua ne'i fa'ate'ia pe a ave atu e le aiga sau meaalofa ona o se faiga fa'asamoa e fa'ailoa atu ai le agaga o le talimālō lelei. E tusa ai ma aganu'u a Samoa, e ao lava ona talia lea meaalofa. Atonu e te fia mana'o foi e fa'atino lea tu fa'asamoa o le feofofoa'i o meaalofa. Fuafua lelei le ave i ai o sau mea totino po'o se mea'ai na fa'atau mai le faleoloa ae le'i tatālā.

### Fa'amatalaga Auiliili

E ono o'o ifo ni fa'alogona ita ia te oe. E mafua i le nofoaga o lo o e nofo ai, e ala i le lē 'ausia o ou fa'amoemoega, faigata o le gagana o lo o feso'ota'i ai po'o le ese'esega foi o aganu'u. Atonu foi o le isi tulaga o le fesuisuia'i o le tala o le tau. E lē aafia fua le ofisa o paka fa'asao i ni fa'afitauli, fa'alavelave tutupu fa'afuase'i, ma'i, po'o le tala o le tau, ma e lē lavelavea foi i le tau totōgiga o fale e nofo ai ae fa'apea ai ma isi tautua. Peita'i, e talosaga atu le ofisa o paka fa'asao i fautuaga o lo o aafia i totonu o lenei polokalama ina ia fa'aauau ai lenei polokalama.

# The Samoan Way



Samoan men sing a traditional song for a Flag Day celebration.

The Samoan culture is Polynesia's oldest. It is believed that the first people on the Samoa Islands came by sea from southwest Asia about 3,000

years ago. Over the centuries, distinct cultural traits emerged that we now call *fa'asamoa* (*fah-ah -SAH-mo-ah*).

Whether you are a guest or simply passing through a village, please observe these customs as a sign of respect.

## Follow the Samoan Way:

- Always ask villagers for permission before taking photographs, using the beach, or engaging in other activities, however unobtrusive your actions may seem. Permission will almost certainly be granted.
- Sunday is the day for church, rest, and especially for quiet around the villages. Activities that are acceptable on other days, such as swimming, may not be permitted on Sunday.

- In a traditional home, called a *fale* (*fah-LAY*), sit down on the floor before talking, eating, or drinking. Cross your legs or pull a mat over them; it is impolite to stretch out your legs uncovered.

- Do not eat or drink while walking through a village.
- Each evening around dusk, villagers observe a time for prayers called *Sā*. If you are entering a village during *Sā*, stop and wait quietly until *Sā* ends. You may even be invited to join in a family prayer. It is not necessary to stop for *Sā* on the main roads.
- It is considered an honor to be asked to share '*ava* (a local drink made from the root of the pepper plant). To show respect, spill a few drops on the ground or mat in front of you, then raise your cup and say *manuia* (*mahn-WE-ah*) before drinking.



A *matai* (chief) plays the *pate*, a wooden carved instrument, that is similar to a drum set. The *pate* is just as loud as the modern drum sets of today and is played during performances for cultural festivities.



## Homestay Program

The Homestay Program provides an opportunity for visitors to become acquainted with Samoan people and culture in a village setting. Residents of villages associated with the national park offer accommodations and the opportunity to learn local customs, crafts, and the South Pacific lifestyle.

Imagine staying in a village with the sights and sounds of the rainforest around you. Sleep in a Samoan house (*fale*), live with a Samoan family and start the day participating in village activities. Some may be familiar. Others, like cutting the pandanus (*laufala*) tree leaves and drying them to weave mats, may not.



### Activities

Some artisans may dry and paint the bark of the mulberry tree. Weavers use pandanus leaves to create fine mats, baskets and hats. Samoans tend plantations and gardens by clearing brush, planting taro and bananas, and tending mango, and papaya trees. Some villagers may climb coconut and breadfruit trees to gather food. You may even have a chance to fish, Samoan style. Samoans use poles and nets to fish, or walk along the reef to collect giant clams and spear octopus. At certain times of the year, villagers catch fish with palm leaves. These and other cultural experiences may be a memorable part of your visit to American Samoa.

### Hosts

Each host has set the fee for accommodations and cultural activities for your Homestay visit. The cost varies with the type of accommodation, activities, and the village you will be staying in. Do not expect it, but don't be surprised if the family gives you a gift while you are at their home as a gesture of Samoan hospitality and generosity towards visitors. It is customary to accept the gift. You too may want to participate in this age-old Samoan tradition of gift-giving. Consider giving a personal belonging or unopened store-bought food.

### Details

There is the chance that you may experience disappointments. These may be due to living arrangements, unmet expectations, language difficulties or cultural differences. They may also be due to unpredictable changes in the weather. The national park is not responsible for conflicts, accidents, sickness, or the weather, and cannot be associated with any payments for accommodations and services. The national park does request suggestions from visitors that participate in this activity so that we can continue to improve the Homestay Program.

## Motu o Manu'a

E afa o le Paka Fa'asao a Amerika Samoa o lo o iai i Manu'a. O motu e tolu o Manu'a (Ta'u, Ofu, ma Olosega) ei sasa'e o Tutuila pea ma le 60 maila ma o lo o aumau ai tagata ei lalo ifo o le 1,500. E lē televavave le olaga i Manu'a toe e matele i le fa'asamoa nai lo o Tutuila ma e leai ni faleaina, pa pia, ma faleoloa e fa'atau ai lavalava. Ona o le mamao fa'apea ai ma le to'aitiiti o tagata o lo o nonofo i Manu'a, ua mafua ai ona fa'aitiitia mea maua ma ua faigofie ai le olaga.

E te maua se nofoaga matagofie e le'i taitai ona 'ainā o lo o iai le vaomatua ma a'au amu. E le tele foi ni meaola fa'alafuā i Manu'a ae o lo o fa'atinoina pea le lalagaina o mea taulima Samoa pei o le enu sa fa'aogaina e tagata Samoa e fagota ai i'a sina.

Fa'afeso'otai le visitor bureau i le 684-699-9805 pe asiasi le <http://www.americansamoa.travel/manua> mo se lisi o fale talimalo. Fa'afeso'otai le paka fa'asao mo ni fa'amatalaga e fa'atau i le Polokalama mo Tagata Api.



O se vaaiga ia Ofu ma Olosega

### Faigamalaga i Manu'a

E faigata pe a malaga atu i motu o Manu'a (Ta'u, Ofu, ma Olosega) talu ai e lē fa'amoemoeina auala o femālāgā'iga. O le taimi nei e na'o le Interisland Airways le vaalele e alu i Manu'a mai Pago Pago aga'i atu i le malae vaalele i Fiti'uta i le motu o Ta'u i vaiaso taitasi. Mo ni isi fa'amatalaga: 684-699-7100 pe asiasi [www.interislandair.com](http://www.interislandair.com).

E masani lava ona malaga alia i motu o Ta'u ma Ofu. E fa'aaogā vaa fagota a ni isi o le 'au fai faiva mai Ta'u pe a fia malaga i isi paka fa'asao o lo o i le motu o Ofu. O lo o feso'otai Ofu ma Olosega e ala lea i se auala laupapa.

E masani ona malaga va'a lalo ma uta fa'apea pasese mo Manu'a. O ia malaga e tu i Ofu ma Ta'u. O lea malaga e tusa ma le fitu itula le umi ae fuafua aga'i le tau. Fa'afeso'otai ane le ofisa o le M/V Sili i le telefoni 684-633-5532 mo ni isi fa'amatalaga.

### Mea Fai | Mata'aga

#### 'Alasopo

O se vaaiga matagofie lou ui atu i le vaomatua, po'o lou savalia lea o se matafaga aulelei aua e te maimoa lea i nofoaga e pito sili ona lalelei i le vaai. O le mafuaaga lena ua tāua ai 'alasopo i Manu'a. O le motu e ma'ama'a toe e le teuina a latou 'alasopo. E fautua atu i tagata asiasi, e manaomia se tagata e taitaiina la outou tafaoga peā ui ese ma auala fa'atulagaina fa'apea 'alasopo ua uma ona teuina.

#### Tofutofu

O le paka fa'asao i le motu o Ofu e maua ai se a'au amu puipuia toe papa'u o lo o nofoia e i'a ma amu ese'ese. O se vaaiga uiga ese peā e maimoa iai i le taeao. Vaai pe e te iloa atu fe'e ma ni laumei. Ia e mata'ala a'o e taele sami moniava.



#### Silasila i Manufelelele

O Manu'a o lo o aumau ai le tele o manufelelele e lē maua i Tutuila—le segaula, segaolevao, ma le Spotless crake. Ona e leai ni manu fa'alafuā e pei o le manulele lea o le Myna, e faigofie ona e iloa atu manufelelele o Samoa e pei o le fuia ma iao.

#### Fagota

O se mea fiafia le fagota. E fa'aaogaina metotia ese'ese e fagota ai e pei o le tao, ofe, mailei, ao i lima, fa'apea le uega. E mafai ona e fa'anoi i se auva'ina ia e malaga fa'atasi mai latou i se 'alia e fagota mai ai tuna ma isi i'a o le moana. Fa'anoi muamua i le pulenu'u mo se fa'atagaga e fagota ai.



#### Su'esu'ega Fa'asaienisi i Amu

O le aloalo 'amu i Ofu ma le nofoaga mo su'esu'ega fa'asaienisi a le Paka Fa'asao a le Mālō Tele o ni nofoaga tāua ma le aogā ona o lo o fai ai su'esu'ega fa'asaienisi e uiga lea i le a'afia o a'au amu o Ofu i le suiga o le tau o lo o iai nei. Talanoa i se saienisi mai fafo ina ia e malamalama ai i le a'afiaga o nei motu i le suiga o le tau.



#### Tafolā

E masani ona vaaia tafolā i masina o Aukuso se'ia pā'ia Novema. I lea vaitau, e masani ai ona vaaia tafolā tina ma a latou tama o lo o a'au i gatai o le mea e fati ai galu.

#### Mauga o Lata

O le Mauga o Lata, o le nofoaga pito i sili ona maua i nei i Amerika Samoa (3,170 futu/ 966 mita), ma e ta'atia tonu lava i le ogatotonu o le motu o Ta'u o lo o ufitia ai i ao. O lea ituaiga vaomatua e ufitia e ao o lo o fai lea ma nofoaga e aumau ai olīolī e ola i le palapala fa'apea i luga o la'au.



#### Pupū e Tofē o Le Gataifale Ma 'Afu

O le itu i saute o le motu o Ta'u sa fai lea ma mauga mū i le tuana'i. Ua mafua ai ona maua lea nofoaga. O le alavai o Laufuti e ui atu i lea nofoaga ae lei o'o i le matafaga. O le 'Afu o Laufuti e tafe tele peā loloto timuga, aua e masani ona pe peā leai se timu. O le tele o le vai e puna a'e mai lalo o le 'afu, ua mafua ai se vaipuna.

#### Matafaga i Ofu

O le itu i saute o Ofu o lo o ua lauiloa i atunu'u mamao ona o le aulelei ma lona matagofie. Pe'a uma ona e tofufufu i le sami, alu e savali i le oneone pe malōlō lelei i lalo o se paolo i lea matafaga.



#### Su'esu'ega Tala'eli

O le faitau aofa'i o tagata sa nonofo i Manu'a sa maua atu anamua peā fa'atusatusa atu i fainumera o aso nei. O lo o iai pea tulaga fale o lo o salalau solo i luga ma lalo o le fogaeleele. O Sau'a i Ta'u o se tasi lea o nofoaga tāua sa talitonuina e pogai mai ai aganu'u Polenisia. O su'esu'ega i tala eli i le nofoaga o To'aga i Ofu, e fa'amaonia ai sa nonofo mau tagata iina mo le 3,000 tausaga.



#### Taga'i i Fetu

Ona e mamao ese mai le tele o moli, e maua le avanoa e te taga'i ai i fetu i le lagi ma mafo i lona matagofie.



# Manu'a Islands

Half of the National Park of American Samoa is located on the remote Manu'a island group. The three Manu'a Islands (Ta'ū, Ofu, and Olosega) are 60 miles east of Tutuila with a population of less than 1,500. Life here is slower and more traditional than Tutuila and there are no restaurants, bars, or shopping. The isolation and small population of these islands has limited the amenities and made life simple.

Here you will find a rugged, beautiful, and undeveloped landscape of volcanic geology, rainforests, and coral reefs. Fewer invasive species have established themselves in Manu'a and traditional cultural practices such as weaving mats or fishing for small goatfish (*i'a sina*) with woven *enu* baskets are still common place.

Contact the visitors bureau at 684-699-9805 or visit their website at <http://www.americansamoa.travel/manua> for a list of lodging in Manu'a. Contact the national park about the Homestay Program.



Ofu island's coral lagoon

## Travels to Manu'a

Getting to the Manu'a Islands (Ta'ū, Ofu, and Olosega) can be challenging due to limited and sometimes unreliable transportation. Currently Interisland Airways is the only carrier serving Manu'a with flights from Pago Pago to Fiti'uta airport on Ta'ū Island several times per week. For more information: 684-699-7100 or visit [www.interislandair.com](http://www.interislandair.com).

Transportation between Ta'ū and Ofu islands is currently via local fishermen's boats. Ofu island connects to Olosega island via a short bridge.

Occasionally a supply ship travels to the Manu'a Islands carrying cargo and passengers with a stop at Ofu and Ta'ū islands. This trip takes about seven hours depending on weather conditions. Contact the M/V Sili office at 684-633-5532 for more information.

## Activities | Features

### Hiking

Explore the forest understory, walk along a secluded beach, or find a panoramic vista point, a hike is a great way to experience the Manu'a Islands. The terrain is rugged and the trails are primitive. Local guides are recommended for exploration away from main roads and recently cleared trails.



### Snorkeling

The Ofu island unit has a shallow protected reef with a great diversity of coral cover and fish. This is a feast for the eyes in the morning light. Keep an eye out for octopus and sea turtles. Be aware of the location of rip currents (*avas*) wherever you swim.



### Birdwatching

Manu'a is home to several birds not found on Tutuila—the Blue-crowned Lory, Friendly ground dove, and the elusive Spotless crane. The absence of the invasive Myna bird also makes it easier to observe and enjoy more common native birds like Samoan starlings and Wattled honeyeaters.



### Fishing

Fishing is very popular. Spearfishing, rod and reel, traps, hand collection, and throw nets are all employed. For a real thrill, go trolling with a local crew aboard a fishing boat (*'alia*) to catch a yellow fin and skipjack tuna on hand-cranked wooden spools. Ask for permission from the village mayor before fishing.

### Coral Research

The Ofu lagoons and the National Park Service Research Lab are a hot spot for scientific research on the effects of climate change on coral reefs. Talk to a visiting scientist to learn first-hand about the challenges to our islands posed by climate change.



### Whales

Southern humpback whales are a frequent sight from August through November. During this season, mother-calf pairs can be seen playing just beyond the surf break.



### Lata Mountain

The highest point in American Samoa (3,170 feet/966 meters), lies near the center of Ta'ū island where it is almost always draped with a cloud. The mossy cloud forest environment supports a large community of ground and tree ferns.

### For Emergencies in Manu'a

on Ofu: **684 - 655 - 1176**  
on Ta'ū: **684 - 677 - 3513**

### Sea Cliffs and Waterfalls

The south side of Ta'ū is a volcanic caldera. Steep walls formed when it collapsed. Laufuti Stream flows along an intermediate bench between walls before its route takes it off the cliffs at the coast. This waterfall is dramatic after heavy rain, but much of the time is just a trickle. Most of the water moves underground and emerges as a perennial spring at the base of the falls where running pools of cool fresh water meet the incoming surf.

### Ofu Beach

Ofu island's south beach is consistently featured in travel publications as the quintessential tropical paradise. When you aren't snorkeling, enjoy a walk in the sand or relax in the shade along this quiet and remote beach.



### Archeology

The population of the Manu'a Islands was much larger in prehistoric times than it is today. Remnants of bygone settlements are scattered across the islands above and below the ground. The Sau'a Site on Ta'ū island is one important area that is associated with the legends of the origins of Polynesian culture. Archeological research in the To'aga area of Ofu island indicates 3,000 years of continuous inhabitation.

### Stargazing

Away from major light pollution, enjoy the constellations of the Southern Hemisphere and clear views of the Milky Way.



# 'Alasopo

## O LE MOTU O TUTUILA

### Faigofie

#### 1 'Alasopo i le Motu o Pola

O lea 'alasopo pu'upu'u toe e lē lauleaga tele e aga tonu lava i se gataifale e lauleaga toe ma'ama'a ma iloa atu ai le matafaga ae maise o le Motu o Pola.

- **Mamao:** 0.1 mi / 0.2 km le alu toe foi mai

Talu ai le tele o ta'ifau fe'ai a aiga, **fa'amolemole āga'i sa'o atu lava ma te'a le fale mulimuli e i le fa'asi'usi'uga o le auala ta i le nu'u o Vatia.** O lenei vaega lauleaga o le auala e aga tonu atu lava i maimoaga e tolu ae maise ai le 'alasopo.



### Feoloolo

#### 2 'Alasopo i le Tuasivi i Sauma

O lenei 'alasopo e ui atu i se nofoaga na fa'atautai ai su'esu'ega tau i tala'eli Samoa. E iloa atu i autafa ane o lenei auala ni mata'aga ae maise o ni vaaiaga matagofie o lea nofoaga tu matafaga i le itu i mātū i sasa'e o le motu fa'atasi ai ma le vāinu'u i Vai'ava, o se ele'ele fa'alēnatura ua uma ona pine fa'amau e le Mālō Tele e fai ma National Natural Landmark. E iloa atu pe a e taga'i i le itu i matū ni motu u'umi toe pā'e'e'e e fa'aigoa o Pola, ma o se nofoaga e ofaga ai manu felele o le gataifale.

- **Mamao:** 0.4 mi / 0.6 km le alu toe foi mai



#### 3 'Alasopo i le Faga o Fagatele

O lenei 'alasopo e tu i fafo atu o le paka fa'asao a le Mālō Tele, e tu i totonu o fanua a aiga e lē fa'iā i ai le mālō, peita'i o lo o mafola mai ai le auala e ui atu ai i le faga o Fagatele ua uma ona pine fa'amau e le National Marine Sanctuary of American Samoa.

O lo o malu puipuia i totonu o lenei nofoaga meaola nei e pei o laumei, tafolā, malie, ma faisua tetele.

- **Mamao:** 1 mi / 1.6 km le alu toe foi mai

Malaga i le itu i sisifo i le Auala Tele 001 āga'i Futiga ma afe i le itu tauagavale ae le'i o'o i le faleoloa o le US Mart. Ui atu i lea auala se'ia te'a atu le fanua o lo o lafoa'i ai le lapisi. Talosaga i le aiga o lo o i le fa'asi'usi'uga o lea auala mo se fa'atagaga e sopo atu ai. **E ono totogi se tupe i lea aiga mo le fa'atagaga.** Ui atu i le 'alasopo ma 'ausia ai se tama'i matafaga. Mo ni isi fa'amatalaga, telefoni mai i le numera o le 684-633-5155.

#### 4 'Alasopo i le Gataifale o Le'ala

O lenei 'alasopo e tu tonu i fafo o le paka fa'asao, i fanua a tagata e lē fa'iā i ai le mālō, peita'i o lo o mafola mai ai le auala i le gataifale o Le'ala ma o se ele'ele fa'alēnatura ua uma ona pine fa'amau e le Mālō Tele.

E amata mai i le āfio'aga o Vailoatai, e ui atu lenei 'alasopo i fanua tulata i le sami ma sopo atu ai i se nofoaga o lo o ola solo ai la'au ma e fai ma iloa atu ai le talafātai o Le'ala. O le 'alasopo e fai si tu ma e ui atu i se nofoaga na fofa mai le maugamū ma tau atu ai i le fa'asi'usi'uga o lenei ala o lo o iai le magāala e aga i le 'Alasopo i le Faga o Fagatele.

- **Mamao:** 3.2 mi / 5.2 km le alu toe foi mai

## Taga'i i le itulau 12 mo se fa'afanua o lo o iai 'alasopo

#### 5 'Alasopo i Tuafanua

Ui atu i luga i le auala e fepi'opi'oa'i solo mai le āfio'aga o Vatia ma sopo atu ai i totonu o le vaomatua i se matafaga o lo o lafi mai ai. I le tumutumu o le tuasivi, maimoa i le gataifale i se vaimea tofē ma alu ifo ai i lalo i ni 'apefa'i i manoa i se nofoaga to'afilēmū, e ma'ama'a foi le gataifale ma iloa atu ai le motu o Pola. E maua atu lenei 'alasopo ae le'i o'o i le Aoga o Mount 'Alava. **E tapunia lea 'alasopo i Aso Sā ta'itasi.**

- **Mamao:** 2.2 mi / 3.5 km le alu toe foi mai

**LAPATA'IGA:** 'Aua ne'i fa'asami pe 'au'au talu ai e mata'utia tele galu ma le tatafe o le au.



#### 'Alasopo i le Blunts ma le Breakers Point

O nei 'alasopo e i fafo atu o fanua fa'a'ilogaina o paka fa'asao le mālō. O lo o saofafa'i i luga tonu o lea nofoaga ni fanafanua na leoa le Uafu o Pago Pago ina ua mae'a le osofa'iga o Pearl Harbor i le tausaga e 1941. O le fa'a'iloga lea e iloa ai le tāua o Amerika Samoa ma ua fai ai ma ala e āga'i mai ai i le Iunaite Setete i Ausetalia ae fa'apea ai Niusila.



#### 6 'Alasopo i le Blunts Point

- **Mamao:** 0.6 mi / 1 km le alu toe foi mai

O lo o i le ogatotonu o Faga'alu ma Utulei i le auala e tulata i le matafaga. Su'e le fa'a'ilo po'o le saina o lo o i autafa o le faletāmea o le IBM o lo o fa'a'iloga mai ai le ala i lea mata'aga. E mafai ona paka lau ta'avale i le pākaga o lo o i le itu o le uafu, e 100 iata le va ma le vaega e amata ai le 'alasopo. E au loa le 'alasopo i tane vai, ia fa'aauu pea le malaga se'ia teena le itu tauagavale.

#### 7 'Alasopo i le Breakers Point

- **Mamao:** 0.3 mi / 0.5 km le alu toe foi mai

A o aga'i mai i Pago Pago, ia ui atu i Aūa i le Auala Tele 001. Fa'aauu le malaga i le 1.1 mi / 1.8 km se'ia te'a le magāala o lo o fa'a'ilo mai o le Auala Tele 006 i Aūa i le nofoaga tonu o lo o iai le saina i le itu tauagavale o lo o fa'a'iloga ai le amataga o le 'alasopo i autafa o se tasi o fale. Paka i lea fale ae 'Aua ne'i polōkā le auala. **Fa'anoi i lē ona le fale e tusa ai ma le savalia o le 'alasopo. E tapunia lenei 'alasopo i le Aso Sā.**

#### 8 'Alasopo Taua Lona Lua

Ui atu i pine fa'amau o le Taua Lona Lua a le Lalolagi na fesoasoani i le puipuiga o Amerika Samoa mai le osofa'iga a Iāpani. E lē gata i lea, fa'afiafiaina oe i le vaomatua ae maise le fa'alogologo i leo mālīe po'o pesega a manu falelele. I le vaega mulimuli o le 'alasopo, fa'amasani i apefa'i u'umi po'o fa'asitepu o lo o lave ai manoa ma e gata mai lona 'umi i le nofoaga e iai le 'ato na masani ona femālāga'i ai tagata asiasi i le tumutumu o le Mauga o 'Alava.

- **Mamao:** 1.7 mi / 2.7 km le alu toe foi mai

Taga'i (6) i le 'Alasopo i Blunts Point mo fa'asinoala i le nofoaga o lo o iai le amataga o lea 'alasopo. A 'ausia loa le fa'asi'usi'uga o le 'alasopo, fa'aauu āga'i i lalo i le nofoaga e taula'i ma le isi ala. Afe i le itu taumatau se'ia pā'ia le Auala Tele 001. Afe i le itu taumatau āga'i i le Auala Tele 001 e toe foi.

### Fa'afaigata

#### 9 'Alasopo i le Mauga o 'Alava

E fa'amalie loto lou savalia o lenei ala e te vaai ai i pe'a ma manulele ese'ese. O tafāala o le a e vaai ai se taumafaiga a le paka fa'asao e ave ese la'au fa'alafuā. E 'ausia loa le ogatotonu o le 'alasopo ona vaai lea o se togāfa'i ma se togāniu. O le itu i matu i sisifo o le motu, e te iloa atu foi vaega e i le ogatotonu o le motu o Tutuila. *Taga'i i le ata o lo o iai i le itulau tolu mo se vaaiaga mai le tumutumu o le mauga.*

- **Mamao:** 7 mi / 11.3 km le alu toe foi mai

O le amataga o le 'alasopo e tu tonu i le Āsaga o Fagasā, 1.2 mi mai le Auala Tele 001 i Pago Pago.

#### 10 'Alasopo i le Mauga o 'Alava

O lenei 'alasopo e faigata aua e ui atu i le atutuasivi ma iloa atu ai le itu i mātū ma vaega o le ogatotonu o le paka fa'asao. Savali atu i luga ma āga'i mai lalo i 'apefa'i o lo o fa'alave i le manoa e tau fa'apaleni ai. E 56 le aofa'i o 'apefa'i ma e 783 fa'asitepu! E aga tonu le 'alasopo i le tumutumu mauga o 'Alava, ma toe foi mai ai i lalo i le nu'u o Vatia, ma ta'amilo e fetau ma le amataga o le 'alasopo.

- **Mamao:** 5.6 mi / 9 km le alu toe foi mai

E amata le 'alasopo i le isi itu o le auala mai le faleo'o a le paka fa'asao.

## MOTU O MANU'A

E iai ni isi 'alasopo, e faigata toe lauleaga, e pei o le Pupū i Luatele, Afu i Laufuti, ma le 'alasopo i le Mauga o Piumafua. E avanoa sui o le paka fa'asao e taitaiina malaga i 'alasopo o Manu'a. Fa'afesootai le paka fa'asao mo ni isi fa'amatalaga.

### Feoloolo

#### 11 'Alasopo i le Fa'asi'usi'uga o Si'u

O lenei 'alasopo e ui atu i se auala na fa'aaogā anamua i totonu o le vaomatua, e tulata i le matafaga ma e ui atu ai foi i se tasi o fanua tāua tele i le aganu'u a Samoa e tā'ua o Sāua, i le fa'asi'usi'uga o le itu i saute i sasa'e o le motu o Ta'ū.

- **Mamao:** 5.7 mi / 9.2 km le alu toe foi mai

O le amataga o le 'alasopo e feso'ota'i ma le fa'aauuga o le auala tele lea e ui atu i Fiti'uta. A te'a mai ia oe le fale mulimuli, ona e o'o atu ai lea i le auala pefu.

#### 12 'Alasopo i le Gataifale o Oge

E ui atu lenei 'alasopo i le ogatotonu o le Tuasivi o Mata'ala ma le Tolotolo o Maga, o se nofoaga e vaai ai fua'ō ma 'atafa. Ui atu i le 'alasopo āga'i i lalo, te'a mai ai le Tolotolo o Maga ma a'e ai i Oge, o lo o iai se matafaga e ufitia i le iliili ma e taumamao ma nofoaga 'aigā. Fa'aauu e tusa o se maimoaga i Leala. O lo o tausia lenei 'alasopo i se faigāpā'aga ma le afioaga o Olosega.

- **Mamao:** 2.7 mi / 4.3 km le alu toe foi mai

O le 'alasopo e amata mai le nofoaga e lafoa'i ai le otaota ma fa'aauu atu ai lava i sasa'e.

#### 13 'Alasopo i le Mauga o Tumu

O lenei 'alasopo e tu i fafo atu ma fanua tausī o le paka fa'asao. Silasila i vaomatua ma vaaiaga mai le vaega aupito i maualuga i motu o Ofu mai le 1,621 futu / 494 mita. Mai le tumutumu, ia fa'aauu i le isi 0.25 mi / 0.4 km i le 'alasopo fou o Tumu i le tuasivi o Leolo, e te iloa atu ai motu e tolu o Manu'a ae maise ai se aloalo 'amua i totonu o fanua o le paka fa'asao.

- **Mamao:** 5.5 mi / 8.9 km le alu toe foi mai

E amata atu lenei 'alasopo i le uafu o Ofu ma ui atu ai i se auala tuai e āga'i i le tumutumu.





# Day Hikes

## TUTUILA ISLAND

### Easy

#### 1 Pola Island Trail

This short, fairly flat trail leads to a rough and rocky beach with views of the coastline and Pola Island.

- **Distance:** 0.1 mi / 0.2 km roundtrip

Due to unfriendly dogs, **please drive past the last house at the end of the paved road in Vatia Village.** This rough section of road will lead you to three exhibits and the trailhead.



### Moderate

#### 2 Lower Sauma Ridge Trail

This interpretive trail takes you to Samoan archeological sites. Along the trail are exhibits and spectacular views of the northeast coastline of the island and the Vai'ava Strait National Natural Landmark. Visible looking north is the tall and skinny Pola Island, a nesting area for seabirds.

- **Distance:** 0.4 mi / 0.6 km roundtrip



#### 3 Fagatele Bay Trail

*This trail is located outside of the national park, on private land, and provides access to the National Marine Sanctuary of American Samoa.*

Turtles, whales, sharks, and giant clams all find refuge in this protected area.

- **Distance:** 1 mi / 1.6 km roundtrip

Travel west on Route 001 to Futiga Village and turn left just before the US Mart. Follow the road past the landfill until you reach a locked gate. **Ask for permission from the family at the end of the road to hike past the gate.** The family might charge a fee. Follow the trail to a small beach. For more information call 684-633-5155.

#### 4 Le'ala Shoreline Trail

*This trail is located outside of the national park, it is on private land, and provides access to the Le'ala Shoreline National Natural Landmark.*

Beginning in the village of Vailoatai, this trail follows the coastline through thick vegetation with periodic views of the Le'ala Shoreline. The steep trail travels in and out of ancient volcanic craters and comes to an end at the junction with the Fagatele Bay Trail.

- **Distance:** 3.2 mi / 5.2 km roundtrip



See Page 12 for Map with Trails

#### 5 Tuafanua Trail

Hike up switchbacks from Vatia Village through lush tropical rainforest to a hidden coastline. At the ridge-top, enjoy ocean views before a steep descent on several ladders with ropes to a quiet, rocky beach and view of Pola Island. The trailhead can be found just before the Mount 'Alava Elementary School. **This trail is closed on Sundays.**

- **Distance:** 2.2 mi / 3.5 km roundtrip

**WARNING: Do not to enter the ocean at the beach due to dangerous waves and currents.**



#### Blunts and Breakers Point Trails

*These trails are located outside of the national park.*

Located at the top of these points are gun batteries that protected Pago Pago Harbor after the bombing of Pearl Harbor in 1941. They symbolize American Samoa's importance as a route from the United States to Australia and New Zealand.



#### 6 Blunts Point Trail

- **Distance:** 0.6 mi / 1 km roundtrip

Located between Faga'alu and Utulei on the coast road. Look for the sign next to the IBM Laundromat marking the path to this site. Park at the public parking lot on the harbor side, 100 yards from the trailhead. When the trail reaches the water tank, continue past it on the left.

#### 7 Breakers Point Trail

- **Distance:** 0.3 mi / 0.5 km roundtrip

From Pago Pago, drive toward Aua on Route 001. Continue 1.1 miles / 1.8 km past the intersection with Route 006 in Aua to a sign on the left marking the trailhead next to a house. Park at the private house without blocking driveway access. **Ask for permission from the house owner to hike the trail. This site is closed on Sundays.**

#### 8 World War II Heritage Trail

Hike past multiple World War II installations that helped protect American Samoa from a Japanese invasion. Also, enjoy the tropical rainforest and listen to native bird songs. Along the last section of the trail, experience many steep "ladders" or steps with ropes that end where a tramway used to transport visitors to the summit of Mount 'Alava.

- **Distance:** 1.7 mi / 2.7 km roundtrip

See (6) *Blunts Point Trail* for directions to the trailhead. After reaching the end of the trail, at the former tramway, continue down the road to where it intersects with another road. Turn right until you reach Route 001. Turn right onto Route 001 to return to the parking lot.



### Challenging

#### 9 Mount 'Alava Trail

Enjoy hiking through a tropical Samoan rainforest with fruit bats and many types of birds. Along the trail you'll see the park's efforts to remove invasive trees and plant native species. About halfway up the trail is a banana and coconut plantation. Great views of the northwest side of the island along the way lead you to panoramics of the central areas of Tutuila island. *See page three for a view from the summit.*

- **Distance:** 7 mi / 11.3 km roundtrip

The trailhead is located at Fagasā Pass, 1.2 miles from Route 001 in Pago Pago.

#### 10 Mount 'Alava Adventure Trail

This challenging loop trail takes you along ridgelines with views of the north and central parts of the national park and island. Hike up and down "ladders" or steps with ropes for balance. There are a total of 56 ladders and 783 steps! The trail leads to the Mount 'Alava Summit, returning down another steep section of trail to Vatia Village, and loops back along the road to the trailhead.

- **Distance:** 5.6 mi / 9 km roundtrip

The trail begins across the road from the national park fale'o and trailhead for the Lower Sauma Ridge Trail.

## MANU'A ISLANDS

*There are other trails, minimally maintained and challenging, including Luatele Crater, Laufuti Falls, and Piumafua Mountain trails. Local park guides are often available for all Manu'a trails. Contact the national park for more information.*

### Moderate

#### 11 Si'u Point Trail

This trail follows an old road in the coastal forest past the culturally important Saua site to the southeast tip of Ta'u island.

- **Distance:** 5.7 mi / 9.2 km roundtrip

The trailhead is actually a continuation of the main road in Fiti'uta. As you pass the last houses, the road becomes dirt.

#### 12 Oge Beach Trail

This trail traverses the shoulder between Mata'ala Ridge and Maga Point, where boobies and frigate birds are often seen. Follow the trail down slope past Maga Point to emerge at Oge, a remote coral rubble beach that faces Ta'u. The hike continues as a beach walk to Leala Point. This trail is maintained in partnership with the village of Olosega.

- **Distance:** 2.7 mi / 4.3 km roundtrip

The trailhead starts by the landfill where the Olosega village road ends and continues eastward.



#### 13 Tumu Mountain Trail

*This trail is located outside of the national park.*

Enjoy tropical rainforest and views from Ofu island's highest point at 1,621 ft / 494 m. From the top, continue another 0.25 mi / 0.4 km on the new Tumu Mountain Trail extension to a rock outcropping on the Leolo Ridge with stunning views of three Manu'a islands and the coral lagoons in the national park.

- **Distance:** 5.5 mi / 8.9 km roundtrip

This trail starts near the Ofu Harbor and follows an old road to the summit.

# Ele'ele Ua Pine Fa'amau National Natural Landmarks



O le polokalama o le National Natural Landmarks (NNL) sa fa'avaeina e fa'amalosia ai ma lagolago i taumafaiga e fa'asao nofoaga e tāua i le si'osi'omaga ma le tala fa'asolo pito o se atunu'u, ma fa'alauteleina ai le iloa ma le malamalama o tagata i le tāua o nei foi nofoaga. E fitu NNL i'inei i Amerika Samoa sa mafai ona fa'atulagaina i le 1972.

O National Natural Landmarks e filifiliina ona o le tulaga aulelei o le nofoaga, tele o lona tāua, ma e iai lona aogā i su'esu'ega fa'aleaoga ma fa'asaienisi. O NNL's e aofia ai nofoaga lautele ma fanua fa'asāina e ese'ese foi lona fa'aaogaina.

The National Natural Landmarks (NNL) Program was established to encourage and support the voluntary conservation of sites that illustrate the nation's geological and biological history, and to strengthen the public's appreciation of America's natural heritage. Here in American Samoa, seven NNL's were designated in 1972.

National Natural Landmarks are selected for their outstanding condition, illustrative value, rarity, diversity, or value to science and education. NNLs include public and private lands with a wide variety of uses.

## Gataifale o Le'alā | Le'ala Shoreline



O se vaaiga matagofie le maa o le basalt ua feālumi fa'atasi ma le maa e ta'ua o le tuff. E vaaia foi i lea gataifale le ituaiga tafe o le mauga mū sa fetau ma galu.

**Fa'atonuga:** Āga'i atu i le itu i sisifo i le Auala Tele 001 ma afe i le itu tauagavale muamua e te tau atu i ai a o āga'i atu i le auala i Taputimu.

An excellent exposure of a relatively young flow of basalt inter-bedded with layers of tuff. The site also illustrates erosion by wave action, and is covered with dense tropical vegetation.

**Directions:** Drive west on Route 001 and take the first left turn onto Taputimu Road, just past the Leone Village welcome sign.

## Fa'asi'usi'uga o Matafao | Matafao Peak



I le avea ai ma ele'ele fa'alenua ua uma ona pine fa'amau e le Mālō Tele, e tu tonu i le isi itu o le Uafu o Pago Pago le Fa'asi'usi'uga o Matafao ma le Mauga o Rainmaker ma o ni mauga na foa mai ogamaa mai le maugamū ma ma'ape mai ai a o suasua tetele le pa mai o ia maugamū na foaina le motu o Tutuila. O Matafao le mauga aupito i maualuga i le atunu'u atoa.

**Fa'atonuga:** E i le itu i saute o le āfio'aga o Pago Pago i le pe a ma le 1.5 mi / 2.4 km. O lo o iai se ala lauleaga i le fa'asi'usi'uga o lo o amata mai ai le auala ma e latalata i le āsaga i Fagasā. E lē talafeagai se savaliga e alu ae aunoa ma se tagata e limata'ita'iina.

## Mauga o Rainmaker | Rainmaker Mountain



**Fa'atonuga:** E iloagofie atu le mauga o Rainmaker mai le itu i sisifo o le Uafu o Pago Pago. Mo se vaaiga latalata i ai, āga'i i le āsaga i Āfono mai le āfio'aga o Aūa o lo o i le itu i sasa'e o le Uafu o Pago Pago.

As complementary National Natural Landmarks, located on opposite sides of Pago Pago Harbor, Matafao Peak and Rainmaker Mountain are two of five great masses of volcanic rocks extruded as molten magma during major episodes of volcanism which created Tutuila Island. Matafao Peak is the highest mountain on the island.

**Directions:** Located 1.5 mi / 2.4 km south of the village of Pago Pago. There is a rough trail to the peak that starts off the road near Fagasā Pass. It is not recommended to hike without a guide.

**Directions:** Rainmaker Mountain is easily viewed from the west side of Pago Pago Harbor. For a closer view, drive to Āfono Pass from the village of Aūa on the east side of Pago Pago Harbor.

## Vāinu'u o Vai'ava | Vai'ava Strait



O le Vāinu'u o Vai'ava o le tasi lea fa'ata'ita'iga o pupū e tofē ae maise o lona si'omaga e tete'e i tāfega o lava mū e pei ona foa a'i pe a feālumi ma galu i se lauelele na tupuga mai se maugamū.

**Fa'atonuga:** E tu tonu i le itu i mātū i le ogatotonu o ele'ele tu matafaga o le motu o Tutuila, ma e fa'afesāga'i ma le nu'u o Vatia. O le nofoaga pito sili ona matagofie lea e maimoa ai i ni pine fa'amau tāua pe a silasila toto'a mai le ofisa o paka fa'asao e mafai ona afe ai i le auala e āga'i i Vatia, e pe a ma le 4.1 maila pe a te'a le nu'u o Aūa.

Vai'ava Strait is a classic illustration of steep cliffs and erosion-resistant outliers formed by wave action on a volcanic land mass.

**Directions:** It is located on the north-central coast of Tutuila Island, adjacent to the village of Vatia. The best place to view the landmark is from the national park fale pulloff on the road to Vatia, 4.1 miles past the village of Aūa.

## Vainu'u o 'Aunu'u | 'Aunu'u Island



O se vaaiga matagofie le ma'a fa'ato'ā amata ona tuputupu a'e e ta'ua o le basalt ua feālumi fa'atasi ma le ma'a e ta'ua o le tuff. E vaaia foi i lea gataifale le ituaiga tafe o le mauga mū a o fetau ma galu.

**Fa'atonuga:** Āga'i atu i le itu i sasa'e o le afio'aga o 'Au'asi ma faimalaga i se alia e alu āga'i i 'Aunu'u. E na'o le tālā le pāsese o le tagata e to'atasi i lea faigamalaga ma e maila lona umi. E ono mālōlō femālāgā'iga a le alia i le aoauli, e tāua ai lou silafia o le taimi e toe taliu mai ai le 'aveva'a.

An excellent exposure of a relatively young flow of basalt inter-bedded with layers of tuff. The site also illustrates erosion by wave action, and is covered with dense tropical vegetation.

**Directions:** Drive the coast east to the village of 'Au'asi and take the 'Aunu'u island ferry. The one mile trip to the island costs one dollar per person. The ferry may stop running mid-day, so make sure you know when your captain will return.

## Tolotolo i Taputapu | Cape Taputapu



E te maua i le Tolotolo i Taputapu mata'aga aupito sili o gaoioiga o galu i Amerika Samoa pe a fetau ma le pala mātū na foa mai maugamū ma o lea na pogai mai motu o Tutuila.

**Fa'atonuga:** Āga'i i le auala i le itu i sisifo o le matafaga o 'Āmanave. Paka i tafāala ae le'i mimilotau i le itu taumatau e āga'i ai i luga. O lenei toloto e pe a ma se maila le la'a pe a fia fa'asopolia lona talafātai. E na'o le taimi lava e pe ai le tai e mafai ai ona savalia lenei ala.

Cape Taputapu offers the best illustration in American Samoa of wave action on older massive volcanic activity which created Tutuila Island.

**Directions:** Drive the coast road west to the village of 'Āmanave. Park off the road just before the road makes a sharp right turn uphill. The cape is about a mile walk along the shoreline. Only hike at low tide.

# Pa'aga Ma Faleoloa Park Partner and Park Store

O le *Hawai'i Pacific Parks Association* o se asosi lagolago o Tautua a Paka Fa'asao a le Mālō Tele i Hawai'i ma Amerika Samoa, ma o se fa'alapotopotoga e tautua e aunoa ma se totogi. O tupe uma e taulimaina e taua mai i a matou oloa fa'alea'oa'oga o lo o maua i a matou lālā i ofisa tutotonu mo tagata asiase mai e ave uma i le ofisa o Tautua a Paka Fa'asao a le Mālō Tele e lagolagosua ai i polokalama fa'aliliu upu, galuega tau su'esu'ega, fa'agaoioiga i fale mata'aga, lomiga fai fua, fa'ata'ita'iga o aganu'u, ma isi uma mea fa'apena. O le manulauti o lea fa'alapotopotoga o le fa'atupulaia lea o fa'alagona fiafia ma le fia fa'asao o nei nofoaga o lo o galue malosi ai le paka e puipui.



*Hawai'i Pacific Parks Association* is a nonprofit cooperating association working in partnership with the National Park Service in Hawai'i and American Samoa. Proceeds from the park stores support interpretation, educational programs, research projects, publications, and cultural activities. The core purpose is to inspire visitors and foster meaningful connections to the parks—for the preservation and enjoyment of the parks forever—all with a spirit of aloha.



Ia avea le faleoloa a le paka fa'asao ma ou so'otaga i le tele o fa'amatalaga e uiga lea i le Paka Fa'asao o Amerika Samoa. O le tele o matou oloa o lo o gaosia e i latou o lo o lava le tomai ma le iloa i paka fa'asao o le Pasefika.

Let our park store be your connection to the very best information on the National Park of American Samoa. Many of our items are created by experts who love to share their knowledge and passion for this exceptional Pacific island park.

## Mea Fa'atau | Featured Products

### Mitiafu A le Paka Fa'asao o Amerika Samoa National Park of American Samoa Shirt

E iai le matou mitiafu e 100% fulu mamoe mo le Paka Fa'asao o Amerika Samoa e fa'atūaina ai le oa fa'alenua ma le aganu'u o lenei penina o le Pasefika i Saute. O tua o lenei mitiafu o lo o iai le lomiga o se pe'a, o lo o matele ai le ata (pau lea o le meaola mamela a le paka fa'asao), ma ua fa'aaogaina ma le lanu meamata e ata ai le lanu o le vaomatua. O luma o lenei mitiafu o lo o iai ata o le fue, tanoa palu'ava, ma se mamanu o se siapo. E maua mitiafu ese'ese e tusa ma lou faitino: Small, Medium, Large, XL, 2XL, ma le 3XL.



Our very popular, vibrant, 100% cotton t-shirt for the National Park of American Samoa celebrates the astonishing natural and cultural resources of this South Pacific gem. The back of the shirt features a stylized fruit bat, occupying the foreground of the shirt graphic (the only mammal native to the national park), and in the background are the soothing green tones of the rainforests which grow right down to the sea. The shirt front references the Samoan culture with a whisk, ava bowl, and a siapo inspired pattern running lengthwise. Sizes include Youth, Small, Medium, Large, XL, 2XL, and 3XL.

### Birds of Samoa and American Samoa

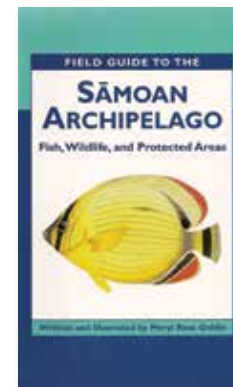
O se fa'aילו lea o lo o iai ata o manulele uma o Samoa ma Amerika Samoa. O lea fa'aילו e mafai ona teu i le taga o lou ofu, aua e aoga lea e te iloa ai manulele o le moana, gataifale, ma le vaomatua.



A laminated fold-out guide provides an illustration with brightly colored drawings of birds of Samoa and American Samoa. This pocket identification guide shows seabirds, shorebirds, and landbirds in their respective habitats.

### Samoa Archipelago: Fish, Wildlife, and Protected Areas

O se tusi e auilili ma fa'aalia ai ata o meaola uma e silia ma le 500 o lo o aumau i le gataifale ma laufanua o Samoa o lo o ua nofoia a'au amu, o le sami, fa'apea le vaomatua.



An outstanding reference book featuring descriptions and beautiful watercolor illustrations of approximately 500 species of marine and wildlife fauna that constitute the wealth found in the ecosystems of the coral reefs, ocean waters, sea grass beds, and tropical rainforests.



**Natural History Guide to American Samoa** sa tusia e tusitala e 30 sa iai le malamalama fa'apitoa i oa o Amerika Samoa. **Tasi's Gift: A Tale of Samoa** o se tala fa'amomoi loto e uiga lea i le loto foai e ala mai lea i pese, siva, ma mamanu fa'asamoa. O lenei tala e fa'atatau i se teineititi sa a'oa'o e lona tuaā i le tāina o le tanoa, fa'apea ai le fesoasoani iai o manu ese'ese o le vaomatua. **Samoan Wordbook** o lo o iai ata, o upu ma lona fa'aleōina, ma a latou uiga. O mataupu e aofia ai o le aiga, o lou fa'asinomaga, aoga, o lou tino, lavalava, meaa'i, numera, natura, ma le taimi. O lenei tusi o se taumafaiga lea e a'oa'o upu faigofie fa'apea le aganu'u fa'asamoa.

**Natural History Guide to American Samoa** is a collection of writings by 30 authors with first-hand knowledge of American Samoan resources. **Tasi's Gift: A Tale of Samoa** is a touching story of selfless giving brings together Samoan song, dance, and design. A young girl learns to carve traditional bowls from her grandfather and a few magical forest helpers. The **Samoan Wordbook** features beautifully illustrated vocabulary words, a pronunciation guide, and a glossary. Categories include family, home, school, the body, clothing, food, opposites, numbers, nature, and time.

### Fagu Pa'u Vai E Mafai Ona Toe Fa'aaogaina Re-usable Water Bottle



Ua e fuafua e ui se 'alasofo i le paka fa'asao, ae ua galo ia te oe se fagu vai? Aua e te popole. E maua fagu pa'u vai e mafai ona e fa'aaogaina mo taimi fa'apena.

Plan to hike our amazing parks, but forgot your water bottle? No problem. We stock this bright bottle for just that occasion.

### Pine, Fa'aילוga, Pine mo Alasopo Pin, Patch, Hiking Medallion

Fa'aali atu i aiga ma uo mea sa e malaga iai (ma nofoaga e te fia o'o iai) e ala lea i pine a le Paka Fa'asao o Amerika Samoa.



Show your friends and family where you've been (and where you intend to go!) with these brand new colorful keepsakes done in a sleek modern style that depicts the National Park of American Samoa.

### Pulou o le Paka Fa'asao National Park of American Samoa Ballcap

Matou te talitonu e leai lava se tasi e mauaina le matou pulou e 18,000 filo na su'i ai le matou fa'aילו. O lea pulou na gaosi mai i le fulu mamoe 100% ma e iai le fusi u'amea i tua e mafai ona fa'aaoga e fa'amaui ai lou pulou mo i latou uma e fiafia i pulou.



We bet that no one else has a hat with 18,000 stitches in a vibrant logo! This high-quality 100% cotton ballcap has an adjustable metal sizing buckle in the back for a perfect fit for every adult hat lover.

Asiasi ifo i le matou faleoloa o lo o iai i luga o le upega tafa'ilagi: <http://www.hawaiipacificparks.org/store/>. O taimi uma e te fa'atau ai i faleoloa o le Hawai'i Pacific Parks Association, o lo o penefiti ai paka fa'asao. E penefiti paka fa'asao i fa'atuga uma!

Visit our Online Store at: <http://www.hawaiipacificparks.org/store/>. When you shop at any of Hawai'i Pacific Parks Association's park stores, you directly benefit the parks. Where every purchase benefits the parks!

