

Guam Visitors Bureau
Hafa Adai Tour Series 6

Magnificent Micronesia





Hafa Adai! (Greetings!) and welcome to Magnificent Micronesia!

It is difficult to imagine what French explorer and cartographer Dumont D'Urville saw in the early 19th century when he and other scientists visited the Pacific. Though he is responsible for labeling the region collectively as Micronesia, or small islands that, on a map, look like "chickpeas flung across a table," the western Pacific is much more than mere chickpeas.

More than 175 years later, the Micronesia D'Urville experienced is very different, emerging as a premier one-stop eco-cultural destination of choice: Lush verdant jungles, white sandy beaches, a surrealistic underwater world teeming with an abundance of life, architectural Neolithic monuments that have withstood the test of time, and a gracious people steeped in cultural tradition-all joined by modern amenities. America's last frontier is a wondrous three-million-square-mile realm of more than 2,000 high and low islands scattered across the western and central Pacific.

Intrepid Southeast Asian seafarers first settled the Micronesian islands more than 3,000 years ago. These skilled seafarers made the arduous journey to Micronesia in canoes using traditional methods of navigation; open ocean voyages often took months to complete, and at considerable loss of life. Today, the trip takes just a few short hours by air, yet the journey remains an adventure.

To fully appreciate the western Pacific, we recommend you reserve time to travel-and relax-while experiencing Chamorro hospitality in Guam and the Northern Mariana Islands before heading west to the magical islands of Yap and Palau. Take a day or so to recharge your travel batteries in Guam before embarking on an eastward journey that will take you through the Caroline Islands of Chuuk, Pohnpei, and Kosrae and the Marshall Islands.

Each island group has its own unique charm, its own historical and cultural legacy, its own set of attractions and environments. In this Hafa Adai Tour Series, we can only offer you glimpses of island life; the more you peel away from the surface, however, the more you'll get to the heart of what each island offers. Experience the islands in the Pacific for yourself and you'll be rewarded with what we believe is the real Magnificent Micronesia.

The Guam Visitors Bureau's Hafa Adai Tour Series is developed to create a greater understanding of Guam and Micronesia for travelers and planners who wish to investigate the islands in creating exciting new tour travel products. Other series include the environment, cultural history, and scenic. Copies of the Tour Series are available at the Guam Visitors Bureau, Marketing Department in beautiful Tumon.

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Paradise Found

Surrounded by the equatorial Pacific, Micronesia evokes images of peace and tranquility. The more than 2,000 islands-a combined land total that is roughly equivalent to Rhode Island or Los Angeles-have paradise splashed virtually everywhere-white sandy beaches, swaying palm trees, unrivaled hospitality; Neolithic ruins on par with those of enigmatic Easter Island; hidden World War II sites and artifacts; buried treasure from pirates of a by-gone era; and, superior reef and wreck diving.

Paradise has, indeed, been found, but for those yet to discover Magnificent Micronesia, you're in for a rare treat.

Micronesia's waters have gained an international reputation as the diver's paradise. Throughout the region, the underwater world of pristine reefs, diverse species of flora and fauna, and extraordinary clear visibility beckon those with a flair for adventure. The natural wonders of Palau's Rock Islands, Saipan's grottos, and Kosrae's reefs are legendary among photographers the world over. So, too, are Guam's and Chuuk Lagoon's sunken ships and planes with wreck divers. There are even Pohnpei's outer islands you can dive without the discomfort of an arduous journey.

The cultural diversity is equally as impressive as the region's pristine underwater sanctuary. Combining traditional customs and Western values, the people of Micronesia offer a rich cultural legacy-complete with such world famous and mysterious archaeological ruins. At Nan Madol in southern Pohnpei or at Kosrae's Mengke and Lelu ruins, people of all walks of life will be captivated with the ancient stone craftsmanship. In Yap, the Bank of Hawaii once accepted rai, or stone money, as currency. Then, there are the stone faces of Palau set high in the northern plateau of Babeldaob. The latte of the Marianas archipelago-the best examples of which can be found in Rota and Tinian-serve as sentinels of the past.

Countless unspoiled places exist throughout the region. Some are easily accessible; others remain a world away. Since all former district centers have hotels, rental cars, and English-speaking tour guides spend the time to get out and explore-even to the most remote areas-and you're guaranteed to have memories to last a lifetime.

W E E K O N E - T h e M a r i a n a I s l a n d s

The Marianas archipelago consists of 15 islands, four of which are permanently inhabited-Guam, Rota, Tinian, and Saipan. Guam and Saipan, the main islands, are just three hours away as the crow flies from most major Asian metropolitan destinations. There is plenty to see and do, so get your camera ready for some amazing sights!

Guam

Close your eyes and imagine a secluded white sandy beach without a single footprint to mar its pristine beauty. Imagine stepping foot into centuries old Spanish fort, or visiting Neolithic archaeological ruins that defy both time and meaning. How about trying to find lost treasures of Spanish sea captains or British privateers spirited away in a bygone era?

If there is any destination that comes close to this romantic Elysium-like vision, it is Guam, the gateway to the crossroads of Asia and North America. Located a mere three hours from most Asian metropolitan centers, Guam has emerged as the bustling hub of the western Pacific. Throughout Tumon-a cosmopolitan jewel of magnificent international standard hotels, five-star restaurants, a world of duty free shopping, and innovative and fun recreational activities-visitors are pampered with excellent service and genuine hospitality.

Guam

Once you leave Tumon and begin exploring the island on your own, you'll notice that we have much more to offer to make your stay with us even more memorable. Guam's rugged natural beauty, rich and colorful cultural history, and unbelievable vistas will fascinate even the most traveled of travelers.

As you drive throughout Guam, you'll notice there is a wide range of unique species of flora and fauna, all of which use the sweeping grasslands, rugged limestone cliffs and coralline shorelines, lush verdant jungles, and tropical azure waters as their home.

There are also reminders of the ancient Chamorro who flourished in the Mariana archipelago for centuries before the arrival of Europeans. Ancient latte are sprinkled throughout the island. Side-by-side are remains of Spanish, Japanese, and American administrations that governed Guam, at one time or another, since the mid-17th century.

Enjoy your three-day excursion in to the heart of Guam before your journey to western Micronesia. And always remember: Stop by the Guam Visitors Bureau and let us know how we can be of further service to you and your family, or visit us at www.visitguam.org.

Day One:

8:00 a.m. - 9:00 a.m.

Breakfast

9:00 a.m. - 12:00 noon

Northern Guam

- South Pacific Memorial Park
- Mount Santa Rosa
- Ritidian Beach

or Dive Tour / Dolphin watching

12:00 noon - 1:00 p.m.

Lunch in Dededo or Tamuning Village

1:00 p.m. - 2:00 p.m.

Jungle River Cruise Tour

2:00 p.m. - 5:00 p.m.

Central Guam

- Tumon Bay
- Two Lovers Point
- Hagatna Village
 - Chief Quipuha
 - Plaza de Espana
 - Dulce Nombre de Maria Cathedral-Basilica
 - Senator Angel Santos
 - Latte Stone Park

5:00 p.m.

Return to hotel and relax

5:00 p.m. - 6:00 p.m.

Sunset Cocktails in Tumon Bay

6:00 p.m. - 8:00 p.m.

Light Dinner and spa

Day Two:

8:00 a.m. - 9:00 a.m.

Breakfast

9:00 a.m. - 12:00 noon

Central Guam

- Hagatna Village
 - Chamorro Village
 - San Antonio Bridge
 - Sirena Park
 - Government House
 - Fort Apugan
 - Adelup Point
 - War in the Pacific Historical Parks

12:00 noon - 1:00 p.m.

Lunch in Hagatna Village

1:00 - 5:00 p.m.

Golfing

5:00 p.m.

Return to hotel and relax

5:00 p.m. - 6:00 p.m.

Cocktails in Hagatna Bay

6:00 p.m. - 8:00 p.m.

Cultural Dinner Show

Day Three:

8:00 a.m. - 9:00 a.m.

Breakfast

9:00 a.m. - 11:00 noon

Southern Guam

- Orote Point Overlook
- Apaca Point
- Namo Falls
- Guam Territorial Seashore Park
- Mt. Lamlam

11:00 a.m. - 12:00 noon

Submarine Tour

12:00 noon - 1:00 p.m.

Lunch in Southern Guam

1:00 p.m. - 5:00 p.m.

Southern Guam

- Sella & Cetti Bay Overlooks
- Umatac Bay Park
- Cocos Island
- Saluglula Pools
- Tarzan Falls
- Pag0 Bay Overlook

5:00 p.m.

Return to hotel and relax

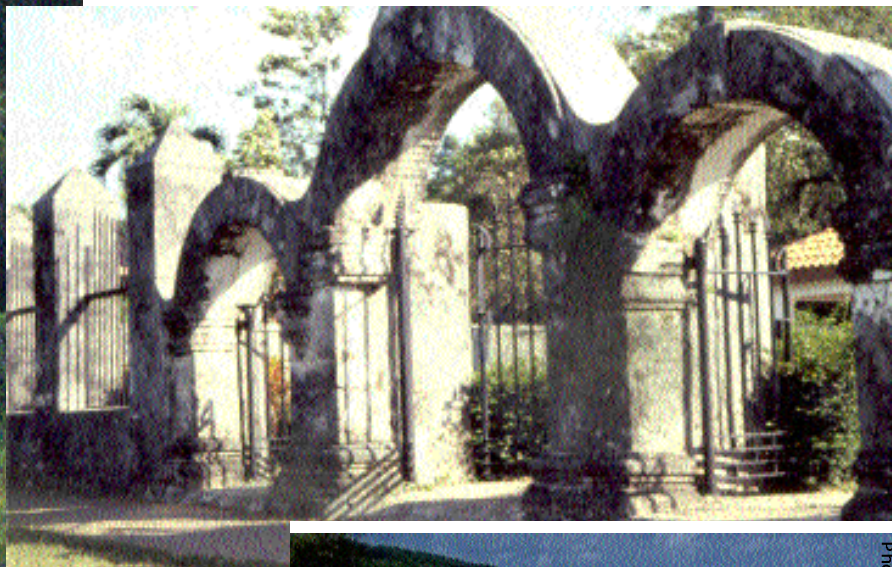
5:00 p.m. - 7:30 p.m.

Shopping

7:30 p.m. - 9:00 p.m.

Dinner and Shopping

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Photograph taken by Masataka Ishii. Courtesy of Marianas Visitors Authority.

Photograph taken by Masataka Ishii. Courtesy of Marianas Visitors Authority.

Northern Mariana Islands

For one great travel value, check out the Northern Mariana Islands, a 426-mile-long chain of 14 weathered mountainous islands north of Guam. Three islands-Saipan, Tinian, and Rota-offer the traveler a very diverse destination, and getting there takes less than an hour.

Saipan, the largest of the three islands, is a cosmopolitan center complete with all of the modern amenities and conveniences you've come to expect at a premier destination of choice. Not only are there busy world-class hotels, but you can find quaint, out-of-the-way bed-and-breakfast inns.

Saipan's golf courses offer something for every level of golfer, from beginner to champion. The courses vary widely in character, but they are all consistent in their stunning ocean views and tropical island beauty. The grueling multi-sport XTERRA Saipan Championship-a 1.5-kilometer ocean swim, 30-km mountain bike, and 12-km trail run-places Saipan squarely on the international XTERRA map and is held annually.

Tinian, which lies in between Saipan and Rota, is a history buff's dream. Tinian remains a sacred and solemn island among Allied and Japanese servicemen. More than a half century following the devastation of World War II, the island transformed itself into one of the western Pacific's most spirited islands. A 30-minute ferryboat ride away from Saipan, the island is home to the Tinian Dynasty, a resort featuring a casino, par excellence cuisine, and evening entertainment to awaken your senses.

An ecotourist delight: this sums up Rota, a mountainous 33-square-mile island. Some of the more interesting sites are found off the beaten path. Endangered indigenous fauna, such as the Marianas Fruit Bat and the Rail are making a comeback amid prehistoric caves with still intact millennia-old petroglyphs. Archaeological sleuths can check out the massive shapes of nine megalithic latte, and seven capstones that still lie unfinished in their quarry trenches.

If the underwater world is your thing, you can dive among eels and squirrelfish inside Senhanom Cave, or along the sunken Japanese freighter Shoun Maru in 100 feet of crystal-clear water in East Harbor. Coastal waters east of the archipelago descend to depths more than 30,000 feet below sea level in the world's deepest trench-the Marianas Trench.

For more about the Northern Mariana Islands, visit the Marianas Visitors Authority at www.mymarianas.com.

Day Four: Rota

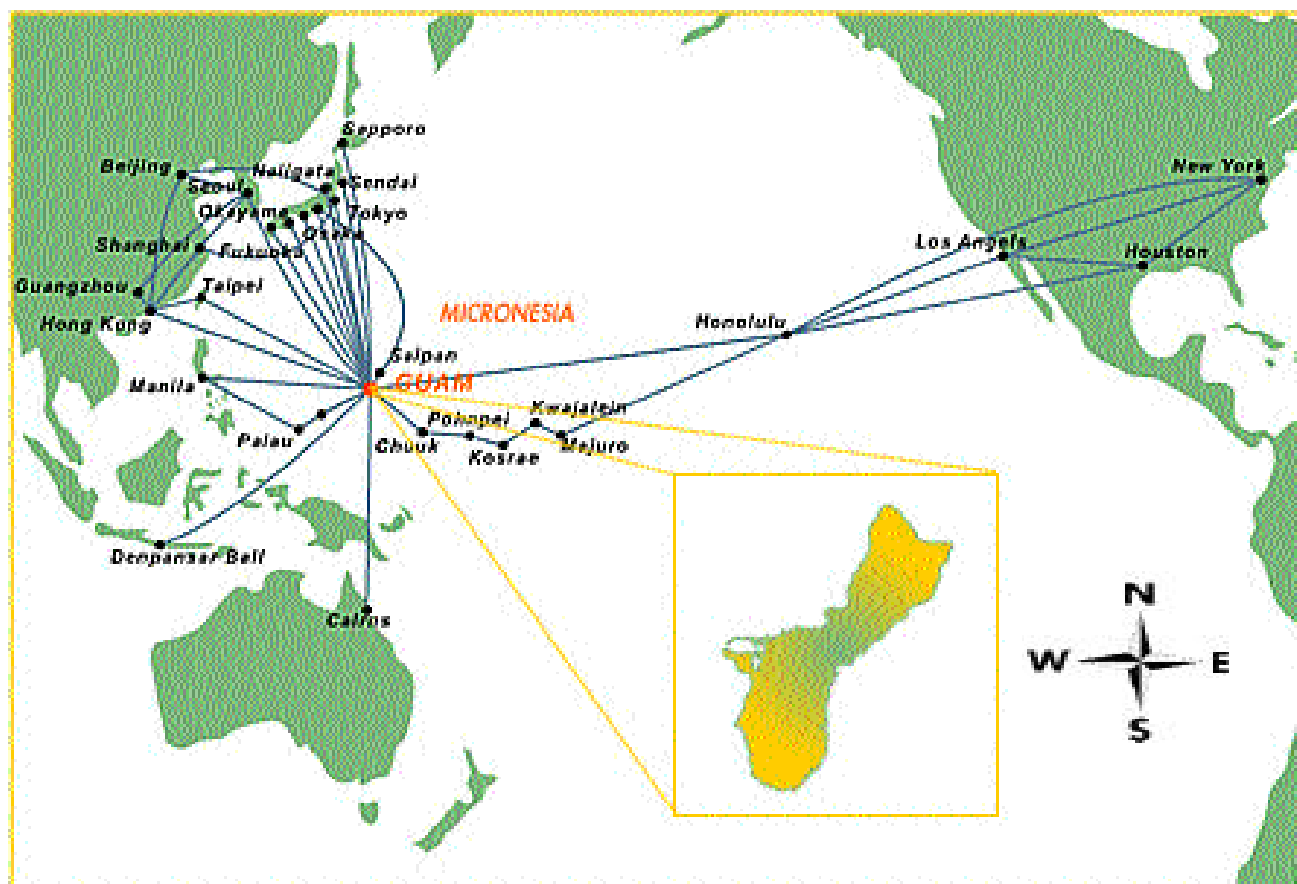
8:00 a.m. - 9:00 a.m.
Arrival & Breakfast
9:30 a.m. - 12:00 noon
Swimming Hole
Taga Stone Quarry
Sagua'gaga Seabird Sanctuary
12:00 noon - 1:00 p.m.
Lunch
1:00 - 5:00 p.m.
Pinatang Park
Tonga Cave
5:00 p.m.
Return to hotel and relax
5:00 p.m. - 7:30 p.m.
Dinner and Shopping

Day Five: Tinian

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast
9:00 a.m. - 12:00 noon
House of Taga
North Field & Atomic Bomb Pits
Blow Holes
12:00 noon - 1:00 p.m.
Lunch
1:00 - 5:00 p.m.
Mount Lasso
Suicide Cliff
5:00 p.m.
Return to hotel and relax
5:00 p.m. - 7:30 p.m.
Dinner and Shopping

Day Six: Saipan

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast
9:00 a.m. - 12:00 noon
Island Maigo Fahang
Banadero Cave
Landeran Banadero
12:00 noon - 1:00 p.m.
Lunch
1:00 a.m. - 5:00 p.m.
Grotto
Saipan Botanical Garden
5:00 p.m.
Return to hotel and relax
5:00 p.m. - 7:30 p.m.
Dinner and Shopping

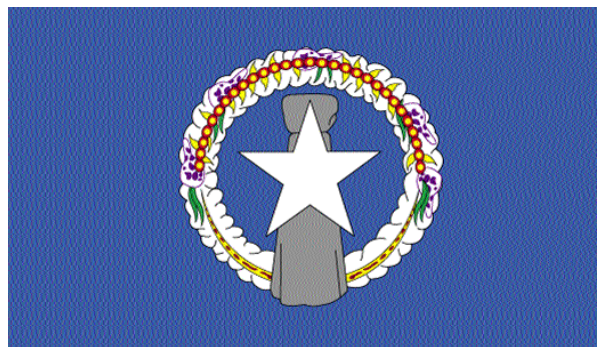


Glimpses of The Marianas

	Guam	Northern Mariana Islands Commonwealth
• Political Status:	Unincorporated territory of the United States of America	
• Capital:	Hagatna	Saipan
• Location:	13.38° North Latitude, 144.44° East Longitude	15.1° North Latitude, 146.3° East Longitude
• Land Area:	212 square miles	208 square miles
• Native Inhabitants:	Chamorro	Chamorro
• Official Languages:	English and Chamorro	English and Chamorro
• Currency:	US Dollar	US Dollar
• Time:	Greenwich Mean Time +10	Greenwich Mean Time +10
• Population:	Approximately 154,000	Approximately 50,000
• Electricity:	120 volts/60 cycles	120 volts/60 cycles
• Port Status:	Duty Free	Duty Free



Guam



Commonwealth of Northern Marianas

The Guam Flag

Guam's unique flag bears the Great Seal of the Territory of Guam. Each image symbolizes a significant part of Guam's history and cultural lifestyle.

- * The shape of the seal is that of an ancient Chamorro slingstone.
- * The coconut tree represents self-reliance and an ability to grow and survive under any circumstance.
- * The flying proa, the ocean-going canoe used by the ancient Chamorros, was sleek and agile in the water. The proa required great skill to build and sail.
- * The river symbolizes a willingness to share the resources of the land with others.
- * The land mass demonstrates the Chamorros' stewardship of natural resources.
- * Guam is the island home of the Chamorro people.
- * The red stripe surrounding the Guam seal represents the blood shed by her people.
- * The blue field represents Guam's unity with the sea and the sky

Glimpses of Micronesia

	Palau	Kosrae
• Political Status:	Republic	Federated State of Micronesia
• Capital:	Koror	Tofol
• Native Inhabitants:	Palauan	Kosraean
• Official Languages:	English and Palaun	English and Kosraean
• Currency:	US Dollar	US Dollar
• Time:	Greenwich Mean Time+9	GMT +11
• Population:	Approx. 19,219	Approx. 8,000

	Pohnpei	Chuuk
• Political Status:	FSM	FSM
• Capital:	Kolonia	Weno
• Native Inhabitants:	Pohnpeian	Chuukese
• Official Languages:	English and Pohnpeian	English and Chuukese
• Currency:	US Dollar	US Dollar
• Time:	GMT +11	GMT +10
• Population:	Approx. 35,000	Approx. 57,000

	Yap	Marshall Islands
• Political Status:	FSM	Self-governing democratic Republic
• Capital:	Colonia	Majuro
• Native Inhabitants:	Yapese	Mashallese
• Official Languages:	English and Yapese	English and Marshallese
• Currency:	US Dollar	US Dollar
• Time:	GMT +10	GMT +12
• Population:	Approx. 11,000	Approx. 60,000



WEEK TWO- Yap and Palau

Although Yap is a mere hour's flight from Guam, once there you are transported to another world, another time. After your culturally enriched stay in Yap, continue heading west to the Republic of Palau, located on the western fringe of American Micronesia. Palau has gained a justifiable international reputation for some of the finest diving in the world. Both island groups have Western accommodations and amenities.

Yap

Yap, one of four states of the Federated States of Micronesia, is the most conservative and traditional of Micronesia's island groups. The Yapese still sail traditional canoes over thousands of miles of ocean-without the aid of a computer or GPS-and cherish the unique stone money, rai, as a symbol of their colorful past.

In Yap, it is always recommended that you travel with a tour guide-property rights are a sensitive issue. If you prefer to just meander through Yap Proper-known as Wa'ab to the Yapese-you'll see the many mangrove channels linking the main island. Large black fruit bats can be seen during the afternoon hours, and dozens of birds add to the cacophony of jungle sounds.

Getting to the more remote islands is another matter and requires some planning. You can visit by either transport ship-known as a field trip ship-or by air.

Village life remains the focal point in Yap. Connecting each village are jungle-shrouded hand-hewn stone paths that have, over time, collected soft green moss. The jungle is thick with vegetation; select flora is used for medicinal purposes. Bu, or betel nut, is widely grown, and chewed. When chewed, the nut (mixed with lime and pepper leaf) induces a mild narcotic-like state, not to mention, a bright red smile.

In Kadang Village, you can't help but marvel at the many rai lining the main road as traditional dancers express perform age-old dances. The stone money-perforated aragonite quarried in Palau-is truly one of the world's most unique forms of currency. For centuries, Yapese stonemasons sailed to Palau to mine and mold multi-ton rock into money. The value of the rai was not determined by its size, but rather by the hazardous return voyage to Yap.

To experience the best of cultural Yap, visit there on Yap Day, the last weekend of February. Rhythmic dancers, a variety of traditional foods, and beautiful handicrafts highlight what Yap has to offer. For more about Yap, the Yap Visitors Bureau is just a click away-www.visit Yap.com.

Day One:

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast
9:00 a.m. - 11:00 a.m.
Jellyfish Lagoon
11:00 a.m. - 12:00 noon
Boonie Stomping to WWII sites
12:00 noon - 1:00 p.m.
Lunch
1:00 p.m. - 2:00 p.m.
Arts and Crafts Shops and studio
2:00 p.m. - 5:00 p.m.
Diving & Snorkeling
-Manta Bay
5:00 p.m. - 7:00 p.m.
Dinner

Day Two:

8:00 a.m. - 9:00 a.m.
Breakfast
9:00 a.m. - 12:00 noon
Land Tour
- Traditional Menshouse &
Stone money bank
12:00 - 1:00 p.m.
Lunch
1:00 - 5:00 p.m.
Kadang Village
5:00 p.m. - 7:00 p.m.
Dinner



Palau

The Arts & Entertainment cable network rated Palau as one of the top 10 must-see destinations. Complementing the award-winning environment is an island cosmopolitan ambience that is warm and relaxed. Modern amenities take advantage of beautiful ocean and mountainous jungle vistas.

Palau, an archipelago of 343 islands, most of which are all located within a fringing reef, is a mecca for divers the world over. The rich marine environment serves as a magnet for those who wish to experience specialty dives. The Rock Islands, located south of Palau's capital, Koror, are truly considered a wonder of the world.

Limestone formations cast surrealistic verdant images within the tranquil lagoon. Some have private, blindingly white sandy beaches. Clear unpolluted waters are home to an infinite variety of marine life. You may even notice a marine crocodile or two.

Eco-cultural travelers will enjoy trekking along ancient pathways to Nagaard's Chelab traditional village, or taking a boat along the west coast to Ngarchelong, where the famous but seldom seen Badrulchau's stone monoliths rest in a serene valley. These stone faces are considered by Palauan traditionalists to be the most mysterious, ancient, and important remnants of a by-gone era.

Palau's unique art forms are closely linked to those of Papua New Guinea-and are prized among collectors. Visit a bai, or meeting house, and you'll see very colorful images painted and carved in the gables. Artists for generations have replicated these gable carvings on to storyboards. Legends, history, and cultural traits have all been preserved in this one-of-a-kind art form.

Palau has much, much more to offer, including the first US postage stamp commemorating Elvis Presley. Visit the Palau Visitors Authority at www.palauet.com for a complete travel experience.

Day Four: Palau

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast
9:00 a.m. - 12:00 noon
Nagaard's Chelad Village
or Dive
12:00 noon - 1:00 p.m.
Lunch
1:00 p.m. - 5:00 p.m.
Diving & Snorkeling
& Swim with the Dolphins
6:00 p.m.
Dinner

Day Five:

8:00 a.m. - 9:00 a.m.
Breakfast
9:00 a.m. - 12:00 noon
Excursion to Ngarchelong
-Badrulchau's Stone
Monoliths
12:00 noon - 1:00 p.m.
Lunch
1:00 p.m. - 5:00 p.m.
Boat Ride: Rock Islands
6:00 p.m.
Dinner



Travel Tips

- * Always travel with a certified tour guide recommended by the government's visitors agency
- * Be sensitive to property rights
- * For sites with trail time, wear appropriate clothing, such as hiking shoes, pants, a hat
- * Bring lots of water and film; marine cameras better withstand the ocean elements
- * Use copious quantities of insect repellent
- * When near the beach, use sunscreen-the equatorial sun is strong
- * Pack out what you pack in-leave only footprints in the sand

A Micronesia Primer

Political Relations

All of American Micronesia-the Republic of Palau; the Commonwealth of the Northern Mariana Islands; Guam, an unincorporated territory; Federated States of Micronesia; and, the Republic of the Marshall Islands-enjoy the security and privileges of being associated with the American family. All island groups exercise democracy and a free market economic system.

Geography

Micronesia consists of four large island groups: the Marianas archipelago, which includes Guam and the Northern Mariana Islands; the Caroline Islands, known today as the Federated States of Micronesia-Yap, Chuuk, Pohnpei, and Kosrae; the Palauan archipelago; and, the coralline atolls of the Marshall Islands. There are more than 2,000 islands scattered across three million square miles of the western and central Pacific; only 125 islands are inhabited. The total land mass is less than 1,500 square miles, which is less than half the size of the Indonesian island, Bali. The largest island is Guam (212 square miles). The highest is Agrihan in the NMI (3,000 feet above sea level). Kwajalein Atoll in the Marshall Islands is the world's largest atoll that covers almost 1,000 square miles. The region is a mix of "high" volcanic islands and "low" coral atolls.

Climate

Located on or close to the equator, the islands of the western Pacific are drenched by sun and rain. While climatic variations occur during the rainy season-tropical storms and typhoons due occur-for the most part, Micronesia enjoys 80°F temperatures, dipping slightly in the Mariana Islands between December and April. Rainfall, the island's only fresh water source, is high-Pohnpei and Kosrae see up to 300 inches of rainfall per year-yet, it is intermittent, causing little discomfort. In the Marianas, rainfall is low during the dry season (December - April) making these islands a very popular destination for sun worshippers.

Clothing

Given the equatorial climate, an informal dress code-shorts, T-shirt, and zories-is acceptable; business travelers should dress smart casual (slacks, open neck shirts). In Guam, a law was passed forbidding the wearing of ties and sports coats, though it was mandated in jest. As in all cultures throughout the world, dress standards and acceptability vary from island to island. Discretion, rather than fashion, should dictate what you wear.

Language

Micronesia, like much of the Indian and Pacific Ocean cultures, is part of the Austronesian language family, the largest and most widely dispersed language in the world. Each island group has its own language, but English is widely spoken. In certain island groups, Japanese and German is understood and spoken; multi-lingual tour guides and operators also can communicate in Korean and Chinese.

Time Zones

Micronesia is so vast that it stretches across three time zones. Palau is nine hours ahead of Greenwich Mean Time (+9); Yap, the Marianas, and Chuuk are +10; Pohnpei and Kosrae, +11; and, the Marshall Islands are +12 hours.

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Currency

The US Dollar is standard currency in American Micronesia. Virtually all hotels and restaurants, Duty Free Shoppers, and rental car companies accept major credit cards. A service charge and tipping are expected at standard US rates (10 - 15 percent).

Shopping

Each island group has its own handicraft specialty, clothing, and art-all made of natural materials. Guam and the Northern Mariana Islands are considered as duty free ports. Check out the more than 20 Duty Free Shoppers stores and you'll save on costs. Check out what's available in the islands:

- * Guam's Chamorro Village is the place to go for Chamorro art.
- * In Palau, storyboards that depict local legends are popular.
- * Yap offers replicated traditional art forms made at the Ethnic Art Institute of Micronesia.
- * In each of the Chuuk Lagoon islands, carvings and weavings can be found.
- * Pohnpei's Pohrakiet village offers carvings made by Polynesians from Kapingamarangi Atoll.
- * Kosrae's weavings are a regional favorite.
- * Stick charts, though difficult to find, are made in the outer Marshall Islands and sold in Majuro.

Visas

Entry to Micronesia is easy. For a stay of up to 30 days, no visa is required when traveling to Palau, the Northern Mariana Islands, Federated States of Micronesia, and the Marshall Islands. US citizens have a free entry, though you should bring your passport. Guam enjoys a "Guam Only Visa Waiver" program for up to 15 days for travelers from qualifying countries (see US State Department Bulletins for an updated list of countries). Other countries not on the qualifying list need a US visa.

Airlines

Traveling to Micronesia is easier than you think. Continental Micronesia, a subsidiary of Continental Airlines and known regionally as Air Mike, is headquartered in Guam. Air Mike operates more than 300 flights per week from 23 destinations throughout Asia, the Pacific, and North America. From North America, you can fly Air Mike direct to Guam, or take the world famous island-hopper from Hawaii. In addition, you may opt to fly aboard Japan Air Lines, All Nippon Airways, Northwest Airlines, Philippine Airlines, Continental Airlines. Daily commuter flights from Guam to the islands aboard Continental Airlines, Palau Micronesia Air, Freedom Air and Pacific Island Aviation is yet another way to experience Magnificent Micronesia.



WEEK THREE- Caroline and Marshall Islands

For travelers bent on feeling the heart of Micronesia, hop aboard Air Mike's famous island-hopper and spend several days in each of the Eastern Caroline Islands, now known as part of the Federated States of Micronesia. Each island group offers spectacular diving, rich cultures, and a sense of hospitality that is both refreshing and welcoming. Note: Always use a tour guide when visiting sites. Some sites are on private property and require approval to visit.

Chuuk

Chuuk-one of four states of the Federated States of Micronesia-is comprised of 290 islands that surround the famous Chuuk Lagoon. Inside the aquamarine 40-mile wide Lagoon are 11 high, mangrove-fringed volcanic islands. Beyond the Lagoon are a series of 14 outlying atolls in four different island groups-the Mortlocks to the south; Halls or Pefang, north; Namonweito Atoll, northwest; and Pattiw or the Western Isles to the west. The only way to get to these outer islands is by field trip ship, which can take days, even weeks, to accomplish.

Chuuk Lagoon has attracted divers from virtually every corner of the world, including the eminent undersea explorer Jacques Cousteau and film actress Lauren Hutton. Marine archaeologists have located 41 World War II shipwrecks-referred to popularly as the Ghost Fleet-though as many as 65 ships may be quietly resting on the Lagoon's sea floor. The Allied bombing raids in February 1944-known collectively as Operation Hailstone-sent an entire Japanese merchant fleet to its watery grave. This historical treasure has come to represent Chuuk's claim to international fame.

Always remember: Plan your dive and dive your plan. To dive the Lagoon, you'll need a certified dive guide; diving license fees are used to conserve and protect the wrecks.

A number of hotels and restaurants ring the Lagoon and offer modern amenities, including a myriad of expertly carved and woven handicrafts, a must have for the discerning traveler. If you wish to experience Chuuk's traditional family ways, the "Stay with Families" program is for you. Visitors live with their family host-a unique and exciting way to go local.

For more information about diving the Lagoon, Stay with families program, or simply traveling the many islands, email the Chuuk Visitors Bureau at chuuk@mail.fm.

Day One: Chuuk

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast

9:00 a.m. - 12:00 noon
Boat Ride and dive:
Island Hopping

12:00 noon- 1:00 p.m.
Lunch

1:00 p.m. - 5:00 p.m.
Diving & Snorkeling
Ghost Fleet

Day Two:

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast

9:00 a.m. - 12:00 noon
Land Tour

12:00 noon - 1:00 p.m.
Lunch

1:00 a.m. - 5:00 p.m.
Boat Ride: Island Hopping



Pohnpei

Pohnpei, the capital island of the Federated States of Micronesia, is the largest island in the country and has eight outer islands. Pohnpei is one of the few islands in the Pacific with awe-inspiring ruins from every period in its history-Micronesian, Spanish, German, Japanese, and American.

Shrouded in mystery, Pohnpei's cultural centerpiece is Nan Madol, one of the archaeological wonders of the world. Ranked in the top 10 as a world treasure by National Geographic Society, the Nan Madol ruins (carbon dated to AD 1285) are located a stone's throw from Madolenihmw's reef on 92 man-made basalt islets in the lagoon off Temwen Island. Within the city-known as the Venice of Micronesia due to its many canals that served as roads-you can explore political and religious compounds, jail cells, sacred burial chambers, war temples, and sea walls.

In Pohnpei, known as the Garden Island due to the vast amount of rain, you can trek high into the mountains-complete with 42 cascading waterfalls, rivers, and stream; thick rainforests, and countless birds-or canoe through coastal mangrove stands. Check out Pohnpei's resort islands in the lagoon and live simply while taking in all that is nature.

Day Three: Pohnpei

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast

9:00 a.m. - 12:00 noon
Boat Ride: Island Hopping

12:00 noon - 1:00 p.m.
Lunch

1:00 p.m. - 5:00 p.m.
Madolehimw's Reef Dive

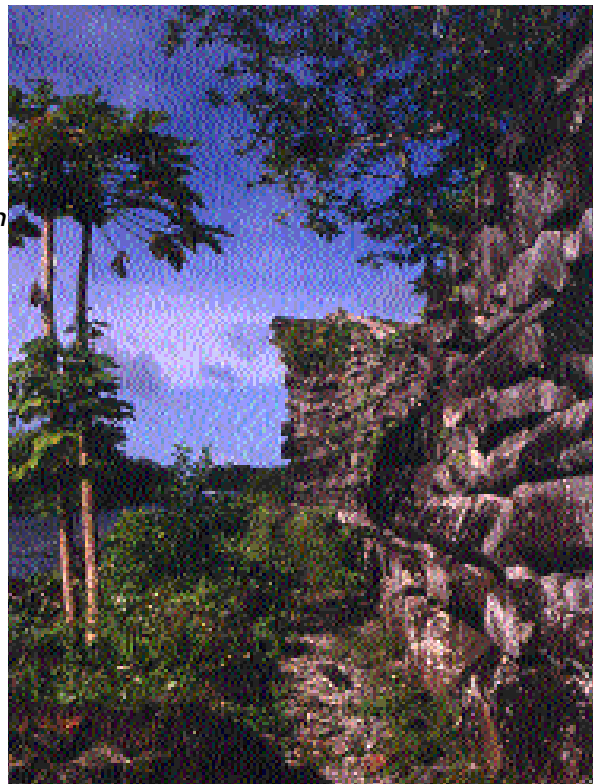
Day Four:

8:00 p.m. - 9:00 a.m.
Breakfast

9:00 p.m. - 12:00 noon
Nan Madol ruins

12:00 noon- 1:00 p.m.
Lunch

1:00 p.m. - 5:00 p.m.
Pohrakiet Village



Handicrafts made by Polynesians in Pohrakiet Village have become standard-bearers for what Micronesian handicrafts are supposed to look like. Grass skirts, model canoes, ivory-nut marine life-all expertly woven or carved-make for interesting conversation pieces, perhaps while drinking sakau, a mild narcotic-like drink similar to Fijian kava.

If you'd like to venture to the outer islands, take a moment to visit the Pohnpei Visitors Bureau in the heart of Kolonia, or check them out on the Internet at www.pohnpeiivb.com.

Kosrae

The easternmost state of the Federated States of Micronesia, Kosrae has a bit of everything for the traveler. Known as the Island of the Sleeping Lady-a quick scan of the mountainous silhouette says it all-Kosrae is home to a rugged jungle interior, mangrove stands and sandy beaches, and some of the most gracious people of the region. The pace of life is relaxed; cell phones and television were only recently introduced.

In the mid-19th century, European and American whalers and beachcombers used Kosrae as a roadstead, refitting their ships and taking on supplies. In one of the saddest chapters of Micronesian history, smallpox virtually wiped out the entire population, until New England missionaries arrived with life-saving vaccines. Today, the Kosraean population has embraced the Congregational religion. Sundays are reserved for church service and prayer-everything is closed. Sunday church service is well worth the time as choirs have gained an international reputation for acappella hymns.

Six days a week, you can dive to your heart's content in what ecologists say are the most pristine reefs in Micronesia. You'll find incredible marine species diversity, a haven for the macro photographer. One of the reasons why the reefs are so clean is the environmentally sensitive approach Kosraeans have taken to preserve their heritage. A series of buoys have been constructed for mooring your boat while diving, or sport fishing.

The Lelu Ruins, similar to the imposing Nan Madol structures, are accessible and just a few steps off the road in Lelu, the island's traditional capital. Once home to priest-kings, the Lelu monuments remained the seat of religious and political power before the arrival of Europeans. Even older and less well known are the ruins at Mengke deep in the southern jungles.

Ever thought of trying to find the lost treasure of infamous American pirate Bully Hayes? A visit to the Kosrae Visitors Bureau website at www.kosrae.com to unravel the mysteries of Kosrae.

Day Five:

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast

9:00 a.m. - 12:00 noon
Diving & Snorkeling

12:00 noon - 1:00 p.m.
Lunch

1:00 p.m. - 5:00 p.m.
Diving & Snorkeling

Day Six:

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast

9:00 a.m. - 12:00 noon
Lelu Ruins & Mengke Ruins

12:00 noon - 1:00 p.m.
Lunch

1:00 p.m. - 5:00 p.m.
Island hopping



Marshall Islands

At the beginning of the cloak-and-dagger Cold War era, the Marshall Islands served as a nuclear test site. Between 1946 and 1958, the US detonated a series of atomic and hydrogen nuclear bombs in Bikini and Enewetak atolls. In 1961, Kwajalein Atoll became part of the US Army's missile test center, tracking Intercontinental Ballistic Missiles fired from California. The Cold War era is over, and so, too, is nuclear testing. What was once an ocean desert is now home to some of the world's finest sport fishing and diving.

The Marshall Islands, a republic closely associated with the United States, has 34 atolls and islands set geographically in two island chains: Ralik and Ratak, where Majuro, the capital is located. The republic is the first country west of the International Date Line, meaning you'll lose a day from Hawaii.

Expert weavers and carvers painstakingly create fine arts and crafts-the Marshallese stick chart reflects their sea culture, but is, at times, difficult to find. Many artisans are located several hours away by boat, but inquire within the very friendly Marshall Islands Visitors Authority, or visit them at www.visitmarshallislands.com for the latest on island happenings.

Day Seven: Marshall Islands

8:00 a.m. - 9:00 a.m.
Arrival & Breakfast

9:00 a.m. - 12:00 noon
Boat Ride: Island Hopping

12:00 noon - 1:00 p.m.
Lunch

1:00 p.m. - 5:00 p.m.
Diving & Sport Fishing

Day Eight:

8:00 a.m. - 9:00 a.m.
Breakfast

9:00 a.m. - 12:00 noon
Bikini & Enewetak Atolls

12:00 noon - 1:00 p.m.
Lunch

1:00 p.m. - 5:00 p.m.
Arts and Crafts Shopping



Regional Tourism Offices

www.magnificentmicronesia.com

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Website: www.visitguam.org

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Saipan, MP 96950
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Website: www.mymarianas.com

Palau Visitors Authority
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Website: www.visit-micronesia.com

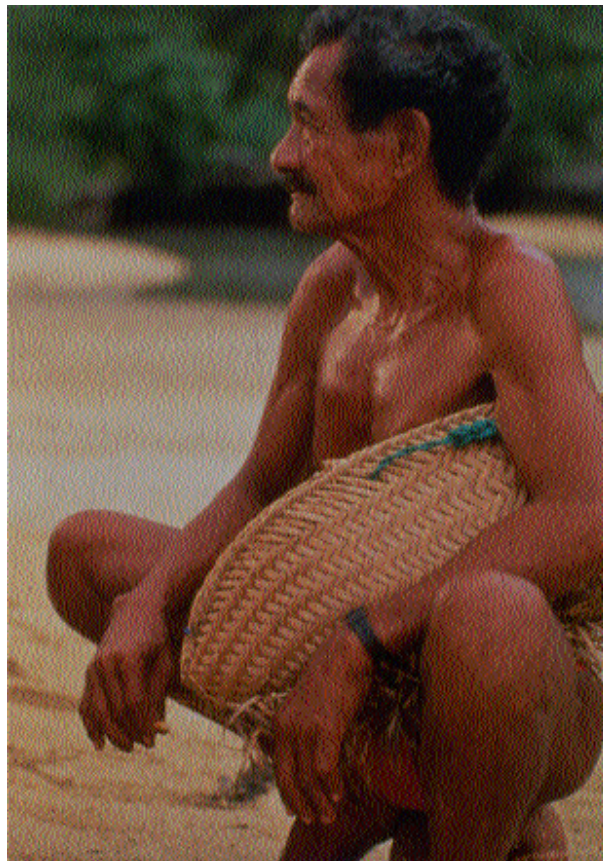
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Website: www.pohnpeivb.com

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Email: kosrae@mail.fm
Website: www.kosrae.com

Marshall Islands Visitors Authority
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Fax: (692) 625-6771
Email: tourism@ntamar.net
Website: www.visitmarshallislands.com



Note:

Entry and Exit Formalities from the Department of Homeland Security

Entry requirements for Guam are the same as for any U.S. destination. Although U.S. citizens are required to possess a U.S. passport, on a case-by-case basis, photo I.D. and proof of citizenship may be accepted. Citizens of most other countries must have a valid passport with a U.S. visa.

In October 1988, the U.S. federal government implemented the Guam-only visa waiver program. Citizens of more than a dozen countries have been allowed entry to Guam without a visa for a period of up to 15 days; travel onward to other U.S. ports is not allowed. Must arrive on a signatory carrier.

The following countries are eligible for the Guam Visa Waiver Program: Australia, Brunei, Indonesia, Japan, Malaysia, Nauru, New Zealand, Papua New Guinea, Republic of Korea, Singapore, Solomon Islands, Taiwan (only authorized for citizens and residents arriving directly from Taiwan or arriving on a flight from Taiwan which stopped in Saipan enroute, must possess a Taiwan National Identity Card), United Kingdom (including British National Overseas), Vanuatu, and Western Samoa.

In 1986, the Immigration Reform and Control Act (IRCA) incorporated the Visa Waiver Program; the program became effective on July 1, 1988. On October 30, 2000, the Visa Waiver Permanent Program Act made the pilot program permanent.

The Visa Waiver Program permits nationals from designated countries to apply for admission to the United States for ninety days or less as nonimmigrant visitors for business or pleasure without first obtaining a U.S. nonimmigrant visa, must have a machine-readable passport, and arrive on a signatory carrier.

The following countries are eligible for the Visa Waiver Program: Andorra, Australia, Austria, Belgium, Brunei, Denmark, Finland, France, Germany, Iceland, Ireland, Italy, Japan, Liechtenstein, Luxembourg, Monaco, Netherlands, New Zealand, Norway, Portugal, San Marino, Singapore, Slovenia, Spain, Sweden, Switzerland, and United Kingdom.

For more information please visit these websites:

www.dhs.gov

www.whitehouse.gov/homeland

www.visitguam.org

About the Images

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