



# WOMEN'S ADVENTURES NZ



## Cycle Samoa Itinerary

15<sup>th</sup> to 24<sup>th</sup> September 2026

**\$4735.00 per person**

**Deposit of \$935.00 required**

This tour is much more than a cycling adventure – it's a cultural experience. On this tour around the Samoan island of Upolu we get to see Samoan village life that is so well suited to the pace of traveling by bike. Combined with kayaking, waterfall visits, and snorkelling this tour takes in Sua Ocean Trench, Togitogiga Falls, the Giant Clams, turtles and so much more!

The tour cost is based on twin-share accommodation at standard level of hotels and beach fales. This can be more basic compared to New Zealand standards.

Tour inclusions:

- Return airport transfers
- Guided cycling with E-bike hire for 8 days (including helmet and carrier bag)
- Accommodation for 9 nights (motels, fales, resorts)
- 9 x Breakfasts
- 7 x Lunches (all cycling days)
- 4 x Dinners
- Turtle Kayak Experience
- Daily bag transfer between accommodation locations
- Filtered water supplied daily

	<b>Cycle Samoa Itinerary</b>	
<b>Tues 15<sup>th</sup> September</b>	<b>Day One Flights and Arrival</b>	<b>Cost</b>
	<p>Air New Zealand flies direct to Samoa leaving Auckland at 3:35pm arriving into Apia at 8:30pm (NZ0998).</p> <p>On arrival we are transferred to our Apia accommodation. We can grab a light dinner near our accommodation.</p>	<p>Flights own cost.</p> <p>Group airport transfer paid. Accom included. Dinner own cost.</p>
<b>Wed 16<sup>th</sup> September</b>	<b>Day Two Introduction</b>	
	<p>After breakfast we are picked up from our accommodation and head to the bike depot where we are fitted for our e-bikes and given an overview of our cycling itinerary.</p> <p>Then it's off for a guided 8km cycle ride and an authentic experience as we ride through local villages and learn about the Samoan way of life. We can stop for lunch along the way.</p> <p>Dinner tonight is near our accommodation, then perhaps an early night before the full cycling days begin!</p>	<p>Breakfast included.</p> <p>Bike tour with e-bike upgrade included. Lunch incl. Accom included. Dinner own cost.</p>
<b>Thurs 17<sup>th</sup> September</b>	<b>Day Three Mulifanua - Falease'ela (19km)</b>	
	<p>Today starts with a 14 km gentle ride around the coast and then a steep climb for 200m but the view from the top is well worth it! The downhill section (only partly sealed) takes us down to our accommodation for the night.</p> <p>After checking in we cycle a further 3.5 kms around the coast to Le Faga Bay in Savaia; home of the Giant Clams. These giant fluorescent molluscs are almost a metre long and located in a safe and sheltered lagoon. We will need to take our snorkelling gear, then after our swim cycle back to Falease'ela to our accommodation.</p>	<p>Breakfast, lunch and dinner included today.</p> <p>Accom included.</p>
<b>Fri 18<sup>th</sup> September</b>	<b>Day Four Falease'ela - Tafitoala (24km)</b>	
	<p>Our first cycle leg of 18kms takes us to Vai Villas.</p> <p>From here we start our Turtle Kayak experience – a highlight of the trip! We gently paddle through the mangroves and out into the lagoon where there are usually large bales (groups) of turtles. This lagoon is one of the few remaining with large sandy beaches suitable for nesting. The turtles are plentiful.</p> <p>Lunch will be provided at the completion of the Turtle Kayak experience back at Vai Villas.</p> <p>A further 6km cycle to your accommodation in Tafitoala, completes an amazing day!</p>	<p>Breakfast, lunch and dinner included today.</p> <p>Tour included.</p> <p>Accom included.</p>

<b>Sat 19<sup>th</sup> September</b>	<b>Day Five Tafitoala – Tafatafa (20km)</b>	
	<p>Today we ride along the undulating but sealed coast road and while it's easy to focus on just getting to the destination, there is a lot to do along the way. Potential stops include the Sinalei Resort for a taste of luxury and a walk to the Ma Tree, or a long swim at Togitogiga Waterfalls.</p> <p>We end our cycle today at the lagoon beach and our accommodation at Tafatafa where there are nearby lava tube caves to explore.</p>	<p>Breakfast, lunch and dinner included today. Accom included.</p>
<b>Sun 20<sup>th</sup> September</b>	<b>Day Six Tafatafa – Lalomanu (29km)</b>	
	<p>Today we cycle 13km down the road to Sua Ocean Trench. This collapsed lava tube is one of the picture postcard attractions of Samoa with the trench and surrounds deserving at least a couple of hours of our time. To enter the trench there is a steep ladder descent but we are rewarded with an amazing sea water pool.</p> <p>After the trench we ride the last 14km to Lalomanu, rated as one of the 10 best beaches in the world by Lonely Planet and where we will find our beach fale accommodation.</p>	<p>Breakfast and lunch included.</p> <p>Accom included. <b>Dinner own cost.</b></p>
<b>Mon 21<sup>st</sup> September</b>	<b>Day Seven Lalomanu</b>	
	<p>Rest day today! Choose between a relaxing day on the beach reading a book or head off to explore the neighbouring small volcanic island Namua.</p>	<p>Breakfast and dinner included. <b>Lunch own cost.</b> <b>Namua ferry own cost.</b> Accom included.</p>
<b>Tues 22<sup>nd</sup> September</b>	<b>Day Eight Lalomanu – Faleapuna (37km)</b>	
	<p>We have two route options today depending on how we feel. The shorter and more interesting route is to continue around the coast and up Richardson Road. This includes a 400m climb, which provides views of the hydro storage lake, that connects via a tunnel to the powerhouse in Faga-Loa Bay.</p> <p>The alternative route is to cycle back towards Lotofaga Village and Sopoaga Waterfall. This is an easier ride, but slightly longer.</p> <p>Both routes meet together at La Mafa Pass Road and Richardson Road. The topography today is different from the rest of Samoa with near vertical green hillsides and the remains of several large mixed cattle and copra (dried sections of the meat of the coconut) estates.</p> <p>From Le Mafa pass we ride down the hill and stop at the bottom to admire the Falefa Falls.</p> <p>From Falefa we continue 2km west on the main road to our accommodation at Faleapuna Beach.</p>	<p>Breakfast and lunch included.</p> <p>Accom included. <b>Dinner own cost.</b></p>

Wed 23 <sup>rd</sup> September	Day Nine Faleapuna – Apia (24km)	
	<p>Our final day of cycling and an easy day riding along the coast. After 10km we pass by Pudding Rock (Cape Utmau'u) a popular surfing spot and a further 12km takes us into the capital of Samoa, Apia.</p> <p>We have the afternoon to explore Apia which might include the fish, vege and dry goods (souvenirs) markets, a tour of Robert Louis Stevenson's home, Villa Vailima, or the Baha'i Temple. There is also an excellent range of restaurants and cafes.</p>	<p>Breakfast and lunch included.</p> <p>Accom included. <b>Dinner own cost.</b></p>
Thurs 24 <sup>th</sup> September	Day Ten Apia and Departure	
	<p>We have the day to explore the rest of Apia that we didn't get to yesterday as well as the chance to head to Palolo Deep Marine Reserve for some snorkelling – there's great fish life here.</p> <p>Then it's time to say a fond farewell to Samoa and head to the airport.</p>	<p>Breakfast included. <b>Lunch and dinner own cost.</b> Airport transfer included.</p>
	<p>At the time of writing the Air New Zealand flight from Apia leaves at 9:40pm arriving into Auckland at 1:00am on the 25<sup>th</sup> (NZ0999).</p>	

**\*A Gear List will be sent out**

**\*Please read our accompanying Booking Terms and Conditions that form part of this itinerary**