

Samoa – attractions on Upolu.

Robert Louis Stevenson Museum

Vailima Apia, Upolu

Samoa

(685) 20 798

- Author Robert Louis Stevenson spent the final years of his life on Upolu, and outside of Apia he built a home ne named Vailima, which means “Five Rivers” in the Samoan language. The colonial plantation style home was damaged in 1992 by Hurricane Val, but it largely restored in 1994, becoming the Robert Louis Stevenson Museum. Here visitors can fine replicas of the furniture and heirlooms, along with a few period chairs and books that belonged to the author. The house sits on 400 acres and from the upper verandah the view of the grounds evokes images of the island’s colonial past.
- Comments from Trip Advisor (4 ½ stars from 11 reviews):
 - The grounds and surrounding gardens were lush and beautiful and the house itself was very impressive. We took the tour through the museum and really enjoyed the insight into the author’s brief time in Samoa.
 - A good trip which is no real distance from Apia. The climb to the grave is a bit steep in places but will only take 30 mins ... quicker on the way down.
 - This Museum, restored by a wealthy American Philanthropist (and follower of RLS), is an awesome tribute to RLS, and you can find out about his light side & that he also had a very dark side to his personality as well.
 - The people who funded this restoration deserve major credit, because it's a beautiful building that now houses many of RLS's works, his step-daughter's drawings and, what appear to be, excellent reproductions of the furniture and room layouts from RLS's time.
 - More Trip Advisor reviews: http://www.tripadvisor.com/Attraction_Review-g312868-d310801-Reviews-Robert_Louis_Stevenson_Museum-Apia_Upolu.html



Le Spa

Tiavi Road

Vaoala Apia, Upolu PO 460

(685) 38601

<http://www.le-spa-lelalelei.ws>

info@le-spa-lelalelei.ws

- A calming day retreat in the lush tropical hills above Apia, where you are invited to refresh, relax & revive your inner and outer beauty. Your experience here will be tailored to meet your individual needs using both ancient healing traditions and world class beauty therapy.

Their botanical products encourage natural wellbeing that can make a very positive impact on your health and appearance. At Le Spa, it's simply all about you.

- Comments from Trip Advisor (5 stars from 9 reviews):
 - Le Spa is the right place to relax after a hard day or if you are exhausted from travelling!
 - It truly is an oasis in what we would otherwise consider paradise!
 - A truly amazing experience, from the warm welcome by their friendly staff, to the pampering that followed.
 - More Trip Advisor reviews: http://www.tripadvisor.com/Attraction_Review-g312868-d1862644-Reviews-Le_Spa-Apia_Upolu.html

Papaseea Sliding Rock

The Papasee'a Sliding Rocks are a lot of fun! Although it looks scary, you just have to go sit on the top of the waterfall and slide down. The water is deep enough, so do not worry. The other two waterfalls are a bit longer. It's a bit hard climbing back up, but well worth the fun. Entry is \$2 tala.



- Comments from Trip Advisor (4 ½ stars out of 7 reviews):
 - Good for the easily sunburnt, or just to get out of the heat of Apia. However, you have to climb down many slippery steps to get there. (And up to get back out.)
 - Sliding Rock was definitely the highlight of our recent trip to Upolu! After hiking down a long staircase to get to the falls, we saw three separate waterfalls that have enough of an angle and enough moss on them to slide down. Two of the falls are about 15 feet tall and one is about 5 feet.
 - More Trip Advisor reviews: http://www.tripadvisor.com/ShowUserReviews-g312868-d310809-r20813336-Papaseea_Sliding_Rock-Apia_Upolu.html

Apia Flea Market

The flea market in Apia is pretty good. Don't be afraid to haggle for a good price or even better take a local friend with you. There are actually two markets in Apia; the food market is more like a local market where as the flea market is more for tourists.



- Comments from Trip Advisor (3 ½ stars out of 5 reviews)
 - This local market is where locals go to get food. There are stalls with crafts too, but in general we found the quality for handicrafts to be better at the Flea Market. Very crowded on Saturday morning but that's what you'd expect.
 - More Trip Advisor reviews: http://www.tripadvisor.com/ShowUserReviews-g312868-d312300-r59099309-Old_Apia_Market-Apia_Upolu.html

Kava Kavings Handicraft Fungulei Road Apia, Upolu Samoa

This shop carries native Samoan handicrafts, such as spears, hair clasps and coconut-shell ukuleles, as well as imported items from other South Pacific countries.

Lake Lanoto'o National Park

Known as 'goldfish lake', this green crater lake is full of wild goldfish introduced by Upolu's German settlers. The turn-off to the lake is 2.3km past the Bahai Temple (heading south) on the Cross Island Road. A 4WD trail (3-5hrs return) leads to a track to Lake Lanoto'o. You'll need good walking shoes, long trousers and water. You can hike out to the lake but a guide is recommended.



Papapapai-Tai Falls

Also known as 'Tiavi Falls', this spectacular 100m waterfall plunges into a dramatic gorge 2.3km south of Lanoto'o Road. There is a viewing area, but don't go near the cliff edge.



Vailima Brewery

Samoa Breweries' award-winning national beer, Vailima, is produced here. There are no formal tours but you can phone (685) 20 200 to arrange a tour and tasting. It's located in the northwest between Apia and the airport.

Uafato Conservation Area

This wild part of Upolu in the north-east has some of the island's most lovely scenery, and is home to several native bat and bird species, including the rare tooth-billed pigeon.

Piula Cave Pool

Located just after Saoluafata, the pool is a great spot for swimming, snorkelling and picnicking, and there are underwater caves to explore. The entrance is through the gates to the Piula Methodist Theological College east of Apia, and is closed on Sundays.



Saanapu and Sataoa Mangrove Conservation Areas

On the south coast of Upolu, the vital coastal mangrove forests around these villages have been designated as conservation areas. Both villages offer a 30 minute guided canoe tour of the local forest.

O Le Pupu-Pue National Park

Upolu's 29sq km national park was created in 1978 to protect the area from the summits of Mount Fito (1100m) and Lepue (840m) to the southern coast. There are some great hiking trails, including tracks to the lovely Togitogiga Falls and the Peapea Cave. A guide is advisable.

Peapea Cave

At the entrance to the Togitogiga Falls carpark, a trail (4hrs return) leads inland through the rainforest to this old lava tube full of native white-rumped swiftlets. You'll need a torch, plenty of water and a guide.

Togitogiga Falls

These cascading falls are separated by swimming holes and make an ideal spot for a picnic, with toilets and changing rooms. Check for logs and rocks before jumping into the pools. Entry is free.

Sopoaga Falls

On Upolu's Le Mafa Pass Road, a beautiful garden and picnic site overlook these falls which plunge into a vast gorge. A fee is charged.

Fuipisia Waterfall

Just north of Sopoaga Falls, a trail leads to this 55m jungle waterfall. There is a fee payable which includes a guide to the falls.

**Lalomanu to Lotofaga**

This stretch of the Aleipata coast at Upolu's easternmost end has plenty of great swimming and snorkelling beaches. Many are associated with commercial beach fale, so please ask permission from fale owners and villagers.

Lalomanu Crater Walk

Behind the hospital at Lalomanu in Upolu's Aleipata district is the start of the short walk to a long-extinct volcanic crater. The crater is home to a big population of flying foxes. Ask for a guide at Lalomanu.