

Falls to Sea Cycle Tour

Cycle from high on the Cross Island Road to the coast, walk through the rain forest and swim in the pools beneath the Togitogiga falls. End the day at the beautiful lagoon beach of Tafatafa for a swim and a BBQ Lunch.

Our cycling adventure begins at the Papapatai Falls where after admiring these high falls and getting your bike fitted, we descend down a sealed road from 640m to the coast.

Our first stop is at the Togitogiga Forest where a short forest walk leads to the Ma Tree. The giant buttress roots of this tree could be used to make many large tables, but they do a great job supporting this huge tree in the very shallow soils of tropical Samoa.

The walk continues on to Togitogiga falls where there is a chance to swim in the pools. Those brave enough can also jump from the surrounding cliffs or the top of the falls.

From the falls another 10 kms of gentle riding brings us to the beautiful Tafatafa Beach. The fales here are set beside the lagoon with safe swimming in crystal clear water on a white sand beach. If you wish, swim first in the 29° Celsius water, then after the barbecue lunch, swim again or just relax on the beach.



Trips depart every Tuesday - Pickups from most resorts



**OUTDOOR
SAMOA**

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Falls to Sea Cycle Tour

Experience Level

Participants should be confident riders. Riding distances - 7kms downhill and 16kms of undulating road.

The forest walk is an uneven 2km trail.

Gentle shelving safe sandy beach suitable for everyone.

What to bring

- Sunhat, sunscreen and insect repellent
- Cycling clothes - shorts and a light top (remember we are riding in villages, so dress modestly)
- Cycling shoes (closed toe sandals are perfect, sneakers/trainers are fine)
- Swim wear and towel/sarong
- Travel home clothes - if it rains you may want dry clothes for the trip home
- Camera/phone - in waterproof bag
- Snacks and Water bottle

Resort Pickups

Pickups are included and available as follows:

Location	Pickup Time
Apia (any hotel)	8:30am
Sheraton/Aggie Greys Resort	7:45am
Airport Lodge/Le Vasa Resort	7:45am
Coconuts/Sinalei	8:30am
Saletoga Sands Resort	8:15am

Return to your resort is normally by 5pm.



Dates

Trips depart every Tuesday (or on request for groups).
Bookings Essential

Tour Inclusions

- A quality well serviced mountain bike (GT Aggressor or Schwinn Sierra or equivalent)
- E-Bikes available for additional 30 Tala
- Helmet and front bag
- Support vehicle while riding (can give rides if required)
- Riding/walking Guide
- Barbecue lunch at fale resort
- Transport to/from resort
- Filtered water



Tour Prices (per person)

300Tala/170 NZD

**Low Season special
(November to March)
250 Tala/145NZD**

Children 5-12 years old- half price (acceptance of children on trip subject to adequate safety ratios and experience of group). Toddlers can sometimes be included on child seats or trailers - ask us.

To Book

Call 45991 or 7507838 or 762 1530

Please advise bike style and height when booking.



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