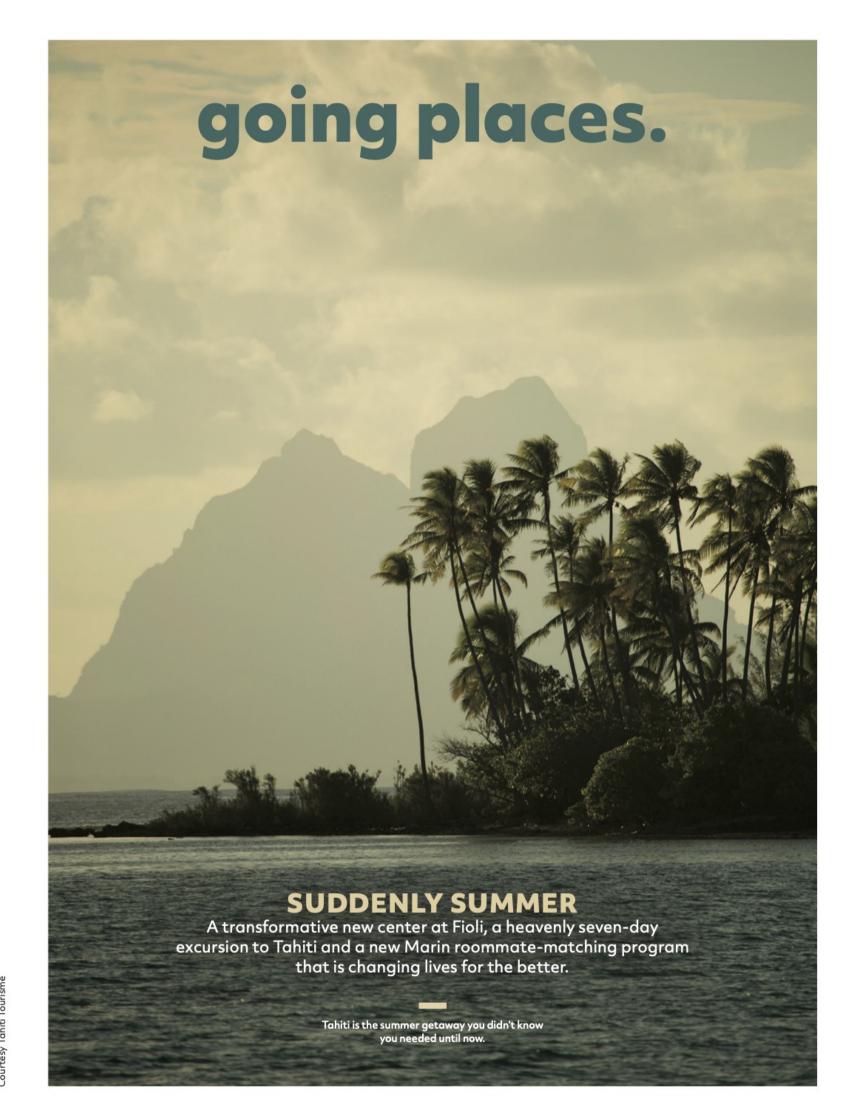
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7 PERFECT DAYS IN **FRENCH POLYNESIA**

Waterfall hikes, secluded motu picnics and lagoon swims await in this South Pacific paradise.

By Keri Bridgwater

OVERWATER BUNGALOWS FIRST ENTICED TRAVELERS TO

the Islands of Tahiti in the 1960s; today, its serene tropical landscapes, rich Polynesian culture and exceptional waves enchant adventure seekers and slow travelers alike. Across the five archipelagos, you could spend years exploring the 118 isles of French Polynesia, but it's still possible to pack plenty into a week. Consider Tahiti and its capital, Papeete, your jumping-off point for a Society Islands circuit with visits to neighboring Moorea, followed by birthplace of the Polynesian gods Raiatea and "Vanilla Island" Taha'a.

TAHITI: Queen of the Pacific

The largest island of the Society Islands, Tahiti serves as the arrival and departure point for all the area's international flights. Five minutes from Faa'a International Airport, elegant oceanfront property the Hilton Hotel Tahiti (www.hilton.com/en/hotels/ ppthihh-hilton-hotel-tahiti) is a sweet spot to bookend vacations, conquer jet lag at the oasis-like swimming pool and explore Papeete. Dive into Tahitian history and Polynesian culture at the Museum of Tahiti and the Islands (www.museetahiti.pf) and learn about local food favorites on a walkabout with Tahiti Food Tours (www.tahitifoodtour.com) that features several tasting stops, including a Tahitian breakfast of poisson cru (ceviche), firi firi doughnuts and coconut coffee. The tour culminates at shopping hub

tour at fabled surf break Teahupo'o. For onward travel to Moorea, it's a 15-minute flight with Air Tahiti or a half-hour scenic ferry crossing.



Despite its proximity to Tahiti, Tahitian crafts. Do lunch at fusion Moorea feels like a secluded restaurant Kozy (www.instagram.com/

tropical paradise. Backdropped by Mount Rōtui, which rises dramatically between Cook's Bay and Opunohu Bay, its lush interior valleys offer fantastic hiking opportunities. Explore with Asher Te Aurahi Kora, founder of Moorea by Foot, who leads guided hikes to scenic viewpoints

MOOREA: The Magical Island

and hidden waterfalls around the island. Pristine coral lagoons bustling with marine life steal the show too. They're accessed by deepwater "passes," including one called Avaroa, which leads to Moorea's most scenic harbor and, along the way, Cook's Bay Hotel & Suites (www.mooreacooksbay. com), a boutique all-suite property with a private beach, swimming pool and destination restaurant.

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Moorea is one of the best islands for seeing humpback whales and the hotel makes a perfect base for Tahiti's whale season.
Respected local outfitter Corallina Tours (www.corallinatours.com) runs whale swimming trips, plus lagoon swims with stingrays and black-tip reef sharks. For that next interisland hop, Air Tahiti operates a daily nonstop to Uturoa Airport on Raiatea.

RAIATEA: the Sacred Island & Taha'a: The Vanilla Island

A lesser-visited destination within the South Pacific archipelago, Raiatea is the birthplace of Polynesian culture and is significant for its historical sites, the most important ancient gathering place is best visited with Tahiarii Yoram Pariente, owner of heritage-tourism outfit Polynesian Escape, who was instrumental in it receiving a UNESCO World Heritage designation. From Raiatea, it's a 25-minute boat ride to neighboring Taha'a, an even smaller island along the French Polynesia "Pearl Route" whose most soulful stay is Pension Anahata (www.pensionanahata.com), a family-run guesthouse with eight charming bungalows, including three on a private beach. Slow travel days unfold here with swims from the dock and family-style meals served in a hillside dining

being Marae Taputapuātea. This

The lobby at Cook's Bay Hotel & Suites, Moorea

room framed by views across Haamene Bay. Alongside pearls, Taha'a is also famous for producing prized vanilla beans, and Poerani Tours owner Teva (email: rani-poe@mail. pf) can arrange day trips that feature a visit to his family vanilla farm, plus small-batch local rum distilleries. Although a motu picnic and sunset cruise soundtracked by "Tahitian Deck" music on his boat is a travel memory not soon forgotten.

Courtesy of Cook's Bay Hotel & Suites, Moo

SUMMER IN TAHITI



GETTING THERE & AWAY

Fly direct from San Francisco International Airport to Papeete with Parisbased airline French bee (www.us.frenchbee.com).

UPCOMING EVENTS WORTH TRAVELING FOR

July marks the start
of whale season,
when migrating humpback
whales arrive in French Polynesia. Traditional cultural
showcase Heiva i Tahiti also
takes place in Papeete that
month, while top surfers will
compete at Teahupo'o on
Tahiti Iti during the 2024
Summer Olympics surfing
event (July 27–August 8).



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