



Photo: Mari Anuheha/Shutterstock.com



Martin Prochazkacz/Shutterstock.com



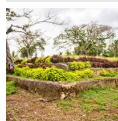
Stanislav Fosenbauer/Shutterstock.com



Nana Trongratanawong/Shutterstock.com

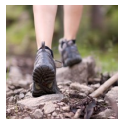
In the very heart of the South Pacific lies Tonga, one of the most scenic and unspoiled of the Pacific Island nations, comprising 176 coral and volcanic islands, only 36 of which are inhabited. The ancient Kingdom of Tonga is known for being the oldest and last remaining Polynesian monarchy. Its friendly and welcoming people, along with deserted beaches, enchanting festivals and amazing coral reefs, are all some of the Kingdom's finest assets.

Featured



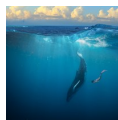
Royal Tombs

You can visit the final resting place of Tonga's royalty at this site. While...



Tofua Island

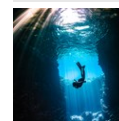
For a real adventure, travel to the island of Tofua and go on a hike. There ...



Whale Watching

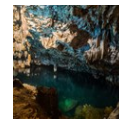
From June to November, hundreds of humpback whales call the warm waters surr...

Top 5



Diving & Snorkelling

Surrounded by coral gardens and with the water so clear in places you can se...



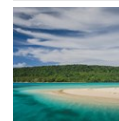
Anahulu Cave — the Undergr...

Explore the mysterious cave at Anahulu and dive into its freshwater pool. Th...



Mapu 'a Vaea — 'Whistle of...

The amazing Mapu'a Vaea blowholes extend for 5 kilometres along the south sh...



Tongatapu Island Tour

Join a Tongatapu Island Tour to see the Royal Palace, Royal Tombs, the blowh...



Eua National Park

The National Park on 'Eua offers one of the best walks in the South Pacific...

THE COUNTRY



MikeDrago dot cz/Shutterstock.com

Surrounded by the turquoise waters of the South Pacific, Tonga is divided into four distinct island groups, each scenically diverse.

The main island in the south, Tongatapu, is Tonga's cultural centre and the home of the Kingdom's capital, Nuku'alofa. This is also where the Royal Family resides. To the north lay the Ha'apai group, a chain of delightfully attractive low-lying atolls, the dream destination for divers and anglers. Beyond Ha'apai is the Vava'u group, considered Tonga's sailing centre, where a paradise of lush tropical landscapes, a deep water harbour, rock islands and limestone caves awaits you. Niuaus, an isolated trio of volcanic islands where traditional Tongan culture still thrives, marks the extreme northern reaches of this beautiful South Pacific nation.

The people of Tonga are welcoming, relaxed and deeply traditional. Craft is a social affair within a Tongan village: it brings the people together, and celebrating with friends and family is an important part of their society. Any occasion can become a reason for dancing, singing and feasting. The Heilala Festival, held annually in July, is the Kingdom's largest festival celebrating the Crown Prince's birthday. Indeed, the Kingdom of Tonga is a 'jewel in the Pacific'.

DO & SEE



Izabela23/Shutterstock.com

For travellers, the array of unique settings provides experiences suited for every taste and budget. There are isolated white sandy beaches for soaking in the sun and taking life easy, dense rain forests teeming with exotic flora and fauna to tempt adventurers and naturalists, and a magnificent colourful underwater playground where striking tropical fish dart in and out of incredible coral structures.

Diving & Snorkelling



Surrounded by coral gardens and with the water so clear in places you can see 40 metres down, the islands of Tonga offer premium diving and snorkelling experiences. Swim inside the Swallows Cave and dive into Mariners Cave from the island of Vava'u. From Ha'apai, view captivating marine life and colourful corals. Discover the "The Green Wall" of Ha'ano Islands — a long drop-off that plunges towards the great Tongan trench.

Photo: *Jukkis/Shutterstock.com*

Internet: tongatourism.travel/snorkelling

Anahulu Cave — the Underground Swimming Pool



Explore the mysterious cave at Anahulu and dive into its freshwater pool. This unique place holds wonders for visitors and you can discover what's below the surface by joining a scuba dive tour or snorkelling.

Photo: Janis Apels/Shutterstock.com

Address: Halaliku Road, Haveluliku, Tongatapu

Phone: +676 23 363

Internet: www.anahulucave.to

Email: anahulucave@yahoo.com

Mapu 'a Vaea — 'Whistle of the Noble'

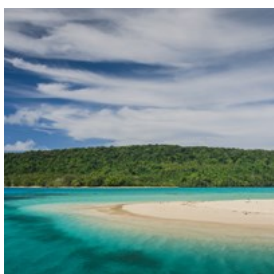


The amazing Mapu'a Vaea blowholes extend for 5 kilometres along the south shore on Tongatapu. Their name means "Chief's Whistles", and you can see the water forced through the natural vents in the coral limestone cliffs sometimes up to 30 metres in height.

Photo: Nana Trongratanawong/Shutterstock.com

Address: Near the village of Houma, Tongatapu

Tongatapu Island Tour



Join a Tongatapu Island Tour to see the Royal Palace, Royal Tombs, the blowholes, flying foxes and, on the western side of the island, the enthralling Ha'amonga Trilithon, the Stonehenge of the South Pacific and the ancient capital of Mu'a with its fascinating Terrace Tombs on the East.

Photo: Michal Durinik/Shutterstock.com

Address: Jones Travel & Tours, Tongatapu

Opening hours: Mon-Sat 8am-5pm, Sun closed

Phone: +676 23 423

Email: info@jonestravel.com.to

Eua National Park



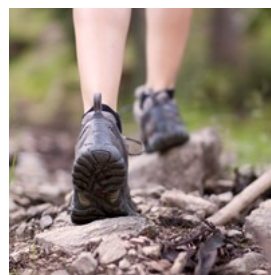
The National Park on 'Eua offers one of the best walks in the South Pacific. Hike through pristine forests, rugged coastlines, caves, chasms, and waterfalls, with panoramic views along the way. Listen for the distinctive cry of the 'koki, the red-breasted musk parrot, unique to 'Eua. This 7-hour trek is perfect for fit nature lovers and adventurers, but it's not recommended for children under 12. A guide is essential. You can reach 'Eua by a two-hour ferry from Nuku'alofa or an 8-minute flight.

Photo: MikeDrago/Shutterstock.com

Address: 'Eua Island, Tonga

Internet: www.eua-island-tonga.com

Tofua Island



For a real adventure, travel to the island of Tofua and go on a hike. There is a remote volcano, where, with planning, you can camp in its crater. Since it is really difficult to get to this oval-shaped volcanic island without owning a boat, it is highly recommended to book an organised tour in advance.

Photo: Kamila Starzycka/Shutterstock.com

Address: Tofua Island, Tonga

Internet: timelesstonga.com/activities/tofua-island-volcano

Whale Watching



From June to November, hundreds of humpback whales call the warm waters surrounding the islands of Tonga home. The islands of Vava'u

have particularly large numbers of whales utilising the area as a nursery. Many tours operate boats for closer viewing.

Photo: Willyam Bradberry/Shutterstock.com

Address: Whales in the Wild, Fatafehi Road, Neiafu, Vava'u Island

Phone: +61 414 413 672

Email: phil@whalesinthewild.com

Royal Tombs



You can visit the final resting place of Tonga's royalty at this site. While you can only see the tombs from a good distance, it's worth

visiting the area as there is also a small church and park nearby.

Photo: Maloff/Shutterstock.com

Address: Laifone Road, Nuku'alofa, Tongatapu

DINING



Tamara Cerqueira/Shutterstock.com

With access to some of the best fishing waters in the South Pacific, you can be assured of sumptuous seafood in Tonga. There is a large choice of venues from alfresco dining on the ocean's edge to hidden cafés in the rain-forest. On Tongatapu, you will find a large selection of eateries along Vuna Road which stretches along the waterfront. Many fales will provide breakfast and dinner with a number also providing snacks during the day.

Billfish Bar & Restaurant



This is more than just a great fish restaurant! At Billfish, you can eat and drink for reasonable prices, and shake a leg on the dance floor. The

atmosphere is laid back and might even get a little wild at a late hour. Come here to enjoy an entertaining evening with live music and in-house DJs.

Photo: EQRoy/Shutterstock.com

Address: Hala Vuna, Nuku'alofa, Tongatapu

Opening hours: Mon-Fri 10am-1am, Sat 2pm-midnight, Sun closed

Phone: +676 24 084

Internet: www.instagram.com/billfishtonga

Email: robert@billfish.co

Seaview Restaurant



Seaview Restaurant located on Tongatapu, is recognised as the top restaurant in Tonga and one of the best in the entire South Pacific. It specialises in seafood, but also has other dishes that will keep you coming back time and again.

Photo: Leigh Anne Meeks/Shutterstock.com

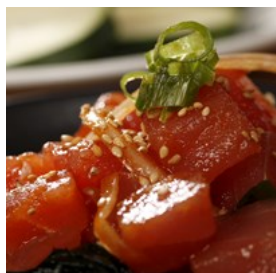
Address: Vuna Road, Nuku'alofa, Tongatapu

Opening hours: Daily 7am-10pm

Phone: +676 23 709

Internet: www.seaview-lodge.com/restaurant

Waterfront Lodge & Cafe



At the Waterfront Restaurant, take in the décor, food, service and the hosts, then add a dash of Italy and the romance of the Pacific and you are set for a wonderful night out.

Photo: Liggic/Shutterstock.com

Address: Vuna Road, Ma'ufanga, Nuku'alofa, Tongatapu

Phone: +676 25 260

Internet: www.waterfrontlodge-tonga.com

Email: info@waterfront-lodge.com

Lunarossa Deli



Discover the flavours of international cuisine at Lunarossa Deli, famous for cooking flavourful Tongan seafood with a dash of Italian influence.

Chef Marco knows how to make his guests feel special by serving them the best homemade tagliatelle pasta on the island.

Photo: Mateusz Gzik/Shutterstock.com

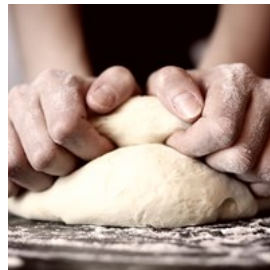
Address: Salote Road, Nuku'alofa, Tongatapu

Opening hours: Mon-Fri 5pm-9pm, Sat & Sun closed

Phone: +676 26 324

Email: marcoeanna2010@hotmail.com

Little Italy Hotel & Restaurant



For a taste of Italy in Tonga, visit Little Italy Pizzeria — one of the oldest and best-known restaurants all around the island — for authentic Italian pizza, Italian dishes and desserts. It is located five blocks west of Royal Palace.

Photo: Alexkich/Shutterstock.com

Address: Vuna Road, Kolomotu'a, Nuku'alofa, Tongatapu

Opening hours: Mon-Sat 4pm-9:30pm, Sun closed

Phone: +676 25 053

Internet: www.littleitalytonga.com/restaurant.html

CAFES



kamomeen/Shutterstock.com

Cafes offer a wide choice of meals for breakfast and lunch and also a tremendous selection of snacks throughout the day. Most are located along the waterfront of Vuna Road on Tongatapu.

Ene'io Botanical Garden – Visitors Centre & Cafe



Ene'io Botanical Garden offers workshops right by the beautiful Ene'io Beach. This is also a great place for swimming, snorkelling and surfing.

When you're tired of activities, take a break at the beach front cafe.

Photo: vetrovamaría/Shutterstock.com

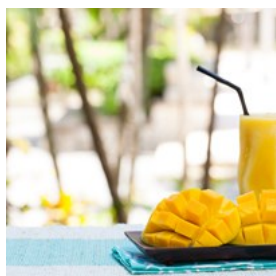
Address: Ene'io Beach, Vava'u Island

Phone: +676 867 1048

Internet:

tongatourism.travel/properties/eneio-botanical-gardens

Cafe Tropicana



This favoured spot is located in the centre of Neiafu and is popular for its wide-ranging menu, which includes homemade bread and

cookies, pies, burgers and wraps, and smoothies. In addition, don't miss out their award winning espresso coffee. Free WI-FI also available.

Photo: Anna_Pustynnikova/Shutterstock.com

Address: Fatafehi Road, Neiafu, Vava'u Island

Opening hours: Mon-Fri 7:30am-4pm, Sat 7:30am-2pm, Sun closed

Phone: +676 71 322

Internet: www.vavau.to/tropicana

Email: tropicana@vavau.to

Friends Cafe



Friends Cafe, conveniently located opposite the post office, is known for its great coffee and food. The seafood chowder is a standout

and highly recommended.

Photo: enterphoto/Shutterstock.com

Address: Salote Road, Nuku'alofa, Tongatapu

Opening hours: Daily 7:30am-10pm, Sat 8am-7pm, Sun closed

Phone: +676 22 390

Email: friends@kalianet.to

Cafe Escape



Cafe Escape offers a large choice of meals for breakfast and lunch and also a tremendous selection of snacks throughout the day.

There's a lounge to relax on, internet to inform you and music to please you.

Photo: Maridav/Shutterstock.com

Address: Taufua'ahau Road, Nuku'alofa, Tongatapu

Opening hours: Mon-Fri 7am-10pm, Sat 7am-4pm, Sun closed

Phone: +676 21 212

Email: cafeescapetonga@gmail.com

BARS & NIGHTLIFE



James Steidl/Shutterstock.com

The nightlife in Tonga is filled with enthusiasm and zest. It is very diverse — from high-class bars to those with less than an upmarket reputation — it just goes to show that Tonga believes in catering for every taste and fancy. All bars close at midnight on Saturday nights.

Nauti Ruby's Bar & Restaurant



This waterfront bar is a local favourite, ideal for a tranquil lunch featuring dishes like ota ika (raw fish marinated in lemon juice). It's also a great spot for a sports night — enjoy the game with a beer or the local apple cider.

Photo: cedric bouchage/Shutterstock.com

Address: Fuaa Wharf, Vuna Road, Ma'ufanga, Nuku'alofa, Tongatapu

Opening hours: Mon-Fri 4pm-1am, Sat 4pm-midnight, Sun closed

Phone: +676 27 808

Misas Guest House



Kava drinking circles are often an invite-only affair and usually for men only. However, if you are of the female gender and want to taste this illustrious

South Pacific beverage then pop into Toni's Guest House, which often lets women sit and sip along with their male counterparts.

Photo: 7Parkers/Shutterstock.com

Address: Tofoakoloua, Tongatapu

Phone: +676 21 049

Internet: www.tonisguesthouse.com

The Billfish Bar



The Billfish Bar is easily the most popular bar in town. It is a relaxed open-air place draped in flags and fishing trophies and has a gravel floor and a great vibe. Ikale and Steinlager are on tap and there are plenty of other imported drinks in which to indulge. Live music of varying quality is

played for the dance floor on Wednesday and Friday nights and karaoke is popular.

Photo: Valentyn Volkov/Shutterstock.com

Address: Vuna Road, Nuku'alofa, Tongatapu

Opening hours: Mon-Fri 10am-1am, Thu 2pm-midnight, Sat 2pm-11:30pm, Sun closed

Phone: +676 24 084

Email: robert@billfish.co

The Waterfront Cafe



At the Waterfront, take in the decor, food, service and the hosts, then add a dash of Italy and the romance of the Pacific and you are set for a

wonderful night out.

Photo: Minerva Studio/Shutterstock.com

Address: Vuna Road, Ma'ufanga, Nuku'alofa, Tongatapu

Phone: +676 25 260

Internet: www.waterfrontlodge-tonga.com

Email: info@waterfront-lodge.com

SHOPPING



[prosiaczq/Shutterstock.com](https://www.shutterstock.com/prosiaczq)

Tongans are renowned for their handicrafts, in particular their large and intricate tapa cloths which make the perfect Tongan souvenir. These are made from the stem of the mulberry tree which is beaten into a pulp and finally made into large pieces of cloth measuring around 2 square metres. Ngatu is a plain tapa cloth, designed

with a stencilled pattern from natural dyes, and is presented at important gatherings. You can purchase small lengths of this unique cloth at the markets in Nuku'alofa. Mats are another important item to Tongan families. They are woven from strips of pandanus leaves and traditionally made by the women.

Molisi Supermarket



international products.

Check out Molisi Supermarket for your grocery shopping needs. It stands out given its wide selection of fruit, vegetables, local and

Photo: Skylines/Shutterstock.com

Address: Tupoulahi Road, Nuku'alofa, Tongatapu

Opening hours: Mon-Thu 8:30am-6:30pm, Fri & Sat

8:30am-8pm, Sun closed

Phone: +676 23 355

Internet: www.molisi.to

Stamp Hunting



events of the Kingdom. Visit the Philatelic Bureau to add these unique stamps to your collection.

Tonga's stamps rival those of other South Pacific nations for collectors who admire their colour and significance for historical

Photo: Sergey Ryzhov/Shutterstock.com

Address: Tonga Post Ltd, Vuna Road, Nuku'alofa, Tongatapu

Opening hours: Mon-Sat 8:30am-4:30pm, Sun closed

Phone: +676 21 700

Internet: www.tongapost.to

Email: admin@tongapost

Langafonua Women's Association Handicraft Centre



timbers. For those truly interested in purchasing fine handicrafts, visit the Women's Handicraft Centre.

Wood has been a scarcity in Tonga for a long time and therefore wood carvings are becoming increasingly prized, due to the decrease in forest

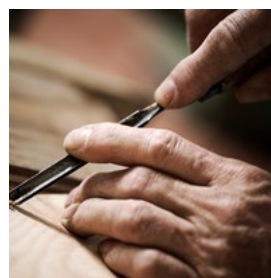
Photo: willmetts/Shutterstock.com

Address: Fatafehi Road, Nuku'alofa, Tongatapu

Opening hours: Mon-Fri 9am-4pm, Sat & Sun closed

Phone: +676 70 356

Tongan National Centre



prized and one of the best places to pick up excellent carvings at reasonable prices is Art of Tonga, located in the Fund Management Building on Taufa'ahau Road. It is a small shop, but don't let that fool you, for the quality of wares they sell is very good. Be mindful when buying that you are purchasing a genuine article.

Exceptional examples of traditional craft can be seen at the Tongan National Centre at Tofoa. Souvenirs, carvings in wood, shell and bone are

Photo: Stokkete/Shutterstock.com

Address: Taufa'ahau Road, Nuku'alofa, Tongatapu

Phone: +676 886 8338

Internet:

thekingdomoftonga.com/tonga-national-cultural-centre

TOURIST INFORMATION



Michal Durinik/Shutterstock.com

Airports



There are two international airports serving Tonga. Fua'afuotu International Airport (TBU), on Tongatapu island, is located 21 kilometres south of the capital, while Vava'u Airport (VAV) lies 10 kilometres north of Neiafu on Vava'u island.

Lulutai Airlines is currently the only domestic airline servicing the Kingdom of Tonga, connecting its capital Nuku'alofa with Vava'u, Ha'apai, Niuafu'ou, and Niuatoputapu. As for international airlines, Air New Zealand, Qantas, Fiji Airways and Talofa Airways fly to Tonga from New Zealand, Australia, Fiji and Samoa.

There is no public bus service directly to the airport, but shuttles and taxis are available on international flights. Most accommodation in Nuku'alofa provides pick-up services for their guests if you let them know in advance. Teta Tours provide transfers to and from the domestic and international airports.

Photo: Janis Apels/shutterstock

Passport/Visa



Citizens of Australia, New Zealand and members of the EU don't need a visa to travel to Tonga, and can stay on the Island for up to 30-90 days within 180 days. If you are a national of Japan, South Korea, Fiji, Malaysia, Samoa, Singapore, the United Kingdom, the United States and Canada, you can obtain a visa on arrival for 31 days. All travellers must hold a valid passport for at least 6 months.

Photo: Global Residence Index/unsplash

Internet: www.visahq.com/tonga/requirements

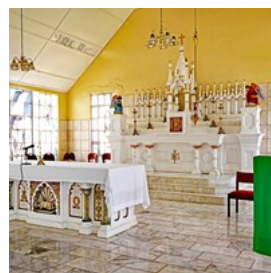
Best Time to Visit



The tropical maritime climate allows you to enjoy the Kingdom of Tonga and all its small islands throughout the year. Snorkelling, diving, sunbathing and other outdoor activities can be fully enjoyed from May to October, which is the driest season. On the contrary, if you are planning to go from November to April, the wet season, be aware that heavy rainfall and cyclones hit the island and most of the outdoor activities are cancelled.

Photo: Robert Harding/shutterstock

Culture & Customs of Tonga



At first glance, life in Tonga might appear to have remained unchanged for generations, with its deep-rooted hierarchies still firmly in place. Although men often seem to

hold more prominent roles in society, within Tongan families, it's the sisters who hold higher rank. The eldest sister is typically the decision-maker, and her younger siblings are expected to respect her authority without question.

Tonga is a very Christian country, meaning that Sunday is devoted to family and the church. Sunday Law prohibits all types of activities, from playing, working to even doing housework.

In Tonga, it's important to avoid being topless in public, as this is illegal for both men and women. Additionally, wearing black clothing is associated with mourning in Tongan culture, so it's best to be mindful of this when choosing what to wear.

Last but not least, the ubiquitous pigs of Tonga are an attraction in themselves: they roam the island freely and in large amounts, so you're essentially guaranteed to run into at least a few dozen.

Photo: Mystic Stock Photography/shutterstock

Ferry



In Tonga, several companies operate ferry services between the islands, each serving different routes. Malau Shipping connects

Tongatapu and 'Eua, while Tofa Ramsay Shipping offers routes between Tongatapu, Ha'apai, Vava'u, and 'Eua. The Friendly Island Shipping Agency also services Tongatapu, Ha'apai, Vava'u, and The Niuaas.

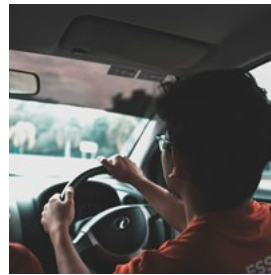
Since schedules can change, it's advisable to

check with the operating company for the most up-to-date information. If you're planning to head directly to the northern islands, it's a good idea to confirm departure times before you arrive.

Photo: Suelee Wright/unsplash

Phone: +676 23 853

Car Rental



In order to rent a car in Tonga, visitors must obtain a temporary driver's license. You need to present your home driver's license, a valid passport and pay a fee.

Tonga has conservative speed limits, with a maximum of 40 km/hr in towns and villages, and 65 km/hr outside these areas. It's important to observe these rules to prevent issues with the local authorities.

Some of the car rental companies available in Tonga include Star Rental Car Tonga, Me Rental Tonga, and Avis.

Photo: Hareez Hussaini/unsplash

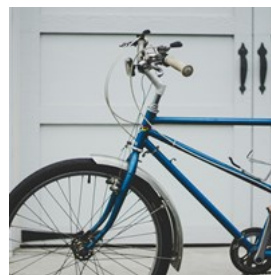
Address: Star Rental Car Tonga: Tafaahau Road, Fanga o Pilolevu, Nuku'alofa, Tongatapu

Phone: +676 774 6630

Internet: www.starrentalcar-tonga.com

Email: star_tonga08@yahoo.com

Bicycle Hire



Bicycles are a cheap and fun transportation mean around the main island. Many guest houses have bicycles for hire or complimentary use. You can also rent a bicycle from ANT Bicycles Tonga.

Photo: Andrik Langfield/unsplash

Address: Railway Road, Nuku'alofa, Tongatapu

Phone: +676 720 6535

Email: ant.bicycles.tonga@gmail.com

Bus



The buses in Tonga are an inexpensive way of getting around. There is no scheduled timetable; however, buses usually start early in the morning around 7am and run until 5pm, with no service available on Sundays. If you travel outside the capital, Nuku'alofa for the day, it's important to confirm the schedule for the last returning bus.

There are two central bus stations in Nuku'alofa: the Eastern bus terminal on Vuna Road and the Western bus terminal near the main courthouse.

Photo: Emmanuel Ikwuegbu/unsplash

Taxi



You can easily identify a taxi in Tonga by the 'T' at the beginning of its number plate. Like many services in Tonga, taxis do not operate on

Sundays. It's important to confirm the fare with the driver before you agree to pay or start your journey. While there are plenty of taxis available on Tongatapu and Vava'u, they are scarce or nonexistent on other islands.

Photo: CHUTERSNAP/unsplash

Phone: +676 25 169

Post



The main Post Office is located. They offer shipping and receiving mail, printing services and business services.

Photo: Álvaro Serrano/unsplash

Address: Vuna Road, Nuku'alofa, Tongatapu

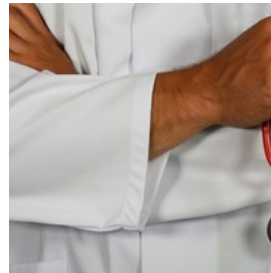
Opening hours: Mon-Sat 8:30am-4:30pm, Sun closed

Phone: +676 21 700

Internet: www.tongapost.to

Email: admin@tongapost

Pharmacy



Neeru's Pharmacy and Universal Pharmacy are the largest drugstores in Nuku'alofa. For more serious medical issues, head to the Village

Mission Clinic and Pharmacy.

Photo: Online Marketing/unsplash

Address: Taufua'ahau Road, Nuku'alofa, Tongatapu

Opening hours: Mon-Fri 8:30am-5pm, Sat 10am-1pm, Sun closed

Phone: +676 27 522

Email: admin@villagemissionclinic.org

Telephone



Country code: +676

Photo: Denny Müller/unsplash

Electricity



The standard voltage is 240V/50hz. The power plug and socket are type I, meaning that if you're travelling from Europe, the US or Canada an adapter is required. Travellers from China, Australia, New Zealand, and the South Pacific don't need an adapter.

Photo: Diz Play/unsplash

Population

108,683 (2024)

Currency

Tongan pa'anga (T\$)
1/100 = seniti (cents)

Opening hours

Most shops are open from Monday to Friday
8:30am–4:30pm, Saturday 9am–1pm. Almost everything is closed on Sundays.

Internet

www.thekingdomoftonga.com
tongatourism.travel

Newspapers

Matangitonga (online newspaper): www.matangitonga.to
Tonga News: www.talanoaotonga.to

Emergency numbers

Medical: 933
Fire: 999
Police: 922

Tourist information

Tonga Visitors Bureau
Vuna Road, Nuku'alofa, Tonga
+676 25 334

Friends Tourist Centre
Taufa'ahau Road, Nuku'alofa
+676 27 323