

SAILING FRENCH POLYNESIAN ISLANDS

DETAILED ITINERARY

Jul 01/24

Lush and green Uo Pou Island.



Now includes Bora Bora

DEPARTURE DATES

Jan 17 – Jan 28, 2026	Jul 18 – Jul 29, 2026
Jan 31 – Feb 11, 2026	Aug 1 – Aug 12, 2026
Feb 28 – Mar 11, 2026	Aug 15 – Aug 26, 2026
Mar 14 – Mar 25, 2026	Aug 29 – Sept 9, 2026
Apr 11 – Apr 22, 2026	Sept 26 – Oct 7, 2026
Apr 25 – May 6, 2026	Oct 1 – Oct 12, 2026
May 9 – May 20, 2026	Nov 7 – Nov 18, 2026
May 30 – Jun 10, 2026	Nov 21 – Dec 2, 2026
Jun 13 – Jun 24, 2026	Dec 5 – Dec 16, 2026
Jul 4 – Jul 15, 2026	Dec 19 – 30, 2026

The lush, jagged volcanic islands of the Marquesas are French Polynesia's most spectacular island chain. You can imagine their raw beauty, the welcoming people and their mysterious stone tikis by reading the adventures of Paul Gauguin, Herman Melville, Jack London, Robert Louis Stevenson and Thor Heyerdahl. Today, there is no better way to explore these enchanting islands than by passenger/freighter.

Your days will be filled with adventure, as we journey to the Tuamotu and Marquesas Islands. Well-trained guides will take you hiking to ancient archaeological sites. Enjoy swimming, snorkeling, scuba diving and horseback riding. You'll visit charming

FACTS & HIGHLIGHTS

• 12 days • Start and finish in Papeete, Tahiti • All meals on ship and land included • Visit Bora Bora • Guided excursions included • Scuba diving, horseback riding, deep sea fishing tours available at additional cost • Visit volcanic amphitheater in Nuku Hiva Bay • Visit grave site of Paul Gauguin on Hiva Oa • Visit Fatu Hiva, center of Marquesian culture • Discover island of wild horses - Ua Huka

2026 Prices start from: \$5179 USD*

***Standard cabin, twin share. 10% off select departures.**

See pg. 2 for more categories.

The price does not include Tourism Tax, Port/Cruise fees, lowsulphur fuel surcharge (approx \$640), and transfers.

This trip is not exclusive to ElderTreks.

Single occupancy: add 50% (will be limited to no more than 15 per sailing)

Activity Level: 2

Comfort Level:

Seas can be rough. Shore landings (using traditional style whaleboats).

ACCOMMODATIONS

Travel aboard the upscale passenger & cargo freighter, Aranui 5. Cabins range from standard to deluxe staterooms, as well as a variety of suites, all with private facilities.

ELDERTREKS



**SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS**

villages and see local artisans making intricately-carved wooden bowls, war clubs and tapa - a traditional bark cloth. Very little has changed in these untouched islands. Visitors are rare but very welcome!

Important: We strongly recommend that you arrive 1 day early. If there are any flight delays and you miss the embarkation of the Aranui, ElderTreks & the Aranui are not responsible for lost services or extra expenses incurred to connect with the ship.

DAY 1 • ARRIVE IN PAPEETE, TAHITI

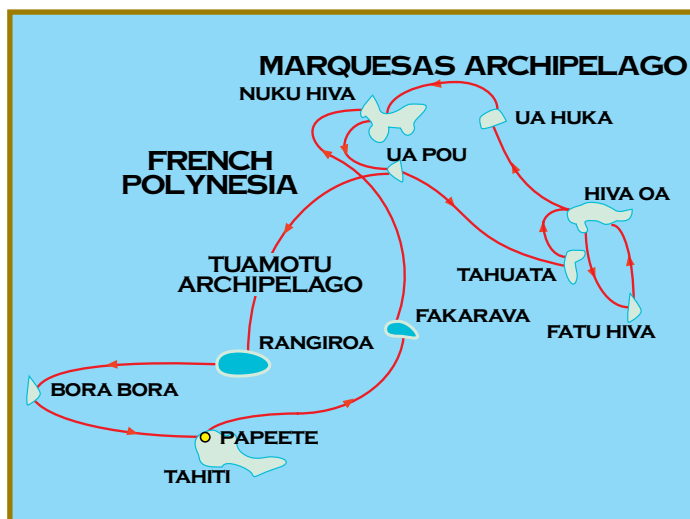
A charming bit of France, Papeete is the French capital of Polynesia from where you will begin your sailing adventure. The ship departs from the dock at 11:00 am (passengers must board the ship by 10 am).

DAY 2 • FAKARAVA, TUAMOTO

Fakarava, 488 km northeast of Tahiti, is a huge atoll that is part of a UNESCO “biosphere reserve” because of its rich eco-system, with an abundance of rare flora and fauna. Makatea, 210 km northeast of Tahiti, is an elevated atoll, like a fortress standing on the ocean with its 70 m high cliffs. This raised atoll is home to only 94 inhabitants who have decided not to leave their beloved island and its special history. At the end of the 19th century, large quantities of phosphates were discovered here.

DAY 3 • AT SEA

There are many ways to while away a day at sea on Aranui 5 from immersing in the Polynesian culture during workshops on weaving, dancing, cooking, wrapping a pareo, playing the ukulele, language, and even ‘tatau’ or relax on deck, in one of the bars, attend a lecture, browse the boutique, work out in



Prices (in USD)

Prices are per person based on double occupancy and include 3 meals with complimentary wine, guided excursions, picnic and meals on shore. Optional excursion such as scuba diving, horseback riding, and helicopter tours are not included.

2024 Prices: Double Occupancy.

Single Occupancy: add 50% surcharge of cabin price (+ applicable taxes)

Stateroom with private facilities Add: Total Cruise Taxes: \$640	\$5,754
Deluxe with private facilities Add: Total Cruise Taxes: \$700	\$7,064
Superior Deluxe with private facilities Add: Total Cruise Taxes: \$725	\$7,647
Jr. Suite with private facilities Add: Total Cruise Taxes: \$745	\$8,095
Premium Suite with private facilities Add: Total Cruise Taxes: \$760	\$8,449
Royal Suite with private facilities Add: Total Cruise Taxes: \$800	\$9,250
Presidential Suite with private facilities Add: Total Cruise Taxes: \$910	\$11,781

* Children tariff: 50% of base tariff * Adults sharing cabin with Pullman (3 beds) – third person less 25% from full tariff.
* Single occupancy: add 50% * Children (14 years old and under) will be limited to no more than 15 per sailing

This is not an ElderTreks operated tour. As such, participants on this tour are not exclusive ElderTreks clients and it may not adhere to ElderTreks’ maximum size restrictions of our tours.

Picturesque setting of a sheltered bay, near Hakahau Village, Ua Pou island.



the gym, be pampered In Aranui's Polynesian spa, take a dip in the pool or just gaze out at the sea. When we arrive in the waters of the Marquesas, you will have to set your watches forward by half an hour.

DAY 4 • NUKU HIVA (TAIOHAE/HATIEU/TAIPIVAI)

This island is the administrative centre of the Marquesas. The village of Taiohae stretches along the beach, which is like a magnificent amphitheatre created by the successive eruptions of three concentric volcanoes and dominated by towering cliffs streaked with waterfalls. In the small village, all of the government services and residences, the hospital, bank and schools, are close by. A lovely handicraft centre is located on the beach road. Your adventure in Nuku Hiva will include a tour of the Cathedral Notre Dame, famed for its stonework and wood sculptures. In Hatiheu, you will visit the archaeological site known as Tohua Kamuihei, where public festivities once took place. Here you will see the paepae, immense stone platforms on which houses were built, and huge boulders carved with enigmatic petroglyphs. Under a giant banyan

tree, enjoy a performance of traditional songs and dances, including the "Pig Dance", which originated in Nuku Hiva. For lunch, try a traditional "Umu", a Marquesan specialty where food is cooked in an underground oven.

DAY 5 • UA POU (HAKAHAU)

Legend refers to Ua Pou as the "pillars of the archipelago" and it is often called "The Cathedral Island". These names become clear as the ship docks at Hakahau Bay surrounded by 12 basalt summits soaring as high as 1100 metres. Every island has its own special ambience and Ua Pou's is one of mystery and magic. You are sure to see familiar looking faces as many of our crew members are from here. Energetic early risers can hike up the hill to the Cross for breathtaking views of the valleys and village below. The artisans' centre is a short stroll into town and the offerings include works featuring the unique flower stone and a variety of carvings and children's clothes. Before enjoying a Marquesan lunch, take in an excellent dance show, including the Bird Dance, a traditional Ua Pou performance.

DAY 6 • UA HUKA (VAIPE'E/HANE/HOKATU)

This island, the least inhabited in the Marquesas, is largely arid and home to many wild horses, goats and pigs. It is also a refuge for two endemic birds: the pati'oti'o and the pihiti, which are only found here. In the early morning, the Aranui will execute a point-to-point 180-degree turn in the narrow mouth of Vaipae's Invisible Bay. With only metres to spare on either side, it is a skillful operation undertaken by the captain and the crew and is not to be missed. From the dock, travel by 4WD to the village of Hane. Along the way, you will stop to explore the Botanical Garden, the cultural centre Te Tumu, featuring a small museum with exquisite replicas of Marquesan artifacts, and a petroglyph museum and local woodcarvers' studios in the fishing village of Hokatu. Look for the unusual carved black and white coconuts. In Hane, where a Marquesan lunch will be served, visit the Marine Museum beforehand and in the afternoon, hike to view red tuff tikis overlooking the bay.



Sacred ritual site with Tiki gods in Taipivai Valley

DAY 7 • TAHUATA (VAITAHU) AND HIVA OA (ATUONA)

In the morning, the Aranui will anchor in front of the island of Tahuata. On this historical leaf-shaped island, the air is thick with fragrant scent of tiare and frangipani. In the tiny village Vaitahu, Spanish explorers landed in 1595 and opened fire on a crowd of the curious islanders, killing about 200. When the first missionaries came in 1797, the generous local chief left his wife with missionary John Harris, on instruction that he treat her as his own wife. Harris fled the next day. Tahuata also is the site of the first French settlement in the Marquesas which occurred in 1842. The huge church built by the Vatican, is decorated with beautiful Marquesan carvings.

We will have time to explore HIVA OA (Atuona), the second largest village in Marquesas. This is where Paul Gauguin lived and did some of his best work. You can visit the colonial store where Gauguin shopped and see a replica of the Impressionist's infamous "House of Pleasure". As you walk up the hill of the cemetery, you'll have sweeping views of the harbor. Beneath a huge frangipani tree is a tombstone with the simple words : Paul Gauguin 1903. Nearby is the grave of another famous European who also was seduced by Hiva Oa : Belgian



Atuona village on Hiva Oa island



singer-composer Jacques Brel, who died in 1978. You'll also enjoy another lavish Marquesan lunch at Hoa Nui Restaurant. There will be free time in the village in the afternoon or hike up to the viewpoint.

DAY 8 • FATU HIVA

Fatu Hiva is the most lush and remote island in the archipelago, and is also a centre of Marquesan crafts. In the village of Omoa, women will demonstrate the making of tapa by hammering mulberry, banyan or breadfruit bark on a log. It is then dried and painted with traditional designs. Another demonstration will show the making of the kumuhei, a bouquet used by the local women to perfume their hair. The adjacent craft centre offers tapa, carvings, hand-dyed pareo and some of the finest monoï coconut oil found in these islands. Following the visit of the village, active passengers may choose to hike from Omoa to Hanavave, a 16 km hike offering spectacular views of towering cliffs. A picnic lunch will be served at the summit. Non-hikers will sail on the Aranui to Hanavave's Bay of Virgins, considered one of the most beautiful bays in the world. Go ashore for a visit of the village and to welcome the hikers.



Paul Gauguin's tombstone

DAY 9 • AT SEA

Enjoy a day at sea to relax by the pool and participate in one of the lectures or activities offered by our guides.

DAY 10 • TUAMOTU ARCHIPELAGO - RANGIROA

Rangiroa, with its 42 mile long by 16 mile wide turquoise lagoon, is the largest atoll in the Tuamotu Archipelago and the second largest in the world. Rangiroa offers sunshine, white coral beaches and an immense playground for water sports and activities. Lagoon fragrant scent of tiare, and frangipani, the island's fascinating history is ever present. In the tiny village of Vaitahu, Spanish explorers landed in 1595 and opened fire on a crowd of the curious islanders, killing about 200. Tahuata is also the site of the first French settlement in the Marquesas in 1842. The excursions include amazing snorkeling through the pass amongst thousands of colorful fish of all shapes and sizes together with 3 or 4 varieties of sharks.

DAY 11 • SOCIETY ISLANDS - BORA BORA

The Aranui will anchor in the magnificent blue lagoon of Bora Bora, which for many is the most beautiful island in the world. Romantics from around the world have laid claim to this island



Bay of Virgins, Hanavave village on Fatu Hiva island

with its incredible palette of blues and greens, lush tropical slopes, and white sandy beaches. Passengers will have the opportunity to spend the day at the beach, snorkeling in the turquoise waters and enjoying a picnic lunch. For those wishing to further explore the island, additional excursions (including an island tour, swimming with the sharks/rays and helicopter tour) will be available at an additional cost.

DAY 12 • RETURN TO TAHITI (PAPEETE)

This is the end of our journey. It's time to say Nānā! (Goodbye) to your travel companions, to the Polynesian staff and Aranui guides.



Watch the sunset over Hiva Oa island

ABOUT THE ARANUI 5:

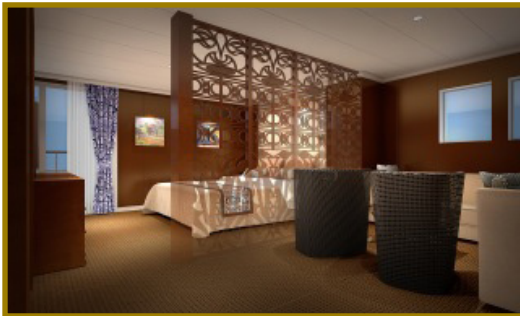


The Aranui 5 can accommodate up to 258 passengers. With a high staff to passenger ratio guests can enjoy meeting fellow travelers in an atmosphere of warmth and intimacy.

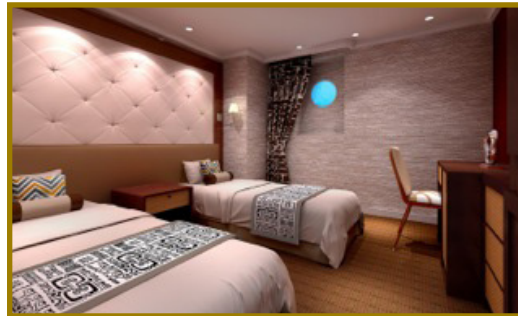


Dining Room

ARANUI 5 PLAN



Suite

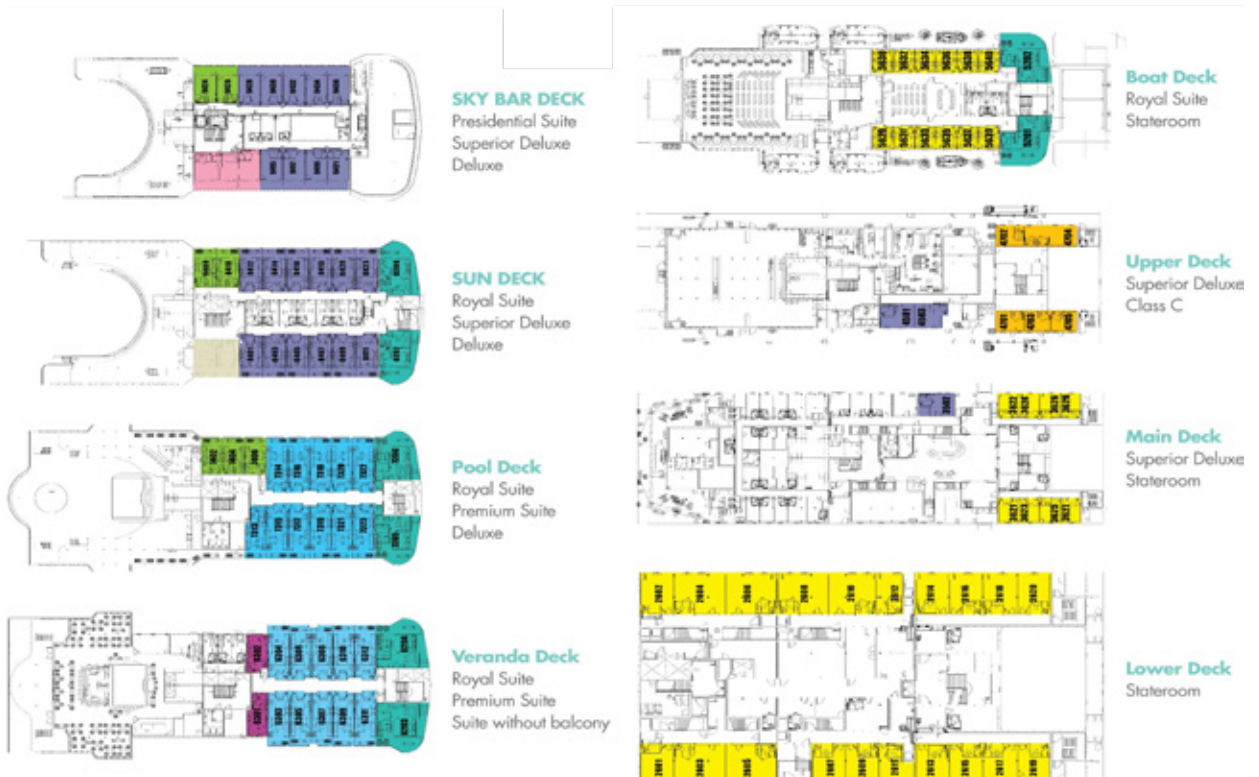


Standard Cabin

■	Presidential Suite
■	Royal Suite
■	Premium Suite
■	Suite without balcony
■	Superior Deluxe
■	Deluxe
■	Stateroom
■	Class C

Public Areas

- Gym
- SPA
- Video & Computer Room
- Boutique
- Restaurant
- Lounge on Boat Deck
- Conference Rooms
- Veranda/ Lounge/Library/ Shop
- Swimming Pool/Whirl Pool
- 4 bars
- Dancing room
- 2 lifts/elevators





Religious sanctuary...



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

The Aranui 5 can carry a maximum of 258 passengers. To explore such a region with just a small number of fellow passengers from all over the world is a real luxury and will help to make your voyage of discovery and adventure a truly unforgettable experience. You will be joined by other international passengers of various ages. There will not be an ElderTreks escort on-board. You will be well-cared for by the crew of the Aranui 5.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

In addition to your cabin, your voyage includes: all meals, on-board guest lecturers, guided shore excursions, use of the ships swimming pool, library, lounges and gym. Horseback riding, scuba diving and helicopter flights are not included but may be purchased on-board at an additional cost.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

Airfare, transfers between the ship and airport, tourism tax, cruise tax, low sulphur fuel surcharge, port fee, baggage, cancellation and medical insurance (which is strongly recommended) excess baggage charges and all items of a personal nature such as ship board purchases, liquor, laundry, telecommunication charges, gratuities and optional excursion (horseback riding, scuba diving, helicopter flights.)

4. TRAVEL INSURANCE

Please note that travel insurance is not included in the cost of the program. We strongly recommend that you purchase a fully inclusive policy that will cover for cancellation, any possible medical emergency, and possible evacuation. ElderTreks offers a fully comprehensive policy to insure you fully, please call for details.

5. HOW DO WE TRAVEL DURING THE TOUR?

We sail aboard the Aranui 5, a custom built 125m long passenger cargo ship. The Aranui 5 maintains the warmth and intimacy of the Aranui heritage, with a high staff to passenger ratio. Unlike larger boats, it's easy to meet fellow guests.

The spacious cabins are tastefully designed with windows, queen or twin beds, bathrooms with showers, personal

safes, mini bars and are fully air conditioned. Deluxe cabins and suites are larger and feature additional amenities with picture windows. The suites have balconies with your own private panorama. The large dining room offers views as well as varied menus.

On board time passes quickly, with two charming bars, two lounges, swimming pool, library and well equipped gym. There is a full program of activities and guest lecturers to enhance your sailing experience.

6. HOW MUCH TIME DO WE SPEND SAILING AND ASHORE?

Every voyage is different, even though the destinations are the same. Visits ashore are limited to the time required by cargo operators and port restrictions. Port time may range from just a few hours to a day or more. Shore excursions may be available at some ports of call. It's up to you how much time you spend on the ship. You may spend your entire stay relaxing in the comfort of the ship, or every minute enjoying outdoor activities, visiting historical sites and stunning vistas.

7. WHAT ARE THE MEALS LIKE?

Meals are served in an informal, family-styled setting in our dining facilities. Depending upon the number of passengers booked per voyage, there may be two seatings per meal scheduled. Dressing for dinner means a pareo (wrap around sarong skirt) or shorts, sandals and a hibiscus blossom behind the ear!

8. WHAT ABOUT WEATHER?

The Polynesian Islands have warm tropical temperatures all year round. Winter season is from March to October and temperatures are in the high 70's. Summer is from November to March and temperatures are the 80's with increased humidity and periodic rains.

9. WHEN IS PAYMENT DUE?

A 30% deposit is due at the time of booking with your final payment being due 150 days prior to departure. Deposits can be made by check and/or credit card. Final payment can be made by check or credit card. Cancellations received 150 days prior to departure are subject to a \$750 USD administration fee. Cancellations received 150 – 91 days before departure are subject to 50% non refundable. For cancellations received 90 – 0

days before departure, all monies will be forfeited. For these reasons you are strongly encouraged to obtain trip cancellation insurance. Cancellation information is outlined in the Terms & Conditions section of your brochure.

10. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

11. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please do not hesitate to contact our office for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.



Ride the famed Marquesan horses...