



Norwegian Spirit®; Polynesian Islands

17 Night Cruise & Stay

Your journey begins with two nights in Tahiti, where tropical beauty and warm Polynesian charm sets the tone. Then embark on a luxurious cruise across the South Pacific, uncovering Fiji's idyllic islands, the lush natural wonders of the Samoa and marvel at the volcanic peaks in the Cook Islands. Discover the true beauty of the Polynesian Islands.

Highlights:

- Enjoy downtime relaxing in Tahiti with your pre cruise stay.
- Unwind aboard Norwegian Spirit®, with access to world-class spa facilities, dining, bars, and onboard entertainment.
- Cross time travel off your bucket list when you cruise across The International Date Line.
- Explore the magical surroundings of the Polynesian Islands.
- Choose from hiking through lush green landscapes or enjoying the idyllic beaches.

What's included:

- Getting there: Flights to Papeete and back from Nadi International
- Transfers: Private transfers between airports, hotels, and port as detailed.
- Overnight flight to Tahiti and Overnight flight from Fiji.
- Accommodation: 15 nights in total – including 2 nights in a 4* hotel (Intercontinental Tahiti or similar) and 13 nights aboard the Norwegian Spirit®.
- Meals: Bed & Breakfast in Tahiti, full board on Norwegian Spirit®.
- More At Sea included aboard Norwegian Spirit (includes drinks, speciality dining options, WiFi, and \$50 shore excursion credit per port).

Not included:

- Pre-paid gratuities.
- Meals (other than those mentioned in the itinerary), additional drinks, tips, and personal expenses.
- Optional excursions and tours throughout itinerary unless otherwise stated.
- Travel insurance and ESTA for flights via the USA.
- Anything not specifically mentioned under the "What's Included" section.

Full Itinerary

Day 1: Fly overnight from the UK to Tahiti, French Polynesia

Fly overnight into Papeete airport.



Day 2: Arrive in Papeete, French Polynesia

Arrive into Papeete International where your transfer will be waiting so sit back and relax as you are transferred to your hotel.

For inspiration on how to spend your time in Tahiti, you might choose to spend a leisurely morning at Papeete Market, where vibrant stalls overflow with tropical fruit, fragrant flowers, handmade crafts, and the island's famed black pearls. The island has the Robert Wan Pearl Museum to uncover the fascinating story behind these rare gems so deeply tied to Tahiti's heritage. Later, consider heading to La Plage de Maui is one of the island's most beautiful white-sand beaches, where calm turquoise waters and a laid-back atmosphere invite you to swim, sunbathe, and completely unwind.

Accommodation: 4* - Intercontinental Tahiti Resort, Tahiti (or similar).

Day 3: Papeete, French Polynesia

If you are seeking ideas for your day, you could arrange to set out on a scenic drive along the Circle Island Road, where waterfalls, volcanic cliffs, and black-sand beaches highlight Tahiti's beauty. There are beautiful Botanical Gardens here too unless, of course, you prefer to relax by the beach.

Accommodation: 4* - Intercontinental Tahiti Resort, Tahiti (or similar).



Day 4: Embark Norwegian Spirit®

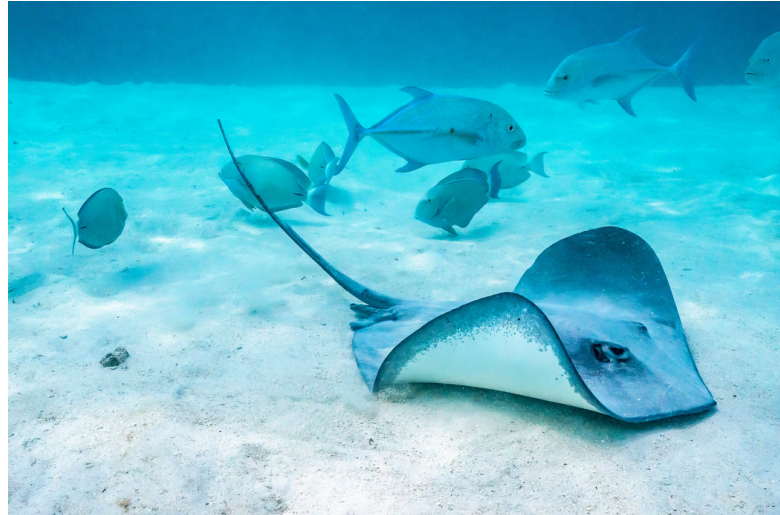
Enjoy your final morning in Papeete taking in the last of the sights, before meeting your private transfer to the Port in Tahiti, you'll embark on your cruise aboard Norwegian Spirit®, scheduled to depart at 22:00.



Day 5: Moorea, French Polynesia

Arrive to Moorea at 07:00. Disembark at 17:00.

Moorea invites you to explore at your own pace, with activities to suit every mood. If you are feeling adventurous, there are hiking trails to tackle too. After a day of discovery, picture yourself on the beach, before heading back to the ship for your onwards journey.



Day 6: Raiatea, French Polynesia

Arrive to Raiatea at 07:00. Disembark at 17:00.

Known as "Faraway Heaven," Raiatea offers a blend of history, legend, and natural beauty. One idea for your day is to visit the island's sacred open-air temple, which is revered as the starting point of the great Polynesian migration and still considered one of the most important sites in the South Pacific. You will also find Mount Temehani on the island; an extinct volcano with sweeping views. Raiatea's lagoon is encircled by vibrant coral reefs — perfect for snorkelling or diving among colourful marine life.



Day 7: Bora Bora, French Polynesia

Arrive to Bora Bora at 07:00. Disembark at 17:00.

Celebrated as the “Jewel of the South Seas,” Bora Bora enchants with its dreamlike scenery. You could choose to spend the morning paddle boarding across the glassy waters of its lagoon, or join a guided hike up Mount Pahia for breath taking vistas of the island. For a slower pace, there are plenty of local boutiques filled with island crafts to explore or soft, sun-drenched beaches to relax at. Whether you choose relaxation, adventure, or a little of both, Bora Bora offers endless ways to embrace paradise at your own rhythm.



Day 8: Day At Sea

Take time to explore the impressive facilities aboard Norwegian Escape and make the most of your ‘More At Sea’ perks.





Day 9: Rarotonga, Cook Islands

Arrive to Rarotonga at 07:00. Disembark at 16:00.

Rarotonga is the most populous island of the Cook Islands. It provides countless opportunities to experience its natural beauty and culture. Its forested heart and dramatic volcanic landscapes remain largely unchanged. Here you can swim, snorkel, or relax on idyllic beaches or choose to enjoy freshly prepared seafood at a beachside café. However you spend it, every moment in Rarotonga is surrounded by the island's warm spirit and tropical charm.

Day 10: Day At Sea

Take time to explore the impressive facilities aboard Norwegian Escape and make the most of your 'More At Sea' perks.

Day 11: Pago Pago, Samoan Islands

Arrive to Pago Pago at 09:00. Disembark at 18:00.

Pago Pago is the capital of American Samoa, which offers breath taking scenery at every turn. It has a naturally protected deep water harbour. Look out for whales, porpoises, and sea turtles offshore or head inland to explore the island's lush interior. Trails wind through landscapes alive with countless shades of green, leading to hidden viewpoints and waterfalls. Along the way, you may discover Polynesian traditions and cultural practices that continue to play a strong role in everyday life here.

Day 12: Cross The International Date Line

Travel through time by crossing the International Date Line. There is an imaginary line running between the North and South Poles. Crossing time travel off your bucket list in this once in a lifetime experience.



Day 13 and 14: Apia, Samoan Islands

Day 13: Arrive to Apia at 07:00.

Day 14: Disembark Apia at 07:00

Apia is the capital and largest city of Samoa, originally a small village situated on a natural harbour at the mouth of the Vaisigano River. This modern city offers colourful market stalls and interesting colonial architecture. Its bustling markets give a taste of Samoa's daily life. Explore the island's natural wonders from waterfalls tucked into rainforest valleys, to coral lagoons perfect for a refreshing swim. The warmth and hospitality on the locals are as much a part of Samoa's beauty, as its landscapes.



Day 15: Day At Sea

Take time to explore the impressive facilities aboard Norwegian Escape and make the most of your 'More At Sea' perks.



Day 16: Dravuni, Fiji

Arrive to Dravuni Fiji at 07:00. Disembark at 17:00.

You could choose to snorkel the colourful reefs of the Great Astrolabe or relax on a picture perfect beach. There are hiking trails to the island's highest point for panoramic vistas and the nearby village offers a warm welcome and plenty of authentic Fijian cuisine. Every corner of this island offers something memorable, whether above or below the waterline.



Day 17: Lautoka, Fiji

Disembark in Lautoka, Fiki at 07:00. Take private car transfer to Fiji International Airport for your return flight home.

Day 18: Arrive back in the UK

Your overnight flight arrives in the UK ready for you to make your journey home.



FAQs



HOW CAN I BOOK?

Simply book from our [Cruise & Stay](#) page.

WHAT DOES MORE AT SEA INCLUDE?

Specialty dining, drinks package, WiFi and \$50 shore excursion credit per port.

VISA

UK passport holders do not require a visa for the cruise section but will need an ESTA / VISA for flights travelling through the USA. Please check the [GOV.UK](#) for more information.

Please ensure that you have a valid passport which does not expire within 6 months of your Cruise debarkation date.

INFORMATION ABOUT YOUR CRUISE

More At Sea is part of your package.

Prepaid gratuities are not automatically included in your cruise fare but can be added at the time of booking at an additional cost.

For your comfort and convenience, guests who have not completed their Online Check-In should arrive at the cruise terminal no later than two hours prior to the scheduled embarkation time printed on your cruise documents. Guests who have completed their Online Check-In should arrive at the terminal no later than one hour prior to the scheduled embarkation time printed on your cruise documents.