FEDERATED STATES OF MICRONESIA

Federated States of Micronesia Visitors Board | (691) 320.5133
www.visit-micronesia.com | www.visit-fsm.org

Chuuk Visitors Bureau | (691) 330.4133 | www.visit-chuuk.com
Pohnpei Visitors Bureau | (691) 320.4851 | www.visitpohnpei.fm
Yap Visitors Bureau | (691) 350.2298 | www.visityap.com
Kosrae Visitors Bureau | (691) 670.2228 | www.kosrae.com

The island states of Kosrae, Pohnpei, Chuuk and Yap that make up the FEDERATED STATES OF MICRONESIA (FSM) consists of 600 tiny islands and atolls that stretch almost the entire width of Micronesia, 1,800 miles across the Pacific Ocean. A traditional island lifestyle prevails in these lands and embraced by its people, surrounded by the spectacular beauty of the islands and their surrounding seas. The uniqueness of each island state, its own language, culture, traditions and history, couples with the exoticness each respective destination is what lures the more adventurous travelers, experienced sports divers, underwater photographers, hikers and backpackers.

GUAM

Guam Visitors Bureau | (671) 646.5278/9 | www.visitguam.org

WHERE AMERICA'S DAY BEGINS

Hafa Adai and welcome to Guam! Come explore where America's day begins. The largest island in Micronesia, Guam is host to some of the region's most beautiful beaches, WWII historic sites, world-class diving and a rich Chamorro culture that dates back to 2000 B.C. Hike along the lush tropical terrain, relax at a number of spas, or enjoy the scenic views from your choice of golf courses, some designed by Jack Nicklaus. An island territory of the United States, Guam offers all of the serenity of a tropical island with all the conveniences travelers are accustomed to.

Guam is located near the equator, giving us year-round tropical weather conditions, and boasts a plethora of activities to keep visitors entertained during their stay with us. From water activities — like snorkeling, scuba diving, parasailing, and more — to golfing, hiking, luxury weddings and shopping at any of our duty free stores and malls, and dining at a variety of restaurants specializing in local and international cuisines, there is much to do and see in Guam. History buffs will marvel at the many cultural and historic sites throughout the island.

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Marianas Visitors Authority | (670) 664.3200 | www.mymarianas.com

Located to the north of Guam, the COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS is composed of a chain of 14 volcanic islands that rise steeply from the great depths of the Marianas Trench. The three largest islands, Saipan (which is the capital of the CNMI), along with Tinian and Rota are the centers of the population. The outer islands, which encompass the remaining 375 square miles of the CNMI, are virtually untouched. Here, some of the mysteries of nature can be witnessed. Dive in waters coveted by divers around the world for its beautiful coral reef, abundant sea life and of course, mysterious caves that entice the adventurous. You can start your trek to the Marianas by catching an international flight to Saipan which are provided by Delta Airlines, Asiana Airlines, and connections via Guam from United Airlines. Connections to Rota and Tinian are available on regular scheduled flights or special charter flights.

MARSHALL ISLANDS

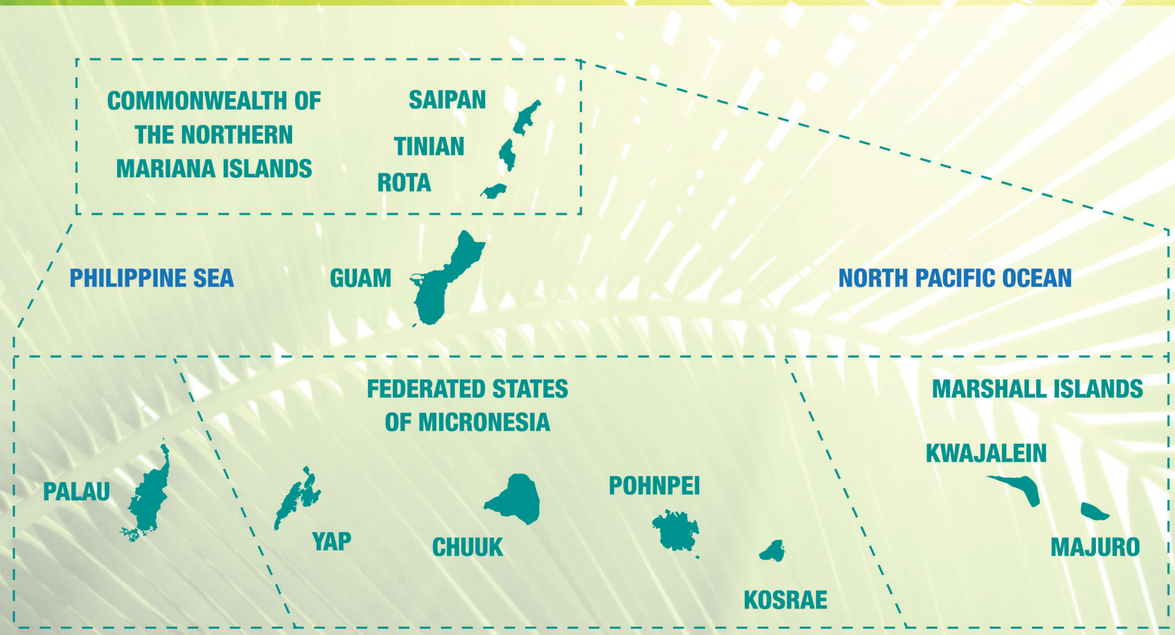
Marshall Islands Visitors Authority | (692) 625.6482
www.visitmarshallislands.com

The MARSHALL ISLANDS lie on the eastern edge of Micronesia. This pristine island paradise is made up of more than 1,200 islands in 20 separate atolls scattered across 750,000 square miles. The atoll formations, which are flat and narrow, forms a natural lagoon that is home to some of the most spectacular fishing and diving within Micronesia. With a rich heritage in canoe building and marine navigation, the Marshall Islands is an untamed frontier for all sorts of aquatic sports enthusiasts, that is filled with action and adventure that most sportsmen only dream of.

PALAU

Palau Visitors Authority | (680) 488.2793/1930 | www.visit-palau.com

The REPUBLIC OF PALAU is an island nation in the Pacific Ocean, located on the southwest region of Micronesia. Voted as the number one Underwater Wonder of the World, Palau's fringing reefs, plunging walls, coral gardens and WWII wrecks provide homes to more than 1,400 species of fish, 600 species of corals, 7 species of giant clams, as well as, sea anemones, making for a dive unlike any other in the world. Many of today's modern amenities exist in the tropical paradise while the exoticness of the island and its culture remains strong in the lives of its people. It is this balance of eco-tourism and culture that truly makes this paradise the emerald gem of the Pacific. As an independent republic of free association with the United States, a world of discovery awaits you in the Republic of Palau.



MICRONESIA™
Experience the Warmth

PALAU

• Experience the Enchanting Heritage
Culture that seems unchanged over the last thousands of years. Stroll along ancient stone paths, ponder the storyboards and paintings of the "Bai" or men's meeting house, or marvel at the stone monoliths that mysteriously dot the hills overlooking the ocean.
• Experience the Undisputed Nature
Palau beckons to you with some of the world's most awesome wonders such as the famous Jellyfish Lake where you can swim among thousands of non-stinging wonders of evolution or hike among the rain forest and witness the breathtaking waterfalls among the mountains of Babeldaob, where most abundant flora and fauna are found.
• Experience the Non-stop Activities on Land and Water
Visit the famous Palau's Rock Islands Southern Lagoon that has been inscribed onto the World Heritage list of (UNESCO) United Nations Educational, Scientific and Cultural Organization! Explore the labyrinth channels and hidden white sandy beaches. Experience a world-class diving or snorkeling around more than 586 islands of Palau, the World's First Shark Sanctuary!

CNMI

• Diving options abound in clear, tropical waters: shore, boat, wreck, reef, cavern. Saipan's Grotto, Rota's sunken ships, Tinian's Twin Coral Points, Eagle Ray City and more await the eager explorer.
• Visit historic WWII sites of some of the fiercest battles in the Pacific. Touch armored tanks, snorkel and dive over sunken aircraft and ships, walk through a Japanese era jail, crawl into defensive bunkers, look down into the atomic bomb pits, drive along Runaway Able where the Enola Gay took off.
• Visit awe-inspiring cultural sites, especially the unique "Latte Stones," giant limestone monoliths that supported the structures of the ancestors of the modern Chamorros, particularly the great Taga House of Tinian. Enjoy a day at award-winning Managaha Island in the Saipan Lagoon, burial site of Chief Aghurubw, leader of the Carolinian migration to the Northern Mariana Islands.
• Catch a glimpse of the national bird of the NMI, the Marianas Fruit Dove (Philinopus Roseicapella) also known by its local name, Paluman Totut, and the Tinian Monarch, found only on this one island in the Pacific. Also, don't miss the fantastic bird sanctuary above the majestic cliffs of Rota. See and savor the world's largest land arthropod, the coconut crab. Watch a monitor lizard as long as your arm slither into the underbrush. Spot the Crowned Butterfly Fish only here.
• For the sporty and high activity tourist, the island of Saipan offers world-class golfing, fabulous shopping and lively markets and festivals. Para-sailing, deep sea fishing, and trekking are all available to the adventurous visitor. XTERRA Saipan and other annual triathlons and sporting events make it an athlete's escape year round.
• For those interested in finding peace in paradise, Tinian, Rota, and Saipan offer quiet, balmy days of rest and relaxation. Run with fun under the sun, savor starry nights and romantic strolls along white sandy beaches, or swim with turtles among unspoiled coral reefs.
• Come and take your chances at the only Gaming establishment in the Pacific on the beautiful island of Tinian.

GUAM

• Explore the largest island of Micronesia, where the past has been carefully preserved with pride and honor. Visit sites of historic value from Guam's Pre-Spanish and Spanish periods, as well as relics from World War II.
• Dive Guam's amazingly clear waters and colorful reefs. Visit shipwrecks, including the Tokai Maru and Cormoran, the only place in the world where ships from two different world wars lay touching each other.
• On Guam, you can climb Mt. Lamlam, the tallest mountain in the world from sea level, and swim in the world's deepest ocean, thanks to the Mariana Trench, all on the same day. Guam is the Mariana Island closest to the Mariana Trench.
• Visit Guam's ancient past at the Guam Historical Village at Gef Pa'go Park in scenic Inarajan. This replica of an ancient village offers demonstrations of authentic Chamorro practices like weaving, slat making, cooking, and how to make rope in a beautiful setting on the Inalahan Bay.
• Stop by the Chamorro Village for the Wednesday Night Market and see island living at its best with delicious local cuisine, entertainment, dancing, and a wide variety of vendors featuring local products.
• Go snorkeling in the Tumon Bay Marine Preserve, one of five protected preserves, and experience over 200 species of coral and 500 species of marine life.

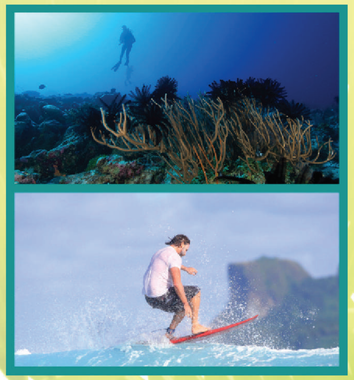
KOSRAE

• Yela Ka Forest – View the last and only Terminalia Carolinses stand in the world. This tree also known as "KA" locally is a very important part of Kosrae. The KA forest is located in Yela a swamp area access only by boat northwest end of Kosrae.
• Utwe Walung Mangrove Channel – Explore the ancient mangrove channels of Kosrae with a native outrigger canoe. It offers visitors a look at some of Micronesia's most pristine corals and mangrove ecosystems.
• Lelu Ruins – Take a trip back to the 15th century and see ruins of large basaltic walls channel, streets, tombs, and living quarters, considered one of the wonders of the Pacific.
• Menka Ruins Jungle Hiking – This area was built years before Lelu and is considered a religious site where ancient Kosraeans worshipped "Singlaku," the Goddess of Breadfruit. Hiking the Menka ruins and jungle take about four hours.
• Wiya Bird Cave – A natural cave home to thousands of resident island swift let birds, local legends associated with this giant cave, believed to be home for a family of real giants.
• Coral Kingdom – Beautiful hard coral gardens punctuate the eastern side of the island. On the west, the gardens give way to plunging walls. Sharks, dogtooth tuna, barracuda schools and other exciting ocean citizens can all be encountered along the reef's edge.

CHUUK

• Better known by its European name "Truk," the island is world renowned for its wreck diving, the best of its kind in the world.
• The "Truk Lagoon" is one of the largest enclosed lagoons in the world, circled by 140 miles long barrier reef, and covering an area of 832 square miles.
• There are more than 100 World War II Japanese vessels and planes which rest at the bottom of the vast, but mostly shallow lagoon
• Divers from all over the world come to miracle at this underwater museum and "graveyard" which has been softened by time and nature. Many of the wrecks have been unbelievably beautiful living reefs of brilliant soft corals, and sea anemones where an abundance of tropical marine lives and plays.

POHNPEI



• Nan Madol Ancient Ruins
Visit an ancient stone city built in the 12th century and walk the ruins of a highly developed and skilled civilization whose origins and history are lost to the modern world.
• Diving
Explore a sea surrounded by rich mangrove forests, coral reefs and wildlife not seen anywhere else in the world. Swim among schools of sharks, sea turtles and manta rays.
• Paradise of Eden
Take a short boat trip to two neighboring atolls called Ant and Pakin where beauty is untouched and locals call this the Garden of Eden.
• Bird Watching
Look for the lorikeets, an endemic species only found in Pohnpei.
• Hiking
Hike to the falls, overnight in a tropical rain forest and watch the beautiful stars at night!
• Entertainment
Drink Sakau, a relaxing, kava-like brew at the end of a glorious day in paradise as locals preserve their culture through mesmerizing experience of dance and song.

MARSHALL ISLANDS

• Visit the Marshall Islands! Known as one of the friendliest and most peaceful people on earth, located between 4° and 19° North latitude and 160° and 175° East longitude, consists of 29 coral atolls and 5 coral islands typified by clear blue lagoons and white sandy beaches.
• Dive some of the healthiest coral in the world and dozens of WWII ship and plane wrecks, including the world's only diveable aircraft carrier, the flagship of the Japanese World War II armada, and an amazingly intact B-26 bomber in only 5 foot depth, just to name a few of the discovered wrecks, the Marshall Islands offers unparalleled wreck diving and coral sightseeing.
• Sport fishing? Look no further, this is literally one of the "fishiest" places you can visit. There's fly-fishing on the reef flats for snapper, trevally or bonefish, and deep ocean trolling for the prized Pacific Blue Marlin.
• Cast your lures in one of the literally fishiest country on earth! Over 1,000 species of fish offer an incredible array of fishing opportunities within the lagoons, on the reef flats, and in the open ocean.
• One visit to one of the handicraft ships and you'll know why Marshallese crafts are renowned for their originality and fine artistic quality.

YAP

• Yap is famous for huge sizes of Manta Ray and Yap is one of the top three dive sites in the world.
• The dancers of Yap tell stories of the island's culture giving you a glimpse of the traditional lifestyle of Yap.
• Yapese are still sailing and making traditional canoes and navigators.
• Yap has historical places about WWII.
• Yap state consists of one volcanic complex of four islands and 11 inhabited outer island atolls. The total land area is about 46 square miles (199 square kilometers).
• Yap has stone money that is the biggest money in the world. There are 12,000 pieces on the island, and the stone money still used today.