

# Family Friendly **NORFOLK ISLAND**



360°  
*of Connection*

NORFOLK ISLAND TOURISM

*There's more to*  
**NORFOLK ISLAND** 

P.O Box 211, Norfolk Island, 2899. South Pacific p + 6723 23310 f + 6723 22708 freecall (Aust): 1800 214 603 freecall (NZ): 0800 359 437

*Family Friendly*

# NORFOLK ISLAND

2013/14



## CONTENTS

- *There's more to Norfolk Island...*
- *360° of Wonder*
- *360° of Green*
- *360° of Homegrown*
- *360° of Drama*
- *360° of Ocean*
- *360° of Family Fun*  
- *Suggested Itinerary*
- *360° of Family Fun*  
- *Summer Deals*
- *360° of Learning*



*There's more to Norfolk Island*



360°  
of Family

## *Family Friendly Norfolk Island*

On Norfolk Island you will discover a holiday destination packed with excitement, fun, adventure, indulgence, surprise and yet relaxation for all the family to enjoy.

Embark on a unique family holiday and reclaim time for your family and connect through a wealth of activities and experiences. Norfolk Island is a getaway where kids can be as young as they want to be and parents can take a mental break from busy life. Meet other holiday makers, engage with the locals or simply absorb yourselves as a family and enjoy quality time together.

Measuring only 8km x 5km Norfolk Island will become your holiday 'backyard'. Stunning swimming beaches and majestic coastlines contrast lush rainforests and bushland set on a backdrop of dramatic history and unique culture. Here you will swim, snorkel, walk, cycle, tour, experience, learn, shop, eat and still have time to relax.

Norfolk Island presents an affordable overseas holiday without excessive surcharges during school holidays. Accommodation options include hotels, apartments or houses to cater for any family size with child friendly dining options and activities available. Additionally, here you will enjoy many free or low cost experiences ensuring that you are not always 'reaching for your wallet', yet without feeling you have missed out on anything during your stay.

## *360 Degrees of Connection*

Located only 90 mins from Auckland, 2 hrs from Brisbane and 2 1/2 hrs from Sydney by aircraft, Norfolk Island is a family holiday that is more accessible and easier than many a car journey.

Relax in a small community environment and take the opportunity to spend time together, playing together, exploring together, eating together and learning together.

We encourage you to choose Norfolk Island for your next family holiday and discover that...

*...There's more to Norfolk Island*



360°  
of Wonder

"The locals are as friendly as you'll find in any small country town. They leave their homes unlocked and their keys in their cars and give a wave of the finger when passing each other on the roads" // Wellbeing Magazine



## Getting Here

Air New Zealand fly direct to Norfolk Island from Sydney, Brisbane and Auckland. Air New Zealand can connect to any gateway in New Zealand or Australian with alliance partner Virgin Australia [www.airnewzealand.com.au](http://www.airnewzealand.com.au)



## Norfolk Island in brief:

- 8 x 5 kilometre Island, self governed (9 member legislative assembly) external territory of Australia.
- Located in the South Pacific.
- Population 1,770 (December 2009).
- Climate: Sub Tropical.
- Official Languages: English and Norf'k.
- Accommodation range: 3.5 star to 5 star
- AUD currency
- Australian residents can apply for a document of identity
- Tourism website: [www.norfolkisland.com.au](http://www.norfolkisland.com.au)
- Flights to Norfolk Island are international and a passport will be required for travel.
- Over 70 different experiences and tours suitable for singles, couples, adventure seekers, nature lovers, historians, fisherman, food lovers and families.
- Received World Heritage listing in August 2010: Kingston and St Arthurs Vale historic convict areas
- Norfolk Island Tourism is the Territory Government agency responsible for promoting Norfolk Island; developing, attracting and promoting major sporting, cultural and business events; and developing significant tourism infrastructure and projects.



360°  
of Green



## Norfolk Island

Formed three million years ago, Norfolk Island is a large volcanic outcrop- although the restless sea has eroded the island to one third of its original size and formed a coastline of high cliffs.


A subtropical island, Norfolk is a picturesque tapestry of forests, gardens and rolling, pine-dotted meadows - a pretty-as-a-picture landscape framed by fluted cliffs plunging into the surging sea. National parks and reserves cover one third of the island, protecting the remaining rainforests as well as the island's precious fauna and flora. See more than 78 species of native plants, 40 of which are unique to the island including, the Norfolk Smooth Treefern that grows up to 20m in height and is the tallest treefern on Earth.

Harder to find are Norfolk's three endangered birds - the Norfolk Island green parrot, the boobook owl and the 'bird of providence' petrel. More common is the wedgetailed shearwater and ghostbird (listen for its eerie call at night). Walking tracks fan across the national park and include the island's highest points, Mt Pitt and Mt Bates, which provide breathtaking vistas right across Norfolk. The Bridle Track along the wild, unspoiled coastline from Captain Cook's monument back to Bird Rock is one of the most spectacular and recommended walks on the island.



## Phillip Island

Phillip Island is an uninhabited and undeveloped island just 7kms off Norfolk Island. This sensational island is home to many species of birds. Locals up for a getaway of their own, retire in a little fishing hut wedged between two rock formations, overlooking a natural rock pool. During your trek, you will view scores of birds up close as they soar above you in groups of hundreds. Between the wildlife and the view, you won't be thinking of much else while you're there. A half day trek is a must for anyone who visits Norfolk Island. Be sure to pack your cossie, because after the walk you will want to throw yourself into the natural rock pool and you will feel there is no one in the world but you. Unless of course, there are locals in the hut!

*"Norfolk Island provides a treasure trove of fantastic photo opportunities. The landscape is rich in both colour and texture, offering the visitor a unique and memorable image everywhere the turn"*  Local Photographer





360°  
of Homegrown

## Healthy soil, healthy food, healthy body

There are more than 35 restaurants and eateries on the Island. Most use locally grown fruit, vegetables and fish. When these are used – they are fresh and in season.

In 2008, two locals founded 'Sustainable Norfolk' ([www.sustainablenorfolk.com](http://www.sustainablenorfolk.com)), an organisation committed to creating a 100% sustainable environment. Under this initiative and supported by the Norfolk Island Government, farmers were trained in sustainable agricultural techniques by world leader in agricultural sustainability, Graeme Sait of Nutritech Solutions. This means many local farmers have embraced nutrient-dense, chemical free growing as a result.

The 'paddock to plate' approach to Norfolk Island dining means food tastes just as it should, full of flavour, grown in its natural season and rich with all the right nutrients.

## Traditional Dishes

Traditional dishes are influenced by the local mix of British and Tahitian cultures. This includes Pilhai (baked kumera), mudda (banana dumplings) and hihi pie (made with periwinkles). The abundance of fish in the commercially untouched waters makes for an ideal fishing experience. Fish is a regular on menus and the focus of cliff-top fish fries. It offers a banquet of traditional meals with the fried fish as the focal culinary piece. The event is hosted atop a cliff where visitors can enjoy the dramatic and breath taking sunsets as they enjoy the freshest food.

## Local Beef

Norfolk Blue is a unique heritage herd, produced on a 100 acre farm which has evolved on the island over many years. The Norfolk Blue restaurant is the only place in the world where you can enjoy this beef.

## Home Made Food

Great for a fix of island culture and food, are the progressive dinners. Visitors meet islanders in their lovely homes, many boasting amazing ocean views, for a fantastic home cooked meal. You'll try a different course at a different home, and get a real insight into Norfolk Island's history.

## Local Coffee & Liquers

Norfolk Island has its own coffee plantation, which you can visit as part of the eco tour. The Arabica coffee beans are grown and supplied locally and also sold online. Soft drinks and liquers are also made on the island – be sure to try the convict curse or pitcairn passion!

*"The cauliflower was the sweetest anyone had ever tasted and the carrots had that old world flavour that transported me back to my Grandfather's vegetable patch"*

G.Sait CEO Nutri-Tech Solutions Pty Ltd



360°  
of Drama

*"You can literally immerse yourself in the amazing stories of Norfolk Island in our museums at Kingston – spanning Polynesian and two penal settlements to current Bounty Mutiny descendants here today"*

Lisa Richards, Curator of the NI Museums



## Heritage

Norfolk's stormy heritage, tiny size, isolation, incredible beauty and relaxed pace have together cultivated a culture like no other. Norfolk islanders are proud, sturdy, independent, warm and resourceful people who cherish the uniqueness of their origins and love to share their intriguing lifestyle with visitors. Around a third of islanders descend from the rebellious Bounty crew and their Tahitian partners. There are eight common surnames, including Quintal, McCoy and Christian. As a result, Norfolk's telephone book is the only one in the world to list by nicknames. This includes "Tarzan", "Lettuce Leaf", "Diddles", "Shagsy", "Carrots", Kik (and his son 'Kik Kik') and "Pinky".

While living on a small island like Norfolk with just 1800 residents does have its limitations, there are also many benefits. There are no rat race pressures, free range scenery for children and adults to revel in, no traffic jams (although there are sometimes two cars queued up at the island's single roundabout), no fast food outlets, no high rises, little crime and bountiful supplies of kinship, warmth, camaraderie, a sense of belonging, a spirit of community and a zest to really live life to the fullest. The biggest day on the locals' calendar is Bounty Day, June 6. The entire population turns out on this special public holiday, to honour the Bounty descendants who left Pitcairn Island to settle on Norfolk Island in 1856. Each Bounty Day, islanders wear traditional period dress, some even original, and join the giant family celebration- a re-enactment of the bounty mutineers landing at Kingston Pier. Direct descendants of the mutineers march down quality row to the cemetery as tourists or other islanders watch from the side of the road.

## Language

Norfolk Islanders speak Norf'k, a mix of Tahitian and 18th century English. It has been recognised for its distinctiveness by the United Nations. It is featured in the 2009 United Nations Educational, Scientific and Cultural Organisation's (UNESCO) edition of its Atlas of the World's Languages in Danger of Disappearing. As of 2005, Norfolk Island Government declared Norf'k an official language as well as English, and is now taught at school. The language originated from the Bounty mutineers who hid on remote Pitcairn Island with their Tahitian wives. Their descendants later brought the language to Norfolk. Among the most used words are "watawieh yourle" (hello, how are you?) and "kushu" (good thank-you).

## Speaking Norf'k - some words and phrases

watawieh = hello

naawi = swimming

tiicha = teacher

Wan kau f' mais bradhas s' orf aut = My brother's cow has got out

Hi es kain a' huihuiwan = He's somewhat dirty

Kat krors aa paedak aafta tii en wi gu sing = Cut across the paddock after tea and come for a singsong

Paragraph SOURCE: Speak Norfolk Today by A. Buffett 1999



360°  
of Ocean

## The Ocean

Norfolk Island is surrounded by crystal clear, sapphire coloured ocean that surrounds the dramatic cliff tops. No commercial wharfs- and as a result- no commercial fishing either.

If you're going anywhere by boat – you'll be surprised to see the boat lifted by crane off the pier and then dropped into the ocean before hopping into it – no commercial wharfs remember! Take a day trip to Philip Island, a fishing trip, kayaking, snorkelling and more. The water is rich with marine life, untarnished by the trappings of commercial vessels.

## Fishing (Catching)

Islanders call fishing, 'catching'. The water is full of fish that catching one (actually, tens of kilos) is the norm. Fishers can reel in delicacies like succulent Sweet Lip (Trumpeter), Yellowfin Tuna, Wahoo Big Silver Trevally and Kingfish – to name a few. End your day with cooking your catch on an open BBQ. There are plenty dotted around the island. Bag limits are generous; however Norfolk Island self imposes limits during breeding seasons to ensure there's plenty of fish for tourists and locals all year round.

## Swim

Have Slaughter or Emily bay entirely to yourself. These two stunning, pristine and quiet beaches are the most popular for swimming. Take a dip in the crystal clear water on a day of perfect temperature – which is almost every day considering the subtropical weather.

## Surfing

There are plenty of great surfing spots around the island, especially along the west and south coasts. Bring your board and check out the waves. Get to know the local surfers and discover those special breaks.

## Glass Bottom Boat

See beautiful south pacific fish and a variety of coral formations on the glass bottom boat. If the tide is low, you can take a walk on the coral reef and your guide will surely introduce you to exotic ocean foods like seaweed and ocean caviar!



*"Norfolk Island was a prime location to shoot one of our "Ultimate Fish" documentaries for Discovery Channel. What a spectacular fishing destination. Flying into Norfolk was a breeze ...the friendly locals made the trip a complete success"*

Andrew Ettingshausen, ET Fishing







360°  
of Family Fun

## Family Holiday - Suggested Itinerary

A short international flight from Sydney, Brisbane or Auckland, Norfolk Island offers a unique family holiday where you can reclaim time and connect with your family. With loads of fun activities to do and experiences to discover this is how family holidays should be!

### Day 1

Watawieh! On arrival you are met and transferred to your family friendly accommodation. Start your Norfolk Island holiday with an orientation tour to find your bearings. Enjoy dinner at Mariah's ocean-view restaurant where kids under 10 eat for free. Join the dramatic Sound & Light show recreating the story of the penal settlement in the convict ruins after dark.

### Day 2

A fun day outdoors - Start your day with a bush walk through the National Park, Botanical gardens or by visiting the 'Walk in the Wild' private rainforest. Alternatively you could put your bathers on and head on down to the clear blue waters of Emily bay lagoon for a swim or some of the best beach snorkelling you are likely to find. The afternoon might be great time for a horse ride, a game of mini golf or a play in the hedge maze. After all that, enjoy a visit to 'Sweeties' chocolate Shop for some handmade delights and finish off the day at a cliff top fish fry entertained by the island dancers and watch an overwater sunset.



### Day 3

Spend the day learning together - Visit museums in the World Heritage listed Kingston & ask for your fun sheet to complete. Explore the Pitcairn Settlers village or Bounty Folk Museum to experience the life of yesteryear. Join a guided reef walk or the Glass Bottom Boat tour to discover abundant sea life. Call into the Cyclorama or the World of Norfolk Exhibit to enjoy the work of local artists. Take care of yourself tonight for dinner and cook your own BBQ at one of the many scenic picnic areas.



360°  
of Family Fun

## Family Holiday - Suggested Itinerary (Continued)

### Day 4

Today is time for parents and kids to do their own thing. Kids can join the Baunti Kids club making local friends & enjoying a jam-packed day of supervised fun activities which might include grass sliding, cooking, coral viewing, bushwalking, dancing, making crafts or learning local traditions. This is the day for mums and dads to indulge in their own passions; a quiet coffee together in one of the island's many cafés, a game of golf on the seaside course, catch fish on a charter boat trip, explore the shopping, relax with a pamper treatment or a lunch at the famous Norfolk Blue Restaurant or wine tasting and a platter at the Two Chimneys Winery. Tonight mum and dad might want to have a romantic dinner at Hilli's or Dino's Restaurant utilising local babysitters to mind the kids.

### Day 5

Call into the Visitor Information Centre for details on the family fun car rally, when completed the kids will receive a certificate! Whilst you are out and about in your hire car, have a family photo taken at the top of Mt Pitt with it's 360 degree view of the island, the gigantic Moreton Bay fig trees where next door you can feed the famous Mr. Blue Bull. Grab some local fish & chips or pizza takeaways to lunch at Anson Bay, Bumboras or Captain Cook Lookout. Tonight you can have dinner at one of the Service Clubs who offer children's meal options. Drive out to the Mutiny on the Bounty show outdoor amphitheatre to enjoy a theatrical production of the famous story of Captain Bligh & Fletcher Christian.

### Day 6

Today you can take time to revisit your favourite places or ensure you have not missed anything. The Toy shops, the Tutankhamun display, Bedrock or Sublime Cafe, the house made entirely of bottles, the community play park, the out of town craft shops, the soft drink factory, the local movie theatre, the horse & carriage ride or a 4WD Tour. Tonight you can dine out at the family friendly Steak & Seafood Restaurant, The Rock.

### Day 7

No last minute panic, cruise around to the Norfolk Island Airport, check in and spend time reflecting on the great family time you have just experienced, link up to free wifi and post all of your holiday pics so friends and family can enjoy. We look forward to seeing you all again one day.

See Yorlyi Morla!



" Staying on Norfolk is like being welcomed into a friend's home "

Visitor from Western Australia



360°  
of Family Fun

## Summer 2013/14 Family Friendly Deals

Mokutu Norfolk Island [www.inngroup.nf](http://www.inngroup.nf)

### FACILITIES

- Airport meet & Greet • Salt Water Pool
- Small kids pool • Pool Deck entertainment area
- Wood & gas BBQs • Day Spa
- Large grounds with gardens
- Onsite Cafe for Breakfast & Lunch
- 1 & 2 Bedroom Self Contained Apartments

### ON-DEMAND SERVICES

- Daily Servicing • Massage & Treatments • Private Norfolk Tour
- Baby Sitting • Yoga or Pilates • Island & Fusion Cooking Lessons
- Rental Cars, Vans or buses

Hibiscus Apartments [www.hibiscus-apartments.com](http://www.hibiscus-apartments.com)

### FACILITIES

- Airport Meet & Greet • Island Discovery Tour
- 1 & 2 Bedroom Self Contained Apartments
- Swimming pool • Shaded BBQ area
- Guest laundries • Departure lounge
- Reception • Playground in adjacent park

### ON-DEMAND SERVICES

- Rental Cars
- Tour Bookings
- Daily Service

Heritage Hill [www.heritagehill.nf](http://www.heritagehill.nf)

### FACILITIES

- 1 & 2 Bedroom Self-Contained Apartments & Cottages
- Return Airport Transfers • Welcome drink on arrival
- Introductory tour • BBQ Facilities
- Onsite Ocean view Licensed Restaurant
- Swimming Pool • Courtesy Shuttle into town
- Daily Room Servicing

### ON-DEMAND SERVICES

- Massage • Cots • Highchair Available • Internet Access
- Office Services • Wi-Fi internet • Tour Bookings
- Mobile Phones & Local SIM Cards Free



### SUMMER FAMILY DEAL

- Kids Stay Free\* (or 1 Extra Adult)
- Free Kids Breakfast\*

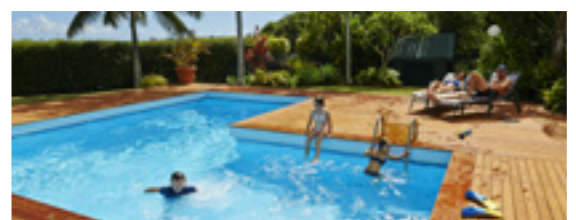
\*For travel in December & January, Children under 12, Conditions apply



### SUMMER FAMILY DEAL

- Stay for 7 Nights Pay for Only 5 Nights\*
- Kids Stay Free\*

\*For travel in December & January, Children under 15, Conditions apply



### SUMMER FAMILY DEAL

- Kids Under 17 Stay Free\* • Kids Under 10 Eat Free\*
- Free Car Hire\* • Free 1 Day Pushbike Hire
- Free Snorkelling Equipment

\*For travel in December & January, Children under 12, Conditions apply

Family Friendly **NORFOLK ISLAND** 2013/14



# KIDZ KLUB

**DURING SCHOOL HOLIDAY!**  
 AGES 5 YEARS TO 13 YEARS



**Time:** 9am to 4pm (Monday - Friday)

**Drop of pick up:** Out the front of Rawson Hall

**Bring:** Swimmers and towels, lunch, morning & afternoon tea, water & sunscreen



**Kidz Klub information sheets available from Baunti Escapes**





360°  
of Learning

## History

Captain Cook was the first white man on record, to successfully land on Norfolk's impressive cliffs, naming the island after the Duchess of Norfolk in 1774. However, scientists have since discovered that ancient Polynesians lived on the island before.

When Cook first discovered Norfolk, he thought that Norfolk's pines would be sturdy enough to be turned into ship masts. However, he was wrong. Therefore, less than two months after Sydney was settled in 1788, 23 settlers including 15 convicts arrived to settle Norfolk as a penal colony.

It was abandoned in 1814, with most structures destroyed to discourage unauthorised occupation of the isle. In 1825, a second convict settlement was established. The worst prisoners from New South Wales and Van Diemen's Land were sent to Norfolk Island to suffer the "extremist punishment short of death".

This bloody chapter in Norfolk's history ended in 1854 when once again, all that was heard here was the ghostly whisper of ocean breezes whistling amongst the pines. That was until 1856 when the descendants of the *Bounty* mutineers settled, after their ancestors' hideaway on Pitcairn Island beyond Tahiti proved too small for the growing population of Christians, Quintals, McCoys, Nobbs', Buffetts and Evans'.

A tradition handed down by our Tahitian foremothers; the art of weaving is still practiced on the island today.

Norfolk Island is an external territory under the authority of Australia. In 1979, Australia, under the Norfolk Island Act, granted the Island the right to establish its own 9 member legislative assembly, providing self governance.

In August 2010, Norfolk Island's history became universally renowned through the World Heritage listing of Kingston and St Arthur's Vale convict sites. Norfolk Island joins 850 of the world's most special places given this prestigious international recognition.

Today Norfolk's many museums include treasures from every period in our islands settlement, as well as HMS *Bounty*, HMS *Sirius* and Pitcairn Island. The KAVHA Public Research Centre (Salans Riiserch Senta in Norfolk language) at No 9 Quality Row opened in 2011. Its focus is on historical records about the heritage buildings in Kingston, the decades of conservation work since 1962, and personal histories and genealogies of the several thousand convicts sent to Norfolk.

No 10 is a highlight on Quality Row; lovingly restored as a house museum, it allows you to experience a mid-19th century house furnished and decorated in a way that pays tribute to both its original family of a convict-era official, and it's later occupation by descendants of the mutineer Fletcher Christian.

*"To drive down the scarp into the Georgian architecture of Kingston and Arthurs Vale on Norfolk Island is to feel you've driven out of the 21st century."* // Australian Geographic



*"Yorlyi cum look orn"*  
- "Come and have a look"

360°  
*of Wonder*

*Family Friendly* **NORFOLK ISLAND** 2013/14



NORFOLK ISLAND TOURISM

*Family Friendly* **NORFOLK ISLAND** 2013/14

Norfolk Island Tourism

P.O Box 211, Norfolk Island, 2899. South Pacific p + 6723 23310 f + 6723 22708  
freecall (Aust): 1800 214 603 freecall (NZ): 0800 359 437

*There's more to*  
**NORFOLK ISLAND** 