

Pohnpei, Federated States of Micronesia

The 'Garden Island of Micronesia' hides a UNESCO wonder in its jungle — the ancient stone-canal city of Nan Madol — plus roaring waterfalls and world-class reef snorkeling on one of the world's wettest islands.

Pier (Pohnpei International Seaport)

Typical call: 8–10 hrs

USD — cash essential

English & Pohnpeian

Tropical rainforest — rain likely

MY DAY IN PORT

Ship/Date: _____ Arrive: _____ All aboard: _____

Excursion: _____ Notes: _____

GETTING ASHORE

Docking: Pier at Pohnpei International Seaport, Kolonia

Walk to center: ~0.5 km (5–10 min) — Kolonia's main strip is just outside the port gate

Best For: Nan Madol ruins, waterfalls, atoll snorkeling, WWII relics

Don't Miss: Pohnpei pepper — world-famous spice sold in every Kolonia shop

Getting around: **Taxi** \$1–3 USD per person · **Rideshare** not available

TOP THINGS TO DO

- Nan Madol UNESCO Ruins** — The 'Venice of the Pacific' — 90+ artificial basalt islets forming a ruined ceremonial city built over 1,000 years ago.
 - Kepirohi Waterfall & Jungle Hike** — A 65-foot basalt waterfall crashes into a swimmable natural pool deep in the jungle.
- Sokehs Rock & Ridge Hike** — The dramatic volcanic plug visible from the harbor.
 - Ant Atoll Snorkeling Day Trip** — A pristine uninhabited coral atoll roughly 15–20 miles southwest of Kolonia with white-sand beaches, crystal water, and some of the best snorkeling...
 - Mangrove Kayaking** — Paddle through Pohnpei's extensive mangrove forests fringing the lagoon.

BEST WALKS

- Kolonia Colonial History Walk** ~1.5 km · 30–45 min · Easy — Stroll through Kolonia to the Spanish Wall (remnant of Fort Alfonso XIII, built 1887), the German-era Catholic Bell Tower (1909–1913, the largest surviving German...

WEATHER · DAYLIGHT · MONEY

CLIMATE (AVG °F · RAINY DAYS)

	Mon	High	Low	Rain
Apr		83°	78°	26d
Jun		83°	78°	28d
Aug		84°	78°	29d
Sep		84°	78°	27d
Oct		84°	78°	27d

DAYLIGHT & MONEY

Apr 6:19AM–6:35PM · Jun 6:12AM–6:43PM · Aug 6:21AM–6:41PM · Sep 6:17AM–6:26PM · Oct 6:13AM–6:11PM

USD — cash essential

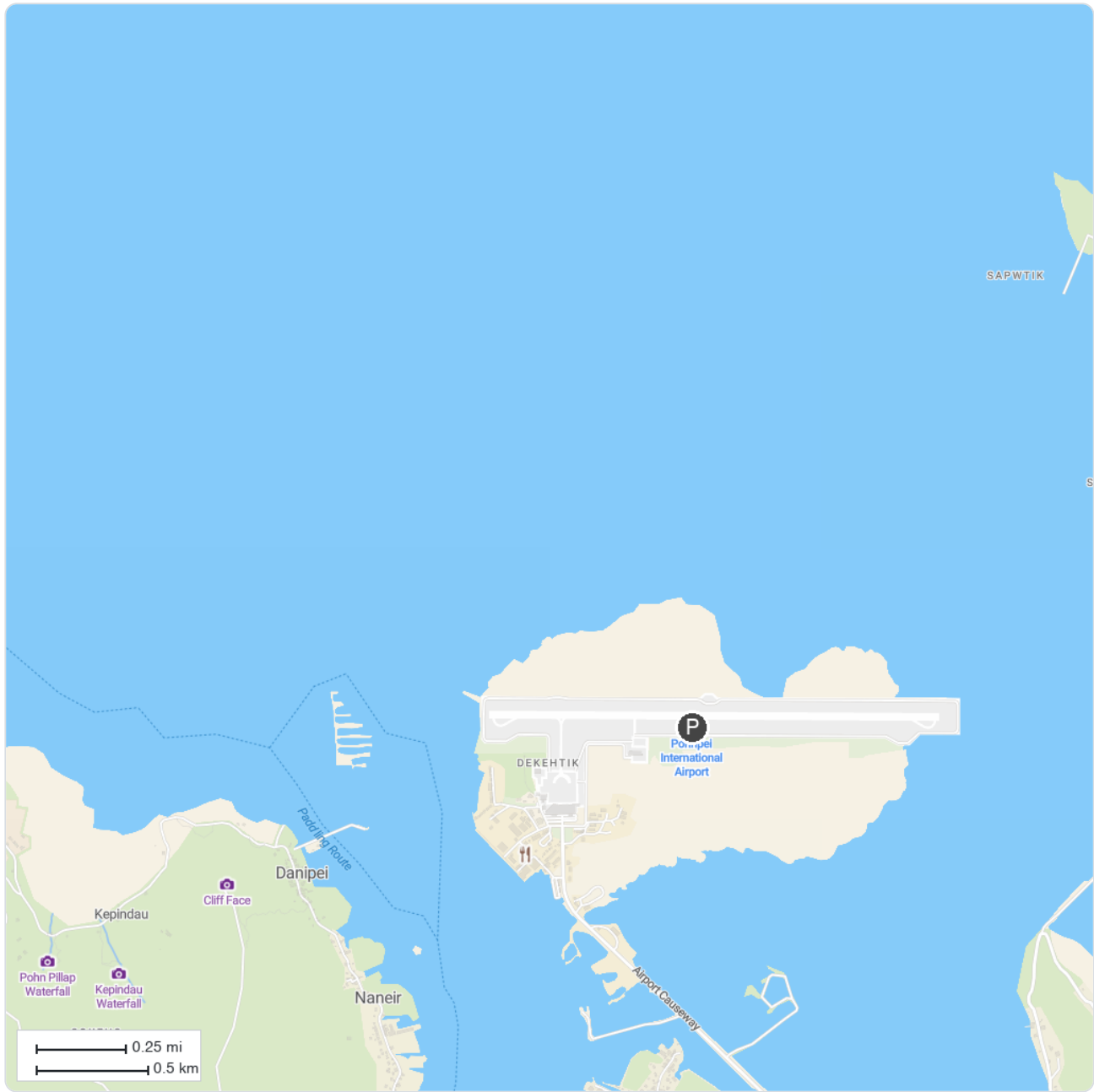
KNOW BEFORE YOU GO

- Cash only almost everywhere. USD is the official currency and ATMs in Kolonia are limited — bring plenty of small bills (\$1, \$5, \$10) for taxis, waterfall fees, and souvenirs.
- Rain is guaranteed. Pohnpei gets up to 300 inches of rain per year. Pack a lightweight poncho, dry bag for your camera, and quick-dry shoes. The jungle is worth it.
- Dress modestly in town. Pohnpei is a conservative Christian society. Women should cover knees and shoulders outside the port area. Bikini tops are not appropriate in Kolonia.
- Buy Pohnpei pepper. Local black and white pepper is world-famous for its intense flavor — sold in small jars at Kolonia grocery stores for a few dollars. Best souvenir on the island.
- Agree on taxi fares upfront. Taxis don't use meters. Short Kolonia rides are \$1–3 per person; full-day guided hires to Nan Madol run \$60–100 for the vehicle. Negotiate before you go.
- Sunday means closed. If your ship calls on a Sunday, most shops, markets, and restaurants will be shut. Only pre-booked tours and hotel restaurants will be operating.

Pohnpei, Federated States of Micronesia — Port Map

cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



P Cruise port / terminal