



above left to right: Sipyen Stream rushes through the Rainforest (image Katrina Adams); Clam (image Doug Bell); Mangrove forest (image Gil Zeimer). below: The landing approach at the airport. The tiny white squares is a Kosrae Village dive boat. (image Katrina Adams)

the reef. With a maximum depth of 20 metres, you can see resident stingrays, large numbers of juvenile fish, puffers, and other fish that come in at high tide.

- Malem Reef Shell ( Buoys 8 – 10) Contains a wide reef shell, profusely covered with low-growing coral and a colourful variety of fish. Juvenile whale sharks have been seen here.

- Wreck Diving can be done on World War II cargo ships and planes in Lelu



Harbor, near 18th century whaling ships in Utwe Harbor.

- Tax-Deductible Coral Monitoring offered by the Kosrae Village in cooperation with Oceana and other partners. Normally offered in September programmes or to any group of four to eight divers year-round who want to be trained in these techniques.

Kosrae's fringing reef is a fragile ecosystem that protects the island from damaging waves and erosion, while offering an extra barrier from big storms. Since many corals take up to 200 years to reach maturity, the island launched a Mooring Buoy Reef Relief Programme in 1997 to protect the fragile reef from boat anchors. Today, 58 mooring buoys represent one of the most extensive in the world to mark the sites for any marine activity: diving, snorkelling, fishing, and scientific data collection. More are planned.

**What To Do When You're Not Diving.** It's one of the few places left where Sunday is set aside as a quiet day for contemplation and rest. Work is kept

to minimum essentials and no diving is offered that day. Other activities on the island encompass walking on deserted white coral beaches; hiking Mt Finkol, a mist-covered mountain over 610 metres high; walking through the dense tropical rainforest; taking a kayak or canoe trip through the Utwe-Wakung Marine Park to view the mangrove forest, fruit bats and native mangrove crabs; surfing camp; taking a dip or snorkelling in the 200-metre causeway swimming pool; seeing the Menke Jungle or Lelu Ruins for a look into the island's mysterious past; viewing the Wiya Bird Cave, home to thousands of island swiftlets; navigating your way through mangrove vines to the refreshing nine metres high Sipyen waterfall; walking through the Aquaculture giant clam farms to view giant indigenous blue clams up to one metre and weight 450+ kilos; strolling through the Kosrae State Museum to view ancient artifacts and restored photos of the island's history; watching natives pound taro root to create fafa, an island delicacy; cooking breadfruit in a lava rock fire covered by banana leaves; and watching native women sew beautiful handicrafts.

Kosrae, one of the four states of the Federated States of Micronesia, is 2400 kilometres northeast of Cairns, 4000 kilometres southwest of Hawaii, and 5 degrees north of the Equator. Mountains cover 70% of the island and a dense tropical rainforest spans the interior. Kosrae receives approximately 500 centimetres of rain a year. December through April is the wettest period. Northeast tradewinds generally blow from November through May to make it feel cooler.

Dive Shops: Kosrae Nautilus Resort & Dive Shop: NAUI, [www.kosraenautilus.com](http://www.kosraenautilus.com); Kosrae Village Ecolodge & Sleeping Lady Divers, PADI 5-Star: [www.kosraevillage.com](http://www.kosraevillage.com); Pacific Island Divers & Pacific Tree Lodge Resort, PADI: <http://www.divekosrae.com>.

With its Island Hopper service, Continental is the only airline flying to Kosrae. Also check out details of a new Continental route: Honolulu/Fiji/Guam: ([www.continental.com](http://www.continental.com)) [www.kosrae.com](http://www.kosrae.com).