

SAIPAN

**The New Provider's Guide
to Navigating Paradise.**

TAKING CARE OF PATIENTS IS HARD ENOUGH...

Life on Saipan is simple. But with shrugging off the modern world to live and work on a tropical island, there are certain frustration that arise: why can't I figure out how to get a license? Can I get a nice bottle of wine on this island? Is there any place that serves vegetarian food?! This guide is intended to let you hit the ground running, and to avoid the annoyance of not knowing how to navigate your new home.

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Bird Island Overlook.

HOUSING

For better or worse, the gems tend to be word of mouth, so if you're looking, let people at the hospital know, and you're likely to get a few leads. Also check out the Facebook page Saipan Buy, Sell, Swap for housing posts. Here are some other places to look.

Alexander Realty

Usually have a few nicer rentals, and always a handful of places for sale. Check out the website to get an idea, but better to call to get the scoop on the latest updates.

realtysaipan.com
234-5117

Pacific Rim International

Run by Tim Goodwin, who is a longtime resident, and a real straight shooter. Typically has a handful of properties for rent.

pacificriminternational.com
234-9351

Shakir's Realty

Small selection, and some more fixer-upper type places, but with occasional diamonds in the rough.

shakirscnmi.com
483-8283

Villa Sarah

Complex of 9 apartments and 6 duplex units, almost entirely rented by hospital staff. Very responsive landlords, quiet and safe, pet friendly, private tennis court (though needs work), and large back-up generator. At the base of Capitol Hill, and an easy < 5 minute commute to work. Here's the landlord's daughter, Claire's phone number: 285-2272.



Anaks Condos

Only occasional availability, but several hospital providers rent/own here. 24/7 security, pool, tennis court, and very short drive to the hospital. 2 and 3 bedroom units. Mostly through realtors, or word of mouth.



Saipan Realty Development

Lists Numerous apartments and homes for sale and rent, many of the more "upscale" properties available. Popular with incoming staff.

Alexandra (Sandy) Weaver PMB 987 Box
10001

Saipan M.P. 96950

website: alexandrastaffler.com (670) 989-2502

CARS / AUTO SERVICE

AK Toyota

Relatively large new inventory, decent selection of late-model used inventory, service and parts. Service is more expensive than the mom-and-pop shops, but typically more dependable work. They also have short and long-term rentals available.

Joeten Motors

Nissan, Ford, Honda, and Kia models with repair and service available. Some limited used inventory.

Triple J Motors

Mazda and Hyundai dealership with limited used inventory. Some service available. Smaller operation than AK and Joeten.

DPA Car Mart

Used car lot favoring late model pickups and SUVs. More expensive than just buying a used car from a private party, but they have some short warranties and guarantee their work. 235-8688

Mt Carmel Lot

Where many people will go to show their cars for sale. Usually between 5-20 cars available for sale by private party. What you see is what you get!

Napa Auto Parts

The usual auto parts store. Mainland prices, and decent inventory. They'll place orders if they don't have something in stock. Reasonably helpful.

Manny the Mechanic

Manny is an evangelical christian minister who also can fix a car. He's good and fair and recommended by many, so he's understandably busy. Call ahead of time to make an appointment. 235-3009

Si Tong's Car Service

Near the Anaks Condos on Middle Road. English? Not really. Schedule in advance. Dreamin'. Fix any car problem for peanuts? Absolutely. Also has a tow truck for those bad car days. 287-6611

DRIVERS LICENSE / REGISTRATION / INSURANCE

Justice Building

Before it was shut down for renovations in 2018, this was where you went for all government payments - including paying for your car registration and driver's license. Currently not in service, but be aware that the process to get you car registered will be more complicated once it opens again.

Bureau of Motor Vehicles

This is the DMV equivalent, and the place to get your local license and car registration, but only AFTER YOU'VE DONE INSPECTION and PROOF OF INSURANCE. You won't necessarily need a Saipan license if you're here driving for less than 3 months, and when you get a new license, they'll punch a whole in your old one, FYI.

AON

Quick and easy. Centrally located. Car insurance is very cheap on this island, and in my opinion it makes sense to get the best coverage, as any off-island transport is going to quickly exceed \$100k in medical bills. 234-2811

Takagi & associates

Another option, perhaps more professionally run than Moylans. 233-2554

Moylans

Another quick insurance options. Similar to AON. 234-6571

Inspection (SJ or Triple J)

\$10-20 bucks, and 10 minutes of your time. You need to bring proof of vehicle ownership.

GROCERIES

Joeten Garapan

Centrally located grocery store that also sells some housewares, clothes and snorkel/mask/water shoes. Convenient from Garapan, but the other store has more selection, especially when it comes to frozen food, housewares, and clothes.

Joeten Susupe

An even larger grocery store with more housewares and usually a better fruit selection. Also has clothing, though the sizes are small and usually things are fairly expensive for poor quality. Good in a pinch though!

New XO Mart

Asian grocery with a lot packed into a relatively small space. Good fresh local veggies, cheap kitchen equipment, good collection of Korean and Chinese food items. New location since Yutu, now without a sign out front.

Joeten Superstore (aka fake Costco)

Takes Kirkland products and sells them for not wholesale prices! Not the best deals in town, but good for large volume goods and stuff that you can't find elsewhere.

Local Produce and Meat

You can buy seasonal local farmers' goods here. Stuff is a bit expensive, but I've been introduced to fruits I'd never seen before, including purple star apples, dragon fruit and soursop! Farmers are often around so if they see you eyeing something they can answer questions about taste, what to do with it, etc. Also meat from local beef and pig farm.

The Wine Cellar

The best selection of wines on island with decent island prices, though more than you'll pay in the mainland. Every fall they clear their inventory and have a 50% off sale. Locals will wait all year,

HARDWARE / HOUSEWARE

Ace Gualo Rai

Great for housewares and hardware needs. Everything is 15% off EVERY WEDNESDAY and they have most items 25% off EVERY OTHER FRIDAY AND SATURDAY (usually 2-6pm Fri and before noon Saturday). Call and ask if they will be having their sale one or 2 days before. Hours Mon-sat 8am-6pm Sun 8am-5pm. 235-9320.

Ace Susupe

Like the Gualo Rai branch, usual collection of hardware products you'll find on the mainland. Same 15% off every Wednesday and 25% off on Fridays 2-6pm and before noon Saturday twice a month. Call to find out when. 234-6445.

Fake Kmart

Actually called "Wholesale to Everyone Truckloads Direct from Kmart" on the building's sign. Seriously. Items seem to be brought from the large Kmart on Guam. Cheapest place to get appliances and some basic furniture and housewares. Stock is limited by whatever they happen to have brought over that week and ONLY OPEN THURS, FRI AND SAT 10a-7p. 322-0434.

Monika's Furniture

Kind of expensive, but basically the only store on island with handmade paintings, decorations (batiks, handmade quilts), jewelery, and just really cool handmade furniture imported from other islands. Not the best customer service and she's generally not in the best mood; don't

take it personally. It is in the old location of Megabyte so if you google street view it you'll see Megabyte where Monika's should be because street view is at least a year old. 233-4402 .

National Office Supply

Here you'll find office supplies, some art supplies, cleaning supplies, lots of basic house and kitchen wares, seasonally appropriate decorations and cheap costumes. Good chance you'll find what you're looking for here. Hours M-F 8a-7p, Sat 8a-6p, Sun 10a-5p. 234-3197/8/9.

POSTAL / COPY SERVICES

US post office

Priority shipping box rates still apply to Saipan as if you were still in the US! This is a great way to ship stuff over for fairly cheaply. More US stores ship to Saipan than you'd think. Jcpenney has FREE SHIPPING to Saipan on orders over \$100. You can also get a PO box here.

PMB Postal Plus

No street addresses on Saipan so gotta have a PO Box. Good option given its proximity to the hospital. \$8/month. Decent hours, 10-5p daily, 10-2p on Sat/Sunday. You can share a PO box with 2 other people.

"Quick Print"

Printing, copying and many people have their PO boxes in here as well, and the hours are slightly better here. Also, the cheapest and most efficient notary services on island. 233-7678 or 235-3420

Triple B Forwarders

This is an awesome company that can get larger items to Saipan cheaper than amazon or even the post office at times. They have an office in California, so you can have Amazon ship items to that office and then they can either fly them to Saipan in 4-7 Days or ship them here by boat in 2-3 weeks. Costs are based

on size or weight, depending on how it is shipping. To give you a ballpark, a 90 lb electric piano shipped for \$90 to Saipan. Two surfboards from CA shipped for \$45 without any damage. They were extremely nice and great at giving estimates. Saipan office: +1 670 234 5505 California office: Phone: +1 310 604 5840 And remember, no customs taxes unless the item costs more than \$1000. Website: <http://www.tripleb.com>

GYMS

Gold's

Hours are Mon-Fri 5:30am-9pm Sat 7-7pm Sun 10am-6pm. Good equipment, fairly standard with free weights, nautilus and a pretty good variety of group fitness classes. Personal training available. Punch cards available (~ \$60 for 10 days , which need to be used within 3 months) which are a great option for short term stays. Membership is about \$50/month, with %50 discount if you sign up for local health insurance through StayWell or Moylans. Check out their Facebook page for weekly classes and updates.

Saipan Crossfit

A non-intimidating Crossfit crowd, with growing popularity. Call for rates.

Monday - Friday

6:00 AM

5:15 PM

6:15 PM

Saturday

7:30 AM

To schedule your first session email/call getfitcnmi@gmail.com / 670-989-4637

Mixed Martial Arts Gym

"Trench Tech"

Per their website: "An MMA academy formed to provide an outlet/safe haven for interested MMA practitioners to train and practice their fighting skills IN AN ORGANIZED AND PROFESSIONAL SETTING. If you take the road directly across the street from the Century Hotel and Shirley's Garapan (Middle Road), go straight up then take your 2nd RIGHT hand turn into ADELANTO Lp.

PHONES/INTERNET

Docomo

One of two cell provider options on Saipan, so you'll have to get a Sim for one or the other. You can also unlock your mainland phone and use a prepaid SIM. As of summer 2018 offering faster service than IT&E, better coverage in the hospital, but slightly more expensive.

IT&E

Slightly cheaper than Docomo, but as of 2018, slower and with more sluggish customer service. Decent coverage in the hospital, some occasional weirdness with iPhone texting. All in all, pretty comparable to Docomo.

HEALTH / WELLNESS / ENTERTAINMENT

Marianas Medical Clinic

Busy private clinic run by Tony Stearns, MD - a longtime Saipan resident. They've got the usual array of primary care services, and a popular option for providers looking for care outside of the hospital.
234-3926

Brabu Pharmacy

Small but efficiently-run pharmacy.
233-2668

PHI Pharmacy

One located in the hospital the other in Dan Dan. Well-run, helpful pharmacists and techs, and good hours. The hospital pharmacy is the only one on island open on Sundays.
323-5100

SDA Dental Clinic

Full service dental clinic with orthodontic services. Covered under Moylan's insurance.
234-6323

Dental Care Clinic

Small but efficient clinic with serviced covered under the cheapest insurance provided through the hospital. Personal experience has been mixed, but many CHCC staff are loyal customers here.
233-1100.

Hollywood Theaters

Our local Regal Cinema chain. Cheap tickets, all the major US movies a day ahead of the mainland, and the occasional downpour of rain on the tin roof serves as a nice reminder that you're still on Saipan. Otherwise just like a theater anywhere else.

Healing Stone Massage

Mix of Chinese and Thai staff that give great massages for a fraction of what you'd pay in the mainland. \$25 for 90 minutes before 6pm and \$30 thereafter. Open from 11am-2am daily. Call for an appointment or walk-in.
233-6696

Buddhist Temple/Zen Center

You'll see it up on the right set back a little from the road as you drive north to the beautiful less-developed part of the island. Apparently they have open meditation sits during the week in the afternoon (not great timing if you have an office job).
322-2646

Pacific Island Club

Their Saturday brunch goes 11a-2pm at Magellan restaurant (on PIC grounds) and costs \$21 with local ID \$18 with hospital ID and you can add the pool, kiddie play area, water slides and lazy river to lunch for a combined \$28. On Sundays the buffet is far more impressive and the cost is \$24 for buffet and \$35 for buffet + water fun. You can also get a full access 1 day pass to their pool, slides, as well as mini golf, archery, rock climbing wall, wave machine, and snorkeling tours.
234-7976

Burger and Comer, P.C. Accountants

David Burger and his Associates basically do the taxes of everyone I know on island. They do a good job, are nice, get things done on time, know the rules for CNMI and are reasonably priced (\$150 for personal filing). They are located in the Mariana heights Business Complex, on the second floor of the MH2 building.
483-9811

TOURIST POINTS OF INTEREST

Suicide Cliff

A beautiful view, and one of the sites where Japanese soldiers and locals took their lives when they realized that Japan had lost hold of Saipan Island to the American soldiers during WW2. Marked by memorial placeholders. Easy drive, and a nice walking path starting at Last Command leads up to the summit as well.



Banzai Cliff

Another beautiful view but, like Suicide cliff, this was where many Japanese soldiers in WW2 took their own lives rather than surrender to the American Troops.

Last Command Post

"The Post was the last stronghold held by the Japanese military force that occupied Saipan before the American military took full control of the island. To this day, the site is marked by original cannons and other weaponry, including tanks, that were present during this final major battle in the struggle for control of Saipan." (from geocaching.com)



Mount Tapochau & Concrete Jesus

You can run up here, bike, or drive a car (an SUV or truck probably a good idea) to come see the amazing view of the island surrounded by its oceanic splendor. The highest point on Saipan. It gets really windy so make sure you bring a cover up if it is the cooler time of the year and COME WITH A CAMERA!

TOURIST...CONTINUED

Radar Dish

Used in the 80s to spy on Russia, now abandoned. Kinda cool to poke around the old building that used to house HUGE 1980s sized early computers.. A lot of the bikes and runs and triathlons on island include it on their routes because it is up a hill on a paved road. Feel free to run or bike up here if you feel like some steepness!



American Memorial Park Museum

A fantastic free museum explaining the critical role Saipan played in WWII and how Saipan came to become a commonwealth of the United States. Make sure you watch the movie. You may want to go through the museum over 2 visits as there is a ton to get through if you really want to understand and read everything. Managed by the US National Parks Service. Operated on a donation basis.

Old Japanese Jail

This building of reinforced concrete was used by the Japanese until the Battle of Saipan (6/15/1944 - 7/9/1944) as prison. It was heavily damaged during this battle and still bears the scars of the fighting. Some say the tall white women reported to have spent her last days in this jail was Emilia Earhart...



RESTAURANTS

Hyatt Restaurants

Hyatt has several restaurants on its beautiful grounds and basically all of the food is great. It is expensive, so key is going with a friend who has bought an annual Hyatt membership card, which makes all meals 2 for the price of 1.

MIYAKO JAPANESE RESTAURANT: Their lunch buffet is a great deal! This occurs only on certain days of the week for lunch or dinner (Dinner buffet is Wednesday \$40 or Saturday \$42 and lunch buffet is Mon-Sat \$34) **WITH A HYATT CARD YOU GET 2 FOR THE PRICE OF 1..** Buffet includes a sushi and sashimi station, a miso station, an udon station, tempura, meats, salad station and desserts. Other days, it is an a la carte restaurant.

GIOVANNI'S RESTAURANT: has a la carte menu items but is best known by the institution that is their Sunday buffet brunch which starts 10:30am and goes until 2:15pm complete with a room full of seafood and sushi, salad, a waffle station, a crepe station, a fruit area and an entire table of desserts. This is a must go-to event at least once while you are here. Champagne comes included. It generally spills over into Kili cafe next door which offers outdoor seating. Best to make a reservation.

KILI CAFE: has its own daily lunch buffet (salad bar, some seafood, soup, cold cuts and cheeses, a whole table of desserts etc etc) in the middle of the day which is much less expensive and a great deal if you have access to a Hyatt card (2 for 1 makes it about \$11/person). 234-1234 to make reservations for any of the above!

Kuri-ya

Brought to this hole in the wall by my friend and neighbor who is a local and we just keep going back! Everything we've had here has been amazing. Things we love: Fried burdock, little fried shrimps, salmon sashimi salad, fried chicken, pork salad, fried oyster. Easy to miss because it's in a strip mall on your left going down middle road in the USL BUILDING on the first floor, two buildings BEFORE Subway if you're coming from Garapan. Call to reserve a table because it is tiny 234-5878

Casa Urashima

This is Saipan's upscale but still down-to-earth dining experience. Run by a couple, they boast wonderful Italian-Japanese fusion. There has been no real renovation to it so it has a real cozy atmosphere with just a table or two in each of the bedrooms, living and dining room. Reservations are a must. Go at least once. Items I've had and loved include: Shitake mushroom peppercorn, Margherita and bacon mushroom mixed pizza, brussels sprouts, Beef Kelagren, prawn ajillo, escargot.
233-3303

Himawari

Awesome Japanese restaurant in an extremely low key building. Also a convenience store with a seriously useful \$1.70 aisle. Sushi can be found (even if restaurant is closed) all the way in the back of the convenience store for \$3-8 for take out at any time and after 6:15pm all of the sushi is 25% off. Very popular lunch and dinner spot among the hospital crowd. Also has fantastic baked goods!

Everest Kitchen

Nepalese food run by a family of lovely people. Lakshmi offers a \$12 all you can eat delicious buffet daily during lunch but items can also be ordered a la carte. Awesome veggie options, but plenty for omnivores too. Delivers to hospital. She also has allowed to hold private functions (birthday party buffets etc) in the past; we tell her how many people will attend and how many mains, sides etc we want and then she tells us a price, usually between \$10-20 a person. Saipan Brewery now has a tap room in her restaurant where you can get their freshly brewed beer on tap.
285-0218

The Shack

Open on 8am-2pm Monday-Saturday Has wifi, great food (crepes, smoothies, desserts, granola and fruit breakfast bowls) with a variety of veggie and vegan options (even weirdly awesome vegan desserts that even carnivores enjoy!). Good coffee, too! Definitely go at least once! Since Typhoon Yutu, they are temporarily operating out of a trailer at the 360 building while they finish restoring the old property.

RESTAURANTS...CONTINUED

Thai House

A great little thai restaurant. Like, most, closed 2-5:30pm.

Sunshine Cafe

A cute little coffee shop with sandwiches, salads and soups where you can read and use wifi.

Marianas Resort Buffet Brunch

Saturday and Sunday. It isn't the best buffet brunch, but the ambience and view of the ocean and their pool is wonderful and it's much cheaper than Hyatt. Also, when combined with access to the beauty of Mandi spa afterwards, it is a lovely way to spend at least one Saturday with friends! Make sure to bring your local ID to get discounted rates.

Korea House

Traditional Korean food with a wide variety. Not as cheap as other Korean places, but probably more tasty.

Spicy Thai

Has a good lunch buffet. The place to go for Thai new year, when they throw powder at you and kids spray you down with water guns!.

Wild Bill's Bar and Grill

This is one of the few restaurants open between 2pm and 5:30pm on the island. Great Thai food (yes, even though it looks like a bar!)! People LOVE their fresh spring rolls!!

Majesty

Great Dim sum! Yet another Saipan restaurant closed after 2pm until dinner. Beware!

Truong's Vietnamese

A great spot to come for lunch if you're at wave jungle! Yummy things: crispy noodles, sweet and sour pork, shrimp fried rice and fresh lumpia. 11a-9:30p
235-8050

Saltys

A great spot honoring the local food tradition of the Marianas. It ends up being Chamorro-Japanese fusion, with lots of local Saipan Brewing Co. beers on tap, great service, and a really nice atmosphere. In the author's opinion, the best poke on island. Hidden behind the McDonalds on Beach Road in south Garapan. 233-7258.

RESTAURANTS & BARS

360° Restaurant

Yes! Saipan does have a rotating restaurant. Argued to be the best burgers on island for lunch, and for dinner, the chef has a great Italian-Peruvian fusion. Service so-so. Dinner great.

Olei Beach Bar and Grill

Casual place with indoor and outdoor seating. Nice place for a sunset and a drink. Good poke, and simple local grilled fish. They've got what appears to be a decent Mexican menu, but don't get your hopes set too high!

Ichiban

Despite what the name might suggest, it's actually a Chinese restaurant. Open air dining, right on the promenade in Garapan. Quick, cheap and easy with great dumplings, peppered shrimp, and steamed local vegetables.

Great Harvest Bread Co.

New as of summer of 2017. A small chain restaurant out of Montana focusing on fresh whole grain breads, salads, sandwiches. Great place for lunch or quick breakfast.

Tasty Burger and Ribs

Quite possibly the best burgers on island. Pet project of the head chef on Fiesta. Tiny little whole in the wall, with a few picnic-style seats outside overlooking the Paseo.

Safehouse

One of the nicer bars on Saipan. Cool ambiance, good collection of local beers on tap, decent tacos on Tuesday nights, and decent bar food. More expensive than some of the other options in the area. Hosts

Godfather's Bar

Epicenter of lots of local social scene. Pretty big space with good seating, good selection of beers and liquors. Cheap tacos on Tuesday, cheap pizza on Friday, and live music everyday from about 8:30. Almost guaranteed to see someone you know here.

VFW Bar

Another popular bar on the strip. Cheap drinks, daily deals, and shuffleboard, darts, and other bar games. A good place to watch sporting events.

Beach Bar

On the beach in front of Fiesta Resort. Casual cabana-style outdoor bar with cheap drinks, and always a great place to catch a sunset. Central location for the after-work crowd, and where people come to play ultimate frisbee every Friday evening.

Aqua Resort

Another great spot to relax beachside, have some snacks and catch the sunset. They have a good happy hour deal from 4-6 everyday that puts you in a good spot to watch the sun go down. Up in the northern part of the island, and away from the fray if you're looking to spend a quieter, less-social evening out.

BEACHES

From bustling to family-friendly to abandoned, Saipan's got a beach for you.

Mañagaha Island Snorkeling

Great snorkeling and a nice way to spend the afternoon. There is food (burgers, ice cream, fries etc) available on the island as well as bathrooms, volley ball nets. Bring a towel, snorkel and mask and a hammock if you have one! You can camp here overnight if you get a permit at the Tasi Tours office (see below). You can either get to the island by 1) taking a shuttle boat from TROPICAL LEISURE SPORTS (located on the beach behind Grandvrio/formally Hafa Adai hotel), make reservation by calling 233-8574 and with a local ID COST IS \$10 ROUND TRIP. First shuttle out is usually 9am and last one back is around 2pm or 2) you can go FOR FREE by registering with Tasi Tours at least 24 hours in advance with A LOCAL ID. Go to their office which is located just after National office supply (on this map). Just make a left when you see the little utility shack on your left.



Bird Island Hike and Snorkeling

This is a great relatively easy hike. Very easy to miss the turnoff as the road isn't paved. It is the first Left after the turn for the grotto and will basically be a parting between the trees. Turn off from the main road is easy to miss, so best to go with someone the first time. The road is rough on the car so try and park it where you don't think it will get stuck. Sedans are ok. The hike itself can be a bit muddy if it has just rained. Once you get to the beach it is normally fairly empty. Great snorkeling!!! Be very careful to go with someone who can tell you where it is safe to swim. There are strong currents if you snorkel out far from shore.

Forbidden Island Hike, Snorkeling and Hidden Cave

Go with someone who knows where the hidden cave is and where it is safe to swim. Totally worth it!! This hike is a bit more steep and longer than the bird island hike, with even a pinch of scrambling and using ropes (which are already there) on your way down, but not a big deal. You get beautiful views of the island all the way down the hike. There is a small swimming hole with fish so bring your snorkel and mask. Be careful where you swim! People die here swimming in the wrong areas on the wrong days. The cave is hidden, under some rocks with a little pond in it and a window that opens up to a little pool and open ocean.



BEACHES...CONTINUED

The Grotto

****CONSIDER GETTING DIVE CERTIFIED WHILE YOU ARE ON SAIPAN. MANY PEOPLE DO IT WITHIN 4-6 WEEKS.**** Technically not a beach, but a fantastic swimming hole/cave to open ocean. Pretty neat snorkeling around the entrance to the underwater passage to the caves. One of the best diving sites in the world--go with a guide! SUPER touristy, but you have to go. Pay attention to where you can and can't swim. People die here being careless about the washing machine current areas. During the day there is usually a lifeguard to direct you. Best before 9am to beat the crowds.

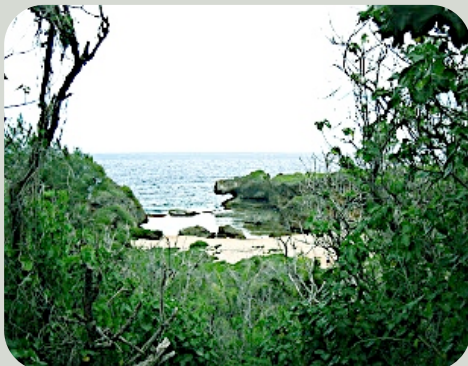


Lau Lau Snorkeling and Cliff Jumps

An awesome way to spend an afternoon and a beautiful sunset spot! This is one of the few swimming areas that have deeper water so people go spear fishing here. It is also one of the few places (for the same reason) where you might encounter sharks, though I've never heard of any bites at all. Heads up! To get here you take the turn to "Lau lau dive site" (tourist brown and yellow sign marks it) and literally go alllll the way down that road until it ends, then follow the dirt path down a steep decline (walking) and you'll see a little cliff edge where people have thrown down rugs to make it easier to walk across. There is a little ladder to climb into the water or...jump. Go with someone who knows where it is safe to jump.

Old Man by the Sea Hike and Beach

Nice little hike. Follow the well marked brown signs on the street to get the the trailhead. The hike is pretty easy and ends on a nice little beach where you'll find the man waiting for you, well, just his face (see pic to right).. Not for swimming, just for appreciating the awesome view. A great hike with a dog!



San Juan Beach

Beautiful little beach that I never expected to be there, great for taking a moment to yourself and journaling. Just follow the paved road until it ends and then follow the gravel road until it ends too. Then the tiny quiet little beach appears. Off to the right there is a little cave with a rope in it that you can climb to get a better overview of the situation. On your way here, when the road curves right (after kingfisher) you will see a house selling fresh coconut to drink and apigigi (coconut dessert wrapped in banana leaf) that they make fresh at home. Grab some as a snack! There will be carloads of tourists here every so often. They all jump out, take selfies and disappear. again...

BEACHES...CONTINUED

Pau Pau Beach

Great safe, shallow beach for swimming. Clear waters. Great for stand up paddle boarding. Easy access from the street with a little parking lot. There is a reef good for snorkeling kind of far from the shore but since it is so shallow you can practically walk there. There are "Pala Palas" (concrete covered structures along the beach) that make this a great spot for a Bbq, birthday or simple get-together!



Wing Beach

A favorite for snorkelling since it has a little labyrinth of reef. Good place for a BBQ or beach bonfire. Just take your first left after Mariana's resort and follow it out to the parking lot by the beach. The dirt/coral/gravel road out to it is hard on your car. Drive carefully. Best with 4WD but I've made it with my sedan slowly and carefully. Best to go when the tide is up otherwise you end up "swimming" in 1-2 feet of water!

Ladder Beach

Beautiful spot. Just follow the brown tourist signs! Small beach removed from everything and usually empty. Along with Obyan, lovely views of Tinian.



Obyan Beach

Beautiful spot. Just follow the brown tourist signs! Small beach removed from everything and usually empty. Along with Ladder, lovely views of Tinian.

Tank Beach

Long sandy beach on the more rugged Pacific side of the island. Much rougher than the beaches inside the reef on the eastern side, but lovely to watch the sunrise and ponder the immensity of the Pacific Ocean.

OTHER OUTDOOR ACTIVITIES

Golf, tennis, hiking, windsurfing, mountain biking. Just about anything but ice fishing.

Tank Swim

Actually, three tank swim. Natural beauty meets war history. Three WWII tanks sit partially submerged in the reef south of Garapan. The nearest is about 1/3 mile off shore and the further about 1 mile. An easy swim or snorkel, no significant current, and water is never more than 5-6 feet deep.



Naftan Point Hike, Trail Run, Mountain Bike, or Off-Road.

This is the southernmost point of Saipan. Nice quiet ocean view from the cliffs that save the tropical weather could be a convincing double for the cliffs of Scotland. No swimming since you're several stories above the water on a cliff and it is open crashing ocean. You'll follow this paved road until it ends just along side the rock quarry and opens up to a gravel road/overgrown fire trail. About 2 miles of either off-roading (don't need 4x4, but a sedan won't cut it), mountain biking, or a hike, though there are often lots of spider webs on the trail, FYI.

Bike up Suicide Cliff

You can get to Suicide driving or on a road bike coming from Middle Road (the main paved road) and following the signs. 4 CORNERS ROAD BIKE RIDE includes biking to the Grotto, Bird Island Lookout, Suicide and Banzai cliff, which is a beautiful hilly ~20 miles round trip starting from the Lau Lau parking lot.



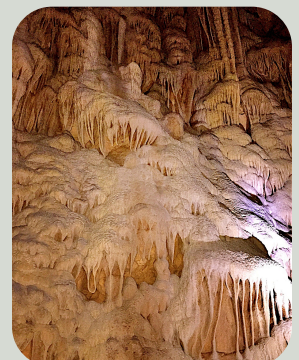
Windsurf & Paddleboard Rental

For \$10 an hour you can get well-maintained equipment right in front of a world-class windsurfing destination. Nov-Feb tends to be the windy season where kiteboarders and windsurfers will come from all over the world to enjoy the reef. Summer and early fall are calm, and great for paddling. You'll find the rental hut just north of the beach in front of Hyatt. Look for the NASH signs and a small wooden cabana where the office is. Personal instruction is also available.



Honeycomb Cave

Located in Marpi. A completely uncommercialized cave, diving into the ground more than 200 feet. Wonderful relics from WWII soldiers camped out there, several different large rooms, and beautiful rock formations. Quite difficult to find the opening to, so ask someone who's been there before to take you. Bring a strong flashlight...and a backup flashlight!



OUTDOOR ACTIVITIES...CONTINUED

Abandoned Fiesta Mall

Get your taste of the post-zombie apocalypse at this little slice of time gone by. A formerly beautiful high-end mall that was opened by the resort across the road. One day the power went out, and the employees were told to go home. The stores have long since been looted, but for those fascinated by abandoned building and relics of the near past, there's plenty to keep you busy. To add to the apocalyptic mystique, there's a airsoft (like paintball) game played here most weekends. You'll find the mall across from Lau Lau Beach.



SCUBA Dive

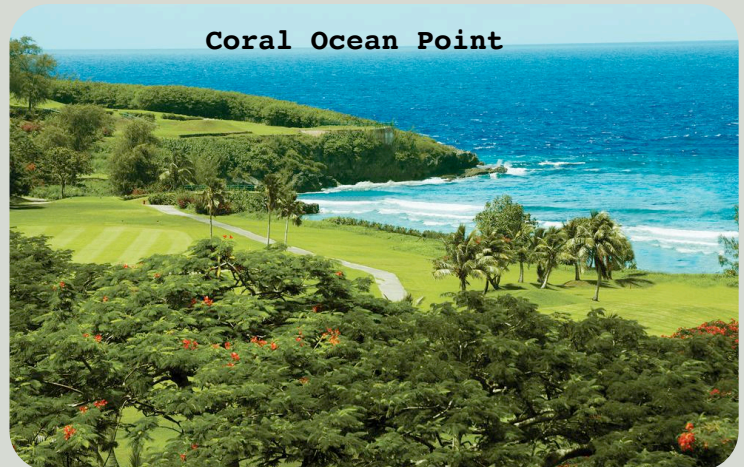
From the Grotto to the sunken WWII bomber to the fish balls to the living reef, diving in Saipan is a treasure trove. Lots of options, but here are two tried and trusted guides who know the island very well, and come with highest marks from those in the know. Syd Takahashi at FishGuyz (989-7703), and Harry Blalock at Axe Murderer Tours (287-1295).

Golf

There are several world-class golf resorts on Saipan, all of which offer a roughly 80% discount for local players. Just bring your local ID. Great water hazards, stunning ocean views, and well-maintained courses. Call for a tee time.



Lau Lau Bay



Coral Ocean Point



Kingfisher



Marianas Resort

SCHOOLS

Given the loads of young professionals that come out here, you'd be right in thinking that there must be some decent schools. Here are a few.

Brilliant Star Montessori

The best option for young children with a toddler program through elementary. Dedicated teachers, diverse student body, and supportive parents. Located just above the hospital on Navy Hill.

brilliantstarmontessori.org
323-7827

Saipan SDA School

The islands Seventh-Day Adventist school. From kindergarten to 8th grade with strong academic reputation. Diverse student population with many Asian and mainland students attending.

saipansdaschool.com
234-7326

Mt Carmel

Catholic school with grades kindergarten through 12. Mostly local Chamorro and Filipino families, with a good spattering of Korean, Chinese, and mainlanders. >95% college attendance rate. About 15 minute drive from the hospital. Tuition roughly \$3,500/year.

mountcarmelsaipan.com/
234-6184

Saipan International School

Private school grades 4-12, prep school. Mainly Korean, Russian, American students, with a spattering of local Chamorro and Filipino students. Lots of AP classes, 100% college attendance, including to Ivy league schools every year.

In Chalan Kanoa, a fair ways from the hospital, maybe 20 minute drive. Tuition roughly \$5,000/yr.

sissaipan.com
288-9660

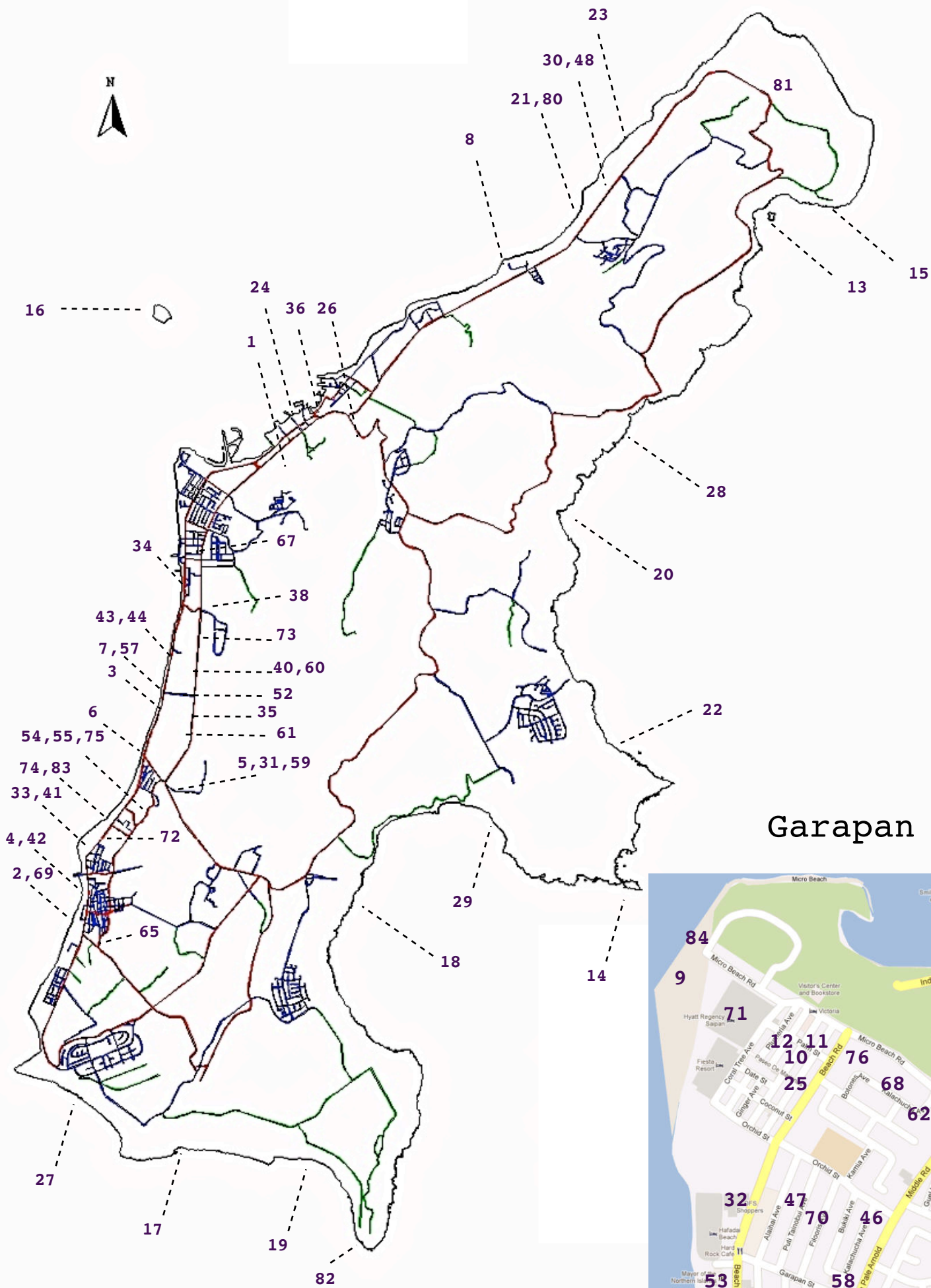
Marianas High School

Largest public school on the island, and the one with the most in the way of extracurriculars, AP classes, sports. As with any big public school, the range of academic achievement here, with many students going on to great US colleges and universities.

Saipan Tennis Academy

So not a school in the strictest sense, but Saipan produces a surprising number of world class tennis players, and it's mostly due to one guy: Coach Jeff Race. He runs the tennis academy out of the PIC courts, and does works with toddlers all the way up to grey haired masters players. Group lessons and individual instruction available.

234-7976



Garapan



Accountant

1. Berger & Comer, P.C.

Auto

2. DPA Car Mart
3. Joeten Motors
4. Mt Carmel Lot
5. Napa Auto Parts
6. Toyota
7. Triple J

Bars

8. Aqua Resort
9. Beach Bar (G)
10. Godfather's (G)
11. Safehouse (G)
12. VFW (G)

Beaches

13. Bird Island
14. Forbidden Island
15. Grotto
16. Managaha
17. Ladder
18. Lau Lau
19. Obyan
20. Old Man by the Sea
21. Pau Pau
22. Tank
23. Wing

Housing

24. Anaks Condos
25. Pacific Rim (G)
26. Villa Sarah

Golf

27. Coral Ocean Point
28. Kingfisher
29. Lau Lau
30. Marianas Resort

Groceries

31. Costco
32. Joeten Garapan (G)
33. Joeten Susupe
34. Local Produce and Meat
35. XO Mart
36. Wine Cellar

Gyms

37. Crossfit
38. Gold's
39. Trench Tech

Hardware/Housewares

40. Ace Guala Rai
41. Ace Susupe
42. Kmart
43. Monika's Furniture
44. National Office Supply

Health / Wellness

45. Brabu Pharmacy
46. Dental Care Clinic (G)
47. Healing Stone (G)
48. Mandi Asian Spa
49. MMC (G)
50. PHI Pharmacy
51. PHI Dan Dan
52. SDA Dental Clinic

License/Registration/Insur

53. AON (G)
54. Bureau Motor Vehicles
55. Justice Building
56. Moylans Insurance
57. Triple J Inspection
58. SJ Inspection (G)

Movies

59. Hollywood Theaters

Phones / Internet

60. Docomo
61. IT&E

Post Office / Copy Services

62. PMB (G)
63. Quick Print (G)
64. Triple B
65. USPS

Restaurants

66. 360 Restaurant
67. Casa Urashima
68. Everest Kitchen (G)
69. Great Harvest Bread Co.
70. Himawari (G)
71. Hyatt (G)
72. Korea House
73. Kuri-ya
74. Naked Fish
75. The Shack
76. Spicy Thai (G)
77. Thai House
78. Truong's
79. Wild Bill's (G)

Other Outdoor Activities

80. Fiesta Mall
81. Honeycomb Caves
82. Naftan Point
83. Tank Swim
84. Windsurf Rental (G)



(G) = Garapan Inset

Monday

1. Ultimate Frisbee 5pm Ada Field

Very low-key and welcoming group of players ranging from beginner to advanced to toddler. Starts at 5pm, but often game doesn't get going till 5:30. Join SaipanUltimate! Facebook group for more information and weekly updates.

Tuesday

2. Taco Tuesdays 6-10pm Godfather's Bar

\$1 beef and chicken tacos, \$2 fish tacos and drink specials. You're sure to run into someone you know/other mainlanders if you show up to Godfather's any time between 6-10pm on Tuesdays. Live music from 9pm.

3. Prime Rib Night 6-10pm Hyatt

For \$22 (as Hyatt member) get your fill of Prime Rib, open salad bar, and unlimited wine and beer. Also the usual fair of smoked salmon, sashimi, cheeses.

Wednesday

4. Salsa Dancing and Class 7:45-10:30pm Cham

To date the only social dance scene on Saipan. \$3 cover gets you a drink and entry. There is a free beginner lesson 7:45-8:30pm and then social dancing 8:30-10:30pm. There is seating so the laid back atmosphere makes it really un-intimidating for people interested in Salsa at any dance level or people who just want to come and watch and be social.

5. Beach Volleyball 5-7pm Hyatt Beach

Usually gets started as people show up after work. Teams are made from whoever shows up, play each other and then rotate. People bring coolers, puppies, babies and hammocks. Everyone welcome.



Thursday

6. Thursday Night Market 5pm Fishing Base

Every Thursday night tents are put up that offer a variety of types of food. Home of the "5 for \$5" so definitely economical eats. Other tents sell all kinds of other non food items. There is usually a MC and some kind of cultural dance or other presentation going on. Starts 5pmish

7. Latin America Night 6-10pm Hyatt

Fresh ceviche, taco bar, grilled steak with chimichurri sauce, flan, and tres leches cake. Olé! \$22 as a Hyatt member.

Friday

8. Pick-up Soccer 5-7pm Navy Hill Field

Relaxed grass field game, with all levels of play. All ages welcome. Game usually gets going around 5:30p. Plenty of people just come to spectate or heckle.



**Regular crowd shuffles
in at beach frisbee...**

9. Beach Frisbee 5pm Fiesta Resort

An even more relaxed version on Monday's game. Come to play or just to have a beer and fraternize. Usually gets going at 5:30. Often take a moment to enjoy the sunset.

10. Pizza at Godfather's 5-10pm Godfather's Bar

Follow the post-frisbee crowd to Godfather's for \$10 pizzas big enough to feed a family of 5. Make sure you order in advance - sometimes they take 1 hour to prepare!

Saturday

11. Hash Run 4pm Bank of Guam

A great way to see the "off road" portions of the island. Every Saturday (and every full moon) the group meets in the parking lot of bank of Guam at 4 or 430 pm and from there they are led to the beginning of the course which can go anywhere on the island (jungle, beach, over crashed WW2 planes etc etc etc). Cost is \$10 because it ends at sunset with beers and a whole ritual. One place a ton of people find community, stay active and see corners of the island they never would have otherwise come across.

12. Steak Night at Aqua 6:30-10:30pm Aqua Resort

\$30 buys you unlimited steak, wine, beer, and all the trimmings. Also a great place to catch a sunset. Be sure to make a reservation.



**Not a bad spread.
Sunday Brunch, Hyatt.**

Sunday

13. Beach Volleyball 3pm Ada Field

Usually starts ~3pm on the beach volleyball nets behind Hyatt, with some people coming over in a Hyatt brunch-induced food coma. Bring puppies, babies and hammocks. Everyone welcome.

14. Sunday Brunch at Hyatt 10:30-2:30p Hyatt

Grilled steak, raw oysters, fresh sushi, bottomless mimosas, oh my! The cornerstone of the Saipan culinary experience. Be sure to make a reservation!