

OCEANIA · OFF THE BEATEN PATH · HISTORY · ISLANDS

 Nauru

At 21 square kilometres, Nauru is the world's smallest island nation and one of its least-visited countries. A 19 km ring road circles the coast past Anibare Bay's sand and reef, while the interior plateau, Topside, is a lunar field of limestone pinnacles left by a century of phosphate mining. Come for the oddity and the WWII relics rather than resort comforts.

 Before you go, read the UK government's travel advice for Nauru and entry requirements (visas, passport validity). Last updated by FCDO 19 March 2026.

 CAPITAL Yaren	 CURRENCY Australian dollar (AUD) £1 ≈ A\$1.91	 LANGUAGE Nauruan, English	 BEST TIME May–Oct
 DAILY BUDGET £100–£260 £££ Expensive	 PLUGS Type I 240V · adapter needed	 FLIGHT FROM LONDON 36h via Brisbane (plus a Gulf or Asian hub) ~£1,700–£2,900 return	 TIME ZONE UTC+12 standard time

Nauru is a single raised coral island just south of the equator, home to about 12,000 people and no towns as such, only 14 districts strung around a narrow coastal belt. Phosphate made it one of the world's richest countries per head in the 1970s, but strip-mining left around four-fifths of the island an uninhabitable plateau of limestone pinnacles. A visit usually lasts two to four days, shaped by the flight schedule: drive or cycle the ring road, climb to Command Ridge's Japanese guns, swim at Anibare Bay or the boat harbours, and look around Buada Lagoon and the old mining lands.

There is almost no tourism industry, which is both the appeal and the challenge. Accommodation is limited to a couple of hotels and a few guesthouses, eating out means Chinese-run cafés and hotel restaurants, and nearly everything is imported, so prices are high. The economy now leans heavily on Australia's offshore processing arrangements and on fishing licences, and visitors may sense the island's complicated politics. People are friendly and curious about outsiders, and the pace is slow. It suits country collectors, Pacific enthusiasts and anyone interested in what happens to a place after its main resource runs out.

Top 5 highlights

-  HISTORY

Command Ridge

The island's highest point holds rusting Japanese guns and a concrete command post from the 1942–45 occupation. The view takes in almost the whole island, from Topside's pinnacles to the reef and ocean beyond.
-  BEACH

Anibare Bay

Nauru's finest stretch of white sand curves along the east coast, backed by palms and studded with coral pinnacles. Currents beyond the reef can be dangerous, so ask locals and swim in the sheltered boat harbour.

3

NATURE

Buada Lagoon

A landlocked, slightly brackish lagoon ringed by palms and gardens in a fertile hollow below Topside. A road loops around it, making a peaceful stop on a circuit of the island's interior.

4

HISTORY

Topside pinnacles

Phosphate mining stripped Nauru's central plateau down to a maze of jagged grey limestone pinnacles. Drive or walk the mining tracks for a sobering, otherworldly landscape; ask before entering areas where work continues.

5

NATURE

Moqua Well and Moqua Caves

In Yaren district, an underground freshwater lake lies inside limestone caves that once supplied much of the island's water. The well is easy to visit; the deeper caves need a local guide and a torch.

Biggest cities

LARGEST CITY

Denigomodou

≈ 1,900 people

The most populous district includes Location, the phosphate company's housing settlement; its rows of company homes and corner shops give a sense of everyday Nauruan life rather than sights.

2ND LARGEST CITY

Meneng

≈ 1,800 people

The south-eastern district holds the Menen, the island's largest hotel, and sits close to the airport and Anibare Bay, making it the natural base for most visitors.

3RD LARGEST CITY

Aiwo

≈ 1,300 people

The west-coast industrial district, dominated by the phosphate works and the cantilevers that load ships beyond the reef; it also has the Od-N-Aiwo Hotel and a row of small shops.

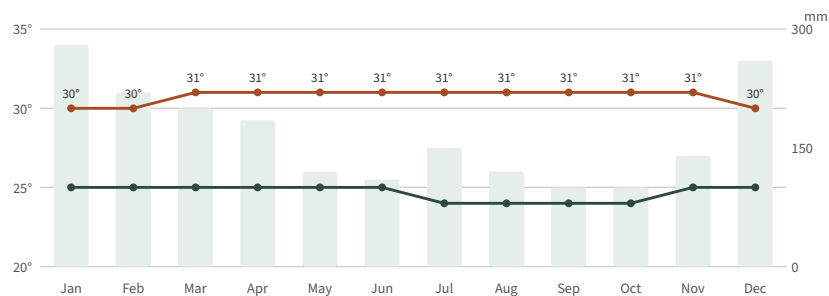
Nauru has no cities; figures are 2021 census populations of its three largest districts. Yaren, the de facto seat of government, has about 800 residents.

When to go to Nauru

Best time: **May–Oct.**

**Average climate in Yaren**

High °C Low °C Rain (mm)



Festivals & events

Jan	Independence Day On 31 January Nauru celebrates its 1968 independence from the UN trusteeship run by Australia, Britain and New Zealand, with flag-raising, sports, traditional dancing and feasting.
May	Constitution Day 17 May marks the adoption of the 1968 constitution with a public holiday, sports competitions, school performances and community events around the island.
Oct	Angam Day On 26 October Nauruans celebrate the population's recovery to 1,500, the number once thought necessary for survival, after devastating losses to disease and wartime deportation.

How much does Nauru cost?

SHOESTRING £100 per person / day ≈ A\$191 hostels, street food, buses	MID-RANGE £170 per person / day ≈ A\$325 3-star hotels, restaurants, some taxis	COMFORTABLE £260 per person / day ≈ A\$497 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Coconut fish Fresh reef fish or tuna cooked in rich coconut cream with onion; the dish to ask for at family feasts and hotel kitchens.	Tuna sashimi Yellowfin and skipjack landed at the boat harbours, eaten raw with soy sauce, lime and chilli, often bought straight from the fishermen.	Noddy bird Black noddies, traditionally caught at dusk with hand nets on Topside, are cooked and eaten on special occasions in a long-standing Nauruan custom.
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Getting around

There is no public transport worth relying on. The 19 km ring road takes about half an hour to drive, so most visitors hire a car or scooter through their hotel, borrow a bicycle, or walk and accept lifts. Taxis are scarce. Topside is reached by side roads from Aiwo and Anibare. Nauru Airlines is the only regular carrier, with flights from Brisbane and a few other Pacific islands.

Practical information

PLUGS & VOLTAGE  I 240V — bring a UK-to-I adapter	EMERGENCY NUMBERS Ambulance: 111 Fire: 112 Police: 110 Source: FCDO “Getting help”
DIALLING CODE +674	TIME ZONE UTC+12 (standard time)

TAP WATER	DRIVING
Not safe — drink bottled or treated water	On the left
TIPPING	
Tipping isn't part of Nauruan culture and isn't expected, though a small tip for an especially helpful driver or guide won't cause offence.	
ETIQUETTE	
Dress modestly away from the beach, with shoulders and knees covered in villages and churches. Ask before photographing people or crossing family land, and don't photograph the regional processing centre.	
MAIN AIRPORTS	
Nauru International Airport (INU), Yaren	

Visas & entry for Nauru

Shown for a British passport.

Visa required — apply before you go

You must have a visa to visit Nauru.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations

See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Hepatitis A Tetanus

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Dengue Hepatitis B Bat Lyssavirus Tuberculosis Typhoid

YELLOW FEVER CERTIFICATE

No yellow fever certificate is required to enter.

MALARIA

No malaria risk

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Nauru

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Mon 26 Oct 2026	Angam Day
Fri 25 Dec 2026	Christmas Day
Sat 26 Dec 2026	Day following Christmas
Mon 28 Dec 2026	Day following Christmas (observed)

Fri 1 Jan 2027	New Year's Day
Sun 31 Jan 2027	Independence Day
Mon 1 Feb 2027	Day following Independence Day
Tue 2 Feb 2027	Independence Day (observed)
Mon 8 Mar 2027	International Women's Day
Fri 26 Mar 2027	Good Friday
Mon 29 Mar 2027	Easter Monday
Tue 30 Mar 2027	Easter Tuesday
Mon 17 May 2027	Constitution Day
Thu 1 Jul 2027	RONPHOS Handover
Thu 19 Aug 2027	Ibumin Earoeni Day
Sat 25 Sep 2027	Sir Hammer DeRoburt Day
Mon 27 Sep 2027	Sir Hammer DeRoburt Day (observed)

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Know before you go

Confirm accommodation before booking flights: there are only a handful of places to stay, and hotels can also arrange airport transfers and car or scooter hire.

Bring enough Australian dollars in cash for your whole stay; card acceptance is limited, cash machines are few, and many small shops and cafés take cash only.

Nauru Airlines flights are infrequent and schedules change, so build a spare day into any onward connection and reconfirm departure times locally.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.