



Love a little paradise
...for real

Top 10 Things to do: Aitutaki



1. Cruise Aitutaki Lagoon

There are endless options when it comes to experiencing the pristine Aitutaki Lagoon, from full day, all inclusive tours which include hotel and airport transfers, snorkelling and a delicious locally prepared lunch, to half day private charters and romantic sunset cruises.

2. Hike Maunga Pu Summit

Sunrises from Maunga Pu are some of the best in Aitutaki. The 30-minute hike up Aitutaki's summit (124m / 406ft), provides splendid views over the entire atoll and the sapphire-blue lagoon.

3. Aitutaki Island Nights

Your opportunity to experience Cook Islands culture and cuisine all in one! Book in for one of the Island Night shows hosted at select resorts and restaurants. A great night out, offering a buffet dinner coupled with traditional dancing, live drumming, and if you're lucky a fire show.

4. Experience Kite Surfing

Aitutaki is one of the best places on earth to learn how to kitesurf. During the months of May - October offer the perfect conditions. Whether you're a beginner or experienced we've got spacious lagoon, warm tropical waters, and predominant easterly trade winds.

5. Bonefishing

For the ultimate fishing challenge, no angler can go past the uniquely large, fast-running, hard-fighting Aitutaki Bonefish. Lying on the beautiful lagoon sand flats, they are on every fly fisherman's bucket list.

6. Swim With Humpback Whales

Between the months of July and October, Humpback whales migrate north into the South Pacific waters. Observe these magnificent creatures or respectfully swim with them in their home.

7. Diving, Spearfishing Or Deep Sea Fishing

Explore Aitutaki's underwater world with diving, deep sea fishing, or spearfishing in one of the most beautiful islands in the world. Whether you're a beginner or more advanced, there are options to suit all levels.

8. Island Spa Treatment

Unwind and enjoy spa and massage treatments at one of the spas and salons around the island. Couples massage, body wraps and scrubs, facials or beachside treatments anyone?

9. Engage With The Locals

Proud Aitutakians love interacting with visitors. Fun and outgoing people with an intriguing history. Take a look around the giant clam nursery at the Marine Research Centre or visit the oldest church in the Cook Islands on a Sunday morning in Arutanga.

10. Tee Off At Aitutaki's Golf Course

Aitutaki has it's own 9-hole golf course among swaying palms and lagoon views nearby the airport. You can hire clubs to enjoy teeing off at your own leisure or join the locals for their weekly competition.

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