

COOK ISLANDS

Love a LITTLE FAMILY time



Love a LITTLE PARADISE

COOKISLANDS.TRAVEL



A LITTLE PARADISE BIG ON FAMILIES

The perfect playground for kids, switch off the screens and recharge your family. Not only a destination for romantic couples, family togetherness is an intrinsic part of Cook Islands culture and you'll all be welcomed like you've come home. There's so much to keep everyone entertained, from simple pleasures like crab racing or snorkeling in the safety of the lagoon, to jungle trekking across the island or enjoying the spectacle of cultural entertainment.

There are many family friendly accommodation and dining options, even self-catering is a breeze, shopping at the local market or shops. Most resorts have kids clubs too if you need to steal a few precious moments for yourselves. What's more, getting around Rarotonga is so easy, like exploring one big connected resort. Simply hail a clockwise or anti-clockwise bus, grab some bikes or hire a car and explore for yourself. Whether it's the freedom of the night market or the joy of finding a rope swing on the beach, you'll soon discover all our guests are free range and the little ones love it.

Families love discovering the rich ancient culture of the Cook Islands. No visit is complete without an island night, where families can take in a village tour, traditional umu feast and cultural dance show, complete with traditional island dancers. There are a number of island-wide festivals throughout the year, including Te Mire Kapa: Dancer of the Year Festival in April/May, Te Maeva Nui: Cook Islands' independence festival in early August and Te Vaka Eiva, the international canoe festival of the Cook Islands in November. Drumming at the markets, laughing while dancing, splashing about in the lagoon... the one thing you won't hear from kids is "I'm bored"!





FUN FOR THE WHOLE FAMILY

Surrounded by an aquatic playground, many popular activities are in or on the water.

Families can explore the beautiful lagoons and reefs by by snorkeling (many accommodations offer equipment free of charge) and view the amazing tropical fish, turtles, sting rays and moray eels. Take a ride on a glass bottom lagoon cruise in Rarotonga is a favourite, along with the BBQ lunch. Families who like to fish can book charters at the wharf, while sailing, kayaking or paddleboarding around the lagoon is always a winner. For the adventurous, there's kite surfing, sea scootering or banana boat joyriding. Of course with year round sunshine, nothing beats a simple day at the beach, the lagoon is safe for swimming with no stingers. The toughest part will be deciding between a cafe for lunch, or packing a picnic stocked with fresh fruit and coconut bought for a few dollars from a roadside stall.

The fun continues inland, where families enjoy guided nature walks to learn about the island environment. Perhaps a game of tennis or mini-golf, or combat games of laser tag or paintball. Thrill-seekers can take a scenic flight over Rarotonga or pit mum against dad in a mud splattered jungle tour in a buggy.





FEEDING THE FAMILY

There are a wide range of places to enjoy fresh, simple and inexpensive food with the kids and supermarkets and roadside stalls for fresh fruit, vegetables and seafood.

For inexpensive yet delicious dining, the family will love streethawker style food at Muri nightmarket, and plentiful fish and chips and burger options all over the Cook Islands. A number of places vie for the crown of best burger - Vili's Burger Joint in Muri, Trader Jack's by the harbour and Palace take-away in town, not to mention any of the resorts. The fish sandwiches at the Mooring Fish Cafe are sublime.

The Game Fishing Club and Viania's Beach Bar are both eclectic places to enjoy great fish and chips right on the water. Or if your kids like Asian flavours, try Bamboo Jacks in town, Richshaw Thai food in Muri or the freshest tuna sashimi you'll ever enjoy at the Tahiti Cafe. Most larger resorts have family friendly bars and restaurants, with family favourites like pizza and pasta. A must is to try an umu feast, where dinner is cooked in an earth oven. Try any resort island night, Highland Paradise or Te Vara Nui in Rarotonga or Tamanu Beach in Aitutaki.

Pork, fish and chicken, served with sweet potato, plantain and breadfruit are cooked this traditional way, served with local watermelon, pawpaw, mango, passionfruit, bananas and starfruit. Whether self-catering or dining out, families can enjoy something different every meal.





FAMILY ACCOMMODATION

Rent a house or self catering apartment or enjoy the warm hospitality of these family friendly resorts to suit any budget.

Resorts with kids' clubs: The Rarotongan Beach Resort & Spa, Rarotonga / Edgewater Resort, Rarotonga / Pacific Resort Rarotonga

Family Friendly (welcoming children under 12)

- Lagoon Breeze Villas, Rarotonga
 - Muri Beach Resort, Rarotonga
 - Muri Beachcomber, Rarotonga
 - Club Raro, Rarotonga
 - Moana Sands Beachfront Hotel, Rarotonga
 - Moana Sands Villas, Rarotonga
 - Palm Grove, Rarotonga
 - Puaikura Reef Lodges, Rarotonga
 - Te Manava Luxury Beachfront Villas, Rarotonga
 - Avana Waterfront Apartments, Rarotonga
 - Apartments Kakera, Rarotonga
 - Hawaiiki Villas, Rarotonga
 - Raina Beach Apartments, Rarotonga
 - Aitutaki Lagoon Resort & Spa
 - Atiu Villas, Atiu
 - Mitiaro Homestay, Mitiaro
- Plus a wide choice of holiday homes across the islands.





TOP TEN FAMILY REASONS TO VISIT

1. One big resort, all in one island - easy access to get around the island by scooter, bus or rent a car.

2. Endless adventures by day, both in the water and on the land to keep the family entertained.

3. Over 52 cafe's and restaurants - everything from seaside fish & chips to fine dining Polynesian style, there's something for every taste and budget.

4. Roadside food stalls buy fresh fruit like starfruit, bananas, watermelon, mangoes and of course everyone's favourite: coconuts. All for only a few dollars.

5. Accommodation to suit every style, taste and budget. With exceptional kids club facilities, your children will

learn values of a new culture and play in a safe and friendly environment.

6. Warm, friendly locals to engage with and a rich, vibrant modern polynesian culture. Kids club leaders are very interactive and willing to share their cultural knowledge.

7. Easy direct flights from Sydney, Auckland and Los Angeles or via Auckland from other Australian cities via Air New Zealand, Virgin Australia and Jetstar.

8. Aitutaki, arguable the world's most beautiful lagoon. The corals and abundant tropical fish have to be seen to be believed, along with kayaking, diving, or pottering around reefs and rockpools.



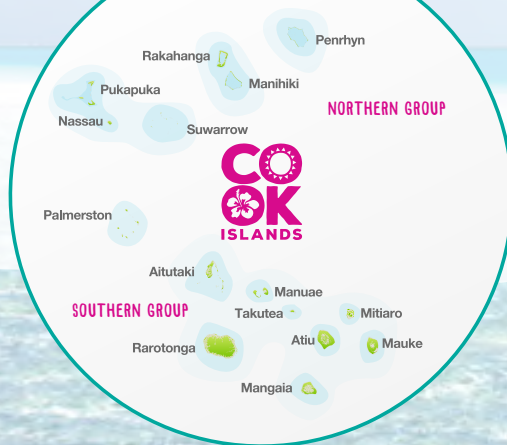
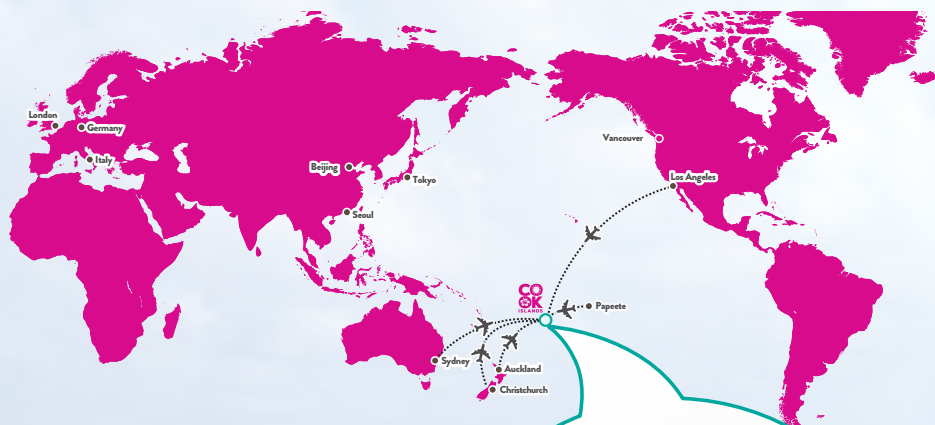
9. Completely safe and excellent value for money with NZ\$ the Cook Islands currency

10. Year round glorious weather warm sparkling lagoons, there's never a bad time to visit

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VISITOR CENTRE

At the centre of everything! Advice on accommodation, tours, restaurants, activities, entertainment and outer islands travel.

Head office: Main Road, Avarua (Between the Banana Court & ANZ Bank)
PO Box 14, Rarotonga, Cook Islands P: (682) 29 435 | F: (682) 21 435

E: tourism@cookislands.gov.ck W: www.cookislands.travel

Office Hours: Mon - Fri 8am - 4pm | Sat 10 am - 1:30pm