

COOK ISLANDS

Love a LITTLE INDULGENCE



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Love a LITTLE PARADISE

COOKISLANDS.TRAVEL

DISCOVER treasures of a LITTLE PARADISE

Still largely undiscovered by tourists, our little paradise is unspoiled, much like Hawaii was 50 years ago but with all of the modern conveniences. Untouched charm and pristine beauty in the very center of Polynesia. Tropical delights and unforgettable moments await laid-back luxury travellers looking to celebrate special occasions, or simply sample South Pacific splendor in style. Whether weddings, honeymoons, anniversaries or just time to rekindle romance.

Enjoy world class Pacific and international cuisine and wines in your resort right by the water, or venture out to discover our 52 cafes and restaurants around Rarotonga. Perhaps a picnic on secluded motu all to yourself, enjoy spa pampering together or take in a scenic flight around the island. Whether you explore and make friends with our warm locals or crave your very own shipwrecked luxury experience, our little paradise will not disappoint. Like one big resort, it's so easy to get around and do as much or as little as you like.

You'll be delighted how easy it is to engage with the warm local Maori people. Witness their amazing drumming and dancing talents at cultural shows, learn the history of the islands, chat at the markets and roadside stalls. Sharing in their proud culture, you'll find an exquisite array of unique handicrafts, textiles, jewellery, art and clothing in an excellent choice of retail outlets. Like the rest of the Cook Islands, the most romantic souvenir is small but perfectly formed. Manihiki in the north export cultured black pearls to Rarotonga where they are set into high fashion jewellery pieces.

Upon arrival you'll discover Rarotonga's airport is right by the lagoon, you'll be in your resort in no time – no need for further travel, you'll go from customs to cocktails by our tranquil lagoon in under 30 minutes. With nonstop flights from Los Angeles, Sydney and Auckland flying Air New Zealand, it is so easy to visit the Cook Islands as a stopover when traveling to/from New Zealand and/or Australia. Simply take direct flights between countries and avoid transit lounge experiences.





WHERE TO STAY

You really are spoiled for choice in the Cook Islands. We like to say Rarotonga is one big resort all in one island.

Only 32kms around, wherever you stay it's so easy to get anywhere. Choose from luxury beach resort and boutique accommodation in breathtaking locations, with tailored island experiences which keep barefoot luxury guests coming back year after year. Soak up sweeping views across turquoise lagoons from private sun decks of luxuriously appointed beachfront bungalows and villas.

Perfect environments for peace, relaxation and romance. All our guests are free range, when you're ready venture out for mouth watering Pacific and international cuisine and world class wines, where no formalities or dress codes mean no stress - welcome to island time.

Aitutaki is considered the most beautiful lagoon in the world, and from the comfort of your resort, explore in the beautiful lagoon and 15 motu (islets). Accommodation on both Rarotonga and Aitutaki features ultimate five star indulgence to full-service resorts, secluded holiday homes on the beach, private villas complete with jacuzzi's and private chefs. More intrepid travellers shouldn't miss combining Aitutaki with a stay on the different coral island of Atiu or further afield to the islands of Mitiaro or Mangaia, for some unique dinner party travel tales.





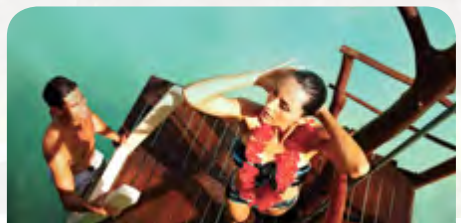
WHAT TO DO

Surrounded by a sparkling aquatic playground, it's no wonder so many activities are in or on the water. Travel scuba diving in the incredibly clear lagoons and see giant turtles, colourful fish and diverse corals. Diving here is sheltered and gentle, you'll soon be heading beyond the reef to deeper and even more spectacular waters.

Try the fast growing sport of kite surfing, which is massive in the Cooks. See how in sync the two of you really are by trying paddle boarding together at Muri Lagoon, or join a tour at sunset for neon lit night paddleboarding. Hire a scooter or convertible to explore the inland roads, stopping to chat to locals. Find secluded waterfalls, fragrant forest trails or amazing snorkelling spots you'll have all to yourselves. Island hop for your own blue lagoon adventure on Aitutaki or to the 32 secluded beaches, caves and caverns of Atiu. Both are about a 45 minute flight from Rarotonga.

The natural beauty of our little paradise is the perfect environment to escape the city for some tropical peace and tranquility. Early morning yoga classes are lead by qualified local instructors in lush settings with stunning vistas. A bucket-list experience is a SUP paddle board yoga session on the crystal blue waters of the lagoon.

Why not indulge in a spa treatment at one of the many spas and salons around the island? Or, if that all sounds like too much hard work, just snuggle up in a hammock slung between two palm trees. Just the two of you.





DELICIOUSLY FRESH CUISINE

Love fresh food? We're not called the Cook Islands for nothing. Surrounded by the Pacific Ocean, local fishermen venture beyond the reef before sunrise, helping us earn a reputation for creating the best cuisine in the Pacific. Fresh seafood straight out of the ocean, prepared simply with delicious local ingredients from our nutrient rich volcanic island gardens.

From the local favourite of ika-mata (coconut milk marinated raw fish) by the seaside at Trader Jack's to fine dining with a Polynesian twist at the Tamarind House. Everything's so fresh, with seafood caught within a few kms out front that day. A highlight of your visit will be to include a Polynesian cultural tour, dinner and performance.

Mix with the locals dining at the Punanga Nui Markets on a Saturday - a real social occasion - or experience a traditional homestead at the sumptuous Plantation House dinner. No trip is complete without stopping at a roadside stall while exploring, choose from mangoes, starfruit, watermelon, bananas and such straight from the garden, for just a few dollars.

You can't beat the experience of a chilled nu (fresh coconut drink) served with a warm smile. You can't go wrong wherever you choose, half the fun is scooting around the island and stopping where the day takes you!



TOP 25 Reasons To VISIT

- 1.** Pristine beauty, “hands down, Aitutaki is the most beautiful place I have ever seen in my life” says senior editor of Sports Illustrated MJ Day
- 2.** Untouched charm and seclusion in the very center of Polynesia. Like Hawaii was 50 years ago, but with all of the modern conveniences.
- 3.** Rarotonga, one easily accessible and diverse resort, ringed by boutique resorts, restaurants, gift shops, galleries, coffee spots and convenience stores.
- 4.** Aitutaki, “the world’s most beautiful lagoon,” say s Tony Wheeler, founder of Lonely Planet. Cruise to Honeymoon Island, partake in sport fishing, snorkel with colorful fish.
- 5.** Easy to get here – fly non-stop from Los Angeles, Sydney or Auckland to Rarotonga’s lagoon-side international airport. Be in your resort within minutes of leaving the airport.
- 6.** Wellness – unwind with sunrise yoga session or tick off the bucket list by trying stand up paddle board yoga on the lagoon.
- 7.** Same time zone as Hawaii
- 8.** Exquisite cuisine is everywhere with over 52 cafés and restaurants on Rarotonga alone. Delicious fresh seafood and locally grown fruit abound.
- 9.** Exceptional value – local currency is the New Zealand dollar. With restaurants and little markets everywhere, prices are very competitive. Tipping is not customary.
- 10.** Authentic modern Polynesian culture – easy to engage with the warm local Maori people.
- 11.** English speaking and safe – there’s no stranger danger in the Cook Islands. Relax and feel safe and comfortable.
- 12.** Boutique family owned resorts and hotels, ranging from self-contained villas to full-service hotels. No chain resorts, no building higher than a coconut tree, no traffic lights.
- 13.** Spa treatments at one of the many spas and salons around the island. Massage, body wraps and scrubs, facials and beachside treatments are just some of the indulgences on offer.
- 14.** Land activities including mountain treks, walking tours, cave tours, cycling tours, 9 hole golf, orientation tours, historical and cultural tours, cultural shows, quad biking, tennis and much more.
- 15.** Saturday morning market – Punanga Nui market in the main town offers free entertainment, fresh food stalls, organic coffee, shopping for pearls and other wonderful souvenirs.
- 16.** All travelers suit the Cooks – couples, honeymooners, friend getaways, special celebrations, families and more – no matter who you are traveling with, or traveling solo, you’ll love it
- 17.** Romance is in the air – whether it be a secluded romantic honeymoon, a destination wedding, or a special anniversary, the Cook Islands is your private paradise, perfect for romance.
- 18.** Fun nightlife – easygoing fun outdoor nightclubs in Rarotonga, such as Whatever Bar, Viania’s Beach Bar or Rehab nightclub. Only the best parties in the South Pacific!
- 19.** Spectacular scenery – watch whales (Jun-Oct) from the foreshore, explore the turquoise lagoons – no nasty sting rays! Star gaze at a trillion stars, and marvel at the jagged mountain peaks.
- 20.** Perfect for families – many resorts have excellent Kids Clubs, with group leaders that are very involved and interactive. A Cook Islands family vacation will bring everyone in the family closer together.
- 21.** Experience Atiu, land of rare birds, amazing cave tours, locally grown Arabica coffee, and the landing site of Captain Cook in 1777
- 22.** Participate in a church service on Sunday – visitors are most welcome to join in a church service. Enjoy beautiful singing and a welcoming, uplifting experience that you will never forget.
- 23.** Air Rarotonga – provides ready access to Aitutaki, Atiu and our other sister islands – plus an amazing Aitutaki day tour, including scenic flights and a cruise of the turquoise lagoon.
- 24.** Combine your vacation with New Zealand or Australia – The Cook Islands is an ultimate Pacific Island stopover flying Air New Zealand nonstop between countries – the perfect place to unwind.
- 25.** Easy to get around – Rarotonga is 20 miles in circumference and takes just 45 minutes by car to circle the island. Easy access to explore the island by scooter, the island bus service or rental car.