

COOK ISLANDS

Love a LITTLE Adventure

OUTER ISLANDS



Love a LITTLE PARADISE

COOKISLANDS.TRAVEL

Off the Beaten Track...

For the truly adventurous in spirit, the undeveloped outer islands have a remote, unspoiled appeal for the explorer, author and artist in all of us. How many places are there left in the world so remote, rarely visited and untainted by the modern world, yet so easy and safe to travel to? Venturing farther afield in the Cook Islands is an opportunity step back to a simpler, unchanging and more innocent way of life.

Six sister islands are in the rest of the southern group and six more lie to the north. Some are accessible by local flights, all are accessible by boat. Off the beaten track and spread over 2 million square km of the South Pacific Ocean, their uniqueness and timelessness are their own reward. From the many water activities which are a way of life to the locals, to exploring the secrets of the diverse and varying landscapes or a sharing in the ancient culture of some of the most undiscovered places in the Cook Islands, you'll find hidden treasure on every one of these islands.

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Atiu

There are a few places left in the world like Atiu, an island estimated to be over eight million years old – ancient, unspoilt, lush with dense rainforests and coastal bush

Also known as Enuamanu, the land of the birds, Atiu is about half the size of Rarotonga. The island's small villages are situated in the central plateau where the soil is rich and some of the best Arabica coffee in the Pacific Region is organically grown.

The coastal area surrounding Atiu is made up of makatea (fossilized coral) which in some areas, forms sea cliffs rising to over six metres. Along the foreshore you will find the loveliest little beaches with startling white sand, tucked like little secrets in the makatea. Secluded and private, visitors can be assured of a beach to themselves. An information office is open Mon-Fri to help you find everything you need while on Atiu.

There is a good handful of accommodation options on Atiu, ranging from self contained Villas made from coconut trees milled on the island, bed & breakfast options, holiday home style rooms and hostel accommodation.

TOP THREE THINGS TO DO WHILE ON ATIU: (1) Visit the unique Tumunu and enjoy the company of the friendly Atiu people while enjoying the special 'homebrew' made by the villagers. (2) Cave tours and sighting of the rare kopeka echo-locating swiftlet (3) Bird watching with Birdman George – always entertaining!



Mitiaro

Does sleeping under a kikau thatched roof with the sound of the waves and the stars shining above sound like the ultimate Pacific escape?

Also known as Nukuroa, Mitiaro is one of the most beautiful yet remote islands in the Pacific. Mitiaro has a distinctive history and culture plus the unique appeal of some of the most stunning subterranean limestone pools and caves in Polynesia.

Fed by underground water reserves and a cool calm alternative to the many lagoons found elsewhere in the Cooks, it was vital to conserve these natural attributes whilst developing a unique experience for visitors. Mitiaro is ringed by beach coves, and it is believed there are swimming caves with natural healing properties.

Accommodation options: Why not do the 'Itiki' Experience with their village homestay where you live with a local family in a traditional thatched roof. There are simple rooms available also on the island.

TOP THREE THINGS TO DO WHILE ON MITIARO: (1) Try your hand at eel fishing, or be on the look out for Mitiaro hand woven eel traps as a souvenir - they are only found on this island (2) Learn the art of traditional food preservation, with Mitiaro's special 'Piere' dried bananas (3) Be revitalised in one of Mitiaro's many fresh water swimming caves.



Mangaia

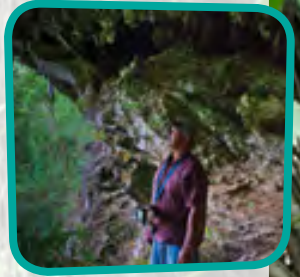
Mangaia is traditionally known as Auau enua. Affectionately referred to by many as the 'British Isles'; which lends itself to the history of the island. Geologists have estimated the island to be over 18 million years old, making it the oldest island in the Pacific.

Mangaia is the second largest and southern-most island of the Cook Islands. It is made up of raised limestone coral peppered with numerous caves that stretch into giant underground caverns.

Bikers and hikers will enjoy exploring the tropical bush of Mangaia that includes mountain valleys and swamps, bordered by sheer limestone cliffs on the interior, and windswept seaside cliffs on the exterior.

Be pleasantly surprised by the level of accommodation – Mangaia Villas are well appointed and well located on the foreshore. Home stay and basic hostel accommodation that is clean and comfortable are also available.

TOP THREE THINGS TO DO WHILE ON MANGAIA: (1) Enjoy the Mangaia Markets where you will find handicrafts and island delicacies made by the people of Mangaia (2) Visit the renovated colonial home featuring some of Mangaia's distinguishing artifacts and historical information (3) hire a bicycle/scooter and explore the many roads that will take you 'upstairs', 'downstairs' and the 'stairway to heaven'



Mauke

The traditional name for Mauke is 'Akatokamanava' which translates to 'where my heart rests' It's a fitting name for this Eden, as many visitors find the island takes hold of their heart on arrival and the memories they leave with are for a lifetime.

Often described as the garden island of the southern Cook Islands. This is an extraordinarily pretty island where flowers grow wild everywhere. It is hugged by a close reef where everyday locals can be seen catching their evening dinner. Explore this charming island, home of the famous Maire plant exported for use in Polynesian ceremonies particularly in Hawaii.

Accommodation options are limited in number, but you will find cute and comfortable self contained rooms hidden away. Meals can be provided and should be arranged in advance.

TOP THREE THINGS TO DO WHILE ON MAUKE: (1) Take a tour of the island with one of the colourful local guides and visit sites of interest, including the largest Banyan Tree in the country (2) Be carried away by the voices at the Ziona Church – and it's decor. Built in 1883 it was described by renowned New Zealand artist Samuel Palmer as one of the 12 most unique churches in the world (3) Sing and dance in the Mauke way – with ukeles and and friendly, welcoming locals.



Your journey...

Venture beyond Rarotonga to her sister islands, where an authentic little paradise experience awaits to embrace you with its rich tapestry of traditions, customs and culture. Quite unlike anywhere else in the world, this rare experience you will treasure forever.

Each sister Island possesses her own individually vibrant charm, unique experiences and friendly people. Common to all islands is a generous hospitality and warm welcome that is the signature of the Cook Islands, wherever you go.

Getting there...

Domestic flights are operated by Air Rarotonga with daily flights to Aitutaki and scheduled flights to Atiu, Mangaia, Mauke, Mitiaro, Manihiki, Penryhn and Pukapuka. For domestic flight schedule please visit www.airraro.com. For advice and booking accommodation, tours and activities on the outer islands, Island Hopper are locally based travel consultants operating for over 25 years www.islandhoppervacations.com





VISITOR CENTRE

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

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