

# TOP 10 THINGS TO DO: AITUTAKI

## 1. AITUTAKI LAGOON CRUISES

Take a lagoon cruise on 'the world's most beautiful lagoon', where the color blue is redefined. Enjoy BBQ seafood lunch on board and snorkel with turtles, colourful tropical fish and giant trevally.

## 2. ENGAGE WITH THE LOCALS

Proud Aitutakians love interacting with visitors. Fun and outgoing people with an intriguing history, who love sharing their Polynesian culture. Visit the oldest church in the Cook Islands for Sunday service.

## 3. CHOOSE FROM SO MANY WATER ACTIVITIES

Lagoon cruises, catamaran sailing, diving, SUP hire, sunrise SUP yoga, kayaking, snorkeling, kite surfing, whale watching, spear fishing, big game fishing... and more!

## 4. JOIN A UNIQUE TOUR TO LEARN AND DISCOVER

4WD safari tour to Maunga Pu and lush island interior with breathtaking scenery. Learn ancient myths, legends and traditional ancestral ways at Punarei Cultural Village tour.

## 5. SPA & WELLNESS

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

## 6. INDULGE IN EXQUISITE CUISINE

Feast on world class wines and modern Polynesian and international cuisine at restaurants serving seafood caught straight over the reef in the Pacific ocean and an abundance of fresh local fruit.

## 7. TOTAL ESCAPE — RELAX AND UNWIND

Whether you are on your own, on business, with family, on honeymoon or celebrating a special occasion, the Cook Islands is perfect for stress-free relaxation and rejuvenation.

## 8. ISLAND NIGHTS

Enjoy an island night cultural show with traditional umu (underground earth oven) feast and Cook Island dancing. Natural performers, Aitutakian fire-dancing is some of the best in the Cook Islands.

## 9. BONE FISHING

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.

## 10. KITE SURFING

A kitesurfer's nirvana, offering perfect conditions, for experienced or beginner kites alike: spacious lagoon, warm tropical waters and predominant easterly trade winds, ranging from 15-30 knots.







# TOP 10 THINGS TO DO FOR FAMILIES



## 1. EXPLORE RAROTONGA

Safe, English speaking and so easy to get around – like one big resort. Go back to how Hawaii was 50 years ago, while enjoying all of the modern conveniences. Hire a convertible, take a bus, hail a tuk tuk!

## 2. AITUTAKI LAGOON DAY TOURS

Take a lagoon cruise on the world's most beautiful lagoon, where the color blue is redefined. Enjoy BBQ lunch on board and snorkel with turtles, colourful tropical fish and giant trevally.

## 3. ENGAGE WITH THE LOCALS

Cook Islanders love interacting with visitors. A contemporary, fun and outgoing people with an intriguing history, who love to share their Polynesian culture. Visit to Sunday church is a highlight.

## 4. CHOOSE FROM SO MANY WATER ACTIVITIES

Lagoon cruises, power boating, sailing, SUP boarding, kayaking, snorkeling, kite surfing, whale watching, fishing and more!

## 5. JOIN A UNIQUE TOUR TO LEARN AND DISCOVER

Storytelling bike tours around the island picking fresh fruit from the trees, take a jungle 4WD safari, a cross island hike with Pa or traditional village tour... and that's just for starters!

## 6. BE ADVENTUROUS

Mud-splattered jungle buggy tours, quad bikes, combat game laser tag and paint ball, banana boat riding, swim in the waterfall, night SUP tours at sunset... earn that hammock time with some fun!

## 7. FRESH, SIMPLE FOOD

Everyone must stop at a roadside stall for fresh nu (coconut). Also try the starfruit, mangoes, watermelon, pineapple, tomatoes, avacadoes... all served for a few dollars with a warm smile.

## 8. ISLAND NIGHT

Partake in an island night cultural show, taste the banquet of local delights cooked in an umu (earth oven) and enjoy the Cook Islands dancing display. Wait until it's your turn to try dancing at the end!

## 9. MURI NIGHT MARKET

Taste all the flavours at the streethawker stalls at Muri nightmarket. Also enjoy great burgers, pizza and fish & chips all over the island, right on the water.

## 10. SHOP THE LOCAL SATURDAY MORNING MARKET

Find fresh local delicacies, authentic Polynesian souvenirs and more. Enjoy free music and dancing, eat local food and meet some of the locals at the social outing of the week.

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### 1 EXPLORE RAROTONGA

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### 2 WONDER AT THE PRISTINE BEAUTY OF AITUTAKI LAGOON

Journalists consistently call this 'the world's most beautiful island and lagoon'. Take a lagoon cruise and see for yourself – the color blue is redefined here.

### 3 ENGAGE WITH THE LOCALS

Cook Islanders love interacting with visitors. A contemporary, fun and outgoing people with an intriguing history, who love to share their Polynesian culture. Visit to Sunday church is a highlight.

### 4 CHOOSE FROM SO MANY WATER ACTIVITIES

Lagoon cruises, diving, boating, yachting, sailing, SUP boarding, kayaking, snorkeling, scuba diving, whale watching, neon lit night SUP tours, fishing and more!

### 5 JOIN A UNIQUE TOUR TO LEARN AND DISCOVER

Storytelling bike tours around the island picking fresh fruit from the trees, take a jungle 4WD safari, a cross island hike with Pa or traditional village tour... and that's just for starters!

### 6 INDULGE IN EXQUISITE CUISINE

Partake in an island night cultural show, dine in elegance, taste local delights or join a progressive dinner with the locals. Everyone must stop at a roadside stall for fresh nu (coconut).

### 7 TOTAL ESCAPE – RELAX AND UNWIND

Whether you are on your own, with family, on a honeymoon or celebrating a special occasion, the Cook Islands will provide you total seclusion, perfect for relaxation and rejuvenation.

### 8 DISCOVER ATIU

Explore caves and caverns, marvel at the secluded island lifestyle, and see unspoiled nature like never before in this bird sanctuary. Find a secluded cove and enjoy your shipwrecked beach all to yourself.

### 9 PARTY WITH THE LOCALS

Discover a fun nightlife scene like no other. Open air bars, a pub crawl tour bus, discos and more – everybody's welcome, no stranger danger with fun and surprises around every corner!

### 10 SHOP THE LOCAL SATURDAY MORNING MARKET

Find fresh local delicacies, shop for local pearls and authentic Polynesian souvenirs and more! Enjoy free entertainment and meet some of the locals at the social outing of the week.

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### 1 EXPLORE RAROTONGA

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### 2 AITUTAKI LAGOON DAY TOURS OR STAY LONGER

Take a lagoon cruise on 'the world's most beautiful lagoon', where the color blue is re-defined. Enjoy BBQ lunch on board and snorkel with giant trevally. Stay for a week if the day trip is not enough.

### 3 ENGAGE WITH THE LOCALS

Cook Islanders love interacting with visitors. A contemporary, fun and outgoing people with an intriguing history, who love to share their Polynesian culture. Visit to Sunday church is a highlight.

### 4 CHOOSE FROM SO MANY WATER ACTIVITIES

Lagoon cruises, power boating, jet ski, sailing, sunrise SUP yoga, kayaking, snorkeling, kite surfing, whale watching, fishing, neon lit sunset night SUP tours and more!

### 5 JOIN A UNIQUE TOUR TO LEARN AND DISCOVER

Storytelling bike tours around the island picking fresh fruit from the trees, take a jungle 4WD safari, a cross island hike with Pa or traditional village tour. Dine in local style at a plantation house dinner.

### 6 SPA & WELLNESS

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

### 7. INDULGE IN EXQUISITE CUISINE

Partake in an island night cultural show, or choose from over 52 cafes and restaurants serving modern Polynesian and international cuisine and wines. Delicious fresh seafood and locally grown fruit abound.

### 8. TOTAL ESCAPE – RELAX AND UNWIND

Whether you are on your own, on business, with family, on honeymoon or celebrating a special occasion, the Cook Islands are perfect for stress-free relaxation and rejuvenation.

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## TOP 10 ROMANTIC THINGS TO DO

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### 3. ENGAGE WITH THE LOCALS

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### 4. CHOOSE FROM SO MANY WATER ACTIVITIES

Lagoon cruises, power boating, jet ski, sailing, sunrise SUP yoga, kayaking, snorkeling, kite surfing, whale watching, fishing, neon lit sunset night SUP tours and more!

### 5. JOIN A UNIQUE TOUR TO LEARN AND DISCOVER

Storytelling bike tours around the island picking fresh fruit from the trees, take a jungle 4WD safari, a mud-splattered jungle buggy tour, try quadbiking, a cross island hike with Pa or traditional village tour.

### 6. SPA & WELLNESS

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

### 7. INDULGE IN EXQUISITE CUISINE

Feast at an island night cultural show, or choose from over 52 cafes and restaurants serving modern Polynesian and international cuisine. Dine in elegance or try fresh nu (coconut) by the roadside.

### 8. TOTAL ESCAPE – RELAX AND UNWIND

Whether you are on your honeymoon, celebrating a special occasion or just reconnecting, the Cook Islands will provide you secluded beaches and moonlit strolls, perfect for romance and relaxation.

### 9. PARTY WITH THE LOCALS

Discover a fun nightlife scene like no other. Open air bars, a pub crawl tour bus, discos and more – everybody's welcome, no stranger danger with fun and surprises around every corner!

### 10. SHOP THE LOCAL SATURDAY MORNING MARKET

Find fresh local delicacies, local pearls, authentic Polynesian souvenirs and more. Enjoy free music and dancing, eat local food and meet some of the locals at the social outing of the week.

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