

# THINKING OF EXPLORING ONE OF RAROTONGA'S WALKING TREKS?

Before doing so please consider our safety points:



Ask a locals for advice



Allow at least 3-5 hours walking time for the trek



Advise your host/  
accommodation  
of your intentions



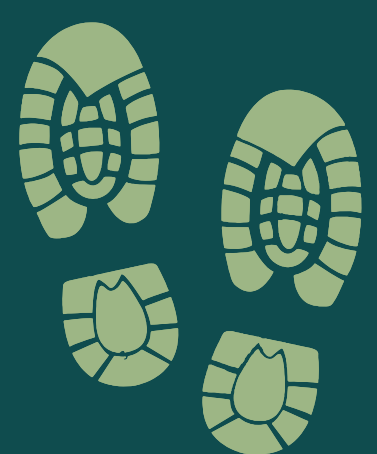
Do not rely on a mobile phone whilst on the trek as there is no reception in some places



Do not attempt treks if it has rained or rain is forecast



Make up a party of at least three



Wear strong footwear



Be advised - some considerable physical effort is required along parts of our trek



Take a jacket



Plan to be down before dark



Take drinking water

**IF YOU ARE NOT SURE -get a local professional guide to take you**

## FOR EMERGENCIES CALL 999