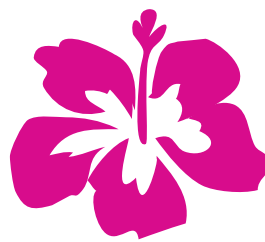
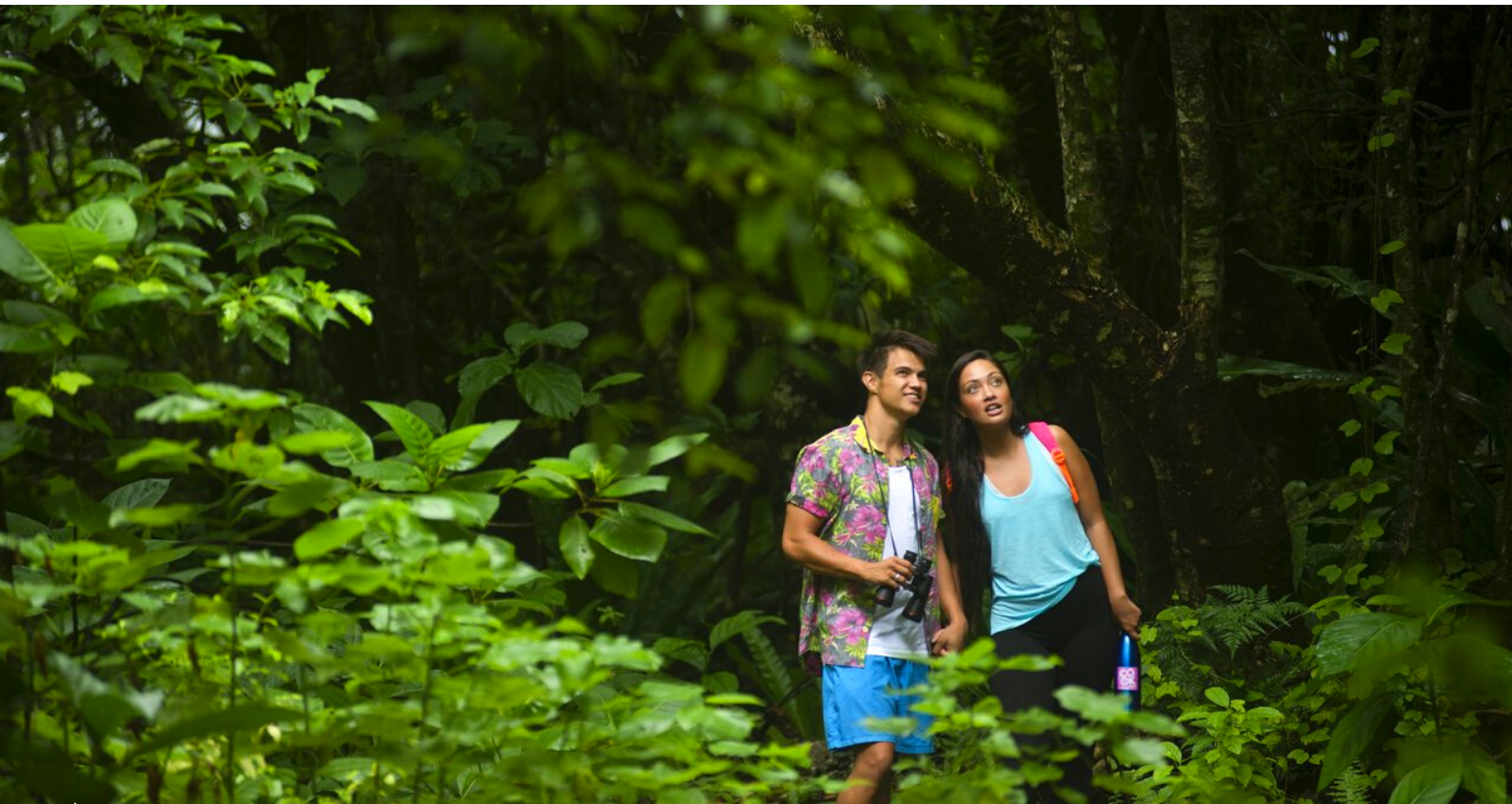


6 Days in the Cook Islands



Many visitors are discovering that the Cook Islands are more than an overnight stay and they find it better to extend their stay to relax and enjoy the variety of activities, the breathtaking authenticity of nature and the safe night life fun. Here is a sample itinerary of 6 days in the Cook Islands for each category such as families, couples/romance, adventurers, travel conscious/eco-travellers, special occasions (weddings, vow renewals, birthdays).



Accommodations

Rarotonga:

- Crown Beach Resort & Spa ★★★★★
- Pacific Resort Rarotonga ★★★★★
- Te Manava Luxury Villas & Spa ★★★★★
- Edgewater Resort & Spa ★★★★★
- Muri Beach Villa ★★★★★

Aitutaki:

- Aitutaki Escape ★★★★★
- Pacific Resort Aitutaki ★★★★★



Day 1 | Cultural Village Tour at Te Vara Nui Village

- ✿ Legends and storytelling
 - ✿ Learn about ancient carving tools
 - ✿ Learn to weave, husk coconuts, coconut climb
- 🕒 2 hours (approx) - Starts at 5pm



[Link : cookislands.travel/supplier/cultural-village-tour-te-vara-nui-village](https://cookislands.travel/supplier/cultural-village-tour-te-vara-nui-village)



Day 2 | Reef Snorkelling with Snorkel Cook Islands

- ✿ Round-trip transportation
 - ✿ Refreshments & local knowledge
 - ✿ Option of underwater shot by Turama Photography
- 🕒 3 hours (approx) - Starts at 9am



[Link : cookislands.travel/supplier/snorkel-cook-islands](https://cookislands.travel/supplier/snorkel-cook-islands)

Day 3 | Maunga Tours

- ✿ Information on flora and fauna
- ✿ History provided by your guides
- ✿ Pick up and drop off service
- ✿ Fresh fruit and light refreshments provided

🕒 3 - 4 hours (approx) - Starts at 10am or afternoon option

[Link : cookislands.travel/supplier/maunga-tours-0](https://cookislands.travel/supplier/maunga-tours-0)



Day 4 | Lagoon Explorer SUP Board & Snorkel Tour

- ✿ Instructions from professionals
- ✿ Exploring the marine life of Rarotonga
- ✿ Full equipment provided

🕒 2 hours (approx) - Starts at 9am or 1pm



[Link : cookislands.travel/supplier/lagoon-explorer-stand-paddle-board-snorkel-tour-kitesup-watersports-cook-islands](https://cookislands.travel/supplier/lagoon-explorer-stand-paddle-board-snorkel-tour-kitesup-watersports-cook-islands)

Day 5 | Raro Safari Tours

- ✿ Exploring the mountains of Rarotonga
- ✿ Delicious refreshments
- ✿ Pick up and drop off

🕒 3 hours (approx) - Starts at 9.30am or 1.30pm



[Link : cookislands.travel/supplier/raro-safari-tours](https://cookislands.travel/supplier/raro-safari-tours)



Day 6 | Tumutoa Tours

- ✿ Umu cooking class & fire making
- ✿ Coconut husking, open & grate
- ✿ Coconut climbing lessons
- ✿ Weaving lessons
- ✿ Storytelling/history

🕒 4.5 hours (approx) - Starts at 3pm



[Link : cookislands.travel/supplier/tumutoa-tours](https://cookislands.travel/supplier/tumutoa-tours)

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