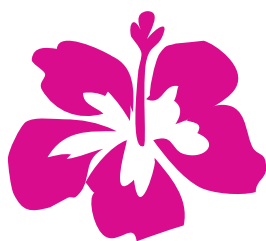


6 Days in the Cook Islands



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).



ECO TRAVELLER /TRAVEL CONSCIOUS

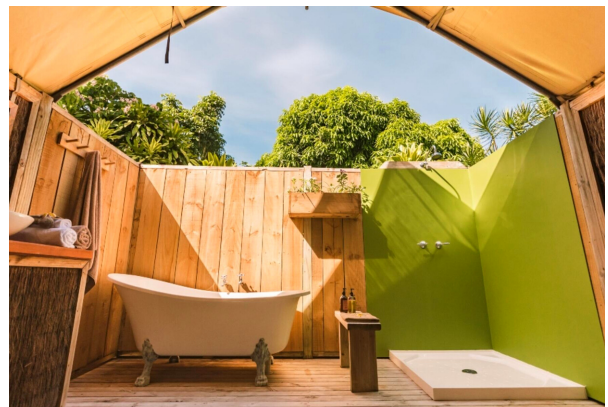
Accommodations

Rarotonga:

- Ikurangi Eco Retreat ★★★★★
- Pacific Resort Rarotonga ★★★★★
- Ocean Escape Resort & Spa ★★★★★

Aitutaki:

- Etu Moana ★★★★★
- Pacific Resort Aitutaki ★★★★★



Day 1 | Maunga Tours - Pa's cross Island

- ✿ 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 2 | Storytellers Eco Cycle Tour

- ✿ Knowledgeable about local culture
- ✿ Information about fauna and flora
- ✿ Rides take place on the sealed 'back road'

🕒 1.5/3 or 4 hours depending on tour selected (approx)
- Starts at 9am



[Link : cookislands.travel/supplier/storytellers-eco-cycle-tours](https://cookislands.travel/supplier/storytellers-eco-cycle-tours)

Day 3 | Stand Up Paddle Yoga

- ✿ Yoga floating class
 - ✿ Visit motu Koromiri (an island)
 - ✿ Lessons of paddling
- 🕒 1.5 hours (approx) - Starts at 2.30pm

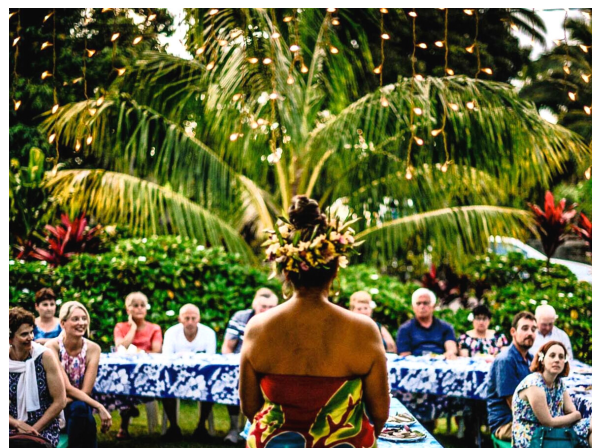


[Link : cookislands.travel/supplier/paddle-board-yoga-kitesup-watersports-cook-islands](https://cookislands.travel/supplier/paddle-board-yoga-kitesup-watersports-cook-islands)



Day 4 | Progressive Dinner Cook Island Tour

- ✿ Visit three local homes & meet locals
 - ✿ Enjoying a different course at each home
 - ✿ Small string band
 - ✿ Popular local Cook Islands dishes
- 🕒 4 hours (approx) - Starts at 5.30pm



[Link : cookislands.travel/supplier/progressive-dinner-through-local-homes-cook-islands-tours](https://cookislands.travel/supplier/progressive-dinner-through-local-homes-cook-islands-tours)

Day 5 | Punanga Nui Markets & Night Market in Muri

- ✿ Local food
- ✿ Delicious fresh smoothies
- ✿ Crafts and souvenirs

🕒 3 - 4 hours (approx) - Starts at 6am & night market starts at 5pm



[Link : cookislands.travel/experiences/arts-culture/markets](https://cookislands.travel/experiences/arts-culture/markets)



Day 6 | Reef Walk with Ariimoana

- ✿ Learn about the reef of Rarotonga
- ✿ Delicious fruit platter and fresh, cold nu
- ✿ Star fish, sea cucumber, sea urchins etc

🕒 2 - 3 hours (approx) - Starting time depends on tide



[Link : facebook.com/ariimoana.walkabouts/](https://facebook.com/ariimoana.walkabouts/)

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ISLANDS**

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