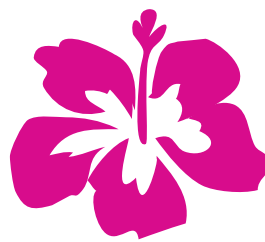


## 6 Days in the Cook Islands



*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).*





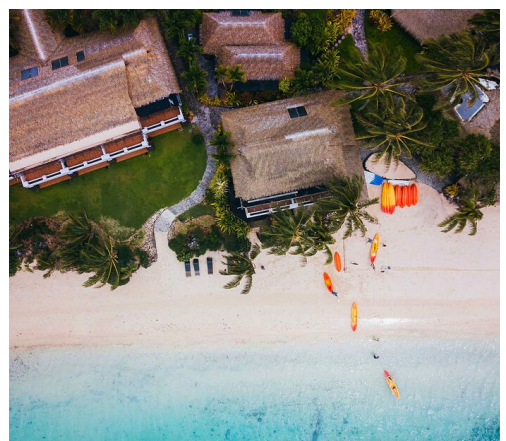
## Accommodations

### Rarotonga:

- Edgewater Resort & Spa ★★★★★
- Pacific Resort Rarotonga ★★★★★★
- The Rarotongan Beach Resort & Lagoonarium ★★★★★
- Muri Beachcomber ★★★★★
- Nautilus Resort ★★★★★★

### Aitutaki:

- Pacific Resort Aitutaki ★★★★★★
- Aitutaki Village ★★★★★



## Day 1 | Cruise Rarotonga's Lagoon

### *Captain Tama's Lagoon Cruizes*

- 🌺 Lagoon tour with a glassed bottom boat
- 🌺 Snorkelling & storytelling
- 🌺 Visit Motu Korimiri (small island)
- 🌺 Enjoy an island style BBQ

🕒 4 hours (approx) - Starts at 11am



[Link : cookislands.travel/supplier/captain-tamas-lagoon-cruizes-aquasportz](https://cookislands.travel/supplier/captain-tamas-lagoon-cruizes-aquasportz)



### *Koka Lagoon Cruises*

- 🌺 Lagoon tour with a glassed bottom boat
- 🌺 Snorkelling & storytelling
- 🌺 Visit Motu Korimiri (small island)
- 🌺 Enjoy an island style BBQ

🕒 4 hours (approx) - Starts at 10am



[Link : cookislands.travel/news/koka-lagoon-cruises-launch-new-glass-bottom-boat](https://cookislands.travel/news/koka-lagoon-cruises-launch-new-glass-bottom-boat)



## Day 2 | Experience the local culture

### Te Vara Nui - Over Water Night Show

- ✿ Enjoy a buffet dinner
- ✿ Legends and storytelling
- ✿ Cultural dance show

🕒 3 hours (approx) - Starts at 6.30pm



[Link : cookislands.travel/supplier/over-water-night-show-buffet-dinner-te-vara-nui-village](https://cookislands.travel/supplier/over-water-night-show-buffet-dinner-te-vara-nui-village)



### Highland Paradise

- ✿ Hosted roundtrip transport
- ✿ Expert guides
- ✿ Village cultural immersion experiences
- ✿ Marae visit
- ✿ A tapu lifting
- ✿ Warrior welcome with arrival cocktail
- ✿ Umu feasting
- ✿ Spectacular stage show & storytelling

🕒 3.5 hours (approx) - Starts at 5.30pm



[Link : cookislands.travel/supplier/sunset-show-feast-highland-paradise-cook-islands-cultural-centre](https://cookislands.travel/supplier/sunset-show-feast-highland-paradise-cook-islands-cultural-centre)

## Day 3 | Fun & Adventure with the kids

### Banana boat & speed boat

- ✿ Gemini V-hull rigid inflatable
- ✿ Snorkelling
- ✿ 100% Fun

🕒 1.5 hours (approx) - Starts at 10am



[Link : cookislands.travel/supplier/banana-speedboat-tour-rongohiva-watersports](https://cookislands.travel/supplier/banana-speedboat-tour-rongohiva-watersports)



### Raro Reef Sub

- ✿ Glass-bottomed boat
- ✿ Turtles & tropical fishes
- ✿ Sting rays and giant trevally

🕒 1.5 hours (approx) - Starts at 9am, 11am, 2pm and 4pm.



[Link : cookislands.travel/supplier/raro-reef-sub](https://cookislands.travel/supplier/raro-reef-sub)

## Day 4 | Explore Muri Lagoon

*Sea Scooter Snorkel Tour with KiteSUP*  
*Watersports Cook Islands*

- ✿ Turtles, rays and tropical fishes
- ✿ Sea scooter
- ✿ Lagoon tour

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



[Link : cookislands.travel/supplier/ava-sea-scooter-snorkel-tour-kitesup-watersports-cook-islands](https://cookislands.travel/supplier/ava-sea-scooter-snorkel-tour-kitesup-watersports-cook-islands)



## Day 5 | Have fun while exploring the mountain side

*Raro Quad Tours*

- ✿ Learn the history & origins of Rarotonga
- ✿ Visit the waterfall
- ✿ 70% off Main Road

🕒 1.5 hours (approx) - Starts at 10am



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



## Day 6 | Take a tour around the Island

### *Island Tour with Tik-e Tours*

- ✿ Tuk-Tuk ride through the villages of Rarotonga
- ✿ Discover a selection of stunning beaches
- ✿ Discover some snorkelling areas

🕒 3 hours (approx) - Starts at 9am



[Link : cookislands.travel/supplier/island-tours-tik-e-tours](https://cookislands.travel/supplier/island-tours-tik-e-tours)

