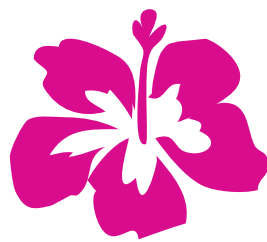
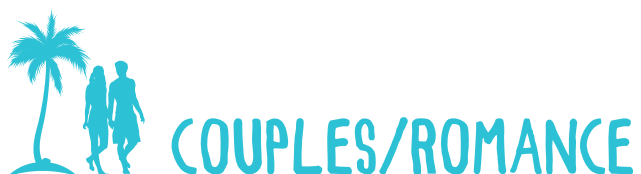


## 6 Days in the Cook Islands



*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).*



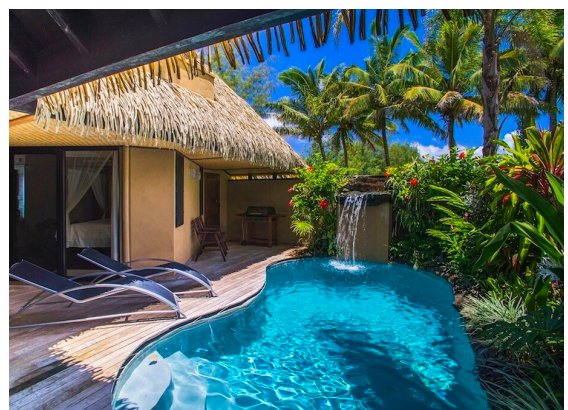
## Accommodations

### Rarotonga:

- Rumours Luxury Villas & Spa ★★★★★
- The Little Polynesian ★★★★★
- Pacific Resort Rarotonga ★★★★★★
- Motu Villas ★★★★★★
- Te Manava Luxury Villas & Spa ★★★★★★

### Aitutaki:

- Aitutaki Lagoon Private Island Resort ★★★★★
- Pacific Resort Aitutaki ★★★★★





## Day 1 | Aitutaki Day Tour

- ✿ Includes a round trip to Aitutaki & transfers
- ✿ Snorkelling & storytelling
- ✿ Visit different motus (small island)
- ✿ Enjoy an island style BBQ lunch on board

🕒 9 hours (approx) - Starts at 8am

[Link : cookislands.travel/supplier/aitutaki-day-tour](https://cookislands.travel/supplier/aitutaki-day-tour)



## Day 2 | Turtle Sea Scooter Safari with Ariki Adventures

- ✿ Introduction on how to use a sea scooter
- ✿ Exploring the marine life of Rarotonga
- ✿ Eco-friendly adventure

🕒 2 hours (approx) - Starts at 8am



[Link : cookislands.travel/supplier/turtle-sea-scooter-safari-ariki-adventures](https://cookislands.travel/supplier/turtle-sea-scooter-safari-ariki-adventures)

## Day 3 | Night Paddle & Dinner Tour

- ✿ Led light paddle boards
- ✿ Lessons on how to paddle
- ✿ Paddle out to the reef and cruise along the reef

🕒 2 hours (approx) - Starts at 5.30pm



[Link : cookislands.travel/supplier/night-paddle-lagoon-tours-sup-ariki-adventures](https://cookislands.travel/supplier/night-paddle-lagoon-tours-sup-ariki-adventures)



## Day 4 | Island Night at Edgewater Resort

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

🕒 2 hours (approx) - Starts at 6pm



[Link : cookislands.travel/supplier/island-night-buffet-dinner-crown-beach-resort-spa](https://cookislands.travel/supplier/island-night-buffet-dinner-crown-beach-resort-spa)

## Day 5 | Arore Mountain Trek

- 🌸 Sunrise Guided Tour (pick ups available)
- 🌸 Day Walk Guided Tour (pick ups available)
- 🌸 Unguided Tour

🕒 1 hour (approx) - Starts at 5am (sunrise tour)  
\*24 hour notice for the other tours.



[Link : cookislands.travel/supplier/arore-mountain-trek](https://cookislands.travel/supplier/arore-mountain-trek)



## Day 6 | Dive Rarotonga

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

🕒 2 hours (approx depending on course)  
- Starts at 11am depending on course



[Link : cookislands.travel/supplier/dive-rarotonga-ltd](https://cookislands.travel/supplier/dive-rarotonga-ltd)



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