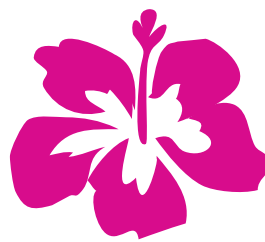


6 Days in the Cook Islands



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).



SPECIAL OCCASIONS (WEDDINGS, BIRTHDAYS..ETC)

Accommodations

Rarotonga:

- Sea Change Villas ★★★★★
- Rumours Luxury Villas & Spa ★★★★★★
- Pacific Resort Rarotonga ★★★★★★
- Te Manava Luxury Villas ★★★★★★
- Nautilus Resort ★★★★★★

Aitutaki:

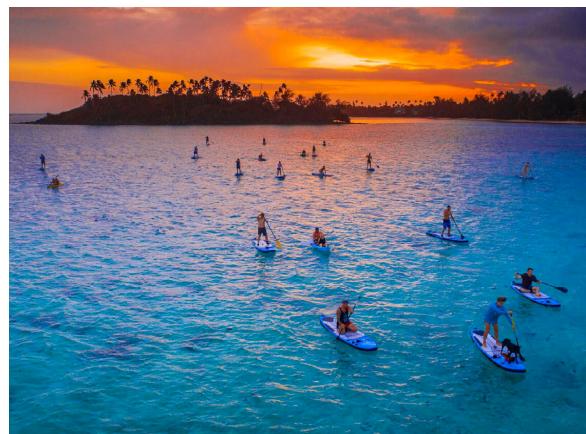
- Aitutaki Lagoon Private Island Resort ★★★★★
- Pacific Resort Aitutaki ★★★★★



Day 1 | Fire on Water Night Paddle Tour with KITESUP

- ✿ Exploring Muri Lagoon
- ✿ Ice breaker games
- ✿ Storytelling of local legends
- ✿ Fire show on a private island

🕒 1.5 hours (approx) - Starts at 5.45pm



[Link : cookislands.travel/supplier/fire-water-night-paddle-tour-kitesup-watersports-cook-islands](https://cookislands.travel/supplier/fire-water-night-paddle-tour-kitesup-watersports-cook-islands)



Day 2 | Rehab Pub Crawl

- ✿ Friendly local guides
- ✿ Great music and games
- ✿ Pick up and drop off from accommodations

🕒 5 hours (approx) - Starts at 6pm



[Link : cookislands.travel/supplier/rehab-nightclub-raro-pub-crawl](https://cookislands.travel/supplier/rehab-nightclub-raro-pub-crawl)

Day 3 | Dive Aitutaki with Bubbles Below

- ✿ Exploring Aitutaki marine life
- ✿ Certified professionals
- ✿ Round-trip transportation
- ✿ Refreshments & local knowledge

🕒 3 to 5 hours (approx) depending on tour choice-
Starts at 9am (depends on tour)



[Link : cookislands.travel/supplier/dive-aitutaki-bubbles-below](https://cookislands.travel/supplier/dive-aitutaki-bubbles-below)



Day 4 | Rumours Waterfall Spa

- ✿ Whole-body water massage treatment
- ✿ Following a body scrub
- ✿ 100% relaxing

🕒 2.5 hours (approx) - Starting time depends on booking.



[Link : cookislands.travel/supplier/waterfall-spa-rumours-luxury-villas](https://cookislands.travel/supplier/waterfall-spa-rumours-luxury-villas)

Day 5 | Sunset Cocktail Happy Hour Hop with Tik-e Tours

- ✿ Happy hour pricing at the bar
- ✿ Relax and enjoy a sunset
- ✿ Pick up and drop off available

🕒 2.5 hours (approx) - Starts at 4:30pm



[Link : cookislands.travel/supplier/sunset-cocktail-happy-hour-hop-tik-e-tours](https://cookislands.travel/supplier/sunset-cocktail-happy-hour-hop-tik-e-tours)



Day 6 | Shipwreck Sea Scooter with Ariki Adventures

- ✿ Eco friendly adventure
- ✿ Self Drive
- ✿ Explore the marine life of Rarotonga

🕒 1.5 hours (approx) - Starts at 9am or 11am



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

Wedding Venues

Highland Paradise

- ✿ Traditional Turou (welcome) by the Mountain Warrior
- ✿ 30 acres of manicured lawns
- ✿ Gardens and native forest
- ✿ Traditional wedding and photos
- ✿ Ancient mountain village retreat
- ✿ Local Cultural String Band and decoration
- ✿ Return transfers to the Registrar of marriages



🕒 The time depends on choice of wedding

[Link : cookislands.travel/supplier/highland-paradise-weddings](https://cookislands.travel/supplier/highland-paradise-weddings)



Weddings Cook Islands

- ✿ Planning
- ✿ Marriage Ceremony
- ✿ Setting
- ✿ Transport
- ✿ Flowers and Celebrations
- ✿ Commemorative Gift
- ✿ Decorated Archway
- ✿ Traditional Island String band
- ✿ Brides Hair & Makeup
- ✿ Wedding Cake
- ✿ Bottle of Sparkling Wine



🕒 The time depends on choice of wedding

[Link : cookislands.travel/de/node/350](https://cookislands.travel/de/node/350)

More options on: cookislands.travel/experiences/weddings

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