

ONE WEEK IN PARADISE

DAY 1 PARADISE AWAITS

Today you'll fly nonstop from LAX to Rarotonga's lagoonside airport aboard Air New Zealand flight NZ19. You'll depart at 11:30pm Saturday and arrive in Rarotonga Sunday at 6:30am.



DAY 2 AWAKE TO A NEW PARADISE

Welcome to Rarotonga, the main island and one of 15 islands in the Cook Islands. Once you've checked in to your hotel, enjoy your tropical breakfast. Experience the local Cook Islands Christian Church service from 10am; after that, take it easy and explore the island at your own pace.

In the evening we suggest you try out our local night market in Muri Beach.



DAY 3 DIVE RIGHT INTO IT

Today you'll head out for your first dive experience off the coast of Rarotonga. A ring of coral reef separates the island from the clear blue South Pacific, which stretches beyond it for thousands of miles.



You will visit two of 30 dive sites off the coast of Rarotonga, including Edna's Anchor, Smurf City, Coral Gardens, and Mataora Wreck. The weather will determine which sites you will explore. Your dive operator can offer single or double tank dives.

In the evening, dine in or explore the many restaurants on Rarotonga.

DAY 4 TREKKING + NIGHT DIVE

This morning you will enjoy a hike up Raemaru Mountain on the west side of Rarotonga. This 1.5-hour trek through the interior of the island will introduce you to the medicinal plants, herbs, and fauna of the Cook Islands and take you to a stunning vista with a 180-degree view of Rarotonga.



In the evening you'll be diving on the north side of the island at popular sites like Smurf City, Edna's Anchor, and Tangaroa's Rocks. There are plenty of interesting nooks and crannies where crustaceans and other nocturnal creatures hide.

DAY 5
DIVE + ISLAND NIGHT EXPERIENCE

Head out on the water again this morning for a two tank dive at some more hot spots.



Tonight, you'll visit Highland Paradise to learn about our heritage and about pre-Christian Polynesia. You'll be transported from your accommodation in the late afternoon to a site in the mountains, where an evening of authentic cultural entertainment and feasting awaits.

DAY 6
DIVE + DINE WITH THE LOCALS

It's your last chance to dive before you depart tomorrow night. Your dive operator will show you a few more sites to tick off your list.



In the evening, you'll leave your resort and venture out to the villages to experience true Cook Islands cuisine and hospitality. The progressive dinner tour is your ticket to a real encounter with island life and culture; you'll enjoy a three-course meal, with each course in a different local home.

DAY 7
FREE DAY TO EXPLORE

It's your last day to explore the wonders of our little paradise.



Rent a motorized scooter or car and take a drive around Rarotonga, which measures 20 miles (32 kms) in circumference. As you drive around, visit the shops and roadside stalls selling everything from handicraft to fresh fruit. Stop at iconic sites including Black Rock, Nikao Beach, Maitai Shipwreck, Matavera Beach, Avana Lookout, Muri Beach, and Tikioki Beach.



In the evening head to Vaiana's Bistro and Bar, where you can enjoy a beer and some fish and chips as you watch the sun set over the South Pacific.

Your nonstop flight to Los Angeles on Air New Zealand NZ18 departs Rarotonga at 11:55pm.



FLIGHT INFORMATION	FLIGHT NO.	DEPART		ARRIVE	
Los Angeles (LAX) to Rarotonga (RAR)	NZ19	11:30pm	Saturday	6:30am	Sunday
Rarotonga (RAR) to Los Angeles (LAX)	NZ18	11:55pm	Friday	11:00am	Saturday

Visit www.cookislands.travel for the most updated flight details, departure times and arrival times.

RAROTONGA

1. Mataora Wreck
2. Ngatipa Reef
3. Pue Coral Garden
4. Edna's Anchor
5. SS Matai
6. Goldmine
7. Panama Chanel
8. The Maze
9. Runway
10. Black Rock
11. Maritime Reefer
12. Sunset Caves
13. Arorangi Passage
14. Arorangi Drop-off
15. Pinnacles
16. Rutaki Passage
17. Rutaki Drop-off
18. Papua Passage
19. Papua Drop-off
20. Avaavaroa Passage
21. Avaavaroa Drop-off
22. Queens Reef
23. Avana Passage
24. Matavera Wall
25. Tupapa Sandriver



AITUTAKI

1. Marine Passage
2. Paradise Cove
3. Black Rock
4. Amuri Drop
5. The Buoy
6. Arutanga Passage
7. Rautaro Passage
8. Rautaro Point
9. Atuatane - The Chimney
10. Wreck of the Alexander
11. Johnny Moa
12. Maina Point
13. Honeymoon Wall
14. Te Akaurua Drop
15. Rapota Wall
16. Motukituu Point
17. Motukituu Coral Garden
18. Tapuaetai Drop
19. Tekopua Drop
20. Akaiami Point
21. Akaiami Fingers
22. Papau Passage