

TWO WEEKS 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 ESCAPE TO AITUTAKI

Welcome to Rarotonga. You'll be traveling to Aitutaki this morning, so head over to the domestic check-in counter. Your 45-minute flight departs for Aitutaki at 11:15am. While you wait for your flight, make your way across the road to the Islander Hotel for a tropical breakfast.

When you get to Aitutaki, take it easy. Enjoy your resort facilities or rent a bicycle so you can explore the island in the afternoon.

DAY 3 AITUTAKI DIVE

Today you'll dive with Bubbles Below Aitutaki in one of the world's most beautiful lagoons. Get up-close and personal with the friendly local turtles, moray eels, and the thousands of fish living around the reefs of Aitutaki. Rest easy in the evening, as another day of adventure is in store for you tomorrow.



DAY 4 EXPLORE AITUTAKI LAGOON

Grab or rent a pair of fins and a mask and snorkel. Take a small boat to some of the lagoon's best swimming spots and explore Aitutaki underwater. Swim with giant trevally, ogle at the giant clams, and take underwater photos of colorful fish. In the evening, dine in or sit down at a beachfront restaurant.

DAY 5 DIVE

Another day in paradise, another awesome dive. The diving outside the reef of Aitutaki is similar to that off Rarotonga; the visibility is excellent and the corals make for impressive marinescapes. There are plenty of larger reef fish to make friends with—unicorns, parrotfish and Napoleon Wrasse—as well as turtles, white-tipped reef sharks, and eagle rays swimming above your head.



DAY 6 DIVE + ISLAND NIGHT

Enjoy more underwater sights like drop-offs, caves, and swim-throughs on your dive through Aitutaki's pristine marine environment.

After today's dive, get ready for a traditional performance and island buffet at Tamanu Beach Resort. The fun starts at sunset with live music and a delicious dinner, followed by a fire and dance show featuring local performers.



DAY 7 FREE DAY TO EXPLORE AITUTAKI

Take a drive around the island today and absorb the beauty of Aitutaki. Visit Maunga Pu, which at 407 feet (124 meters) is Aitutaki's highest point, for a breathtaking view. Wind down on a sandy beach.

Your 45-minute domestic flight to Rarotonga, the main island in the Cooks group, departs at 4:40pm.

DAY 8 FREE DAY TO EXPLORE RAROTONGA

This morning you'll visit the Punanga Nui marketplace. Located on the waterfront next to Avarua, Punanga Nui is where you can purchase fresh local fruit, veggies, seafood, island dishes, handicraft, black pearls, and more.

Rent a motorized scooter and explore the back roads of Rarotonga in the afternoon. Turn in early as you'll be diving again in the morning.

DAY 9 DIVE IN RAROTONGA

Today you will visit two of 30 dive sites off the coast of Rarotonga such as Edna's Anchor, Smurf City, Coral Gardens, and Mataora Wreck. The weather will determine which sites you will explore, and your dive operator can offer single or double tank dives. In the evening, enjoy some live music and beachfront dining at one of Rarotonga's many restaurants.

DAY 10 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.

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 11 GAME FISHING + ISLAND NIGHT

Today you'll explore the ocean from above. Charter a boat and enjoy some exciting game fishing; cast for yellowfin tuna, marlin, wahoo, or mahimahi and drink in the sight of Rarotonga from the sea. In the evening, experience a spectacular dance show and buffet dinner at Te Vara Nui Village.

DAY 12 DIVE + NIGHTSUP

You'll be out in the beautiful lagoons of Rarotonga again this morning, exploring a different kind of ecosystem. Break for some of the island's best fish sandwiches at Charlie's Beach Cafe in Titikaveka. In the evening, watch the sun go down from a stand-up paddleboard. When it gets dark, watch the lagoon light up beneath your LED-equipped board.

DAY 13 DIVE + DINE WITH LOCALS

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 14 FAREWELL

Your last day in a little paradise. Enjoy the rest of your day at your own pace. Stop through your favorite spots before you fly back home. 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 Aitutaki (AIT)	GZ1616	11:15am	Sunday	1205pm	Sunday
Aitutaki (AIT) to Rarotonga (RAR)	GZ619	4:40pm	Friday	5:30pm	Friday
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