



ATIU

COOK ISLANDS

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Love a LITTLE PARADISE

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WHAT IS UNIQUE ABOUT ATIU

A TROPICAL PARADISE, WITHOUT ALL THE TOURISTS

Although an island of astonishing beauty and easy access, few visitors venture to this fascinating place. This keeps Atiu off the beaten tourist track, unspoiled and completely without the trappings of commercialism.

LUSH NATURE AND VIBRANT BIRDLIFE

A perfect place for those who like to explore. Stunning limestone caves, vibrant birdlife, culture and folklore, are some of what you have to look forward to.

UNSPOILED AND UNHURRIED

This is a place where you will find yourself a bright white-sand beach, waiting to be discovered - the perfect sanctuary from a busy world.

SMALL MAKES IT SO SPECIAL

Locals are proud that life is still pretty much as it was 25 years ago, thereby offering travellers yearning for something untouched and genuine, the very special experience they seek.

DISCOVER MORE IN ATIU

There are many things to experience on Atiu, from an expedition to the astonishing Anatakitaki cave, to the excitement of fishing on the reef; a tour of the island discovering the endangered Kakerori and splendidly coloured Kura birds; a sheltered cove to sunbathe in; sipping hot Atiuan coffee with fresh coconut cream; to merrily drinking home brewed beer at a Tumunu with the locals.





TOP 10 REASONS TO VISIT ATIU...

LUXURIANT NATURE

From a shallow lagoon inside the surrounding reef, makatea rises in steep bluffs and cliffs. The island is beautifully covered by thick jungle, broken only by the occasional flash of a brilliant white beach.

TRANQUILITY AT ITS FINEST

Atiu is a peaceful, quiet island with friendly, charming people. Often visitors regret they did not set aside more days to enjoy the tranquility of Atiu - don't make that mistake!

VIBRANT BIRD LIFE

There are many birds to discover on Atiu. Though there are two to look out for, the endangered Kakerori (Flycatcher) and the Kura (Rimatara Lorikeet)

FASCINATING CAVES

Amongst the island's most fascinating features are the limestone caves which pepper the makatea coastal area. Be sure to visit Anatakitaki, where the Kopeka birds live, on a guided tour with Birdman George.

FUN TUMUNU EXPERIENCE

Your Tumunu guide will guarantee your first island bush beer experience to be a memorable one. Sit with the locals for a few cups of bush beer, fresh fruit, and some good laughs





TOP 10 REASONS TO VISIT ATIU

SAFE AND EASY TO EXPLORE

Atiu is only half the size of Rarotonga, so it doesn't take long to circle the island. Whether by car, bicycle, scooter, or even walking, exploring this little island is easy.

EXQUISITE ATIU COFFEE

Coffee enthusiasts will enjoy Mata Arai's Atiu Island Coffee tour, offering visitors the opportunity to experience and taste local coffee roasted in a traditional way. To add to the tasting, this delicious coffee is served with fresh coconut milk and pikelets.

LAND ACTIVITIES

Adventure seekers who enjoy the outdoors are spoiled for choice! Go hunting, explore the limestone caves, cycle around the island, participate in historical and cultural tours, search for indigenous birds, and more.

WATER ACTIVITIES

Visitors who've never ventured on a reef, should take the opportunity to do so. Providing the tides and weather are right, those who take the reef fishing tours can be assured of catching their own meal the local way!

FLIGHTS

Easy to reach. Direct flights from Rarotonga to Atiu Island only take 45 minutes. One option to explore is the 'Two Island Adventure Tour' offered by Air Rara which includes Aitutaki and Atiu islands.





TOP 10 THINGS TO DO ON ATIU

EXPERIENCE AN ECO-TOUR WITH BIRDMAN GEORGE

Learn about the endangered Kakerori, splendidly coloured Kura birds, and other indigenous flora and fauna, as well as visit historical sites.

ATIU ISLAND DISCOVERY TOUR

See the best of Atiu on an eco-friendly island tour. Visit significant sights including Marae, Captain Cook's Landing, the Sink Holes and Coral Gardens.

TASTE ATIU COFFEE

Take a tour of Mata Arai's coffee plantation and learn how to hand-process coffee the traditional Atiuan way. To finish the tour, enjoy freshly roasted coffee and pikelets!

TREK TO THE ANATAKITAKI KOPEKA BIRD CAVES

The Anatakitaki caves are an unforgettable experience. See the home of the Kopeka, a tiny swiftlet unique to Atiu that navigates its flight in pitch black using sonar, just like a bat.

VISIT AN ATIU TUMUNU

You haven't had a true Atiuan experience till you've been to a Tumunu to enjoy the freshly brewed bush-beer. Visitors are welcome to join locals in drinking the traditional ale of their ancestors.





TOP 10 THINGS TO DO ON ATIU

EMBARK ON A PUNAREA CULTURAL TOUR

A unique opportunity to learn about traditional Atiuan culture and practices from your young and energetic guide, Joshua. Equipped with knowledge passed down through his family, he will give you an unforgettable and informative tour.

RIMARAU BURIAL CAVE

On this safe and exciting tour, join experienced guides on a popular walk through untouched tropical rainforest. Listen to the legends and view the artifacts found in the caves.

HUNTING TOUR

If you enjoy hunting wildlife, then give Atiuan-style pig hunting a go. This is a group expedition will provide thrilling chase!

GO LAGOON FISHING

Join Andrew and his family on a fishing experience of a lifetime. Get in on the action and try your luck at night, reef, rock or lagoon fishing.

RELAX AND UNWIND

Atiu has 26 pristine beaches scattered across the coast. Pack a picnic and find your own private beach, all to yourself. Take a dip in the clear blue water, bodysurf, search for shells, or just relax in the warm sun





FAST FACTS...

POPULATION

Cook Islands: 17,459 Atiu: 437 (Figures from 2016 census)

DOMESTIC AIR TRAVEL

Air Rarotonga operates scheduled flights during the week. Usually on a Monday, Wednesday and Friday. Phone (682) 22 888 or Book Online with Air Raro www.airraro.com.

CURRENCY & BANKING

The currency used in Atiu is the New Zealand Dollar (NZD). There is a BCI bank, located next to the Tourism and Visitor Office. It is open Monday to Friday from 9:30am to 12:30pm. It is always handy to have cash on hand as limited eftpos on island.

SHOPS

All shops are open Monday to Saturday. Aria Mai Store opens on Sunday from 6am - 8am and from 5pm - 8pm. The post-office is located in the centre of town, and is open from Monday to Friday, 8am - 4pm.

DRIVING

Driving is on the left-hand side of the road. Cars and motor scooters can be rented from Super Brown or Atiu Villas. Drivers licences can be obtained from Atiu Police Station for \$2.50. Be careful when driving along Atiu roads, it is bumpier in some areas, and the roads can get slippery after heavy rain.



FAST FACTS...

ELECTRICITY

Electricity voltage is 240 AC/50 cycle, the same three pin plugs as used in New Zealand and Australia. Some hotels have outlets for 110 volt AC electric razors.

MEDICAL & DENTAL SERVICES

A small hospital and dental hygienist is available, located in the middle of town. You must be careful when reef-fishing, some fish contain ciguetera, which causes fish-poisoning.

CHURCHES

Sunday is considered the day of rest and worship. There are four churches on Atiu

Saturday: Seventh Day Adventist 10am.

Sunday: Catholic Church 9am, Apostolic Church 10am, Cook Islands Christian Church 10am.

TELECOM & WIFI

Local sims, WIFI vouchers, and the only WIFI hotspot on the island is available at the Vodafone Office. Atiu Villas provides their own limited Free WIFI service - it is not a Vodafone hotspot.

ISLAND WEBSITE

Find out more about Atiu at www.atiu.info or www.cookislands/islands/atiu

