

## Things to do in Aitutaki

### 1. EXPERIENCE AITUTAKI LAGOON

There are endless options when it comes to experiencing the pristine Aitutaki Lagoon, from full day, all inclusive tours which include hotel and airport transfers, snorkelling and a delicious locally prepared lunch onboard a traditional vaka, to half day private charters and romantic sunset cruises.

### 2. VISIT THE OLDEST IN CHURCH IN THE COOK ISLANDS

Aituaki is home to the oldest church in the Cook Islands. For a glimpse into the local culture in its truest sense, be sure to visit the CICC church on a Sunday morning in Arutanga.

### 3. ISLAND NIGHT CUISINE

An opportunity to experience a variety of local cuisine would be to book in for one of the "Island Night" shows hosted at select resorts on Aitutaki. A great night out, offering a buffet dinner coupled with traditional dancing and a live drumming show.

### 4. ONE FOOT ISLAND

Home of the smallest post office in the world, One Foot Island has the most beautiful stretches of sand. It's the perfect spot for weddings and unforgettable photo shoots. Get your passport stamped and walk on white sand banks rising from the turquoise lagoon!

### 5. HIKE MAUNGA PU SUMMIT

Sunrises from Maunga Pu are some of the best in Aitutaki. The 30-minute hike up Aitutaki's highest peak, provides splendid views over the entire atoll and the sapphire-blue lagoon.

### 6. WHALE WATCHING EXPERIENCE

Between the months of July and October, Humpback whales migrate north into the South Pacific waters. In Aitutaki, observe these magnificent creatures up close, the best way to see whales is to swim with them! A close encounter with whales is a truly humbling and magical experience you will never forget!

### 7. KITE SURFING

Aitutaki is one of the best places on earth to learn how to kitesurf. Offering perfect conditions whether you are experienced or a beginner: spacious lagoon, warm tropical waters, and predominant easterly trade winds.

### 8. BONE FISHING

For the ultimate fishing challenge, no angler can go past the uniquely large, fast-running, hard-fighting Aitutaki Bonefish. Lying on the beautiful lagoon sand flats, they are on every fly fisherman's bucket list.

## Aitutaki



### Cook Islands Tourism

Aitutaki Office:  
Arutanga Township  
(Main intersection).  
Opening Hours: Mon-Fri 8am - 4pm,  
Tourism Officer: Misepa Isamaela  
P: +682 31767  
E: misepa.isamaela@cookislands.travel



Discover more at  
[WWW.COOKISLANDS.TRAVEL/AITUTAKI](http://WWW.COOKISLANDS.TRAVEL/AITUTAKI)

## Aitutaki





# Aitutaki



With its turquoise , sunlit lagoon decorated with 16 motus (islets) and an emerald green main island, approximately 16 sq kilometres. Aitutaki is undisputedly one of the most beautiful of all South Pacific destinations. An easy 40 minute flight from Rarotonga, its lagoon is considered one of the most magnificent in the world.

The view when approaching by air is undisputedly one of the most breathtaking sights that travellers to this part of the Pacific will experience. A triangular shaped reef encompasses Aitutaki lagoon which is home to countless varieties of brilliantly coloured tropical fish and marine life. It is this spectacular lagoon that makes Aitutaki unrivalled in the Cook Islands for water activities.

The main island of Aitutaki is where some 2000 people live on, with a blissfully relaxed lifestyle of the warm locals, this destination is the top of any bucket list in the South Pacific.



## What's unique about Aitutaki

### It's all so real!

What you see is what you get, composed of stunning motus (small islets), crystal clear water, and all shades of the color blue. Aitutaki is so beautiful that there's no need for Instagram filters. A perfect Island getaway to relax and take it all in - it's almost unbelievable.

### Feel the Love

The ultimate destination for a romantic getaway, Aitutaki is a favourite amongst couples and honeymooners. With breathtaking scenery and uncrowded, secluded beaches, you could easily feel like you have this island paradise to yourselves on most days. The idyllic backdrop of the many lush, uninhabited islets ('motus') that dot the turquoise lagoon, make for a perfect spot for couples to tie the knot, or simply escape to for the day on a private charter

### An Aquatic Playground

Keen fishermen and those looking to experience deep sea fishing, or bone fishing in the lagoon will not be disappointed. Aitutaki lagoon is home to some of the largest bonefish in the world. Scuba buffs are well catered for with two local and experienced operators offering dive trips and there's a chance of swimming with turtles, rays and spotting whales (in season). Kayaking and stand-up paddleboarding are also unbeatable on Aitutaki lagoon. Our little paradise offers perfect conditions both for experienced or beginner kitesurfers alike. With clear, spacious lagoons, warm tropical waters and predominant easterly trade winds ranging from 15-30 knots, it's a kitesurfer's nirvana.

### Mainland Adventures

Whilst Aitutaki may be renowned for its iconic lagoon, the mainland - offers visitors plenty things to experience and explore - take a leisurely bicycle ride around the island, through the various villages or opt for something more adventurous with a hike up to Maunga Pu, the highest point on the island (124m), and discover the lush interior of the island. Follow jeep tracks by foot or bike which offer fantastic vantage points with panoramic views of the entire lagoon.

## Fast facts

### Traditional Names

Araura Enea

### Population

Aitutaki 1780 (Census 2021)

### Domestic air travel

Air Rarotonga operates multiple daily flights 7 days a week. Phone (682) 22 888 or book online with Air Raro at: [www.airraro.com](http://www.airraro.com)

### Currency & banking

The currency used in Aitutaki is the New Zealand Dollar (NZD). There is a BCI and BSP bank located in the main town, in Arutanga. Opening hours are from 9am- 3pm Monday to Friday. Most local stores, restaurants and cafes accept credit cards, however it is worth keeping cash on hand. There are 3 ATMs on the island, one in town, at the airport and one at the Mangos store.

### Shops

Most shops are open daily except for Sundays. Tina & Co. is open 24/7 and Neibaa is open 6 days a week but closed on Saturdays.

### Electricity

Electricity voltage is 240 AC/50 cycle, the same plugs as used in New Zealand and Australia.

### Driving

Driving is on the left hand side of the road and visitors are able to use their full overseas license for up to 6 months in the Cook Islands. Cars and motor scooters can be rented from Aquila Rentals, Popoara and Rinos.

### Medical & dental

A hospital and dental hygienist is available, located in Arutanga. Phone (682) 31002

### Telecommunications

WIFI vouchers and postpaid mobile credit are available from most outlet stores on the island. Vodafone public Wifi hotspots are located around the island at most shops and restaurants.

### Churches

Sunday is a day of rest & worship for the majority of the island. There are various Christian denominations on Aitutaki, which include; Cook Island Christian Church, Catholic, The Seventh Day Adventist, The Church of Jesus and Latter Day Saints, Apostolic Church, Free Church, The Advent Truth Ministry

### Weather

The Cook Islands enjoy a pleasant warm and sunny climate all year round. The drier months are from April to November with an average temperature of 26°C. November to March marks the warmer season, with slightly higher humidity and occasional rainfall between December and March when the temperature ranges between 22°C (min) and 30°C (max).



Discover more at  
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