

## Things to do in Mangaia

### 1. RELAX AND UNWIND AT ARA'OA BEACH

Mangaia has beautiful, secluded beaches that are embedded in the surrounding makatea (corals). Here you can enjoy nature, the sun and the sea all by yourself.

### 2. A HIDDEN ROCK POOL FOR YOU TO TAKE A DIP

Tuaati is a stunning rock pool, hidden around a corner of Makatea. Deep enough to have a little snorkel in, you can also just relax and enjoy the fresh cool sea water.

### 3. RISE AND SHINE ON A FRIDAY MORNING AND VISIT THE MARKET

Depending on the time of year, you may be up before the sun! This is the best time to buy local produce, food and goods like Tiromi (pounded taro) a local delicacy. Grab all your goodies and enjoy the rest of your day!

### 4. VISIT SARAGOSSA SHIPWRECK

In 1904 the Barge Saragossa cargo ship hit the Southern coast of Mangaia. The ship was traveling from Newcastle, Australia to San Francisco, USA carrying coal. When visiting you may be lucky enough to find reminiscences of coal along the seashore.

### 5. ADVENTURE AWAITS

Mangaia offers an array of outdoor adventure activities. Go hunting in land, deep sea fishing or cycle around the island in search of indigenous birds, and more.

### 6. MANGAIA FISHING CLUB

When in Mangaia, do as the locals do. Located opposite the Mangaia harbour, the Fishing Club provides the perfect location to enjoy a cold drink and watch the sun set on another day in paradise. Mix it up with the locals and sing and dance til' your heart's content.

### 7. LAKE TIRIARA

At the mouth of the lake is the Cave of Tangiia. In Pre-Christan times many of the cave systems on Mangaia were used as refuge for those defeated in battle or as designated burial caves.

### 8. GO SWIMMING AT THE HARBOUR

Enjoy a refreshing splash with the friendly locals at the Mangaia Harbour.



## Mangaia



### Cook Islands Tourism

Head Office, Rarotonga:

Main road, Avarua

(Between the Banana Court & ANZ Bank)

Opening Hours: Mon-Fri 8am - 4pm,

Sat 10:00am - 1.30pm

P: +682 29435

E: headoffice@cookislands.gov.ck



Discover more at

[WWW.COOKISLANDS.TRAVEL/MANGAIA](http://WWW.COOKISLANDS.TRAVEL/MANGAIA)

## Mangaia

*Legend and mystique*

**COOK**  
ISLANDS

*Love a little paradise  
...for real*



# Mangaia (A'ua'u Enea)

Traditionally known as A'ua'u Enea which translates to "island of terraces". Mangaia is rich in culture and folklore and the second largest Island in the Cook Islands. It is the perfect place for those who like to explore and experience life in one of nature's most fascinating locations. It is peaceful, with a small population living life at an easy pace within a dramatic topography of captivating mystery.

This is a place where you can trek for miles along the coast, or in the interior and not see another soul - the perfect sanctuary from a busy world. Mangaia is made up of a shallow lagoon inside the surrounding reef and makatea (fossilised rock) with steep bluffs and cliffs. Between the makatea and forested interior hills are fields of rich volcanic soils and swampy taro plantations. A few sandy coves can be found tucked away in the coastal makatea, providing secluded places for swimming and sunbathing.

Mangaia is only a quick 40-minute flight from Rarotonga with Air Rarotonga.

## What's unique about Mangaia?

### It's History

Mangaia's history is steeped in great battles. It is said that Mangaia went through 42 intertribal battles. The winning tribe would take control of all the lands and claim authority of all the possessions on the land.

### The spectacular caves

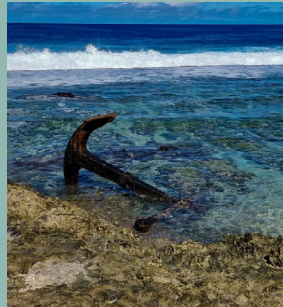
Mangaia has numerous fascinating caves, all with intriguing legends that can be explored with a local guide. Mangaia's cave systems are believed to be the most complex of all islands. In Pre-Christian times many of the cave systems on Mangaia were used as refuge for those defeated in battle or as designated burial caves.

### Ei Pupu (Golden Shell Necklaces)

Unique to the island of Mangaia, the Pupu shells are generally collected from the beaches during wet, rainy days. The process of cleaning, preparing and crafting beautiful creations out of these shells truly is a labour of love.

### Its Monarch

Mangaia is one of the last islands to still have a practicing Monarch. The current holder of the title is a descendant of the late Numangatini Tione Ariki. Who was the first king of the Numangatini dynasty.



Discover the Saragossa shipwreck that hit the reef of Mangaia in 1904. Tip: head over in low tide.



Over 18 million years old, our 2nd largest island filled with breathtaking views and stories to capture the adventurer.



Create unique pieces with Pupu shells that will provide you an insight into the journey of Ei Pupu jewellery.

## Fast facts

### Traditional name

A'ua'u Enea - Island of Terraces

### Population

Mangaia 471 (2021 census)

### Domestic air travel

Air Rarotonga operates multiple, scheduled flights during the 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 Mangaia is the New Zealand Dollar (NZD). There is a Bank of the Cook Islands (BCI) located in the main town area of Oneroa. It is open Mon - Fri 9:30am to 12:30pm. We recommend you have cash on hand.

### Shops

All shops are open Monday to Saturday, with varying operating hours. Please remember that only basic items are available.

### 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. Cars and motor scooters can be rented from Babe's Place. Be careful when driving along the inland roads as it is bumpier in some areas, and the roads can get slippery after heavy rain.

### Medical & dental

A small hospital and dental hygienist is available, located in the village of Oneroa. Phone (682) 34027.

### Telecommunications

Wifi vouchers and postpaid mobile credit are available from most outlet stores on the island. A Vodafone wifi hotspot is available at Babe's accommodation.

### Churches

Sunday is considered a day of rest and worship. There are several denominations on Mangaia: Seventh Day Adventist (Saturday), Apostolic Church, Catholic Church, Cook Islands Christian Church, Latter Day Saints (Mormon), Mangaia Christian Centre.

### 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).



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