

# Are you thinking of *Exploring* Rarotonga's inland treks?



Before doing so, please consider our safety points:



Ask a local for advice



Wear strong footwear



Advise your accommodation or host of your intentions



Do not attempt treks if it has rained or rain is forecast



Allow at least 3-5 hours walking time for the trek



Take a jacket & drinking water



Explore with at least a party of three



Do not rely on mobile service whilst on the trek, reception is unreliable



Plan to be back down before it gets dark



Be advised - considerable physical effort is required on parts of the trek



If you are unsure, book a guided tour with a local professional



Check your footwear is clean from plant debris or seeds to stop invasive species entering new areas



## FOR EMERGENCIES CALL 999



**COOK ISLANDS**  
TOURISM INDUSTRY COUNCIL  
The voice of the industry