

Exploring Rarotonga's Treks

SCAN ME FOR INFO



Rarotonga's lush rainforest interior offers exciting walking trails, but these adventures are challenging and may not be suitable for everyone. Explore with safety in mind!

POPULAR TREKS:

- ▶ **Cross Island Trek (3-4 hrs)** - A challenging north-to-south hike across uneven terrain, stream crossings, and ending at the beautiful Papua Waterfall.
- ▶ **'The Needle' (2.5 hrs)** - A shorter 'there and back' option, encompassing the first section of the Cross Island Trek.
- ▶ **Raemaru Trek (2 hrs)** - A self-guided option with QR codes for information along the way.

For a safe and enjoyable hike, it is strongly recommended that you go with a certified local guide. Their knowledge, insights and stories will help you gain the best experience while helping to protect this precious environment.

Safety Tips



Take essentials, strong footwear, jacket and water.



High level of fitness and mobility is required.



Mobile reception is unreliable in most areas of the treks.



Advise your host or accommodation of your intentions.



Do not attempt trek if it has rained or rain is forecast.



Clean footwear to stop invasive species entering new areas.