COOK ISLANDS
Love a little ROMANCE
WEDDINGS & HONEYMOONS
Impossibly blue lagoons, dazzling white sand beaches fringed by postcard palm trees, our islands offer couples the perfect romantic escape. The unspoilt natural beauty of the Cook Islands is a magical setting for celebrating love. Anniversaries, milestones, special birthdays or simply a bucket-list spot for some well-deserved reconnection. Mix with authentic, warm friendly locals. Soak up sunsets on barefoot sandy strolls. Moonlit walks by night or snorkelling together by day, the beach is wherever you are, you can always find a stretch of sand, all to yourself. It’s so easy to do as much or as little as you like. To get away from it all, or to it all together.

In the Cook Islands every day holds romantic possibilities. You can enjoy slow-paced days of fast-paced nightlife. You can venture into local villages for a taste of laidback island life, or kayak to a deserted island to hide away for hours on end. Whether it’s coming face-to-face with the islands’ rich culture of song and dance, or adventures in the great outdoors, together you’ll find yourself easily absorbed into the gentle rhythm and laid back lifestyle of these islands.

Tying the knot? Your big day in a little paradise is what dreams are made of, because life’s too short for ordinary weddings. Our local wedding planners, celebrants, stylists, photographers, musicians, caterers, hairdressers and makeup artists are well experienced in delighting the most discerning brides and grooms from around the world. There’s so many ways for your group to celebrate, it’s called a bridal party after all, not to mention spa treatments and lagoon front locations to prepare for the big day. Hold your reception in one of our luxury venues with picture perfect lagoon views, exchange vows in lush tropical gardens, or take the plunge barefoot right on the beach, fragrant fresh flowers adorning your wedding arch and sand between your toes. Whether an intimate secluded setting or arriving in a warrior outrigger canoe to your own private islet, our little paradise caters to all wishes.
When it comes to where you’ll rest your head at night, the Cook Islands is all about service and genuinely warm hospitality. You really are spoilt for choice in the Cook Islands. We like to say Rarotonga is one big resort, all in one island, so it really doesn’t matter where you stay, because it’s so easy to get around the island (it takes 45 minutes to circle the island, so you won’t get lost either).

Aitutaki is considered the most beautiful lagoon in the world, and here you’ll base yourself at your resort and spend time in the beautiful lagoon, most visitors stay from 2 - 7 nights, although day trips can easily be arranged too. Accommodation on both Rarotonga and Aitutaki ranges from ultimate five star indulgence to full-service resorts, affordable holiday homes on the beach, private villas complete with jacuzzi’s and private chefs to a multiplicity of mid range and budget places in between.

More intrepid travellers shouldn’t miss combining Aitutaki with a visit to the different coral island of Atiu or further afield to the islands of Mitiaro or Mangaia.
For romantic possibilities, there’s more to a little paradise. It’s just so easy to be action heroes or simply laze on an unspoilt beach all to yourselves.

Have a go at scuba diving in the incredibly clear lagoons and see giant turtles, colourful fish and diverse corals. Diving here is sheltered, gentle and affordable and you’ll soon be heading beyond the reef to deeper and even more spectacular waters.

Try the fast growing sport of kite surfing, which is massive in the Cooks. See how in sync the two of you really are by trying paddle boarding together at Muri Lagoon.

Hire a scooter or convertible to explore the inland roads, find secluded waterfalls, fragrant forest trails or amazing snorkelling spots you’ll have all to yourselves. Island hop for your own blue lagoon adventure on Aitutaki or to the 32 secluded beaches, caves and caverns of Atiu. Both are about a 45 minute flight from Rarotonga. Or, if that all sounds like too much hard work, just snuggle up in a hammock slung between two palm trees. Just the two of you...
WHERE TO DINE

Our little paradise is has a whole world of the finest cuisine on offer.

Love fresh food? We’re not called the Cook Islands for nothing. Surrounded by the Pacific Ocean, local fishermen venture beyond the reef before sunrise, helping us earn a reputation for creating the best cuisine in the Pacific.

Fresh seafood straight out of the ocean, prepared simply with delicious local ingredients from our nutrient rich volcanic island gardens. Choose from the best burgers you have ever had in your life, to the local favourite of ika-mata by the seaside at Trader Jack’s to fine dining with a Polynesian twist at the Tamarind House.

A highlight of your visit will be to include a Polynesian cultural tour, dinner and performance. Mix with the locals dining at the Punanga Nui Markets on a Saturday - a real social occasion - or graze the street hawker stalls at the Muri night market. You can’t go wrong wherever you choose to dine, half the fun is scooting around the island and stopping where the day takes you! And there’s a restaurant bus at night time, and don’t forget the nightlife tour to get you around to all the hotspots.
THINK LITTLE ON YOUR BIG DAY

Here’s some fun and easy ways to help make your big day in our little paradise one you’ll cherish forever.

Dance Off
Don’t want endless speeches and a boring wedding reception? Then a Cook Islands cultural dance show is just what you need to liven things up. Our little paradise is home to the entertainers of the Pacific, the more intimate the better. So you can be sure if its nightlife you and your partner are after - your feet will find the call of the island drumming irresistible. Here dancing is second nature and what better way for newlyweds to celebrate than swinging to a drumbeat - bodies entwined? Based on the legends that relate stories of love, desire, hurt and passion the swaying hip movements and entrancing arm actions of performing dancers are the essence of the Cook Islands heritage.

Ei’s
In the Cook Islands a flower lei is spelt ei. A beautiful way to have your quests welcomed on arrival to your wedding or reception.

Flowers
Bouquets, buttonholes, wristbands and everything you need are all here in our natural, unspoilt paradise... straight from the garden.

Making it legal
You need to apply for your licence in person to the Registrar of Marriages in the Cook Islands at least 3 days prior to the marriage. You will need your passport and birth certificate when filing the Notice of Intended Marriage at the Registrars Office in Avarua. For further details visit justice.gov.ck/index.php/registry/marriage - You must be 21 years of age, or written approval by parents is required. Cook Island marriages are legally binding worldwide.
At the centre of everything! Advice on accommodation, tours, restaurants, activities, entertainment and outer islands travel.

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