

Cook Islands Resource for US3727

COOK ISLAND ATTRACTIONS

1. Te Vara Nui Village

Te Vara Nui Village, Rarotonga's cultural attraction and stunning entertainment venue is an outstanding facility located in Muri Beach, Rarotonga.

The Cook Islands greeting Kia Orana, "may you live on" reflects the beauty not only of our islands but also of our Cook Islands people.

At Te Vara Nui Village you will meet local Maori people who will share their stories, knowledge and heritage with you during the Cultural Village Tour.



Finish with Rarotonga's finest dancers and musicians as they perform by flaming torchlight on the floating and fixed stages of our waterfall garden while enjoying our delicious buffet.

This stunning Over Water Night Show reflects the experience of our Village delivering an electric and authentic cultural performance like no other on the island!

Te Vara Nui Village has something for everyone; inspiring fun, authentic entertainment, activity and wonder. It is your Cook Islands Number One experience and not to be missed!

Quite simply, the Te Vara Nui Village cultural experience will capture your soul and heart, leaving you awed from its dazzling backdrop and dramatic performance.

The Cultural Village Tour - This Tour is an Interactive Experience where you can immerse yourself in the powerful story of our Cook Islands Maori culture.

Your Cook Islands cultural experience at Te Vara Nui Village includes learning about our Polynesian history, traditional medicine preparation, ancestral fishing and navigation techniques, legends and beliefs.

Local artisans and craftspeople will show you how we carve, weave, prepare our local dance costumes and cook our traditional foods and you will visit a Marae (sacred enclosure for religious ceremonies) and more.

Interactivity is a key theme to our tour and we invite you to participate in many of these activities, learning and experiencing the true Cook Islands way.

Go Holidays brochure - TE VARA NUI VILLAGE TOUR (Combo Option)

Te Vara Nui Village offers stunning over water night shows and cultural village tours. The interactive cultural village tour teaches of ancient traditions with fun knowledgeable guides.

Combo Extravaganza includes return transfers from Rarotonga accommodation, Cultural Village Tour, welcome drink on arrival; Spectacular Overnight Water Show and Buffet Dinner – 4 hours and 45 minutes.

Operates: Tue, Thu & Sat

Price: \$149 per adult / \$69 per child (6-11 years).

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2. Aitutaki Lagoon & Islands

Only a 45 minute flight from Rarotonga is Aitutaki, a magnificent and remote island, which is a triangular-shaped atoll rising up 4000 meters from the floor of the Pacific Ocean. It consists of 3 volcanic and 12 coral islets (motus).

This could easily be described as the center of the romantic universe.

The Aitutaki lagoon offers many water-based activities.

Snorkelling the Aitutaki lagoon and coral reef system is a truly wonderful experience whether you are an experienced snorkeler or beginner.



Aitutaki has some of the most bio diverse reef systems in the world. The outer canyons of the Aitutaki barrier reef hold several hundred species of fish, it truly is an amazing site to see so many species living in such close proximity to each other, true testament to a diverse eco-system.

The inner lagoon tours will take you to the giant clam reserve, small motus (islets) and some of the nicest beaches you may have ever set foot on.

Deep sea fishing or lagoon fishing Aitutaki style is a great way to spend a day on the water. Catching Yellow Fin Tuna, Mahi Mahi, and Wahoo can be an incredible fishing experience, and we can always cook your catch for you.

Bone Fishing is a relatively new sport for Aitutaki and already Aitutaki's Bonefishing Stories are gaining global recognition. There are several operators to choose from on Aitutaki.

Aitutaki Lagoon is the single biggest attraction, however there are other interesting attractions, including the oldest Cook Island church; Akaiami Motu which was the site of the first international airport for the Cook Islands operating flying boats on Aitutaki lagoon by TEAL (Tasman Empire Airways Ltd); Ngaa's archaeological site of an ancient village; One Foot Island – touted as one of the most beautiful places in the Pacific; Aitutaki Golf Course – located at the end of the main runway; and much more. Maunga Pu is the highest point of Aitutaki with 360 degree views of the island and lagoon.

There are several smaller islands (motus) in the lagoon. Akaiami is a small, elongated islet at the opposite end of the lagoon from Aitutaki's main island around 20 minutes across the lagoon from Aitutaki.

Akaiami is remote, quiet, charming, unspoiled and surrounded by pristine turquoise lagoon and coral reef, and there is a small lodge there.

One Foot Island is a popular stopping spot for lagoon cruises and you can get your passport stamped here.

A day spent hopping from the pure white motus sprinkled around the lagoon is one of life's great memories.

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3. Activities from the Go Holidays Cook Islands Brochure



AITUTAKI DAY TOUR

Begin the day with a 45 minute flight from Rarotonga to Aitutaki. Admire stunning views from the air; take a short tour around Aitutaki's main island before setting off on the Vaka Cruise. Cruise to three uninhabited islets (Akaiami, Moturakau and One Foot Island) and snorkel amid schools of tropical fish. A local tour guide will accompany you for the entire day.

Includes:

- Guided Aitutaki Island tour
- The Vaka Cruise with barbecue lunch
- Use of snorkelling equipment and beach towels
- Return flights from Rarotonga to Aitutaki
- Return transfers from Rarotonga accommodation

Duration: 9 hours 30 minutes

Departs: Mon to Sat from Rarotonga Airport at 8am

Cabin baggage allowance 7kgs.

Adult - \$600* Child 2-11 yrs - \$450*



ULTIMATE COOK ISLANDS TURTLE TOUR

This is the Cook Islands' ultimate eco-friendly, intimate turtle tour, led by elite local tour guides and world-class professional underwater photos to take home. Explore the hidden underwater gems of the Cook Islands with the locals and swim with the turtles.

Includes:

- Use of snorkelling equipment
- Led by certified guides
- World-class photography including pre-tour portraits on the beach
- Five professionally edited photos

Duration: 1 hour 30 minutes

Departs: Mon to Fri from YWAM, Avaavaroa Passage

Adult/Child - \$200*

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4. COOK ISLAND EVENTS

Round Rarotonga Road Race

September 2024

47th Anniversary!

Held in September every year in beautiful Rarotonga, this week is totally geared for the South Pacific holiday maker with a running addiction!



This Event caters for everyone - the social, recreational and competitive runners, who like to enjoy sandy white beaches, turquoise lagoons and lush tropical hilly terrain in this unique and scenically beautiful environment.

This is a fantastic opportunity to combine a holiday with an achievement...and the kids will LOVE IT!

Rarotonga is a magnet attraction for the running enthusiast. Every year they host a full week of running events catering for the social, recreational and competitive runners. And those who enjoy white sand beaches, quiet lagoons and tropical hilly terrain in this unique and scenically beautiful environment.

The main event is the 31km round island road race, run or walk. But if you're not up for that - there is a 10km run or walk option instead.

During the week you can choose another event like the Local Fun Run, Hash House Harriers run, Round the Rock Teams Relay, or the totally mad Nutters Cross Island 8.5km Run which starts in Titikaveka and heads over mountain ridges, across rugged valleys and riverbeds down to the Avatiu Coastline.

This particular run however, is not for the fainthearted and with the record still unbeaten at 45 minutes, promises to be an exciting challenge and a great spectator event. Some races have 'themes', while some have a bit of dress-up fun.

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5. Google Chart for International Flight Times

Flight schedule										
Auckland (AKL) to Rarotonga, Cook Islands (RAR) · Non-stop flights · 3h 55m										
	Air New Zealand 942	AKL-RAR	·	T	·	·	·	·	·	6:30 am – 11:25 am ⁻¹
	Air New Zealand 946	AKL-RAR	M	T	W	T	F	S	S	8:50 am – 1:45 pm ⁻¹
	Jetstar 129	AKL-RAR	·	T	·	T	·	S	·	3:30 pm – 8:25 pm ⁻¹
	Air New Zealand 948	AKL-RAR	·	·	·	·	F	S	·	7:55 pm – 12:50 am

6a. Google Chart for a Domestic Flight Time

Flight schedule										
Rarotonga, Cook Islands (RAR) to Aitutaki, Cook Islands (AIT) · Non-stop flights · 50m										
	Air Rarotonga 612	RAR-AIT	M	T	W	T	F	S	·	8:00 am – 8:50 am
	Air Rarotonga 614	RAR-AIT	M	T	W	T	F	S	·	10:30 am – 11:20 am
	Air Rarotonga 616	RAR-AIT	·	·	·	·	·	·	S	11:15 am – 12:05 pm

6a. Air Rarotonga Chart for a Domestic Flight Time

Flight schedule			Non-Stop Flights 45m
Rarotonga, Cook Islands (RAR) to Atiu, Cook Islands (AIU)			
	Air Rarotonga 612	RAR-AIU	7:00 am - 7:45 am
	Air Rarotonga 614	RAR-AIU	9:00 am - 9:45 am
	Air Rarotonga 616	RAR-AIU	11:00 am - 11:45 am

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7. Cook Island Airport Transfers

Ground Transport - Rarotonga has a good range of transport options from rental cars and scooters, through to private coach transfers, taxis, and a public bus service all available from the Airport. Operators have reception desks located in the Meet and Greet area immediately past Customs.

Coach Transfers - Raro Tours, Tiare Transport and Natura Holidays provide meet and greet services and hotel coach transfers to and from all international flights.

Taxis - A taxi rank is located next to the Arrivals area. Taxi fares average \$3 per kilometre with a typical journey from the airport to an Aroa or Muri accommodation costing approx. NZ\$40.00.

Public Bus - Cooks Buses operate a round-the-island public bus service passing by the airport every 30 minutes. The bus stop at the airport for the anticlockwise bus is by the small tree near Air New Zealand office.



RAROTONGA AIRPORT TRANSFERS – RARO TOURS

Kia Orana! Welcome to the Cook Islands. Begin your tropical holiday in Rarotonga with a door-to-door transfer service. On arrival into Rarotonga experience a warm welcome with a flower ei (garland) and a bottle of water. You'll then be escorted to your accommodation in a comfortable air-conditioned coach. On departure receive a shell necklace.

Share Coach Per Person Costs

Domestic Airport	Adult - \$40* [^]	Child 0-12 yrs - \$20* [^]
International Airport	Adult - \$55* [^] +	Child 0-12 yrs - \$40* [^] +

Private Vehicle Per Vehicle Costs

Domestic Airport	1 – 4 People - \$290* [^]	Extra person - \$65* [^]
International Airport	1 – 4 People - \$290* [^]	Extra person - \$65* [^]

[^]Price from Rarotonga Airport to Rarotonga accommodation, return.

+International Airport arrival transfer includes flower ei, meet and greet and bottled water.

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8. Rental Vehicles from the Go Holidays Cook Islands Brochure



^Minimum age for drivers is 18 yrs. All prices are based on a 24 hour rental period eg. pick-up 9am the first day; drop-off 9am the next day.

\$20 airport pick-up/drop-off fee applies, payable direct (car hire option only).

All hires are subject to Polynesian Rental Cars & Bikes rental terms and conditions

POLYNESIAN RENTAL CARS

Based on Rarotonga, Polynesian Rental Cars has the largest fleet and late model vehicles, with the best roadside assistance on the island, offering quality, reliability and value for money. Polynesian Rental Cars has ten convenient locations around Rarotonga as well as an office at the International Airport which is open for international flight arrivals and departures.

Includes:

- Free pick-up and drop-off from Rarotonga accommodation (car hire option)
- One way car rentals
- Unlimited kilometres
- Third party liability and insurance
- Roadside assistance 8am to 8pm daily

Does Not Include:

- A \$2500 excess applies for car rental. A Zero Excess Reduction can be purchased for an additional \$20 per day payable direct.

	1-6 Days	7+ Days
Toyota 1st, Toyota Ractis or similar	\$70*^	\$63*^
Toyota Sienta or similar	\$85*^	\$77*^
Toyota Voxy or similar	\$110*^	\$99*^
Suzuki Vitara or similar	\$124*^	\$108*^
Toyota HiAce	\$120*^	\$108*^

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9. Accommodation from the Go Holiday Cook Island Brochure

RUMOURS LUXURY VILLAS & SPA



Platinum Beachfront Villa

Muri Beach
MAP PAGE 14 REF. 10

From **\$1000***[^]

- ❖ Welcoming guests aged 15 years and over
- ❖ Private courtyard pool in all villas set in a tropical garden
- ❖ All villas have two bedrooms and two private en suite bathrooms
- ❖ Free use of snorkelling equipment and kayaks
- ❖ Private movie theatre in the Platinum Villa
- ❖ Acclaimed day spa offering massages, body treatments and facials

Includes breakfast delivered daily, arrival gift basket and a bottle of wine.

Location: These spacious deluxe villas are spread across two absolute beachfront locations along Muri Beach. The bustling Muri Village with its shops, cafés and night food markets is an easy stroll away. Distances: Beachfront, Airport 14.4km.

Getting There: FREE 20 minute return VIP private transfers from Rarotonga Airport.

Property Features: Wi-Fi (common areas – extra charge), Waterfall Spa (Day spa), Use of snorkelling equipment and kayaks, Guest laundry, 7 villas.

Room Features: Wi-Fi (extra charge), Private courtyard pool with waterfall, Private spa (heated) (Beachfront Villa, Platinum Beachfront Villa), Air-conditioning (bedrooms), Fan, Balcony or private courtyard, Kitchen with microwave and dishwasher, Tea/coffee making facilities, Barbecue, DVD player, In-room movies (free), Movie theatre room (Platinum Beachfront Villa), Ironing facilities, Laundry, Hair dryer, Safe.

Max Capacity: Beachside Villa/Beachfront Villa/Platinum Beachfront Villa – 4.

[^]Minimum 3 night stay applies.



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TAMANU BEACH RESORT



Garden Bungalow



Amuri

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From **\$550***

- ❖ Welcoming guests aged 12 years and over
- ❖ Family run beachfront resort
- ❖ Stunning sunset views from the beachfront restaurant and bar

Includes full breakfast daily, flower lei, welcome drink on arrival and free Wi-Fi up to 1 gigabyte.

Location: Positioned on the west coast of Aitutaki and boarding the crystal clear Aitutaki Lagoon. Distances: Beachfront, Airport 4km.

Getting There: FREE return coach transfers from Aitutaki Airport.

Property Features: Pools (2), Restaurant, Bars (2), Room service, Use of snorkelling equipment, kayaks and stand-up paddle boards, Bicycle hire, 23 bungalows.

Room Features: Air-conditioning, Fan, Deck, Tea/coffee making facilities, Cable TV, Ironing facilities, Hair dryer, Safe, All rooms non smoking.

Max Capacity: Beachfront Bungalow/Tamanu Beachfront Villa – 2, Garden Bungalow/Lagoon View Bungalow – 3, 1 Bedroom Lagoon View Bungalow/1 Bedroom Beachfront Bungalow – 4.