



ITINERARY: COOK ISLANDS

Agent:

DAY 1:

Arrive Rarotonga. Check in to your accommodation and rest for the night.
Accommodation options: Pacific Resort Rarotonga or the Sanctuary on the beach Rarotonga

DAY 2:

Visit the local Punanga Nui Markets - A must do in the Cook Islands for any visitor is to check out our bustling local Saturday market where you can try some local delicacies such as ika mata, rukau or umu food, buy black pearls or pick up some souvenirs. Have breakfast whilst you mix 'n' mingle with the locals.

This afternoon you may choose to relax at your accommodation and explore the island at your leisure or get a bird's eye view of Rarotonga and its jagged edge mountains with a scenic flight on Air Rarotonga.

This evening enjoy a spectacular island performance and buffet style dinner at Te Vara Nui Cultural Village.

DAY 3:

Enjoy breakfast at your hotel. This morning you may wish to visit a local church for Sunday mass - listen to the acapella voices of the mama and papas as they sing to Cook Islands Maori traditional hymns. (Cook Islands Christian Church)

Later today, explore the island and learn about the history and traditions of the Cook Islands with Raro Safari Tour.

This evening enjoy entertainment by local talent and enjoy a BBQ buffet dinner at Coco Putt.

DAY 4:

Catch a flight to the beautiful island of Aitutaki with Air Rarotonga @ 8.00am. Enjoy an orientation tour of the Aitutaki before The Vaka Lagoon Cruise & snorkelling.

Enjoy a private dining experience under the stars or bedouin tent on the beach at Pacific Resort Aitutaki

Accommodation options: Pacific Resort Aitutaki or the Aitutaki Lagoon Resort & Spa.

DAY 5:

Catch your night's dinner with a private fishing tour aboard Black Pearl Charters. Depending on where you are staying at you can cook your day's catch!

DAY 6:

This morning you can choose to spend the morning in the lagoon snorkelling or paddle boarding. Alternatively, get your adrenalin pumping by wake boarding or water skiing with Wet & Wild Watersports.

Enjoy lunch @ Tupuna's Café before catching a flight back to Rarotonga with Air Rarotonga.

Arrive Rarotonga and check in to your accommodation.

This evening, discover beachside bars on Rarotonga for cocktail hour aboard tuk-tuks with Tiki-e Tours.

Accommodation options: Pacific Resort Rarotonga | Sanctuary on the beach Rarotonga.

DAY 7:

Enjoy a Storytellers Eco Cycle Tour - have fun and explore the island on a leisurely ride whilst learning about the history and culture of our people.

This afternoon you may wish to experience a jet boat ride and see the whales with Rongohiva Watersports.

Enjoy a sunset dinner at one of the beach bars - 21.3 Vaiana's Bistro (great way to connect with the locals).

DAY 8:

Sleep in and venture out for breakfast at one of the many cafes scattered around the island. Café Salsa or Coco Latte.

This morning you wish to learn about the flora and fauna of the island by exploring its interior on foot with a hike across the island. Pa's Cross Island Trek.

Relax and enjoy the island life this afternoon before a night-time stand up paddle with Ariki Holiday Homes.

Spend your last night at the infamous Trader Jacks on the water in the town for a delicious meal.

DAY 9:

Sleep in and have breakfast at your hotel or at one of the many cafes scattered around the island.

For lunch you may wish to enjoy lunch overlooking Muri lagoon at Sails Restaurant or try the best fish burgers on the island overlooking Avana harbour at the Moorings Café.

Relax and enjoy the lagoon.