



Why visit Cook Islands?

Experience an authentic, refined, and joyful Polynesian culture while escaping to beaches with swaying palm trees, fine white sand, waters like glass, and horizons that stretch to forever.

COOK ISLANDS

Only about 20,000 people are permanent residents across this collection of 15 islands spread around an area about the size of Western Europe, but more than four times that many travel here each year. The Cook Islands' most visited destination, striking Rarotonga serves as the gateway to the rest of the islands. Thick, green jungles and rough volcanic ridges carpet the island's lush inland, while palm-lined, white-sand beaches outline its quiet shores.

AIR TRAVEL TO COOK ISLANDS

LAX – Rarotonga is approx. 9.5 hours
NYC – Rarotonga is approx. 14.5 hours

WHO ARE THE COOK ISLANDS FOR?

The Cook Islands is a secluded island in the South Pacific. It will be a long trip for people traveling with kids. The secluded nature promotes romance, so Honeymoons and romantic vacations are most suitable for these islands.

CLIMATE:

The Cook Islands has a tropical climate
May- October is the cool season, with temperatures ranging from 72°F - 81°F
November – April is the warm season, with temperatures ranging from 79°F - 86°F
The warm season is more humid and has a more frequent rainfall.

SIGHTSEEING IN RAROTONGA

Aitutaki Full Day Tour

A short flight will take you from the mainland to Aitutaki Island, where a tour guide will meet and guide you around the main township of Artuanga. The tour will bring you around the marketplace and the island villages of Tautu and Vaipea. Afterwards, you will board a 71-foot catamaran for a cruise across the lagoon to the coral reefs. Once there, you will be able to dive in and snorkel with the different schools of fish. A BBQ lunch will be served on your way to One Foot Island, where you can choose to swim in the crystal clear waters or explore the island before returning to the mainland.

Island Discovery Tour – 3 Hours

A qualified tour guide will provide you with a scenic orientation and cultural tour of Rarotonga. As you ride around in an air-conditioned coach bus, local history will be shared and any questions will be answered. Highland Paradise Cultural Centre will be the last stop, where you can wander the gardens attractions of this enchanting sacred site.

PA's Cross Island Trek – Half Day

Join Cook Island native "Pa," a delightful and colorful guide, on this special trek across Rarotonga. You will hike under the canopy of trees as you ascend to the 400-meter high Needle, an ancient ceremonial stone. "Pa" will tell stories and legends about the ancient Polynesians. Learn how islanders used the local flora for medical purposes. On the descent, you will cross refreshing streams and conclude with a swim at Wigmore's Waterfall.

DIFFERENT COOK ISLANDS:

Rarotonga

- Most populated island with 14,153 people living on the island
- Parliament buildings and the capitol are here
- The island is surrounded by a lagoon and coral reefs, which drops off to deep ocean waters immediately after

Aitutaki

- The second most visited island, has a population of 2,194 people
- Rugby is played on the island with 8 full-sided squads
- A barrier reef forms a rough equilateral triangle around the island

Mangaia

- The southernmost Cook Island is the oldest island in the Pacific, at 18 million years old
- Lake Tiriara is a must-see with an abundance of wildlife and beautiful foliage, located in the south of the island