



Cook Islands

Fiji • Samoa • Tahiti • Cook Islands • Vanuatu • Noumea



Paradise
DISCOVERED

Cook Islands



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Book with Confidence...



Paradise Discovered is a specialist division of **The Impulse Travel Group** – an Australian owned company with over 30 years of knowledge and experience in the destinations we represent. Our company is a member of AFTA, CATO and also ATAS accredited giving you peace of mind that you are booking with a financially secure and professional travel company.

Stephanie Savage, Managing Director



PARADISE DISCOVERED

Icon Guide: These icons shown throughout the brochure indicate that the resort offers:



Golf course, either 18 or 9 hole course



Kids Club or kids activities



Water sports and land sports, some at supplement



Fishing tours



Butler service



Bar and restaurants



Spa and wellness centres



Wi-Fi included in your room or common areas



Adults only or no kids under 12 years.



Kia Orana and Welcome to the Cook Islands

The Cook Islands sway to their own languorous beat. Then, it's hard not to slow your pace in an archipelago devoid of traffic lights (and, for that matter, any real traffic — unless you count scooters and chickens). The Cook Islands' appeal goes beyond their quintessentially South Pacific vistas, white-sand beaches, rainforest, and mint-blue ocean. It's their unhurried lifestyle, lack of international chains, and thriving community traditions that really make a holiday to the Cook Islands.

Romance in Paradise



Honeymoon or Wed In Paradise

There are endless picturesque locations on either the main island of Rarotonga or the smaller island of Aitutaki. You can marry barefoot on a secluded beach at sunset, standing in a heart-shape of shells, in a whitewashed coral church with a spine-tingling gospel choir, on a private islet under a tropical flower arch, or beside the infinity pool of a luxury resort.



After the big day, relax, chill out and set your clock to island time as you let its natural beauty work its magic. Experience a honeymoon beyond your wildest dreams, on islands amongst the most beautiful and breathtaking on earth.

must be love

ABOVE & BEYOND
your most romantic dreams!

The Cooks are one of the most romantic places on earth and there's a reason so many couples flock to here to celebrate their love. The Cook Islands are famous for its beachside ceremonies, providing the ultimate backdrop of white sand and blue ocean to say "I Do".





Cook Islands Touring

Water Above & Below

Crystal clear waters teeming with aquatic life, beautiful beaches, protected lagoons, the Cook Islands are a water wonderland. **Dive** sites abound in both Rarotonga and Aitutaki with most sites no more than 10 minutes from the shoreline. **Glass bottom** lagoon cruises available for all ages, snorkel the lagoon, then enjoy a BBQ on a motu (islet). **Go Fish!** The Cooks are an angler's paradise for lagoon and fly fishing or charter a boat for Deep Sea to chase yellow fin tuna, mahi mahi and wahoo!



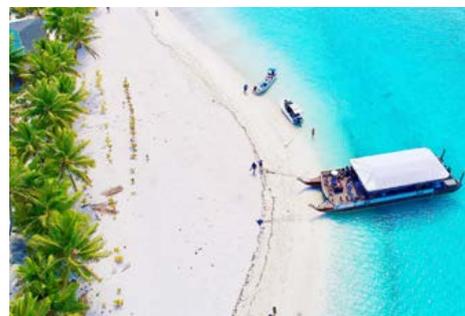
On Land

The spectacular natural beauty of this little paradise is more than just stunning beaches. Breathtaking jungle-clad mountains of the interior cascade to the sea, like Jurassic Park without the dinosaurs. Step back in time to find a paradise refreshingly undeveloped. **Off the Beaten Track** explore with local guides by buggies, quad bikes and 4x4. **Hike** Rarotonga discover the interior on a variety of self guided or guide hikes. **Culture** visit an authentic village and learn about tribal customs and the history of islands.



From Above

Visit the island of Aitutaki on a day tour, you will discover the island before boarding a catamaran where you spend the day cruising the spectacular lagoon, enjoy lunch onboard, snorkelling and swimming.





Rarotonga

It's the accessibility and ease of everything that makes Rarotonga so different from other South Pacific island destinations.

Just 32 km in circumference, you can drive around the island in 45 minutes. With a wide range of scenery, activities, accommodation, restaurants and cafes, no matter where you are or what you want to do, the whole island is your playground.



Location: Titikaveka, Rarotonga

Luxury Collection



Little Polynesian

Inspiring Romance... this adults only award-winning resort is perfect for couples and honeymooners looking for a romantic, private and luxurious escape. One of Rarotonga's leading boutique resorts, Little Polynesian is a member of the Small Luxury Hotels of the World and enjoys a stunning location on the beautiful Titikaveka Beach.

Just mere steps from the white sands and azure waters of what is regarded as one of the most beautiful beaches in the South Pacific, the beachfront bungalows and garden studios are a dream for those searching for luxury, seclusion and romance. Take a dip in the stunning infinity pool which opens straight out onto the white sand beach or enjoy an early evening cocktail, basking in the colours of a Rarotongian sunset. The onsite restaurant and bar is the perfect place to finish your day with some delicious local and international dishes prepared by the resort's expert chefs.

SPECIAL OFFERS

- Free night offer
- Honeymoon offer
- Wedding Offer
- Double Island Combo with Pacific Resort Aitutaki.

From \$330 per person per night twin share
INCLUDES: Tropical breakfast daily, complimentary use of stand up paddleboards, kayaks and snorkelling gear.



Beachfront Bungalow



GET A QUOTE



Platinum Bedroom



Beachfront Spa Bedroom



Location: Muri Beach, Rarotonga

Luxury Collection

Rumours Luxury Villas & Spa



Rumours Luxury Villas & Spa is on an absolute beachfront location on Muri Beach, providing world class luxury beachfront villa accommodation ... an adults only private escape for the indulgent traveller.

Each villa features two bedrooms with, four-poster netted beds (some with indoor streams complete with tropical fish), two marble bathrooms, and a deck that steps down to the white sands of the lagoon edge.

The lounge area of each villa features a large LCD TV complete with a full surround sound home-theatre system, whilst the Platinum Villa has its own private movie theatre room boasting a 2.5m screen with full projection and surround sound.

Relax in the privacy of your own courtyard alongside your own private swimming pool complete with cascading waterfalls. The beachfront villas also feature a hot spa pool, either overlooking the lagoon or amidst the tropical gardens, perfect for an evening of stargazing.

The award winning Waterfall Spa offers guests exclusive use of this facility complete with indoor cascading waterfall to enhance relaxation.

SPECIAL OFFERS

Honeymoon offer.

From \$465 per person per night twin share
INCLUDES: Airport transfer, daily breakfast delivered to your villa, complimentary use of kayaks and snorkelling gear.



GET A QUOTE



Location: Muri Beach, Rarotonga

Luxury Collection



Te Manava Luxury Villas

Te Manava Luxury Villas & Spa is designed for those who value independence and privacy while relaxing and enjoying luxury surrounds. Set on the sands of Muri Beach and overlooking a beautiful crystal-clear lagoon, this 5-star villa complex is the perfect location for your island getaway.

The contemporary and exquisitely decorated 13 self-contained villas are available with one, two or three bedrooms – perfect for families, couples travelling together, or those on a romantic escape.

At Te Manava Luxury Villas & Spa, you can maintain your independence while you are surrounded by stunning natural beauty and luxury. Your 5 star villas comes complete with a private pool and well equipped kitchen. During your stay choose from the “a-la-carte” guest services ranging from daily housekeeping, right through to a 5 course dinner prepared by your own personal chef.

SPECIAL OFFERS

Free night offer
Honeymoon offer.

From \$285 per person per night twin share INCLUDES: Complimentary use of stand up paddleboards, kayaks and snorkelling gear, shuttle bus to/from Pacific Resort Rarotonga, kids club at Pacific Resort.



Pool Villa Suite



GET A QUOTE



Two-Bedroom Villa Lounge



Location: Muri Beach, Rarotonga

Te Vakaroa Villas



Absolute beachfront on the famed blue water and white sands of Muri Beach, Te Vakaroa Villas welcome you to a remarkable luxury gated haven, offering unsurpassed views of Muri Lagoon and beyond the reef to the South Pacific Ocean.

Te Vakaroa (meaning the long canoe) sets new accommodation standards in the Cook Islands with the sophisticated contemporary design of the six 5 star beachfront one and two bedroom villas.

Each of the six villas are sympathetic to the natural surroundings, complete with floor-to-ceiling sliders that open onto a large private patio overlooking their Infinity pool and Jacuzzi – the ideal places to unwind and enjoy a tropical cocktail.

A short stroll along the beach gives access to some of the island's renowned restaurants. Guests can enjoy a fully hosted holiday or choose to be fully self-catered as each villa has a beautiful fully appointed kitchen.

Muri Lagoon is a water playground for snorkelling, kayaking, kite surfing and swimming. Kayaks and snorkelling equipment are complimentary for those who want to pull themselves away from their luxurious villa to explore the attractions of the lagoon.

SPECIAL OFFERS

Long Stay Offer.

From \$400 per person per night twin share
No children under 12 years of age.

INCLUDES: Welcome fruit platter, daily light tropical breakfast in-room, complimentary use of snorkelling gear and kayaks.



GET A QUOTE



Location: Titikaveka Lagoon, Rarotonga

Sea Change Villas



Sea Change Villas is about rest, relaxation and romance in fabulous and private surroundings, blending seamlessly into a stunning piece of South Pacific paradise.

Located on the southern side of Rarotonga, Sea Change Villas is nestled on the shores of stunning Titikaveka lagoon, known for its white sandy beaches and beautiful azure lagoon, perfect for safe swimming, snorkelling and kayaking.

Sea Change Villas has been architecturally designed to provide guests with every conceivable comfort whilst the personalised level of service extended adds to the very memorable experience.

Offering guests a choice of twelve 1, 2 or 3 bedroom villas with their own private pool and courtyard, each villa has been thoughtfully designed to afford full and complete privacy. The fabulous Polynesian setting is perfect for those looking for that rejuvenating getaway or celebrating a special moment in their lives.

SPECIAL OFFERS

Honeymoon Offer
Long Stay Offer.

From \$285 per person per night twin share
INCLUDES: Return airport transfers, welcome bottle of wine on arrival, self starter breakfast, complimentary use of snorkelling gear, stand-up paddle boards, kayaks, bicycles.



Lagoon View Villa



Lagoon View Villa



GET A QUOTE



Location: Muri Beach, Rarotonga

Muri Beach Club Hotel



Steeped in history and strong family ties, and inspired by nature's mesmerising beauty, Muri Beach Club Hotel was originally conceived as a beach club. Today it is an intimate, 30-room hotel reserved for guests 18 years and over where you can soak up the best of the balmy, thrillingly remote and laid-back Cook Islands.

Muri Lagoon is Rarotonga's most scenic destination and doubles as your aquatic playground, for superb and safe snorkelling and swimming. With other water sports like kayaking, wind surfing, kite surfing, sailing and glass-bottomed boat rides, there's always an opportunity to get out on the water and away from it all. With Motu (offshore islands) just a stones throw away, beckoning you to enjoy its uninhabited oasis.

Designed with the exceptional taste of discerning travellers in mind, Muri Beach Club Hotel stands out from the rest through its modern facilities. With only 30 well-appointed rooms emanating a Polynesian flair, 24-hour service and carefully considered layout, Muri Beach Club promises an intimate, uninhabited oasis.

SPECIAL OFFERS

Honeymoon Offer
Repeat Guest Offer.

From \$315 per person per night twin share
No children under 18 years.

INCLUDES: Tropical breakfast daily, free use of snorkelling gear, paddle boards, kayaks & other resort activities.



GET A QUOTE



Location: Muri Beach, Rarotonga

Pacific Resort Rarotonga



Located in the heart of central Muri, only 25 minutes from the Airport and about 20 minutes to Avarua, the resort has all the facilities one expects of a deluxe resort. From the lavish villa style accommodation, to the private beach and the restaurant & bar, Pacific Resort offers guests a truly unforgettable tropical holiday.

Boasting a collection of 64 well-appointed studios, suites and villas with 9 room categories to choose from, you will be spoilt for choice. Starting with the standard studio rooms right up to the premium beachfront & garden villas. Each one is constructed with the tropics in mind and a Polynesian charm, featuring thatched roofs, brown colours and surrounded by tropical ferns and native flowers. There are deluxe en-suites, premium bedding, ceiling fans and air-conditioning, along with the necessities including tea & coffee making facilities, a mini-bar fridge and outdoor patio with outdoor furniture to relax on.

SPECIAL OFFERS

Free night offer
Honeymoon offer
Wedding Offer
Family Offer.

From \$230 per person per night twin share
INCLUDES: Tropical breakfast daily, complimentary use of stand-up paddleboards, snorkelling gear, free scheduled beach activities, kids club (6-12yrs).



Beachfront Suite



GET A QUOTE



Location: Muri Beach, Rarotonga

Nautilus Resort



This 4.5 star elegant truly Polynesian resort epitomises the ideal tropical island escape location. Leave the real world behind and immerse yourself in a tropical island oasis surrounded by the unspoiled beauty of Rarotonga.

An eco-friendly boutique beachfront resort set against a beautiful mountain backdrop which melts into a crystal clear lagoon, showcasing premium luxury accommodation all with salt water plunge pools and set in authentic tropical Cook Islands gardens. With the tropical palm studded Ta'akoka Islet enhancing the breath-taking lagoon and ocean views, guests feel totally immersed in this Polynesian experience.

Each of 1, 2 or 3 bedroom Are's (Cook Islands Maori name for home) feature a fusion of Polynesian and modern contemporary design and exhibit stunning lavish interiors with an emphasis on authenticity.

In-room comforts and amenities include a private salt water plunge pool, super king beds, air-conditioning, flat screen TV and entertainment system, bathroom with free-standing stone bath and large separate rain shower, kitchenette (equipped with a microwave, espresso machine and refrigerator), a private outdoor shower and tropical

garden, a large furnished patio that flows seamlessly indoors and outdoors and much more.

Exclusive resort facilities are also available onsite including a 5+ kids concierge service, Resort Infinity Pool, Polynesian Spa and a Restaurant & Bar.

SPECIAL OFFERS

Honeymoon Offer
Wedding Offer
Long Stay Offer.

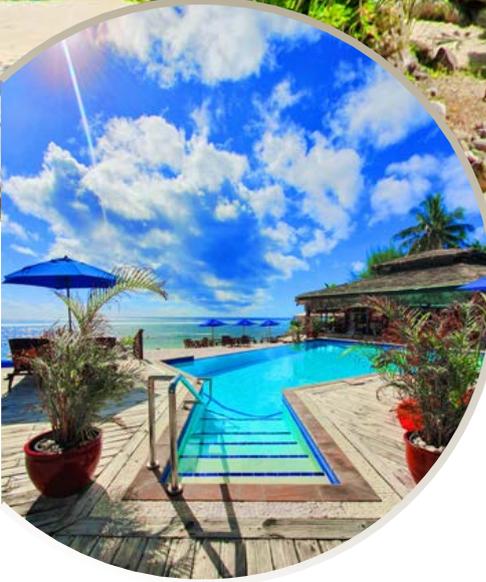
From \$340 per person per night twin share
INCLUDES: Welcome fruit platter, tropical breakfast daily, use of non-motorised water sports equipment and resort activities, concierge service.



Beachfront Are



GET A QUOTE



 Location: Arorangi, Rarotonga

Manuia Beach Resort



Manuia Beach Resort is an intimate boutique resort which is located on the sunset coast of Rarotonga. Other than the resort being renowned for its fantastic beach location, they are also well-known for their fine food, and very relaxed ambience.

This intimate boutique resort offers 24 Polynesian inspired style suites each fitted with modern amenities.

Dine at OTB – On the Beach Restaurant & Bar – feet in sand while you watch the waves on the reef and the local children and fishermen in the lagoon. Feast on fresh seafood and local produce while sipping a cooling cocktail.

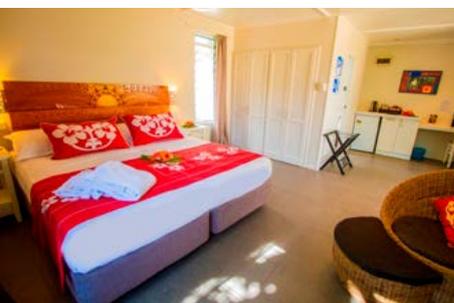
The Beachfront Suites enjoy full lagoon views and are only a few steps away from the beach. The Premium Garden Suites are tucked into the lush tropical gardens. The fresh water infinity swimming pool is an added feature of the resort. With a wide sun deck look out over the beach and lagoon this is the perfect spot to sit back and watch the stunning sunsets whilst enjoying a late afternoon cocktail.

SPECIAL OFFERS

Honeymoon Offer.

From \$225 per person per night twin share
No children under 16 years of age.

INCLUDES: Daily tropical buffet breakfast, free weekly cultural activity, use of snorkelling gear and kayaks. VIP Guests Suites include full breakfast, bottle of Moët, and nightly turn down.



[GET A QUOTE](#)



Location: Aroa Beach, Rarotonga



The Rarotongan Beach Resort & Lagoonarium

Enjoy one of Rarotonga's best beach and lagoon locations. With one big difference, the beach and lagoon are practically all your own.

Take a few languid steps from your suite and wriggle your toes into the sugar-white sands. Let your eyes drink in the shimmer and sparkle of the crystal-clear blue lagoon. Contemplate the vast, vast Pacific Ocean just beyond the natural coral reef. Snorkel in the Aroa Lagoon Marine Sanctuary offering some of the best snorkelling in the Cook Islands. The all-tide lagoon is also perfect for stand-up paddle-boarding and kayaking, included as part of The Rarotongan's extensive FREE Daily Activities Programme.

Lunch under the shade of a pergola by the pool and be lulled by the waves crashing on reef beyond the lagoon. The Resort offers a variety of dining experiences with an extensive selection of a la carte dining. You can also select to eat or drink in a variety of locations to match your mood.

SpaPolynesia@TheRarotongan offers a wide range of spa treatments. The Health & Fitness Centre combines the benefits of a Gym and Fitness Trail.

The Rarotongan is also Rarotonga's most family-friendly resort and offers FREE Moko Kids Club, Little Dolphin's Mini Waterpark and Teen Zone.

The Rarotongan Beach Resort & Lagoonarium offers a range of accommodation, from rooms nestled in tropical gardens to beachfront suites. All have a balcony or courtyard, air conditioning and a refrigerator.

SPECIAL OFFERS

Honeymoon Offer
Kids U16 stay free with parents.

From \$245 per person per night twin share INCLUDES: Daily tropical breakfast, free use of snorkelling gear, paddle boards, kayaks & other resort activities.



GET A QUOTE



Location: Muri Lagoon, Rarotonga

Moana Sands Lagoon Resort

Moana Sands Lagoon Resort is located on the Eastern coast of Rarotonga overlooking the famous Muri Lagoon. It is a great property proposing a quiet and peaceful atmosphere.

The resort offers 22 lagoon facing studios spread out over two levels each offering tasteful and panoramic views of the deluxe lagoon allowing maximum privacy and relaxation.

The self-contained Polynesian inspired rooms come complete with private balcony and all the modern comforts, air conditioning, tea & coffee making facilities, flat screen TV and a safety deposit box.

Located on site is the Laguna Restaurant & Bar, a large spectacular swimming pool and lounging deck. Guest amenities are also conveniently located within the complex. Although the lagoon has its breath taking flares, coral and shallow tides can restrict any water sports. Moana Sands Lagoon Resorts is an adults only resorts and welcomes children over 18 years of age.

SPECIAL OFFERS

Long Stay Special
Honeymoon Discount & Extras.

From \$229 per person per night twin share
INCLUDES: Tropical breakfast daily, use of snorkels & kayaks.



GET A QUOTE

Private Beach House & Villas



Prefer to be the only guests, or share this lifetime experience with your family or invited friends. We showcase a small selection of beach houses, villas and apartments. Call us for more options.



Location: Arorangi, Rarotonga



Waterfoot House Luxury Private Residence

Situated on the sunset coast of Rarotonga, peacefully embracing its tropical surroundings is the luxurious Waterfoot House. Waterfoot House is a unique property which features nine separate pavilions, each serving different functions. Built with the warm tropical weather in mind, the high ceilings, and large openings allow for good air flow and cool spaces year round. The pavilion set front and centre of the property houses a spacious living room fitted with a flatscreen TV with satellite channels and a guest computer. Behind this is the full kitchen equipped with all the mod-cons and

next to the kitchen is a day spa. On either side of the living room are the two king suites – one of which is the Master Suite. Placed directly behind each of these suites are two junior suites. The property boasts both indoor and outdoor living at its best, with a private swimming pool several spaces inside and out to relax and dine. It is a great private beachfront haven to enjoy with family or friends.

Accommodates 8 guests in 4 bedrooms (no children under 12 years).

Price on request based on total guest numbers.

GET A QUOTE



Location: Turangi, Rarotonga



Coast Cook Islands Luxury Beach Villa

Welcome to the charming Coast Cook Islands, Villa 200. Located in Turangi, on the eastern coast of Rarotonga and nestled on private beachfront property.

morning sunrises. Stepping out brings you onto the full length deck with day furniture, and an 18 meter lap pool.

This is a spacious and modern, luxury 2 bedroom beach front villa, it is fully self-contained with the kitchen, lounge and dining area in the center, each of the bedrooms have direct views of the ocean and their own en-suite.

The luxury villa is well equipped and a short stroll to the local supermarket and café.

Accommodates 4 guests, children welcome. From \$789 per night: Long Stay Discounts apply

GET A QUOTE

Large sliding doors open out to uninterrupted views of the horizon, letting in the cool ocean breeze and lovely



Location: Arorangi, Rarotonga

Red Sunset Villa Luxury Private Residence

In soft shades of beige and aqua and finished with American Oak and tiles throughout, Red Sunset Villa epitomises relaxed modern minimalism together with some Rarotongian flavours.

Look out to gently swaying palm trees, the coral reef and Pacific Ocean beyond where whales can sometimes be seen swimming by and the evening sunsets are simply breathtaking. Red Sunset is the perfect place to relax and catch your breath.

Five well-appointed bedrooms open to sea views and a covered deck. The living, dining and kitchen area

are open plan and generous and the outdoor living deck in front is where you will find yourself drawn to.

Red Sunset Villa features a large heated salt water pool set under a covered gazebo. Drenched in all day sun, the villa is beachfront overlooking a sheltered lagoon and coral reef-perfect for snorkelling, paddling or just listening to the roar.

Accommodates a maximum of 10 adults and no more than 16 people. Children under 12 years by arrangement. From \$1,099 per night

GET A QUOTE



Location: Arorangi, Rarotonga

Anchors Rest Affordable Beachside Home

Welcome to Anchor's Rest – A spacious 5 bedroom home on a half acre of lawn & tropical gardens with expansive views to the beach & lagoon.

The house opens from the lounge and dining rooms to create a great indoor/outdoor feeling. Enjoy great, balmy evening BBQ's on the veranda with wine and cocktails and enjoy awesome sunsets.

Enjoy a fully equipped modern kitchen with dishwasher and all mod-cons, there are laundry facilities with indoor and outdoor clotheslines.

Great space for families with young children. Ample outdoor furniture and a daybed as well as pool table/table tennis table for your entertainment.

snorkelling gear, a hammock and kayaks are provided with the property. Within walking distance are local dairies, Aroa Beachside Inn containing the Shipwreck Bar, the Gallery and Cafes. The beach is lovely and provides safe swimming for all the family.

Accommodates a maximum of 11 guests, children welcome. From \$570 per night

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Location: Vaimanga, Rarotonga

Moana Sands Villas & Apartments

Affordable beachfront

Located in the heart of the enchanting tapere ('village') of Vaimaanga, and tucked away amongst lush tropical gardens with stunning views of the turquoise lagoon, is the charming Moana Sands Villas & Apartments.

The property offers ten spacious self-catering villas, apartments and studios. Each villa incorporates both traditional Cook Island and contemporary design, with local paintings and Polynesian inspired décor. With spectacular views overlooking the pristine swimming pool and breathtaking lagoon, this is a stunning location.

All rooms are self-catering with air-conditioning, spacious living area, fully equipped kitchen (studio has microwave), safe, flat screen TV, private balcony or patio. Kayaks, guest laundry and a BBQ are available for in-house guests, and Wi-Fi vouchers are available for purchase at reception. A baby-sitting service is also available on request. This delightful property is the perfect choice from a few nights, a week or a long stay!

From \$440 per night. Maximum 4 adults per villa, additional bedding available for children.

[GET A QUOTE](#)



Location: Tikioki, Rarotonga

Henry Villa

Affordable beachfront

This breezy absolute beachfront villa sits comfortably on a prime beachfront overlooking the turquoise lagoon. The villa features modern amenities with a combination of contemporary and Polynesian designs. This is an ideal home away from home option for families or groups. The villa is completely fenced and gated and contains an open plan living and dining area, expansive deck with outdoor furniture and BBQ

facilities, private bathroom, full kitchen facilities, flat screen TV and an iron and ironing board. Henry Villa offers a great retreat in paradise with some of the best views of the lagoon, ocean and beyond.

From \$350 per night. Maximum 5 adults in the 3 bedroom House. Children welcome.

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Location: Avana, Rarotonga

Kaireva Beach House

Affordable beachfront apartments

Located on the eastern coast of Rarotonga, the eco-friendly Kaireva Beach House sits nestled on the shores of Avana. This large 2 Bedroom Apartment was proudly built using exquisite locally grown Red Cedar timber and made for families of 4. The staircase leading up to the beach house welcomes you to the decking area, skilfully bordered with glass allowing you

unobstructed panoramic views of the lagoon and neighbouring motu (islet) called Motu. Also the Avana Waterfront is only a short walk from the house, along the beach.

From \$620 per night. Maximum 4 guests. Children welcome

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Location: Titikaveka, Rarotonga

Hawaiki Villas

Affordable beachfront villas

Hawaiki Villas consists of two 2 bedroom villas that are stylish, comfortable and modern. Offering complimentary amenities with a modest touch of Polynesian décor, this is a great option for any tropical holiday. Located on the south-east coast of Rarotonga in the beautiful village of Titikaveka, both villas face towards the Tikioki lagoon taking in expansive views of the ocean and beyond. They are only a few minutes'

walk from the popular fruits of Rarotonga snorkelling spot and café. These fully self-contained absolute beachfront villas are suitable for couples, families of 4 or a party of 8 if booking both villas.

**From \$435 per night.
Maximum 4 guests per villa**

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Location: Muri Lagoon, Rarotonga

Rendezvous Villa

Affordable beachfront villas

Situated on a picturesque beach front location at the southern end of Muri Lagoon you will find the beautiful Rendezvous Villas. Rendezvous Villas are two duplex, one bedroom villas, that offer direct access to the beach and views of the stunning lagoon. Each villa is completely secluded with its own surrounding courtyard. Modern and pacific in style, villas are extremely generous in size and are equipped with all the essentials and much more. Laze away on the patios right on the beach, with a BBQ area or soak in the warm pacific sun in the

secluded plunge pool at each villa. Each villa has surround sound home theatre systems with complimentary DVD movies. Wake up to views of the beach, lagoon and ocean from your King size bed at Rendezvous Villas.

From \$510 per night. Maximum 3 adults per villa. Children over 12 years are welcome

[GET A QUOTE](#)



Location: Arorangi, Rarotonga

Napa Beachfront Hideaway

Affordable beachfront bungalows

Napa Beachfront Hideaway is a small, private, secluded three bungalow property set close to the waters edge in the beautiful village of Arorangi.

All three bungalows are self-contained with a split king and single bed configuration. Each bungalow opens out onto a covered deck which nicely extends the living space including the outlook over the lagoon and the ribbon of reef in the distance.

This is the ideal location for those who want a self catering holiday option with easy access to

public transportation and stores. With only a 10 minute drive to downtown Avarua, a minutes walk to the mini grocery store and a step to the lagoon, this place won't disappoint you

From \$239 per night. Maximum 3 guests per villa, children under 16 years on request.

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Aitutaki

Only a 50-minute flight north of Rarotonga, Aitutaki is spectacularly beautiful, with a triangular-shaped reef surrounding a bright turquoise lagoon containing 15 small motu (islets). The crystal-clear water is home to an array of tropical fish and its pristine white-sand beaches are private and secluded





Location: Amuri, Aitutaki

Boutique Luxury



Pacific Resort Aitutaki

Secluded Luxury ... Pacific Resort Aitutaki is an enclave of romance, refinement and luxury that beckons even the most discerning traveller.

Pacific Resort Aitutaki is limited to just 29 luxurious absolute beachfront bungalows, suites and villas, all with their own personal, panoramic view of Aitutaki's world-famous lagoon and where each sunset majestically colours the ocean beyond.

If the tranquil island setting soothes your soul, the cuisine will fire up your palate. The signature Rapae Bay Restaurant features the very best of tantalising South Pacific cuisine, complemented by superb attention to detail in every exquisite menu.

There is plenty to keep you entertained at Pacific Resort Aitutaki. Swim, snorkel, kayak to a secluded cove, enjoy a romantic picnic for two, do some morning laps in the resort pool, luxuriate in a Polynesian massage or beauty treatment, sip on a tropical cocktail, watch the magical sunset, or hire a scooter and explore the island. Do what you want, when you feel like it ... this is your dream holiday.

As a member of the Small Luxury Hotels of the World, you can be assured your experience will be the finest in boutique luxury that the South Pacific has to offer.

SPECIAL OFFERS

Honeymoon offer
Long Stay offer
Two Island Combo offer

From \$620 per person per night twin share INCLUDES: Full breakfast daily, return transfers, free use of kayaks, bicycles, snorkelling gear and stand up paddle boards. Children welcome.



GET A QUOTE



Location: Akitua Private Island, Aitutaki Lagoon



Aitutaki Lagoon Private Island Resort

Enjoying the best location in Aitutaki, this beautiful private island offers guests the best views of the world's most beautiful lagoon, with its brilliant blue waters, stunning starry skies and uber-romantic dining experiences on the beach. Immerse yourself in an exclusive experience at Aitutaki Lagoon Private Island Resort.

From \$500 per person per night twin share
INCLUDES: Tropical breakfast daily, snorkelling, non motorised resort experiences, airport transfers, kayaks, paddleboards.
Children from 16 years and over are welcome.



Just a 2 minute ferry ride from the main Island of Aitutaki, the resort offers a complete holiday experience – including delicious cuisine served in the Flying Boat Beach Bar & Grill, a dedicated resort Spa, a freshwater swimming pool and a range of water based activities including kayaks, stand up paddleboards and snorkelling, to help you explore the wonders of this pristine corner of the ocean.



For those who want the ultimate Aitutaki experience, the Cook Islands' only Overwater Bungalows offer uninterrupted panoramic vistas and feature an open air shower and direct access into its deliciously tropical waters from your private balcony.



GET A QUOTE



 Location: Amuri, Aitutaki

Aitutaki Escape



Searching for that perfect tropical island destination overflowing with ultimate seclusion and privacy for those wanting to escape their busy lives. Aitutaki Escape is that place!

Three spacious air-conditioned villas are designed with couples and small groups in mind.

Enjoy spectacular Aitutaki sunsets from your private beachside deck or relax in the seclusion of your own gated courtyard, with your own swimming pool for those warm Cook Island days and romantic lazy nights. Each villa has a private swimming pool, in-room tablet companion, LCD Home Theatre System, and a full equipped kitchen fitted with all the modern appliances. Long boardwalks extend to the lagoon, from each of the villa decks completed with small outdoor fixtures including a small daybed, allowing you to capture unforgettable panoramic views of the lagoon and the vast ocean whilst enjoying total relaxation.

Breakfast is served daily and dinner and lunch can be prepared for each guest on request.

Aitutaki Escape is the perfect choice for a secluded luxury escape or the perfect location for an intimate wedding.

From \$620 per person per night twin share INCLUDES: Return airport transfers, continental breakfast daily, use of snorkelling equipment, bicycles and kayaks.

Children over 12 years are welcome.



GET A QUOTE



Location: Amuri, Aitutaki

Etu Moana Boutique Hotel

Imagine a mesmerizing turquoise lagoon with crystal clear waters. Ocean waves breaking over the reef. Where nature is still untouched and sunsets are breathtaking, Etu Moana was built. Each of the eight villas have access to a long white sand beach offering the perfect balance between inside and outside living, a large covered veranda, private outdoor shower and 66m² of living space. Enjoy tropical breakfasts, in the evenings dine in your luxury villa – BBQ or use the fully equipped kitchen or head out and dine at a local restaurant.

Indulge in a Polynesian in-villa massage (chargeable) or discover the world renown Aitutaki Lagoon- kite surfing, fishing, island hopping, scuba diving and whale watching (seasonal)
Etu Moana is perfect for a wedding or vow renewal.

From \$280 per person per night twin share
INCLUDES: Continental breakfast daily, free use of kayaks, bicycles, snorkelling gear, stand up paddle boards. Children over 16 years are welcome.



GET A QUOTE



Location: Amuri, Aitutaki

Tamanu Beach

Tamanu Beach Resort is proudly family owned and operated, combining a blend of Polynesian culture, tradition and friendly local Cook Island hospitality.

Located 10 minutes to the main town it has all the facilities one expects from a superior resort. Situated on it's own private beach the 23 beautifully appointed villas & bungalows have sweeping views of the turquoise lagoon or the tropical gardens. Relax by the pool, snorkel off the pristine beach, dine on the beachfront at the resort's Pacific Island inspired menu.

Visit the Tamanu Spa, sip cocktails at the beachfront bar, or enjoy the many water-based activities offered by the resort.

From \$260 per person per night twin share
INCLUDES: American breakfast daily, airport transfers, free use of kayaks, bicycles, snorkelling gear and stand up paddle boards.
Children over 12 years are welcome.



GET A QUOTE



Location: Ootu Beach, Aitutaki

Aitutaki Village

Located on the pristine beach of Ootu you will find Aitutaki Village, a small boutique resort with 12 romantic bungalows just steps away from the white sandy beach. Swim in the warm turquoise waters; with stand up paddle boards and kayaking facilities available, you'll find yourself drifting away. The Polynesian inspired restaurant and bar has stunning views and is located on the lagoon's edge.

From \$179 per person per night twin share
INCLUDES: Continental breakfast daily, airport transfers, free use of kayaks.



[GET A QUOTE](#)



Location: Amuri, Aitutaki

Aitutaki Beach Villas

Aitutaki Beach Villas are locally owned and managed serviced villas. The four laid-back holiday villas sit on the absolute beachfront fringed by coconut trees and facing a turquoise swimming lagoon. The open plan A-frame wooden villas are designed to maximise the stunning beach and lagoon views and offer spacious interiors and large private verandas, each feature a kitchenette and the villas are serviced daily. Perfect for families, couples and groups of friends guests enjoy the use of the sea-kayaks, beach tables, hammocks and a share BBQ. The town of Arutanga is a 10 minute moped ride away and there are several restaurants within walking distance.

From \$240 per villa per night
INCLUDES: Fruit basket on arrival.



[GET A QUOTE](#)



Location: Amuri, Aitutaki

Paradise Cove

Located on a magnificent sandy beach with fantastic swimming and snorkelling areas. There are 10 beachfront bungalows which cater for couples and 2 garden bungalows suitable for up to four guests. Each of the bungalows offer kitchenette, there are BBQ facilities with local shops and restaurants close by.

From \$165 per bungalow per night.
INCLUDES: Return airport transfers, daily tropical breakfast daily, snorkelling & kayak equipment.



[GET A QUOTE](#)

Off The Beaten Track

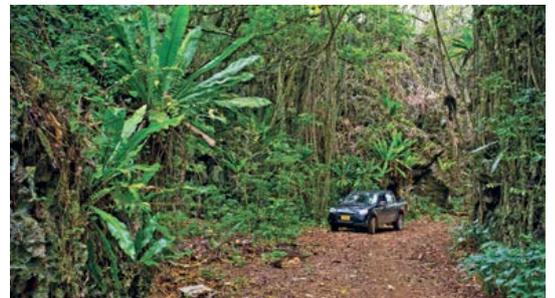
Outer Islands of the Cooks

ATIU ISLAND – Eco Lovers Paradise

Home to approximately 400 proud warrior people, there are few untouched places left in the world like Atiu. Over 8 million years old, this 3rd largest island is one big adventure playground, ancient and unspoiled. No nightclubs, virtually no township and a couple of cafes – this is a true escape.

Things to do

- **Caves:** Visit Anatakitaki Cave home to the Kopeka bird a swiftlet that is endemic to Atiu.
- **Culture:** Visit Punarea where you can learn about the daily life of the islanders and their history.
- **Fishing:** Reef Fishing, Lagoon Fishing & Deep Sea Fishing - Fish with locals out on the reef, there is also a night fishing experience not to be missed.
- **Island Discovery:** Discover the island with your local guide



Atiu Villas

Surrounded by tropical gardens, pineapple fields, with views down to the ocean and the white sandy beach, these villas are made almost entirely of local native timbers. Each villa has a private veranda, cooking facilities, separate bathrooms, tea and coffee making facilities and a feature not often seen elsewhere, a fully stocked larder which guests can use and pay for what they use on departure. The villas have varying bedding configurations that can take from 1 to 6 people catering for singles, couples and families.

There is plenty of water and each villa has a solar hot water supply. Electricity, Wi-Fi internet and water run 24-hours a day.

An evening restaurant and bar is on site serving two course evening meals.

There is a swimming pool, tennis court and rental bicycles, motorcycles and car.

From \$140 per person per night. Includes airport transfers. Packages including flights from Rarotonga & Aitutaki are available.



MANGAIA ISLAND – Legend & Mystique

Mangaia is steeped in legend and mystique. Estimated at 18 million years old, it is one of the oldest islands in the Pacific it is the most southerly of the Cook Islands and the second largest. Virtually undiscovered by tourism and with a population of only 500 people it is off the radar. What it does offer travellers, however, is an authentic opportunity to get to know the unhurried pace of life in a warm-hearted island community and experience genuine hospitality, things that are increasingly difficult to find nowadays.

Things to do

- **Beaches & Rock Pools:** Beautiful and secluded you will find your own private paradise to snorkel and explore.
- **Caves:** Mangaia's cave systems are believed to be the most complex in the Cook Islands which you explore with a local guide. Toru A Puru cave is a sacred site, as it is known for its burial remains and is largely unexplored.
- **Shipwreck:** Visit the Saragossa Shipwreck at low tide.
- **Whale Watching:** July to October.
- **4x4 Drive:** Discover the island at your own pace.



Mangaia Villas

Perched on a secluded pocket of ancient rock, on the north-western shores of Mangaia, you will discover Mangaia Villas. Each of the six one-bedroom oceanfront villas provides pristine, unspoiled ocean views which melt away into beautiful evening sunsets. Your veranda is the perfect place to watch local fishermen on vaka (canoes) and spectacular whale watching during their common migrating season. The villas have fully equipped kitchen, screens and fans with hot and cold water always available.

From \$165 per person per night. Includes continental breakfast and airport transfers. Packages with flights from Rarotonga available.

MANIHIKI ISLAND

According to many, Manihiki is the most beautiful of the Cook Islands. Forty-three tiny islets encircle a lagoon about 8 to 10 kilometers in diameter and 72 meters at its deepest.

Manihiki sits on top of an underwater mountain which rises 4,000 meters from the ocean floor. But the island itself is flat and only 4 metres above sea level at the highest point. And this completely enclosed body of water is the source of the island's greatest asset... black pearls. Located 1200 kilometers northwest of Rarotonga it is remote and rarely visited and here lays its appeal.

Swim and snorkel the pristine lagoons teeming with marine life, join the local people and learn to fish the traditional way, and dine on island specialties such as Karori (pearl shell oysters cooked in coconut cream).

Those wanting to visit Manihiki need to plan at least a week on the island. Flights operate once a week but there are instances where flights may be disrupted due to bad weather between Rarotonga and Manihiki.

Things to do

- **Black Pearl Farm:** Swim over long lines that hold thousands of Pearl shells, snorkel around the "kaoa" (coral head) and view platforms holding "Baby spats"
- **Fishing:** Venture out into the open ocean for trolling, or try spear fishing in Manihiki's pristine lagoon waters. Challenge yourself to night fishing for flying fish, or test your skill at crayfish or crab hunting
- **Dive & Snorkel:** View Manihiki's unspoiled coral reef underwater. Be amazed at the abundant sea life of Manihiki's lagoon
- **Lagoon Cruise:** Enjoy sightseeing by boat. Visit local fish traps, and Manihiki's Pond of "Milk Fish". Discover the uninhabited small islands that fringe the outer reef. Visit a tiny islet in the middle of the lagoon, and snorkel or swim amidst the clams and oysters while your guide catches lunch



Manihiki Lagoon Villas

Located on the edge of Manihiki's Pristine Lagoon in the village of Tauhunu, each of the villas is self-contained with a fully equipped kitchen, bathroom (cold water only) a large balcony overlooking the Manihiki Lagoon.

All meals are provided as part of the rates, breakfast and lunch suppliers are included and dinner is delivered nightly – usually fresh seafood. There are no restaurants, cafes or take-aways, in fact this is as "off the beaten track" as you can get.

From \$150 per person per night. Includes ALL meals and airport transfers by boat. Packages with flights from Rarotonga available





Know before you go!

WHEN TO GO

The Cook Islands enjoy a pleasant warm and sunny climate all year round. The drier months are from April to November. November to March marks the warmer season, with slightly higher humidity and occasional rainfall between December and March. However, don't be put off by rainfall in summer months as it's typically brief morning or afternoon tropical showers. Overall, the shoulder months of April, May, September, and October are a great time to visit as the weather in these months is usually the perfect balance of warm temperatures and dry skies. **Whale watching** season is from July to October, humpback whales are migrating from Antarctica to the warm waters of The Cooks to mate, birth and rest and can usually be seen from the foreshore. **Kitesurfing** is best from May to October.

There is no bad time to visit the Cook Islands.

VISAS & PASSPORTS

A valid passport is required with at least six months validity beyond the intended stay. Australian passport holders do not require a visa and stays are valid up to 31 days. New Zealand passport holders can stay up to 90 days. Further advice is available from the Australian Government at smartraveller.gov.au.

TIME

Cook Islands' time is GMT-10 hours, it is 20 hrs behind Australia (AEST). Do your calculation before arrival, as booking accommodation to start a day too late is a common mistake.

CURRENCY

New Zealand Dollar (NZD). ATMs are located in Rarotonga and Aitutaki and EFTPOS is available at most hotels and stores. Major credit cards are widely accepted. We suggest cash for local markets and the outer islands.

SHOPPING & TIPPING

Business hours are 8am-4pm Monday to Friday and 8am-12 noon on Saturday. The main shopping area is in downtown Avarua where visitors will find unique black pearls, quality handcrafts, island art and colourful clothing. The local Punanga Nui Market comes alive every Saturday from 6am to midday with plenty of variety and bargains to be had. The market is also a great place to sample some of the local dishes including home-baked coconut rolls, eke (octopus) and ika mata (marinated raw fish). Tipping is not encouraged.

DINING OUT

There are many and varied eateries ranging from gourmet cuisine to friendly takeaway bars and island-style cafes. The food selection includes authentic Polynesian cuisine and superb international cuisine to the old favourites – Chinese, Italian, Indian, and Continental.

LANGUAGE

Cook Islands Maori is the local language but everyone also speaks English

ETIQUETTE

Although the dress code is informal, we do ask that you please dress modestly by not wearing brief attire when visiting town, villages and church. Nude or topless sunbathing will cause offence. A light sweater may come in handy for the cooler evenings

ELECTRICITY

240 AC/50 cycle, the same three pin plugs as used in Australia and New Zealand.

GETTING AROUND

The island of Rarotonga is only 32km in circumference and takes about 45 minutes to travel right around. There are two main roads on Rarotonga – you can circle the island on the Ara Tapu sealed road through the villages and past the beaches, or you can take the older inland road which winds through local farmland.

The motor scooter is a popular, fun way to see the sites, however, motorbikes, cars and jeeps are also available for hire. The 'Island Bus' offers a convenient low-cost method of transport, operating a regular schedule around the island (in both directions). It will pick you up and set you down anywhere on request.

Driving is on the left-hand side of the road and visitors from Australia can now drive in the Cook Islands using their overseas license. Note, if you want to ride a scooter or motorbike and do not hold a valid motorcycle license, you will have to obtain a Cook Islands Driving License which involves a theory and practical test at the Police Station in Avarua and a payment of NZ\$40.

CLIMATE

The Cook Islands enjoy a pleasantly warm and sunny climate all year round. June to August are the cooler months, whilst November to March marks the warmer season, with occasional tropical showers expected. The drier months from April to November have an average temperature of about 26°C, whilst the warmer more humid and damp season runs from December to March. During this season the temperature ranges between 22°C (min) and 31°C (max).

Rarotonga	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Temperature (max °C)	29	29	29	28	27	26	25	25	25	26	27	28
Water temp (°C)	27	28	27	27	26	24	24	24	24	24	25	26

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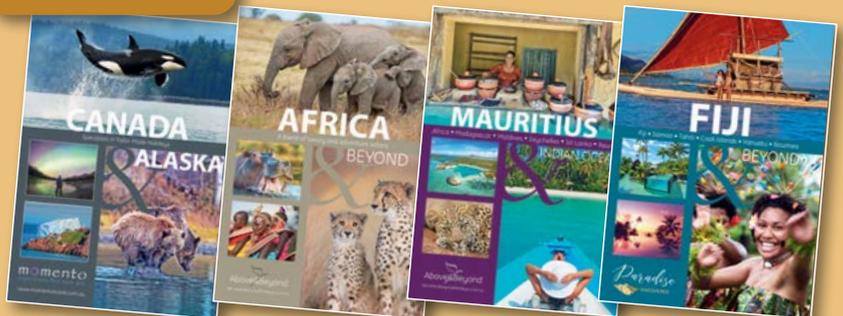
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