



Atiu

INSIDER'S GUIDE

ATIU

A true escape, Atiu attracts the spirit of the explorer





ATIU

An 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, our 3rd largest island is one big adventure playground, ancient and unspoiled. Rich in culture and history, Atiu is an eco-lovers paradise.

As one of the three Southern Group islands known as Nga-Pu-Toru, Atiu attracts the spirit of the explorer. With no nightclubs, virtually no township and a couple of cafes along with precious little traffic – this is a true escape. Life is pretty much the same as it was some 25 years ago and therefore offers a really genuine insight into island living. Gardens thrive on Atiu's rich soil and on certain days the soft aroma of organically grown coffee beans roasting wafts past from plantations that produce some of the best Arabica coffee in the Pacific.

Atiu is only a quick 45-minute flight from Rarotonga with Air Rarotonga.







What's so unique about Atiu?



TROPICAL PARADISE, WITHOUT ALL THE TOURISTS

Although an island of astonishing beauty and easy access, few visitors venture to this fascinating place. This keeps Atiu off the beaten tourist track, unspoiled and completely without the trappings of commercialism.

LUSH NATURE AND VIBRANT BIRDLIFE

A perfect place for those who like to explore. Stunning limestone caves, vibrant birdlife, culture and folklore, are some of what you have to look forward to.

UNSPOILED AND UNHURRIED

This is a place where you will find yourself a bright white-sand beach, waiting to be discovered - the perfect sanctuary from a busy world.

SMALL MAKES IT SO SPECIAL

Locals are proud that life is still pretty much as it were 25 years ago, thereby offering travellers yearning for something untouched and genuine, the very special experience they seek.

DISCOVER MORE IN ATIU

There are many things to experience in Atiu, from an expedition to the astonishing Anatakitaki Cave, to the excitement of fishing on the reef; a tour of the island discovering the endangered Kakerori and splendidly coloured Kura birds; a sheltered cove to sunbathe in; sipping hot Atiuan coffee with fresh coconut cream; to merrily drinking home-brewed beer at a Tumunu with the locals.



Fast Facts



TRADITIONAL NAME

Enuamanu - Island of Birds

POPULATION

Atiu 400 (2021 census)

DOMESTIC AIR TRAVEL

Air Rarotonga operates multiple, scheduled flights during the week. Phone (682) 22 888 or book online with Air Raro at: www.airraro.com

CURRENCY & BANKING

The currency used in Atiu is the New Zealand Dollar (NZD). There is a Bank of the Cook Islands (BCI) located in the main town area. It is open Mon-Fri 10:00am to 2:00pm. International cards can be used for purchases at Super Brown & Atiu Villas. We recommend you have cash on hand.

SHOPS

All shops are open daily except Sunday. The post-office is located in the centre of town, and is open from Mon-Fri, 8:00am - 4:00pm.

ELECTRICITY

Electricity voltage is 240 AC/50 cycle, the same plugs as used in New Zealand and Australia.

DRIVING

Visitors can rent cars or scooters from Super Brown or Atiu Villas. Driving is on the left, and overseas full licenses are accepted for car rentals. A visitor's license from the Atiu Police Station is required for scooters or motorcycles.

MEDICAL & DENTAL

A small hospital and dental hygienist is available, located in the middle of town. Be careful when reef-fishing, some fish contain ciguatera, which causes fish-poisoning.

TELECOMMUNICATIONS

Local SIMS and WiFi vouchers are available. Vodafone public WiFi hotspots are located at Areora Cafe, Super Brown and Vodafone. Atiu Villas has their own WiFi network.

CHURCHES

Sunday is considered a day of rest and worship. There are 6 denominations on Aitu: Seventh Day Adventist (Saturday), Cook Islands Christian Church, Catholic Church, Apostolic Church, Faith Alive Dream Center and Jehova's Witness.

WEATHER

The Cook Islands enjoys a pleasant warm and sunny climate all year round. The drier months are from April to November with an average temperature of 26°C. November to March marks the warmer season, with slightly higher humidity and occasional rainfall between December and March when the temperature ranges between 22°C (min) and 30°C (max).





Things to do



1. EXPERIENCE AN ECO-TOUR WITH BIRDMAN GEORGE

Experience the essence of Atiu on an eco & bird tour. In keeping with his name, Birdman George specialises in showcasing the native birds of Atiu, including the endangered Kakerori and vibrant Kura birds.

2. ISLAND DISCOVERY TOUR

Visit historical sites and hear the history of Atiu during this island tour. A guide will take you on an adventure and show you some of the places on the island you would not normally see on your own.

3. TASTE ATIU COFFEE

Discover the art of hand-processing coffee the traditional Atiuan way at Mata Arai's coffee plantation. Enjoy freshly roasted coffee and pikelets at the end of the tour!

4. ANATAKITAKI CAVE TOUR

A challenging walk through untouched rainforest awaits you. Explore the Anatakitaki Caves - home of the uniquely Atiuan Kopeka birds, and learn of the flora and fauna found in the makatea surroundings.

5. ATIU SUNRISE BREAKFAST

Make the most of your time in Atiu by witnessing the breaking of a new day. Experience the beauty of the sun rising, being surrounded by nature, and enjoy a lovely hosted breakfast with Atiu coffee.

6. VISIT AN ATIU TUMUNU

You haven't had a true Atiuan experience till you've been to a Tumunu to enjoy the freshly brewed bush-beer. Join the locals in drinking their ancestors' traditional ale when you visit.

7. EMBARK ON A PUNAREA CULTURAL TOUR

You can learn about Atiuan culture and practices from your guide, Joshua, who is young, energetic, and knowledgeable. His knowledge and experience passed down through generations, will make your visit memorable and informative.

8. PIG HUNTING TOUR

If you enjoy hunting wildlife, then give pig-hunting Atiuan-style a go. This is a group expedition, and thrilling chase!

9. GO REEF FISHING

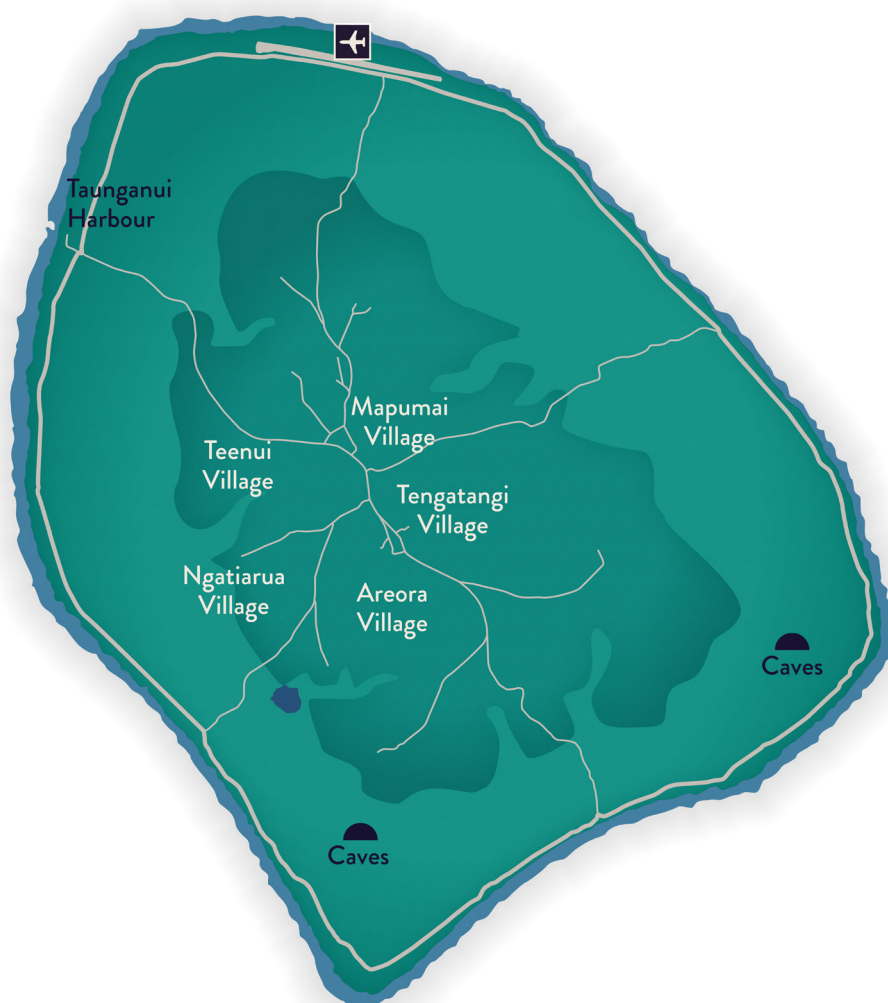
Join Andrew and his family for the fishing experience of a lifetime. Whether it's reef fishing, night fishing, rock fishing, or hunting for octopus and crayfish in the lagoon - you'll be right in the heart of the action!

10. RELAX AND UNWIND

Atiu has 26 pristine beaches scattered across the coast. Pack yourself a picnic, discover a beach and have it all to yourself. Take a dip in the clear blue water, body-surf, shell collect or just relax and bask in the warm sun.

AN ECO-LOVERS PARADISE

Atiu



Cook Islands Tourism

Main road, Avarua
(Between Banana Court & ANZ Bank).
Opening Hours: Mon-Fri 8am-4pm,
Sat 10am-1pm
P: +682 29435
E: visit@cookislands.travel

Discover More at:
www.CookIslands.travel/Atiu



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visit.CookIslands.travel

