

# Cook Islands



Love a little paradise  
...for real

lonely planet

TOP COUNTRY  
Cook Islands

BEST IN TRAVEL  
2022

# Kia Orana!

Discover our hidden gem of the South Pacific and you'll see why there's so much more to a little paradise. A modern Polynesian nation of 15 islands scattered across a vast swathe of the Pacific Ocean halfway between New Zealand and Hawaii. Come share our Kia Orana spirit and discover why everyone loves a little paradise.

Airlines servicing the Cook Islands are Air New Zealand and Jetstar via Auckland, New Zealand, and Air Rarotonga.



Discover more at  
[WWW.COOKISLANDS.TRAVEL](http://WWW.COOKISLANDS.TRAVEL)

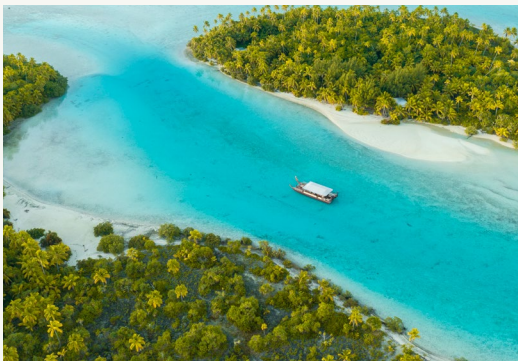
## Rarotonga

The beating heart of our little paradise will capture yours. As the hub of the Cook Islands, there's so much to see and do. Yet we remain unspoilt, with no traffic lights, no McDonalds and no building taller than a coconut tree. There are over 50+ restaurants and cafes scattered all over Rarotonga alone. Just 32 km around, explore an island where you can find treasure around every corner.



## Aitutaki

Aitutaki, home to approximately 1,800 people and the world's most beautiful lagoon, is only 220 km away, a 45 minute domestic flight from Rarotonga. This destination is the top of any bucket list in the South Pacific.



## Southern Group

For the truly adventurous in spirit, our Outer Islands (Pa Enea) have a remote, unspoiled appeal for the explorer in all of us. The following islands are accessible by domestic flight via Rarotonga with Air Rarotonga, no boat or ferry services are available. Island Hopping Packages are available.

### ATIU

✈ 45mins

There are a few places left in the world like Atiu. Known also as 'Enea Manu', the land of birds, Atiu is about half the size of Rarotonga. Villages are in the central plateau where soil is rich, and some of the best coffee in the Pacific Rim is organically grown.

### MITIARO

✈ 50mins

Also known as 'Nukuroa'. Visitors to the island can be guaranteed a very real opportunity to immerse into the mellow way of life. Mitiaro has a distinctive history, plus the unique appeal of some of the most stunning subterranean limestone pools and caves in Polynesia.

### MAUKE

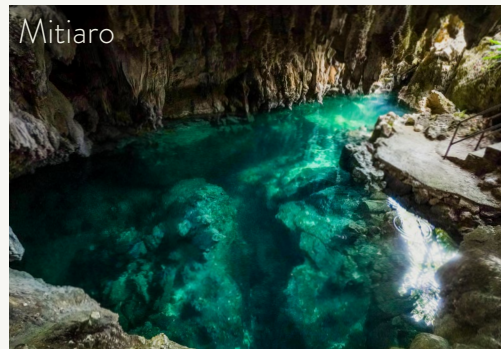
✈ 50mins

The traditional name for Mauke is 'Akatokamanava' which translates to "where my heart rests." It's a fitting name for this little garden of Eden, as many visitors find the island takes hold of their heart on arrival.

### MANGAIA

✈ 40mins

Mangaia is traditionally known as 'Auau Enea'. Mangaia is the second largest and southernmost island of the Cooks. This island is made up of raised limestone coral, peppered with numerous caves that stretch into giant underground caverns.



## Northern Group

Six of the beautiful Cook Islands lie to the north. Described as “the stuff that dreams are made of”, their remote appeal and promise of true escape pulls at the hearts of explorers, adventurers, authors and artists. The following islands are accessible by domestic flight via Rarotonga with Air Rarotonga, no boat or ferry services are available. Island Hopping Packages are available.

### PUKAPUKA

✈ 4hrs

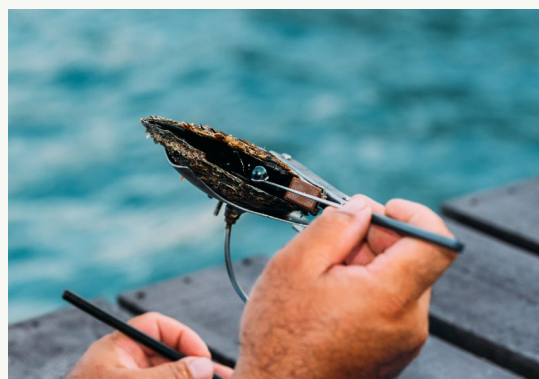
This is one of the most beautiful untouched and secluded places in the Pacific. Its remoteness has also helped to keep the wonderful traditions and culture of its people largely unchanged for centuries.



### MANIHIKI

✈ 3hr 20mins

Manihiki, a necklace of 40 tiny islands with a clear, deep blue lagoon. Manihiki is the epicentre of the Cook Islands' pearl industry. It provides a true escape from the modern world.



### TONGAREVA

✈ 2.5hrs

The northernmost island of the Cook Islands group, also known as Penryhn. Its most spectacular feature is the immense, enclosed blue water lagoon that covers 233 sq. km and is one of the largest in the South Pacific.



# Fast facts

## Population

Cook Islands (2021 Census): 15,020

Rarotonga (Capital): 10,890

## Entry Requirements

A valid passport with 6 months validity is required, This will allow you a stay of up to 31 days in the Cook Islands. New Zealand passport holders are eligible of up to 90 days stay in the Cook Islands.

## Currency & Banking

Currency in the Cook Islands is the New Zealand dollar, supplemented by Cook Islands' notes and coins. ANZ, BSP, and BCI banks' are open from Monday to Friday, 9am to 3pm in downtown Avarua. Most hotels and stores offer EFTPOS. ATMs are conveniently located around Rarotonga and Aitutaki. There is a Western Union office in Avarua that offers money exchange and transfers. When visiting the outer islands, we recommend taking cash as there is limited access to EFTPOS and only some businesses accept credit cards.

## Domestic air travel

Domestic flights are operated by Air Rarotonga with daily flights to Aitutaki and scheduled flights to Atiu, Mangaia, Mauke, Mitiaro, Manihiki, Tongareva and Pukapuka. For domestic flight schedule please visit [www.airraro.com](http://www.airraro.com)

## Dress code

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.

## Driving

Driving is on the left-hand side of the road. Cars and motor scooters can be rented. International visitors (16 years and over) can drive in the Cook Islands for up to six

months using their full overseas license. If a visitor wants to ride a scooter or motorbike in the Cook Islands and is not licensed to do so at home, they will still have to obtain a Cook Islands Driving License at the Police Headquarters in Avarua. Helmets are compulsory.

## Tipping

It is not customary to tip in the Cook Islands, but feel free to do so at your leisure.

## Medical & dental

There is a well equipped hospital situated in Rarotonga and a small hospital in Aitutaki. There are no poisonous animals or insects in the Cook Islands.

## Electricity

Electricity voltage is 240 AC/50 cycle, the same three pin plugs as used in New Zealand and Australia. Some hotels have provisions for 110 volt AC electric razors.

## Wifi

Internet on the island is readily available with over 150+ wifi hotspots (visit: [www.vodafone.co.ck](http://www.vodafone.co.ck)). Most accommodations offer wifi hotspots, and some offer internet in rooms that can be purchased.

## Telecommunications

Traveller sim cards can be purchased from Vodafone (our telecommunications provider) and come pre loaded with calls, text and mobile data. Most smart phones will work with a local sim however check with your provider in your country before travelling to the Cook Islands.

## Water

It is recommended that visitors not drink directly from taps, instead boil tap water before drinking. Free UV-treated water refill stations can be found around Rarotonga, as well as in the outer islands.



Discover more at

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## *Top reasons to visit*

### LONELY PLANETS TOP COUNTRY TO VISIT IN 2022

Lonely Planet's founder, Tony Wheeler, once described the lagoon of Aitutaki as "the world's most beautiful lagoon". Now, the prestigious international award his brand built has recognised the Cook Islands as the number-one country to visit in 2022!

### VISIT THE LARGEST MARINE CONSERVATION PARK IN THE WORLD

Since 2017 the Cook Islands has been the largest multi-use marine park in the world. Marae Moana – spans a total ocean area of nearly two million square kilometres. This is the largest commitment by a single country for integrated management and conservation from ridge to reef and from reef to ocean

### ENJOY FRESH FOOD

Love fresh food? We're not called the Cook Islands for nothing! Surrounded by the Pacific Ocean, local fishermen venture beyond the reef before sunrise, while local farmers harvest fresh ingredients from our nutrient rich volcanic soil, helping us earn a reputation for creating some of the best cuisine in the Pacific. A perfect meal can be fish and chips on the beach, street hawker dishes at the night market or fine restaurant dining and there are many colourful cafés serving light meals and your fix of great coffee.

### RELAX IN OUR TROPICAL CLIMATE

It's always a good time to visit! The Cook Islands enjoy a pleasant warm and sunny climate all year round. The drier months, from April to November, have an average of about 26°C. The warmer, more humid and damp season runs from December to March, the temperature ranging between 22°C (min) and 30°C (max).

### IT'S EASY TO EXPLORE BEYOND RAROTONGA

For the truly adventurous in spirit, our Outer Islands (Pa Enua) have a remote, unspoiled appeal for the explorer in all of us. Air Rarotonga, our national carrier, offers domestic flights from Rarotonga to; Aitutaki, Atiu, Mauke, Mitiaro, Mangaia, Pukapuka, Manihiki and Tongareva.

### THERE IS SOMETHING FOR EVERYONE!

Whether you're after a romantic getaway, a family adventure, or just some time away with your nearest and dearest, there is something for everyone in the Cook Islands. With a wide range of scenery, activities, accommodation, restaurants and cafes, we've got you covered.



## Cook Islands Tourism

Head Office, Rarotonga:

Maire Nui Drive, Avarua  
 (Between Banana Court & ANZ Bank).

Opening Hours: Mon-Fri 8am - 4pm,  
 Sat 10:00am - 1.00pm

P: +682 29435

E: [visit@cookislands.travel](mailto:visit@cookislands.travel)

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