



Mauke

INSIDER'S GUIDE



MAUKE

Unspoilt and Undiscovered





MAUKE

Remote tranquil beauty



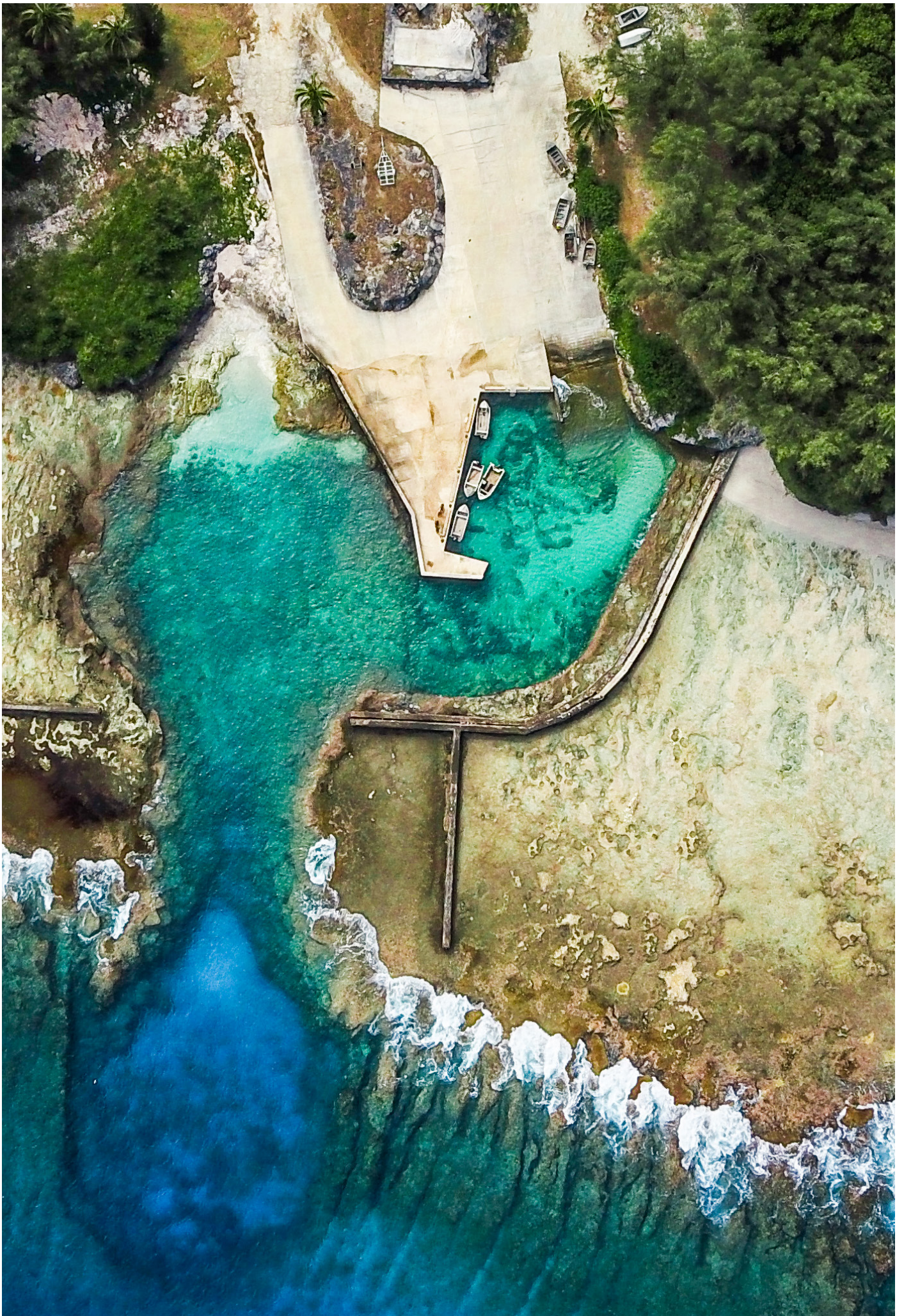
Heartwrenching legends to the living customs and cultures of their matakeinanga (tribes), to pure artesian water straight from the tap (the best drinking water in the Cook Islands). Listen for the Mauke kingfisher and look for the Arapepe (Ngaputoru Pandanus) both endemic to Mauke.

According to legend – Mauke was originally named Akatokamanava – ‘the place where my heart rested’ – by the Chief Uke after a long voyage from Avaiki. A fittingly romantic name for the beautiful island. Peace reigns supreme on this tiny island, with coral roads curving gently through coconut palms and hardwood trees; every so often, a small sandy beach surrounded by coral rocks appears. It’s the perfect place to de-stress and unwind with fruit and drinking coconuts picked fresh for you. Mauke’s island way of life will leave you feeling replenished and revitalised.

Mauke is only a quick 50-minute flight from Rarotonga with Air Rarotonga.







What's so unique about Mauke?



UNSPOILT AND UNDISCOVERED

Mauke has been one of the best kept secrets in the Cook Islands, until now. You won't find our regular visitors venturing here. Actually, you may even find yourself being the only visitor on the island at any given time of the year. It's hard not to relax when the people and lifestyle are so laid back and beautiful.

THE SPECTACULAR CAVES

Mauke has some of the most beautiful caves in the South Pacific. Explore Vai Tango, Vai Ou and Vai Tunamea, to name a few. Visit Motuanga - which is said to have a hundred separate underground chambers leading to the sea.

THE 'GARDEN ISLAND' AND WORLD FAMOUS EI MAIRE

Its verdant landscape, filled with fragrant wildflowers, tropical fruit trees and magnificent hardwoods, has earned Mauke the nickname

the "Garden Island". It is common for Ei Maire (garlands) to be used for traditional celebrations, but today they often signify status and importance. The difficulty in accessing this plant earns this respect.

MAUKE AKARI PI

Akari Pi is a locally made coconut oil used to heal wounds and irritations as well as for traditional massage. The locally grown Pi plant (Talinum Lababo) infused into organic coconut oil is a remedy staple for the people of Mauke.

LOCAL HOSTS

Mauke offers a small boutique selection of accommodation that matches the island's personality. Your hosts will show you the real Mauke hospitality.



Mauke Akari Pi is well known for its medicinal properties.



Surrounded by a fringing reef, the island of Mauke offers peaceful coves to enjoy alone or as a family.



All tours on mauke are tailor-made and personalised for you.

Fast Facts



TRADITIONAL NAME

Akatokamana -
'the place where my heart rested'

POPULATION

Mauke 254 (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 Mauke is the New Zealand Dollar (NZD). Bank of the Cook Islands (BCI) is open Mon- Fri 9:00am to 12:00pm. A Bank of the South Pacific (BSP) Agent (Kato's Store) is also available on island. International cards can be used for purchases but we recommend you bring cash.

SHOPS

All shops are open Monday to Saturday, with varying operating hours. Please remember that only basic items are available.

ELECTRICITY

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

DRIVING

Driving is on the left-hand side of the road. Cars and motor scooters can be rented from Ri's Retreat.

MEDICAL & DENTAL

A small hospital and dental hygienist is available and located in the village of Oiretumu. Phone (682) 35664.

TELECOMMUNICATIONS

Vodafone WiFi hotspots are located at the Mauke airport, Makatea Store, Kato Store, Island Administration, Tiare Cottages and the Vodafone office.

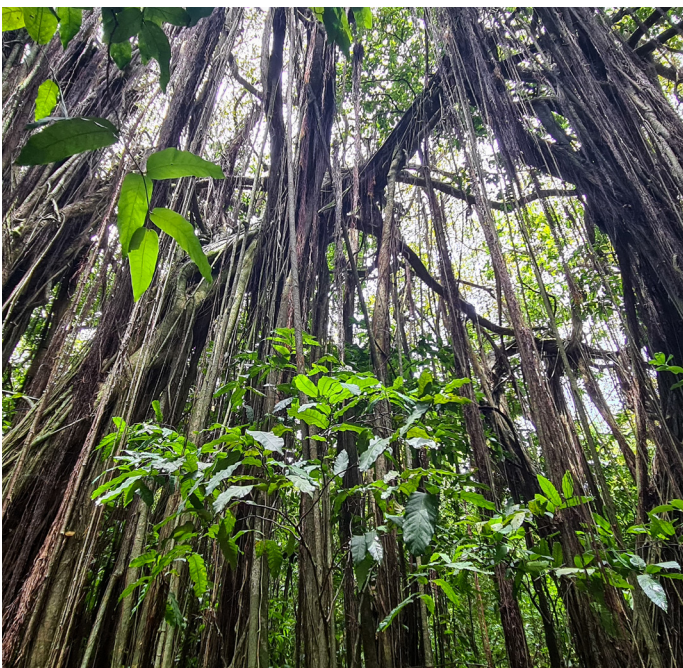
CHURCHES

Sunday is considered a day of rest and worship. There are several denominations on Mauke including: Catholic Church, Cook Islands Christian Church and Seventh Day Adventist (Saturday).

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. RELAX, RECHARGE AND REVITALISE IN THE PEACE AND CALM

Explore the beautiful nature or rest on your own beach cove to unwind and relax.

2. WALK TO KOPU PO'OKI (STOMACH ROCK) A SALT WATER POOL IN THE RAUI (MARINE RESERVE)

Best to visit during low tide. Be sure to wear reef shoes or sturdy walking shoes, since the makatea (raised coral) can be tricky to navigate.

3. TAKE A REFRESHING DIP IN VAI TANGO CAVE

The cave is easily accessible and one of Mauke's most popular freshwater attractions.

4. VISIT THE LARGEST BANYAN TREE IN THE PACIFIC

Covering more than a quarter of an acre (maybe even more)!

5. STRETCH YOUR LEGS ON A WALK AROUND THE ISLAND

It takes approximately 3hrs and is 18km.

6. VISIT THE ZIONA CHURCH

There is an interesting story behind the church with two entrances for separate villages, it has different designs for their respective halves.

7. TAKE AN ADVENTURE WALKING OR FISHING ON THE REEF

Isolated and away from fishing charters and commercial fishermen, there is always a good chance for a strike. Enjoy a reef filled with sea life.

8. GO SWIMMING AT THE HARBOUR

Enjoy a refreshing splash with the friendly locals at Taunganui landing.

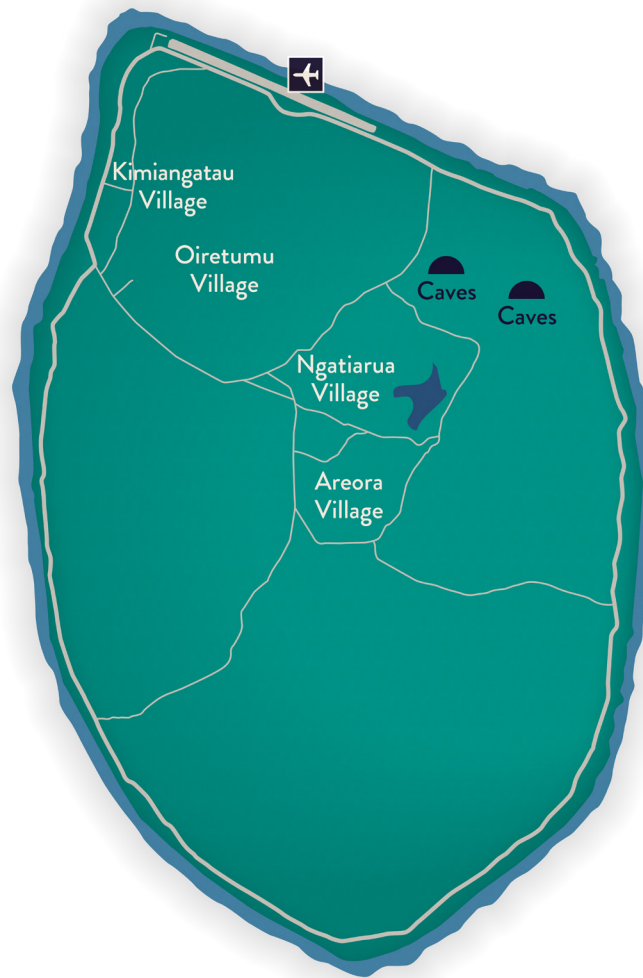
9. VISIT KEA'S GRAVE

History tells us Kea, the wife of Paikea (a renowned fisherman of old who was swept out to sea, never returning home) waited for her husband to return to this lookout. Her remains still rest at this very spot.



UNSPOILT AND UNDISCOVERED

Mauke



Cook Islands Tourism

Head Office, Rarotonga:

Main road, Avarua

(Between the Banana Court & ANZ Bank)

Opening Hours: Mon-Fri 8am - 4pm,

Sat 10am - 1.30pm

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Discover More at:

www.CookIslands.travel/Mauke



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