



# Cook Islands

"Kia orana!" is the greeting of the Cook Islands meaning "may you live long".

The Jewel in the Pacific! The crystal clear waters, and bone white sand of the Cook Islands will have you wanting never to return home. This tiny island nation boasts some of the most spectacular scenery and has been voted as having the most beautiful lagoon in the world.

## Why an ATS Pacific Cook Islands Itinerary?

The Cook Islands have a vast range of accommodation available to suit all budgets. We have selected those properties that provide you the most of what this beautiful island has to offer. We hope that the touring suggestions selected provide you with a good range of experiences on these Islands.

### Crown Beach Resort (Rarotonga)



A gentle retreat designed to be in harmony with the natural environment ideally, situated on an expansive white sandy beach and crystal clear lagoon. Created to be a refuge from the everyday, so much so, that it comprises just 36 private villas, each an enclave of luxury including.

### The Little Polynesian Resort (Rarotonga)



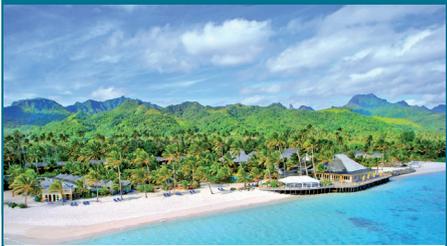
This boutique property is situated directly on a white sandy beach and nestled within the foliage of palms and lush tropical gardens. Close to Tikioki Marine Sanctuary and Muri Beach relax and enjoy all that these amazing beaches have on offer.

### Muri Beachcomber (Rarotonga)



A small, intimate property superbly located on beautiful Muri Lagoon comprised of 22 units. Enjoy the expanse of Muri Beach and its tranquil lagoon. A truly relaxing atmosphere.

### The Rarotongan Beach Resort & Spa (Rarotonga)



Immerse yourself in paradise at the iconic Rarotongan Beach Resort & Spa. A snorkeler's paradise where you can hand-feed the jewel-coloured reef fish, go on a snorkeling safari, paddle an outrigger, dance the hula, play the ukulele or make a lei - all included in the resort's wealth of complimentary activities.

### Pacific Resort Aitutaki (Aitutaki)



Discover the most breathtaking lagoon you've ever seen, dotted with idyllic islands and fringed by the azure-blue Pacific Ocean. Romantic and luxurious, this property will see you relax and rejuvenate like no other. Swim, fish, laze by the pool. Previously awarded with "World's Leading Boutique Island Resort", you will know why.

### The Aitutaki Lagoon Resort & Spa (Aitutaki)



The only resort located on one of the world's most beautiful lagoons. This intimate, all-bungalow resort rests on its own private island amid the exquisite turquoise waters of the lagoon. During your stay learn to kiteboard, play the ukulele or paddle an outrigger canoe.



# Itinerary

## Cook Islands Discovery 8 Days/7 Nights



### Day One:

#### Arrive Rarotonga

Kia orana! Welcome to Rarotonga.

You will be met at the airport and transferred to your hotel in Rarotonga.

**Stay: The Rarotongan Beach Resort & Spa** **B**

### Day Two - Four:

Over the coming days immerse yourself in all that the Rarotongan Beach resort has on offer.

Hand-feed the reef fish, go on a snorkeling safari, paddle an outrigger, husk a coconut, dance the hula, play the ukulele or make a lei - all included in the resort's wealth of complimentary activities.

Find time to do the suggested day trips on offer; start your holiday with an *Island discovery tour*, and *the Te Vara Nui Cultural Show & Dinner* is a must see.

**Stay: The Rarotongan Beach Resort & Spa** **B**

### Day Five:

Depart Rarotonga for Aitutaki

This morning you will be collected from your hotel to be transferred to the domestic airport for your flight to Aitutaki.

On arrival in Aitutaki, you will be welcomed at the airport and transferred to your hotel.

### Day Five - Eight:

Spend the remainder of your days exploring the most amazing lagoon, diving, fishing or perhaps take a tour. We recommend: *The Aitutaki Discovery Safari* and *Bishop's Lagoon Cruise*

**Stay: The Aitutaki Lagoon Resort & Spa** **B**

### Day Eight

Depart Aitutaki for Rarotonga, for your connecting flight back home

## Island discovery tour (Rarotonga)



Start your holiday with an oriented cultural circle island tour. Be enlightened with a qualified tour guide sharing the local history and culture of Rarotonga, as you journey around the island in an air-conditioned sightseeing bus.

## Te Vara Nui Cultural Show & Dinner (Rarotonga)



The most interactive cultural attraction on Rarotonga, Te Vara Nui Village offers an authentic journey into the Cook Island's Polynesian History. The show, performed nightly showcases many of the Cook Islands' cultural dance with something for everyone: fun, authentic entertainment.

## Aitutaki Discovery Safari (Aitutaki)



A tour to take you to the places no one else can take you. Visit ancient historical landmarks & maraes. See the amazing views of Aitutaki from its highest point. Tour includes complimentary transfers and snacks.

