



Cook Islands

Photo: Martin Valigursky/Shutterstock.com



ChameleonsEye/Shutterstock.com



ChameleonsEye/Shutterstock.com



bcampbell65/Shutterstock.com

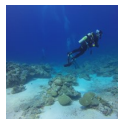
'Kia Orana' or welcome to the Cook Islands! This breathtaking archipelago is composed of 15 islands in the South Pacific. Each island has its own unique beauty, stories, and incredible landscape, only matched by the friendliness and grace of its people. Brilliant, sparkling white sandy beaches, clear blue lagoons, and fertile rainforests harbouring exceptional wildlife are just a few of the treasures waiting to be discovered.

Featured



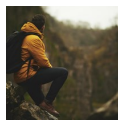
Festivals

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Diving

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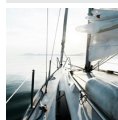
Hiking

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Top 5



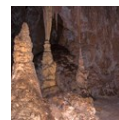
Aitutaki

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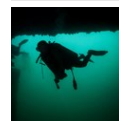
Atiu

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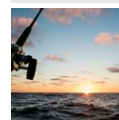
Caves

On Atiu, explore the awe-inspiring limestone caves, which have historically ...



Wreck of the Matai

In the Avarua district of Rarotonga, you can see (even just from the shore) ...



Fishing

If you are in the mood for an exhilarating day's outing just beyond the reef...

THE COUNTRY



BlueOrange Studio/Shutterstock.com

Scattered across 2 million square kilometres of the South Pacific, the Cook Islands may have a modest landmass of just 241 square kilometres, but they make up with exceptional brilliance.

Named after the famous explorer Captain Cook, these islands are a hidden gem, offering everything from sandy beaches fringed with coconut palms to lush, mountainous interiors teeming with exotic tropical birds. Yet, it's not only the breathtaking landscapes that entice visitors; the world-class game fishing, diving, and snorkelling draw enthusiasts from around the globe. Be warned, though—many who come for a visit end up staying for a lifetime.

DO & SEE



ChameleonsEye/Shutterstock.com

With its perfect climate and stunning waters, it's easy to see why the local saying goes, 'Cook Islands people are born of the sea'. Here, in fact, most activities revolve around the ocean: there are safe places for snorkelling, swimming, and diving for all ages and abilities.

Rarotonga boasts some of the island's best beaches, including those around Muri Lagoon, Aro'a Beach, Black Rock, and Titikaveka. Muri Lagoon stands out as one of the Cook Islands' most picturesque spots, ideal for swimming, snorkelling, kayaking, and windsurfing.

Aitutaki



Aitutaki, to the north of Rarotonga, is a highly popular island destination in the Cook Islands, known for its stunning turquoise lagoon and pristine white beaches. The lagoon is renowned for its clarity and is a fantastic spot for diving and snorkelling. Aitutaki's picturesque scenery and vibrant marine life make it a paradise for water enthusiasts.

Photo: ChameleonsEye/Shutterstock.com

Address: Aitutaki

Atiu



Atiu, centrally located in the Cook Islands, is renowned among bird watchers and naturalists for its unique attractions. One of its most notable

features is the Makatea—a central elevated plateau of volcanic rock encircled by a raised coral limestone reef. This striking geological formation, along with the island's rich biodiversity, makes Atiu a must-visit destination for nature enthusiasts.

Photo: Martin Valigursky / Shutterstock.com

Address: Atiu

Caves



On Atiu, explore the awe-inspiring limestone caves, which have historically served as burial sites—be sure to bring a torch and sturdy

walking shoes. Discover the legend of the lovers Inutoto and Tangaroa, linked to the stunning Anatakitaki Cave, renowned for its impressive stalagmites, stalactites, and the unique Kopeka bird that calls it home. Don't miss Raka's Cave, with its fifteen distinct chambers, and let your guide share the rich history of the Rakanui family, who have lived and found sanctuary in this extraordinary hideaway.

Photo: Jim Feliciano/Shutterstock.com

Address: Atiu

Wreck of the Matai



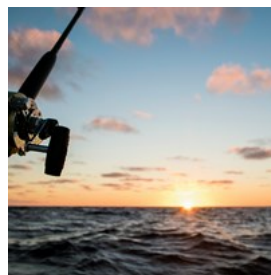
In the Avarua district of Rarotonga, you can see (even just from the shore) the sunken wreck of the SS Matai. This cargo ship, which sank in 1916

while transporting cars from the United States to New Zealand, has become a preferred spot for divers and is celebrated for its historical significance and the vibrant marine life that surrounds it.

Photo: littlesam/Shutterstock.com

Address: Avarua Harbour

Fishing



If you are in the mood for an exhilarating day's outing just beyond the reef, then go fishing. Charter operators provide all the gear necessary for

every type of fishing, including saltwater fly or sport and light tackle.

Photo: Colter Olmstead/Unsplash

Address: Marlin Queen Fishing Charters - Avatiu Road, Avarua, Cook Islands

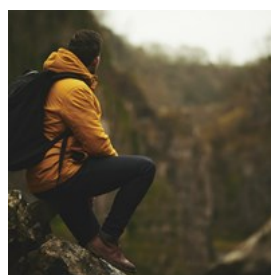
Opening hours: Daily 6am-10pm

Phone: +682 20 683

Internet: www.marlinqueenrarotonga.com

Email: fishing@marlinqueen.co.ck

Hiking



Away from the water's edge, Rarotonga offers some fantastic walking tracks and attractions. Notable sites include Highland Paradise, where

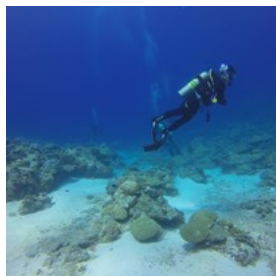
visitors can explore traditional Cook Islands culture and enjoy breathtaking views and Black

Rock, or 'Arai Te Tonga', which is a significant spiritual site for the islanders.

Photo: Pexels/Pixabay

Address: Avarua District, Rarotongan

Diving



For divers, the outer reefs surrounding Rarotonga and Aitutaki are exceptional, offering visibility often exceeding 30 metres year-round.

The dive sites feature fascinating underwater landscapes, including canyons, caves, swim-throughs, and towering drop-offs. While some areas can reach impressive depths, the most popular dive sites are typically shallower. Notable dive experiences include exploring the Alexander wreck near Rarotonga.

Photo: arhnue/Pixabay

Address: Dive Rarotonga - Yellow A-Frame, Main Road, Arorangi District, Cook Islands

Opening hours: Mon-Fri 9am-5pm, Sat 8am-5pm, Sun 1pm-5pm

Phone: +682 21 873

Internet: www.diverarotonga.com

Email: info@diverarotonga.com

Cook Island Christian Church



The Cook Islands Christian Church in Avarua is a striking old building crafted from white coral, originally erected in 1853. It's well

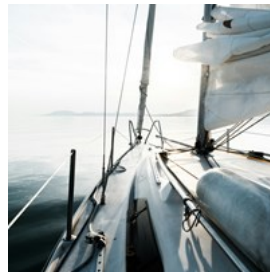
worth a visit, particularly for its intriguing graveyard. In front of the church, you'll find a monument dedicated to Papeiha, a Polynesian missionary, and the grave of Albert Henry, the first Prime Minister of the independent Cook Islands, complete with a life-size bust.

Photo: Thomas Bormans/Unsplash

Address: Makea Tinirau Road, Avarua, Cook Islands

Opening hours: Mon-Fri 8am-4pm, Sat & Sun closed

Sailing



If you'd rather keep your feet dry, consider taking a glass-bottom or semi-submersible boat to view the vibrant tropical fish and stunning corals.

For those seeking more active water fun, windsurfing, sailing, catamarans, and kayaking are excellent choices. Muri Lagoon on Rarotonga is particularly popular for sailing activities. Additionally, both Rarotonga and Aitutaki offer numerous hire facilities where you can rent all the necessary equipment for these exciting water sports.

Photo: Daniel Olah/Unsplash

Festivals



Festivals and dancing are integral to life in the Cook Islands. The traditional Ura dance, a key part of their cultural heritage, is especially

popular. Visitors are encouraged to join in these celebrations to experience the deep cultural and historical significance of these traditions.

One of the most significant annual events is the Te Maeva Nui festival, celebrated around the national day on the 4th of August. This vibrant festival unites people from all the islands to celebrate the nation's self-governance with colourful floats, singing, dancing, drumming, and feasting.

Photo: ChameleonsEye/Shutterstock.com

More Info: Various venue locations.

Te Vara Nui Village



A holiday should definitely be the occasion to relax and forget about everyday life, but also a chance to get to know something more about the culture of the land you're visiting. At Te Vara Nui, you could take a tour of the village to learn about its history and then enjoy a night here with a mouth-watering buffet and amazing entertainers performing traditional dances.

Photo: Alan Poulson Photography/Shutterstock.com

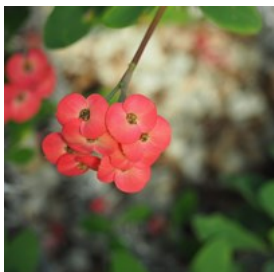
Address: Te Vara Nui Village, Te Vara Nui, Ara Tapu, Cook Islands

Opening hours: Mon-Sat 10am-2pm, Sun closed

Phone: +682 24 006

Internet: www.tevaranui.co.ck

Maire Nui Botanical Gardens



The paradisiacal allure of the Cook Islands extends beyond its crystalline waters and white sandy beaches, as evidenced by the Maire Nui Botanical Gardens. These gardens feature a diverse collection of tropical flowers and plants, creating a serene environment ideal for relaxation or a romantic stroll. The lush, well-maintained gardens showcase the island's vibrant flora and offer a peaceful retreat from the beach.

Photo: ftanuki/Pixabay

Address: Ara Tapu Rarotonga, Takitumu District, Cook Islands

Opening hours: Mon-Fri 10am-3pm, Sat & Sun closed

DINING



ChameleonsEye/Shutterstock.com

"We live to eat, not eat to live!"—a popular saying among the Cook Islanders that reflects their passion for food. If you relish good food, the Cook Islands will be a true delight. Here, food is the essence of life, with the South Pacific seas providing fresh seafood and fertile volcanic soils yielding exceptional produce. Whether you're dining at a high-end restaurant or a local eatery, the culinary experiences are bound to be savoured and enjoyed.

Punanga Nui Market



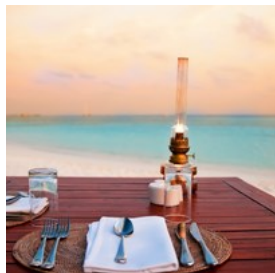
Dive into the vibrant heart of Avarua every Saturday at the Punanga Nui Market, where the air is alive with the melodies of live folk music and the aroma of tantalising local dishes. This bustling open-air market is a sensory feast, with a diverse array of stalls showcasing colourful handicrafts, mouth-watering snacks, and tropical fruits that reflect the essence of Rarotonga. Don't miss out on the samosas, generously paired with chutneys made from the island's own fruits.

Photo: Umair Ali Asad/Unsplash

Address: Punanga Nui Market, Ara Tapu, Avarua District, Rarotonga

Opening hours: Sat 8am-noon

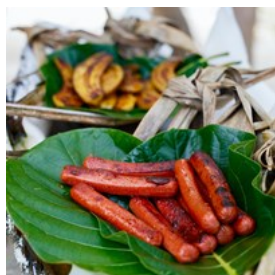
Tamarind House Restaurant & Bar



Tamarind House is situated just a few minutes outside the city centre, in a stunning restored colonial house, where you can enjoy coffee, lunch, or dinner. The restaurant is particularly elegant and internationally well-known for its high-quality local dishes. Make sure to visit Tamarind House at sunset and enjoy the view!

Photo: Micha Rosenwirth / Shutterstock.com
Address: Ara Tapu, Avarua District, Cook Islands
Phone: +682 26487
Internet: www.tamarindrarotonga.com
Email: tamarind@rarorestaurants.com

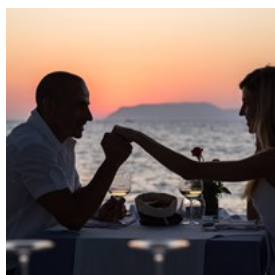
Muri Night Market



Small market in Rarotonga where you will be enchanted not only by the cheerful atmosphere but also by the mouth-watering local food. This is a great alternative for a night when you don't feel like going to a fancy restaurant, but still want to enjoy a top-quality meal at a reasonable price.

Photo: BlueOrange Studio/Shutterstock.com
Address: Muri Beach, Ngatangiaa

Vaima



Vaima restaurant is another great alternative, set right on the beach on the south side of Rarotonga, in the village of Vaimaanga. This high quality restaurant offers you the possibility to eat

a terrific meal on the beach, with a beautiful sea view in front of you.

Photo: Evgeniya Lanti/Shutterstock.com
Address: Ara Tapu, Takitumu District, Rarotonga
Opening hours: Monday - Sunday 4:00 pm - 10:00 pm
Phone: +682 26123
Internet: www.vaimarestaurant.com
Email: vaima@oyster.net.ck

Kikau Hut



This restaurant is well known not only for the quality of the dishes served, but also for the friendliness of the staff and, in particular, of the owner, an English man always ready to have a good chat and to give precious advices to its guests. Moreover, on Monday nights you will consume your tasty meal entertained by live music! Once you've tried this restaurant, you will feel like having dinner here for the rest of your time in the Cook Islands!

Photo: Elena Elisseva / Shutterstock.com
Address: Ara Tapu, Arorangi, Rarotonga
Opening hours: Monday 6:00 pm - 11:00 pm, Wednesday - Sunday 6:00 pm - 11:00 pm
Phone: +682 26 860
Email: kiakuhut@oyster.net.ck
More Info: Vegetarian, Asian and Hawaiian Cuisine

Charlie's Raro



Are you looking for a place to grab something tasty and cheap? Then, pay a visit to Charlie's Raro, whose big portions of fish and chips and burgers are just delightful. The casual ambience of the restaurant is still romantic because of the enchanting location.

Photo: neil langan/Shutterstock.com

Address: Ara Tapu, Takitumu District, Cook Islands

Opening hours: Mon-Fri noon-9pm, Sat noon-7pm, Sun closed

Phone: +682 28 055

Internet: www.charliesraro.com

Vili's Burger Joint



If, for a night, you feel like tasting something more western-styled, putting aside the local cuisine, give a try to Vili's, where the best

burgers of the island are served. Plus, huge portions of both filling and chips, yummy sauces, and reasonable prices.

Photo: RobertoCardona / pixabay.com(image cropped)

Address: Ngatangia District, Cook Islands

Opening hours: Daily 11:30am-9pm

Phone: +682 28 454

More Info: American style fast-food

The Waterline



Suggestive atmosphere and delectable food walk hand in hand at The Waterline Restaurant and Outrigger Beach Bar. The location is just perfect,

right by the sea, so make sure to enjoy your meal at sunset when everything turns red and orange, making the island even more enchanting. The food is heavenly as well, especially the seafood risotto.

Photo: Simone_ph/Pixabay

Address: Arorangi, Rarotonga, Cook Islands

Opening hours: Tue-Sun 11am-10pm, Mon closed

Phone: +682 22 161

The Anchorage



Tropical but elegant ambience in this spacious restaurant that serves breakfast between 7:30 am and 10:00 am, lunch from 12:00 pm to 3:00

pm, and dinner, available both "a la carte" and with a fixed, daily menu. Strongly recommended is a visit on Saturdays because of the live music that will make your night out even more enjoyable!

Photo: Africa Studio/Shutterstock.com

Address: Ara Tapu, Arorangi Rarotonga, Cook Islands

Phone: +682 28028

Internet: www.thesunsetresort.com/resort/dining/

CAFÉS



ChameleonsEye/Shutterstock.com

The island of Rarotonga is the premier café location - as they are scarce or non-existent on the outer islands. There is a good selection of cafés across this island serving a variety of coffee and snacks at fair budget prices suitable for the discerning traveller. Some are even open until late at night to cater for the after-pub trade.

Maire Nui Gardens and Cafe



The Maire Nui Gardens and Cafe is a traditional Polynesian-styled café located amidst the greenery of the botanical garden. It is open

Monday through Friday for breakfast and lunch featuring organic produce grown in their own garden, characterised by a fresh and exotic taste.

Photo: Tobias Tullius/Unsplash

Address: Ara Tapu Rarotonga, Takitumu District, Cook Islands

Opening hours: Mon-Fri 10am-3pm

The Cafe



On Rarotonga, you will find this hip and stylish café, where the 50s, 60s and 70s music fans gather to enjoy a cup of espresso or a cold drink

while listening to their favourite artists such as Frank Sinatra or the Beach Boys. At The Cafe, there is also a vintage record player and countless vinyl LPs so that you will have the chance to choose your own preferred songs.

Photo: Mediagram /Shutterstock.com

Address: Ara Tapu, Avarua, Cook Islands

Opening hours: Mon-Fri 8:30am-2pm, Sat 8:30am-12:30pm, Sun closed

Phone: +682 21 283

Koru Cafe



Koru Cafe can be considered as something in between a restaurant and a café, specialising in Western-style breakfasts and lunches that will be

enjoyed in a lovely environment with exceptionally hospitable staff and books always available.

Photo: Syda Productions/Shutterstock.com

Address: Aitutaki, Arutanga, Cook Islands

Opening hours: Daily 7am-3pm

Phone: +682 31 110

The Waffle Shack



Best place in town to stop by for a crispy waffle and a strong espresso: a perfect recipe for both breakfast and an afternoon snack! The

waffles, in particular, are marvellously baked here and filled with everything you may want, such as refreshing ice cream and a cherry sauce!

Photo: Val Thoermer/Shutterstock.com

Address: Ara Tapu, Avarua District, Cook Islands

Opening hours: Tue-Fri 7am-2pm, Sat 7am-12pm

Phone: +682 55 503

More Info: At Punanga Nui Market

BARS & NIGHTLIFE



janecat/Shutterstock.com

A highlight of the Cook Islands is sipping cocktails at a bar fronting the west as the sun slowly slips below the horizon—there is truly no better way to say farewell to a very special day in paradise.

The later nightlife of the Cook Islands is steadily growing with Friday night remaining the main night out for both tourists and locals alike. Most bars on Rarotonga remain open till 2am. Do not expect the same late night on Saturday as the Cook Islanders are a Christian community and usually close all drinking establishments at the stroke of midnight. Furthermore, many of the resorts have their own bars and restaurants at which non-guests are welcome.

Wilson's Beach Bar



Located right by the water, Wilson's welcomes its guests to a relaxed beach bar offering stunning sunsets, live music, great cocktails, and bonfires on selected nights of the week.

Photo: Tish1/Shutterstock.com

Address: Arorangi District, Cook Islands

Phone: +682 21 546

Friday Night Island Pub Crawl



Friday night is renowned for the Friday Night Island Pub Crawl. These are usually organised by resorts and accommodation houses where buses pick up tourists and make the rounds of pubs and clubs, from quiet local hangouts (no longer quiet once the bus pulls in) to popular tourist haunts. These nights can end up pretty wild with plenty of dancing, singing, and the making of new friends.

Photo: Rawpixel.com /Shutterstock.com

Internet: www.rarotours.co.ck/going-troppo-nightlife-tour

Island Nights



Island Nights, which are often included in the weekly entertainment at many resorts, are not to be missed for their mix of plentiful tantalising local fare. A feast of seafood, meats, and vegetables is followed by traditional entertainment where locals adorned in colourful costumes proudly display their authentic Cook Island culture through drumming, singing and dancing. The evening entertainment is usually completed with a Ura Piani (invitation dance), where visitors are given the chance to match the hip-shaking of the locals.

The Edgewater Resort and Spa in Rarotonga, for example, offers Island Nights as part of its entertainment program.

Photo: ChameleonsEye/Shutterstock.com

Address: The Edgewater Resort & Spa Rarotonga - 1

Puaikura Drive, Arorangi District, Cook Islands

Phone: +682 25 435

Internet: www.edgewater.co.ck

Trader Jacks



Traders Jacks is one of the most popular places in the South Pacific, located at Avarua's old harbour. Live music and sounds from the best bands on the islands always attract a lot of people. Friday is usually the big night of the week and that is when you will get a chance to meet both tourists and locals.

Photo: Helena Yankovska/Unsplash

Address: Ara Tapu, Avarua District, Cook Islands

Opening hours: Mon-Thu 11am-10pm, Fri & Sat 11am-midnight, Sun closed

Phone: +682 26 464

The Barefoot Bar



At the charming Pacific Resort in Rarotonga, The Barefoot Bar's welcoming staff will take care of you with countless options of refreshing drinks and rich

Happy Hours. Moreover, the setting here is simply astonishing.

Photo: stockcreations / shutterstock.com

Address: Muri Beach, Rarotonga, Cook Islands

Phone: +682 20 427

Internet: www.pacificresort.com/restaurants-and-dining

Flying Boat Beach Bar & Grill



On the paradisiacal island of Aitutaki, you can't miss the Lagoon Private Island Resort. Here you will be served mouth-watering meals with local seafood and delightful beverages such as fruity, colourful cocktails, high-quality wines and beers from all over the world.

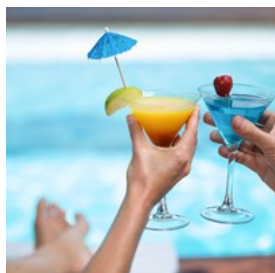
Photo: Olesya Kuznetsova/Shutterstock.com

Address: Motu Akitua, Aitutaki, Cook Islands

Phone: +682 31 200

Internet: www.aitutakilagoonresort.com/dine/flying-boat-beach-bar-grill.html

Lagoon Lounge & Bar



In an authentic tropical environment within Muri Beach Club Hotel, you will find Lagoon Lounge & Bar: this is undoubtedly the perfect place to visit to relax and forget about stressful everyday life. Just come here, grab a drink and

enjoy the spectacular nature around you.

Photo: wavebreakmedia/Shutterstock.com

Address: Muri Beach Point, 5100, Nukupure Dr, Rarotonga, Cook Islands

Phone: +682 23 000

Internet: www.muribeachclubhotel.com/dining

SHOPPING



ChameleonsEye/Shutterstock.com

One of the best things about shopping in the Cook Islands is the variety of traditional arts and crafts. Passed down over generations, these are much sought over. Basketwork, Rito hats, shell jewellery, carvings and musical instruments head the list. Unfortunately, as with most other countries across the globe, cheap imports do filtrate, so be mindful.

Ara Tapu Road



Along the coastal Ara Tapu Road on Rarotonga, you'll discover a range of specialty shops offering jewellery, including the renowned black pearls, as well as handicrafts and local clothing. The Cook Islands' colourful stamps are highly prized by collectors and philatelists, with the best place to purchase them being the Philatelic Bureau, conveniently located next to the Post Office in Avarua. For diving and snorkelling gear, visit Mana Court in downtown Avarua, where you'll

find a selection of equipment for your underwater adventures.

Photo: Olga Kovalski/Unsplash
Address: Ara Tapu, Rarotonga

Muri Night Market



Small market in Rarotonga where you will be enchanted not only by the cheerful atmosphere but also by the mouth-watering local

food. This is a great alternative for a night when you don't feel like going to a fancy restaurant, but still want to enjoy a top-quality meal at a reasonable price.

Photo: BlueOrange Studio/Shutterstock.com
Address: Muri Beach, Ngatangiia, Cook Islands

Smaller Islands



Aside from Rarotonga, other islands in the Cook Islands generally offer only basic supplies.

However, each island features its own unique

crafts and arts, making for an exciting and varied shopping experience. Do keep in mind that most shops are closed on Sundays.

A top tip: Visit Mike Tavioni's sculpture gallery in Atupa, where you might see this talented artist at work. His impressive sculptures are also featured at the Punanga Nui Marketplace and the National Cultural Centre.

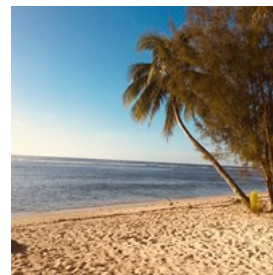
Photo: Gts /Shutterstock.com

TOURIST INFORMATION



Ant Clausen/Shutterstock.com

Best Time to Visit



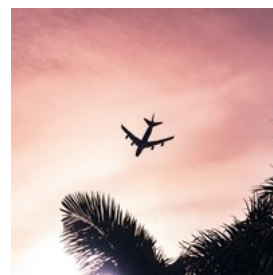
The best time to visit the Cook Islands is during the dry season, which runs from May to October.

This period offers pleasantly warm

temperatures, low humidity, and minimal rainfall, making it perfect for enjoying outdoor adventures and beachside relaxation. For those interested in local culture, plan your visit for November when the Cook Islands' annual Vaka Eiva Festival, a vibrant celebration of canoe racing and Polynesian culture, takes place.

Photo: Gina Lemafa/Unsplash

Rarotonga International Airport (RAR)



Rarotonga International Airport, situated on the island of Rarotonga, serves as the gateway to this tropical paradise.

Located approximately 7 kilometres from Avarua, the island's main town, the drive to the city takes roughly 10 to 15 minutes. The airport is well-integrated into the island's transport network, with a range of

options for travellers including shuttle buses, taxis, and rental cars.

Photo: Eduardo Velazco Guart/Unsplash

Address: Rarotonga International Airport

Internet: <https://cookislandsairports.com/home>

Taxi



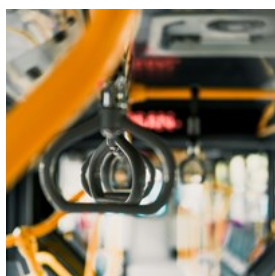
The Cook Islands Taxi Association (CITA) comprises private taxi companies collaborating to improve service quality and provide reliable

24-hour transportation, 7 days a week. Taxis are commonly hailed by the roadside rather than pre-booked, and fares are negotiated in advance as metered taxis are not used.

Keep in mind that ride-sharing apps are not available on the islands. So, relying on local taxis or renting a scooter might be your best bet for getting around.

Photo: Gustavo/Unsplash

Public Transport



The round-the-island bus service in Rarotonga is a popular and convenient option for getting around the island. Operating along the coast road in

both directions, the service starts in Avarua but allows passengers to flag down the bus at various points along the route. Managed by Cook's Island Bus Passenger Transport Limited, the service is known for its affordability and flexibility, picking up and dropping off passengers upon request.

For the latest updates on schedules and

operational details, checking with local sources or directly with the transport provider is advisable.

Photo: Reinaldo Kevin/Unsplash

Internet: www.cookislandsbus.com

Post



The main Post Office in the Cook Islands is located in Avarua, the capital district of Rarotonga. Besides sending and receiving

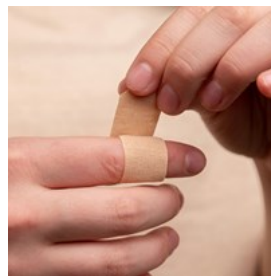
domestic and international mail, it sells stamps and other postal supplies and provides basic banking services, such as bill payments and money transfers.

Photo: Ali Bakhtiari/Unsplash

Address: Tutakimoa Road, Avarua, Cook Islands

Opening hours: Mon-Fri 8am-4pm, Sat & Sun closed

Pharmacy



The Cook Islands have only a handful of pharmacies, with the majority located in Rarotonga, the largest island. Common

medications are typically available, but for less frequently prescribed ones, you may need to order them. This process involves waiting for them to be shipped to the island, which can be subject to delays depending on the air services and shipping schedules.

To avoid any inconvenience, it's a good idea to bring any essential medications you may need with you. If you have specific health needs or require certain medications, plan ahead and arrange for them well before your trip.

Photo: Diana Polekhina/Unsplash

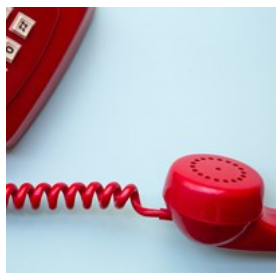
Address: CITC Pharmacy - Avarua Shopping Centre

Opening hours: Mon-Fri 9am-3:30pm, Sat 9am-12:30pm,

Sun closed

Phone: +682 29 292

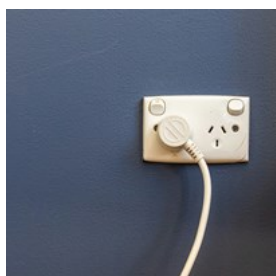
Telephone



Country code: +682

Photo: Miryam León/Unsplash

Electricity



In the Cook Islands, the electrical system operates at a voltage of 240 volts with a frequency of 50 Hz. The standard plug type used is the Type I

plug, which features three flat pins arranged in a triangular formation, similar to those used in Australia and New Zealand.

Photo: Mitchell Luo/Unsplash

Population

17,072 (2024)

Currency

The currency of the Cook Islands is the New Zealand Dollar (NZD), which is used alongside the Cook Islands Dollar (CKD).

Opening hours

Most businesses operate from Monday to Friday from 8am until 4pm, and on Saturdays from 8am until noon. Sunday is usually a day off.

Internet

<https://cookislands.travel/home>

Newspapers

Cook Islands News: www.cookislandsnews.com

Emergency numbers

Police: 999

Ambulance: 998

Fire: 996

Tourist information

Cook Islands Tourist Corporation

14 Maire Nui Drive, Avarua, Cook Islands

+682 29 435

Opening hours: Mon-Fri 8am-4pm, Sat 10am-1pm, Sun closed