



Photo: Martin Valigursky/Shutterstock.com

Cook Islands



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.

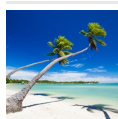


ChameleonsEye/Shutterstock.com



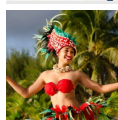
ChameleonsEye/Shutterstock.com

Featured



Atiu

Atiu, in the northeast area, is the third largest island in the group and is...



Festivals

Festivals and dancing plays an important part of life for the people of the ...



Sailing

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Te Vara Nui Village

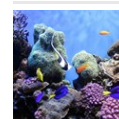
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Aitutaki

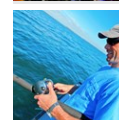
Aitutaki, to the north of Rarotonga, is the second most popular island to vi...

Top 5



Diving

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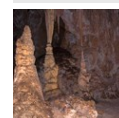
Fishing

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



Hiking

Away from the water's edge there are some fabulous walking tracks and attrac...



Caves

On Atiu, have a look at the majestic limestone caves that have also been use...



Cook Island Christian Church

The Cook Islands Christian Church is a beautiful old white-coral building. B...

THE COUNTRY



BlueOrange Studio/Shutterstock.com

The Cook Islands are scattered over 2 million square kilometres and lie right in the middle of the South Pacific. The actual land mass of 241 square kilometres is very small, but what the Cook's lack in size, they make up in brilliance.

Named after the famous Southern explorer Captain Cook, these islands are a treasure trove from their sandy beaches lined with coconut palms to their mountainous interiors covered with dense rainforests harbouring exotic tropical birds. However, it is not just what is on land that entices visitors to these stunning islands. Unbelievable game fishing lures anglers from around the globe and the diving and snorkelling is world class.

A word of warning though, many who have come for a visit have stayed a lifetime.

DO & SEE



ChameleonsEye/Shutterstock.com

With such a perfect climate and beautiful water it is easy to understand the local saying "Cook Islands people are born of the sea". Here, in fact, most activities are connected to the sea: there are safe places for snorkelling, swimming and diving for all ages and abilities.

Rarotonga's lagoon, around Muri lagoon, Aro'a Beach, Black Rock and Titikaveka are all excellent beaches. The Muri lagoon, in particular, is one of the Cook Islands' most beautiful locations. It is fantastic for swimming, snorkelling, kayaking and windsurfing.

Diving



For divers, the outer reefs surrounding Rarotonga and Aitutaki are remarkable places boasting 30 metres plus year-round visibility.

Some of the best experiences include suggestive canyons, caves, long tunnels, towering drop-offs (some of them up to 4,000 metres), swim-through under and through coral reefs and shipwrecks such as the Alexander.

Dive Rarotonga:

Photo: Fascinating Universe / Wikimedia Commons(image

cropped)

Address: PO Box 38, Rarotonga

Opening hours: Monday - Friday 9:30 am - 5:00 pm, Saturday
- Sunday 1:30 pm - 5:00 pm

Phone: +682 21873

Internet: www.diverarotonga.com

Email: info@diverarotonga.com

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.

Marlin Queen Fishing Charters:

Photo: Stuart Monk/Shutterstock.com

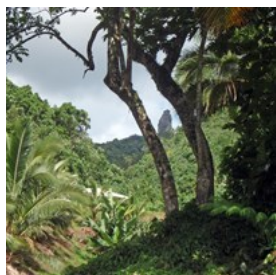
Address: Western Marina, Avatiu

Phone: +682 55 202

Internet: www.marlinqueen.co.ck

Email: fishing@marlinqueen.co.ck

Hiking



Away from the water's edge there are some fabulous walking tracks and attractions: on

Rarotonga, for example, visit the Highland

Paradise and Black Rock, a spiritual place for the islanders. With Pa's Treks Day Tours you can either take the "cross islands trek" where you will cross the island of Rarotonga or "Pa's nature walk (Eco Tour)" which is more gentle and where you will learn about the nature and biology of the plants in an entertaining way.

Photo: RDPixelShop / Flickr(image cropped)

Address: Avarua District, Rarotongan

Phone: +682 21079

Internet: www.pastreks.com

Email: jillian@pasbungalows.co.ck

More Info: Book you tour by phone or email.

Caves



On Atiu, have a look at the majestic limestone caves that have also been used for burials!

Remember to take with you a torch, sturdy

walking shoes and learn the legend of the lovers Inutoto and Tangaroa and their association with Anatakitaki Cave, which is spectacularly adorned with stalagmites, stalactites and also home to the Kopeka bird. Visit Raka's Cave with its fifteen different chambers and let your guide tell you about the many generations of the Rakanui family who have lived and died in this magnificent hideaway!

Photo: Jim Feliciano/Shutterstock.com

Address: Atiu

Cook Island Christian Church



The Cook Islands Christian Church is a beautiful old white-coral building. Built in 1853, it is worth taking a stroll because of the

particularly interesting graveyard. Furthermore in front of the church there is a monument dedicated to the Polynesian missionary Papeiha and Albert Henry, the first prime minister of the independent Cook Islands, is buried here (his grave features a life-size bust of him)!

Photo: JERRY AND ROY KLOTZ MD / Wikimedia Commons(image cropped)

Address: Avarua

Internet: www.cicc.net.ck

Email: admin@cicc.net.ck

Sailing



If you prefer to keep your feet dry, then take a glass-bottom or a semi-submersible boat to view the countless tropical fishes and

exquisite corals. Windsurfers, sailboats, catamarans and kayaks are also great fun activities. On Rarotonga, the most popular place for sailing activities is Muri Lagoon. Also, there are several hire facilities available on both Rarotonga and Aitutaki offering you all the equipment you may need!

Photo: RDPixelShop / Flickr(image cropped)

Address: Avatiu Harbour, Avarua, Rarotonga

Phone: +682 52255

Internet: www.sailtropicbird.com/Pages/default.aspx

Email: book@sailtropicbird.com

Aitutaki



Aitutaki, to the north of Rarotonga, is the second most popular island to visit and it is easy to see why. The island completely surrounds a

breath-taking, crystal-clear turquoise lagoon fringed by pure white beaches which makes it a heaven for divers and snorkelers.

Photo: ChameleonsEye/Shutterstock.com

Address: Aitutaki

Atiu



Atiu, in the northeast area, is the third largest island in the group and is well-known to bird watchers and naturalists as a fascinating

destination. The Makatea, a central elevated flat-topped mass of volcanic rock surrounded by a raised coral limestone reef is one of its best-known features.

Photo: Martin Valigursky / Shutterstock.com

Address: Atiu

Festivals



Festivals and dancing plays an important part of life for the people of the Cook Islands. For example, the traditional Ura, a Maori sacred ritual

is very popular dance here. Visitors who are fortunate enough to be around, are encouraged to join the celebrations and live a priceless experience because of the deep cultural and historical significance.

The Te Maeva Nui celebration, one of the most important and largest festivals held each year around the national day of 4th August, brings all the people from all the islands together to rejoice the nation's self-governance. There are colourful floats, singing, dancing, drumming and feasting.

Photo: ChameleonsEye/Shutterstock.com

Address: Constitution Park, Rarotonga

Internet: www.cookislands.travel/temaevanui

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

discovering 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: PO Box 86, Muri Beach, Ngatangia, Rarotonga

Phone: +682 24 006

Internet: www.tevaranui.co.ck

Email: culture@tevaranui.co.ck

Wreck of the Matai



In the Avarua district of Rarotonga, it is possible to see (even just from the shore) the sunken wreck of the SS Matai that was carrying a load of cars

from the United States to New Zealand in 1916. It is now one of the preferred spots for divers and truly a unique attraction!

PADI Dive Center and Adventure Tour Operator
Adventure Cook Islands:

Photo: littlesam/Shutterstock.com

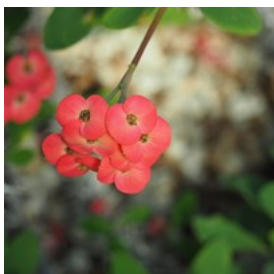
Address: Kavera Beach, Arorangi, Rarotonga

Phone: +682 22212

Internet: www.adventurecookislands.com

Email: enquiries@adventurecookislands.com

Maire Nui Botanical Gardens



The paradisiac nature of the Cook Islands is not only about crystalline water or white beaches and the Maire Nui Botanical Gardens

undoubtedly proves it! These gardens mainly contain tropical flowers and plants that create the perfect environment to relax or to take a romantic walk!

Photo: ftanuki / Pixabay.com(image cropped)

Address: Ara Tapu, Titikaveka

Phone: +682 55795

Email: info@heliconiahideaway.com

Punanga Nui Cultural Market



Outdoor market that offers local produce, fresh vegetables, colourful fruit, clothes, black pearls, several craft items and island music.

Everything here is unique and reasonably priced, so take your time to find the hidden gems in each stall!

Photo: RDPixelShop / Flickr(image cropped)

Address: Downtown Avarua, Rarotonga

Opening hours: Monday - Friday 8:00 am - 4:00 pm, Saturday 8:00 am - 2:00 pm

Phone: +682 29 370

Internet: www.punanganuiculturalmarket.co.ck

DINING



ChameleonsEye/Shutterstock.com

"We live to eat, not eat to live!" - this is a popular saying you will hear said time and again by the Cook Islanders. If you enjoy your food, you will take great pleasure in the Cook Islands. Food is the essence of life, and with the seas of the South Pacific lapping at their door and fertile volcanic soils producing fine produce, dining at any level is sure to be enjoyed.

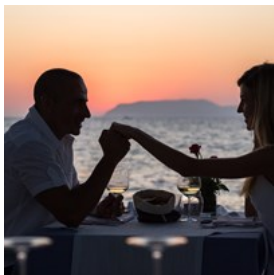
Tamarind House Restaurant & Bar



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

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

Punanga Nui Market



To sample more local cuisine, visit the food market held every Saturday in Avarua. A huge variety of stalls offer tempting delights and the fresh samosas with chutneys from the fruits of Rarotonga alone are worth the visit!

Photo: okayryan / Flickr(image cropped)
Address: Punanga Nui Market, Ara Tapu, Avarua District, Rarotonga
Opening hours: Saturday 8:00 am - 2:00 pm
Internet: www.punanganuiculturalmarket.co.ck

The Mooring Fish Cafe



It might not be the right place for vegetarians, but this is undoubtedly the paradise for all the other visitors. The Mooring Fish Cafe, located on the magical Avana Harbour waterfront, will serve the most delicious seafood sandwiches and salads you will ever taste!

Photo: Tracey Hind / Flickr(image cropped)
Address: Avana Fishing Club, Muri, Rarotonga
Opening hours: Monday - Friday 10:30 am - 3:30 pm, Sunday 12:00 pm - 4:00 pm
Phone: +682 25 553
Internet: www.themooringfishcafe.com
Email: info@themooringfishcafe.com
More Info: Seafood, Sandwiches

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

Koru Cafe



Koru Cafe can be considered as something in between a restaurant and a cafe, specialising in Western style breakfast and lunches that will be

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

Photo: Syda Productions/Shutterstock.com

Address: Ootu Beach, Aitutaki

Opening hours: Monday - Sunday 7:00 am - 3:00 pm

Phone: +682 31 110

Internet: www.korucafe.biz/menus.php

Email: seeyou@korucafe.biz

More Info: Breakfast and Lunch

Charlies Cafe and Beach Hire



Are you looking for a place to grab something tasty and cheap? Then, pay a visit to Charlies Cafe and Beach Hire, whose big portions of

fish&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 12-9pm, Sat 12-3pm

Phone: +682 28 055

Internet: www.charliesraro.com

Tuoro Cafe



Just imagine: relaxing music live played, splendid setting just by the sea, and deliciously fresh seafood... That's what you will find at the

elegant Tuoro Cafe, which is always quite busy, so don't forget to book your table in advance!

Photo: cegoh/pixabay.com(image cropped)

Address: Ara Tapu, Arorangi District, Cook Islands

Opening hours: Sun, Thu-Fri 11:30am-2:30pm

Phone: +682 21 233

Internet: www.blackrockvillas.com/tuoro-cafe

Email: relax@blackrockvillas.com

More Info: At Blackrock Villas Boutique Resort

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

Waterline



Suggestive atmosphere and delectable food walk hand in hand at the Waterline. 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: RDPixelShop / Flickr(image cropped)

Address: Arorangi, Rarotonga

Opening hours: Tuesday - Sunday 11:45 am - 23:30 pm

Phone: +682 22 161

Internet: www.waterline-restaurant.com

Email: waterlinerestaurant@gmail.com

Cafe Salsa



This restaurant/cafe is popular among both locals and visitors because of the ideal location and the fresh bread baked every

morning to accompany local delights. Don't miss the rich breakfast with coconut or strawberry pancakes, eggs (fried, scrambled or poached), bacon, potato, cheese and strong coffee!

Photo: Peter Kim/Shutterstock.com

Address: Ara Tapu, Avarua, Rarotonga

Opening hours: Monday - Friday 7:30 am - 3:00 pm, Saturday 7:30 am - 1:30 pm

Phone: +682 22215

Internet: www.salsa.co.ck

Email: cafe@salsa.co.ck

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/

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 you still want to enjoy a top quality meal at reasonable prices.

Photo: BlueOrange Studio/Shutterstock.com

Address: Muri Beach, Ngatangiaa

Trader Jacks



For great seafood, check out Trader Jacks by the water's edge at Avarua Wharf, the harbour at Avarua. The restaurant is truly an institution in the

country, just think that it has been described by politicians and journalists as the Cook Islands'

second parliament and true financial centre!

Photo: RDPixelShop / Flickr(image cropped)

Address: Ara Tapu, Avarua District, Cook Islands

Opening hours: Mon-Thu 11am-11pm, Fri 11am-3am, Sat 11am-12am

Phone: +682 26 464

Internet: www.traderjackscookislands.com

CAFES



ChameleonsEye/Shutterstock.com

The island of Rarotonga is the premier cafe location – cafes are scarce or non-existent on the outer islands. There is a good selection of cafes 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 cafe located amidst the greenery of the botanical garden. It is open daily

for breakfast and lunch featuring organic produce grown in their own garden, characterised by a fresh and exotic taste!

Photo: RDPixelShop / Flickr(image cropped)

Address: Ara Tapu Rarotonga, Cook Islands

Opening hours: Daily 8am-4pm

Coco Latte



This sophisticated cafe, situated right on the magical beaches of the south area of Rarotonga, will spoil you with cakes, muffins, and cookies

prepared with local produce and to be eaten with a classic espresso or a fresh smoothie.

Photo: Subbotina Anna/Shutterstock.com

Address: Ara Tapu, Takitumu District, Cook Islands

Opening hours: Sun-Fri 8am-3pm

Phone: +682 26 189

Internet: www.moanasands.co.ck/coco-latte-cafe

More Info: Located at Moana Sands Beach Front Villas

The Cafe



On Rarotonga, you will find this hip and stylish cafe, where the 50s, 60s and 70s music fans gather to enjoy an afternoon tea 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 LP's so that you will have the chance to choose your own preferred songs!

Photo: Mediagram /Shutterstock.com

Address: Ara Tapu, Avarua District, Rarotonga

Opening hours: Mon-Sat 8am-6pm

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

Deli Licious Cafe



In this lively cafe situated in central Muri, you will taste delicious coffees, but also smoothies, cakes, yoghurts, yummy sandwiches, and different

kinds of drinks all day long. This is definitely the right place for breakfast, brunch, and lunch!

Photo: glidagida / pixabay.com(image cropped)

Address: Ara Tapu, Ngatangia District, Cook Islands

Opening hours: Sun-Fri 7:30am-3pm

Phone: +682 20 858

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 on 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 at the Castaway Resort 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 Avarua, Rarotonga, Cook Islands

Opening hours: Daily 11am-9pm

Phone: +682 21 546

Internet: www.castawayvillas.com/about-wilsons

Email: relax@castawayvillas.com

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

Phone: +682 253 25

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

Email: bookings@rarotours.co.ck

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. This is a fun night for all ages!

Tipani Tours

Turama House, PO Box 240, Rarotonga
+682 25266
www.tipanitours.com/nightlife
tours@tipani.co.ck

The Edgewater Resort & Spa Rarotonga

Avarua, Rarotonga
+682 254 35
www.edgewater.co.ck

Photo: ChameleonsEye/Shutterstock.com

Address: The Edgewater Resort & Spa Rarotonga, Avarua, Rarotonga

Phone: +682 254 35

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 harbor. 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: RDPixelShop / Flickr(image cropped)

Address: Ara Tapu, Avarua District, Cook Islands

Opening hours: Mon-Thu 11am-11pm, Fri 11am-3am, Sat 11am-12am

Phone: +682 26 464

Internet: www.traderjackscookislands.com

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 available from 4:00 pm to 5:00 pm and from 8:30 pm to 9:30 pm! 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

Email: reservations@pacificresort.com

More Info: Located at Pacific Resort Rarotonga

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

Email: resort.manager@aitutakilagoonresort.co.ck
More Info: Located at Aitutaki Lagoon Private Island Resort

Poolside Restaurant & Cocktail Bar



In an authentic tropical environment you will find Poolside Restaurant & Cocktail Bar: this is undoubtedly the perfect place to visit to relax and

forget about the stressful everyday-life. Just come here, grab a drink and enjoy the spectacular nature around you.

Photo: [wavebreakmedia/Shutterstock.com](#)
Address: Muri Beach Resort, Rarotonga
Phone: +682 22 779
Internet: www.muribeachresort.com
Email: relax@muribeachresort.com
More Info: Located at Muri Beach Resort

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!

Punanga Nui Cultural Market



Go and wander through the lively Punanga Nui marketplace... If you are looking for quality souvenirs such as pareus (sarongs), t-shirts, island CD music, ukuleles, tivaivai (local quilts), carvings and the most romantic souvenir of them all, the Cook Islands Black Pearl, then this market is not to be missed.

Photo: [RDPixelShop / Flickr](#)(image cropped)
Address: Downtown Avarua, Rarotonga, Cook Islands
Opening hours: Monday - Friday 8:00 am - 4:00 pm, Saturday 8:00 am - 2:00 pm
Phone: +682 29 370
Internet: www.punanganuiculturalmarket.co.ck

Wigmore's Superstore



Located on the southern side of Rarotonga, this is the largest supermarket of the island and it's just perfect for the weekly shop as it has fresh meat,

vegetables, frozen food and other everyday needed products, but also alcohol and delicious ice-cream!

Photo: [Olga Rosi/Shutterstock.com](#)
Address: Ara Tapu, Takitumu, Rarotonga, Cook Islands

Ara Tapu Road



Along the coastal Ara Tapu Road you will find loads of specialty shops for jewellery including black pearls, handicrafts and local clothing. The

Cook Islands colourful stamps are a collector's item and highly sought after by philatelists. The best place to buy stamps and Cook Island coins is

the Philatelic Bureau next door to the Post Office. Moreover, if you need diving and snorkelling gear, head to Mana Court in downtown Avarua.

Photo: Harsha K R / Flickr(image cropped)

Address: Ara Tapu, Rarotonga

Smaller islands



Putting aside Rarotonga, on all the other islands there is only basic supply... However, each has its own individual crafts and arts which can

make each of them an exciting shopping spree! Remember, though, that most shops are closed on Sundays.

A top tip: at Mike Tavioni's sculpture gallery on Atupa, you will often catch this talented man at work whose sculptures are displayed at the Punanga Nui marketplace and National Cultural Centre.

Photo: Gts /Shutterstock.com

Perfumes of Rarotonga



One of the most famous spot for souvenirs and gifts or general beauty products is Perfumes of Rarotonga: here, in fact, you will find soaps,

candles, coconut oil but especially loads of paradisiac and tropical perfumes that perfectly fit the environment!

Photo: mrmohock/Shutterstock.com

Address: Ara Tapu, Tupapa Tapere, Cook Islands

Phone: +682 25238

Internet: www.islandperfumes.com

Email: perfumes@perfumes.co.ck

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 you still want to enjoy a top quality meal at reasonable prices.

Photo: BlueOrange Studio/Shutterstock.com

Address: Muri Beach, Ngatangiaia, Cook Islands

TOURIST INFORMATION



Ant Clausen/Shutterstock.com

Rarotonga International Airport (RAR)



The Rarotonga International Airport is located on the main island Rarotonga, 4.5 km from Avarua, where most accommodation houses provide transfers from the airport. Raro Tours operate an airport shuttle.

Air Rarotonga operates flights several times a day to Aitutaki and to other islands during the week (the longest trip takes about 4.5 hours, the

shortest under an hour). Island passes and island combination packages are a good way to sample a few islands in a convenient way!

Photo: Bob Linsdell/cc by 3.0/wikimedia(image cropped)
Address: Avarua District, Rarotonga, Cook Islands
Phone: +60 16 949 7152
Internet: cookislandsairports.com

Public Transport



The round-the-island bus is a great way of getting around Rarotonga... It operates along the coast road in both directions, originating in Avarua

(though you can flag it down anywhere). It is run by Cook's Island Bus Passenger Transport Limited who offer convenient low cost transport.

The bus will pick you up and drop you off anywhere on request, but remember that there is no service on Sunday evenings!

Photo: Pierre-Luc Auclair
Phone: +682 25512
Internet: www.busaboutraroro.com
Email: fcook@busabout.co.ck,

Taxi



CITA, the Cook Islands Taxi Association, consists of a group of private taxi companies that collaborate in order to improve the quality of the

service as a whole and to offer a 24-hour service, 7 days a week!

PriceTaxis
Arorangi, Rarotonga
Ph: +682 57303
Email: pricetaxis.cookislands@gmail.com

H-K Taxi
Muri Beach, Ngatangia, Rarotonga
Ph: +682 73549
Email: teuiraka@oyster.net.ck

Photo: ArrivalGuides

Post



The main Post Office is located in the Avarua District, in Rarotonga.

Photo: Andy Fuchs
Address: Avarua, Rarotonga
Opening hours: Monday - Friday 8:00 am - 4:00 pm, Saturday 8:00 am - 12:00 pm

Pharmacy



The only pharmacy in Rarotonga is located in the Avarua district, where you will find the most ordinary supply of medications, the less

frequently prescribed ones, though, can be obtained only through ordering them and waiting for the air services to delivering them to the island.

Photo: Gemma Garner
Address: CITC Pharmacy, Ara Tapu, Avarua District, Rarotonga, Cook Islands
Phone: +682 29292
Internet: www.citc.co.ck

Telephone

Country code: +682



Photo: Jardson Almeida

Electricity

240V, 50Hz



Photo: Stirling Tschan

Population

17,459 (2016 census)

Currency

New Zealand Dollar, \$1 = 100 cents

Opening hours

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

Internet

www.cookislands.travel

Newspapers

Cook Islands News — www.cookislandsnews.com

Cook Islands Herald — www.ciherald.co.ck

Emergency numbers

Police: 999

Ambulance: 998

Fire: 996

Tourist information

Cook Islands Tourist Corporation

14 Maire Nui Drive, Avarua District, Cook Islands

Mon–Fri 8am–4pm, Sat 10am–1pm, Sun closed

+682 29435

headoffice@cook-islands.travel