



Top 10 Things To Do In Aitutaki

1. AITUTAKI LAGOON CRUISES

Take a lagoon cruise on 'the world's most beautiful lagoon', where the colour blue is redefined. Enjoy a BBQ seafood lunch on board and snorkel with turtles, colourful tropical fish and giant trevally.

2. ENGAGE WITH THE LOCALS

Proud Aitutakians love interacting with visitors. Fun and outgoing people with an intriguing history, who love sharing their Polynesian culture. Visit the oldest church in the Cook Islands for Sunday service.

3. CHOOSE FROM SO MANY WATER ACTIVITIES

Lagoon cruises, catamaran sailing, diving, SUP hire, sunrise SUP yoga, kayaking, snorkelling, kite surfing, whale watching, spear fishing, big game fishing... and more!

4. JOIN A UNIQUE TOUR TO LEARN AND DISCOVER

4WD safari tour to Maunga Pu and lush island interior with breathtaking scenery. Learn ancient myths, legends and traditional ancestral ways at Punarei Cultural Village tour.

5. SPA & WELLNESS

Unwind and enjoy spa and massage treatments at one of the many spas and salons around the island. Couples massage, body wraps and scrubs, facials or beachside treatments anyone?

6. INDULGE IN EXQUISITE CUISINE

Feast on world class wines and modern Polynesian and international cuisine at restaurants serving seafood caught straight over the reef in the Pacific Ocean, and an abundance of fresh local fruit.

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7. TOTAL ESCAPE - RELAX AND UNWIND

Whether you are on your own, on business, with family, on honeymoon or celebrating a special occasion, the Cook Islands is perfect for stress-free relaxation and rejuvenation.

8. ISLAND NIGHTS

Enjoy an island night cultural show with traditional umu (underground earth oven) feast and Cook Island dancing. Natural performers, Aitutakian fire-dancing is some of the best in the Cook Islands.

9. BONE FISHING

For the ultimate fishing challenge, no angler can go past the uniquely large, fast-running, hard fighting Aitutaki Bone fish. Lying on the beautiful lagoon sand flats, they are on every fly fisherman's bucket-list.

10. KITE SURFING

A kite surfer's nirvana, offering perfect conditions, for experienced or beginner kites alike: spacious lagoon, warm tropical waters and predominant easterly trade winds, ranging from 15-30 knots.