



Top 10 Things to Do in Rarotonga

1. EXPLORE RAROTONGA

Safe, English speaking and so easy to get around - like one big resort. Go back to how Hawaii was 50 years ago, while enjoying all the modern conveniences. Hire a convertible, take a bus, hail a tuk tuk!

2 AITUTAKI LAGOON DAY TOURS

Journalists consistently call this 'the world's most beautiful island and lagoon'. Take a lagoon cruise and see for yourself - the colour blue is redefined here.

3 ENGAGE WITH THE LOCALS

Cook Islanders love interacting with visitors. A contemporary, fun and outgoing people with an intriguing history, who love to share their Polynesian culture. Visiting a Sunday church service is a highlight.

4 CHOOSE FROM SO MANY WATER ACTIVITIES

Lagoon cruises, power boating, sailing, SUP boarding, kayaking, snorkelling, kite surfing, whale watching, fishing and more!

5 JOIN A UNIQUE TOUR TO LEARN AND DISCOVER

Storytelling bike tours around the island, pick fresh fruit from the trees, take a jungle 4WD safari, a cross island hike with Pa or traditional village tour... and that's just for starters!

6 BE ADVENTUROUS

Mud-splattered jungle buggy tours, quad bikes, combat game laser tag and paintball, banana boat riding, swim in the waterfall, night SUP tours at sunset... earn that hammock time with some fun!

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7. FRESH, SIMPLE FOOD

Everyone must stop at a roadside stall for fresh nu (coconut). Also try the starfruit, mangoes, watermelon, pineapple, tomatoes, avocados... all served for a few dollars with a warm smile.

8. ISLAND NIGHT

Partake in an island night cultural show, taste the banquet of local delights cooked in an umu (earth oven) and enjoy the Cook Islands dancing display. Wait until it's your turn to try dancing at the end!

9 MURI NIGHT MARKET

Taste all the flavours at the street hawker stalls at Muri night market. Also enjoy great burgers, pizza and fish & chips all over the island, right on the water.

10. SHOP THE LOCAL SATURDAY MORNING MARKET

Find fresh local delicacies, authentic Polynesian souvenirs and more. Enjoy free music and dancing, eat local food and meet some of the locals at the social outing of the week.