

2024 - 2025

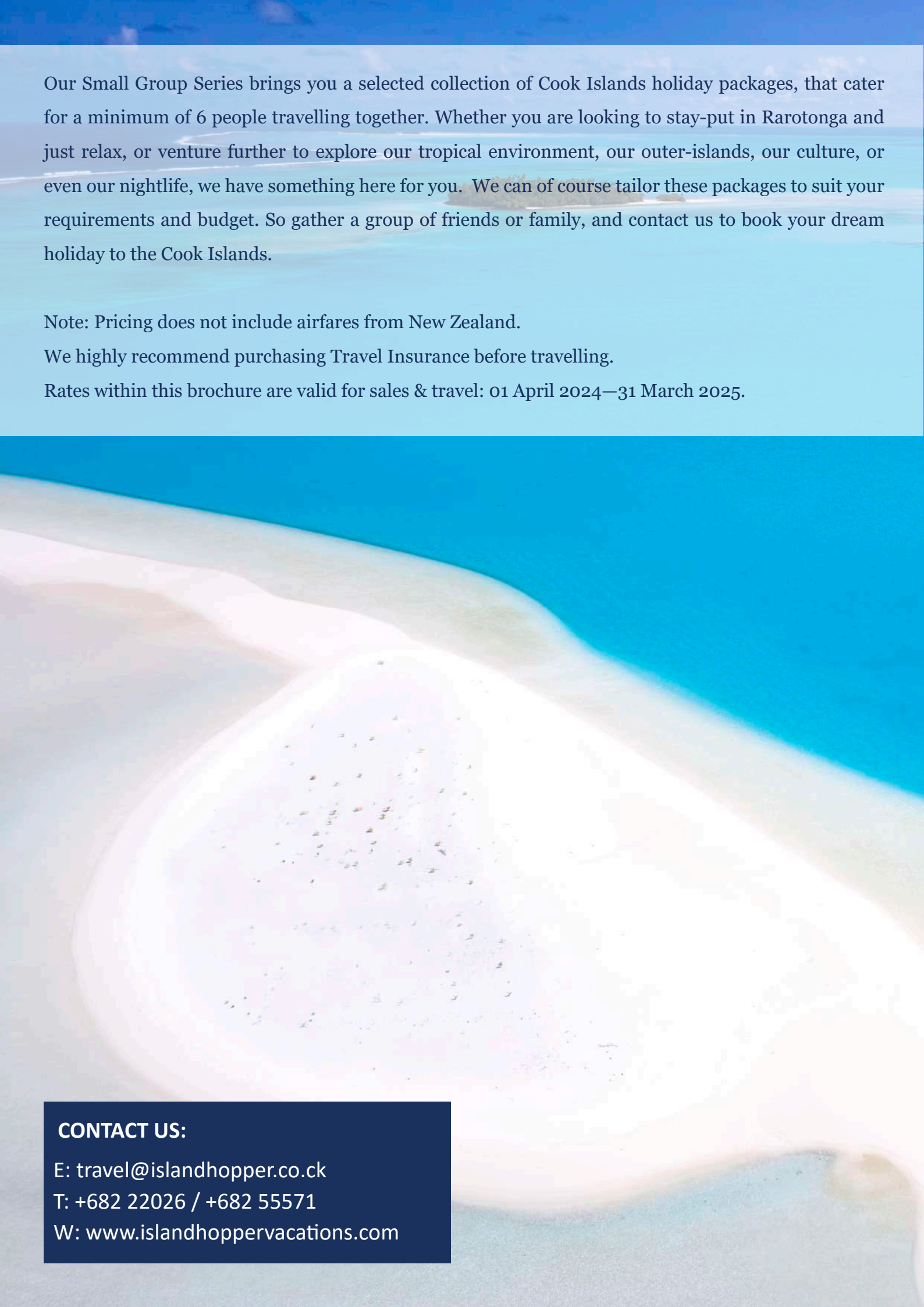


ISLAND HOPPER
VACATIONS

COOK ISLANDS

Cook Islands SMALL GROUP SERIES





Our Small Group Series brings you a selected collection of Cook Islands holiday packages, that cater for a minimum of 6 people travelling together. Whether you are looking to stay-put in Rarotonga and just relax, or venture further to explore our tropical environment, our outer-islands, our culture, or even our nightlife, we have something here for you. We can of course tailor these packages to suit your requirements and budget. So gather a group of friends or family, and contact us to book your dream holiday to the Cook Islands.

Note: Pricing does not include airfares from New Zealand.

We highly recommend purchasing Travel Insurance before travelling.

Rates within this brochure are valid for sales & travel: 01 April 2024—31 March 2025.

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Contents

Sea World Rarotonga

- 4 **Deep Sea Fishing** with 1 half day and 1 full day charter out on Rarotonga's big blue. Package also includes 5 night accommodation, island night dinner and show, and nightlife tour.
- 5 **Lagoon Explorer**, a 5 night package that has you exploring our spectacular lagoons, both above and below. Enjoy three amazing water adventures - snorkelling with sea scooters and a guided reef walk.
- 6 **Dive Rarotonga** is a 5 night package that takes you to explore some of the most diverse diving sites that the Pacific has to offer, encountering an array of marine life, from sharks and eagle rays to the curious schools of tropical fish.

Green Thumbs Rarotonga

- 7 Rarotonga is known for its lush green mountains and variety of tropical plants and vibrant flowers. This package has you strolling through beautiful gardens and forests, learning from the Rarotonga Green Thumbs.

Ladies Long-Weekend Rarotonga

- 8 A relaxing and fun treat for the ladies only. This getaway includes 4 night accommodation, private transfers with bubbles on arrival, aromatherapy massage, nightlife tour, private market tour, and special lunches.

Just Aitutaki

- 9 We connect you from your international flight straight to Aitutaki to spend 5 nights enjoying an Island Tour with Lunch, and a private lagoon cruise with a BBQ fish lunch on one of the motus.

Health and Wellbeing

- 10-11 **Wellness Rarotonga**
Disconnect from the fast paced life and escape to Rarotonga to rejuvenate your mind, body and soul with this 7 night yoga package complete with accommodation, airport transfers, tours, daily yoga classes and more.
- 12-13 **Wellness Aitutaki**
Experience total relaxation of the mind and body as you immerse yourself into the serenity of this tropical paradise. This 6 night package combines yoga and mindfulness with adventure, culture and Aitutaki's spectacular beaches and lagoon.
- 14-15 **Fitness Challenge Aitutaki**
Embark on an unforgettable journey to transform your health with this 6 night all-inclusive getaway. Your itinerary is packed with fitness programs, tours & activities, coupled of course with a dose of tropical therapy.

Adventure Rarotonga & Aitutaki

- 16-17 Love nature and the great outdoors? Spend 4 nights on Rarotonga & 3 nights on Aitutaki and explore the best of our natural environments, land and sea. Connect further with nature and add 3 nights in Atiu, an eco-lovers paradise with a rich culture and history.

Cultural Immersion - Rarotonga & Aitutaki

- 18-19 This exclusive 9-day experience immerses you deep into our cultural heritage and traditions. You will spend 5 nights on Rarotonga and 3 nights on Aitutaki taking in the natural scenery, interacting and engaging with locals, as well as enjoying our local delicacies.

DEEP SEA FISHING RAROTONGA



5 NIGHT DEEP SEA FISHING PACKAGE

For this package, we take you deep sea fishing out on Rarotonga's big blue with Marlin Queen on three separate private charters. Try your hand at catching some of the tastiest and even some of the most expensive fish in the world - part of your catch is filleted by your crew and shared amongst all to enjoy. Then on two separate evenings, we have for you an island night dinner & show, and a night out on the town with Going Troppo Nightlife Tour.

PACKAGE INCLUDES:

- Ei, Meet & Greet at the Airport on Arrival on Rarotonga
- Return Airport Transfers
- 5 Night accommodation on Rarotonga at Castaway Resort in an Ocean View Studio
- Daily Tropical Breakfast
- 1 x Half day and 1 x Full day Private Fishing Charters with Akura Fishing Charters
- Island night dinner & show at Highland Paradise Cultural Centre or Te Vara Nui Village
- Going Troppo Nightlife Tour with Raro Tours (Adults only 18 years+)

BOOKING CODE: **SGSDSF24**

5 Night Package: Priced from **NZ\$1,859** per person

**Pricing above is based on a minimum of 6 people travelling together.



Castaway Resort



Highland Paradise Cultural Centre



Going Troppo Nightlife Tour

LAGOON EXPLORER RAROTONGA



5 NIGHT LAGOON EXPLORER PACKAGE

This 5 night package has your encountering the diverse marine life that live within our lagoons. We take you to explore the under water world with a sea scooter, you will also enjoy a Reef Walk and learn about this fragile environment while being introduced to various sea creatures. We top it off with an island night dinner and show.

PACKAGE INCLUDES:

- Ei, Meet & Greet at the Airport on Arrival on Rarotonga
- Return Airport Transfers
- 5 Night accommodation on Rarotonga at Moana Sands Villas in a 3 Bedroom Apartment, or at Pacific Resort Rarotonga in an Standard Studio or Premium Beachfront Suite.
- Complimentary Tropical Breakfast on first day only at Moana Sands Villas, and Daily Tropical Breakfast at Pacific Resort Rarotonga
- Lagoon Discovery Sea Scooter Safari Tour with Ariki Adventures
- Turtle Sea Scooter Turtle Safari Tour with Ariki Adventures
- Reef Explorer Tour with Ariimoana Walkabouts
- Island Night Dinner & Show at Highland Paradise Cultural Centre or Te Vara Nui Village



Ariki Adventures



Moana Sands Villas



Ariimoana Walkabouts

BOOKING CODE: **SGSLEX24**

5 Night Package: Priced from **NZ\$1,253** per person

**Pricing above is based on a minimum of 6 people travelling together.

DIVE RAROTONGA



7 NIGHT DIVE PACKAGE

A unique underwater adventure for certified divers to enjoy, exploring some of the most diverse diving sites the Pacific has to offer. With Dive Rarotonga you will swim in and around coral gardens of various formations and shipwrecks, while encountering an array of marine life such as sharks, turtles, eagle rays, moray eels, and many schools of curious tropical fish.

PACKAGE INCLUDES:

- Ei, Meet & Greet at the Airport on Arrival into Rarotonga
- Return Airport Transfers
- 7 Night accommodation on Rarotonga at Rarotonga Backpackers, The Black Pearl Beach Side Apartments or Castaway Resort
- Island Discovery Tour with Raro Tours
- 1x Half Day Private Dive Charter (2 Tank Dives) with Dive Rarotonga, followed by lunch at The Mooring Fish Café
- 1x Half Day Private Dive Charter (2 Tank Dives) with Dive Rarotonga, followed by lunch at Beluga Café
- Private Going Troppo Nightlife Tour with Raro Tours (Adults only 18+ years)
- Island Night Dinner & Show at Highland Paradise Cultural Centre or Te Vara Nui Village

BOOKING CODE: **SGSDIVE24**

7 Night Package: Priced from **NZ\$1,263** per person

**Pricing above is based on a minimum of 6 people travelling together.



GREEN THUMBS RAROTONGA



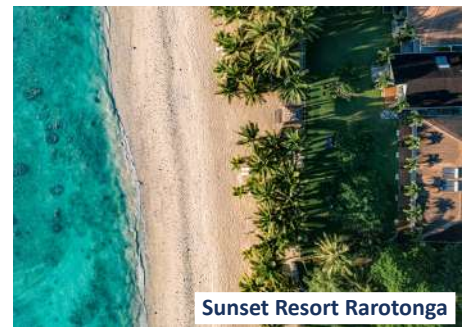
PHOTO: COOK ISLANDS POCKET GUIDE

5 NIGHT GREEN THUMBS PACKAGE

Rarotonga is known for its lush green mountains, its vast variety of tropical plants and vibrant flowers. This package has you exploring Rarotongas lush interior strolling through magnificent gardens and forests. We also have you on a leisurely paced bicycle tour, sight seeing, walking through private plantations and enjoying freshly picked tropical fruits.

PACKAGE INCLUDES:

- Ei, Meet & Greet at the Airport on Arrival into Rarotonga, and return airport transfers
- 5 Night accommodation on Rarotonga at Moana Sands Beachfront Hotel, Sunset Resort or Pacific Resort Rarotonga
- A guide/escort to accompany you on all tours throughout your stay
- Island Discovery Tour with Raro Tours
- Tour of Maire Nui Botanical Gardens
- Tour of Takitumu Conservation Area and Forest
- Discover Bicycle Tour with Storytellers Eco Cycle Tours
- Island Night Dinner & Show at Highland Paradise Cultural Centre or Te Vara Nui Village



Sunset Resort Rarotonga



Island Discovery Tour



Storytellers Eco Cycle Tours

BOOKING CODE: **SGSGDN24**

5 Night Package: Priced from **NZ\$1,433** per person

**Pricing above is based on a minimum of 6 people travelling together.

LADIES LONG-WEEKEND RAROTONGA



4 NIGHT LADIES LONG-WEEKEND PACKAGE

It's typical that women deny themselves gifts or a breather and often spend their time giving to others instead. With this ladies long-weekend package, rejuvenating with some vitamin sea, a little pampering, special lunches, and a private nightlife tour are what you can be sure to expect. So go on, treat yourselves ladies, you know you deserve it!

PACKAGE INCLUDES:

- Ei, Meet & Greet at the Airport on Arrival into Rarotonga
- Private Return Airport Transfers with Bubbles on Arrival
- 4 Night accommodation on Rarotonga at Edgewater Resort, Manuia Beach Resort, or Pacific Resort Rarotonga
- Daily Tropical Breakfast
- 50-minute Aromatherapy Massage
- Private Going Troppo Nightlife Tour with Raro Tours (Adults only 18+ years)
- Saturday Market Tour
- Sunday lunch
- Brunch on Monday morning at Beluga Café

BOOKING CODE: **SGSLLW24**

4 Night Package: Priced from **NZ\$1,218** per person

**Pricing above is based on a minimum of 6 people travelling together.



JUST AITUTAKI



5 NIGHT JUST AITUTAKI PACKAGE

Aitutaki is world renowned for its vast and spectacular lagoon of milky greens and light blue hues, silky white sandbars, uninhabited islets (motus) with palm-fringed beaches and of course its warm tropical climate. If this is where you would rather be right now, we can make that happen for you. With this package, we connect you straight to Aitutaki from your international flight. In no time you will be enjoying what you've only dreamt of doing.

PACKAGE INCLUDES:

- Ei, Meet & Greet at the Airport on Arrival into Rarotonga
- Return Flights on Air Rarotonga (Rarotonga / Aitutaki / Rarotonga)
- Return Airport Transfers on Aitutaki
- 5 Night accommodation on Aitutaki at Aitutaki Village, Tamanu Beach Resort or Pacific Resort Aitutaki
- Daily Breakfast—Tropical Breakfast at Aitutaki Village, A La Carte American Breakfast at Tamanu Beach Resort, Fully Cooked A la Carte Breakfast at Pacific Resort Aitutaki
- Full Day Private Lagoon Cruise with Teking Lagoon Cruises—includes BBQ lunch on a motu
- Private Island Tour OR Walk to Maunga Pu with Tavai Inventures Island Tours—includes lunch



BOOKING CODE: **SGSJAIT24**

5 Night Package: Priced from **NZ\$2,069** per person

**Pricing above is based on a minimum of 6 people travelling together.

WELLNESS RAROTONGA



7 NIGHT WELLNESS RAROTONGA

This 8-day (7-night) package is more than just a tropical getaway, it is an opportunity to rediscover yourself and reconnect with your mind and body. Your itinerary includes 7 night accommodation on Rarotonga, qualified local Yoga instructors, daily Hatha Yoga classes in different locations, various tours and activities throughout, and more. What better way to rejuvenate your mind, body and soul than to treat yourself to this exclusive tropical vacation in the Cooks with your own group of friends or family.

PACKAGE INCLUDES:

Friday

- Arrival into Rarotonga—We will meet you at the airport with a fresh flower lei, bottled water and itinerary briefing before transferring you to your accommodation
- 7 Nights at either Ikurangi Eco Retreat, Magic Reef Bungalows or Arcadia Retreat.
- Welcome dinner on first evening of arrival with your on-island escort/guide, and briefing on your program during your stay

Saturday

- 7am Hatha Yoga followed by continental breakfast
- Punanga Nui Market Tour (meals at own cost)
- Lunch—Chef's Table experience with Master Chef Phillip Nordt
- Massage Treatment at Rumours Spa — booked in pairs with separate scheduled times
- Spectacular Overwater Night Show & Buffet Dinner at Te Vara Nui Village

Sunday

- 7am Hatha Yoga followed by continental breakfast
- Transfer to Cook Islands Christian Church for 10am service
- Muri Night Market experience (meals at own cost)

Monday

- 7am Hatha Yoga followed by continental breakfast
- Snorkelling tour with Kitesup in the morning
- Afternoon SUP Yoga with Brynn at Kitesup
- Ka'ara Island Night - Drums of Our Forefathers at Highland Paradise Cultural Centre

Tuesday

- 7am Hatha Yoga followed by continental breakfast
- Choose between Reef Explorer with Ariimoana Walkabouts, Cross Island Trek with Maunga Tours, or Explorer Bicycle Tour with Storytellers Eco Cycle Tours
- Group Dinner at Antipodes Restaurant (meals at own cost)

Wednesday

- 7am Hatha Yoga followed by continental breakfast
- Tour with Raro Reef Sub
- Yin Yoga & Meditation with Victoria
- Dinner at Tamarind House (meals at own cost)

Thursday

- 7am Hatha Yoga followed by continental breakfast— Day at your leisure

Friday

- 7am Hatha Yoga followed by continental breakfast
- Transfer from your accommodation to the airport

*This package includes all pick ups/drop offs for all tours—some tours provide light refreshments

*Meals outside of those mentioned above are at your own cost



Arcadia Retreat



Master Chef Phillip Nordt



Ikurangi Eco Retreat



Rumours Waterfall Spa



Magic Reef Bungalows



Yoga Class



Maunga Tours

BOOKING CODE: **SGSWRAR24**

7 Night Package: Priced from **NZ\$2,706** per person

**Pricing above is based on a minimum of 6 people travelling together.

WELLNESS AITUTAKI



6 NIGHT WELLNESS AITUTAKI PACKAGE

Escape the fast paced life and experience total relaxation of the mind and body as you immerse yourself into the serenity of this tropical island paradise. You and your small group will enjoy a variety of activities including yoga classes, island tours, culture evenings with performances, and of course the island's spectacular beaches and stunning lagoons.

PACKAGE INCLUDES:

Tuesday

- Arrival into Rarotonga—We will meet you at the airport with a chilled bottle of water and itinerary briefing before connecting you to your flight to Aitutaki on Air Rarotonga
- Transfer from Aitutaki Domestic Airport to your place of accommodation
- Check-in for 6 nights at Aitutaki Village, Pacific Resort Aitutaki, or Tamanu Beach Resort
- 5.30pm Beach Yoga
- Welcome dinner with your on-island escorts/guides and trainers, and briefing on your program for the week at Aitutaki Village's restaurant

Wednesday

- Breakfast at your place of accommodation
- 10am bicycle tour of the island
- Lunch at Avatea Café (meals at own cost)
- Sunset Cruise with refreshments

Thursday

- 6.30am Sunrise hike up to Maunga Pu summit
- Breakfast at your place of accommodation
- Massage Treatments - booked in pairs with separate scheduled times
- Island Night Dinner & Show at Tamanu Beach Resort

Friday

- Breakfast at your place of accommodation
- 10am Pilates on sandbar
- Day out on the lagoon with Wet & Wild - includes lunch

Saturday

- 6.30am Sunrise Yoga on the beach
- Breakfast at your place of accommodation
- Pareu making or Fishing (optional at own cost)
- Traditional Vaka Paddling on the lagoon
- Dinner at Mouarii Café with live string band for entertainment

Sunday

- Breakfast at your place of accommodation
- Transfer to Cook Islands Christian Church 10am service (optional)
- 5pm Depart for farewell dinner on the motu (islet)

Monday

- Breakfast is provided before your transfer to the airport and return flight to Rarotonga

*This package includes all pick ups/drop offs for all tours—some tours provide light refreshments

*Meals are provided unless otherwise stated above. Meals outside of those mentioned above are at your own cost.



BOOKING CODE: **SGSWAIT24**

6 Night Package: Priced from **NZ\$3,238** per person

**Pricing above is based on a minimum of 6 people travelling together.

FITNESS CHALLENGE AITUTAKI



6 NIGHT FITNESS CHALLENGE AITUTAKI

The perfect program for those who are passionate about their health and staying fit while on holiday. We include daily fitness programs such as Vaka paddling, hiking, gym and beach workout classes with Functional Fitness Aitutaki, yoga, cycling and more. We have also incorporated time for relaxation and fun, all while soaking in the warm sun and natural beauty of this island paradise. Its the ultimate transformation package guaranteed to strengthen and rejuvenate your mind, body and soul.

PACKAGE INCLUDES:

Tuesday

- Arrival into Rarotonga—We will meet you at the airport with a chilled bottle of water and itinerary briefing before connecting you to your flight to Aitutaki on Air Rarotonga
- Transfer from Aitutaki Domestic Airport to your place of accommodation
- Check-in for 6 nights at Aitutaki Village, Pacific Resort Aitutaki, or Tamanu Beach Resort
- Functional Fitness class with trainer/instructor Dani Adendorff
- Welcome dinner at Aitutaki Village's restaurant with your on-island escorts/guides and trainers, and briefing on your program for the week

Wednesday

- 6am Hike up to Maunga Pu summit
- Breakfast at your place of accommodation
- Functional Fitness class, Private Lagoon Cruise with wakeboarding, snorkelling and lunch on the motu
- Dinner at your place of accommodation (meals at own cost)

Thursday

- Breakfast at your place of accommodation
- Scenic bicycle ride town stopping at the Functional Fitness Gym for a workout session
- Cycle to Avatea Café for lunch (meals at own costs) and then return to accommodation
- Island Night Dinner & Show at Tamanu Beach Resort

Friday

- 6.30am Low Impact Session on the Beach with Functional Fitness followed by breakfast
- Umu Class—Learn to prepare an Umu which will be your lunch that afternoon
- Massage Treatments—booked in pairs with separate scheduled times
- Beach Yoga in the late afternoon
- Private Umu Dinner with Fire Dancing show

Saturday

- Breakfast at your place of accommodation
- 10am Functional Fitness class with trainer/instructor Dani Adendorff
- Lunch at the Boatshed Bar & Grill (meals at own cost)
- Traditional Vaka Paddling on the lagoon
- Dinner at Mouarii Café with live string band for entertainment

Sunday

- Breakfast at your place of accommodation
- Transfer to Cook Islands Christian Church 10am service (optional)
- Depart for One Foot Island on Vaka Titi-Ai-Tonga for your night cruise and farewell dinner

Monday

- Breakfast is provided before your transfer to the airport and return flight to Rarotonga

*This package includes all pick ups/drop offs for all tours—some tours provide light refreshments

*Meals are provided unless otherwise stated above. Meals outside of those mentioned above are at your own cost.



Aitutaki Village



Functional Fitness Aitutaki



Tamanu Beach Resort



Wet N Wild



Pacific Resort Aitutaki



Island Night Dinner



Vaka Titi-Ai-Tonga

BOOKING CODE: **SGSFCAIT24**

6 Night Package: Priced from **NZ\$3,199** per person

**Pricing above is based on a minimum of 6 people travelling together.

ADVENTURE RAROTONGA & AITUTAKI



7 NIGHT ADVENTURE PACKAGE

This package takes you to explore the natural beauty of Rarotonga and Aitutaki. You will enjoy various outdoor activities such as hiking and cycling on Rarotonga, as well as Vaka paddling and snorkelling in Aitutaki just to name a few. Furthermore, we offer you the opportunity to island-hop across to Atiu from Aitutaki. Atiu, known as Enuamanu—land of birds, is an eco-lovers paradise with rugged coastlines, secluded beach coves, and dense tropical rainforests with hidden caves. It is also an island with a unique culture and a fascinating history.

PACKAGE INCLUDES:

4 NIGHTS RAROTONGA

- Ei, Meet & Greet at the Airport on Arrival into Rarotonga
- Return Airport Transfers
- 4 Night accommodation at The Black Pearl Beach Side Apartments in a Garden or Pool View Room
- Tropical Breakfast on first day of Arrival
- Cross Island Trek with Maunga Tours
- Explore Bicycle Tour with Storytellers Eco Tours
- Inland Discoveries Walk with Ariimoana Walkabouts

3 NIGHTS AITUTAKI

- Return Flights on Air Rarotonga (Rarotonga / Aitutaki / Rarotonga)
- Ei, Meet & Greet at the Airport on Arrival into Aitutaki
- Return Airport Transfers
- 3 Nights at Aitutaki Village in a Holiday Beach Hut
- Daily Tropical Breakfast
- Walk to Maunga Pu summit
- Traditional Vaka Paddling across Aitutaki lagoon (Includes BBQ Fish Lunch on a Motu)
- Full Day Snorkelling Safari with Tekings Lagoon Cruises

ADD-ON 3 NIGHTS ATIU

- Return Flights on Air Rarotonga (Rarotonga / Atiu / Rarotonga)
- Ei, Meet & Greet at the Airport on Arrival into Atiu
- Return Airport Transfers
- 3 Nights at Atiu Villas in a Standard Unit
- Anatakitaki (Kopeka Bird) Cave Tour
- Island Eco Tour with Birdman George
- Nature Walking Tour
- Atiu Tumunu Tour (Adults-only 18+)
- Sunrise Breakfast on the beach with Moods of Atiu

BOOKING CODE: **SGSARA24**

7 Night Package: Priced from **NZ\$2,625** per person

ADD-ON 3 nights in Atiu for an additional **NZ\$1,000.00** per person

**Pricing above is based on a minimum of 6 people travelling together.



CULTURAL IMMERSION RAROTONGA & AITUTAKI



8 NIGHT CULTURAL IMMERSION PACKAGE

This package has been developed to give you a deeper understanding of our culture, history and way of life. You will spend your first 5 nights on Rarotonga enjoying a variety of tours and activities, interacting and engaging with our people, and relishing some of our favourite local dishes. We then fly you to Aitutaki for 3 nights. After check-in, an island tour takes you to explore the main island visiting many places of interest. No Aitutaki holiday is complete without a day out on the lagoon, which we have you doing on day 2. Two of your three nights in Aitutaki are spent in your accommodation of choice, your last night is spent on One Foot Island. We will transport you there aboard the Vaka Titi-Ai-Tonga in the late afternoon, setup your swags with comfortable mattresses ready for an amazing experience under the stars. The next morning, a slow cruise brings you back to the main island and to the airport for your flight back to Rarotonga.

PACKAGE INCLUDES:

5 NIGHTS RAROTONGA

- Ei, Meet & Greet at the Airport on Arrival into Rarotonga
- Return Airport Transfers
- 5 Night accommodation at Sunset Resort or Pacific Resort Rarotonga
- Daily Tropical Breakfast
- Friday - Ka'ara Island Night at Highland Paradise Cultural Centre
- Saturday - Market Tour
- Sunday - Church Service at Titikaveka Cook Islands Christian Church
- Sunday - Lunch at The Mooring Café
- Monday - Private Historical Tour with Umu Lunch at Highland Paradise Cultural Centre
- Tuesday - Private Weaving Tour with Sunshine (Half-day)
- Tuesday evening - Umu & Fire Show with Tumutoa Tours

3 NIGHTS AITUTAKI

- Wednesday morning - Fly to Aitutaki on Air Rarotonga
- Ei, Meet & Greet Airport on arrival into Aitutaki
- Airport Transfer to your Accommodation
- 2 Night accommodation at Aitutaki Village, Pacific Resort Aitutaki or Tamanu Beach Resort
- Breakfasts throughout—Daily Tropical Breakfast at Aitutaki Village, Fully Cooked A La Carte Breakfast at Pacific Resort Aitutaki or A La Carte American Breakfast at Tamanu Beach Resort
- Wednesday - Private Island Tour with Tavai Inventures Island Tours
- Thursday - Full Day Snorkelling Safari with Teking Lagoon Cruises
- Friday - Overnight on the Motu aboard the Vaka Titi-Ai-Tonga
- Saturday morning - return to main island with direct transfer to the Airport, and flight back to Rarotonga

BOOKING CODE: **SGSCIM24**

Rarotonga & Aitutaki **8 Night Package:** Priced from **NZ\$4,214** per person

**Pricing above is based on a minimum of 6 people travelling together.





ISLAND HOPPER VACATIONS

COOK ISLANDS



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