



Love a little paradise
...for real

Top 10 Things to do: Rarotonga

1. Swim With Turtles & Eagle Rays

Swim with turtles and eagle rays, explore a shipwreck or relax on a leisurely float through the island's most vibrant marine reserves. An abundance of raw tropical marine life is what you will encounter.

2. Visit Muri Night Market

The Muri night markets in the Muri Beach village are a great way to curate your own dinner from the various food trucks, stalls and stands all while mixing and mingling with visitors and locals alike. Open Tuesday, Wednesday, Thursday, and Sunday evenings from 5pm.

3. Experience An Island Night

Watch talented dancers adorned in traditional costumes at one of the Cook Islands' cultural shows also known as Island Nights. Another reason to join is getting to devour plate after plate from the traditional island platter buffet and the infamous fire dancers to finish off.

4. Total Escape - Relax & 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. Couples massage, body wraps and scrubs, facials or beachside treatments anyone?

5. Water Activities Galore

Rarotonga is a water lover's paradise! Popular activities include scuba diving, kite surfing and sailing. Or, snorkel at one of the best spots in Rarotonga such as Aroa Lagoon Marine Reserve, Muri Lagoon, Fruits of Rarotonga in Tikioki or Black Rock Beach.

6. Hiking Rarotonga

Reconnect with nature by exploring Rarotonga's interior on a guided or self-guided hiking trail. From the more challenging Cross Island Trek or Raemaru Trek, to the easier Arore or Hospital Hill Lookout, hiking is a must-do. You might even find Rarotonga's favourite waterfall.

7. Shop The Local Punanga Nui Market

The Punanga Nui Market of Avarua comes to life on a Saturday morning. The island's passionate artists, chefs, growers, and gatherers come together in a whirlwind of tropical produce, smoothies, BBQ treats, and local dance performance!

8. Attend A Church Service

Rarotonga's beautiful white coral and limestone churches fill with soaring songs of worship on Sunday. Visitors are most welcome to attend Sunday services starting at 10am and closing with fruits and light refreshments at the nearby meeting halls.

9. Engage With The Locals

Cook Islanders love interacting with visitors and what better way to engage than over a progressive dinner tour. Bonding over a three-course dinner with each course lovingly prepared in a different local home. Or try a cultural tour where locals share their rich knowledge.

10. Enjoy The Night Life

When the sun goes down, the party heats up. We boast the best nightlife of all the islands in the South Pacific. Mix with friendly locals in open-air bars, party buses, or a beach soaked in cool island vibes and spectacular vistas.

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