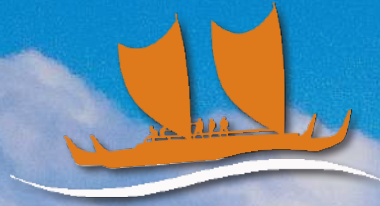


2023 - 2024



ISLAND HOPPER
VACATIONS

COOK ISLANDS

Cook Islands SMALL GROUP SERIES



Our Small Group Series brings you a select collection of Cook Islands Holiday Packages that cater to 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 environments, 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.

Please check travel entry requirements before booking your Cook Islands holiday package.

Rates within this brochure are valid for sales & travel: 01 April 2023—31 March 2024.



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Contents

Sea World Rarotonga

- 4 **Deep Sea Fishing** with 2 half days and 1 full day charter out on Rarotonga's big blue. Package also includes 5 nights accommodation, Island Night Dinner & 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, night paddle-boarding and a guided reef walk.
- 6 **Dive Rarotonga** this 5 night package 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 nights 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 Auckland/Rarotonga 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 6 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 into the serenity of this tropical paradise. This 7 night package combines yoga and mindfulness with adventure, culture and Aitutakis spectacular beaches and lagoon.
- 14-15 **Fitness Challenge Aitutaki**
Embark on an unforgettable journey to transform your health with this 7 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-on 3 nights in Atiu an eco-lovers paradise with an even richer culture and history.

Cultural Immersion - Rarotonga & Aitutaki

- 18-19 This exclusive (9-day) experience immerses you deep into our cultural heritage and traditions. You'll 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 at Highland Paradise, and a night out on the town with Going Troppo Nightlife Tours.

PACKAGE INCLUDES:

- Ei, Meet & Greet at the Airport on Arrival on Rarotonga
- Return Airport Transfers
- 5 Nights accommodation on Rarotonga at Castaway Resort in an Ocean View Studio
- Daily Tropical Breakfast
- 2 x Half days and 1 x Full day Private Fishing Charters with Marlin Queen
- Ka'ara Island Night at Highland Paradise Cultural Centre
- Going Troppo Nightlife Tour (Adults only 18 years+)



BOOKING CODE: **SGSDSF23**

5 Night Package: Priced from: **NZ\$1,846** per person

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

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 and above it by stand-up paddle board. You'll 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 Nights accommodation on Rarotonga at Moana Sands Villas (3 Bedroom) or Pacific Resort Rarotonga in an Standard Studio or Premium Beachfront Suite.
- Complimentary Tropical Breakfast on first day at Moana Sands Villas, and Daily Tropical Breakfast at Pacific Resort Rarotonga
- Sea Scooter Safari Tour with Ariki Adventures
- Sea Scooter Turtle Safari Tour with Ariki Adventures
- Reef Explorer Tour with Ariimoana Walkabouts
- Night Paddle Tour with Kitesup
- Ka'ara Island Night at Highland Paradise Cultural Centre



Pacific Resort Rarotonga



BOOKING CODE: **SGSLEX23**

5 Night Package: Priced from: **NZ\$1,322** 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 Rarotonga Divers you'll swim in and around coral gardens of various formations and shipwrecks while you encounter 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 nights accommodation on Rarotonga at Rarotonga Backpackers, The Black Pearl at Puaikura, or Castaway Resort
- Island Discovery Tour with Raro Tours
- 1x Half Day Private Dive Charters (2 Tank Dives) with Dive Rarotonga, followed by lunch at The Mooring Fish Cafe
- 1x Half Day Private Dive Charter (2 Tank Dives) with Dive Rarotonga, followed by lunch at Beluga Café
- Private Going Troppo Nightlife Tour (Adults only 18+ years)
- Ka'ara Island Night Dinner & Show at Highland Paradise Cultural Centre



BOOKING CODE: **SGSDSF23**

7 Night Package: Priced from: **NZ\$1,176** per person

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

GREEN THUMBS RAROTONGA

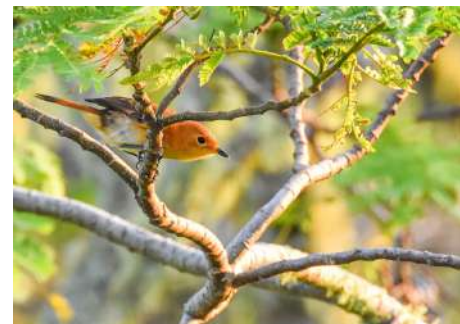


5 NIGHT GREEN THUMBS PACKAGE

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 nights 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
- Ka'ara Island Night Dinner & Show at Highland Paradise Cultural Centre



BOOKING CODE: **SGSLEX23**

5 Night Package: Priced from: **NZ\$1,346** 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 your mind and body. Your itinerary includes 7 nights 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 in a Safari Tent or Tropical Are, or Magic Reef Bungalows in a Oceanview or Beachfront Bungalow, or Arcadia Retreat in 2 Bedroom Villas
- Welcome dinner on first evening of arrival with your on-island escort/guide, and briefing on your program for throughout your stay

Saturday

- 7am Hatha Yoga followed by continental breakfast
- Punanga Nui Market Tour (meals at own cost)
- Lunch—Chefs 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 Cultural Village

Sunday

- 7am Hatha Yoga followed by continental breakfast
- Transfer to Cook Islands Christian Church 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

Tuesday

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

Wednesday

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

Thursday

- 7am Hatha Yoga followed by continental breakfast—Free day

Friday

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

*Includes all pickup/drop offs for all tours—some tours provide light refreshments

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

BOOKING CODE: **SGSWRAR23**

7 Night Package: Priced from: **NZ\$2,434** 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 Nights at accommodation on Rarotonga at Edgewater Resort, or Manuia Beach Resort, or Pacific Resort Rarotonga
- Daily Tropical Breakfast
- 50-minute Aromatherapy Massage
- Private Going Troppo Nightlife Tour
- Saturday Market Tour
- Sunday Tapas Lunch at Tuoro Café
- Brunch on Monday morning at Beluga Café



BOOKING CODE: **SGSLLW23**

4 Night Package: Priced from: **NZ\$1,189** 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 Nights at Aitutaki Village, or Tamanu Beach Resort or Pacific Resort Aitutaki
- Daily Breakfast—Tropical Breakfast at Aitutaki Village, American Buffet Breakfast at Tamanu, A la Carte Breakfast at Pacific Resort Aitutaki
- Private Lagoon Cruise with Teking—includes BBQ lunch on a motu
- Island Tour OR Walk to Maunga Pu with Tavai Island Tours - includes lunch



BOOKING CODE: **SGSJAIT23**

5 Night Package: Priced from: **NZ\$2,014** 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 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 islands 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 5 nights at Aitutaki Village, Pacific Resort Aitutaki, or Tamanu Beach Resort or Tai Roto
- 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

Wednesday

- Breakfast at your place of accommodation
- 10am bicycle tour of Island
- Avatea Café for lunch (meals are at own costs)
- 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 lagoon - 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

*Includes all pickup/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: **SGSWAIT23**

6 Night Package: Priced from: **NZ\$3,089** 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 5 nights at Aitutaki Village, Pacific Resort Aitutaki, or Tamanu Beach Resort
- Functional Fitness class with trainer/instructor Dani Adendorff
- Welcome dinner at Aitutaki Village 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
- Private Lagoon Cruise with wakeboarding, snorkelling, Functional Fitness on the sandbar, 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 into town stopping into Functional Fitness Gym for a workout session
- Cycle to Avatea Café for lunch (meals are at own costs) and then return to accommodation
- Island Night Dinner & Show at Tamanu Beach Resort

Friday

- 6am 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
- Traditional Vaka Paddling on the lagoon followed by lunch at the Boatshed Bar & Grill (meals at own cost)
- 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

*Includes all pickup/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: **SGSWAIT23**

6 Night Package: Priced from: **NZ\$2,961** per person

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



Aitutaki Village



Tamanu Beach Resort



Pacific Resort Aitutaki



ADVENTURE RAROTONGA & AITUTAKI



7 NIGHT ADVENTURE PACKAGE

This package takes you to explore the natural beauty of Rarotonga and Aitutaki. You'll 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 and secluded beach coves, dense tropical rainforests with hidden caves. Its 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 Nights at The Black Pearl at Puaikura in a Garden or Pool View Room
- Tropical Breakfast on first day of Arrival
- Cross-Island Trek with Maunga Tours
- Storytellers Explore Cycle Tour
- Nature Walk with Arienua Inland Discoveries

3 NIGHTS AITUTAKI

- Return Flights on Air Rarotonga (Rarotonga / Aitutaki / Rarotonga)
- Ei, Meet & Greet at the Airport
- Return Airport Transfers
- 3 Nights at Aitutaki Village in a Standard Room
- Daily Tropical Breakfast at Aitutaki Village
- Walk to Maunga Pu with Tavai Island Tours
- Traditional Vaka Paddling across Aitutaki lagoon (Includes BBQ Fish Lunch on a Motu)
- Lagoon Cruise with Bishops Cruises (Includes BBQ Fish Lunch on One Foot Island)

ADD-ON 3 NIGHTS ATIU

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

BOOKING CODE: **SGSARA23**

7 Night Package: Priced from: **NZ\$2,366** per person

ADD-ON 3 nights in Atiu for an additional **NZ\$988.00** 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 our visitors 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 exploring the main island visiting many places of interest. No Aitutaki holiday is complete without a day out on the lagoon this 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 at One-Foot Island. We'll transport you there aboard the Vaka Ti-ti-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 Nights at Sunset Resort, or Pacific Resort Rarotonga
- Daily Tropical Breakfast
- 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 (includes cultural activities such as weaving)

3 NIGHTS AITUTAKI

- Wednesday morning fly to Aitutaki on Air Rarotonga
- Ei, Meet & Greet at the Airport
- Airport Transfer to Accommodation
- 2 Nights at Aitutaki Village, Tamanu Beach Resort or Pacific Resort Aitutaki
- Breakfasts throughout—Daily Tropical Breakfast at Aitutaki Village, American Breakfast at Tamanu Beach, and Fully Cooked A La Carte Breakfast at Pacific Resort Aitutaki
- Wednesday Island Tour with Tavai Island Tours
- Thursday Lagoon Cruise with Teking Tours
- Friday Overnight on the Motu aboard the Vaka Ti-ti-ai-tonga
- Saturday morning, return to main island with direct Transfer to the Airport
- Flight departs Aitutaki for Rarotonga

BOOKING CODE: **SGSCIM23**

Rarotonga & Aitutaki **8 Night Package**: Priced from: **NZ\$3,865** per person

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





ISLAND HOPPER VACATIONS

COOK ISLANDS



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