

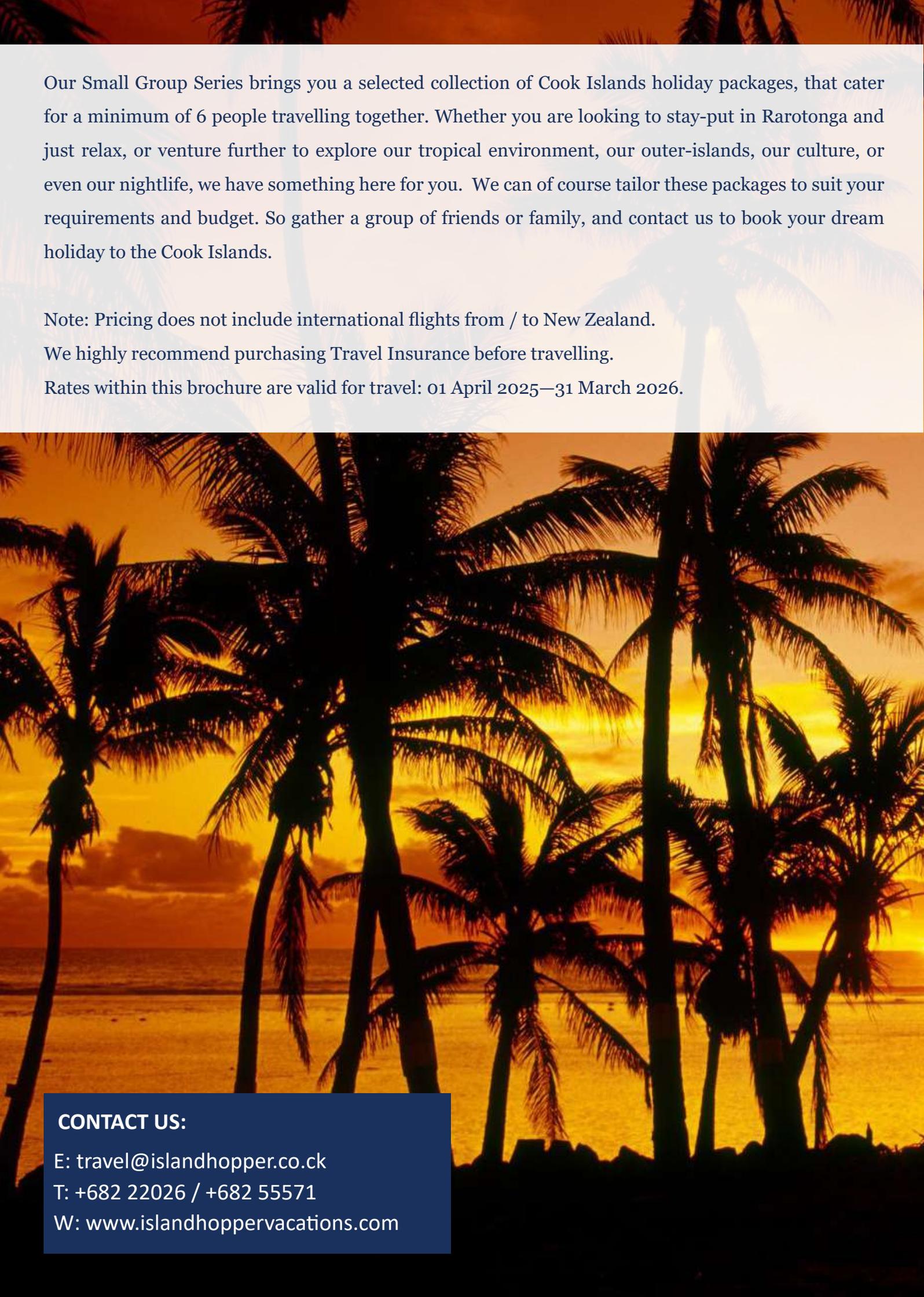
2025 - 2026

# Cook Islands SMALL GROUP SERIES



ISLAND HOPPER  
VACATIONS

COOK ISLANDS



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 international flights from / to New Zealand.

We highly recommend purchasing Travel Insurance before travelling.

Rates within this brochure are valid for travel: 01 April 2025—31 March 2026.

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- 4 Deep Sea Fishing Rarotonga**  
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 Rarotonga**  
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 Green Thumbs Rarotonga**  
Rarotonga is known for its lush green mountains and variety of tropical plants and vibrant flowers. This 5 night package has you strolling through beautiful gardens and forests, learning from the Rarotonga Green Thumbs.
- 7 Ladies Long-Weekend Rarotonga**  
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.
- 8 Just Aitutaki**  
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 lunch on one of the motus.
- 9 Dive Aitutaki**  
Certified divers, prepare to experience an unforgettable 7 night Aitutaki adventure! Explore the island at your own pace with a rental vehicle, enjoy a private island tour with lunch, a private 2 tank dive with Bubbles Below, a full-day lagoon cruise, and a spectacular island night dinner and show.
- 10-11 Adventure Rarotonga & Aitutaki**  
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.
- 12-13 Cultural Immersion - Rarotonga & Aitutaki**  
This exclusive 8 night 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.
- 14 Health and Wellbeing**
- 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.
- 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.
- 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.

# DEEP SEA FISHING RAROTONGA



## 5 NIGHT DEEP SEA FISHING RAROTONGA PACKAGE

For this package, we take you deep sea fishing out on Rarotonga's big blue with Akura Fishing Charters on two separate private charter trips. 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. On two separate evenings, we have planned for you an island night dinner & show, as well as a night out on the town with Going Troppo nightlife tour.

### PACKAGE INCLUDES:

- Ei, meet & greet at the airport on arrival into Rarotonga
- Return airport transfers on Rarotonga
- 5 Night accommodation at Castaway Resort in a Beachside 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+)



Castaway Resort



Highland Paradise Cultural Centre



Going Troppo Nightlife Tour

BOOKING CODE: **IHSMALL25**

**5 Night Package:** Priced from **NZ\$2,005** per person double / twin share room

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

# LAGOON EXPLORER RAROTONGA



## 5 NIGHT LAGOON EXPLORER RAROTONGA PACKAGE

This 5 night package allows you to encounter the diverse marine life that thrives within our lagoon. You will explore the underwater world with a sea scooter, enjoy a reef walk, and learn about this fragile environment while being introduced to various sea creatures. We top it all off with an island night dinner and show.

### PACKAGE INCLUDES:

- Ei, meet & greet at the airport on arrival into Rarotonga
- Return airport transfers on Rarotonga
- 5 Night accommodation on Rarotonga at Moana Sands Villas or at Pacific Resort Rarotonga
- Complimentary tropical breakfast on first day only at Moana Sands Villas, or daily tropical breakfast at Pacific Resort Rarotonga
- Lagoon Discovery Sea Scooter Safari with Ariki Adventures
- Turtle Sea Scooter Turtle Safari with Ariki Adventures
- Reef Explorer tour with Ariimoana Walkabouts
- Island night dinner & show at Highland Paradise Cultural Centre or Te Vara Nui Village



Pacific Resort Rarotonga



Ariki Adventures

BOOKING CODE: **IHSMALL25**

**5 Night Package:** Priced from **NZ\$1,496** per person double / twin share room

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



Ariimoana Walkabouts

# GREEN THUMBS RAROTONGA



## 5 NIGHT GREEN THUMBS RAROTONGA PACKAGE

Rarotonga is renowned for its lush green mountains, its vast variety of tropical plants, and vibrant flowers. This package invites you to explore the island's lush interior strolling through magnificent gardens and forests. You will also enjoy a leisurely-paced bicycle tour through private plantations, where you can savour freshly picked tropical fruits.

### PACKAGE INCLUDES:

- Ei, meet & greet at the airport on arrival into Rarotonga
- Return airport transfers on Rarotonga
- 5 Night accommodation at Moana Sands Beachfront Hotel, Pacific Resort Rarotonga or Sunset Resort
- Daily tropical breakfast
- 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

BOOKING CODE: **IHSMALL25**

**5 Night Package:** Priced from **NZ\$1,573** per person double / twin share room

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



Sunset Resort Rarotonga



Island Discovery Tour



Storytellers Eco Cycle Tours

# LADIES LONG-WEEKEND RAROTONGA



## 4 NIGHT LADIES LONG-WEEKEND RAROTONGA PACKAGE

It's time for a well-deserved break! Our Ladies Long-Weekend Rarotonga package is the perfect escape. Indulge in sun, sea, and relaxation on Rarotonga, with pampering sessions, delicious lunches, and a private nightlife tour. Treat yourself, ladies – you deserve it!

### PACKAGE INCLUDES:

- Ei, meet & greet at the airport on arrival into Rarotonga
- Private return airport transfers with bubbles on arrival on Rarotonga
- 4 Night accommodation at Manuia Beach Resort, Pacific Resort Rarotonga, or The Edgewater Resort & Spa
- Daily tropical breakfast
- 50-minute Aromatherapy massage
- Private Going Troppo nightlife tour with Raro Tours (Adults only 18+ years)
- Saturday Punanga Nui Market tour
- Sunday lunch
- Brunch on Monday morning at Beluga Café



BOOKING CODE: **IHSMALL25**

**4 Night Package:** Priced from **NZ\$1,245** per person double / twin share room

\*\*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, with milky greens and light blue hues, silky white sandbars, uninhabited motu (islets) with palm-fringed beaches, and of course its warm tropical climate. If this is where you would rather be right now, we can make it happen for you. With this package, we connect you directly to Aitutaki from your international flight, so you can start enjoying what you have always dreamed of.

### PACKAGE INCLUDES:

- Ei, meet & greet at the airport on arrival into Rarotonga
- Return domestic airfares on Air Rarotonga ( Rarotonga / Aitutaki / Rarotonga )
- Return airport transfers on Aitutaki
- 5 Night accomodation at Aitutaki Village, Pacific Resort Aitutaki or Tamanu Beach Resort
- Daily tropical breakfast at Aitutaki Village, daily fully cooked à la carte breakfast at Pacific Resort Aitutaki, or daily à la carte American breakfast at Tamanu Beach Resort
- Full day private lagoon cruise with Bishops Cruises—including BBQ lunch
- Private island tour or walk to Maunga Pu with Tavai Inventures Island Tours—including lunch



Air Rarotonga



Tamanu Beach Resort



Bishops Cruises

BOOKING CODE: **IHSMALL25**

**5 Night Package:** Priced from **NZ\$1,998** per person double / twin share room

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

# DIVE AITUTAKI



## 7 NIGHT DIVE AITUTAKI PACKAGE

Dive into an extraordinary underwater adventure with Bubbles Below, exploring Aitutaki's most diverse dive sites. You will experience breathtaking drop-offs plunging into the deep blue, and marvel at vibrant coral gardens teeming with life. This package offers an unforgettable experience for certified divers seeking an extraordinary underwater journey.

### PACKAGE INCLUDES:

- Ei, meet & greet at the airport on arrival into Rarotonga
- Return domestic airfares on Air Rarotonga ( Rarotonga / Aitutaki / Rarotonga )
- Rental vehicle with Popoara Rentals
- 7 Night accomodation at Aitutaki Village
- Daily tropical breakfast
- Private 2 Tank Dives with Bubbles Below
- Full day shared lagoon cruise with Bishop Lagoon Cruises—including BBQ lunch
- Private island tour with Tavai Inventures Tours—including lunch
- Island night dinner & show at Tamanu Beach Resort



Air Rarotonga



Aitutaki Village



Bubbles Below Aitutaki

BOOKING CODE: **IHSMALL25**

**7 Night Package:** Priced from **NZ\$5,068** per person double / twin share room

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

# ADVENTURE RAROTONGA & AITUTAKI



## 7 NIGHT ADVENTURE RAROTONGA & AITUTAKI PACKAGE

This package invites 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. Additionally, we offer you the opportunity to add 3 nights in Atiu, known as Enuamanu—land of birds. This island 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 on Rarotonga
- 4 Night accommodation at The Black Pearl Beach Side Apartments
- Tropical breakfast on first day of arrival
- Cross Island Trek with Maunga Tours
- Explore Bicycle Tour with Storytellers Eco Cycle Tours
- Inland Discoveries Walk with Ariimoana Walkabouts

#### 3 NIGHTS AITUTAKI

- Return domestic airfares on Air Rarotonga (Rarotonga / Aitutaki / Rarotonga)
- Ei, meet & greet at the airport on arrival into Aitutaki
- Return airport transfers on Aitutaki
- 3 Nights at Aitutaki Village
- Daily tropical breakfast
- Walk to Maunga Pu summit
- Traditional vaka paddling across Aitutaki lagoon — includes BBQ lunch on a motu (islet)
- Full day shared lagoon cruise with Bishops Cruises

#### ADD-ON 3 NIGHTS ATIU

- Return domestic airfares on Air Rarotonga ( Rarotonga / Atiu / Rarotonga )
- Ei, meet & greet at the airport on arrival into Atiu
- Return airport transfers on Atiu
- 3 Nights at Atiu Villas
- Anatakitaki (Kopeka Bird) Cave Tour
- Island Tour
- Nature Walking Tour
- Tumunu Tour (Adults-only 18+)
- Sunrise breakfast on the beach with Moods of Atiu



The Black Pearl at Puaikura



Ariimoana Walkabouts



Storytellers Eco Cycle Tours



Aitutaki



Aitutaki Village



Atiu



Atiu Villas

BOOKING CODE: **IHSMALL25**

**7 Night Package:** Priced from **NZ\$2,995** per person double / twin share room

**ADD-ON 3 nights** in Atiu for an additional **NZ\$1,120** per person double / twin share room

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

# CULTURAL IMMERSION RAROTONGA & AITUTAKI



## 8 NIGHT CULTURAL IMMERSION RAROTONGA & AITUTAKI PACKAGE

This package is designed 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. Then, you will fly to Aitutaki for 3 nights. After check-in, an island tour will take you to explore the main island, visiting many places of interest. No Aitutaki holiday is complete without a day out on the lagoon, which you will experience on day two. 2 of your 3 nights in Aitutaki will be spent in your accommodation of choice, with your final night spent on One Foot Island. In the late afternoon, we will transport you there aboard the Vaka Titi-Ai-Tonga, where we will setup your swags with comfortable mattresses for a truly unforgettable experience under the stars. The next morning, you will enjoy a slow cruise back to the main island, where you will be transferred 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 on Rarotonga
- 5 Night accommodation at Pacific Resort Rarotonga or Sunset Resort
- Daily tropical breakfast
- Friday - Ka'ara Island Night at Highland Paradise Cultural Centre
- Saturday - Punanga Nui Market Tour
- Sunday - Church Service at Titikaveka Cook Islands Christian Church, followed by lunch at Charlies' Cafe
- Monday - Private Historical Tour with umu lunch at Highland Paradise Cultural Centre
- Tuesday - Private Half-Day Weaving Tour with Sunshine, and Private Umu & Fire Show with Tumutoa Tours in the evening

#### 3 NIGHTS AITUTAKI

- Wednesday morning - Fly to Aitutaki on Air Rarotonga
- Ei, meet & greet airport on arrival into Aitutaki
- Return airport transfers on Aitutaki
- 2 Night accommodation at Aitutaki Village, Pacific Resort Aitutaki or Tamanu Beach Resort
- Daily tropical breakfast at Aitutaki Village, daily fully cooked à la carte breakfast at Pacific Resort Aitutaki, or daily à la carte American breakfast at Tamanu Beach Resort
- Wednesday - Private Island Tour with Tavai Inventures Island Tours
- Thursday - Full Day Private Lagoon Cruise with Bishops Cruises
- Friday - Overnight on One Foot Island aboard the Vaka Titi-Ai-Tonga
- Saturday morning - return to main island with direct transfer to the Airport, and flight back to Rarotonga



Sunset Resort Rarotonga



Ka'ara Island Night



Punanga Nui Market



Highland Paradise Cultural Centre



Aitutaki



Aitutaki Village



Bishops Cruises

BOOKING CODE: **IHSMALL25**

**8 Night Package:** Priced from **NZ\$4,308** per person double / twin share room

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

# HEALTH AND WELLBEING RAROTONGA & AITUTAKI

## 7 NIGHT WELLNESS RAROTONGA PACKAGE

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, and a variety of tours and activities. What better way to rejuvenate your mind, body and soul than to treat yourself to this exclusive tropical vacation in the Cook Islands with your group?

BOOKING CODE: **IHSMALL25**

**7 Night Package:** Price on application

\*\*Based on a minimum of 6 people travelling together.



## 6 NIGHT WELLNESS AITUTAKI PACKAGE

Escape the fast-paced life and experience complete relaxation for both 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.

BOOKING CODE: **IHSMALL25**

**6 Night Package:** Price on application

\*\*Based on a minimum of 6 people travelling together.



## 6 NIGHT FITNESS CHALLENGE AITUTAKI PACKAGE

The perfect program for those passionate about health and fitness while on holiday. This package includes daily fitness activities such as Vaka paddling, hiking, gym and beach workouts with Functional Fitness Aitutaki, yoga, cycling, and more. We have also included time for relaxation and fun, all while soaking in the warm sun and natural beauty of this island paradise. It's the ultimate transformation package, guaranteed to strengthen and rejuvenate your mind, body and soul.

BOOKING CODE: **IHSMALL25**

**6 Night Package:** Price on application

\*\*Based on a minimum of 6 people travelling together.





[www.islandhoppervacations.com](http://www.islandhoppervacations.com)



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