

2025 - 2026

# SOUTHERN GROUP ADVENTURE PACKAGES

Photo by Cook Islands Tourism & Dylan Harrison



ISLAND HOPPER  
VACATIONS

COOK ISLANDS



Atiu



Mauke



Mitiaro



Mangaia





## MANGAIA

Explore the natural beauty of Mangaia, also known as A'ua'u Enea, situated 203 kilometers southeast of Rarotonga. This ancient Pacific island features a volcanic plateau encircled by makatea cliffs formed from fossilized coral. Inland, you will find a sunken interior plateau with lush wetlands and hidden caves.

Mangaia is renowned for its ancient artifacts, stone carvings, and delicate golden shells, showcasing its rich history and culture. A visit to this island is incomplete without experiencing these treasures. Stay at Babes Place in the main village of Oneroa, offering simple, clean accommodation. Providing four basic units with private bathrooms or two double bedrooms in the main house with a shared bathroom. The main house also provides communal kitchen, dining, lounge, and laundry facilities for guests' convenience.



## MAUKE

Mauke, also known as Akatokamanava, is a hidden gem in the Southern Cook Islands, nestled within the 'Nga Pu Toru' group alongside Mitiaro and Atiu. Rich in history and culture, Mauke warmly invites visitors to immerse themselves in its vibrant heritage.

Known as the "Garden Island" for its lush landscapes and fertile soil, Mauke is renowned for its beautiful ei maire garlands and the distinctive akari pi coconut oil, infused with the local talinium labobo.

Stay at the peaceful Ri's Retreat, a charming haven on Mauke's eastern coast. Just a short walk from the airport, the retreat offers cozy self-contained units and a spacious two-bedroom house, complete with shared amenities for a relaxing and comfortable stay.

### SOUTHERN GROUP ADVENTURE PACKAGES

Discover the natural beauty and unique culture of the Cook Islands on this 8-day island hopping adventure. Visit Mangaia, Mauke, Mitiaro, and Atiu, four of the beautiful islands in the Southern Group Islands. This Package has you and your group spending 2 nights on each island enjoying guided tours, engaging with locals, and experiencing the island life.

Each tour will be accompanied by your own tour guide, who will be with you for the full adventure to assist on all islands.

#### Package includes:

- Airfares—Rarotonga/Mangaia/Mauke/Mitiaro/Atiu/ Rarotonga
- Return airport transfers on outer islands
- 2 Nights accommodation on each island
- Breakfast and dinner daily
- An Island Tour on each island
- Additional Tours: Golden Shells Tour in Mangaia, Cook Islands Christian Church experience in Mauke, Cultural Tour in Mitiaro, Punarea Cultural Tour and Tumunu Tour in Atiu
- Tour Manager / Guide
- Opportunity to purchase souvenir gifts while on each island

#### Day 1 to Day 3: Rarotonga to Mangaia (Thu - Sat)

Mangaia is a brief 40-minute flight from Rarotonga. Upon arrival, your welcoming hosts will greet you and begin the Island Tour as you journey to Babes Place, where a delightful dinner awaits. The following morning, after breakfast, you embark on a captivating journey to discover the Golden Shells tour and witness the intricate art of crafting ei pupu. The next morning is your flight to the island of Mauke.

#### Day 3 to Day 5: Mangaia to Mauke (Sat - Mon)

A 50-minute flight from Mangaia brings you to Mauke, where island hosts extend a warm welcome and orientation. As you journey to Ri's Retreat, captivating island tales unfold.



## MITIARO

Mitiaro, also known as Nukuroa, is a captivating island located about 45 kilometers northwest of Mauke. This untouched paradise boasts stunning natural wonders, including mesmerizing underground caves and refreshing freshwater pools. Its twin lakes, Rotonui and Toto Iti, are renowned for their delicious eel, a local delicacy.

Immerse yourself in the island's rich culture by exploring limestone caves, admiring the unique Fan Palm, and marveling at the intricate woven baskets crafted by local women.

Indulge in comfort at Divine Retreat, a spacious modern home offering various accommodation options. Choose from two guest bedrooms sharing a bathroom, a private honeymoon suite, or one of the two independent one-bedroom villas. Savor delectable meals prepared for you while enjoying the expansive kitchen for your convenience. Relax and unwind on the large veranda, complete with dining area and comfortable lounge spaces.

Upon check-in, embark on a captivating tour, punctuated by stories, culminating in a refreshing dip in Vai Tango's cave pool. The next day (Sunday) absorb in the local tradition at the Cook Islands Christian Church, also known as the Divided Church. The following morning you set off for a new adventure on the island of Mitiaro.

### Day 5 to Day 7: Mauke to Mitiaro (Mon - Wed)

A brief 20-minute flight separates Mauke from Mitiaro. Your hosts will welcome you upon arrival and transport you to your accommodation Divine Retreat. Discover the island's unique heritage on a guided tour which includes a light lunch and visits to the twin lakes, freshwater cave pools, and other captivating sites. A cultural tour of Mitiaro awaits on Tuesday, followed by a 20-minute flight to Atiu on Wednesday morning.



## ATIU

Atiu, also known as Enuamanu or the 'Land of Birds,' is a serene paradise that captivates with its unspoiled beauty. This pristine island is a treasure trove of coastal reefs, lush rainforests, and mysterious caves. Among its natural wonders, the endemic Kopeka bird finds sanctuary within its deep, shadowed caverns.

Steeped in tradition, Atiu is famed for the Atiu Tumunu—a centuries-old gathering place where locals come together to share a fruit-based brew. The island also offers unique cultural experiences, including organic coffee, intricate weaving, and the art of traditional tapa cloth.

For those seeking a tranquil retreat, Atiu Villas provides an idyllic escape. Crafted from native wood, the six self-contained villas are set amidst lush gardens, offering guests a blend of comfort and nature. Relax by the pool, enjoy a game of tennis, or savor delicious local cuisine, all while exploring the island at your own pace with available rental cars.

### Day 7 to Day 9: Mitiaro to Atiu (Wed - Fri)

Your last stop on the Southern Group Adventure tour is the island of Atiu, your local hosts will greet and transport you to your accommodation Atiu Villas upon arrival. That evening, experience the Atiu Tumunu with locals and enjoy their local beer before dinner at Atiu Villas. On Thursday morning, breakfast at Areora Cafe precedes a tour with Punarea Cultural Tours. Friday morning begins with a sunrise breakfast, followed by your 45-minute return flight to Rarotonga.

### Package Pricing:

Pricing is per person in a double / share twin room and includes flights, breakfast and dinner daily, transfers, tours and the services of our accompanying guide throughout the 8-day adventure.

A minimum of 8 passengers is required to operate this small group tour. Tour is for a maximum of 11 passengers plus our guide.

Pricing ranges from NZ \$4496 per person if 11 people travelling to NZ\$5540 per person if 8 people travelling.

### Booking code: IHSTH25

Fixed departure dates are as follows:

- 20—28 March 2025
- 22—30 May 2025
- 10—18 July 2025
- 11—19 September 2025
- 06—14 November 2025





Photo by: COOK ISLANDS POCKET GUIDE



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