2026 - 2027

Cook Islands

SMALL GROUP SERIES



Photo credit: Cook Islands Tourism - David Kirkland

ISLAND HOPPER
VACATIONS (2026) LTD

COOK ISLANDS

Our Small Group Series offers a curated selection of Cook Islands holiday packages designed for 2 to 8 people travelling together. Whether you are looking to relax and stay put in Rarotonga, or venture further to explore our tropical environment, outer-islands, rich culture, or even our nightlife, we have something for you. These packages can also be tailored to suit your preferences and budget. So gather your friends or family and contact us to start planning 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 in this brochure are valid for travel: 01 April 2026—31 March 2027.



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Contents

4 **Deep Sea Fishing Rarotonga**
This package includes 1 half day and 1 full day charter exploring Rarotonga's stunning open waters. It also features 5-night accommodation, an Island Night dinner and show, and a guided nightlife tour.

5 **Lagoon Explorer Rarotonga**
This 5-night package invites you to discover the beauty of our stunning lagoon, both above and below the surface. Enjoy three unforgettable water adventures, including sea scooter snorkelling and a guided reef walk.

6 **Green Thumbs Rarotonga**
Rarotonga is celebrated for its emerald mountains, tropical flora, and vibrant blooms. This 5-night package includes guided walks through lush gardens and forests, led by Rarotonga's own expert Green Thumbs.

7 **Ladies Long-Weekend Rarotonga**
A fun and relaxing escape designed just for the ladies. This 4-night getaway includes accommodation, private transfers with bubbles on arrival, an aromatherapy massage, a nightlife tour, a private market visit, and specially arranged lunches.

8 **Just Aitutaki**
We connect you directly from your international flight to Aitutaki, where you'll spend 5 nights enjoying an island tour with lunch and a private lagoon cruise, complete with a BBQ lunch on a secluded motu (islet).

9 **Dive Aitutaki**
Certified divers, get ready for an unforgettable 7-night adventure in Aitutaki! Discover the island with your own rental vehicle, enjoy a private island tour with lunch, two private 2-tank dives with Bubbles Below, a full-day lagoon cruise, and a dazzling island night dinner and show.

10-11 **Adventure Rarotonga & Aitutaki**
Enjoy 4 nights on Rarotonga and 3 nights on Aitutaki as you discover the very best of our natural landscapes, both on land and in the sea. Enhance your journey with 3 additional nights in Atiu—an eco-lover's haven steeped in culture and history.

12-13 **Cultural Immersion - Rarotonga & Aitutaki**
This exclusive 8-night journey offers a rich immersion into our cultural heritage and traditions. Spend 5 nights on Rarotonga and 3 nights on Aitutaki, soaking up natural beauty, connecting with locals, and savoring authentic island cuisine.

14 **Health and Wellbeing**

Wellness Rarotonga
Escape the fast-paced life and unwind in Rarotonga with this 7-night yoga package, including accommodation, airport transfers, tours, daily yoga classes, and more to refresh your mind, body, and soul.

Wellness Aitutaki
Discover complete peace of mind and body as you soak in the tranquility of this tropical paradise. This 6-night package blends yoga and mindfulness with adventure, culture, and Aitutaki's stunning beaches and lagoon.

Fitness Challenge Aitutaki
Embark on an unforgettable 6-night all-inclusive getaway designed to revitalize your wellbeing. Your itinerary is filled with fitness programs, tours, and activities, all complemented by a dose of tropical therapy.

DEEP SEA FISHING RAROTONGA



5 NIGHT DEEP SEA FISHING RAROTONGA PACKAGE

This package offers two private deep sea fishing charters with Akura Fishing Charters on Rarotonga's vast blue waters. Test your skills catching some of the world's most delicious—and prized—fish; part of your catch is expertly filleted by the crew and shared for everyone to enjoy. On two separate evenings, enjoy an island night dinner & show, plus a lively night out on the town with the Going Troppo nightlife tour.


Castaway Resort


Highland Paradise Cultural Centre


Going Troppo Nightlife Tour

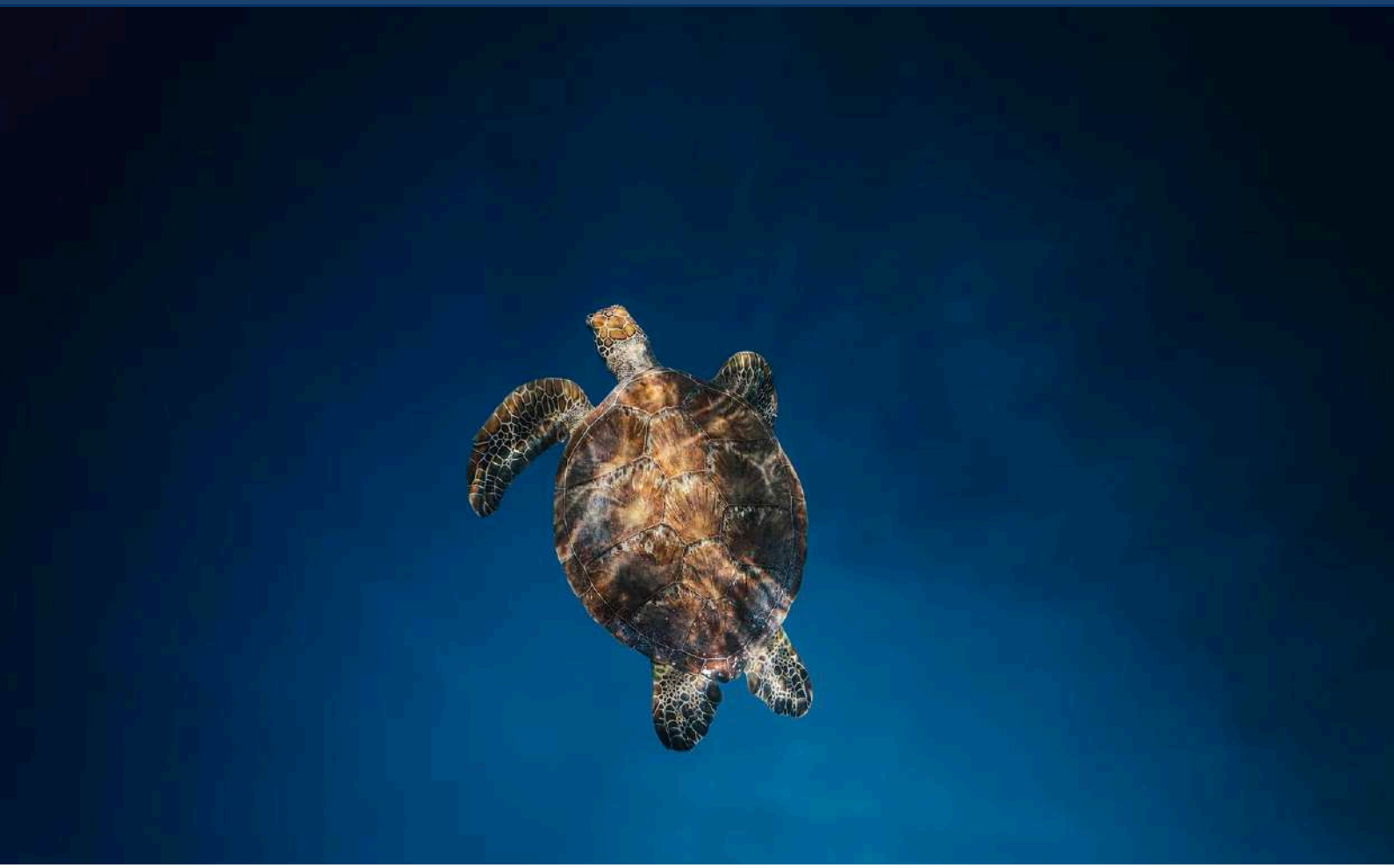
PACKAGE INCLUDES:

- 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+)

BOOKING CODE: **IHSMALL26**

5 Night Package: Priced from **NZ$2,083** per person double / twin share room
*Pricing above is based on a minimum of 6 people travelling together
*Pricing for 7-8 people travelling available on request

LAGOON EXPLORER RAROTONGA

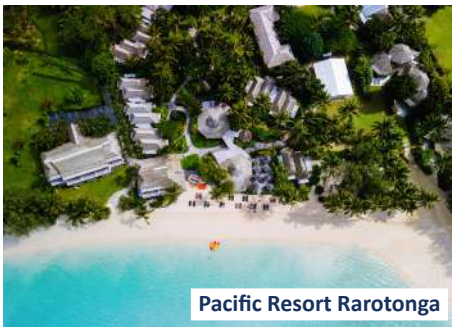


5 NIGHT LAGOON EXPLORER RAROTONGA PACKAGE

This 5-night package invites you to discover the rich marine life flourishing in our lagoon. Dive into the underwater world with a sea scooter, enjoy a guided reef walk, and learn about this delicate ecosystem while encountering a variety of sea creatures. Your experience concludes 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

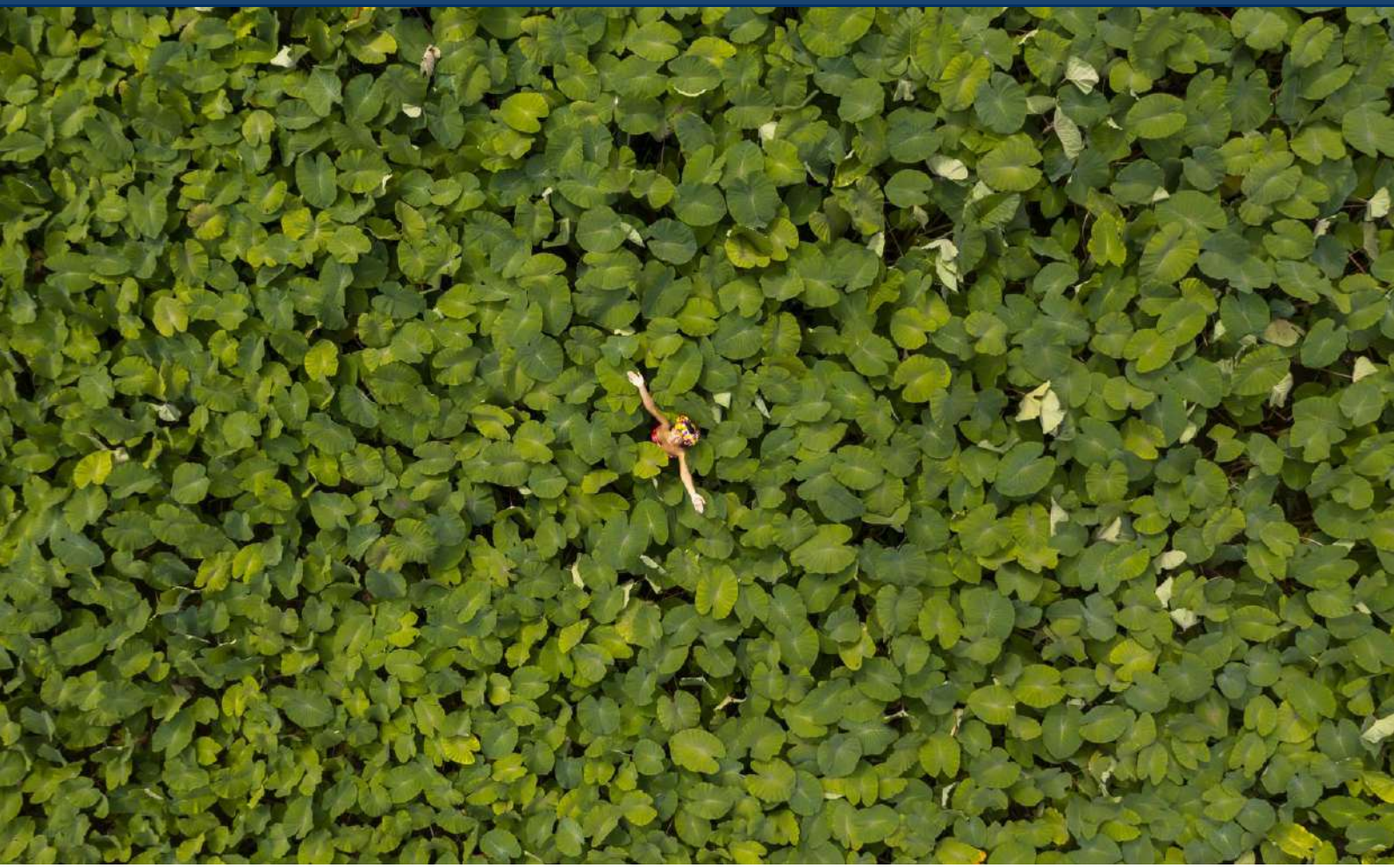


Ariimoana Walkabouts

BOOKING CODE: **IHSMALL26**

5 Night Package: Priced from **NZ$1,572** per person double / twin share room
*Pricing above is based on a minimum of 6 people travelling together
*Pricing for 7-8 people travelling available on request

GREEN THUMBS RAROTONGA



5 NIGHT GREEN THUMBS RAROTONGA PACKAGE

Rarotonga is renowned for its lush green mountains, diverse tropical plants, and vibrant flowers. This package takes you into the island's verdant interior, strolling through magnificent gardens and forests. You will also enjoy a leisurely bicycle tour through private plantations, where you can sample freshly picked tropical fruits along the way.

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: **IHSMALL26**

5 Night Package: Priced from **NZ$1,863** per person double / twin share room
*Pricing above is based on a minimum of 6 people travelling together
*Pricing for 7-8 people travelling available on request



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. Soak up the sun, sea, and serenity, 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



Edgewater Resort & Spa



Punanga Nui Market



Going Troppo Nightlife Tour

BOOKING CODE: **IHSMALL26**

4 Night Package: Priced from **NZ$1,316** per person double / twin share room
*Pricing above is based on a minimum of 6 people travelling together
*Pricing for 7-8 people travelling available on request

JUST AITUTAKI



5 NIGHT JUST AITUTAKI PACKAGE

Aitutaki is world-renowned for its stunning lagoon, with soft blue and milky green waters, silky white sandbars, uninhabited motu (islets) lined with swaying palms, and a warm tropical climate. If this sounds like your perfect escape, we'll make it happen. This package connects you directly to Aitutaki from your international flight, so you can start living the dream from the moment you arrive.


Air Rarotonga


Tamanu Beach Resort


Bishops Cruises

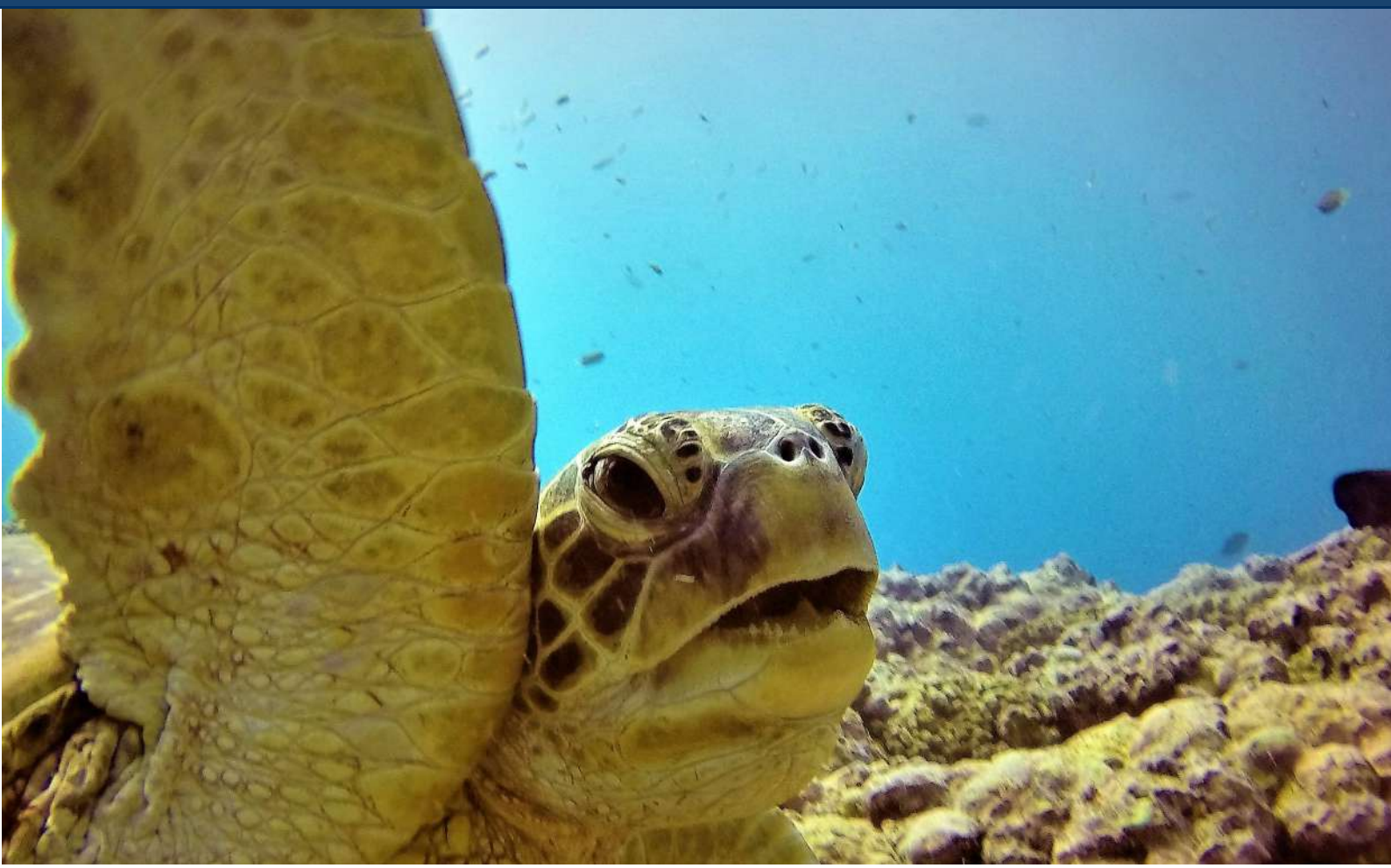
PACKAGE INCLUDES:

- 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—includes BBQ lunch
- Private island tour or walk to Maunga Pu with Tavai Inventure Tours—includes lunch

BOOKING CODE: **IHSMALL26**

5 Night Package: Priced from **NZ$2,245** per person double / twin share room
*Pricing above is based on a minimum of 6 people travelling together
*Pricing for 7-8 people travelling available on request

DIVE AITUTAKI



7 NIGHT DIVE AITUTAKI PACKAGE

Embark on an unforgettable underwater journey with Bubbles Below, exploring Aitutaki's most vibrant and diverse dive sites. Discover dramatic drop-offs that descend into the deep blue, and explore coral gardens teeming with colour and marine life. This package is perfect for certified divers looking to experience the very best of Aitutaki beneath the surface.

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
- Two private 2 Tank Dives with Bubbles Below
- Full day shared lagoon cruise with Bishop Lagoon Cruises—includes BBQ lunch
- Private island tour with Tavai Inventure Tours—includes lunch
- Island night dinner & show at Tamanu Beach Resort



Air Rarotonga



Aitutaki Village



Tavai Inventure Tours

BOOKING CODE: **IHSMALL26**

7 Night Package: Priced from **NZ$4,178** per person double / twin share room
*Pricing above is based on a minimum of 6 people travelling together
*Pricing for 7-8 people travelling available on request

ADVENTURE RAROTONGA & AITUTAKI



7 NIGHT ADVENTURE RAROTONGA & AITUTAKI PACKAGE

This package takes you on a journey through the natural beauty of Rarotonga and Aitutaki. Enjoy a range of outdoor activities, from hiking and cycling on Rarotonga to vaka paddling and snorkelling in Aitutaki. You also have the option to add 3 nights in Atiu, known as Enuamanu—the land of birds. This untouched island is a haven for eco-lovers, with dramatic coastlines, hidden beach coves, lush rainforests, mysterious caves, and a rich cultural heritage.


The Black Pearl Beach Side Apartments

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
- Reef Explorer with Ariimoana Walkabouts


Ariimoana Walkabouts


Storytellers Eco Cycle Tours

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 Night accommodation 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


Aitutaki


Aitutaki Village

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 Night accommodation 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


Atiu


Atiu Villas

BOOKING CODE: **IHSMALL26**

7 Night Package: Priced from **NZ$3,230** per person double / twin share room

ADD-ON 3 nights in Atiu for an additional **NZ$1,402** per person double / twin share room

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

*Pricing for 7-8 people travelling available on request

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. Two of your three nights in Aitutaki will be spent at 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 leisurely cruise back to the main island, followed by a transfer to the airport for your flight back to Rarotonga.

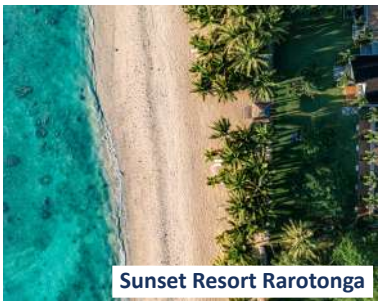
PACKAGE INCLUDES:

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 in the morning, 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 Inventure 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: **IHSMALL26**

8 Night Package: Priced from **NZ$4,979** per person double / twin share room
*Pricing above is based on a minimum of 8 people travelling together
*Pricing for 9-10 people travelling available on request

HEALTH AND WELLBEING RAROTONGA & AITUTAKI

7 NIGHT WELLNESS RAROTONGA PACKAGE

This 8-day (7-night) package offers more than just a tropical escape—it's a meaningful opportunity to reconnect with yourself, both mentally and physically, in one of the world's most serene and inspiring island settings. Enjoy 7 nights' accommodation on Rarotonga, daily Hatha Yoga sessions in beautiful surroundings led by qualified local instructors, plus a variety of tours and activities. Perfect for small groups seeking balance, connection, and renewal, this exclusive retreat is designed to refresh your mind, restore your body, and uplift your spirit—leaving you grounded, energised, and inspired.

BOOKING CODE: **IHSMALL26**

7 Night Package: Priced from **NZ$2,829** per person double / twin share room
*Pricing above is based on a minimum of 8 people travelling together
*Pricing for 9-10 people travelling available on request


Rarotonga


Maunga Tours

6 NIGHT WELLNESS AITUTAKI PACKAGE

Step away from the demands of everyday life and embrace total relaxation for both mind and body in the peaceful surroundings of this tropical island paradise. Designed for you and your small group, this package offers a harmonious blend of rest, rejuvenation, and exploration. Take part in daily yoga sessions in scenic outdoor locations, join guided island tours that reveal the beauty and charm of local life, and enjoy vibrant cultural evenings filled with traditional performances. All of this, combined with the island's breathtaking beaches and crystal-clear lagoons, creates an unforgettable escape where wellness and wonder come together.

BOOKING CODE: **IHSMALL26**

6 Night Package: Priced from **NZ$3,642** per person double / twin share room
*Pricing above is based on a minimum of 8 people travelling together
*Pricing for 9-10 people travelling available on request


Aitutaki


PHOTO: COOK ISLANDS POCKET GUIDE
Maunga Pu summit

6 NIGHT FITNESS CHALLENGE AITUTAKI PACKAGE

An ideal program for those who are passionate about health and fitness—even while on holiday. This energising package combines movement, mindfulness, and leisure in a stunning tropical setting. Enjoy a variety of daily fitness activities, including vaka paddling across crystal-clear waters, scenic hikes, gym and beach workouts with Functional Fitness Aitutaki, guided yoga sessions, cycling adventures, and more. Between activities, there's ample time to relax, recharge, and enjoy the island's natural beauty at your own pace. You'll also experience island tours, fresh local cuisine, and optional spa treatments to help you fully unwind. This is more than a holiday—it's a transformation journey designed to refresh your mind, strengthen your body, and uplift your soul.

BOOKING CODE: **IHSMALL26**

6 Night Package: Priced from **NZ$3,663** per person double / twin share room
*Pricing above is based on a minimum of 8 people travelling together
*Pricing for 9-10 people travelling available on request


One Foot Island


Functional Fitness Aitutaki



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