2026 - 2027

SOUTHERN GROUP ADVENTURE PACKAGES

ISLAND HOPPER VACATIONS (2026) LTD

COOK ISLANDS

Photo by Cook Islands Tourism


Atiu


Mauke


Mitiaro


Mangaia







MANGAIA

Explore the natural beauty of Mangaia, also known as A'ua'u Enua, situated 203 kilometers southeast of Rarotonga. This ancient Pacific island features a volcanic plateau encircled by makatea cliffs formed from fossilized coral. Inland, a sunken central plateau reveals lush wetlands and hidden caves waiting to be explored.

Mangaia is renowned for its ancient artifacts, intricate stone carvings, and delicate golden shells, showcasing its rich history and culture. No visit to the island is complete without discovering these treasures.

Stay at Babes Place in the main village of Oneroa, offering simple, clean accommodation. Guests can choose from four basic units with private bathrooms or two double bedrooms in the main house with a shared bathroom. The main house also features communal kitchen, dining, lounge, and laundry facilities for guests' convenience.







MAUKE

Discover Mauke, also called Akatokamanava, a hidden gem in the Southern Cook Islands, part of the 'Nga Pu Toru' group alongside Mitiaro and Atiu. Steeped in history and culture, Mauke invites visitors to immerse themselves in its unique heritage.

Known as the "Garden Island," Mauke dazzles with lush landscapes, fertile soil, and vibrant traditions. Admire the beautiful *ei maire* garlands and sample the distinctive *akari pi* coconut oil, crafted from the local talinium labobo.

Relax at Ri's Retreat on Mauke's serene eastern coast. Just a short walk from the airport, it offers cozy self-contained units and a spacious two-bedroom house with shared amenities, providing a welcoming and comfortable island escape.

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Experience the natural beauty and rich culture of the Cook Islands on this unforgettable 8-day island-hopping adventure. Discover the charm of Mangaia, Mauke, Mitiaro, and Atiu—four stunning islands in the Southern Group. This thoughtfully designed package includes two nights on each island, giving you ample time to explore, enjoy guided tours, connect with locals, and experience authentic island life.

Throughout your journey, you will be accompanied by a dedicated tour guide who travels with you across all islands, ensuring a seamless, enriching, and fully supported adventure from start to finish.

Package includes:

- Airfares—Rarotonga/Mangaia/Mauke/Mitiaro/Atiu/Rarotonga
- Return airport transfers on the outer islands
- 2 nights accommodation on each island
- Breakfast and dinner daily
- 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 your Island Tour as you make your way to Babes Place, where a delightful dinner awaits. The following morning, after breakfast, embark on a captivating Golden Shells tour and witness the intricate art of crafting *ei pupu.* The next morning, fly to the beautiful island of Mauke and continue your journey.

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

A 50-minute flight from Mangaia brings you to Mauke, where your island hosts offer a warm welcome and orientation. As you travel to Ri's Retreat, engaging island stories are shared along the way.







MITIARO

Discover Mitiaro, also known as Nukuroa, a hidden gem just 45 kilometers northwest of Mauke. This untouched paradise enchants visitors with its natural beauty, from enchanting underground caves and crystal-clear freshwater pools to peaceful surroundings.

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

Relax in style at Divine Retreat, a spacious modern home offering a variety of accommodations. Choose from two guest bedrooms with a shared bathroom, a private honeymoon suite, or one of two independent one-bedroom villas. Enjoy freshly prepared meals or use the expansive kitchen at your leisure, then unwind on the large veranda with its dining area and cozy lounge spaces, perfect for soaking in the island's serenity.







ATIU

Atiu, also known as Enuamanu or the 'Land of Birds,' is a serene paradise that enchants with its unspoiled beauty. This pristine island is rich in natural wonders, featuring coastal reefs, lush rainforests, and mysterious caves, where the endemic Kopeka bird finds refuge within the shadowed caverns.

Steeped in tradition, Atiu is renowned for the Atiu Tumunu—a centuries-old gathering place where locals share a fruit-based brew. Visitors can also explore the island's unique culture through organic coffee, intricate weaving, and the art of traditional tapa cloth.

For a tranquil retreat, Atiu Villas offers an idyllic escape. Built from native wood, the six self-contained villas are nestled among lush gardens, providing a perfect blend of comfort and nature. Relax by the pool, enjoy a game of tennis, or savor delicious local cuisine, while exploring the island at your own pace with rental cars available.

After check-in, enjoy a guided island tour filled with local stories, ending with a refreshing swim in the cave pool at Vai Tango. The next day, Sunday, immerse yourself in local tradition with a visit to the Cook Islands Christian Church, also known as the Divided Church. The following morning, depart for your next adventure on the island of Mitiaro.

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

A short 20-minute flight takes you from Mauke to Mitiaro. Upon arrival, your hosts will welcome you and transfer you to Divine Retreat. Discover the island's unique heritage on a guided tour, including 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.

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

Your final stop on the Southern Group Adventure is the island of Atiu, where local hosts will greet you on arrival and transfer you to Atiu Villas. That evening, join the locals for the Atiu Tumunu and sample their traditional bush beer before dinner at Atiu Villas. On Thursday morning, enjoy breakfast at Areora Café, followed by a Punarea Cultural Tour. Friday begins with a sunrise breakfast before your 45-minute flight back to Rarotonga, concluding your once-in-a-lifetime Southern Group experience.

Package Pricing:

Pricing is per person based on a double / shared twin room and includes flights, daily breakfast and dinner, transfers, guided tours and the services of your accompanying guide throughout the 8-day adventure.

A minimum of 8 passengers is required to operate this small-group tour, with a maximum of 11 passengers plus the guide.

Pricing ranges from NZ$5789 per person if 8 people travelling to NZ$4708 per person if 11 people travelling.

Booking code: IHSTH26

Fixed departure dates are as follows:

- 13—21 August 2026
- 01—09 October 2026
- 19—27 November 2026



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