

# Rarotonga and the Southern Cook Islands

Wednesday 24 July - Saturday 03 August 2024  
10 Nights

## TOUR OVERVIEW

Come with us on a 10-night escorted island hopping adventure to explore Rarotonga and four of the unspoiled islands of the Southern Cook's group — Mangaia, Mauke, Mitiaro and Atiu. You will experience the unique natural beauty and the authenticity of each island's history and culture. Appreciate the environment and the simplicity of life as you absorb all that these islands and their people have to share with you. Enjoy short scenic flights and spending two nights on each island with guided tours, time engaging with locals, and the island life experience. These islands are off the beaten track but well loved by those who make the journey.

## TOUR INCLUSIONS

- Economy class airfares on Air New Zealand direct from Auckland to Rarotonga
- Five internal 'island hopper' flights
- 10 nights' accommodation (twin share)
- Meals as specified in the itinerary
- A local tour manager/ guide will accompany you throughout the tour
- All group transfers
- Admissions as detailed in the itinerary
- Activities and sightseeing tours with local guides as detailed in the itinerary
- Pre-tour material

## TOUR EXCLUSIONS

- Airline taxes
- Travel insurance
- Personal expenses
- Meals not specified in the itinerary
- Beverages during included meals, unless specified
- Hotel or airport portorage
- A 1.5% surcharge if you wish to pay by credit card
- Domestic travel to Auckland. (We are very happy to help book flights if required at an additional cost)
- Please note a Calder & Lawson tour manager will not be travelling with the group from Auckland as you will be well looked after for the duration of the tour by a local Rarotongan guide who will meet you on arrival in Rarotonga

## TOUR HIGHLIGHTS

- Soak up the warmth of the sun and the warmth of the Cook Island people.
- Explore Rarotonga on a half day tour.
- Enjoy the peaceful and uncomplicated lifestyles of the local islanders as you experience a warm welcome on the lesser known outer islands of Mangaia, Mauke, Mitiaro and Atiu.
- See towering limestone caverns and cave dwelling swallows on an unforgettable nature experience at the Anatakitaki cave on Atiu.
- Go in search of the endangered Kakerori bird on an island Eco Tour with 'Birdman George' on Atiu.
- Experience a Sunday service at the Cook Island's Christian Church on Mauke.



## IS THIS TOUR FOR ME?

If you are keen to escape the New Zealand winter weather and are looking for more than just a white sandy beach tropical holiday, this tour may be for you. Be intrepid as you explore some of the lesser visited islands in the Cook's group.

Experience authentic culture, food and hospitality. Although the tour is not physically demanding, the ability to manage your own luggage, get on and off small airplanes and coaches, walk and stand for extended periods, and climb steps and stairs will ensure you get the maximum enjoyment from your tour.

The Anatakitaki cave tour on Atiu will require around three hours walking, sometimes on uneven rainforest floors. This is an optional activity.

The two nights in Rarotonga are at the Sunset Resort located beach-front on the sheltered western sunset' coast. The resort is situated on a quiet stretch of white sandy beach and you can snorkel right off the beach. You can expect the other accommodation to be basic but comfortable, More details on accommodation are included in the information about each island on page 4 of this itinerary.

### TOUR PRICE

*Ex Auckland*

Share twin per person    NZD \$7,490

If you require a single room please call us as we are very limited on room availability.

**GROUP SIZE** Minimum 8, maximum 11

**VARIATIONS IN TRAVEL** We can make arrangements for any travel you would like to do before or after this tour, or book business class flights. Please contact us to discuss your requirements.



[CLICK HERE TO BOOK ONLINE](#)

# DAILY ITINERARY

**Wednesday 24 July 2024**  
**New Zealand - Rarotonga**  
Meals: In-Flight  
Flight: 3 hours 35 minutes

Fly direct on Air New Zealand to Rarotonga departing in the morning. You will cross the dateline to arrive the previous day.

**Tuesday 23 July**  
**Rarotonga**  
Meals: D  
Overnight: Rarotonga  
Sunset Resort

Arrive mid afternoon into Rarotonga. You will be transferred to your hotel where you can relax or stretch your legs, enjoy the warmth of the tropics and meet your group for a welcome dinner this evening.

**Wednesday 24 July**  
Meals: B/D  
Overnight: Rarotonga  
Sunset Resort

After breakfast, enjoy a half day tour of the island with your local Rarotongan guide and then have the afternoon free to relax at your resort.

**Thursday 25 July**  
Meals: B/D  
Overnight: Mangaia - Babes

Take a short flight this morning to Mangaia. On arrival you will be greeted by your local hosts and take a tour of the island. This evening dinner will be at your accommodation.

**Friday 26 July**  
Meals: B/D  
Overnight: Mangaia - Babes

This morning after breakfast you will be picked up for a visit to the Golden Shells where you will learn the process of making the unique shell eis called 'Ei pupu'. In the evening you will be hosted at an Island night dinner and show.



# DAILY ITINERARY

## **Saturday 27 July**

Meals: B/D

Overnight: Mauke - Ri's retreat

The next morning, you take another short scenic flight to the island of Mauke and transfer to your accommodation, Ri's Retreat, simple self contained studios and guesthouses set amongst lush tropical gardens. Then embark on a tour of the island learning the history and local stories and finishing with a refreshing swim at Vai Tango, a fresh water cave pool.

## **Sunday 28 July**

Meals: B/D

Overnight: Mauke - Ri's retreat

The Cook Islands is a highly religious society and today you will have the opportunity to experience a Sunday service at the local Cook Islands Christian Church also known as the Divided Church. The afternoon will be at your leisure to wander, explore and relax with the hosts of your accommodation.

## **Monday 29 July**

Meals: B/L/D

Overnight: Mitiaro - Divine Retreat

This morning you head off on just a 10 minute flight to your next island destination, Mitiaro. Upon arrival you are greeted by your hosts and transferred to Divine Retreat. Your time on Mitiaro includes an island tour where you visit many places of interest and learn about the history and culture of the Island including the lake and two fresh water cave pools.

## **Tuesday 30 July**

Meals: B/L/D

Overnight: Mitiaro - Divine Retreat

Today you will enjoy a weaving demonstration and an early light lunch with the local women of Mitiaro island. Free time in the afternoon to relax or explore the island which is small and flat and easy to get around by foot.



# DAILY ITINERARY

## Wednesday 31 July

Meals: B/L/D

Overnight: Atiu - Atiu Villas

After breakfast take a flight to your last stop, the island of Atiu. On arrival, you are met by your local hosts and transferred to Atiu Villas. Shortly after check-in you are picked up for your Anatakitaki Cave Tour to search for the Kopeka, a swift like bird that nests deep with the caverns and navigates by echo-location. In the evening, experience the Atiu Tumunu with the locals and enjoy their locally made brew.

## Thursday 1 August

Meals: B/D

Overnight: Atiu - Atiu Villas

This morning you are picked up for your Island Eco Tour with 'Birdman George'— a great way to see the spectacular rainforests, tropical birds, and rugged coasts of the island. Your tour ends with an early dinner - a traditional (umu) feast cooked in an underground oven.

## Friday 2 August

Meals: B

Today you will fly you back to Rarotonga to connect with your direct flight back to Auckland on Air New Zealand. You may also wish to extend your stay in Rarotonga or perhaps visit the Aitutaki lagoon, considered one of the most beautiful in the world.

## Saturday 3 August

Arrive in New Zealand in the evening of Saturday 3 August after crossing the date line. The Calder & Lawson Tours team is happy to make any post-tour arrangements for you, including stopovers or extensions.



# THE ISLANDS

## MANGAIA

Mangaia, traditionally known as Au'au Enuā, is located 203 kilometres Southeast of Rarotonga. It is estimated to be 18 million years old making it one of the oldest islands in the Pacific. Second largest in the Cook Islands after Rarotonga, Mangaia is especially known for its surrounding band of makatea (raised coral cliffs), as well as its sunken interior plateau, lush wetland, hidden caves, golden shells and stone carvings. Mangaia is a natural wonderland of discovery and adventure.

### Accommodation

Accommodation on Mangaia is at Babes Place, a simple but clean and well presented property located in the main village of Oneroa. Room options at Babes Place include four basic units - each with their own private bathroom, and two double bedrooms in the main house - these rooms share a bathroom. Also in the main house is the communal kitchen, dining, lounge and self-laundry facilities.

## MITIARO

Mitiaro, traditionally known as Nukuroa, is approximately 45 kilometres northwest of Mauke. Like Mangaia, it is encircled by a band of Makatea (raised coral) with a fertile interior. Mitiaro is renowned for its fresh water twin lakes in the centre of the island. These are home to the Itiki (eel) a local delicacy, limestone caves with fresh water pools, the Pritchardia Mitiaroana, a variety of Fan Palm native to Mitiaro, and the beautifully woven baskets the local women craft from the leaves of Pandanus trees.

### Accommodation

Divine Retreat is a large modern home with three room options. There are two bedrooms within the house which share a bathroom. The Suite is accessed from the veranda and has its own private bathroom. Separate to the house are two individual Studio Units. On the large veranda is the dining area, and several lounge suites for you to relax.

## MAUKE

Mauke, traditionally known as Akatokamanava, is one of the three close islands of the Southern Group known as 'Nga-Pu-Toru' which is grouped with Mitiaro and Atiu. While Mauke is mostly referred to as the garden island of the Cook Islands with its rich soil and abundance of vegetation, it is also a natural playground with many hidden secrets to be discovered. An island with fascinating history and culture waiting to be shared with visitors.

### Accommodation

On Mauke, Ri's Hideaway is where you will stay, rurally located on the south coast—a 15 minute drive from the main town and 20 minutes from the airport. On-site there are five self-contained bungalows, each with a lovely view through the pandanus trees to Ri's private beach cove from their balconies. There is also a two bedroom house right across the road. Ri's Hideaway is the perfect place for travellers looking for a peaceful environment to relax, reflect and rejuvenate.

## ATIU

Atiu, traditionally known as Enuamanu (land of birds), is the third largest island in the Cook Islands. Its spectacular ecosystem boasts fringed coastlines with coral cliffs, hidden beach coves as well as dense tropical rainforests riddled with caves. Atiu Wildlife Sanctuary for many endemic and threatened bird species is located 20 kilometres north-west of Atiu on Takutea Island. Atiu is well-known for the Atiu Tumunu, a two century old tradition where the local men gather to enjoy a fruit based alcoholic local brew. Atiu is also home to the Kopeka Bird or Atiu Swiftlet, endemic to Atiu. Locally grown organic Atiu coffee is another great feature of the Island.

### Accommodation

Atiu Villas is a small peaceful and intimate property built entirely out of local trees and materials. There are six self-contained villas surrounded by lush tropical gardens. On-site you will also find a tennis court, restaurant, and swimming pool.

## HOW TO SECURE YOUR PLACE ON THIS TOUR

A deposit of \$1,000 is required to secure your place on the tour. When minimum numbers are reached, the tour will become a 'confirmed departure' and your deposit will be non-refundable. At that point we will advise when the tour payment is due.

Click below to complete the online registration form, pay the \$1,000 deposit and your place in this tour is secured. Or you can complete a paper registration form. You can download one from our website [www.calderandlawsontours.co.nz/forms/](http://www.calderandlawsontours.co.nz/forms/) or give us a call and we will email or post one to you.

[CLICK HERE TO BOOK ONLINE](#)

## TERMS & CONDITIONS

Can be found on our website [www.calderandlawsontours.co.nz/forms/](http://www.calderandlawsontours.co.nz/forms/), on the back of the paper registration form or on the summary page when you complete an online registration. There is a 1.5% surcharge if you wish to pay by credit card.