



Rarotonga 2026

7 - 13 July

Your Itinerary

DAY 1 Auckland - Avarua

Kia Orana! It's time for our Cook Island adventure!

We've gone back in time – literally! We depart Auckland, crossing the date line and arriving in Rarotonga on Monday!

We get settled into our backpacker accommodation, then enjoy the afternoon chilling. There's time for a game of minigolf or take a swim before we enjoy dinner and get rested up for our action-packed week ahead.

Includes: Lunch | Dinner | Mini Golf | Discuss the exciting days ahead | Meet your crew

DAY 2 Raro 4Wd Adventures

Following breakfast, we explore the island with Raro Safari tours. This is an exciting half day adventure to the interior of Rarotonga, visiting some of the 'hard to get to' places. There will be a mixture of history, geography, culture and local knowledge shared with the group and plenty of stops to take amazing photographs!

Lunch is at one of the local beachside favourites 'Charlies', a restaurant on the beach.

We then spend the afternoon chilling by the beach before heading out to the 'Ship Wreck' restaurant for an amazing sunset and dinner!

Includes: Breakfast | 4WD Tour | Lunch | Group Games | Dinner

DAY 3 Ariki Adventures - Sea Scooter Turtle Safari

Day 3 kicks off with a yummy breakfast then our day is all about the turtles!

Dive into an unforgettable underwater journey with Ariki Sea Scooter Turtle Adventures.

Glide effortlessly through crystal-clear lagoons, meet majestic sea turtles up close, and discover vibrant coral reefs—all while effortlessly cruising on your own sea scooter. Perfect for all experience levels, this is island adventure at it's finest.

We enjoy lunch at another local favourite and dinner with the locals overlooking the water...and another amazing sunset!

Includes: Breakfast | Turtle tour | Lunch | Sunset Dinner

DAY 4 Te Ara Museum Guided tour

Unlock Rarotonga's ancient secrets on a Te Ara Museum Guided Tour, then unwind at stunning Muri Beach!

Learn about Polynesian navigation wonders, stick charts, and Cook Island history with an expert guide, followed by pristine lagoon swims and Villi's famous burgers—all in one unforgettable day.

Tonight we look for treasures in the local shops and buy something you like for dinner at the famous Muri Night markets!

Includes: Breakfast | Lunch | Activities | Night Market

DAY 5 Captain Tama's Lagoon cruise

Following breakfast, we glide across Rarotonga's famous Muri Lagoon with Captain Tama's Lagoon Cruises, where glass-bottom boats, vibrant tropical fish, and island-style humour create four hours of non-stop fun.

Snorkel a marine reserve, feast on a fresh fish Bbq and laugh along to coconut husking and pareu-tying shows that make this a must-do experience for all ages. There will be plenty of swimming and snorkelling.

We finish off the day with dinner at one of the local beachside restaurants.

Includes: Breakfast | Lagoon cruise | Lunch | Activities | Dinner

DAY 6 Punanga Nui Markets and Snorkelling

Spend your last full day soaking up the island life from sunrise to sunset.

Wander the bustling Punanga Nui markets in Avarua, browsing fresh produce, hand-crafted jewellery, colourful pareu, and locally made art, with island music as your soundtrack.

Drift into the nearby shops in town for black pearl treasures, relaxed resort wear, surf shops and gifts to take a piece of the Cook Islands home.

For lunch, grab a waterfront table at Trader Jacks, where you can watch the waves roll into Avarua Harbour while enjoying fresh fish, wood-fired pizza, and an ice-cold drink.

This afternoon we snorkel the Black Rocks area checking out the coral and colourful fish.

As the sun sets, dress up for a spectacular island night dinner and cultural show, complete with umu-style feasts, drumbeats, and powerful traditional dancing—a magical way to cap off an amazing holiday in paradise.

Includes: Markets | Lunch | Reef Snorkelling | Dinner | Evening Entertainment

DAY 7 Brunch and Swimming - Flight Home

Savour your final day in paradise with a lazy tropical island brunch, lingering over fresh fruit, yummy local dishes, and ocean breezes. Stretch out by the pool, soaking up those last rays before you zip up your bags.

This afternoon as you head to the airport, take one last look at the lagoon and the paradise awaiting for when you choose to return.

We farewell Rarotonga with our new friends and special memories!

Includes: Brunch | Swimming | Farewell with great memories and new friends