

RAROTONGA.CO.NZ

Your Rarotonga Holiday Planner

A practical nine-page planner for a relaxed Rarotonga
and Aitutaki holiday.

Plan less. Enjoy more.

Guides, map and live island tools at rarotonga.co.nz

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START HERE

Build the holiday around you.

Choose your base, reserve a few anchors and leave room for island time.

Your trip

ARRIVAL DATE

DEPARTURE DATE

TRAVELLERS

WHERE YOU ARE STAYING

Before you fly

- ☐ Flights booked
- ☐ Accommodation confirmed
- ☐ Travel insurance
- ☐ Airport transfer or first transport
- ☐ Key activities reserved
- ☐ Current entry rules checked

Do not overbook Rarotonga

A few booked highlights, flexible beach or cafe days and time to discover places after arrival usually make a better first trip.

YOUR PRIORITIES

Stay

Flights

Lagoon

Food

Culture

Transport

Aitutaki

Free time

Which part of Rarotonga suits you?

You can explore the whole island from any base. Choose the area that best fits your everyday priorities.

Muri

Lagoon activities, dining and convenience. A strong first-time base if you like having plenty nearby.

Titikaveka

Quieter beach stays, snorkelling and boutique accommodation. Choose it when the beach matters most.

Aroa

Lagoon snorkelling, family-friendly stays and west-coast sunsets.

Arorangi

Sunset views, west-coast resorts and relaxed beachfront dining.

Avarua

Markets, shopping, culture, banking and practical island services.

OUR TIP

Quick decision

No car? Muri is the easiest starting point. Prioritising quieter snorkelling? Look at Titikaveka or Aroa. Want sunsets? Compare Aroa and Arorangi.

COMPARE AREAS ONLINE

rarotonga.co.nz/compare-areas.html

A relaxed seven-day Rarotonga week.

Move days around for weather, opening days and bookings. Keep at least one day genuinely flexible.

1

Arrive and settle in

Explore your local beach, get groceries and have an easy first dinner.

2

Muri Lagoon day

Cruise, paddle or snorkel, then stay around Muri for dinner.

3

Island loop and Avarua

Explore the coast, town, markets or museum at an unhurried pace.

4

Titikaveka or Aroa beach day

Keep this flexible for swimming and snorkelling conditions.

5

Culture and inland

Choose a cultural experience, guided tour, hike or garden visit.

6

Aitutaki or a free day

Take the full-day flight or keep Rarotonga completely open.

7

Favourite places and a slow finish

Return somewhere you loved and leave time for a final meal.

Check before locking it in

Markets, cultural nights and some tours do not operate every day. Recheck current opening days, weather and availability.

Keep every confirmation together.

Save a screenshot or offline copy of key references before you fly.

Booking	Date	Time	Reference or notes
Flights			
Accommodation			
Airport transfer			
Activity 1			
Activity 2			
Island night			
Aitutaki			
Car or scooter			

Worth booking early

Preferred accommodation, popular lagoon cruise, Aitutaki flight, special dinner or cultural night.

Can often stay flexible

Beach days, island loop, most cafes, shopping and some shorter activities.

The practical stuff.

Recheck current information before travelling, especially opening hours, transport and health advice.

Getting around

Use the clockwise or anti-clockwise bus, hire a vehicle or walk locally in compact areas such as Muri.

Money

Cards are widely useful, but carry some cash for markets and smaller vendors. Avarua is the main banking hub.

Food and groceries

Supermarkets and smaller shops operate around the island. Recheck Sunday and public-holiday hours.

Health and emergency

Rarotonga has hospital, primary health and pharmacy services. Use current official emergency advice.

Lagoon care

Use reef-conscious sun protection, avoid standing on coral and follow local safety guidance.

Respect the islands

Support local businesses, dress respectfully at church and cultural sites, and dispose of rubbish carefully.

Current guides and island tools

rarotonga.co.nz/essentials.html

TRUSTED LINKS

Use official Cook Islands resources too.

Rarotonga.co.nz adds planning context while directing you to authoritative sources for details that can change.

Cook Islands Tourism

Official destination information and visitor guidance.

[OPEN LINK](#)

Visitor guide

Official trip-planning resource.

[OPEN LINK](#)

Brochure library

Current destination brochures.

[OPEN LINK](#)

Virtual tour

Explore more than 700 Cook Islands scenes before you travel.

[OPEN LINK](#)

What is on

Current official event listings.

[OPEN LINK](#)

Rarotonga.co.nz Travel Guide

Independent planning and local discovery.

[OPEN LINK](#)

Keep this planner offline

Download the PDF to your phone before departure, then bookmark the live website for current updates.

Make the week yours.

Use pencil. Good island plans should be easy to change.

Day	Morning	Afternoon	Evening
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

PLACES WE DO NOT WANT TO MISS

FOOD AND CAFES TO TRY

Simple packing checklist.

Pack light, protect yourself from the sun and keep essential medication in your carry-on.

Beach and lagoon

- ☐ Swimwear
- ☐ Rash shirt
- ☐ Reef-conscious sun protection
- ☐ Hat and sunglasses
- ☐ Reusable water bottle
- ☐ Water shoes if preferred

Everyday

- ☐ Light clothing
- ☐ Modest outfit for church or culture
- ☐ Light rain layer
- ☐ Comfortable walking shoes
- ☐ Medication
- ☐ Chargers and power bank

Before departure

- ☐ Passport and entry rules checked
- ☐ Accommodation contacts saved
- ☐ Planner downloaded to phone
- ☐ Flight status checked
- ☐ First transport arranged

Your island toolkit

Map, area guides, transport help, events, directory and saved places, designed for use before you fly and while you are there.

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