



MANGAIA

COOK ISLANDS



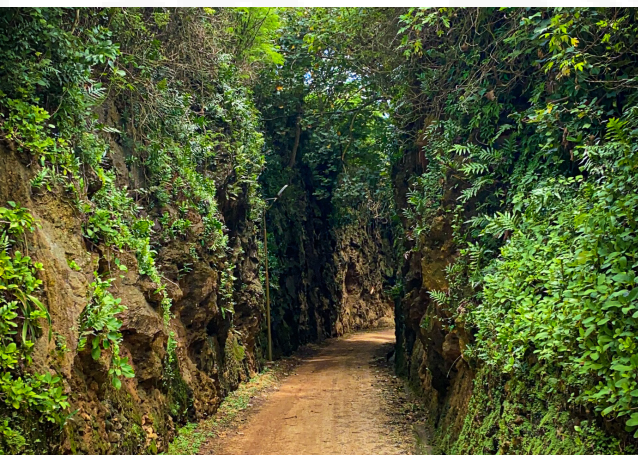


TANGI KE!

Traditionally known as Au'au, the island of Mangaia boasts a beautiful, rich culture that is steeped in tradition, legend and mystique.

With a volcanic plateau framed by a ring of high fossilised coral cliffs, Mangaia's remarkable natural beauty and serenity are only part of its fascination. Estimated at 18 million years old, it is the oldest islands in the Pacific. Mangaia is the most southerly of the Cook Islands and the second largest. It has to be as far from the maddening crowd as any island could possibly be.

Mangaia is the perfect place to explore and experience life in one of the nature's most fascinating locations. Tangi Ke - Kia Orana and welcome to the island of Mangaia.





WHAT IS UNIQUE ABOUT MANGAIA?

ITS HISTORY

Mangaia's history is steeped in great battles. It is said that Mangaia went through 42 intertribal battles. The winning tribe would not only claim the winning prize of taking control of all the lands but that the opposing tribes woman could also be taken.

THE SPECTACULAR CAVES

Mangaia has numerous fascinating caves, all with intriguing legends that can be explored with a local guide. Mangaia's cave systems are believed to be the most complex of all islands. In Pre-Christian times many of the cave systems on Mangaia were used as refuge for those defeated in battle or as designated burial caves.

EI PUPU (GOLDEN SHELL NECKLACES)

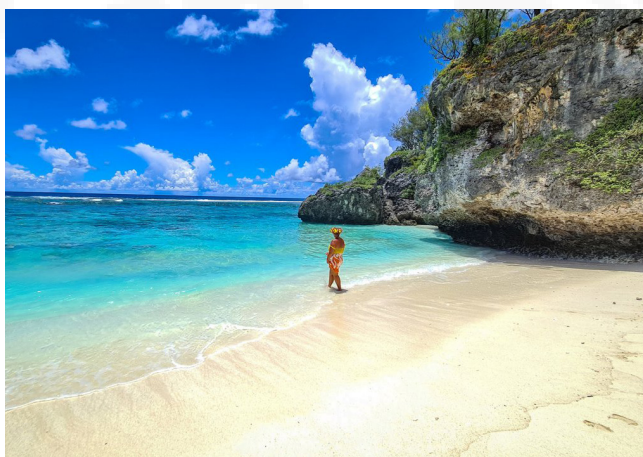
Unique to the island of Mangaia is the pupu shells that are generally collected from the beaches during wet, rainy days. The process of cleaning, preparing, and crafting beautiful creations out of these shells truly is a labour of love.

ITS MONARCH

Mangaia is one of the last islands to still have a practicing Monarch. The current holder of the title is a descendant of the late Numangatini Tione Ariki, the first king of the Numangatini dynasty.

ADVENTURE AWAITS

Mangaia offers an array of outdoor adventure activities. Go hunting inland, deep sea fishing or cycling around the island in search for indigenous birds, and more.





PLACES TO VISIT ON MANGAIA

TUAATI ROCK POOL

A stunning rock pool, deep enough to have a little snorkel in, you can also just relax and enjoy the fresh cool sea water. Visiting at low-tide will allow you to safely explore the reef and discover the vibrant sea life.

SARAGOSSA SHIPWRECK

In 1904 the four-mastered Saragossa cargo ship travelling from Newcastle, Australia to San Francisco, USA, hit the reef on the south coast of Mangaia. What is left of the Saragossa and the surrounding area remain in its natural state, providing visitors the remarkable sight of this shipwreck jutting out of Mangaia's serene coastline

ARAOA BEACH

A secluded beach nestled in the surrounding makatea (coral). At Araoa you can enjoy nature, the sun, and the sea all by yourself. Explore the surrounding coves, enjoy a simple picnic.

LAKE TIRIARA

At the mouth of the lake is the Cave of Tangiia. With Lake Tiriara being the destination, it is also about the journey to get there as well. Many roads will lead you there but it is up to you to find the beauty in of the journeys.

MANGAIA FISHING CLUB

When in Mangaia, do as the locals do. Located opposite the Mangaia Harbour, the Fishing Club provides the perfect location to enjoy a cold bevy and watch the sun set on another day in paradise. Mix it up with the locals and sing and dance til' your heart's content.





PLACES TO VISIT ON MANGAIA

GO SWIMMING AT THE HARBOUR

Enjoy After a day of exploring the island, you must always find time for a refreshing splash with the friendly locals at Avarua Landing.

GOLDEN SHELLS TOUR

Visit the Golden Shells tour to learn about the time, skill and effort that goes into creating these signature Ei Pupu pieces, unique to Mangaian.

FRIDAY MORNING MARKET

Depending on the time of year, you may be up before the sun to catch the Friday morning market. Best in the early hours of the morning, visitors can grab goodies like fresh picked produce, local cuisine, a variety of goods, and the very popular local delicacy call Tiromi (pounded taro)

REEF FISHING

Isolated and away from fishing charters there is always a good chance for a strike.





FAST FACTS...

POPULATION

Mangaia 499 (2016 census)

DOMESTIC AIR TRAVEL

Air Rarotonga operates multiple, scheduled flights during the week. Phone (682) 22 888 or book online with Air Raro www.airraro.com

CURRENCY & BANKING

The currency used in Mangaia is the New Zealand Dollar (NZD). There is a BCI bank located in the main town area of Oneroa. It is open Mon - Fri 9:30am to 12:30pm. We recommend you bring cash.

SHOPS

All shops are open Monday to Saturday, with varying operating hours. Please remember that only basic items are available.

DRIVING

Driving is on the left-hand side of the road. Cars and motor scooters can be rented from Babe's Place. Be careful when driving along the inland roads as it is bumpier in some areas, and the roads can get slippery after heavy rain.

MEDICAL & DENTAL

A small hospital and dental hygienist is available, located in the village of Oneroa. Phone (682) 34027

CHURCHES

Sunday is considered a day of rest and worship. There are several denominations on Mangaia: Apostolic Church, Catholic Church, Cook Islands Christian Church, Seventh Day Adventist (Saturday), Latter Day Saints (Mormon), Mangaia Christian Centre.

TELECOM & WIFI

WIFI vouchers and postpaid mobile credit are available from most outlet stores on the island. A Vodafone WIFI hotspot is available at Babe's accommodation.



COOK ISLANDS TOURISM

Head Office:

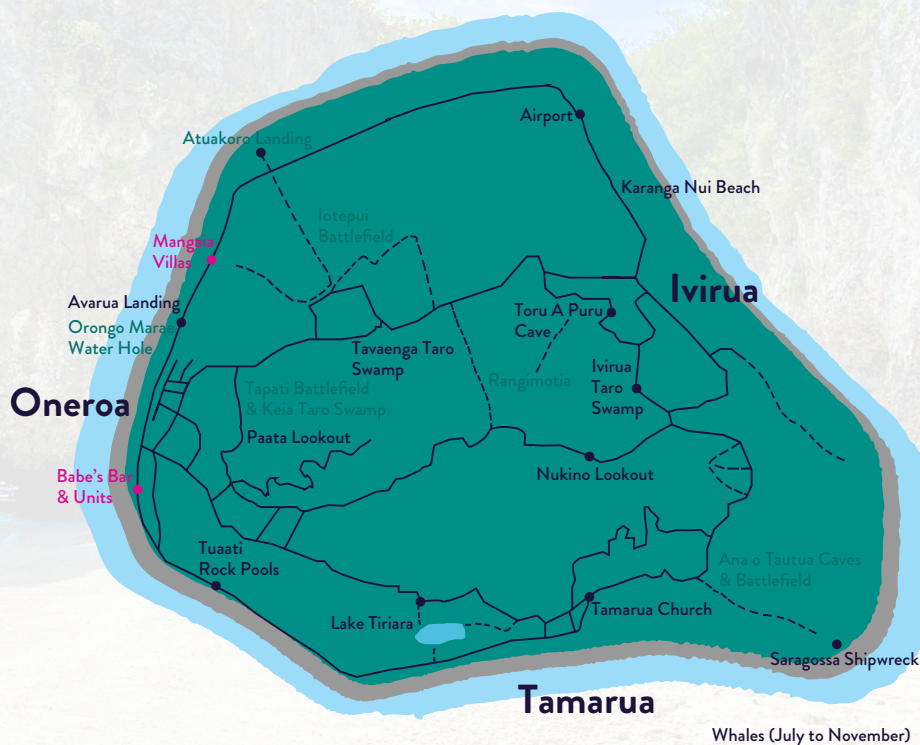
Main Road, Avarua
(Between the Banana Court & ANZ Bank)

PO Box 14, Rarotonga, Cook Islands

P: (682) 29435 | F: (682) 21435 | E: online@cookislands.gov.ck

Office Hours:

Mon - Fri 8am - 4pm | Sat 10am - 1:00pm





DISCOVER THE COOK ISLANDS ONLINE

www.cookislands.travel/mangaia

 @theCookIslands

 @CookIslands

 Cook Islands Tourism

 Cook Islands Tourism Corporation