



Love a little paradise
...for real

Top 10 Things to do: Families

1. Explore The Underwater World Of Rarotonga

One of the most unique boat tours in the Cook Islands that the kids will love, Raro Reef Sub cruises out to the outer reef of Rarotonga. The 1h 30minute tour takes you around the RMS Maitai shipwreck, pelagic fish, turtles, sharks and even whales on their semi-submersible vessel.

2. Jump On A Lagoon Cruise

A fun day out for the whole family, the cruises on Rarotonga's Muri Lagoon or Aitutaki Lagoon are varied enough to seize even the shortest attention spans. Most tour operators offer ample snorkelling time, a larger-than-life crew, show, and lunch on an uninhabited island.

3. Family-Friendly Island Hike

Walking the jungle trails is one of the best ways to explore the interiors of the Cook Islands. One of the easiest and most rewarding hikes on Rarotonga is Hospital Hill. The 2km return walk starts from the Rarotonga Hospital car park and finishes with views of western Rarotonga.

4. Swim At Papua Waterfall

Also known as Wigmore's Waterfall, the falls can be found among the forest in a clearing at the southern end of Rarotonga, complete with picnic tables for a family fun afternoon. Cool off and get some pictures at the Papua Waterfall.

5. Discover Marine Wildlife & Eco Centre

A great place to stop, no matter the weather, for an extended lunch thanks to the cafe and ice-cream parlor on site. Explore live coconut crab and aquarium exhibits and so much more.

6. Be Entertained On An Island Night Or Cultural Tour

A live cultural performance that the whole family will enjoy, complete with drumming and dancing from some of our best warriors and island princesses. Or try an interactive cultural tour where you can immerse yourself in our Cook Islands Maori culture.

7. Family Kayaking Excursion

Kayaks are a staple of beachfront accommodations. With so much sheltered lagoon to explore and enjoy, you can't take the kids to Rarotonga or Aitutaki and not do some kayaking. Just remember to keep the whole family safe with lifejackets.

8. Hit Amazing Snorkelling Spots

With plenty of safe swimming spots and hundreds of fish surrounding the coral of Rarotonga and Aitutaki, you'll have trouble trying to get your kids out of the water! Enjoy the lively Aroa Marine Reserve, the Fruits of Rarotonga sites or Aitutaki's Base One site near the old runway.

9. Get Competitive At Mini Golf

Mini golf has been entertaining families for centuries and it's no different on Rarotonga! Enjoy 18 holes of fun challenges under the shade of the mango trees and wrap up the experience with a pizza at the cafe.

10. Let The Kids Loose At Kids' Club

Let the kids have their holiday while you do one of the more grown-up or relaxing adventures by taking them to a kids' club. Available at the Pacific Resort Rarotonga, Edgewater Resort & Spa and The Rarotongian Beach & Lagoonarium or use one of our local babysitter services.

WWW.COOKISLANDS.TRAVEL

