

The Cook Islands

The Cook Islands, consisting of 15 islands in the center of the Polynesian Triangle, is an authentic and refined Pacific experience encased in a lifestyle that exudes warmth, happiness and respect.

A trip to the Cook Islands is not complete without a visit to the island of Aitutaki and guests can take a short 50-minute domestic flight from Rarotonga to arrive in our 'heaven on earth'. Aitutaki is an escape from the outside world where the lagoon and powdery sand will replenish even the weariest of souls!

The Cook Islands is a perfect choice for any traveler with secluded lagoons, exciting cuisine, authentic culture and fun activities. Families, adventurers, romantics and nature lovers will all find a home away from home in the Cook Islands.

On Arrival in the Cook Islands

Flying into the Country's Capital of Rarotonga, guests will be at ease with the variety of accommodations, activities and dining options available.

- All visitors are required to have a valid passport.
- Vacationers to the Cook Islands do not require an entry permit for stays less than 31 days. Extension permits are usually granted for visitors wanting to stay longer.
- Those wanting to stay in the Cook Islands longer than 6 months must apply for a visa from their home territory, before their arrival in the Cook Islands.

Climate

- The Cook Islands enjoys lovely weather all year round.
- Some of the best times to visit are around the Christmas-New Year festive season through to April/May.

Time Zone

Located in the same time zone as Hawaii visitors can take an easy 9 ½ -hour direct flight from Los Angeles to Rarotonga on Air New Zealand once weekly or visit as part of a larger Pacific journey.

Getting Around

- This island is easily navigated by car, scooter or our famous 'clockwise/anti-clockwise' bus along the 20-mile (32km) coastal road, providing visitors with the freedom to do as little or as much as they like!
- In the Cook Islands you drive on the left side of the road.

Money

- Operating on the New Zealand Dollar with a fantastic exchange rate for North American travelers, the Cook Islands are an economical South Pacific choice for any budget and style of travel.