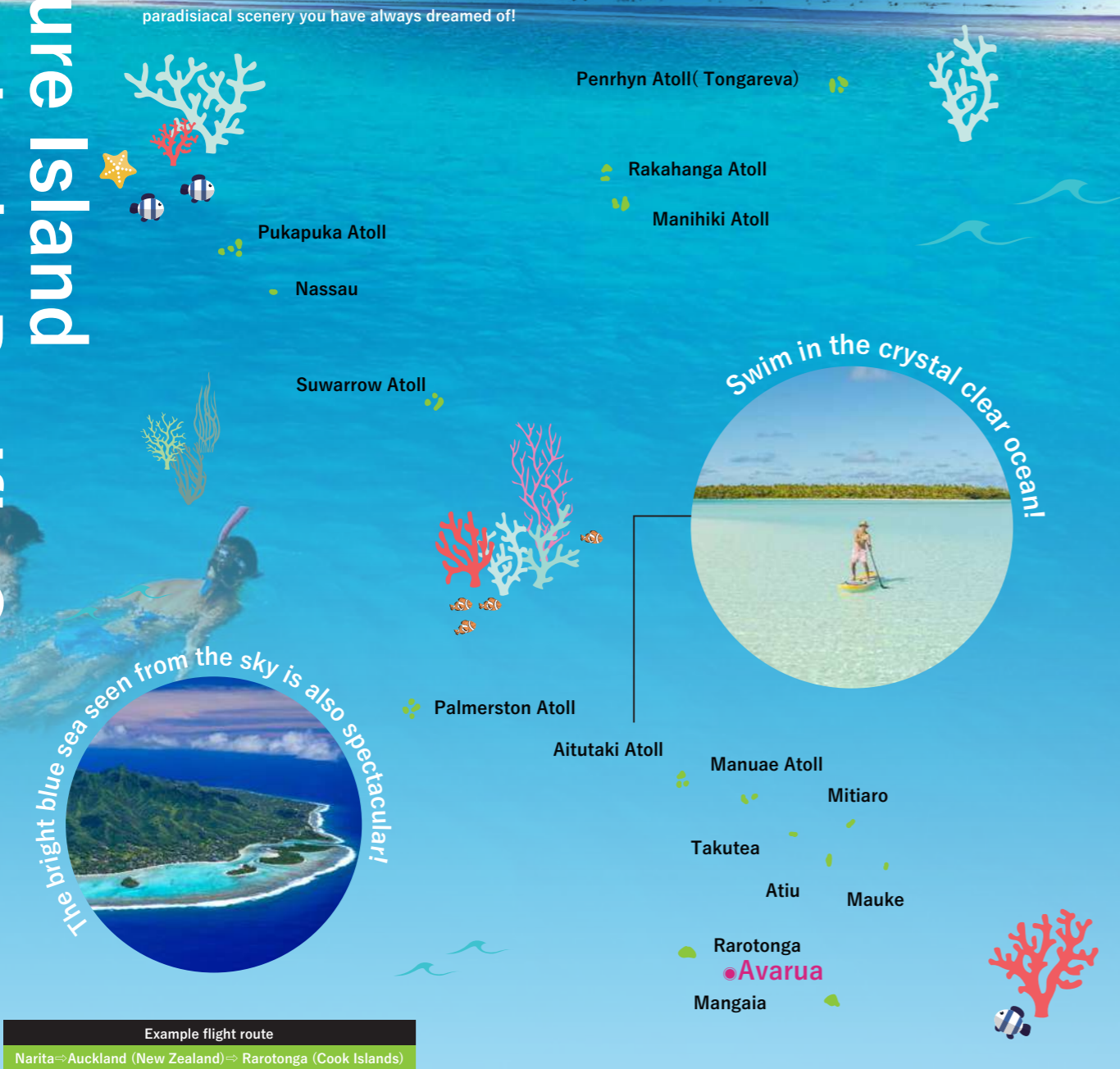


COOK ISLANDS

Resting in the Pacific Ocean
Treasure Island

The Cook Islands, maintaining a free-association relationship with New Zealand, is located almost on the other side of the Equator from Hawaii. Fifteen islands make up the country's total area of 237 km², approximately the same size as Japan's Tokunoshima yet it attracts over 100,000 visitors annually. The 15 islands are divided into two parts: northern, which is closer to the Equator, and southern. For first-time visitors, the southern side is recommended! Notable islands therein include Rarotonga, where the capital (Avarua) is located; Aitutaki, famous for its beautiful lagoon; and Atiu, where organic coffee is produced. Spend your days relaxing on the beach in a resort atmosphere or enjoy sports such as fishing, canoeing, and windsurfing... the Cook Islands offers the paradisiacal scenery you have always dreamed of!



Example flight route
Narita → Auckland (New Zealand) → Rarotonga (Cook Islands)

Plan to enjoy the Cook Islands in a short period

- Beginners' course** Luxury Plan
- 1st day**
PM ● Arrive at Rarotonga! A local driver will drive you to your hotel, where you will relax until the next day.
- 2nd day**
AM ● Rent a scooter to explore the capital city of Avarua. Visit the police station with your Japanese driver's license and application fee, and they will issue your license. Visit Punanga Nui Market, open every Saturday, for local food, beach dresses, and more! Find your favourite black pearl accessories, a specialty of the Cook Islands.
PM ● Visit Muri Beach—the most beautiful beach on the island. Enjoy windsurfing, SUP, snorkelling, and all other marine sports. Glass-bottom boarding is recommended! Watch coral reefs and schools of colourful fish from the water! In the evening, enjoy a powerful dance show 'Island Night' while eating local Cook Islands cuisine.
- 3rd day**
AM ● Join in Sunday Mass! The locals will give you a warm welcome. Most residents, while respecting Polynesian culture, are Christians and attend church with great enthusiasm on Sundays.
PM ● Take a 4-wheel carriage for a tour of Rarotonga's natural wonders! Enjoy the adventure with a guide as you visit beautiful waterfalls and other sites. Enjoy dinner while watching the sunset over the beautiful ocean.
- 4th day**
AM ● Let's go to Aitutaki to see one of the world's best lagoons by domestic flight! Take a lagoon cruise tour to fully enjoy Aitutaki. Enjoy snorkelling and nature walks.
PM ● Enjoy a BBQ lunch with the tour members while looking at the beautiful ocean. Visit One Foot Island, an uninhabited island in Aitutaki's southernmost region. Send letters to commemorate your trip at the world's only post office on an uninhabited island! Return to Rarotonga by domestic flight.
- 5th day**
AM ● Depart for Japan.



Dance

Watch a traditional Cook Islands dance

Dances reflecting the Cook Islands' culture are a must-see when visiting the islands! The women, dressed in coconut costumes, grass skirts, and headbands decorated with colourful flowers and seashells, dance to the rhythm of drums. You will lose track of time as you watch them dance to the rhythm of the drums. The music and dance are practised diligently from childhood. Every May, a contest is held to determine the best dancer of the year.

Juice

Noni Juice

Noni juice, also called 'super fruit', is popular in the Pacific region and has, recently, become a hot topic in Japan. Noni (Morinda citrifolia) can be found in other Pacific Island Countries, and its Japanese name is Yaeyama aoki. It contains amino acids, medium-chain fatty acids, vitamins, minerals, and other nutrients that are often lacking in modern people. It has a unique flavour and is slightly bitter, but this is a great opportunity to try it for yourself!

Gift

Black pearls

On Manihiki Island, in the Cook Islands, black pearls are cultured in its rich lagoon. Black pearls come in various colours. The most popular colour is peacock, resembling peacock feathers, but there are also gold, bronze, blue, purple, and many other colours based on black. Why not find your favourite pearl to commemorate your trip to the Cook Islands?

Adventure plan in the great nature

- Advanced course**
- 1st day~2nd day**
● Same as the Beginners' course.
- 3rd day**
AM ● Take a domestic flight to Aitutaki. The sea's clarity is excellent even from the sky! Try fly-fishing for bonefish! You can also fish for sailfish, tuna, and dolphinfish.
PM ● Ask the chef to prepare a local dish using the fish you caught! At night, stay in a Polynesian-style bungalow and enjoy the exotic atmosphere.
- 4th day**
All day ● Swim with whales on a whale swim tour for an unforgettable experience! Every year from July to October is the best time to see humpback whales in the ocean! Return to Rarotonga by domestic flight. Taste exquisite cuisine made with local ingredients while watching the sunset.
- 5th day**
AM ● Take a domestic flight to Atiu, also known as 'Bird Island'. A guide will take you to Anatakitaki Cave, where you will see the rare Kopeka birds.
PM ● Descending a narrow cliff, you will arrive at a freshwater pond at the bottom of the cave. Swimming in the clear water with candlelight will be a magical experience! Enjoy a glass of tumunu, a local drink made from fruits harvested on the island, and mingle with the locals. Enjoy the local dish 'Umu Kai'.
- 6th day**
AM ● Visit a coffee plantation.
PM ● Visit Cooks Landing, the memorial site where Captain Cook landed. Capture a commemorative photo on the beautiful beach. Return to Rarotonga by domestic flight. Enjoy Cook Islands' local dish, 'ika mata', raw fish and vegetable dish with coconut cream!
- 7th day**
AM ● The guide will lead you on a trekking tour across the island! Embark on your last adventure in the Cook Islands! You can also stop by Te Rua Manga (meaning 'Needle'), a strange rock that towers above Rarotonga. Walking in the forest or along the mountain stream, view rare plants and birds.
PM ● Spend time relaxing on the beach while soaking up memories of your trip. Dinner with a spectacular view of the sunset and the ocean. Dance the night away at a club packed with locals!
- 8th day**
AM ● Depart for Japan.



Q In 1798, British whaling ship captain John Fane became the first Westerner to reach Nauru, and he is said to have called it 'Pleasant Island'. So, who was another Englishman who reached the Cook Islands and named the country?

The answer is on **p.24!**

Column 1 Suvarrow Atoll, an Island of Treasure
Suvarrow Atoll—located 825 km northwest of Rarotonga—is inhabited by a caretaker dispatched by the government, seabirds, and crabs! With no regular boat services, the only way to get here is by chartering a private yacht or cruise ship. This island has served as a model for Stevenson's book, 'Treasure Island'. In the mid-19th century, while salvaging a sunken ship, they found a box of gold and silver coins on a small island in the atoll. It's exciting to think that there's a treasure lying somewhere...

Column 2 Cook Islands' coins you'll want to buy as souvenirs
Commemorative currency is said to be minted as a means of earning foreign currency. The Cook Islands' commemorative coins are famous among collectors—especially popular are the Masterpieces of Art series. Artworks by Monet and Van Gogh have been coloured into coins. Some of the designs include Japanese Shinkansen. You may find a design that tickles your fancy!

Let's enjoy online content
Visit the Cook Islands Tourism website for more information! You can find information on local tours and activities.