

# Escape to the Cook Islands

Save \$104 pp on  
Airfares when booked  
by 20 August

FIRST 20 BOOKINGS RECEIVE A FREE \$50 JR DUTY FREE VOUCHER

AIR NEW ZEALAND 

*life*STYLE  
HOLIDAYS



# Why the Cook Islands



It is simply refreshing and easy - the way of life is slow and relaxed and that is how visitors are encouraged to feel and act.

It is a haven where you can relax and re-juvenate, lay on a hammock and read your book, take a stroll along the pure white sand fringed with palm trees, or lay on the beach and dream.

The lagoons surrounding the islands of Rarotonga and Aitutaki are just spectacular, and can be experienced above or below the water. Swimming and snorkelling are right on your doorstep, lagoon cruises operate daily, scuba divers can plumb the depths in warm crystal clear water and fishermen can deep sea fish right outside the reef.

Indulge in the pleasure of Pacific food – listen to the strums of the ukulele, the beat of the drums or swing with the sway of dancing hips. Discover the great outdoors and fish, snorkel, dive, paddle and swim in a brilliant blue sea.

Climb the magnificent peaks lush with native vegetations and alive with song birds. Or simply stroll through the pearly sands and stop awhile to look at the twinkling sunbeams on a white crested reef. Immerse and explore.







# RAROTONGA

Rarotonga is the vibrant centre of the Cook Islands and where the majority of guests stay. The entire island is only 32 kilometres in circumference, so getting around is easy. Hire a scooter, bicycle, car or ride the 'Cook's Island Bus' and explore the island. There is a wide range of accommodation types, restaurants and bars to suit all budgets.

## THE EDGEWATER RESORT & SPA

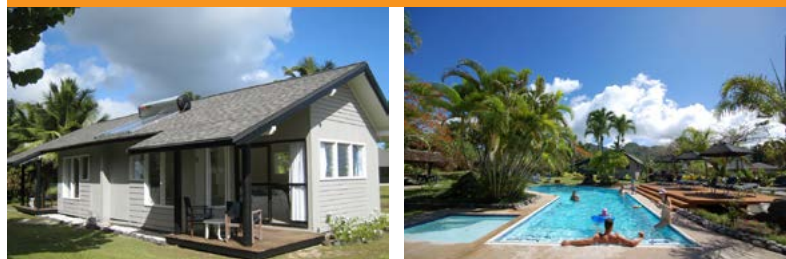


Located just 10 minutes from the main town and within walking distance from shops, rental car outlets, restaurants and bars this resort offers a great escape.

**Ask about Edgewater's Free Coconuts Kids Club**

7 Nights in a Garden Room from \$395pp share twin including Tropical Island breakfast daily

## LAGOON BREEZE VILLAS



Located opposite its own stunning, white sandy beach on Aroa Lagoon & Marine Reserve, the 18 self catering villas offer a range of rooming options and a home away from home experience.

**Bonus: Complimentary \$50 Bar Credit per room per stay**

7 Nights in a Garden Studio from \$560pp share twin including Tropical Island breakfast daily

## ENJOY



### Going Troppo

Enjoy the famous 'Going Troppo' tour full of fun! Start with a game of mini-putt then hit the popular night spots. This is great for a group of friends, Stag or Hens nights.

**Cost: \$38 per adult (Min age 18 yrs)**

## EXPLORE



### Raro Safari 4WD Inland Tour

Take the 4 Wheel Drive Safari Tour on the inland roads and to the heights of Rarotonga for some breathtaking views and scenery. Your Tour Guides give you commentary on history, cultural and traditional uses of flora and fauna.

**Cost: \$75 per adult**

## DISCOVER



### Captain Tama's Lagoon Cruises

Tour the inner lagoon of Rarotonga in a glass bottom boat for coral viewing and visit snorkelling areas, followed by a BBQ fish lunch on Koromiri Island on Muri Lagoon. The Tour Guides will entertain you during lunch with a pareu tying and dance demonstration.

**Cost: \$85 per adult**

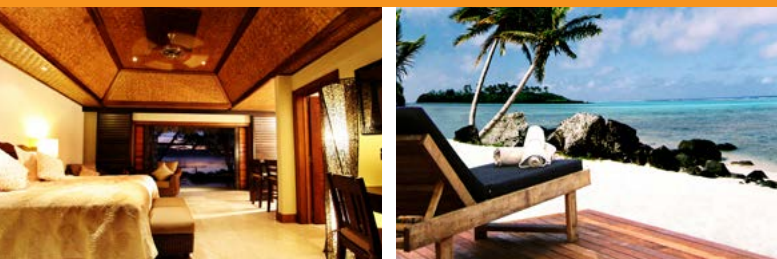




# RAROTONGA

This piece of paradise is filled to the brim with beautiful blue lagoons and unique experiences. Discover iconic culture, spellbinding legends, challenging outdoor adventures, brilliant marine and birdlife sanctuaries. You'll find a seductive escape of sandy beaches, fringed by palm trees where romance hangs like frangipani fragrance in the air – embrace the moment.

## TE MANAVA LUXURY VILLA & SPA

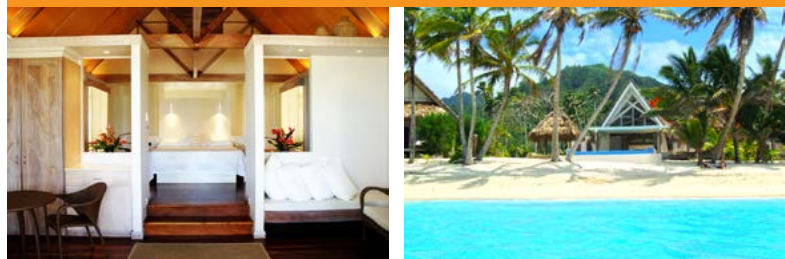


This new Cook Islands concept in luxury accommodation gives you the freedom to personalise your own leisure experience. These 5 star luxury self contained villas include a full gourmet kitchen, laundry and individual swimming pool.

**Bonus: Receive 1 additional night Free**  
(Not valid 26 Dec 12 - 06 Jan & 25-31 Mar 13)

7 Nights in a Beachfront Villa Suite from \$1445pp share twin including a free Wine & Snorkel cruise

## LITTLE POLYNESIAN RESORT



With only 10 beachside Ares and four garden Pia Tiares you can enjoy a very special way of life at this intimate resort. Situated directly on a white sandy beach and nestled within the foliage of palms and tropical greens enjoy great food and the various resort amenities.

7 Nights in an Overbeach Are from \$2379pp share twin including Tropical Island breakfast daily

## ENJOY



### Te Vara Nui Village Tour & Show

This is Rarotonga's newest attraction. Located in the centre of Muri Beach area, learn about the Cook Island traditions then watch the spectacular on the water cultural show while enjoying an island night buffet.

**Cost: \$110 per adult**

## EXPLORE



### Cooks with Took

This dining experience offers guests a fun filled evening where local Chef Took demonstrates with his interactive cooking classes in a relaxed atmosphere. Includes a 4 course dinner with matching wines, recipes to take home and transfers.

**Cost: \$125 per adult**

## DISCOVER



### Aitutaki Day Tour

Enjoy one of the worlds most beautiful lagoons on-board a 71 foot traditionally designed catamaran. Explore the crystal clear water snorkelling along the reef. Includes flights Rarotonga to Aitutaki, hotel transfers, island and lagoon cruise plus BBQ lunch.

**Cost: \$530 per adult**





Book By 15 Sep  
For Special Airfare  
Add On\*

# AITUTAKI

Less than an hours flight from Rarotonga is the magical island of Aitutaki where the natural beauty and tranquility provide a simple tonic to smooth away the pressures of the outside world.

**\*Book by 15 September & receive Air Rarotonga flights, Rarotonga to Aitutaki return from only \$185 per person**

LIMITED SEATS PER FLIGHT  
SO BOOK QUICKLY!

## ETU MOANA BOUTIQUE BEACH VILLAS



This boutique resort offers ten modern Polynesian style villas generously spaced for privacy. Each villa features a king sized bed facing the lagoon for the ultimate view, thatched roofs, large covered verandas and a louvered door opening onto your own private garden with outdoor shower.

6 Nights in a Lagoon/Oceanview Villa from \$1269pp\* share twin including Tropical Island breakfast daily

## PACIFIC RESORT AITUTAKI



In this magical place you'll discover a seducing enclave of romance, refinement and luxury. Just 27 luxurious absolute beachfront bungalows, suites and villas all with their own panoramic view of Aitutaki's world famous lagoon.

**Bonus: NZ\$200 Food & Beverage Credit per room per stay**

6 Nights in a Premium Beachfront Bungalow from \$1859pp\* share twin including cooked breakfast daily

\*Airfares between Rarotonga and Aitutaki are additional to accommodation prices.

## EXPLORE



### Aitutaki Discovery Safari Tour

A great way to see Aitutaki on a 4 Wheel drive vehicle that take 4-5 persons respectively for a tour of the islands' inland roads and to heights of Aitutaki for some breathtaking scenery.

**Cost: \$68 per adult**

## DISCOVER



### Aitutaki Glass Bottom Boat

Enjoy a day out on the lagoon on this glass bottom boat cruise. Start your cruise visiting the giant clam far, feed fish & snorkel in the clear blue lagoon. Includes a BBQ lunch.

**Cost: \$85 per adult**

## RELAX



### Bishops One Food Island Day Cruise

Cruising aboard the "Lagoon Lova" you will experience the Aitutaki Lagoon at its best. The cruise consists of visits to famous Motu, time for snorkelling & fish feeding then onto One Foot Island. Enjoy a sit down lunch of fresh BBQ fish & selections. ww

**Cost: \$94 per adult**

# DINING OUT IN RAROTONGA



There are a large variety of places to choose to eat from in Rarotonga with restaurants ranging from top class cosmopolitan style eateries to friendly takeaway bars, funky island-style cafes and even ethnic restaurants. Seafood, as you would expect features highly in island menus try a gourmet marlin-steak sandwich, or curried octopus (an island specialty). Restaurants are plentiful in Rarotonga so ensure you make the most out of your holiday by exploring the island. Here are a few of our favourite picks.

## **Tamarind House Restaurant ①**

Tamarind House is a beautifully restored heritage colonial house set on 2.5 acres of lawns sweeping down to the beach. It is situated just a 3 minute drive from the town centre. Enjoy fine wines or cocktails on the veranda in this romantic setting.

## **Cafe Salsa ②**

Centrally located, Cafe Salsa provides bistro style dining in pleasant, relaxing surroundings with outside courtyards. Recognised by locals and tourists as a restaurant/cafe for the best coffee on Rarotonga great breakfasts, home made bread, wood fired pizzas, and good food.

## **Sails Restaurant & Bar ③**

Absolute beachfront dining overlooking magnificent Muri lagoon available for Breakfast, lunch and dinner. Visit in the late afternoon for happy hour cocktails.

## **Windjammer Restaurant & Bar ④**

RWindjammer Restaurant, rated the 'best' restaurant in the Cook Islands, offers island style upmarket dining with international cuisine orchestrated by a team of creative chefs

## **Les Palmiers ⑤**

Les Palmiers Cafe and Grill located at Te Vara Nui Village in Muri Beach offers a selection of tasty international dishes in a relaxing atmosphere of stunning lush tropical waterfall gardens of Te Vara Nui Village.

## **Pacific Village Cafe by Pacific Resort ⑥**

This funky brasserie café is set right in the hub of Muri's Pacific Village. Surrounded by sights and scenes of Muri attractions and action, this fun spot is an amiable crowd-pleaser.

## **Sandals Restaurant & Bar (Pacific Resort Rarotonga) ⑦**

Situated in the stunning Muri beach you will enjoy this casual beachfront restaurant that offers Pacific and International dishes for breakfast, lunch and dinner.

## **Saltwater Cafe ⑧**

A casual beachside place in Titikaveka with an excellent menu, from all day breakfast to real authentic Thai, Mexican, Burgers, Desserts, Espresso and more...

## **Trader Jacks ⑨**

A great place with lots of atmosphere to enjoy casual dining in the evenings it does become a hot party spot.

## TERMS & CONDITIONS

**Airfares:** Bookings for the airfare special referred to on the cover are valid for sales to Monday 20 August, with all tickets required to be issued by 20 August. Travel on this airfare is valid between 01 February and 31 March 2013. Airfares prices shown inside the brochure are applicable 01–14 April and 06–31 May 2013, and sales are valid until Saturday 15 September with all tickets to be issued by 15 September. Please ask us for prices outside of these dates. All airfare prices shown are for return Seat+Bag fares from Auckland to Rarotonga, are for cash purchases only, include all relevant airport and government charges that apply, and are exclusive of any travel agent service fees that may apply. Flights to Aitutaki are with Air Rarotonga. Capacity is limited and not available between 16–30 November 2012, and 14 December 2012– 13 January 2013. Capacity is limited, and prices will not be available on all dates. Amendment fees apply. Prices shown are non-refundable. Other conditions apply, please ask us for details.

**Accommodation & Tours:** All accommodation prices are based on low season travel on a twin share basis and are an indication of price, please contact your First Travel Group member for a quote. Sightseeing options are based on two people travelling. High season or minimum stay surcharges may apply. Travel agent and cancellation fees may apply. Please ask us for further details. Lifestyle Holidays is a division of First Travel Group Ltd.

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