

Rarotonga, Cook Islands, South Pacific

A volcanic jewel ringed by a turquoise reef lagoon, Rarotonga blends South Pacific paradise with Polynesian warmth — no traffic lights, no skyscrapers, just one perfect island day.

 Tender port (no pier for large ships)

 Typical call: 6-8 hrs

 New Zealand Dollar (NZD)

 English & Cook Islands Māori

🚢 MY DAY IN PORT

Ship/Date: _____

Arrive: _____

All aboard: _____

Excursion: _____

Notes: _____

GETTING ASHORE

Docking: Tender to Avatiu Harbour — sea conditions sometimes cancel calls

Best For: Lagoon snorkelling, beaches, Polynesian culture, black pearls

Walk to centre: 5-15 min flat walk east to Avarua town

Don't Miss: Muri Lagoon cruise or Titikaveka Beach snorkelling

 Getting around:  **Taxi**  NZ\$15 per person ·  **Rideshare**  not available

TOP THINGS TO DO

- Muri Lagoon Cruise & Snorkel** — The island's signature excursion: glass-bottom boat over the marine reserve, snorkelling in crystal waters, beach BBQ...
- Raro Buggy Mountain Safari** — Drive open-cockpit buggies through the island's lush interior, past ancient marae sacred sites and ridge-top viewpoints...
- The Needle (Te Rua Manga) Hike** — A challenging trail to Rarotonga's iconic stone pinnacle, rewarding fit hikers with dramatic views over the island and...
- Highland Paradise Cultural Centre** — Set high in the mountains, this historic site explores the lost village of the Tinomana tribe, featuring ancient marae...
- Titikaveka Beach Snorkel Day** — Arguably the island's best beach for swimming and snorkelling — deep enough at low tide with abundant coral heads and...

BEST WALKS

- Avatiu Harbour to Avarua Town** 0.8 km | ~12 min | Flat | Free — Walk east along the waterfront from the tender pier to Avarua, the Cook Islands' capital.
- Avarua to Maire Nui Botanical Gardens** ~5 km by bus | Easy | Small donation — Take the clockwise ring-road bus from the harbour to the Maire Nui Botanical Gardens on the south side.

WEATHER · DAYLIGHT · MONEY

 **CLIMATE (AVG °F · RAINY DAYS)**

Mon	High	Low	Rain
Apr	79°	77°	15d
Jun	76°	73°	11d
Aug	74°	71°	12d
Sep	74°	72°	10d
Oct	75°	73°	11d

 **DAYLIGHT &  MONEY**

Apr 6:51AM–6:26PM · Jun 7:14AM–6:04PM · Aug 7:01AM–6:25PM · Sep 6:35AM–6:33PM · Oct 6:07AM–6:42PM

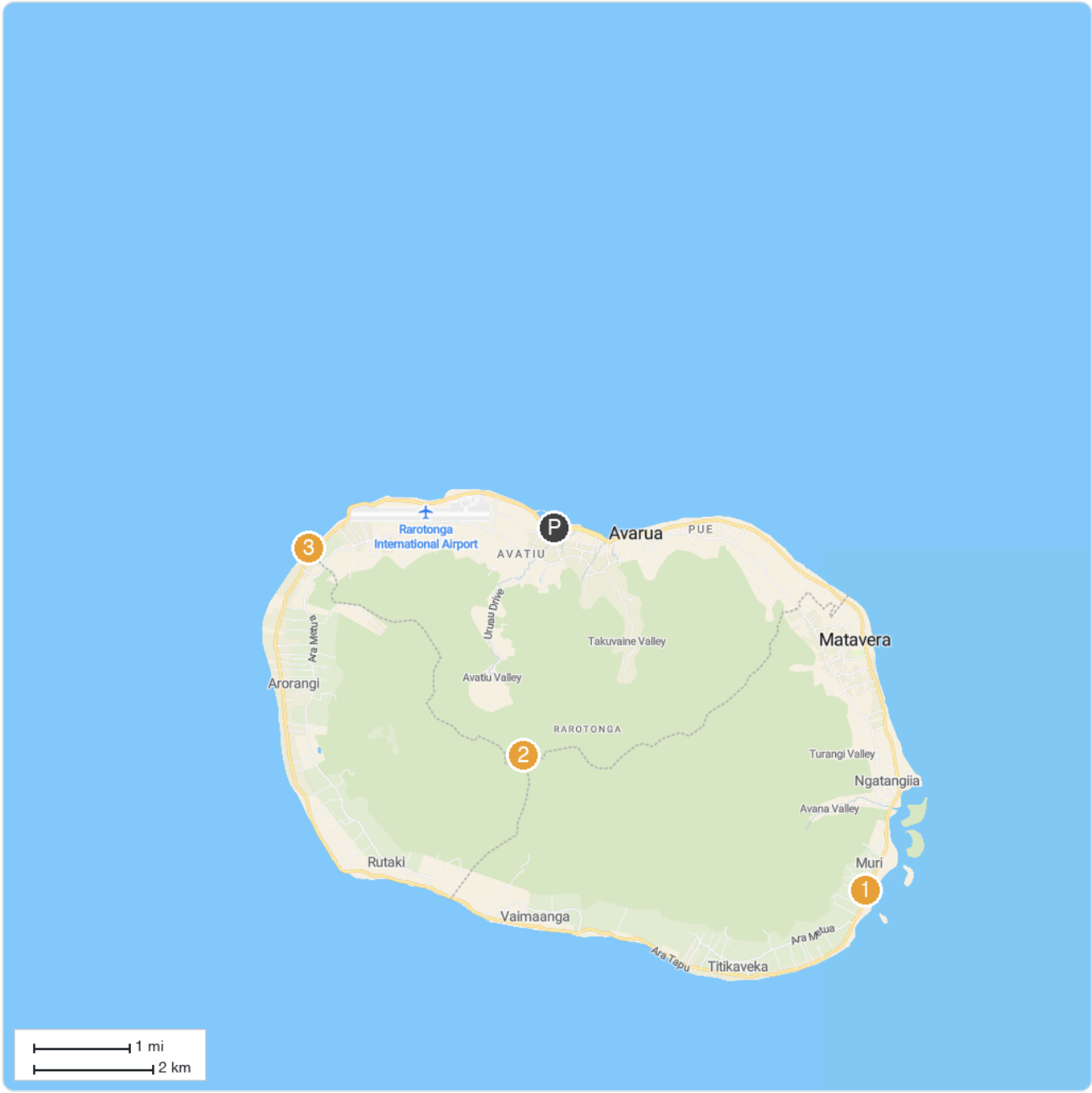
KNOW BEFORE YOU GO

- Tender weather risk: Rarotonga misses more calls than most ports. Don't book non-refundable onshore activities until the captain confirms tendering is safe.

Rarotonga, Cook Islands, South Pacific — Port Map

cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



- 1

Te Ara Cook Islands Museum of Cultural Enterprise

Explore Cook Islands culture, history, and enterprise at this museum.
- 2

Te Rua Manga (The Needle)

Iconic volcanic peak offering challenging hikes and panoramic views.
- 3

Black Rock

Sacred black volcanic rocks, great for swimming and sunset views.
- P

Cruise port / terminal