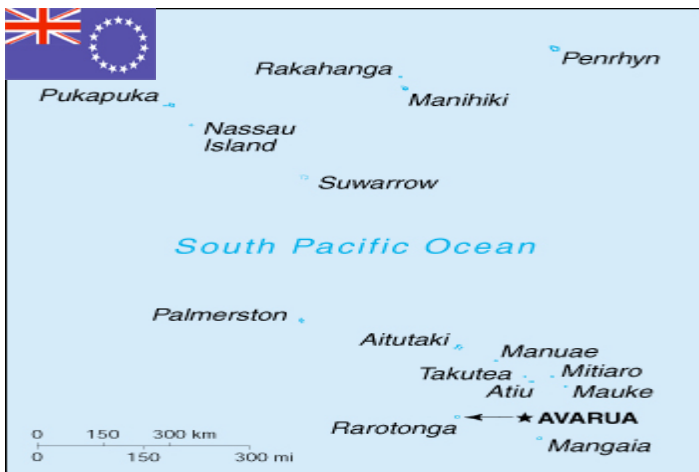


COOK ISLANDS



Country Dialling Code (Tel/Fax): ++692

Cook Islands Tourism Corporation: PO Box 14 Rarotonga Tel: 29435 Fax: 21435 E-mail: tourism@cookislands.gov.ck Website: www.cook-islands.com

Capital: Avarua Time: GMT - 10

Background: Named after Captain Cook, who sighted them in 1770, the islands became a British protectorate in 1888. By 1900, administrative control was transferred to New Zealand; in 1965 residents chose self-government in free association with New Zealand. The emigration of skilled workers to New Zealand and government deficits are continuing problems.

Location: Oceania, group of islands in the South Pacific Ocean, about one-half of the way from Hawaii to New Zealand

Map References: Oceania

Climate: tropical; moderated by trade winds

Terrain: low coral atolls in north; volcanic, hilly islands in south

Natural Resources: NEGL

Population: 20,407 (July 2000 est.)

Nationality: noun: Cook Islander(s) adjective: Cook Islander

Ethnic Groups: Polynesian (full blood) 81.3%, Polynesian and European 7.7%, Polynesian and non-European 7.7%, European 2.4%, other 0.9%

Religions: Christian (majority of populace are members of the Cook Islands Christian Church)

Languages: English (official), Maori

Economy: Like many other South Pacific island nations, the Cook Islands' economic development is hindered by the isolation of the country from foreign markets, lack of natural resources, periodic devastation from natural disasters, and inadequate infrastructure. Agriculture provides the economic base with major exports made up of copra and citrus fruit. Manufacturing activities are limited to fruit-processing, clothing, and handicrafts. Trade deficits are made up for by remittances from emigrants and by foreign aid, overwhelmingly from New Zealand. Efforts to exploit tourism potential, encourage offshore banking, and expand the mining and fishing industries have been partially successful in stimulating investment and growth.

Industries: fruit processing, tourism

Currency: 1 New Zealand dollar (NZ\$) = 100 cents

Railways: 0 km

Highways: total: 187 km paved: 35 km unpaved: 152 km (1980 est.)

Ports and Harbors: Avarua, Avatiu

Airports: 7 (1999 est.) Airports - with paved runways: total: 1 1,524 to 2,437 m: 1 (1999 est.) Airports - with unpaved runways: total: 6 1,524 to 2,437 m: 3 914 to 1,523 m: 3 (1999 est.)

Visa: not required by visitors for tourist stays of up to 31 days as they are issued on arrival.

Duty Free: goods permitted: 200 cigarettes or 50 cigars or 1kg of tobacco, 2 litres of spirits or wine or 4.5 litres of beer, goods up to the value of NZ\$250

Health: no specific precautions.

HOTELS•MOTELS•INNS

AITUTAKI ISLAND

Aitutaki Lagoon Resort Hotel Akitua P.O. Box 99 Aitutaki Cook Island Tel: Reservation: ++682-31 201, www.aitutakilagoonresort.com, info@aitutakilagoonresort.co.ck

AITUTAKI LODGES TAUTU Aitutaki Cook Island Tel: ++682 31334, Fax: ++682 31333

Are Manuiri Areora Cook Island Tel: 33 031, Guestphone:33 027 Fax: 33 032 E-mail: [Http://](http://)

Are Renga Motel Aronrangi Cook Islands Tel: ++68220 050 Fax: E-mail: [Http://](http://)

Aremango Guesthouse Muri Cook Islands Tel: 24 362, www.aremango.co.ck

Ariana Bungalows Low Rates - Between Town & Muri Beach TUPAPA Cook Islands Tel: 20 521, Guest Phone: 23 521 Fax: 20 521 E-mail: [Http://](http://)

Aroko Bungalows muri Beach cook island PO Box 850 RAROTONGA Cook Islands Tel: +(682) 21 - 625/24 - 625 Fax: +(682) 24 - 625, aroko@bungalows.co.ck <http://www.arokobungalows.com>

Ati's Beach Bungalows PO Box 693 RAROTONGA Cook Islands Tel: +(682) 21 546 Fax: +(682) 25 546 E-mail: www.cookpages.com / www.islands/industry/atis.html [AtisBeachBungalows/](mailto:AtisBeachBungalows@atisbeach.co.ck) AtisBeachBungalows@atisbeach.co.ck [Http://](http://)

RAPAE COTTAGE HOTEL

Aitutaki
Cook islands

14 Rooms. Private

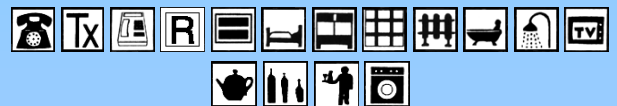
Bathroom/shower. Morning

coffee. Bar. Restaurant.

Advanced reservations. Credit

cards accepted. Package tours

welcome



ATIUI ISLAND

Atiu Motel Atiu Cook Islands Tel: Enquires: +682-33777, Reservation Nikao 22 888, [roger@atiuivillas.com](http://www.atiuivillas.com), <http://www.atiuivillas.com>

Beach Lodge Turoa Cook Islands Tel: 20 270 Fax: E-mail: [Http://](http://)

Club Raro Resort Hotel Cook Islands Tel: 22 415 Fax: 24415 E-mail: holiday@clubraro.co.ck, www.clubraro.co.ck

Cook Islands Land Consultant Arorangi Cook Islands Tel: 23 953 Fax: E-mail: [Http://](http://)

Crown Beach Resort RAROTONGA Cook Islands Tel: +(682) 23 - 953 Fax: +(682) 23 - 951, info@crownbeach.com, <http://www.crownbeach.com>

Edgewater Resort Cook Islands Tel: +(682) 25 435 Fax: +(682) 25 475 E-mail: stay@edgewater.co.ck [Http:// www.edgewater.co.ck](http://www.edgewater.co.ck)

Edgewater Resort Hotel Arorangi Cook Islands Tel: 24 965, 25 435, <http://www.edgewater.co.ck>

RAROTONGA ISLAND

AIRPORT LODGE NIKAO RAROTONGA Cook Islands Tel: +(682) 20050 E-mail: [Http://](http://)

ARORANGI LODGE ARORANGI RAROTONGA Cook Islands Tel: +(682) 20228 E-mail: [Http://](http://)

AVANA MARINA CONDOMINIUMS NGTANGIIA RAROTONGA Cook Islands Tel: +(682) 20836 E-mail: [Http://](http://)

CUIBRARO RESORT TUPAPA RAROTONGA Cook Isla ,Tel: +(682) 22415 Fax + 682 24415: holiday@clubraro.co.ck, www.clubraro.co.ck

EDGEWATER RESORT ARORANGI RAROTONGA Cook Islands Tel: +(682) 25435 Fax + 682 25475 E-mail: stay@edgewater.co.ck [Http://](http://)

KII KII MOTEL KII KII Cook Islands Tel: +(682) 21937 Fax + 682 21540, www.kiikiimotel.co.ck

Lagoon Lodges Box 45 RAROTONGA Cook Islands Tel: +(682) 22 020 Fax: +(682) 22 021, reservations@lagoonbreezavillas.com, <http://www.lagoonbreezavillas.com>

LITTLE POLYNESIAN MOTEL TITIKAVEKA RAROTONGA Cook Islands Tel: +(682) 24280 Fax: +(682) 21585, sales@littlepolynesian.com, <http://www.littlepolynesian.com>

Maina Sunset Motel Aitutaki Cook Islands Tel: 31 511 Fax: 31 611 E-mail: [Http://](http://)



Manuia Beach Boutique Hotel Cook Islands Tel: +682-22 461 Fax: 22 464 E-mail: room@manuia.co.ck <http://www.manuia.co.ck>

MATAREKA HEIGHTS RANIGURA RAROTONGA Cook Islands Tel: +682 23670 Fax: +682 23672

Moana Sands Hotel & Villas Vaka Villa Cook Islands , (682) 26-189, beach@moanasands.co.ck , www.moanasands.co.ck

Muri Beachcomber P.O. Box 379 RAROTONGA Cook Islands Tel: +(682) 21 022 Fax: +(682) 21 323 muri@beachcomber.co.ck , <http://www.beachcomber.co.ck>

PACIFIC RESORT NGTANGIIA RAROTONGA Cook Islands Tel: +(682) 20427 Fax: +(682) 21427 E-mail: [Http:// palm@gatepoly.co.ck](http://palm@gatepoly.co.ck) , www.beach.paingrove.co.ck

Palm Grove P.O. Box 23 RAROTONGA Cook Islands Tel: +(682) 20 002 Fax: +(682) 21 998 E-mail: [Http:// palm@gatepoly.co.ck](http://palm@gatepoly.co.ck) , [beach.paingrove.co.ck](http://www.beach.paingrove.co.ck)

Paradise INN TUPAPA Cook Islands Tel:+682 20 544 Fax: E-mail: [Http:// www.rarotongan.co.ck](http://www.rarotongan.co.ck)

RAINA BEACH APARTMENTS RAROTONGA Cook Islands Tel: +682 22327 Fax: +(682) 23602 E-mail: [Http:// www.rarotongan.co.ck](http://www.rarotongan.co.ck)

RAROTONGAN BEACH RESORT THE AROA AROA LAGOON Cook Islands Tel: 25 800,25 809 Fax: +(682) 25 799, 25 799 E-mail: info@rarotongan.co.ck [Http:// www.rarotongan.co.ck](http://www.rarotongan.co.ck)

ReefComber PO Box 373 RAROTONGA Cook Islands Tel: 25 637/ 25 432 Fax: 26 432 E-mail: [Http:// www.shangri-la.co.ck](http://www.shangri-la.co.ck)

Shangri - La Beach Cottages PO Box 149 RAROTONGA Cook Islands Tel: +(682) 22 779 Fax: +(682) 22 775 E-mail: relax@shangri - la .co.ck [Http:// www.shangri-la.co.ck](http://www.shangri-la.co.ck)

Shekinah Services House For Rent - Short or Long Term For Business, Or Residential TUPAPA Cook Islands Tel: 26 004 Fax: E-mail: [Http:// www.sokala.co.ck](http://www.sokala.co.ck)

Sokala Villas P.O. Box 82 Muri Lagoon, RAROTONGA Cook Islands Tel: +(682) 29 200 Fax: +(682) 21 222 E-mail: villas:sokala.co.ck

Sunrise Beach Motel RAROTONGA Cook Islands Tel: +(682) 20 - 417 Fax: +(682) 24 - 417 E-mail: [Http:// www.paradise@gatepoly.co.ck](http://www.paradise@gatepoly.co.ck)

The Little Polynesian PO Box 366 RAROTONGA Cook Islands Tel: +(682) 24 280 Fax: +(682) 21 585 E-mail: [Http:// www.the.rarotongan.beach.resort.co.ck](http://www.the.rarotongan.beach.resort.co.ck)

THE RAROTONGAN BEACH RESORT AROA LAGOON RAROTONGA Cook Islands Tel: +(682) 25800 Fax: +(682) 25799 E-mail: info@rarotongan.co.ck [Http:// www.rarotongan.co.ck](http://www.rarotongan.co.ck)


THE RAROTONGAN SUNSET MOTEL ARORANGI RAROTONGA Cook Islands Tel: +(682) 28028 Fax: +(682) 28026 E-mail: [Http:// www.pacificresort.co.ck](http://www.pacificresort.co.ck)

The Pacific Resort and Villas P.O. Box 790 Cook Islands Tel: +(682) 20 427 Fax: +(682) 21 427 E-mail: thomas@pacificresort.co.ck [Http:// www.pacificresort.com](http://www.pacificresort.com)

The Paradise INN RAROTONGA Cook Islands Tel: +(682) 20 544 Fax: +(682) 22 544 E-mail: paradise@gatepoly.co.ck

The Rarotongan Beach Resort Aroa Lagoon Cook Islands Tel: +(682) 25 800/25 809 Fax: +(682) 25 799/24 799 E-mail: info@rarotongan.co.ck [Http:// www.rarotongan.co.ck](http://www.rarotongan.co.ck)

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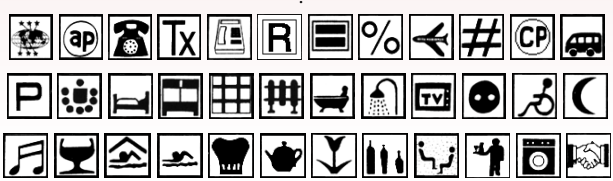


The Rarotongan Sunset PO Box 377 RAROTONGA Cook Islands Tel: +(682) 28 028 Fax: +(682) 28 026 E-mail: [Http:// www.varasbeach.co.ck](http://www.varasbeach.co.ck)

Vara's Beach House Muri Lagoon,RAROTONGA Cook Islands Tel: +(682) 23156, Fax: +(682) 22619 E-mail: backpack@varasbeach.co.ck

THE RAROTONGAN

Whote Sands
Rarotonga
Cook islands
Tel: (+682) 25800
Fax: (+682) 25799
info@rarotongan.co.ck
<http://www.therarotongan.com>



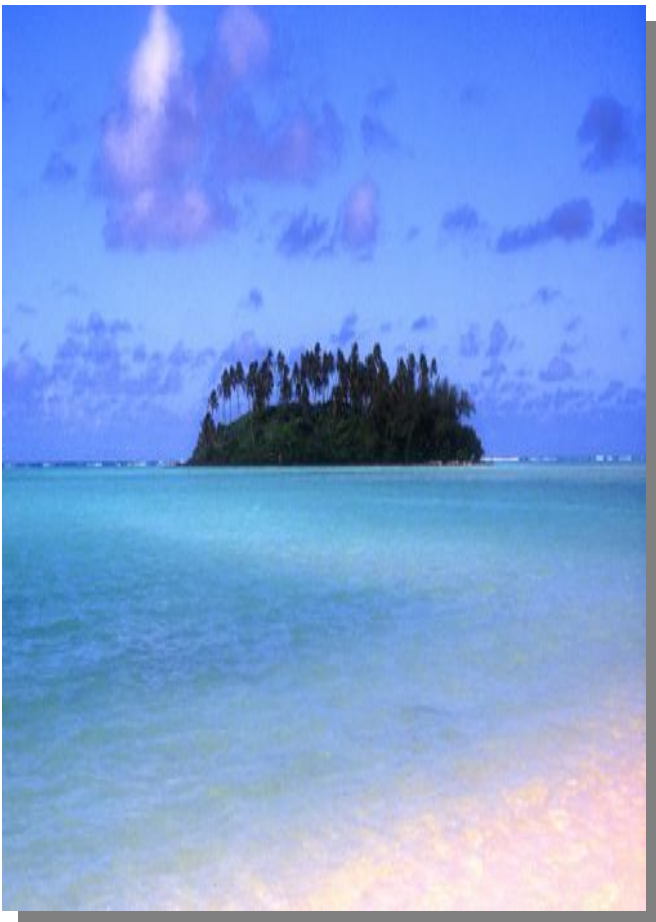
AIRLINES/HELICOPTERS/AIRPORTS

AIR NEW ZEALAND , Private Bag 93537, Takapuna, North Shore City 0740, New Zealand, Freephone: 0800 028 4149, <http://www.airnewzealand.co.uk>

AIR RAROTONGA, PO Box 79, Rarotonga, Cook Islands, South Pacific, sales@airraro.co.ck , <http://www.airraro.com>

COOK IS - AITUTAKI AIRPORT, Cook Islands, PO Box 90, Rarotonga, Tel: +682 (00)31001, +682 (00)25890, Fax: +682 (00)21890, Email: jngamata@airport.gov.ck or aaci@airport.gov.ck

COOK IS - RAROTONGA AIRPORT, Cook Islands, PO Box 90, Rarotonga, Tel: +682 (00)25890, Fax: +682 (00)21890, Email: jngamata@airport.gov.ck or aaci@airport.gov.ck



BUS & RAILWAY STATIONS

CLOCKWISE SERVICE, ANTI-CLOCKWISE SERVICE, ibonline@maui.net, <http://www.cookpages.com/bustime>

CAR HIRE/TAXIS/SERVICES

ARE'S TAXI SERVICES, Contact Person: Are Tini, Matavera, Rarotonga, Ph: 682 20355, arestaxi@gmail.com

ATUPA TAXI, Contact Person: Panapa & Ngaoa Katuke, Atupa, Rarotonga, Ph: 682 25517

AVIS CAR RENTAL, CITC Shopping Centre Complex, Avis Rarotonga International Airport, Pacific Resort Muri, Rarotonga, Main Rd, Avarua, Rarotonga, COOK ISLANDS, Ph: 682 22 833, Fax: 682 21702, reservations@aviscookislands.com, <http://www.aviscookislands.com>

DOROTHY'S TAXI, Contact Person: Ivor & Dorothy, Muri, Ngatangia, Rarotonga, Ph: 682 21400, 682 52355

H-K TAXI, Contact Person: Teuira & Shirley, Muri Beach, Ngatangia, Rarotonga, Ph: 682 73549, teuiraka@oyster.net.ck

ISLAND CAR & BIKE HIRE, Main Road, Arorangi, Rarotonga, Cook Islands, Tel: Arorangi: 682 22 632, Avarua: 682 24 632, Muri Beach: 682 21 632, <http://www.islandcarhire.co.ck>

MURI HEIGHT TAXI, Contact Person: Junior Wichman, Muri, Rarotonga, Ph: 682 25405

POLYNESIAN RENTAL CARS, St Joseph's Rd, Avarua District, <http://www.polynesianhire.co.ck>

PRICETAXIS, Contact Person: Larry & Ina, Arorangi, Rarotonga, Ph: 682 57303, Direct Line: 133, pricetaxis.cookislands@gmail.com

RAINBOW TAXI, Contact Person: Tere Poaru, Takuvaine, Rarotonga, Ph: 682 72318

RAROCARS LTD, Avatiu Wharf, Rarotonga, Phone Office: 682 22060, <http://www.rarocars.com>

RAROTONGA AIRPORT CAR HIRE, Moana sands Hotel, Ara Metua, Avarua District, Tel: 682 55 521, www.rarotongaairportcarhire.com

SEEPLUS TAXI, Contact Person: Rei Enoa, Avatiu, Rarotonga, Ph: 682 55297

CRUISE & SHIPPING LINES

HOLLAND AMERICA LINE (HAL), HAL AMSTERDAM, 300 Elliott Avenue West, Seattle, WA 98119 USA, Fax: 206-905-8962, questrelations@hollandamerica.com, <http://www.hollandamerica.com/cruise-vacation-onboard/Amsterdam>

PAUL GAUGUIN CRUISES, MS PAUL GAUGUIN, 11100 Main Street, Suite 300, Bellevue, WA 98004, Tel: 1 425 4406171, Fax: 425 4406186, <http://www.pgcruiises.com/node/1539>

P&O CRUISES, <http://www.pocruiises.com.au/findacruise/destinations/pages/new-zealand-rarotonga-cook-islands-port.aspx>

SEABOURN, SEABOURN ODYSSEY, 300 Elliott Avenue West, Seattle, WA 98119 USA, Tel: 1 8667555619, pr@seabourn.com, <http://www.seabourn.com/luxury-cruise-vacation-onboard/Odyssey>

SILVERSEA CRUISES, SILVER DISCOVERER, Gildo Pastor Center, 7, Rue du Gabian, 98000 Monaco, Tel: 377 97702424, <http://www.silversea.com/ships/silver-discoverer>

RESTAURANTS & BARS

AKAPUAO BEACH

CHARLIES CAFE AND BEACH HIRE, Titikaveka Beach, Akapuao Marine Park Akapuao Beach, 0000, Cook Islands, Tel: 682 28 055, Cuisines: Café, Fast Food, Hamburgers, chosking@oyster.net.ck, <http://www.teakapuao.com>

ARORANGI

KIKAU HUT RESTAURANT, Arorangi, Arorangi, Cook Islands, Tel: 0682 26860, Cuisines: European, Vegetarian, Family Fare, Pacific Rim

THE EDGEWATER RESORT & SPA, ARORANGI, COOK ISLANDS, Tel: 682 25441, Cuisines: Italian, Pizza & Pasta, Vegetarian, Wine Bar, stay@edgewater.co.ck, <http://www.edgewater.co.ck>

TUMUNU TROPICAL GARDEN BAR & RESTAURANT, Main Road, Arorangi, Cook Islands, Tel: 682 20 501, Cuisines: Seafood, Steakhouse, Vegetarian, ibateman@tumunu.co.ck

WATERLINE ARORANGI, Arorangi, Rarotonga, Ph: 682 22161, Mobile: 682 54322, Cuisines: International, Wine Bar, Polynesian, Pacific Rim, akisiraro@gmail.com, <http://waterline-restaurant.com>

AVARUA

LBV - LE BON VIVANT RAROTONGA AVARUA, Avarua Town Up town, Cook Islands, Tel: 00682 27619, Cuisines: Café, info@delifoods.co.ck, <https://www.facebook.com/pages/LBV-Le-Bon-Vivant-Rarotonga-Avarua-Muri-Beach/128698297320859#> =

REEFSIDE RAROTONGA AVARUA, Punanga nui Markets, Avarua, Cook Islands, Cuisines: Coffee Shop, <http://reefsiderarotonga.com>

THE WAFFLE SHACK, Punanga Nui Marketplace, Avarua 0000, Cook Islands, Tel: 682 50 713, rarowaffleshack@gmail.com, Cuisines: Belgian, Café, Sandwiches, Dessert

TUORO RESTAURANT & CAFE, Black Rock Villas, Avarua, Cook Islands, Tel: 682 21 233, Cuisines: Café, Tapas, New Zealand, Pan-Asian, blackrok@oyster.net.ck, <http://www.blackrockvillas.com/tuoro.htm>

MURI

DELI-LICIOUS CAFE LIMITED, Main Road, Muri, Cook Islands, Cuisines: Café, Coffee Shop, Bakery, <http://www.delilicious.net>

NAUTILUS RESORT RESTAURANT, PO Box 50, Muri Rarotonga, Cook Island, Ph: 682 25 125, Fax: 682 22 775, Cuisines: Pacific Rim, relax@nautilusresortrarotonga.com, <http://www.nautilusresortrarotonga.com>

SILVERSANDS RESTAURANT AND BAR, Muri, Cook Islands Formerly Silver Sands - Muri Beach Club Hotel, Tel: 682 23000, Cuisines: Pacific Rim, info@muribeachclubhotel.com, <http://www.muribeachclubhotel.com>

RAROTONGA

AQUA RESTAURANT MURI, PO Box 146, Rarotonga, Cook Islands, South Pacific, Cuisines: Bar, Café, Seafood, Pacific Rim, tel: 682 22 779, fax: 682 22 775, http://www.muribeachresort.com/muribeach_resortfacilities.html#VTS-7-mJh2s

KAI PIZZA, Rarotonga 682 Opposite the Punanga Nui Markets, Cook Islands, Tel: 682 53 330, nikkihill@kaipizza.co.ck

TAMARIND RESTAURANT, PO Box 50, Rarotonga, Cook Islands Phone: 682 26487, Fax: 682 26485, Cuisines: Pacific Rim tamarind@cookislands.co.uk, <http://www.tamarind.co.ck>

THE SAILS RESTAURANT AND BAR, RAROTONGA, Cook Islands, Phone: 682 27 349, Fax: 682 27 106, Cuisines: Fusion, dine@sailsrestaurant.co.ck, www.sailsrestaurant.co.ck

TITIKAVEKA

LITTLE POLYNESIAN RESTAURANT & BAR TITIKAVEKA, PO Box 366, Titikaveka, Cook Islands, Tel: 682 24 280, Cuisines: International, Asian fusion, Pacific Rim, weddings@littlepolynesian.com, <http://www.littlepolynesian.com>

VAIMA POLYNESIAN BAR AND RESTAURANT TITIKAVEKA, Vaimaanga PO Box 1050, Titikaveka CK9999, Cook Islands, Tel: 00682 26123, Cuisines: International, Vegetarian, Polynesian

VAIMAANGA

The Yellow Hibiscus
restaurant and bar

Ph. 20-002 for reservations

Cuisines: Continental,
beach@palmgrove.co.ck,
<http://www.palmgrove.net>

ENTERTAINMENTS

AVARUA

SAIL RAROTONGA LTD AVARUA, Avarua Marina, Avarua, Cook Islands, Phone: 682 24919, info@svsoutherncross.co.nz

SMALL CRAFT WHARF, Avatiu Harbour, Cook Islands, Phone: 0068 2 55225, book@sailtropicbird.com

MURI

TE VARA NUI VILLAGE, Po Box 86, Phone: 682 24006, culture@tevaranui.co.ck, <http://www.tevaranui.co.ck>

RAROTONGA

KOKA LAGOON CRUISES, PO Box 949, Rarotonga, Cook Islands, Ph: 682 27769, kokatour@oyster.net.ck, <http://www.kokalagooncruises.com>

MARLIN QUEEN FISHING CHARTERS, Avatiu Harbour, Cook Islands, Phone: 682 55 202, fishing@marlinqueen.co.ck, <http://www.marlinqueen.co.ck>

HEALTH CLUBS / SPA'S

SPA AT MURI BEACH CLUB HOTEL MURI, Tel: 682 23000, <http://www.muribeachclubhotel.com/spa-and-therap>

