

Contents

The Authors	11	Information	97
		Sights & Activities	99
		Quirky Aitutaki	104
Getting Started	13	Tours	105
		Sleeping	105
		Eating	108
Itineraries	18	Drinking & Entertainment	109
Snapshot	21	Shopping	110
History	22	Getting There & Away	110
The Culture	27	Getting Around	111
Cook Islands Myths & Legends	34	'Atiu	112
Environment	39	History	113
Food & Drink	43	The Culture	113
Rarotonga	47	Environment	114
History	48	Information	115
The Culture	49	Dangers & Annoyances	115
Environment	50	Sights & Activities	115
Orientation	51	Quirky 'Atiu	118
Information	51	Tours	119
Avarua	56	Sleeping	119
Around the Island	61	Eating	120
Activities	67	Drinking & Entertainment	121
Rarotonga for Children	72	Shopping	121
Tours	77	Getting There & Away	122
Festivals & Events	77	Getting Around	122
Sleeping	78	Ma'uke	123
Eating	85	History	124
Drinking & Entertainment	89	The Culture	124
Shopping	91	Environment	124
Getting There & Away	93	Information	125
Getting Around	94	Dangers & Annoyances	125
Aitutaki	96	Sights & Activities	125
History	97	Tours	127
Orientation	97	Sleeping	128
		Eating	129
		Drinking & Entertainment	129
		Getting There & A way	129
		Getting Around	129
Mitiaro	130		
History	131		
The Culture	131		

Environment	131
Information	131
Dangers & Annoyances	132
Sights & Activities	133
Quirky Mitiaro	134
Tours	135
Sleeping & Eating	135
Entertainment	135
Shopping	135
Getting There & Away	135
Getting Around	135

Mangaia **136**

History	137
The Culture	137
Environment	138
Information	139
Sights & Activities	139
Tours	141
Sleeping	142
Eating	143
Drinking & Entertainment	143
Shopping	143
Getting There & Away	144
Getting Around	144

Palmerston **145**

History	146
The Culture	146
Information	146
Quirky Palmerston	147
Sleeping & Eating	147
Getting There & Away	147

The Northern Group **148**

MANIHIKI	150
History	150
Information	151
Sights & Activities	152
Sleeping & Eating	152
Getting There & Away	152
RAKAHANGA	152
History	153
Information	153
Getting There & Away	154
PENRHYN	154

History	154
Information	155
Sleeping	155
Getting There & Away	155
PUKAPUKA	156
History	156
The Culture	156
Information	157
Getting There & Away	157
NASSAU	158
History	158
Information	158
Getting There & Away	158
SUWARROW	158
History	158
Getting There & Away	159

Directory **160**

Transport **174**

Health **182**

Language **188**

Glossary **191**

Behind the Scenes **193**

Index **199**

World Time Zones **203**

Map Legend **204**

Regional Map Contents

