



RED  
SUNSET

VILLA RAROTONGA

# WELCOME

ARE O PUAIKURA  
RED SUNSET VILLA



Kia Orana

We hope you enjoy your stay here at Red Sunset Villa - "Are O Puaikura", on the beautiful island of Rarotonga. We extend a very warm Kia Orana and Welcome to you.

As avid travellers ourselves, our goal is to make your stay here as relaxing and memorable as possible – so in the following pages we have put together everything you need to know about Red Sunset Villa, the surrounding area and the island itself. We have also included some suggestions and tips on activities and sports, our favourite restaurants and shopping.

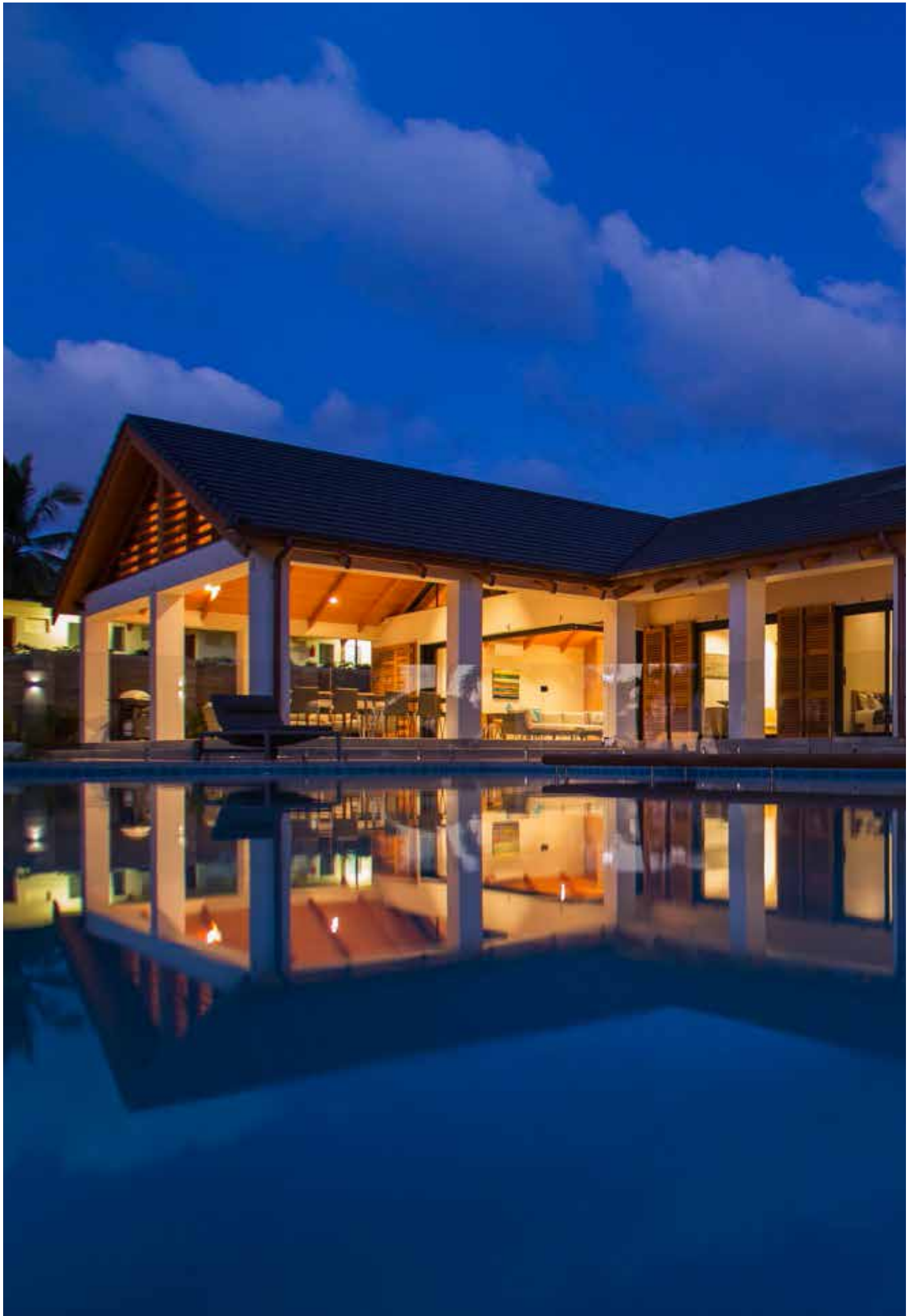
Whether it is your first visit to the Cook Islands or your fifth, we hope that your time and stay here is the holiday you have been dreaming of. We look forward to your return soon.

Kia Manuia

Bill & Gillian Gee  
OWNERS

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REDSUNSETVILLA.COM



# ENJOY

YOUR STAY

## ARRIVAL & DEPARTURE



Please note you will need to arrange your own transfers to and from the Airport. This can be easily done online through the Raro Tours website – [www.rarotours.co.ck](http://www.rarotours.co.ck)

Alternatively if you wish to book a rental car for your stay we recommend Island Car and Bike Hire – [www.islandcarhire.co.ck](http://www.islandcarhire.co.ck) or Polynesian Rentals – [www.polynesianhire.co.ck](http://www.polynesianhire.co.ck)

**Check in is from 2pm.** An early check in option is available from 6am; please note the additional fee of \$500 would apply. Please notify us as soon as possible to book this with us.

**Check out is 10am.** A late check out option is available until 6pm; please note the additional fee of \$500 would apply. Please notify us as soon as possible to book this with us.

A few days before arrival we will send you the following information:

- 1) The gate code to access the property
- 2) The code for the on-site lock-box for the front door key
- 3) The alarm code

# HOW TO FIND RED SUNSET VILLA

From the airport – head anticlockwise around the island (turn left onto the main road) and travel approximately 3.5km until you reach the Edgewater Hotel. Continue about 100m beyond the hotel and turn right into a long driveway immediately before a large sign for ‘Tumunu’ restaurant.

Red Sunset Villa – “Are O Puaikura” is at the very end of the driveway.



# USEFUL INFORMATION

If you have any problems, queries about the villa, or require any assistance during your stay please contact our local Property Manager – Anita Boaza ph: 58555

Here are some other useful phone numbers you may need.

## THE COOK ISLANDS COUNTRY CODE IS +682.

Raro Tours	25325
Red Sunset Villa	28300
Island Car and Bike Hire	22632
Police Station	22499
Police Emergency	999
Hospital	22664
Air Rarotonga	22888
Polynesian Rentals	29227
Air New Zealand	26300
Ambulance	999
Fire	999

## TIMEZONES

See below for the time zones for various countries.  
All hours given are ahead of Rarotonga and the Cook Islands. Daylight saving alters all by 1 hour.

Australia	20
Canada	6
Fiji	22
Germany	12
Hawaii	0
Hong Kong	18
New Zealand	22
United Kingdom	11
USA	6

## LANGUAGES

There are two official languages here in Rarotonga: English and Cook Islands Maori. Here are some useful words and sayings that you may like to try:

Hello	Kia orana
Goodbye	Aere ra
Thank you	Meitaki
How are you?	Pe'ea koe?
Yes	'Ae
No	Kare

## WI-FI

Wifi is available for guests via the Zenbu hotspot.  
Connect your device to: zenbu\_hotspot@geeholdings.  
A credit card is required.

## ENTERTAINMENT SYSTEM (PRELOADED MOVIES & TV)

An entertainment system, featuring Moana TV and over 250 preloaded movies and TV shows, is provided for your enjoyment. Operating instructions are located in the cupboard with the remote controls.

## GATE & SECURITY SYSTEM

Please close the gate when you leave the property using the remote control provided. If desired you can arm and disarm the house alarm using the remote control provided (red button to arm – alarm will sound once, green button to disarm – alarm will sound twice).



# ABOUT THE VILLA



Red Sunset Villa comfortably sleeps 10 people. It has five spacious bedrooms, 3 bathrooms, generous living areas inside and out, a well-appointed kitchen and 2 additional toilets (one inside and one attached to the pump room).

Please remember that it is not an event or function centre, it is our home away from home, so this information should be followed:

- No weddings or functions
- No more than 16 people at the villa at any one time

Please put full rubbish bags and recycling in to the wheelie bins inside the garden shed. The bins are clearly labelled. In Rarotonga bottles with caps on will not be collected so it would be appreciated if guests could remove all caps from bottles.

We strive to maintain all facilities and appliances in full working order. Please contact us if something is out of order and we will do our best to rectify the problem as soon as possible.



## BEDROOMS

- Bedroom 1: One x Super King  
With walk in wardrobe and ensuite
- Bedroom 2: Two x Long Single beds
- Bedroom 3: One x King bed
- Bedroom 4: Two x King Single beds
- Bedroom 5: One x King bed



Two luggage racks are situated in each room. Please do not place your luggage on the beds. In our experience your holiday is more enjoyable if you use the ample space in the wardrobe and you store the suitcases in the Store Room, which is near the bedrooms.

All five bedrooms have ranch sliders and insect screens that open on to the verandah. The insect screens can be locked from the inside at night for security, should you wish. There is also a sunblind and a night blind in each bedroom. Each bedroom has an overhead fan, air conditioning unit and an eiderdown and blanket to manage all temperature fluctuations.



## KITCHEN

The kitchen is fully equipped to make your stay as comfortable as possible. Please follow any instructions that are found in this handbook when using the different appliances.

The bench top is made from Caesarstone. Please do not place hot items directly on the bench top and avoid abrasive cleaners, vinegar, lemon juice, bleach, red wine and oils, which can damage these

bench tops. Wipe spillages as soon as possible. Caesarstone bench tops can be chipped if subjected to sharp hard objects and spilled oils, if left, will absorb and cause dark patches.

## WATER & CONSERVATION

The tap water at Red Sunset Villa is fully filtered for your convenience. As water is a precious resource on the Island please conserve water where possible.

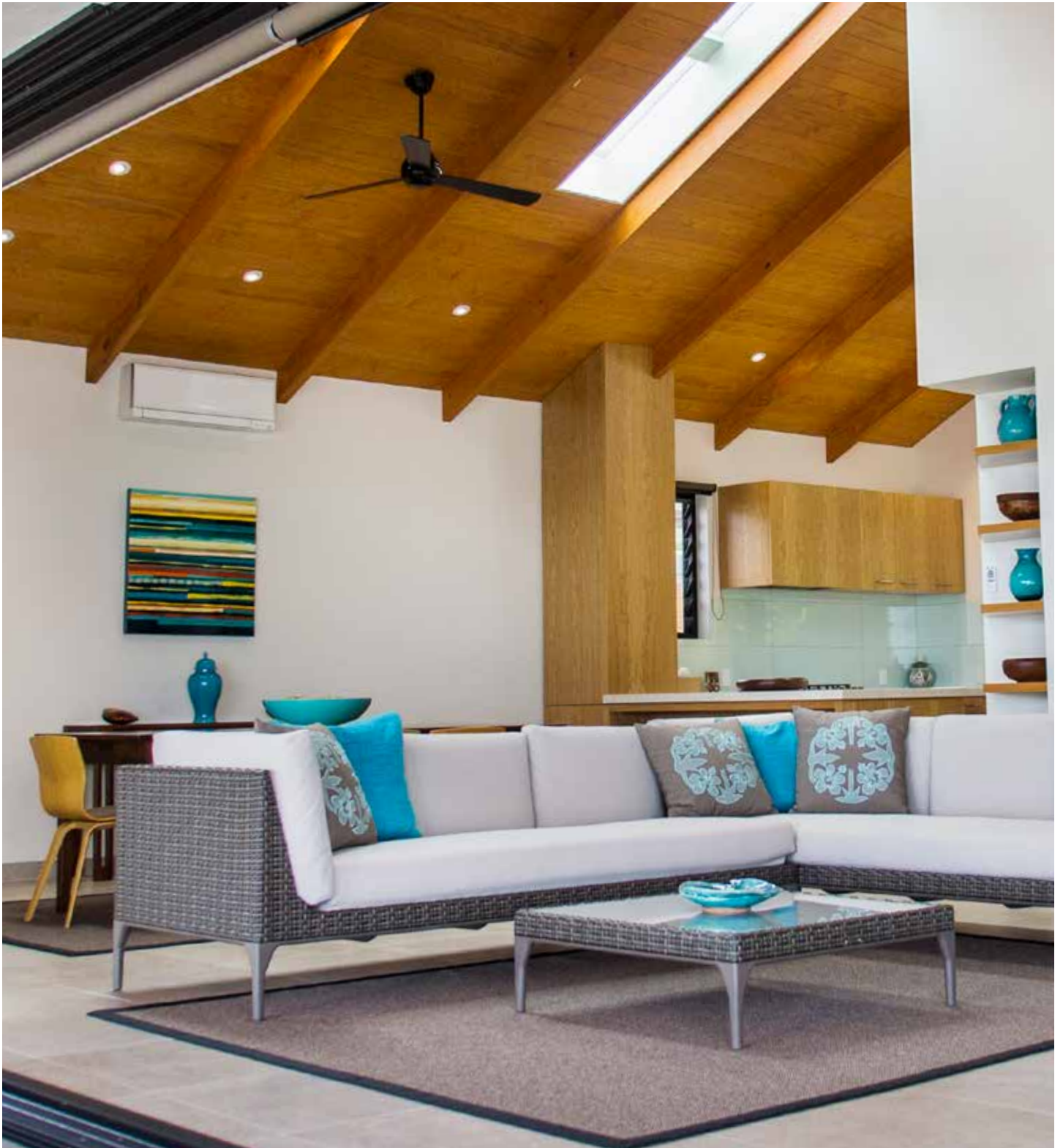


## LAUNDRY

Here you will find a Fisher & Paykel washer and dryer. Please feel free to use these but follow instructions for use. You can read more under 'Appliances' or look at the User Manuals. An iron and ironing board are located in the cupboard in the garage for your use.

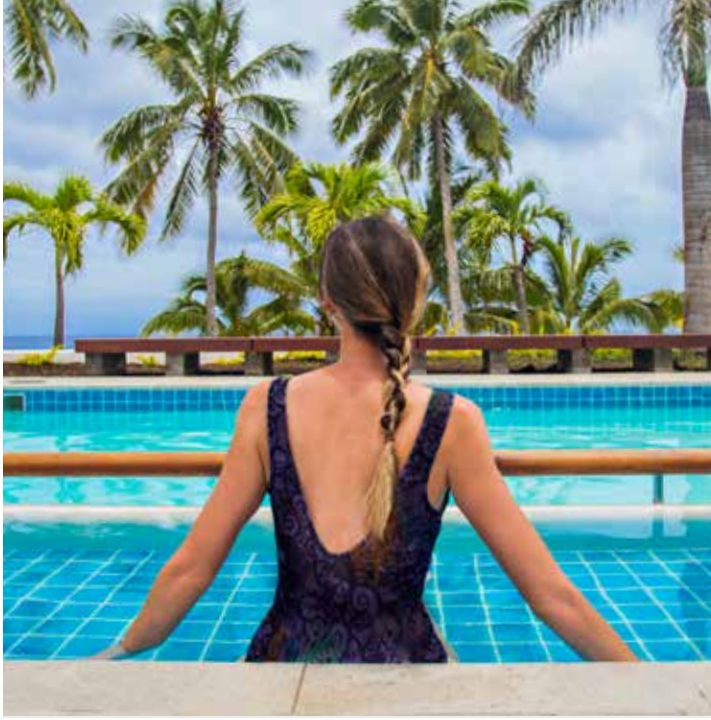
## BATHROOMS AND TOILETS

There are three bathrooms and five toilets in the Villa. Please do not flush any sanitary items in the toilets, but use the rubbish bins provided.



## ARTWORK & SCULPTURE

Ornaments and pictures placed in the house and bedrooms are there for all our guests to enjoy. They are not available to purchase or as souvenirs! We are extremely lucky to have three pieces of artwork by Riki Tangaroa, a very talented local artist. We hope you enjoy these pieces as much as we do.



## SWIMMING POOL

We hope you enjoy our lovely heated salt-water swimming pool, but remember it is your responsibility to keep yourself and fellow guests safe. Please follow usual water safety rules and guidelines.

Sun loungers are provided for your enjoyment. Please close the sun umbrellas in very windy conditions.

## SPA

You are welcome to use our salt-water spa. Please do not alter the existing temperature of 39 degrees Celsius.

## AROUND THE VILLA

The linen room will be locked, as well as a separate pantry for Owner's use.

If the lights trip, there is a switchboard in the hallway in front of bedroom 1, the other in the hallway leading to bedrooms 2 and 3.

Some in-house entertainment can be found in the drawers in the lounge. There are also some books in the cupboard in the lounge.

# GENERAL RULES

## NON-SMOKING POLICY

Smoking is not permitted anywhere in the villa or guest areas. We hope you can respect our choice to make Red Sunset Villa smoke free.

## DAMAGE POLICY

Any damage anywhere in the villa caused by misuse or carelessness will be the guests responsibility and you will be charged accordingly.

The cost involved will be decided by a quote from the appropriate repair service (e.g. builder, joiner, painter etc.) or by mutual agreement.

Please note loss of house keys or garage remote control will incur a charge. We hope you appreciate this policy, we take great pride in our villa and hope that it continues to meet the high standards that we have created.

## PETS

We do not allow pets in the Villa or outside on the property.

Please do not feed any chickens or dogs that may have wandered on to the property, as tempting as this may be.

## SECURITY

Please ensure when going out for the day/evening that the villa is fully locked and that you do not leave your valuables outside the house. Please assist us with energy saving by ensuring the fans and lights are turned off after use.

There is a safe in the villa for your use. The safe is located in the kitchen pantry with operating instructions.

Please note, Red Sunset Villa or its owners accept no responsibility for any loss/damage or injury to guests or their property and we recommend you to arrange your own travel insurance prior to your stay.

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# APPLIANCES

This is the list of appliances that are in the Villa and any special instructions. Please note that the booklet containing the User Manuals is located in the lounge cupboard. For ease of use, we have included some instructions below or have included a copy of the more popular ones with each appliance.

## WASHING MACHINE

- Once ready place clothes evenly around the agitator.
- Remove fabric softener dispenser cup.
- Detergent – follow the manufacturer's instructions on the detergent bottle.
- Pour detergent down the centre of the agitator stem, and then replace the dispenser cup.

Please see User Manual for instructions.

## DRYER

Please follow these instructions before using the dryer.

- Check lint filter is clean before load. Ensure it is placed correctly before using.
  1. Press 'Power' to activate your dryer.
  2. Touch the >|| button to start the cycle.
- The dryer will beep once the cycle has finished.

Please see User Manual for instructions.

## IRON

The iron can be found in the garage cupboard along with the ironing board. To use the steam function, you will need to fill it with water to the correct level. Ensure you have it on the right level for whichever garment you are ironing. After use and once it has cooled, please empty the iron of water and return it to its original home. Please be careful when using the iron, so as not to burn yourself and do not leave it on when unattended.



## OVEN

- A very simple oven to operate.
- For the Gas Hob; press the knobs down, hold and turn dials to the left.

Please see User Manual for instructions.

## MICROWAVE/OVEN

Here are some easy instructions for the Microwave/Oven to follow.

1.  Press to turn on.
2.  Press. This changes the various functions when you continue pressing:

Thin lines	microwave
Fan	fan oven
Left corner, snowflake	defrost
Thick line at top	grill
Thick ½ line at top	½ grill
Thin lines and fan	microwave and fan together
Left corner pan	keep warm

3. Press, to start whatever function you've chosen. Every press will give you 30 seconds of cooking. Continue pressing until you reach the time required

OR

4. Press in the time required using the + button. Always check that you haven't inadvertently put on The Child Safety button (first left button) in which case the microwave will be locked and no programmes are available.

## FRIDGE/FREEZER

Please do not alter the settings on the fridge; they are kept at the optimum temperatures. Please see User Manual for instructions.

## DISHWASHER

Run programmes when dishwasher is full using the recommended guides on the machine. (See manual if in doubt) If something can't fit or isn't dishwasher safe, please use caution when hand washing or leave for staff to wash.

## BBQ

A Weber BBQ is provided for your use. Please turn the gas off at the bottle after use.

## AIR CONDITIONING UNITS

To operate, use the remote controls.

Fans: to use, turn the wall switch to I (ON) then use the remote. We have found that levels 1 to 3 are quiet, pleasant and what we recommend they be set at.

To Reset Fan (in the event you can't get it to work)

- 1) Turn fan dial on wall to 0 setting for 30 seconds
- 2) Re turn back to the 1 setting while holding down the fan remotes ON/ OFF button for 5 seconds (top left)

This reprograms the fans to make them work again.

# SAFETY

IN CASE OF  
EMERGENCY



In the unlikely event of a fire or natural disaster  
please take note of the following safety guides.

## FIRE SAFETY

There are smoke detectors in each room and two regularly checked fire extinguishers. One can be found in the kitchen area and the other in the laundry in the garage. There is also a fire blanket in the kitchen area.

In the unforeseen event that any have to be used, please contact the Property Manager immediately afterwards. Because they are dry powder extinguishers, areas affected with powder must be cleaned thoroughly and immediately. The powder is corrosive on all surfaces if left in contact, and the Villa staff would prefer a quick response approach to the situation.

Your cooperation in this would be much appreciated by the Owners. Thank you.



## EARTHQUAKE

In the unlikely event of an earthquake please follow these instructions:

### Indoors

- Drop, cover and hold: drop to the floor and cover your head and neck with your arms.
- Avoid windows, hanging objects, mirrors, tall furniture or the TV.

### Outdoors

- Move to a clear area if you can safely walk.
- If you are on the beach, move to higher ground immediately as earthquakes can cause tsunamis.

## CYCLONE

In the unlikely event of a cyclone warning for the island, our Property Manager will make contact with you and advise you on what action to take.

## TSUNAMI

A local earthquake may generate tsunami waves that can reach shore in minutes. If you are on the beach immediately evacuate by walking or driving to higher ground, if driving, follow the 'tsunami evacuation' signs which are displayed all over the island and take you inland from the ring road. Do this if:

- The earthquake shakes so much that you cannot stand
- Shaking lasts longer than 20 seconds
- You notice the water receding from the Shoreline
- Officials issue a tsunami warning
- Remember if an earthquake is long and strong, get gone.

# HEALTH

## MEDICAL SERVICES



A First Aid Kit can be found in the kitchen cupboard above the fridge freezer.

For medical assistance you can visit the Rarotonga Hospital phone 22664.  
This is a short distance from the Villa, on the inner Road and it is signposted.  
Please note there are costs involved. Please consult with them directly.

If you would like to visit a private Doctor please contact Dr Teariki Noova on  
+682 20835 and his surgery is located in Nikao.

The nearest pharmacy P.H.A.B. is a 5 minute drive away from the Villa next to the  
Oasis 24 Hr. Convenience Store and petrol station. Others are located in town at the  
C.I.T.C. Department Store and Cook Islands Pharmacy and there is also a smaller  
pharmacy at Muri.

An AED defibrillator for your use in an emergency can be found in the garage.  
It is voice driven, so follow the directions once you have opened the box.  
It will lead you through step by step.

NB. Make sure you and the patient are dry – very important;  
otherwise the user may suffer an electric shock from the patient.



## WATER SAFETY

Please be careful and vigilant when swimming in our pool, especially if you have children.

Also take care when swimming in the beaches and the lagoons and look out for the 'No Swimming' signs that you may see near the passage areas, as these have strong currents and a strong under-tow. When in doubt 'Ask a Local'.

There are very few marine organisms to be worried about, especially if you exercise caution. The waters are warm, the marine life is colourful and active, and the reef offers protection from ocean swells. Problems generally arise when people tread on or pick up dangerous animals. If you are walking about in the shallows of the lagoon it is sensible to wear thick-soled shoes, both to avoid coral cuts and Stonefish stings. If you see an interesting animal it is better to just look rather than to pick it up. Here is a list and some photos of some potential dangers that you should be aware of when enjoying the sea life, with a brief explanation of what to do in case you do get a sting/bite.

Fire Coral: immediately put warm water on the affected area, then vinegar.

Crown of Thorns: put affected area in water. The pain, swelling and bleeding will dull over time.

Eels: vigorously wash out wound and then disinfect. See Doctor if it turns red.

Stonefish, Lionfish and Scorpionfish: soak in water immediately and seek medical assistance, as you will require anti-venom.

If in any doubt or if pain persists, seek Medical Assistance as soon as possible.



# TRANSPORT

## GETTING AROUND

### TAXI, BUS & RENTAL



#### DRIVING AROUND RAROTONGA

The maximum speed limit is 30km p/h in town and 50km p/h outside of the villages. There are no parking meters or peak hour!

If you hold an overseas drivers licence for a car and are hiring a car you are not required to get a Cook Islands drivers licence – however if you do not hold a licence for a motorbike and plan on hiring one you must get a licence and take a test at the Police Station. The Cook Islands Police Headquarters in Downtown Avarua is open to visitors for licences from Monday to Friday 9.00am - 2.30pm and on Saturday from 9.00am - midday.

## BUS

Rarotonga offers a reliable and efficient bus service. There are three buses: the clockwise bus; the anti-clockwise bus and the night time bus. All buses have their own schedule. Adult one-way \$5, Return \$8 / Child one-way \$3, Return \$4. You can flag the bus down and please try to have exact change but the Drivers do give change.  
[www.busaboutRARo.com](http://www.busaboutRARo.com)



## RENTAL VEHICLES

Here are the details for two car rental companies. Please book directly with them.

Polynesian Bike & Car Hire  
[reservations@polynesianhire.co.ck](mailto:reservations@polynesianhire.co.ck)  
+682 29227  
[www.polynesianhire.co.ck](http://www.polynesianhire.co.ck)

Island Car & Bike Hire  
[enquiries@islandcarhire.co.ck](mailto:enquiries@islandcarhire.co.ck)  
+682 22632  
[www.islandcarhire.co.ck](http://www.islandcarhire.co.ck)

Taxi services are available and pre-booking is highly recommended.

## PANAMA TAXI SERVICE

+682 50322 or +682 52261  
Please confirm your fare price in advance.

# MARKETS

BANK SERVICES &  
SHOPPING



Shopping here is relaxed and friendly.  
You will rarely find pushy sellers and bargaining is  
not an accepted custom.

## MARKETS

There are two main Markets in Rarotonga.

The Muri Night Markets are open on Tuesday, Wednesday, Thursday and Sunday each week from 5.00pm – 9.00pm. Here you can find a great selection of local food, often for no more than \$10. There are usually some free cultural performances you can watch while you eat and enjoy the atmosphere.



On Saturday mornings half of Rarotonga congregates at the Punanga Nui Market to shop, eat and socialise. The market begins at 7.30am and is finished by 1.30pm. Our recommendation is to get there early. Fresh produce is sold from the back of utes, grilled meats flame on open barbecues and women sit behind their stalls threading flowers into stunning necklaces and headdresses. You can also see free cultural performances. [www.punanganuiculturalmarket.co.ck](http://www.punanganuiculturalmarket.co.ck)

## CURRENCY & EXCHANGE

The Cook Islands uses New Zealand dollars, supplemented with some coinage from the Cook Islands.

## BANKING SERVICES & ATMS

All banks are located in the local township of Avarua. Rarotonga has 3 banking facilities available: ANZ, Bank Of The South Pacific and Bank of the Cook Islands. All banks are open Monday – Friday from 9.00am to 3.00pm. Limited facilities are available on Saturday 9.00am – 11.30am. All banks are closed on Sunday.

There is an ATM in the closest block of shops, within walking distance of the Villa.

Credit card facilities are available in Rarotonga in most shops and retail outlets. Please note there is usually a surcharge added when paying by card.

# ACTIVITIES

## OUT & ABOUT EXPERIENCES



Rarotonga boasts a myriad of outdoor activities to suit everyone. Whether you are an adrenalin junky or you prefer something a little more relaxing you'll find it. From snorkelling, scuba diving to fishing charters, cultural shows, markets to hiking, bike tours or day spas – the list is endless.

On the following pages you'll find details on just some of these. We have included contact details for each, so you can contact the company directly to book.

## SNORKELLING

Snorkelling in warm, crystal clear waters surrounded by hyper-coloured tropical fish is a quintessential Cook Islands experience. The best sites are Muri beach, Black Rock beach, Aro'a beach and opposite the Fruits of Rarotonga. A lagoon cruise is an enjoyable way to make a day of it.

Please read the Water Safety section in this handbook before you go.

[www.kokalagooncruises.com](http://www.kokalagooncruises.com)

+682 55769

[www.captaintamas.com](http://www.captaintamas.com)

+682 27350

## RAROTONGA LAGOON DIVE EXPERIENCE

Dive in to the Aroa Marine Reserve – a protected marine sanctuary housing unspoiled reefs and abundant sea life – with a trained professional by your side. No prior dive experience necessary – this underwater adventure ensures a peaceful submersion into a colourful, coral-lined ecosystem.

[www.thedivecentre-rarotonga.com](http://www.thedivecentre-rarotonga.com)

+682 20238 or +682 55238

## FISHING CHARTER

The deep drop-off around Rarotonga makes it a prime game fishing location. Haul in yellow fin tuna, marlin or mahi mahi on one of the many tours run by local fishing charters.

[www.akurafishingcharters.com](http://www.akurafishingcharters.com)

+682 54355

[www.seafari.co.ck](http://www.seafari.co.ck)

+682 55096

[www.marlinqueen.co.ck](http://www.marlinqueen.co.ck)

+682 55202

## WHALE WATCHING

The close encircling reef makes Rarotonga a world-class spot to view whales migrating through the warm Pacific waters. From July to October, up to 15 species of whales can be sighted. At many points around the island, including our Villa, it is possible to watch the whales breach. To learn more about the ocean's inhabitants, drop in to the fascinating Cook Islands Whale & Wildlife Centre.

[www.whaleresearch.org](http://www.whaleresearch.org)

## PADDLEBOARDING

Stand-up paddleboarding (SUP) on the placid waters of the lagoon is a popular pastime on Rarotonga. Many resorts have paddleboards for rent, with classes for the uninitiated. The protected Muri Beach lagoon is particularly popular, where the conditions are so calm that you can even catch an on-water yoga lesson.

Workout on Water offers classes in SUPYoga.

[www.workoutonwater.com](http://www.workoutonwater.com)

## SEMI SUBMERSIBLE TOURS

Why not try the semi submersible tours which leave from Avatiu Harbour. Enjoy the view of the island from the top deck or go down below to observe the sea life. You will venture out to the outer reef where you may see turtles, rays, sharks and whales.

[www.raroreefsub.com](http://www.raroreefsub.com)

+682 55901 or +682 55903

## DRIVING

Renting a car or scooter is the easiest way to explore, allowing you to pull over on a whim at a secluded beach or foreshore bar. See our details on 'Driving Around Rarotonga' or 'Rental Vehicles' for more information.

## HIKING

Venturing into the lush hinterland is worth the effort. For a challenge, trek to Rarotonga's highest point, Te Rua Manga or 'The Needle'. The overland track winds through jungle to the summit, where panoramic views and a heart-in-your-mouth scramble up the rockface awaits. Hiring a guide is safer and the best way to pick up local knowledge.

[www.pastreks.com](http://www.pastreks.com)

+682 21079

## CYCLING

The 'storytellers' are local guides who lead mountain bike tours through the inland roads and fields. Each trip is tailored to suit the day, group and the storyteller's whims, and you'll be pleased to know that 10 per cent of profits go to community development projects.

[www.storytellers.co.ck](http://www.storytellers.co.ck)

+682 23450 or +682 53450





## BUGGY RIDE

The drive-yourself guided Raro Buggy Tour offered by Muri Beach Club lets you explore the interior at full throttle. Once you've got the hang of the loud spluttering buggies, the bone-jolting ride is great fun. Just don't wear white clothing; things get muddy. A highlight is a shortcut through the ruins of an ill-fated five-star resort. The huge compound is now almost exclusively used for buggy tours, paintballing and the grazing of goats.

[www.muribeachclubhotel.com](http://www.muribeachclubhotel.com)

+682 23000

## SUNSET HAPPY HOUR TOUR BY ELECTRIC TUK TUK

Buzz around Rarotonga's beach-fringed landscapes as you seek out the best drinks and happy hour specials this small island has to offer.

[www.tik-etours.com](http://www.tik-etours.com)

+682 28687 or +682 53686 or +682 53687

## BEACHES

Muri Beach is one of the nicest and most popular beaches on Rarotonga. Muri is known for watersports and its mile-long expanse of white sand. This is where you'll find many of the island's top resorts, and most of its tourists.

Fruits of Rarotonga is a popular snorkelling spot. The best snorkelling is just west of the car park and you often need to swim out a little to get to clearer water.

Black Rock beach is historically and culturally important to the people of Rarotonga. Facing north-west, and receiving all day sun, the lagoon area is a popular aqua-playground. The prominent black rocks serve as diving platforms into the rock pools below. Black Rock is also the home of Rarotonga's only golf course, as well as the tennis centre and beach volleyball courts.

## RAROTONGA GOLF CLUB

Enjoy your holiday with a visit to the Rarotonga 9 hole golf course. This is a well maintained course set amongst tropical trees and palms. There is a clubhouse with drinks and snacks available.

[www.rarotonga.nzgolf.net](http://www.rarotonga.nzgolf.net)

+682 20621

## THE TE VARA NUI OVER-WATER NIGHT SHOW

A retelling of the legend of the voyaging warrior Tongaiti, it's a great story, but the narrative is secondary to the incredible fire dancing, hip shaking and drumming, not to mention the impressive quad strength of the male dancers!!

[www.tevaranui.co.ck](http://www.tevaranui.co.ck)

+682 24006

## HIGHLAND PARADISE CULTURAL CENTRE

This is an experience of past lives and of the ancestors of the island in a place that is now an award winning cultural education centre. Leading the way in the preservation of authentic Cook Islands culture offering two very distinct experiences by night and now, by day. Bookings essential.

[www.highlandparadise.co.ck](http://www.highlandparadise.co.ck)

+682 21924

## PRIVATE ARTS & CRAFTS TOUR WITH LUNCH

Explore Rarotonga's artistic heritage and traditional handicrafts with a private guide. Visit the studios of Cook Islands artists, learn about techniques used in carving pearls, sample liqueurs made from tropical products and enjoy a delicious lunch at a locally loved café. Your trip includes visits to Koteka Winery and Matutu Brewing Company.

[www.rarotours.co.ck](http://www.rarotours.co.ck)

+682 25325

# RELAX

PAMPER YOURSELF  
SPA TREATMENTS



## IN HOUSE MASSAGE

Healing Island Massage with Zeb.

Zeb will come to the Villa, please contact him to book in a treatment.

Facebook: @ZebzHealingRaro

+682 56829

## THE EDGEWATER RESORT & SPA

Right next door at the Edgewater is a spa for your convenience. Select from a variety of a la carte treatments for both women and men; whether it's a single treatment or a special spa package. There is also a salon on site for hair treatments, haircuts and colours.

[www.edgewater.co.ck](http://www.edgewater.co.ck)

+682 25435

## RUMOURS LUXURY VILLAS & SPA

Multi award winning waterfall spa facility. Indoor waterfalls, vichy shower and fully trained therapists in massage, manicure, pedicure, facials and body scrubs.

[www.rumours-rarotonga.com](http://www.rumours-rarotonga.com)

+682 22551

## BEAUTY & SPA AT THE MURI BEACH CLUB HOTEL

Rejuvenate your body, relax your mind and refresh your soul by choosing from a selection of treatments, from massage to facials.

[www.muribeachclubhotel.com](http://www.muribeachclubhotel.com)

+682 23000



# TASTE

WHERE TO  
EAT & DRINK



Rarotonga is blessed with an abundance of restaurants, cafes and other local eateries which can be found all over the island. You will notice that within a five minute drive from the villa you will be surrounded by many fabulous restaurants catering for all appetites. These are our family recommendations in order of proximity to the Villa.

## TUMUNU (Dinner)

Located at the entrance of our driveway, Tumunu is a relaxed and casual option in a lovely garden setting. Try the seafood platter!  
[www.tumunurarotonga.com](http://www.tumunurarotonga.com)

## EDGEWATER RESORT & SPA (All Day)

A good casual option with plenty of choice. On Tuesday & Saturday nights there is the 'Island Night with Buffet Feast'. Local cuisine, buffet-style with live entertainment from the Polynesian Dance Show. The buffet feast includes a selection of Rarotongan dishes such as rukau and ika mata. Dinner from 7pm; show 8.30pm  
[www.edgewater.co.ck](http://www.edgewater.co.ck)  
+682 25435

## FLAMBE @ CROWN BEACH (Dinner)

Flambe restaurant is situated directly at the entrance to the Crown Beach Resort. It offers fine dining specialising in local produce and fish but also offers ostrich, venison, duck and much more. Open for dinner only. Fire-dance on Saturday. Closed Sunday and Monday. Patrons 16 years and over.  
+682 23953

## ALBERTOS STEAK HOUSE (Dinner)

Albertos is well known for their steak dishes but also offer seafood, chicken, pork, pasta and a fresh salad bar. Open Monday to Saturday. The bar opens at 5.30pm, dining between 6pm – 9pm.  
+682 23597 or +682 55725

## KIKAU HUT RESTAURANT (Dinner)

Open 7 evenings from 6pm with indoor and outdoor dining. European food with island flavours, live music on Monday nights. Transfers by arrangement and reservations recommended.  
+682 26860

## TUORO RESTAURANT & CAFE (Lunch)

Located in Arorangi at the Black Rock Villas, Tuoro Cafe is set in a delightful garden with views over the lagoon and ocean. Casual lunchtime dining with a selection of tapas and main dishes.  
[www.blackrockvillas.com/tuoro-cafe](http://www.blackrockvillas.com/tuoro-cafe)  
+682 21233

## THE WATERLINE RESTAURANT & BAR

(Dinner)

Iconic. One of our favourites, The Waterline Restaurant & Beach Bar is situated on the sunset coast for relaxed beach-side dining. Open Tuesday to Sunday for lunch and dinner, diners have a choice of dining on the sand or on the deck looking over the beach.  
[www.waterline-restaurant.com](http://www.waterline-restaurant.com)  
+682 22161

## BELUGA (Breakfast & Lunch)

A contemporary cafe with a delightful ambience, serving great coffee and mouth-watering fare.  
[www.beluga-rarotonga.business.site](http://www.beluga-rarotonga.business.site)  
+682 27788

## VAIMA ON THE BEACH (Dinner)

Located in Vaimaanga, Vaima on the Beach offers indoor and outdoor dining options in an island setting, with cuisine that has a touch of tropical flavours. Open 7 nights a week from 6pm, Vaima provide transfers to and from accommodation on request.  
[www.vaimarestaurant.com](http://www.vaimarestaurant.com)  
+682 26123

## TRADER JACKS BAR & GRILL

(Lunch and Dinner)

Legendary on the island. Take a seat at this popular waterfront restaurant with a beer and pizza to whale-watch or catch November's waka (canoe) tournament.  
[www.traderjackscookislands.com](http://www.traderjackscookislands.com)  
+682 26464

## BAMBOO JACKS (Lunch and Dinner)

A Cook Island Asian experience. A range of eastern cuisines presented using the freshest local produce. Take away or eat in.  
[www.bamboojacks.net](http://www.bamboojacks.net)  
+682 28830

## NAUTILUS (All Day)

A hotel-like setting with a spacious dining room offering fine-dining fare inspired by local flavours.  
[www.nautilusresortrarotonga.com](http://www.nautilusresortrarotonga.com)  
+682 25125

## THE MOORINGS FISH CAFÉ (Lunch)

Iconic. Operating out of a shipping container, try the FOB burger at this award-winning outdoor cafe, made with fish 'fresh off the boat' from Captain Moko's charter (the owner's husband). Some say it's the best place to go for fresh fish on the island.

[www.themooringfishcafe.com](http://www.themooringfishcafe.com)

+682 25553

## TAMARIND HOUSE RESTAURANT

(Lunch and Dinner)

Iconic. Another of our favourites serving Pacific cuisine in a gorgeous heritage setting that once housed the managers of the Union Steamship Company. The verandah looks out to sea over a perfect tropical garden.

[www.tamarind.co.ck](http://www.tamarind.co.ck)

+682 26487

## SALTWATER CAFÉ (Lunch)

Well known on the island for the great service with a smile, good food and easy atmosphere. The view of the sea is worth the stop alone!

+682 20020

## THE RICKSHAW (Dinner)

Vietnamese, Indonesian, Chinese, Malaysian and Thai cuisines offered in the heart of Muri Village, situated on the main road. Bookings recommended.

+682 22232

## LBV (Breakfast and Lunch)

Located in Muri, breakfast at LBV is a must. European fare with fantastic coffee and croissants.

## OTHER OPTIONS:

### PUNANGA NUI CULTURAL MARKET

As mentioned previously, this market is held every Saturday morning and is jam packed full of local food, it's hard to know where to start: Cajun spiced chicken or pineapple custard pie? Traditional poke (boiled fruit in coconut milk) or octopus curry? Or how about a waffle with Nutella and cream? There is normally a queue for the waffles but they are worth the wait. Get there early to avoid disappointment.

[www.punanganuiculturalmarket.co.ck](http://www.punanganuiculturalmarket.co.ck)

### THE BOND LIQUOR STORE

If you visit The Bond Liquor Store, located on the right of the main road just before town, you will be able to purchase a range of nice wines and they have a good bubbles selection.

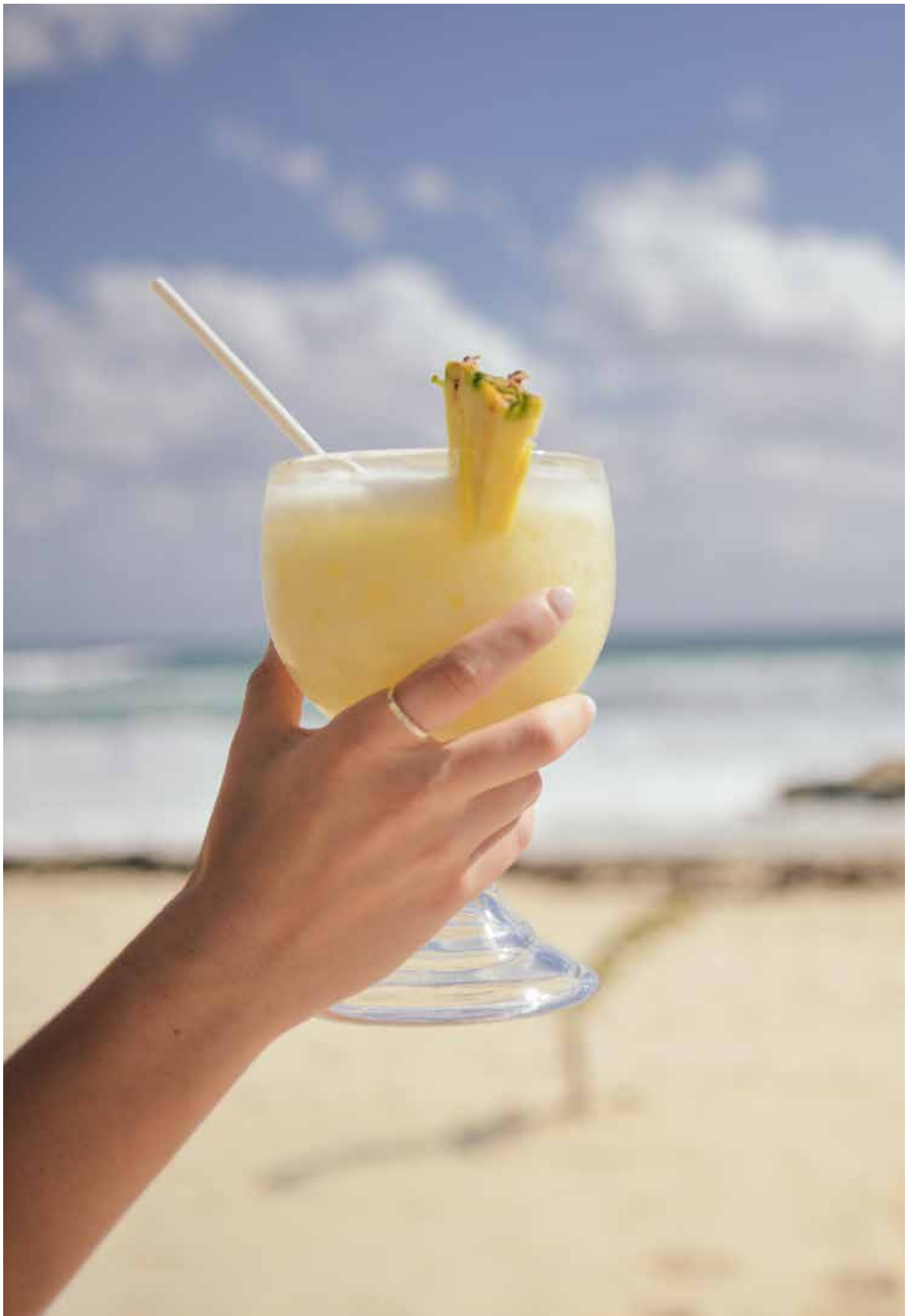
### IN-HOUSE DINING

If you would like to simply relax at the Villa and have stunning food delivered to the door, try a platter from Jenni at Island Platters. Jenni's platters cater for all tastes and dietary requirements and are as generous as they are delicious.

+682 54119

[citriogroupltdcatering@gmail.com](mailto:citriogroupltdcatering@gmail.com)

[www.islandplattersrarotonga.com](http://www.islandplattersrarotonga.com)



# OTHER USEFUL INFORMATION



Rarotonga is the largest of the Cook Islands, a nation of 15 islands in the central South Pacific. Volcanic peaks, ridges and rainforest dominate its interior. A 32km, round-the-island road links the beaches, coastal lagoon and reefs.

Rarotonga is often referred to as the emerald jewel of the Pacific. With its jagged peaks and deep valleys, fertile slopes of red earth and sparkling aquamarine lagoon, it is the classic 19th century European ideal of paradise.

Visitors from all over the world will admit they never expected to find Rarotonga such a beautiful place. They love the relaxed atmosphere and the sense that the life of the islands continues in its normal way without a 'tourist' focus.

We hope you fall in love with Rarotonga like we have.



## SUNDAYS IN THE COOK ISLANDS

Religion is a very important part of the Cook Island lifestyle with Christianity being the main religion. Sunday is regarded as a day of worship and rest. A wonderful memory to take home is the singing in one of the islands' Cook Islands Christian Churches. CICC coral limestone churches are in every village and visitors are warmly welcomed to Sunday services. The congregations provide morning tea.

## ISLAND TIME

In the Cook Islands you'll hear the phrase 'island time' a lot. You are a long way from the hustle and bustle of the outside world, so ..... walk a little slower, savour every moment of your holiday in paradise and don't worry about being a bit late for engagements. That is island time in Rarotonga.

### ANNUAL WEATHER AVERAGES

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Temp												
C	26	27	27	26	25	23	23	23	23	24	25	25
F	79	81	81	79	77	73	73	73	73	75	77	77
Rain												
mm	190	190	190	170	140	80	60	70	80	80	130	160
Sun												
hrs	7	8	88	9	10	11	10	11	12	12	10	8
Sea temp												
C	28	28	28	28	26	25	25	25	25	26	26	27
F	82	82	82	82	79	77	77	77	77	79	79	81