



COOK ISLANDS

PACIFIC RESORT RAROTONGA (TOUR CODE: 11741)

STARTS AND ENDS

in Rarotonga

TRAVEL PERIODS

until 31 Mar 2026

EXPERIENCE

Beach

TRAVEL STYLE

Independent Holiday Packages

Escape the everyday life for 7 nights of paradise in the beautiful Cook Islands. Enjoy the stunning backdrop of the blue Muri Lagoon.

Highlights

- Pacific Resort Rarotonga has been awarded the **TripAdvisor Certificate of Excellence** every year from 2012 to 2019, recognizing the resort's consistent delivery of high-quality service.
- Situated on the beautiful **Muri Beach** in Rarotonga, the resort provides an unobstructed view of the crystal-clear lagoon and the lush tropical landscape.
- Stay in a **Garden Studio Room**, located in the heart of the resort in a **lovely peaceful garden setting** and just a short walk to the beach and swimming pool
- **Sandals Restaurant's** world-class dining experience features Pacific Rim cuisine prepared with fresh, local ingredients.

Escape the everyday life for 7 nights of paradise in the beautiful Cook Islands.

Staying at the Pacific Resort Rarotonga, this full service resort offers an intimate collection of just 64 rooms, suites and villas set in the beautiful surrounds of manicured gardens. The Pacific Resort Rarotonga enjoys prime beachfront location on Muri Beach offering kayaks, stand up paddle boards and snorkelling gear for those that wish to explore the lagoon. The Kids Club provides some great activities for the little ones and the swimming pool is tucked away and surrounded by tropical gardens.

There's a unique choice of tours designed to explore the culture and beauty of the island and it's people. There's not much left for you to do except arrive and relax in paradise.



- ✓ ENTIRE Cooling-Off Period
- ✓ ENTIRE Change of Mind
- ✓ ENTIRE On Ground Support
- ✓ ENTIRE AUD Prices
- ✓ ENTIRE Industry Accredited
- ✓ ENTIRE Australian Owned

INCLUSIONS

- 7 nights at Pacific Resort Rarotonga in a Studio Room - 4*
- Fresh "Flower Ei" meet and greet on arrival
- Return coach transfers from Rarotonga Airport to Pacific Resort
- Daily tropical breakfast
- Early Check-In from 0630 Arrival
- Island Night Show with Dinner and Transfers at Highlight Paradise or Te Vara Nui
- NZD \$50 Resort Food & Beverage Credit per Room per Night

Freedom of Choice Days

Freedom of Choice



Our Freedom of Choice program offers flexibility, by allowing you to choose from different options on pre-selected days.

Our per person price includes one tour on each Freedom of Choice day, as follows:

- One "Freedom of Choice" tour on day 3

Expand the itinerary below for more details.

Please note, if more than one room is selected during the booking process, our team will contact you afterwards to discuss options.

ITINERARY

Day **1**

Rarotonga Airport Pacific Resort Rarotonga

Upon arrival at Rarotonga Airport you will be greeted with Fresh "Flower Ei" and escorted to your coach transfer to Pacific Resort Rarotonga.

Arrive at Pacific Resort Rarotonga for check-in and enjoy the resort facilities for the rest of the day.

Overnight stay at **Pacific Resort Rarotonga** in a Studio Room.

Breakfast



Day **2**

Rarotonga

Enjoy a leisurely breakfast and the rest of the day is yours to explore the Pacific Resort Rarotonga.

Why not go for a walk along the stunning Muri Beach or relax in the swimming pool surrounded by lush tropical gardens.

Overnight stay at **Pacific Resort Rarotonga** in a Studio Room.

Breakfast



Day **3**

Rarotonga

It's time to explore the island! Enjoy a pre-selected tour from our **Freedom of Choice** options below. These tours can be taken on any day of your stay with a maximum of 1 tour per itinerary as outlined below.

Overnight stay at **Pacific Resort Rarotonga** in a Studio Room.

Freedom of Choice Options

- **Maunga Tours Cross Island Trek:**

Available on Monday, Wednesday, and Friday

Maunga Tours offers guided mountain hikes through Rarotonga's stunning, rugged mountain ranges. Choose from the world-famous "Pa's Cross Island Trek," the challenging ascent to Te Manga—the island's highest peak—or the leisurely Nature Walk for a more relaxed experience.

OR

- **Captain Tama's Full Day Cruise:**

Available on Sunday to Friday

Discover the beauty of Muri Lagoon on an award-winning cruise. Hop aboard a glass-bottom boat, snorkel in a marine reserve, and watch a fish-feeding demonstration. Visit Motu Koromiri, enjoy a fresh fish BBQ with salads and fruit, and be entertained with live music, a pareu tying show, and coconut husking. We provide snorkelling gear, lessons if needed, return transport, and a delicious BBQ lunch—including vegetarian options. Just bring a towel, sunscreen, and a camera for an unforgettable lagoon adventure!

OR

- **Storytellers Discover Bicycle Tour:**

Available on Monday, Wednesday and Friday

Travel the ancient backroads along level to gently sloping terrain, stopping at intervals to enjoy local fruits and stories told by your tour guide. This 3.5 hour tour covers a distance of around 8-12 kilometres and caters to those with basic fitness levels and limited riding experience. Definitely a fun and of course eco-friendly way to discover Rarotonga.

OR

- **Raro Tours Island Discovery Tour:**

Available on Monday to Friday

In the comfort of an air-conditioned vehicle this 3-hour guided tour is a brilliant way to kickstart your holiday before exploring the island on your own. On tour you will discover many places of interest around Rarotonga including popular beaches, cultural and historical sites, local plantations, gift shops and more. Light refreshments provided at the completion of your tour.



Enjoy a leisurely breakfast and the rest of the day is yours to explore at the Pacific Resort Rarotonga.

You can try a kayak, stand up paddle board or snorkel around the warm waters of the Muri lagoon.

Overnight stay at **Pacific Resort Rarotonga** in a Studio Room.

Breakfast



Day 6

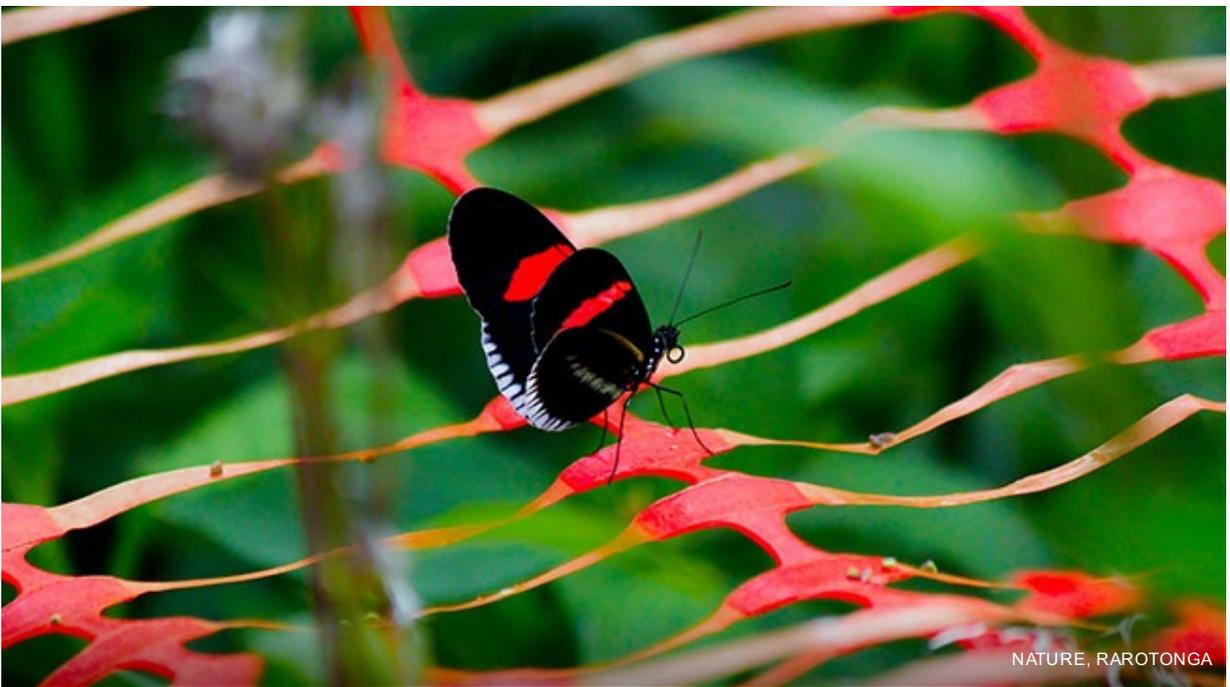
Rarotonga

After breakfast the day is yours.

Why not enjoy a little pampering at the Pacific Resort Rarotonga Nail Lounge. On offer are express manicures & pedicures, as well as nail art and spa manicures and pedicures. (Optional/own expense).

Overnight stay at **Pacific Resort Rarotonga** in a Studio Room.

Breakfast



Day **7**

Rarotonga

Today is your last day to relax and enjoy the Cook Islands paradise.

Before you leave you can dine with the sand between your toes at Sandals Restaurant or enjoy a tropical cocktail and watch the sunset at the Barefoot Bar. (Optional/Own expense).

Overnight stay at **Pacific Resort Rarotonga** in a Studio Room.

Breakfast



Day **8**

Rarotonga Rarotonga Airport

After breakfast prepare to check-out feeling relaxed, refreshed and a little sad to be leaving paradise.

Depart to Rarotonga Airport with a coach transfer.

Breakfast

OPTIONAL EXTRAS

Aitutaki Day Tour

The **Aitutaki Day Tour** is a full day excursion featuring one of the most beautiful lagoons in the world. A guided tour of the island including a catamaran sailing with snorkelling opportunities in this magnificent lagoon. A BBQ Lunch is served half through the trip onboard the Titi Ai Tonga. The Aitutaki Day Tour includes Rarotonga airport transfers, inter-island round trip airfares, Aitutaki island tour by "le truck" and the 6-hour lagoon Cruise on board The Vaka Cruise.

Tip: make sure you take your passport with you as you can get an 'Arrival' stamp from the One Foot Island Post Office which is a great souvenir gift to show family & friends.



2 hours

Prices are dynamic based on travel dates. Please proceed to [Book Now](#) or [contact us](#) for details.

ACCOMMODATION

Pacific Resort Rarotonga

UPGRADE AVAILABLE

Rarotonga

Pacific Resort Rarotonga is the perfect blend of luxury, boutique accommodation right in the Cook Islands. This 4-star, full service resort offers an intimate collection of rooms, suites and villas set in the beautiful surrounds of the manicured gardens and beachfront location. The property has a family friendly environment and it's a great place for couples, families and those looking to have a relaxing stay.



Room Upgrades

Premium Garden Suite

Ideal for couples, the open plan Premium Garden Suite's are centrally located among lush vegetation and close to all the resort amenities. The Suites are open plan and decorated in contemporary style enriched with traditional Cook Islands elegance. Each air-conditioned suite includes a furnished patio and outdoor area, a spacious modern bathroom, open plan living space complete with bedroom and stylish living area, one super king size bed, ceiling fans, in-room safe, telephone, television, on-demand entertainment system, USB charging outlet, kitchen facilities including toaster, mini fridge and tea/coffee making facilities.



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Premium Beachfront Suite

The Premium Beachfront Suites are the ultimate option for those seeking a sophisticated retreat in paradise. Step out from your ground floor suite and out onto the soft white sand of Muri beach or linger on your own private balcony from the first floor suites and experience the same unbeatable views of the stunning lagoon and surrounding motu's (islets). Premium Beachfront Suites are well-appointed with Polynesian décor and cleverly designed for optimum sleeping and lounging areas along with a spacious modern bathroom. Each suite features air-conditioning, ceiling fan, telephone, television, on-demand entertainment system, USB charging outlet and an open plan space complete with super king size bed, in-room safe, hairdryer, iron and ironing board. Kitchen facilities include a mini fridge, Nespresso machine, and tea/coffee making facilities.



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ADDITIONAL INFORMATION

OFFICIAL LANGUAGE

Cook Islands Maori and English

LOCAL CURRENCY

New Zealand Dollar (NZD)

Excluded

- International airfares and taxes
- Domestic airfares and taxes, unless otherwise specified in our holiday package
- Visa expenses, processing and issuance fees
- Meals other than as specified in our holiday package i.e. mandatory festive dinners
- Travel Insurance or expenses of a personal nature (mini-bar, phone call, laundry, etc.),
- Tips or gratuities to guides, drivers, porters, hotel, restaurant or boat staff, etc.
- Or any other travel expense that has not been included in our holiday package