

Quick facts: Cook Islands



The Cook Islands

15 Islands – Northern and Southern groups
18,000 population

50% of the population resides on Rarotonga
Strong traditional and family ties
Cook Islands Maori and English

Currency is the New Zealand Dollar

Business Hours Mon-Fri 8am-4pm

Shopping Hours Mon-Fri 8am-4pm, Sat 8am-12pm

Climate – pleasant, temperate climate, sunny most of the year round

Dress Code – informal/casual but very brief attire such as bikinis not recommended in public areas outside of resorts

Driving Code – left hand side of the road. A Cook Islands drivers licence is to be obtained from local police station at a cost of NZ\$20

Self-governing in free association with New Zealand

Westminster style of Government

Not commercialised

Authentic Polynesia

Laid back and off the beaten track



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Rarotonga

The capital island
Centre of governance and economy
½ the population of the Cook Islands
The international gateway
Good infrastructure
Wide choice of restaurants & cafes
Variety of on and off the water activities



Aitutaki

Arguably the most beautiful lagoon in the world
Seclusion and romance
Comfortable infrastructure
Quaint airport
Population under 2000
The lagoon cruises are famous
The best cultural dancers and drummers
Much slower pace of life



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