
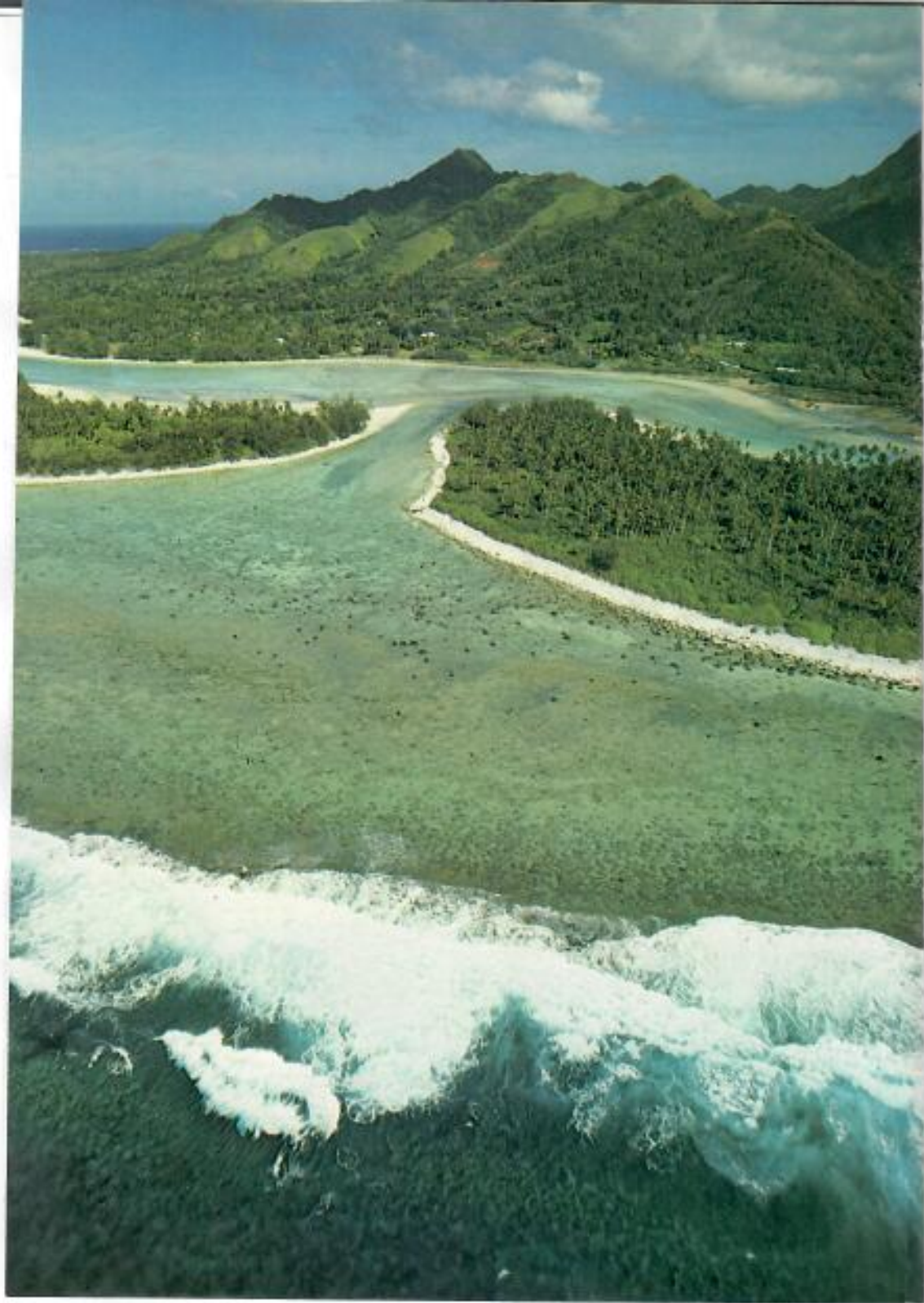


# Cook Islands

 *AIR NEW ZEALAND*





## Rarotonga and the Cook Islands

### The last discovery

There aren't many places like the Cook Islands anymore. In a world so anxious to develop itself, these islands, their people and the past they represent come as a breath of fresh air.

And whilst many Pacific Island groups have been discovered, developed and over-exposed Rarotonga and the Cook group, long isolated from major travel routes, have retained much of the charm and romance of old Polynesia.

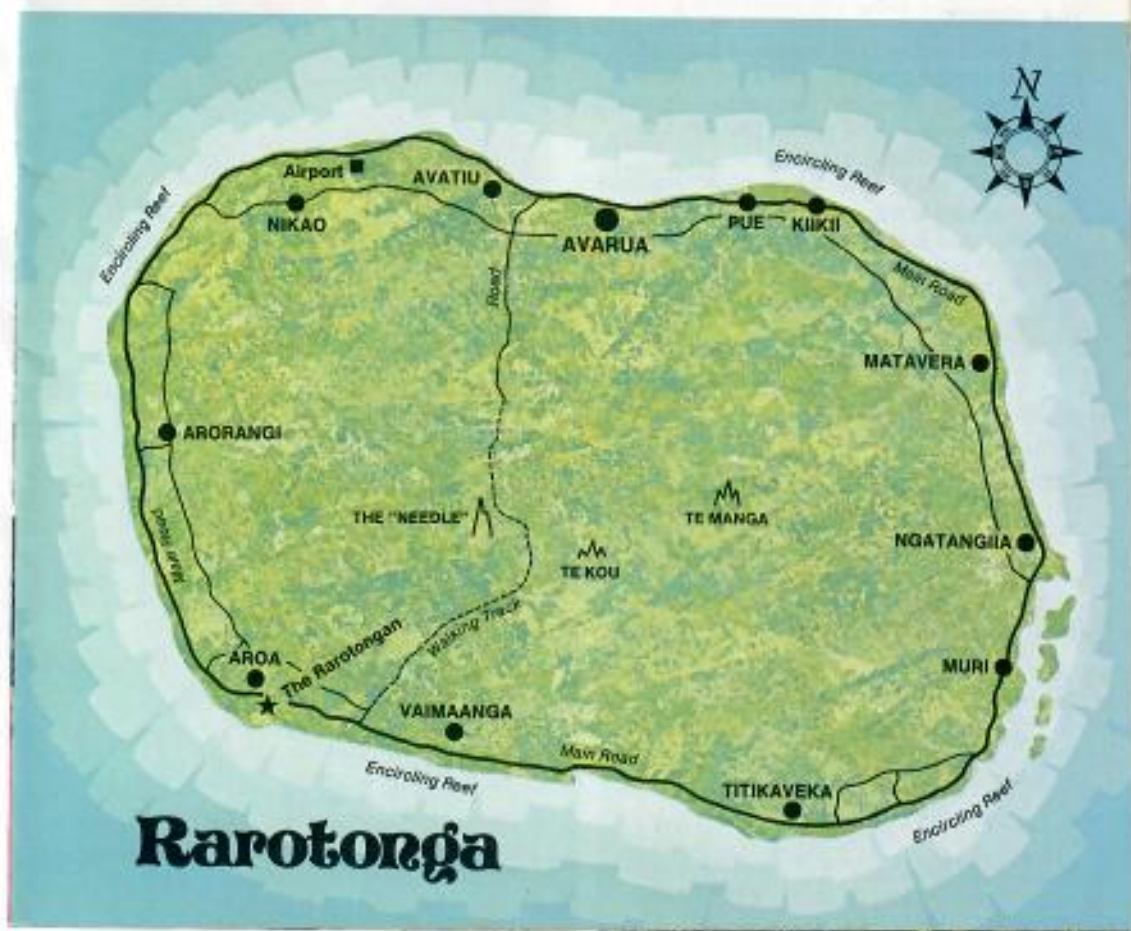
Unspoilt, untarnished and still uncommercialised. Perhaps the only

thing they share in common with other Pacific tourist spots is the same ocean.

### A world apart

Lying 20° south of the Equator, the Cook Group is fifteen islands scattered over an area of 850,000 square miles of ocean.

Their nearest neighbours? North-east, Tahiti and North-west, Samoa. The total land area of the Cook Islands is 93 square miles with Rarotonga, the largest island, lying at the southern end of the group.



As Rarotonga has the Group's only International Airport, it is here that all visitors arrive, unless, of course, they travel by infrequent ship.

Rarotonga symbolises Polynesia. Its centre rises to high, volcanic peaks. A lagoon fringes white beaches right around the island and only occasionally is its reef broken by the Pacific's surge.

The outlying islands are sometimes little more than atolls still growing from the sea's bed and held together by the roots of palms. Others are larger, supporting small communities of planters and fishermen.

These are islands which seem to have been scattered at random in some idyllic corner of a peaceful ocean. An ocean which supports and sustains them and their people.

### The climate

The climate is pleasantly tropical and extremes are seldom experienced. The summer months? December through to March and a time when the days are hot and sometimes cloudy.

April, May, June are balmy tropical months, and from June through to October you'll find the islands cooler (average temperature 76° F, 22° C). These days are clear and warm and too much time in the sun will still mean sunburn.

To the islanders, this is winter.

The climate, combined with the geological origins of the group means rich and luxuriant growth throughout the year.

Wild Orchids, Hibiscus, Frangipani, Flamboyants flourish in quiet valleys. Flowers are everywhere and are worn daily. Vast pineapple plantations and citrus groves give forth two or three crops each year.

**Top:** Rarotonga Airport.

**Middle:** Air New Zealand DC10 at Rarotonga Airport.

**Below:** Canoeing in the lagoon can be fun.



### **The Southern Group**

Manuae is Aitutaki's sister island and although small, manages to sustain a copra plantation. Such is the wealth of marine life in its lagoon, that the Government has offered the island as an international marine park.

Mitiaro served by Cook Island Airways, is a low island with a large lake on it. The lake is the source of an eel that makes choice eating.

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Palmerston has been inhabited since 1862 when an Englishman, William Marsters, established two families. His offspring still speak English in the Victorian style.

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Takutea is not inhabited by any permanent population.

### **The North-west Group**

Puka Puka, the north-west part of the Group is known to sailors as Danger Island, because its reef protects it almost to the point of inaccessibility.

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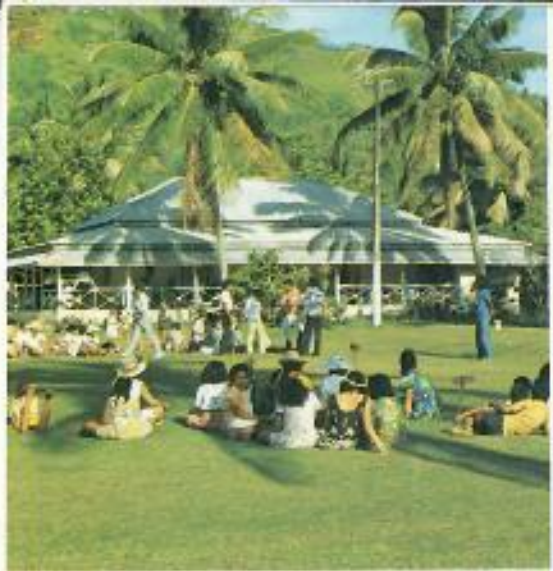
### **The Northern Group**

The three islands which form the Group's northern boundary are virtually inaccessible for the tourist.

Manihiki is well known for its pearl shell and this industry is the only means of support for its people. Rakahanga, twenty-six miles away survives on the strength of its only cash crop, copra. Penrhyn is the largest of the northern atolls, its population depend on trade in copra and pearl shell.

**Below:** The Rarotongan hotel.





Nowadays, the Cook Islanders are proud of their political independence and role as a Pacific Nation.

Village and family life is still preserved with quiet pride. Old values are important and the visitor is seen as a guest. Outgoing and warm, the Cook Island people have delicately sidestepped some of the more obvious trappings of commercialism. Tipping, for instance, is a source of embarrassment, for tradition has it that one gift must be reciprocated by another.

Bargaining is frowned upon, for in some way it is seen to question the integrity of the craftsmen.

It is not an exaggeration to say that in these islands the best currency is a smile.

#### **A few things to remember**

Documentation — A bona fide visitor does not require an entry permit provided he possesses a valid passport, holds onwards passage and does not intend staying more than 31 days.

Normal Health and Duty Free Regulations apply. Check details with your local Travel Agent or Air New Zealand Office.

**Top left:** Rarotongans getting together.  
**Top right:** Polynesian decoration is a feature inside this church.

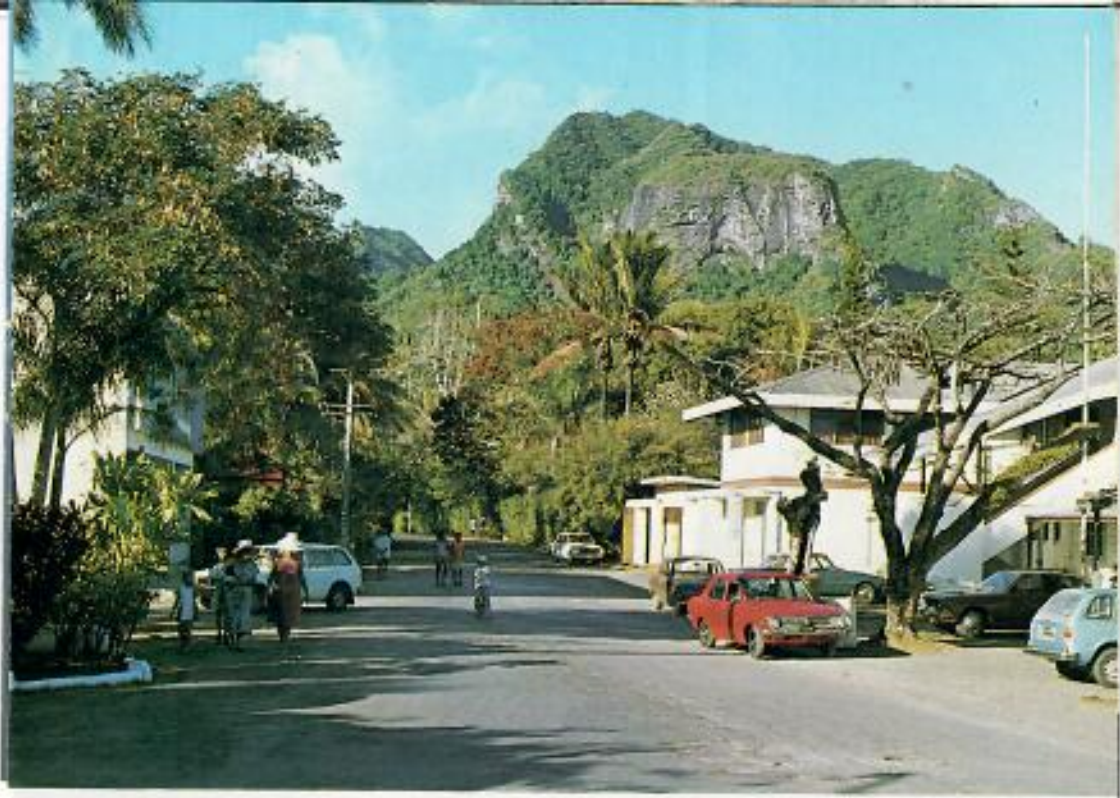
**Clothing:** Comfortable informality is the guide — lounge suits for men are worn on only the most 'formal' occasions. Otherwise cottons and light washable clothes are ideal. Tennis shoes or sneakers are advisable for walking on the reef.

**Currency:** New Zealand notes are the basic currency supplemented by Cook Islands coins that include a one dollar piece.

Whether you intend staying at the international class Rarotongan Hotel or at any one of the excellent motel/hotels on Rarotonga, that together offer a wide range of accommodation packages, it is essential to book before departure. Visitors should carry their Driver's Licence if they intend hiring vehicles. A local licence is required and this may be obtained from the Police Station.

For more information we recommend the Cook Islands Tourist Authority Booklet (from any Travel Agent or Air New Zealand). Some good books are: Tom Neale's "An Island to Oneself", Barry Wynn's "The Man who refused to Die", Professor Beaglehole's "The Islands of Danger".

**Opposite top:** Avarua street scene.  
**Opposite below:** Yachting at Muri Beach.





**Rarotonga: The warmth, the atmosphere, the fun**

All international visitors arrive on the island of Rarotonga. This, the largest island in the Cook Group has a circumference of twenty miles and like most Polynesian islands, is protected from the Pacific by a coral reef. A reef which shelters a quiet lagoon and many bays, fringed by white sand beaches.

Nestling in the valleys which run down to the sea are many small villages and because the island raises itself to a series of high inland peaks, the coastal areas are the most populated.

Two roads circle the island. The outer or newer road is tarsealed. The inner road is said by some to be the oldest in Polynesia. It is ancient, its foundations being coral blocks laid almost a thousand years ago.

The island's main centre is Avarua. It is the administrative centre of the Cook Group and is an ideal point from which to tour around the island.

Top left: Rarotongan dancers.

Top right: Sightseeing around Rarotonga.

Public transport is limited on Rarotonga and visitors are best advised to either book a mini coach tour or hire motor cycles, the island's most popular form of transport.

Another option is to see the island by horse-drawn buggy.

It is from Avarua that the island traders ply. It's also the best place to organise a fishing charter or to book a boat trip to the lagoon.

At the dock area fishing boats come and go, traders disgorge cargoes of fruit and copra. Quay-side family reunions and farewells add daily colour.

For island handcrafts, make sure you visit the Women's Federation Handcraft Shop in Avarua. To this centre islanders bring their wares. Handsomely carved wooden bowls, shell jewellery, woven straw hats. Make a point of looking for spreads of Tivaevae cloth and above all, a hand-carved Tangaroa, the ever-present symbol of the Cook Group.

Saturday in Avarua is market day and more a festive gathering than a time for commerce. Rarotongans arrive in town with all the panache of Mardi Gras. Remember your camera.



Beautiful Muri Beach is home to the Rarotongan Sailing Club. It's also the venue of bare-backed horse racing on ponies descended from stock imported from Chile to work the copra plantations.

Don't miss the rest of the island.

Should you have time to tour around it, you'll be richly rewarded, for one of the most beautiful parts of Polynesia will unfold, mile upon mile.

The villages, clusters of neat houses appearing to grow among the trees. Everywhere are flowers. Rich, tropical growth gives way to groves of palms which open on to clearings. Clearings busied by the village primary school and central packing shed.

Behind flamboyant trees bordering the road sit neat and trim "ares" (houses) under their corrugated iron roofs. All around are gardens and citrus groves,

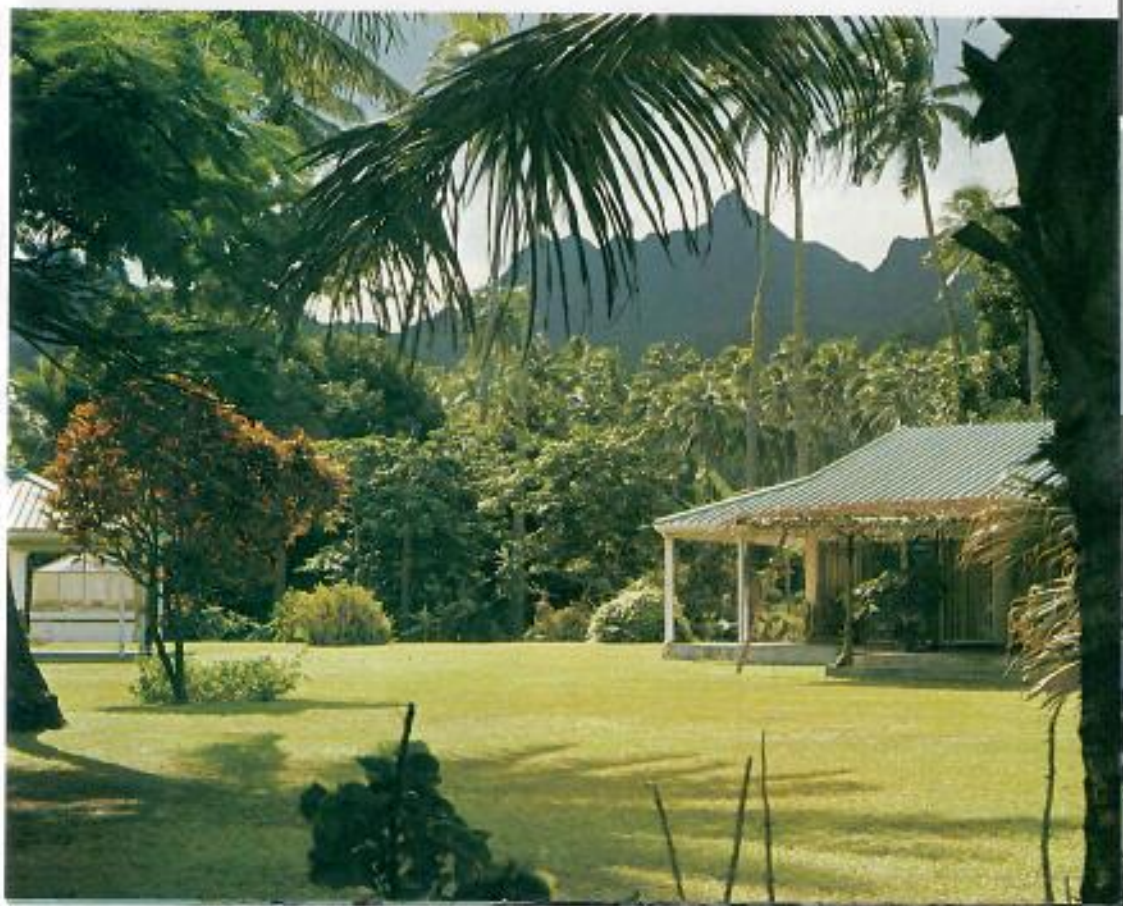
bananas or pineapples. For it is cropping and the church that is responsible for Rarotongan village life as it is today. Harvesting the crop is a community effort and the banana packing shed is one of the two centres of village social life.

And you'll notice that no building is higher than a palm tree, something that did not happen by design but by an act of law.

Should you linger in the village, you'll be overwhelmed by the hospitality. To fully appreciate the mood of Rarotonga take the time to wonder at wild orchids, or to pluck a frangipani sprig or wild avocado.

Everywhere you'll be greeted with flowers, for this is the spirit of Rarotonga.

Below: Neat houses appear among the trees.



### The outlying islands. How long can they remain untouched?

Although Rarotonga is the main island of the Group, there are numerous outlying islands that remain untouched and unspoilt. From Rarotonga, Cook Island Airways serve the outlying islands of Atiu, Mitiaro, Mauke and Aitutaki.

Aitutaki is an hour's flight from Rarotonga on a Cook Island Airways modern twin-engined Britten Norman Islander. The approach is dramatic. The first sight on the horizon is cloud, hinting of an island's presence. Then you see the emerald of the island, bounded by the turquoise of its lagoon, separated from the Pacific only by a pencil-thin line of surf, crashing onto the reef.

As there is but one motel on the island, it is essential to book before you arrive. Boats can be hired and sightseeing is by mini coach or hired motorcycle. The island has a large lagoon and needless to say, the swimming, sailing and snorkelling is excellent.

You can enjoy a few rounds of golf not far from the Rapae motel, but you would be well advised to take your own clubs. This island is even more tranquil than Rarotonga, truly Polynesia at its gentlest and most beautiful.

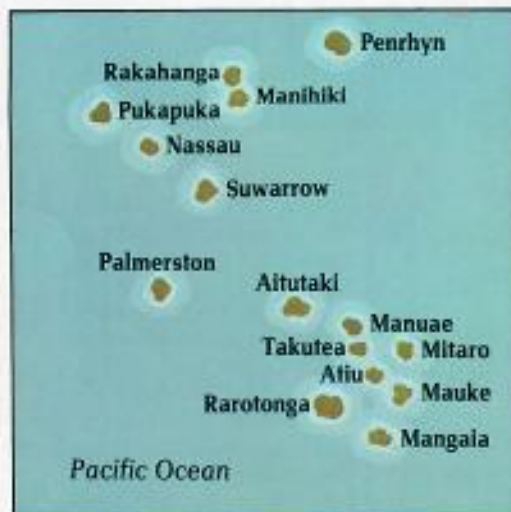
#### Aitutaki

Some, so small it is a miracle they were discovered. Others are a little larger, but none are so large as Rarotonga. Aitutaki, considerably smaller than Rarotonga supports a population of some 2,500 people and is the only other island accessible to tourists. Some of the smaller islands are uninhabited.

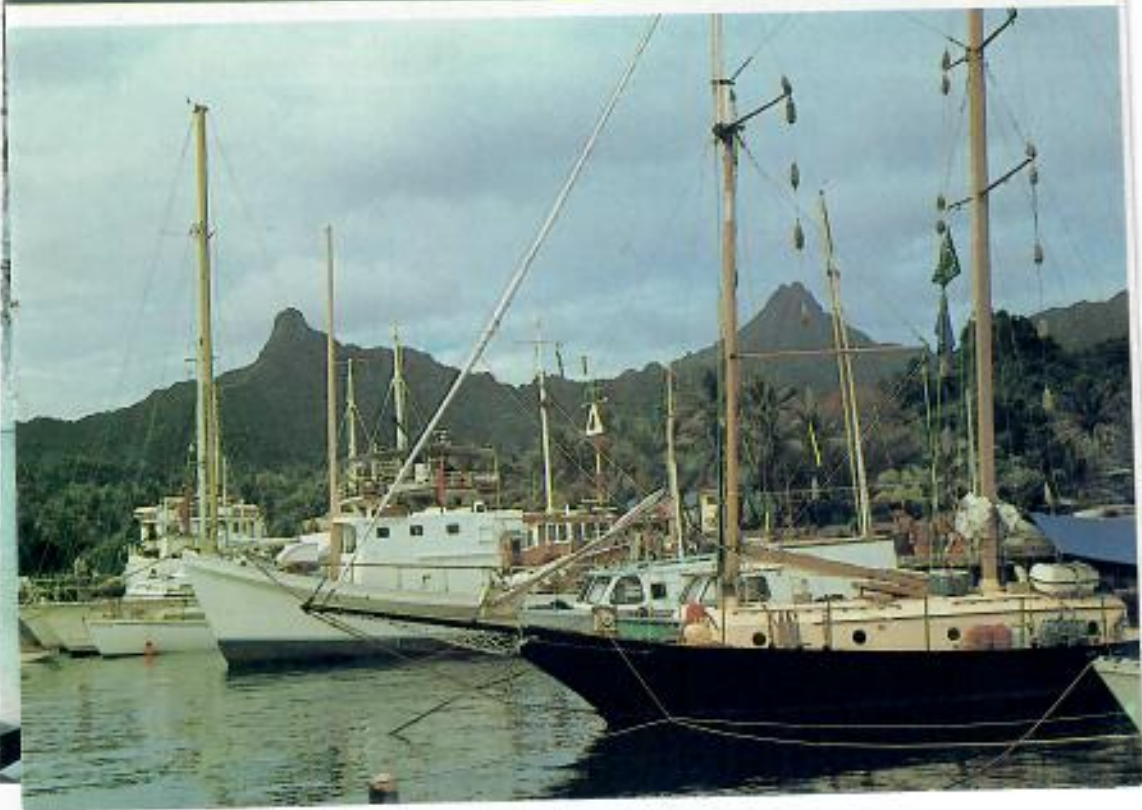
Self-sufficient through fishing and planting skills, these are surely some of the last islands in the world to feel the touch of civilisation. Perhaps they are almost too definitive in their primitive beauty, a part of the Pacific that everyone dreams about but seldom gets to see.

Each island has its lagoon, clear, quiet crystal water with its coral reef as the only barrier against the Pacific's surf.

Top: Cook Island Airways aircraft.  
Below: Aitutaki



Opposite top: Aerial view of Aitutaki.  
Opposite below: The waterfront at Avarua.



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**Below:** The Rarotongan hotel.





### The Rarotongan Hotel

Five miles from the Airport on the island. Below: The Rarotongan hotel. Rarotongan Hotel. Set among beautiful stands of original trees, the hotel has been designed to blend in with the island's landscape.

This international hotel features 103 rooms, all airconditioned, dining rooms, lounge, pool bar, restaurant and two dance floors, one beside the swimming pool.

The hotel is a focal point of Rarotongan and Cook Island culture. Entertainers also come from outlying islands to perform.

The rooms have been laid out to resemble a collection of "ares", each having its own patio area. No room is more than one hundred yards from the beach. You may swim in the crystal waters of the lagoon or in the hotel's pool. The hotel staff can make all tour arrangements for visitors. From the hire of motor cycles or cars to see the island, to trips to the outer islands.

They'll book you into the golf course and even arrange the hire of clubs, organise a game of bowls, find out which locals are going fishing in the lagoon and arrange for you to join them, tell you how to hire an outrigger canoe — or where to go horseriding.

You're their guest and they'll go out of their way to make your stay as pleasant and memorable as possible.

Other things you might like to ask them about: Seeing the lagoon through a glass bottomed boat, a reef walk or sail. Or an inland tour in a horse-drawn buggy. There are shops within the hotel and a hairdressing salon.

It's all there, it's all yours, just for the asking.

### You set the pace

You can describe the atmosphere of The Rarotongan in a word: Informality. From the time you arrive you'll get the feeling that what you do is up to you.

However, there is something we'd hate you to miss: The cuisine. Whether your preference is western style food or the exotic dishes of the South Pacific — sea foods and tropical fruits — dining at The Rarotongan will be the highlight of each day.

The cocktails are just as exotic and are mixed using fresh fruit juices from local pineapple and orange groves.

And you can try them in any one of The Rarotongan Hotel's two bars.

**Top left:** Dancers performing at the Rarotongan Hotel.

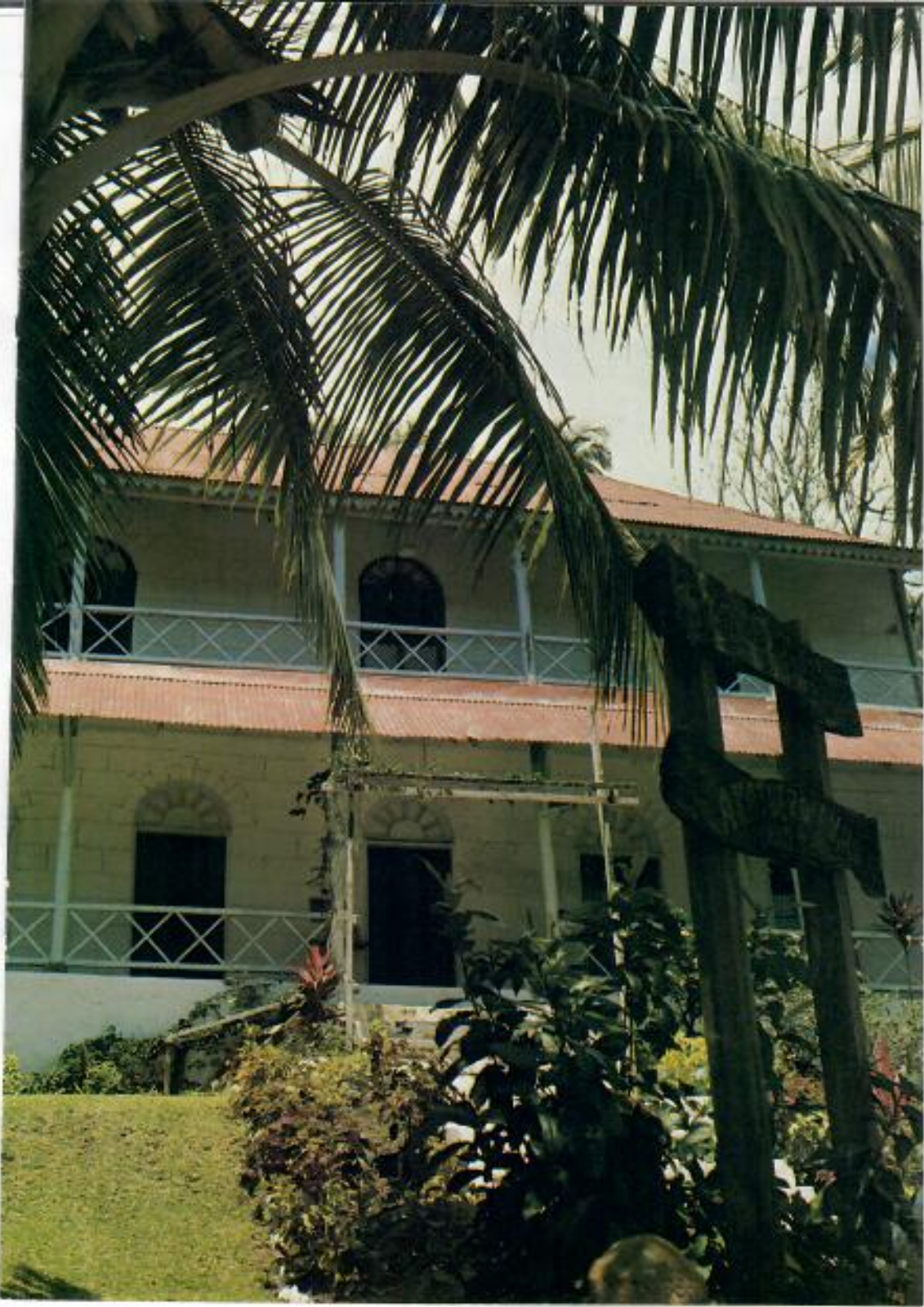
**Top right:** Poolside refreshments at the Rarotongan.

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Any day of the week Air New Zealand makes at least 240 flights between any two of 37 airports in 11 countries around the Pacific basin. Twenty-three of these airports are in New Zealand and the others spread between Australia, Fiji, Western Samoa, New Caledonia, Norfolk Island, Tahiti, the Cook Islands, Hawaii, North America, Asia and the Orient.

Air New Zealand treats tourists to everything, and more, than they are accustomed to receive elsewhere in the world. The welcome as you step aboard your Air New Zealand aircraft reflects not just great pride in the presentation of a commercial service, but a real happiness that you have chosen to discover and share our South Pacific paradise.







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# Rarotonga

and the Cook Islands



tourist authority information manual

Wednesday, 23rd September, 1773

... "At 10 o'clock a.m. saw land from the main head and at Noon from the Deck extending from SBW to SWBS, hauled up in order to discover it plainer"

Friday, 25th September, 1773

... "they are low and cloathed with wood among which the Cocoa-nutt trees were the most conspicuous"

*From the Journal of Captain James Cook*



## History

Like so many islands in the vast Pacific Ocean, the Cook Islands was first peopled by sporadic migration and great Polynesian voyages during the 7th and 8th centuries A.D.

Much of the history of these islands is recorded in colourful songs and legends which tell of heroic sea voyages from the ancestral home of Awaiki.

They also tell of the departure of the great Maori fleet to New Zealand around 1350 A.D., for Rarotonga is regarded as the last staging post on the extraordinary migrations of Polynesian peoples to southern islands of the Pacific.

And just as Polynesian discovery and population of the Cook Islands was spread over two centuries, so too was European exploration of the area. It took many explorers and many years to discover and chart all the islands of the Group.

In order of discovery:

- Pukapuka discovered by Alvaro de Mendana and Pedro Quiros 1595

- Rakahanga discovered by Pedro Quiros in 1606

- Manuae discovered by James Cook in 1773

- Palmerston discovered by James Cook in 1774

- Mangaia discovered by James Cook in 1777

- Atiu discovered by James Cook in 1777

- Takutea discovered by James Cook in 1777

- Penrhyn discovered by Captain Lever in 1778

- Aitutaki discovered by William Bligh in 1789

- AROTONGA discovered by the Bounty Mutineers in 1789

- Suvarrow discovered by Mikhail Lazarev in 1814

- Manihiki discovered by Captain Patricsson in 1822

- Mitiaro discovered by Rev. John Williams in 1823

- Maueke discovered by Rev. John Williams in 1823

- Nassau discovered by Ellhu Coffin in 1834

For many years, part of the Group was known as the Harvey Islands, but at a later date all the islands were brought together under the title Cook Islands, in memory of the great English explorer Captain James Cook.

The Cook Islands became a British Protectorate in 1888, and in 1892 a Federal Parliament was established in Rarotonga.

In 1900 the Group was formally annexed by New

Zealand and administered as an Island Territory until 1965.

On August 4, 1965 the Cook Islands became a self-governing nation, with its own Constitution, existing in free association with New Zealand and recognising Her Majesty Queen Elizabeth II as Head of State.

A free and democratic General Election is held every four years to elect 22 members to the Legislative Assembly. The Political party gaining the majority of seats elects a Premier and a Cabinet of six ministers as Government.

## Geography

The Cook Islands lies virtually in the centre of the Polynesian triangle of the South Pacific. It is flanked to the west by Tonga and Samoa, and to the east by French Polynesia.

The 15 islands that form the Group are scattered over an area of some 850,000 square miles of ocean, extending from Penrhyn — 9° south of the equator, to Mangaia which is just north of the Tropic of Capricorn.

Statutorily, the Cook Islands are bounded on the east and west by the 158th and 167th meridians of west longitude, and on the north and south by the 8th and 23rd parallels of south latitude. Total land area of the 15 islands is approximately 93 square miles.

Of the islands in the Southern Group, Rarotonga, Aitutaki, Atiu, Mitiaro, Mauke and Mangaia are elevated and fertile, supporting the greater portion of Cook Islands population. Manuae, Takutea, Palmerston and the islands of the Northern Group (Penrhyn, Manihiki, Rakahanga, Pukapuka, Nassau and Suvarrow) are sea-level coral atolls which are comparatively sparsely populated.

Only Penrhyn possesses a good harbour, although a new harbour complex is currently under construction in Rarotonga.

Rarotonga, Largest island and capital of the Group, Rarotonga is the most developed of all the Cook Islands.

Although only 25 square miles in area, Rarotonga is a richly beautiful, luxuriant island with an encircling reef and rugged mountainous interior rising to over 2,000 feet.

The island has excellent tourist accommodation and a newly expanded International Airport sited

close to Avarua, the principal town of Rarotonga.

Approximately half of Rarotonga's 11,500 people live in Avarua. The rest live in scattered villages located almost exclusively around the narrow coastal strip.

Aitutaki, The only other island providing tourist facilities, Aitutaki is considerably smaller than Rarotonga and located some 140 miles north of the capital.

This tropic island paradise was discovered by Captain Bligh in 1789, just before the infamous mutiny on his vessel "Bounty".

Once a destination-point for Air New Zealand's famous Coral Route flying boat service, Aitutaki has one of the most beautiful lagoons in all Polynesia.

Scheduled daily air services by Cook Islands Airways link Rarotonga and Aitutaki.

## Cook Islands Time

The Cook Islands is 10 hours 30 minutes behind Greenwich Mean Time.

When it is 12 noon in Rarotonga it is: (in standard time)

Same day . . . 2.30 p.m. in Los Angeles

4.30 p.m. in Chicago

5.30 p.m. in New York

7.30 p.m. in Buenos Aires

10.30 p.m. in London

11.30 p.m. in Paris

Next day . . . 6.30 a.m. in Hong Kong

7.30 a.m. in Tokyo

8.30 a.m. in Sydney

10.30 a.m. in Auckland

## Climate

The climate of the Cook Islands is pleasantly warm and sunny.

From December to March, the weather is warmer and wetter. This is also known as the "hurricane season", however such storms are infrequent and irregular.

The island of Rarotonga has almost ideal weather. It is seldom excessively hot and never cold.

Average annual rainfall is 80 inches.

Wednesday, 2nd April, 1777  
... "At 3 p.m. Mr Gore returned with the boats, and informed me that he had examined all the west side of the island without finding a place where a boat could land or the Ships could anchor, the shore being every where bounded by a steep corral rock against which the sea broke in a dreadful surf: but as the Natives seemed to be very friendly he was of opinion they might be prevailed upon to bring off to the boats without the surf such articles as we most wanted . . ."

From the Journal of Captain James Cook



Rarotonga throughout the year:

	Temp. (°C)	Humidity
Jan.	25.7	86
Feb.	25.8	87
Mar.	25.7	89
Apr.	25.2	86
May	23.2	84
June	22.4	83
July	21.7	84
Aug.	21.5	82
Sept.	21.9	80
Oct.	23.0	79
Nov.	23.9	81
Dec.	24.9	83

## People

Cook Islanders are Polynesians of the Maori race. They are British subjects and New Zealand citizens.

Total population of the Cook Islands is just over 21,000, of which some 50% live on the main island of Rarotonga.

## Language

The indigenous language is Cook Islands Maori, but almost everyone speaks English as a second language.

## Religion

Religion is an important part of community life. Sunday is observed as a day of worship and, in general, active sport and recreation is not encouraged on that day of the week.

The principal religious faiths in the Cook Islands are: Protestant, Roman Catholic, Seventh Day Adventist and the Church of Jesus Christ of Latter Day Saints.

All faiths and churches welcome visitors.

## Economy

The economy of the Cook Islands is primarily agricultural.

Citrus fruit, bananas and pineapples are the major export crops of the fertile islands of the

Southern Group, although other tropical fruits are grown for local consumption and export.

On the atolls of the Northern Group, copra is the main export crop. In addition, pearl shell is also harvested on Penrhyn and Manihiki.

At present there are no mineral or extractive resources and no heavy industries. However a large cannery in Rarotonga processes the bulk of the country's citrus fruit and pineapple for export. Other secondary industries include clothing and the manufacture of local artifacts.

Tourism is the newest industry and already there is a good standard of accommodation available and a diverse range of tourist attractions.

## Getting there

### Air Services

Air New Zealand operates a regular jet service between Christchurch and Rarotonga, via Wellington; Auckland and Rarotonga direct, and on the Coral Route from Auckland through Fiji, Rarotonga and Tahiti. Details from any Air New Zealand office or Travel Agent.

## Sea Services

Scheduled calls are made by ships of the Pacific. A number of cruise ships make brief stops at Rarotonga, but have to stand-off beyond the reef because of inadequate berthing facilities. Passengers are ferried ashore by launches and lighters.

Islanders selling local craftware and an entertainment troupe generally entertain on board ships at Rarotonga.

NOTE: for details on schedules, see official airline and shipping guides.

## Documentation

### Entry Permits

A bona fide visitor does not require an entry permit provided he possesses a valid passport, holds onward passage (booked and paid for)

and does not intend staying more than 31 days. (a "bona fide" visitor is any person who enters the Cook Islands solely for the purpose of holiday or recreation and not for employment). Cook Islanders and permanent residents and their children do not require visas.

A Cook Islander is defined as a person belonging to the part of the Polynesian race indigenous to the Cook Islands and includes any person descended from a Cook Islander.

It should be noted that anyone entitled to enter Cook Islands without a permit must satisfy the slipping or air line by which they travel of their exemption. Usually a New Zealand passport, birth certificate, certificate of identity, or permanent residence certificate is sufficient.

All other persons not included in above categories, or those who wish to enter for work or business must obtain entry permits. These may be applied for through:

1. Principal Immigration Officer, Ministry of Labour and Commerce, P.O. Box 81, Rarotonga, Cook Islands, or
2. Cook Islands Government Office, Communications House, Box 37381, Parnell, Auckland, Phone 360-450, or
3. New Zealand Embassy or Consulate Officers in other countries.

## Exit Permits

Bona fide visitors do not require exit permits. All other departing visitors are advised to inquire through the Immigration Department in Rarotonga prior to their day of departure to ensure all conditions of exit — including taxation clearance — have been met.

## Passports

Cook Islanders and permanent residents do not require passports when travelling to and from the islands. However, since most ships and aircraft serving the Cook Islands are likely to call at foreign ports where such documentation is required, it is strongly advised that a current passport be obtained.

Australian and New Zealand citizens do not require passports, but for the reasons stated above — and the need to prove citizenship — it is recommended that visitors from those countries be in possession of a valid passport. All other visitors must have a current passport.

Thursday, 3rd April, 1777

... Their motions and song were made in such exact concert that it would seem they had been taught with great care to perform each, and it would also appear that they are purposely chosen for this ceremony as few of those we saw in the crowd equal'd them in beauty.

From the Journal of Captain James Cook



## Health Requirements

A valid smallpox certificate is required of all visitors. However, travellers from Australia, Canada, New Zealand, The Pacific Islands and United States (including Hawaii) are exempted provided they have not travelled outside these countries during the 14 days prior to entry into the Cook Islands or provided the exempted countries do not suffer any outbreak of some other internationally notifiable disease.

## Quarantine

The Cook Islands is free of serious diseases and pests of plants and animals. As the economy of the islands depends on agriculture, it is essential to maintain high standards of pest control. Therefore, all plants, fruits and animals brought into the country must be declared for inspection.

**IMPORTANT NOTE:** Passengers embarked in Fiji, Samoa, Tonga and Tahiti are required to have their baggage (except small hand luggage — under 10lbs) fumigated on arrival. Fumigation may take up to three hours, and as a precaution it is wise to carry personal articles for immediate need in hand luggage. Bottles should also be removed from baggage since they are liable to break during fumigation. This formality which may cause minor inconvenience is necessary to prevent introduction of pests and diseases hazardous to Cook Islands agriculture.

## Customs allowances

No duty is levied on clothing or personal effects (including sports equipment). In addition, each visitor may bring the following items, free of duty, into the Cook Islands:

- 200 cigarettes, or up to 1/2 lb of tobacco, or up to 50 cigars, or equivalent.
- 1 reputed quart (26oz.) of wine.
- 1 reputed quart (26oz.) of spirits.
- 2 still cameras with 24 plates or 10 rolls of film, or 1 still camera with 12 plates or 5 rolls of film and 1 miniature cine or movie camera (less than 35mm) with 2 reels of film.
- 1 pair of binoculars.
- 1 portable record player plus 10 records.

- 1 portable radio.
- 1 portable typewriter.
- 1 portable musical instrument.

Goods in excess of those listed above and not covered by specific concessions (provided they accompany the visitor and are for the visitor's own use) are subject to the following:

Goods up to the value of \$NZ20 — no duty.  
Goods in excess of \$NZ20 but not exceeding \$100 in value — duty of 25% payable on the value exceeding \$20.

Goods exceeding value of \$NZ100 — dutiable at standard rates.

**The importation of firearms, cartridges and fireworks is expressly prohibited.**

## Where to stay

Visitor accommodation, while of adequate variety and of good standard is still limited, so reservations are essential.

Reservations can be made direct to hotels or motels, or through travel agents (usual rates of commission apply). Generally, a deposit of 10% is required on confirmation of booking, and a cancellation fee of 10% is charged unless sufficient notice is given for resale.

## What to wear

Comfortable informality is the guide to dressing in the islands. Formal dress is normally not required, but a lounge suit for men would be acceptable on "formal" occasions.

Cotton and other light washable clothes are ideal all year around. A light sweater is advisable for cooler evenings during the months of July and August.

A lightweight raincoat or umbrella is a wise precaution against sudden tropical showers. Most hotels and motels will arrange laundry services, but no dry cleaning services are currently available.

Thursday, 3rd April, 1777

The Canoes of this island, at least such as came off to the Ships, are but small, long and narrow and support(ed) by out-riggers, that is such as single. The stern is elevated about 3 or 4 feet something like a ship's stern post, the head is flat above, but prow-like below and turns down at the extremity like the end of a fiddle.

From the Journal of Captain James Cook





## Things to see & do Sightseeing

Rarotonga, with a circumference of about 20 miles is a lush tropical garden. The round-island road presents ever-changing scenery of beaches, lagoons, villages, gardens, plantations and rugged mountains. For the more energetic, there are numerous inland walks and hill-climbing. Walking on the coral reef at low tide is a good way of viewing marine growth — sturdy footwear is essential. Places of historic interest such as marae, early churches and mission grounds are plentiful and guides are available.

### Buggy rides

Power buggies leave Avarua for a leisurely tour of the island with stops for swimming, snorkelling, beachcombing, sunbathing and refreshments. Inland tours by horse-drawn buggy can also be arranged. Inquiries to Taylor's Tours Ltd., Phone 2463K.

### Package Tours

**HINANO TOUR** — 5-day package (arrive Tuesday, depart Saturday) includes airport transfer, around-the-island sightseeing, visits to historic places and fruit cannery, island-night entertainment and dining (umukai).

**HIBISCUS TOUR** — 4-day package (arrive Saturday, depart Tuesday). Includes airport transfers, around-the-island sightseeing, island-night entertainment and dining (umukai).

**AITUTAKI** — guided tours around the island by mini-bus or decorated truck. All day picnic, travelling across lagoon by motorboat to one of the numerous islands. Picnic lunch included.

Minimum of 10 persons. Details from: Tipani Tourist Services Ltd.

### Travel Agents/Tour Operators in Rarotonga

Stars Travel, P.O. Box 75, Rarotonga. Phone 2280.  
Union-CITCO Travel, P.O. Box 54, Rarotonga. Phones 2178/79.  
Taylor's Tours, P.O. Box 399, Rarotonga. Phone 2463K.  
Tipani Tours, P.O. Box 4, Rarotonga. Phone 2279.

## Entertainment

Cook Islanders excel at dancing, singing and drumming. Before they are old enough to start school, children pick up traditional music, movements and rhythm as easily as a visitor might pick a hibiscus bloom from a wild bush beside the roadway.

**THE COOK ISLANDS NATIONAL YOUTH ORGANIZATION** performs songs and dances at hotels, night clubs and on other festive occasions. **THE COOK ISLANDS NATIONAL ARTS THEATRE** — formed in 1969 to revive the exciting classical songs, chants and legends from the 13 populated islands of the Cook Group. This theatre has now attained world renown with highly successful tours of Australia, New Zealand and Fiji.

Floor shows and Dance performances:

**Are Tipani** — licensed, open-air night spot with wine and dining on Wednesday and Friday nights (7.30 p.m. to 11.30 p.m.). Smorgasbord dinner and island floor show. Located in centre of Avarua. Wednesday night shows are broadcast live over local radio network. Booking arrangements through hotels, motels and Rose-ine's Restaurant Ltd., P.O. Box 23, Rarotonga.

**Trailways Hotel** — features 3-hour floor show and local dance band on Saturday evenings.

**Arorangi Beach Motel** — island night entertainment and dining on Tuesdays (7 p.m. to 11 p.m.), Saturdays (5 p.m. to 11 p.m.).

**Dances and Floorshows** — local dance halls around the island often feature 3-hour floor show on Wednesday and Friday evenings.

**Banana Court** — licensed tavern in centre of town. Open Monday-Saturday with dancing Wednesday-Saturday nights.

### Service Clubs

The Rotary Club meets Thursday 5 p.m. at the Sailing Club. Visiting Rotarians always welcome. Contact: Bruce Graham, Phone 2311, Rarotonga.

### IMPORTANT NOTE

#### TIPPING

Tipping is contrary to local hospitality and custom. No service charges are added to hotel or restaurant bills and no gratuities are expected.

## Recreation

Opportunities for the sportsman are plentiful — tennis, horse riding, golf, sailing, fishing and numerous spectator sports.

**Swimming** is safe in the lagoon around white sand beaches.

**Deep sea game fishing** in Cook Island waters is excellent for marlin, tuna, wahoo and other species. Arrangements can be made through the Tourist Authority and local fishermen.

**Spear Fishing** (day and night) is popular with islanders as the waters are clear and abound with fish. However there is no equipment available for hire, nor facilities for aqualungs. Snorkelling within the lagoon is interesting and safe. **The Rarotonga Sailing Club** is situated at beautiful Muri beach. Visitors are always welcome.

Nine hole **golf** courses offering 18-holes with a par 64 are open all year round on Rarotonga and Aitutaki. Visitors welcome, but hire facilities are limited.

**Outdoor bowls** is a long-established sport in Rarotonga with an enthusiastic following. Club facilities are very good.

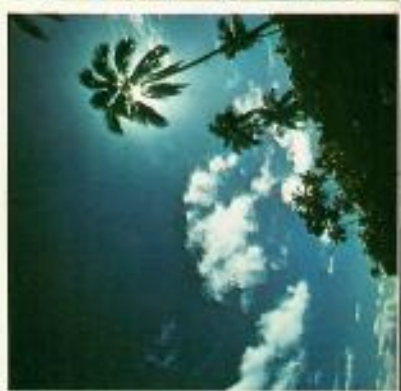
**Horses** are available for hire at \$2 per hour from Taylor's Tours Ltd.

**Horse racing** is conducted on Muri beach three or four times a year during public holidays and festivals. However, there is no guarantee that horses will finish... some prefer to swim or prove reluctant to make the turn at half way. Usually a memorable day!

**Cook Islands Totalisator Board** operates regularly with bets for win, place and doubles on New Zealand race meetings.

**The Cook Islands Sports Association** has affiliated to it all major sporting organizations in the Cook Islands. Those wishing to participate should contact the Secretary, Cook Islands Sports Association, Rarotonga.





Sunday, 30th March, 1777  
... (the island) "is guarded by a reef of coral rock without which the Sea is of an unfathomable depth. It seemed to be mostly covered with trees amongst which were Bread fruit and Cocosnut and our friend told us they had Plantains and the Tarra root, but no yams, Hogs, nor Dogs. Such articles as the island produce must be in great plenty, as the Inhabitants seemed to be both numerous and well fed; the men are stout, active and well made; in their actions and Language they come nearer to the New Zealanders than the Otaheitians and their colour is between both" ...

From the Journal of Captain James Cook



## Festivals & Celebrations

Throughout the year there are a number of celebrations of interest to visitors.

**New Years Day** — horse racing at Muri beach. A novel bare-back race along the beach by the lagoon.

**Easter Monday** — horse racing at Muri beach.  
**ANZAC Day** — April 25. Special parade and services in remembrance of World War dead.

**Constitution Celebrations** — August 1-10. Festive and sporting activities to commemorate attainment of self-government on August 4, 1965. Competitions in traditional drum dances, action songs, legends, dramas and singing take place with representatives from outer islands travelling to Rarotonga to compete.

**Gospel Day** — October 26. Religious plays (Nuku) performed in the open air, commemorating the arrival of the Christian gospel in 1823.

**All Souls Day** — November 1. Catholic community decorates graves with garlands of frangipani. Torchlight procession in evening.

**Christmas Day** — church services.

**Boxing Day** — December 26. Horse racing at Muri beach.

**New Years Eve** — Open air dancing and entertainment.

### Statutory Holidays

**New Years Day** (January 1), **ANZAC Day** (April 25), **Good Friday**, **Easter Monday**, **Queen's Birthday** (June 3), **Constitution Day** (August 4), **Gospel Day** (October 26), **Christmas Day** (December 25), **Boxing Day** (December 26).

## Getting about

**By Bicycle**  
CYCLE HIRES — Bicycles for hire.

## By air

Cook Islands Airways operates a 9-seater Britten-Norman Islander between Rarotonga and Aitutaki. Return flights on Mondays, Tuesdays, Fridays, Saturdays and Sundays.

Twenty-minute scenic flights over Rarotonga are available.

Bookings through Air New Zealand.

## By sea

Local shipping companies operate an inter-island shipping service with frequent overnight trips to islands of the Southern Group, and less regular services to islands in the North. Details from Travel Agents or Tourist Authority on arrival.

## By bus

There is a scheduled bus service around Rarotonga. Buses also available for charter. Contact: Cooks Passenger Service Ltd., Rarotonga.

## By car or motorcycle

**ACE TAXIS LTD.** — (Hertz agents). Taxi service plus fleet of Datsuns and motor scooters for hire.

**RENTAL CARS (COOK IS.) LTD.** — Good range of cars.

**L. & M. JONASSEN** — Taxi service, car and motorcycle hire. Rates on application.

**ISLAND MERCHANTS LTD.** — Motor scooter hire.

**RAROTONGA HIRE CENTRE LTD.** — Motor scooter hire.

## Driving in the Cook Islands

All vehicle users must have a current Cook Islands drivers licence. Drivers with valid overseas licences can obtain local licences from the Police Department without any difficulty. Drive on the left, and be prepared to give way to pedestrians who have traditionally enjoyed the right of way.

## By taxi

A number of local companies operate taxi services. Fares are government controlled and displayed in each car. Rates are very reasonable.

## General Information Banking & Exchange

The National Bank of New Zealand in Avarua is open 8.30 a.m. to 2.30 p.m. In addition, visitors can change travellers cheques and principal currencies at larger stores, hotels or motels.

## Currency

Unit of Currency is the New Zealand dollar, augmented by coinage minted for local use only. The dollar coin bearing the symbol of the god "Tangaroa" is popular with coin collectors. Local coins are not negotiable outside the Cook Islands.

## Transfer of funds

There is no restriction on the amount of foreign currency a visitor may take into the Cook Islands. Travellers cheques expressed in New Zealand currency may also be imported without limitation.

Unexpended New Zealand or local currency may be exchanged prior to departure into the same currency as that brought into the country, and there is no restriction on export of unused foreign currency or travellers cheques. However, Treasury approval is required for transfer of funds out of the Cook Islands. Visitors are advised to negotiate foreign currency transactions through the Rarotonga branch of the National Bank of New Zealand.

## Taxation

Any income earned within the Cook Islands is liable to income tax.



## Shopping & Souvenirs

Shopping in Rarotonga is duty free. All large shops offer an impressive array of goods at competitive prices. Prices are fixed — there is no bargaining.

Two Curio Houses offer a wide range of local carvings from wood and pearl shell and fine examples of weaving.

The Philatelic Bureau handles distinctive Cook Islands stamps, prized by collectors throughout the world.

Shopping hours in Rarotonga are usually 7.30 a.m. to 3.30 p.m., Mondays to Fridays and 7.30 a.m. to 11.30 a.m. Saturdays. Some village shops and stores near entertainment centres are open at night.

## Food & Restaurants

Restaurants and dining facilities on Rarotonga are limited at present. There are restaurants at Trailways Hotel, Arorangi Beach Motel, Cafe Ruaau and Rima's Kai Inn, and some of the larger motels provide limited food service.

However, one feature of Cook Islands is the plentiful supply of luscious tropical fruit and a wide variety is usually available.

Meat is imported from New Zealand, as are most grocery lines.

## Liquor & Wines

A comprehensive selection of beer, liquor and wines is available from Cook Islands Liquor Supplies and from stores around the island. Prices are very reasonable.

Trailways Hotel has a lounge bar and the Tourist Authority operates a comfortable tavern in the centre of Avarua.

## Water

Tap water in Rarotonga is safe to drink.

## Postal Services

**Mail, Telephone, Telegrams and Telex services**  
All these are available through the Post and Telecommunication Department in Rarotonga. Internal telephone services are available at all

hotels and motels in Rarotonga.

## Medical Services

Excellent medical and dental services are available 24 hours a day.

Rarotonga has a modern well-equipped hospital with overseas-trained specialist staff, a pharmacy and private health consultant clinic.

## Animal & Insect Pests

There are no poisonous animals or insects in the Cook Islands. Mosquitoes (non-malarial) can be worrisome in inland areas, but repellants give effective protection.

Reefs, corals and lagoons are free of any dangerous species. However, the thorny stone fish and Crown of Thorns star fish can cause painful wounds if trod upon.

## Photographic Supplies

Most popular brands of film are available. It is recommended that films be stored in plastic bags in the refrigerator and exposed films removed for processing as soon as possible.

Black and white films are processed in Rarotonga, but no colour processing is available as yet.

## Electrical Equipment

The voltage available is 230 volts, 50 cycle. Most power sockets are designed for three-pin flat plugs or adaptors.

Some hotels and motels have provision for 110 volt a.c. electric shavers.

## Accommodation on Rarotonga

### Ace Motel

P.O. Box 354, Rarotonga. Phone 2360. In Avarua, 2 minutes from shops and 2 miles from airport. Five self-service units, fully furnished. Serviced daily. Reservations may be made through usual channels, or through Mrs. Barraud, 317 Broadway Ave., Palmerston North, New Zealand.

### Aramoana Flats

P.O. Box 18, Rarotonga. Phone 2218A. Inland, 10 minutes from shops, 2½ miles from Airport. 4 self-service units with twin beds, fully furnished. 2 units with separate bedroom and 2 studios.

### Aroangi Beach Motel

P.O. Box 121, Rarotonga. Phone 2318. Two miles from Airport. Comfortable cottages scattered over site amongst palms and colourful foliage. White sand beach frontage. Twenty units with twin beds and settees. Units have own private verandah. Serviced daily. Restaurant facilities available. Facilities: Swimming pool and safe lagoon swimming; alcoholic refreshments and copious fresh fruit; large "meeting house" with entertainment and lounge facilities; island nights with local food and dancing; canoes and bicycles available for hire; guided walks on reef and inland. Airport transfer.

### Kikiri Motel

P.O. Box 124, Rarotonga. Phone 2084. 2½ miles from town and 4 miles from Airport. On foreshore with views to lagoon and reef. (Beach not suitable for swimming). Four twin units, fully self-contained. Serviced daily. Motel under expansion to 12 units.





### Lagoon Lodges

P.O. Box 197, Rarotonga. Phone 2065/348. Cables: ESCAPA, Rarotonga. Holiday homes on two sites; one 2-bedroom unit on beautiful beach site at Muri, six miles from town; and four 2-bedroom units with air conditioned bedrooms at Arurangi in rural setting facing the beach. All are spacious, fully furnished, detached houses on attractive grounds.

### Little Polynesian Motel

P.O. Box 366, Rarotonga. Phone 2428. Situated at Titikaveka, 8 miles from Avarua and 10 miles from Airport. Site has excellent white sand beach, lagoon and safe swimming. Four cottage units, two double and two twin fully self-contained units. Facilities: fresh water pool, choice of island-style or European breakfast, fully serviced rooms, laundry, hire cars, outrigger canoes, alcoholic refreshments and fresh-picked fruit.

### Orange Grove Lodges

P.O. Box 553, Rarotonga. Situated inland in Titikaveka Village, 9 miles from town and 11 miles from Airport. Set in rustic orange grove with two self-contained apartment units, each with twin beds. Reservations may be made direct, or through INSTANT HOTELS LTD, P.O. Box 3767, Auckland, N.Z., Phone 374-921, Cables INSTHOTEL, Telex NZ 401.

### Puramaia Motel

P.O. Box 326, Rarotonga. Phone 2189. Two storey block fronting main road, 1½ miles from town and 4 miles from Airport. Six twin units, fully self-contained. Servicing available.



## Rarotongan Hotel

Currently under construction and scheduled for opening early 1977. Situated 6½ miles from Avarua on a magnificent 8½ acre landscaped site fronting excellent white sand beach. One hundred and two rooms (many air conditioned), all with own bathroom, refrigerator, telephone and radio. Facilities will include 3 bars, restaurant, shops, coffee lounge, games room, convention room, swimming pool and tennis courts.

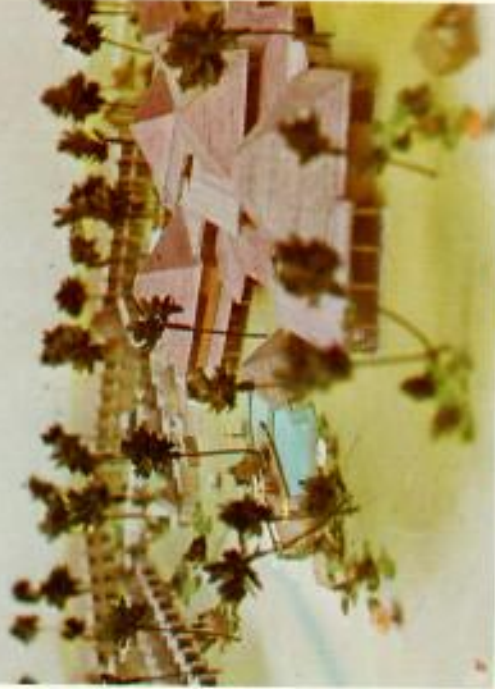
## Trailways Hotel

P.O. Box 17, Rarotonga. Phone 2415. Telex: HV2007. 1½ miles from town and 4 miles from Airport. Frontage to main road with views of lagoon and reef. (Beach not suitable for swimming). Forty air-conditioned rooms — 38 twin and 2 double. Facilities: dining room and lounge bar, snack bar, swimming pool. Island floor show and dancing on Saturday nights. Reservations may be made through usual channels or Air New Zealand.

## Accommodation on Aitutaki

### Rapee Motel

Owned and operated by the Cook Islands Tourist Authority. On a beach site three miles from airport and two miles from main village. Thirteen units — 12 twin units, 1 family unit (sleeps 5). Opening after March 1975. Facilities: daily servicing, dining and bar facilities, canoeing and snorkelling, lagoon tours and sightseeing. Reservations: Direct with motel or through travel agents.



# Islands in the Cook group

**Cook Islands**

Aitutangi	162
Aitutangi	162 100 30
Manihiko	338 35 97 77
Manihiko	195 115 97 27 88
Manihiko	195 115 125 138 916
Manihiko	293 388 255 228 250 210 260
Manihiko	716 895 729 724 228 720 744 428
Manihiko	475 845 850 857 858 853 845 830 48
Manihiko	820 811 813 808 808 805 794 813 798 292
Manihiko	824 825 842 813 804 804 794 790 800 808 273 24
Manihiko	777 881 870 872 872 872 872 872 872 872 872 872
Manihiko	573 895 820 820 820 820 820 820 820 820 820 820 820

Distances in Nautical miles from island to island.

**Pacific Ocean**



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## Further Information

The Cook Islands Tourist Authority provides public relations and general information services from its offices in Avarua and at the Airport.

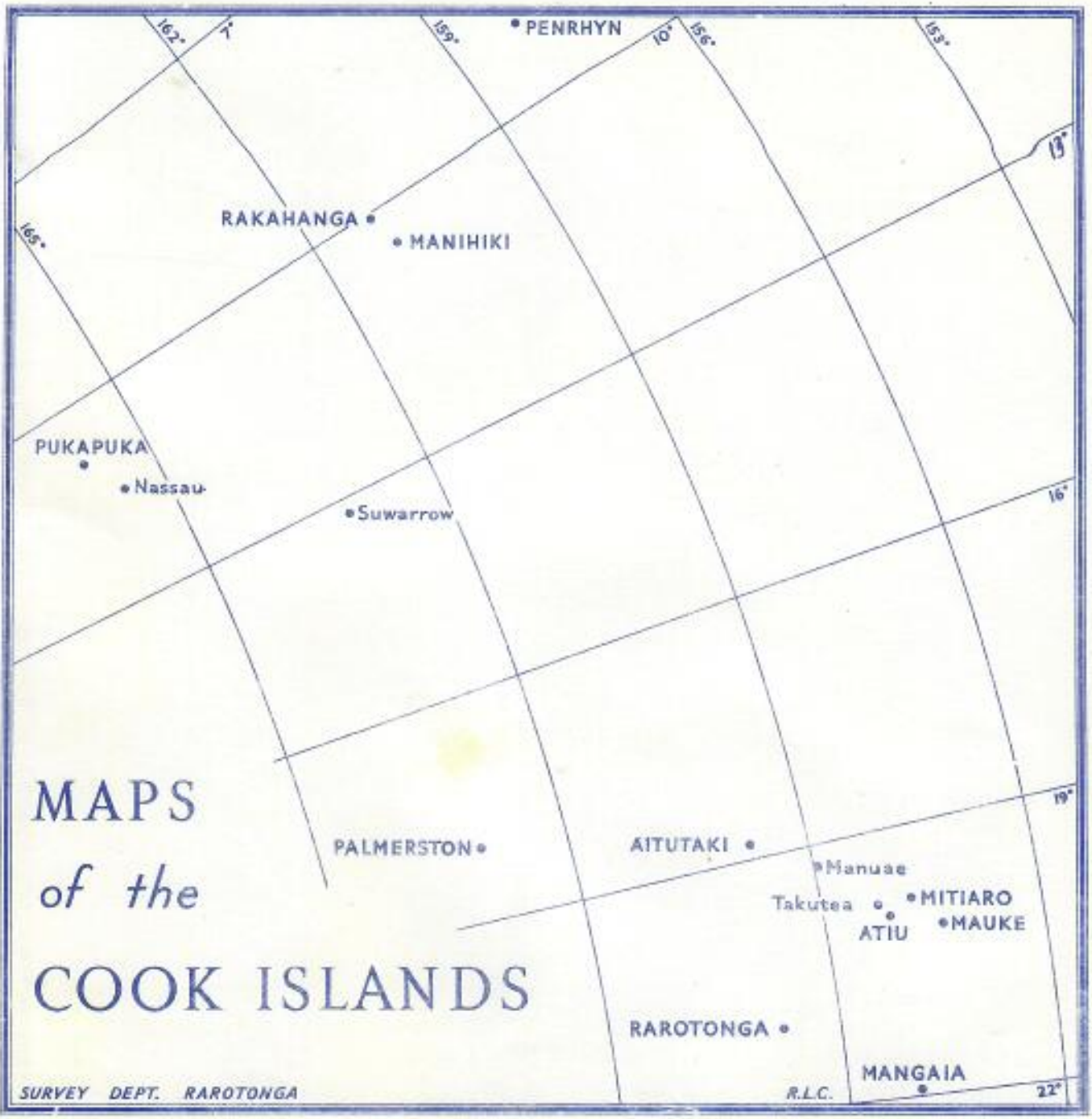
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MAPS  
of the

COOK ISLANDS



MAPS  
*of the*  
COOK ISLANDS

SURVEY DEPT. RAROTONGA

R.L.C.

# The Cook Islands

As this book shows the 15 islands that form the group known as the Cook Islands are spread over a very large area of the Pacific. Statutorily the Cook Islands are defined as all the islands between 8 degrees and 23 degrees south latitude and 156 degrees and 167 degrees west longitude. This rectangle has an area of 751,000 square miles, but the total area of the islands within it is only 93 square miles, less than one hundredth of one percent of the total.

20,000 people, almost all of Polynesian origin, live on these scattered islands. Almost exactly half live on Rarotonga.

On Rarotonga is the town of Avarua which is the capital of the Islands. Since 1965 the Islands have been internally self-governing and an elected Assembly of 22 members meets annually in Rarotonga. A Cabinet with the Premier and five Ministers, responsible to this Assembly, governs the Islands.

The interests of New Zealand, the country responsible for the Defence and Foreign relations of the Cook Islands and the country that subsidises the financial income of the Islands are represented by a High Commissioner.

A brief note on each island of the group gives an idea of its diversity and of the communications and other problems faced by its Government.

## RAROTONGA

Rarotonga is the largest, highest and most populous island of the group. In many ways it is also the most beautiful. Strangely enough it was except for Mauke and Mitiaro, the last island to be discovered by European navigators.

The island has an area of 17,000 acres. Te Manga, the highest peak, reaches a height of 2140 feet.

Its 10,000 inhabitants live mostly on the coastal plain which stretches from the hill to the beach. Beyond this plain is a lagoon lying between the beach and the fringing reef. In places this lagoon is wide and deep, ideal for swimming and canoe sailing, but in others it is shallow and full of large coral rocks.

The island produces citrus fruit, bananas, tomatoes, pineapples and other tropical fruits. Fruit is both

shipped to the New Zealand market and processed in a large modern cannery in Rarotonga.

The island has other secondary industries; two clothing factories and two factories producing curios.

The New Zealand Government is shortly to start construction of an International Jet Airport at Rarotonga and with its operation a substantial tourist industry is expected to develop. Many tourist vessels now make off-shore calls at Rarotonga, dancing teams going on board to entertain.

From Rarotonga there has been considerable migration to New Zealand and the Cook Islands population in New Zealand is rapidly approaching that in the Cook Islands.

The migration from Rarotonga does not reduce the population. A high birthrate plus considerable migration from outer islands to Rarotonga keeps the population on the increase.

## AITUTAKI

Captain Bligh discovered the island of Aitutaki in 1789 just before the famous mutiny took place on his vessel, the 'Bounty'.

Aitutaki is part volcanic and part atoll. It has a large and beautiful lagoon as well as hills and over 2000 acres of fertile soil.

The population of 2,500 is largely self supporting with a subsistence economy, a bountiful supply of fish, other sea foods, kumara, taro, arrowroot and other crops. At the same time they export oranges, bananas and tomatoes.

Aitutaki has two airstrips which were built by New Zealand workmen for the U.S. armed forces during World War II. A large U.S. force was stationed in Aitutaki at that time. Aitutaki was a stopping point on the coral route from New Zealand to Tahiti, until flying boats went out of service.

## MANGAIA

Mangaia, discovered by Captain Cook in 1777, is the second largest island of the group and is also the closest



to Rarotonga. Mangaia inland consists of a hilly island reaching a height of 554 feet. This inland part comes down to plains at almost sea level but this whole island is surrounded by a huge raised coral wall or Makatea. The makatea reaches 230 feet in height and is in places over a mile wide.

The Makatea is riddled with huge caves and the whole island is of great geographical interest.

2,000 people live on the island. They enjoy an almost complete subsistence agriculture and for a cash crop grow pineapples, most of which are processed in the cannery at Rarotonga.

Traditionally united are the islands jointly referred to as **NGA - PU - TORU**.

These are the inhabited islands of Atiu, Mauke and Mitiaro and the uninhabited island of Takutea owned by the people of Atiu.

#### **ATIU**

With a population of 1300, rises to a height of 230 feet. The main village is on the top of the island. It was discovered by Captain Cook in 1777 and a very full account of the island and its people followed his visit.

The people of Atiu are very industrious and have in recent years made a spectacular change in the appearance of their village. Small modern concrete houses have replaced the older type of inadequate housing. The island has good plantations of citrus fruit which is shipped to the canning factory at Rarotonga.

#### **MAUKE**

With a population of 700, is a similar island rising to 85 feet. It was discovered in 1823 by Rev. John Williams.

The island produces copra and has tried many crops. Citrus, peanuts, ginger and livestock production have all been the subjects of Government directed agricultural experiments in recent years. Expansion of the livestock industry is probable and new efforts are being made to develop the citrus industry there.

#### **MITIARO**

One of the poorest islands in the group today. Its 300 inhabitants have practically no cash income.

The majority of its young people migrate to Rarotonga for the final stages of their education and to obtain work. Many have later gone from there to New Zealand.

The island is a low one with a large lake on it. The lake is the source of an eel which is excellent eating.

#### **TAKUTEA**

A small uninhabited island only 9 miles from Atiu is visited annually by a gang of copra makers.

Fifty-five miles from Aitutaki is the small atoll of **MANUAE**, discovered by Captain Cook in 1773. He named its two islets the Hervey Islands.

Manuae is operated as a Co-operative coconut plantation and is worked by a labour gang normally numbering about 12. There are no permanent inhabitants

#### **PALMERSTON ISLAND**

An atoll situated about 250 miles North-West of Rarotonga. Its 86 inhabitants are descendants of an Englishman, William Marsters, who settled the island in 1862.

Far to the north of the islands so far described lie the islands of the Northern Group. These are Manihiki, Rakahanga, Penrhyn, Pukapuka, Nassau and Suvarrow. All are low islands and all except Nassau are atolls.

#### **MANIHIKI**

Best known for the high quality pearlshell produced there. Its 600 people obtain an income from this pearlshell trade and from the making of copra.

Only 26 miles from it lies **RAKAHANGA**, a smaller atoll which supports just under 400 people. Its only cash income is from copra.

The islands of Manihiki and Rakahanga have always worked together. There has been frequent sailing of the short distance between them and the whole population in the past would leave their village in Rakahanga and stay in Manihiki for a few months.

Presumably the short voyage has often been a dangerous one. During the last 25 years on three occasions boats have been lost when attempting to make the 26 mile crossing. One with seven people was never seen again. Another finished its journey in Pukapuka and a

third sailed to the New Hebrides in an epic and tragic small boat journey described in the book "The man who refused to die".

Rakahanga was the landfall of the famous raft Tahiti Nui III after its crossing of the Pacific. Its famous captain, Eric de Bishop, died on the reef in Rakahanga on landing. This trip is described in the book "From Raft to Raft".

Biggest of all the Northern Group atolls is PENRHYN. Penrhyn surrounds a very large lagoon and has a 10,000 feet airstrip which was built during World War II when the island was an American base.

Penrhyn's 550 people also depend on copra although some shell is also exported.

Penrhyn is the most distant island from Rarotonga, being over 850 statute miles to the North.

Right to the Western extremity of the group lie PUKA-PUKA and NASSAU. The small island of Nassau is worked for copra by the Pukapukans. Together the two islands have a population of 850. Copra, gives these islands their only income.

The whole population of Pukapuka works on a communal basis, to a much greater extent than on other islands of the group.

The "Book of Pukapuka" and "Island of Desire" by Robert Dean Frisbie, "The Islands of Danger" by Professor Beaglehole and a book called "The Raft" which describes the adventures of American airmen who drifted to Pukapuka during World War II all give good descriptions of these islands.

#### SUWARROW

A large atoll with little land, has had a strange history. It has not been permanently inhabited but has frequently been visited by Pearl Shell divers. Murder and piracy are part of Suwarrow's story as are rumours of buried treasure.

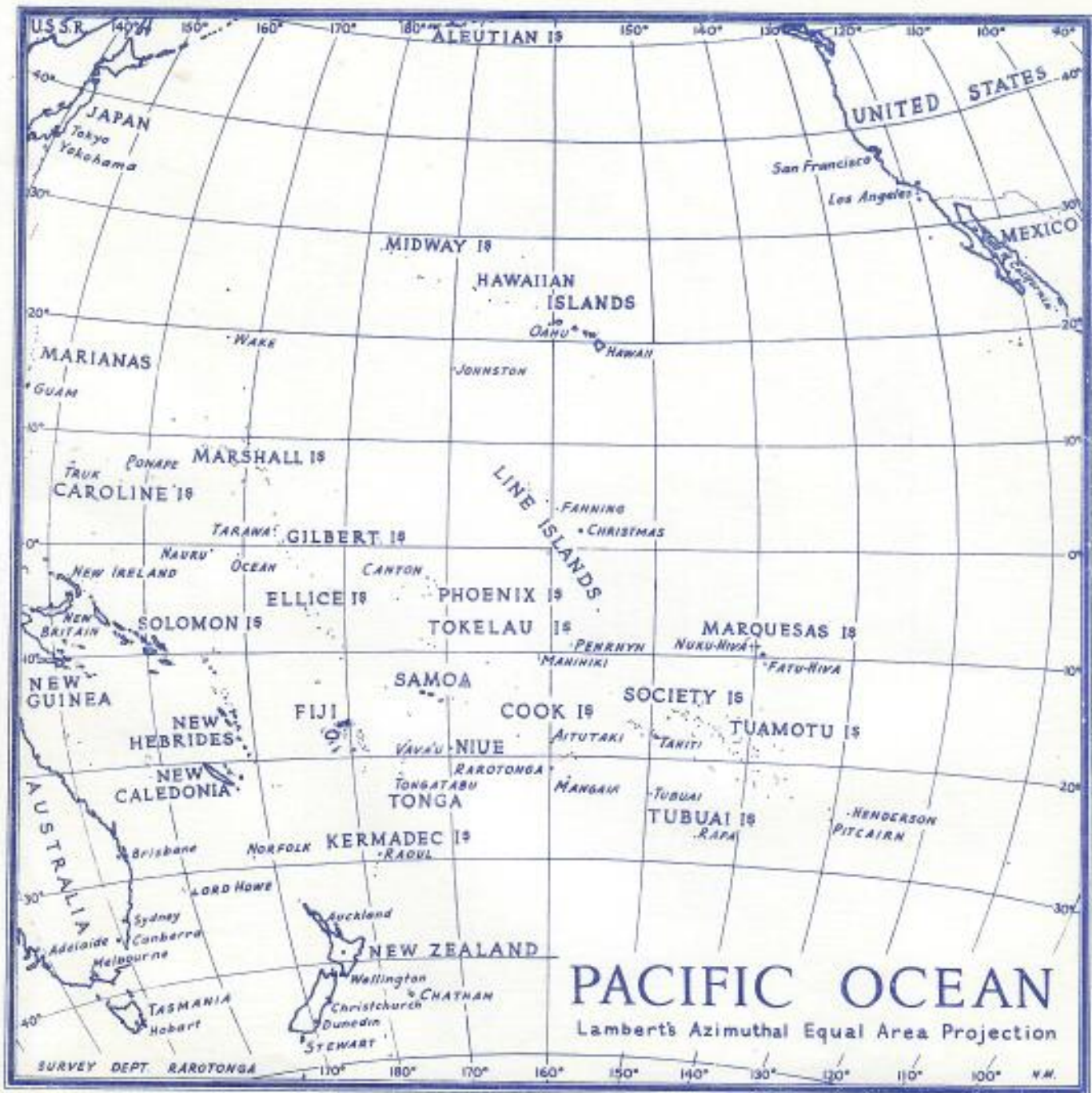
In recent years it has served as a hermit hideout. Alternatively New Zealander, Tom Neale, and Englishman, Michael Swift, have lived there as hermits. Currently it is inhabited by Tom Neale whose story can be read in the book "An Island to Oneself"

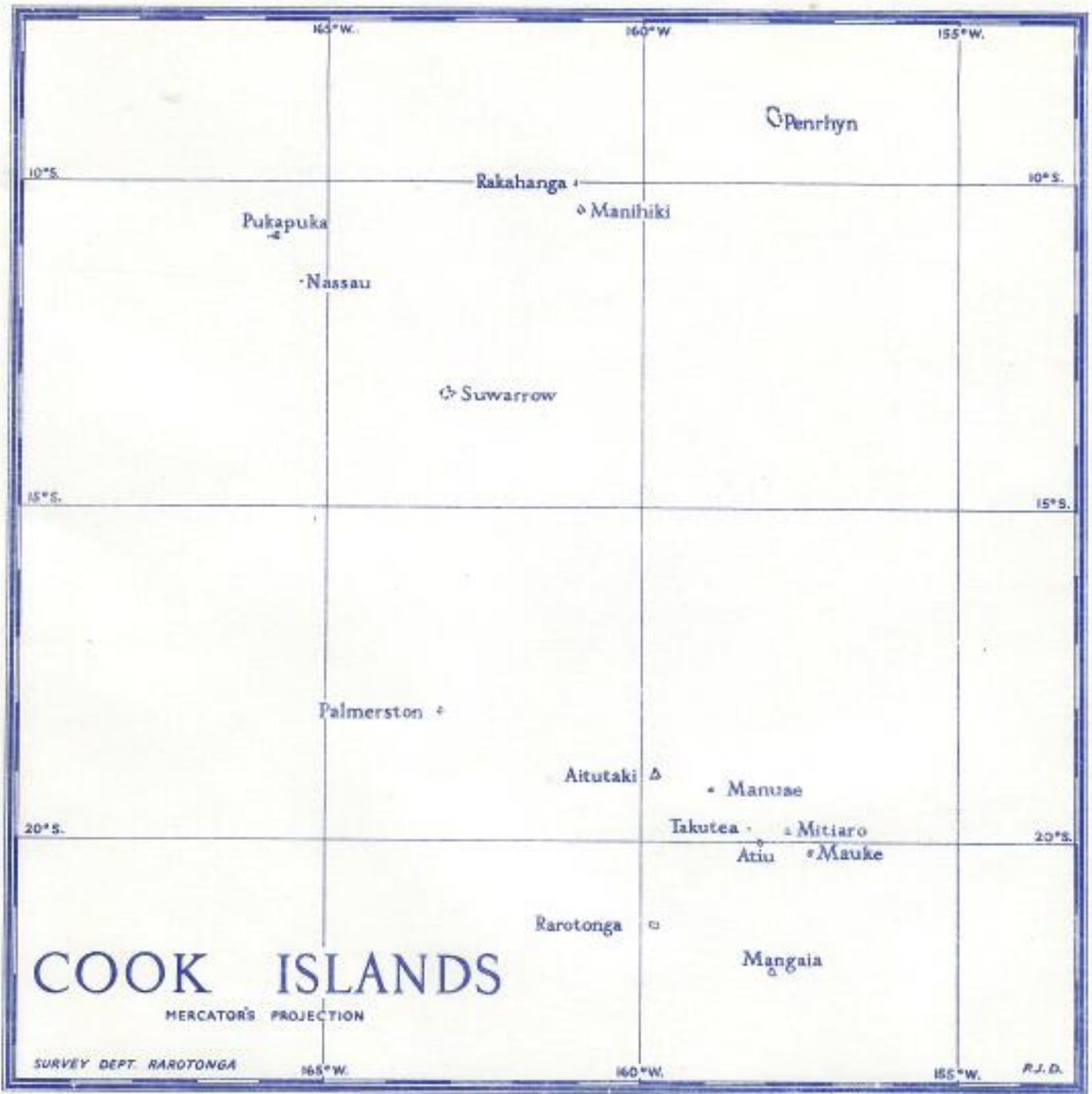
It is believed that at least two of the Northern Group Islands were visited by the early Spanish navigators, Mendana and Quiros in 1595 and 1606. But reports as to which islands were visited are somewhat vague due to the limited accuracy of navigation at that period and similarity in appearance of all small atolls.

ISLAND	Population 1961	Distance and Direction from Rarotonga Miles	POSITION		CLIMATOLOGICAL DATA				Area in Acres	
					Rainfall in inches	Mean Temp. Deg. F.	Maximum Deg. F.	Minimum Deg. F.		
RAROTONGA	8,676	-	21° 12' 06" S	159° 46' 33" W	83	74	92	48	16,602	
AITUTAKI	2,582	140	N	18° 51' 45" S	159° 48' 10" W	78	78	96	55	4,461
MANGAIA	1,877	110	ESE	21° 54' 30" S	157° 58' W	77	-	-	-	12,800
ATIU	1,266	116	NEbvE	19° 58' 45" S	158° 08' 00" W	83	-	-	-	6,654
MAUKE	785	150	ENE	20° 08' 30" S	157° 21' 20" W	76	-	-	-	4,552
MITIARO	307	142	NEbvE	19° 51' S	157° 43' W	76	-	-	-	5,500
MANUAE (Hervev Is.)	18	124	NNE	19° 15' 43" S	158° 57' 43" W	-	-	-	-	1,524
TAKUTEA		118	NE	19° 48' 35" S	158° 18' W	-	-	-	-	302
MANIHIKI	1,006	650	NbvW	10° 25' 20" S	161° 01' W	-	-	-	-	1344
PUKAPUKA	718	715	NWbvN	10° 53' S	165° 49' W	-	-	-	-	300
PENRHYN	628	737	NbvE	8° 59' 45" S	157° 58' 50" W	95	82	96	65	2432
PALMERSTON	86	270	NW	18° 04' S	163° 10' W	109	82	99	67	500
RAKAHANGA	319	674	NbvW	10° 02' 30" S	161° 05' 30" W	71	83	94	72	1000
NASSAU	109	673	NWbvN	11° 33' 20" S	165° 25' W	83	-	-	-	300
SUWARROW	1	513	NNW	13° 14' 40" S	163° 06' 15" W	92	-	-	-	100

	RAROTONGA	AITUTAKI	MAUKE	MITIARO	MANUAE	ATTU	MANGAIA	PALMERSTON	PUKAPUKA	NASSAU	MANIHIKI	RAKAHANGA	PENRHYN
AITUTAKI	140	.											
MAUKE	150	160											
MITIARO	142	130	32										
MANUAE	124	55	107	77									
ATTU	116	113	50	27	60								
MANGAIA	110	208	115	125	168	116							
PALMERSTON	270	198	355	330	250	310	380						
PUKAPUKA	715	588	735	704	628	700	794	455					
NASSAU	673	540	690	657	580	653	746	408	48				
MANIHIKI	650	511	618	595	540	590	704	475	286	270			
RAKAHANGA	674	535	642	619	564	614	728	498	289	273	24		
PENRHYN	737	600	670	650	612	660	774	620	480	464	196	191	
SUWARROW	513	385	528	500	435	495	600	288	215	170	208	225	396

Distances in Nautical miles from Island to Island.

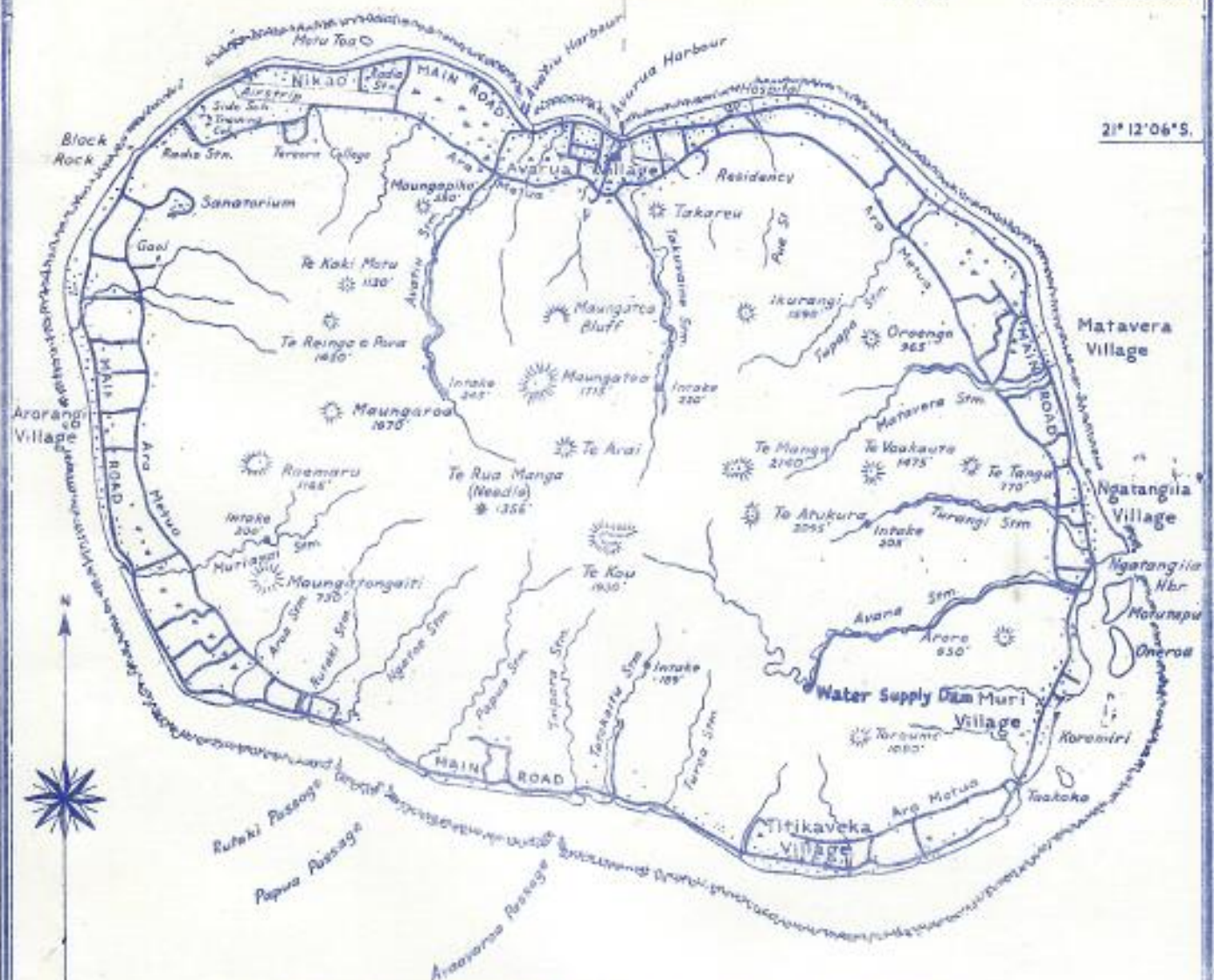




159°46'33" W.

Area 16,602 Acres

21°12'06" S.



# RAROTONGA ISLAND

SCALE

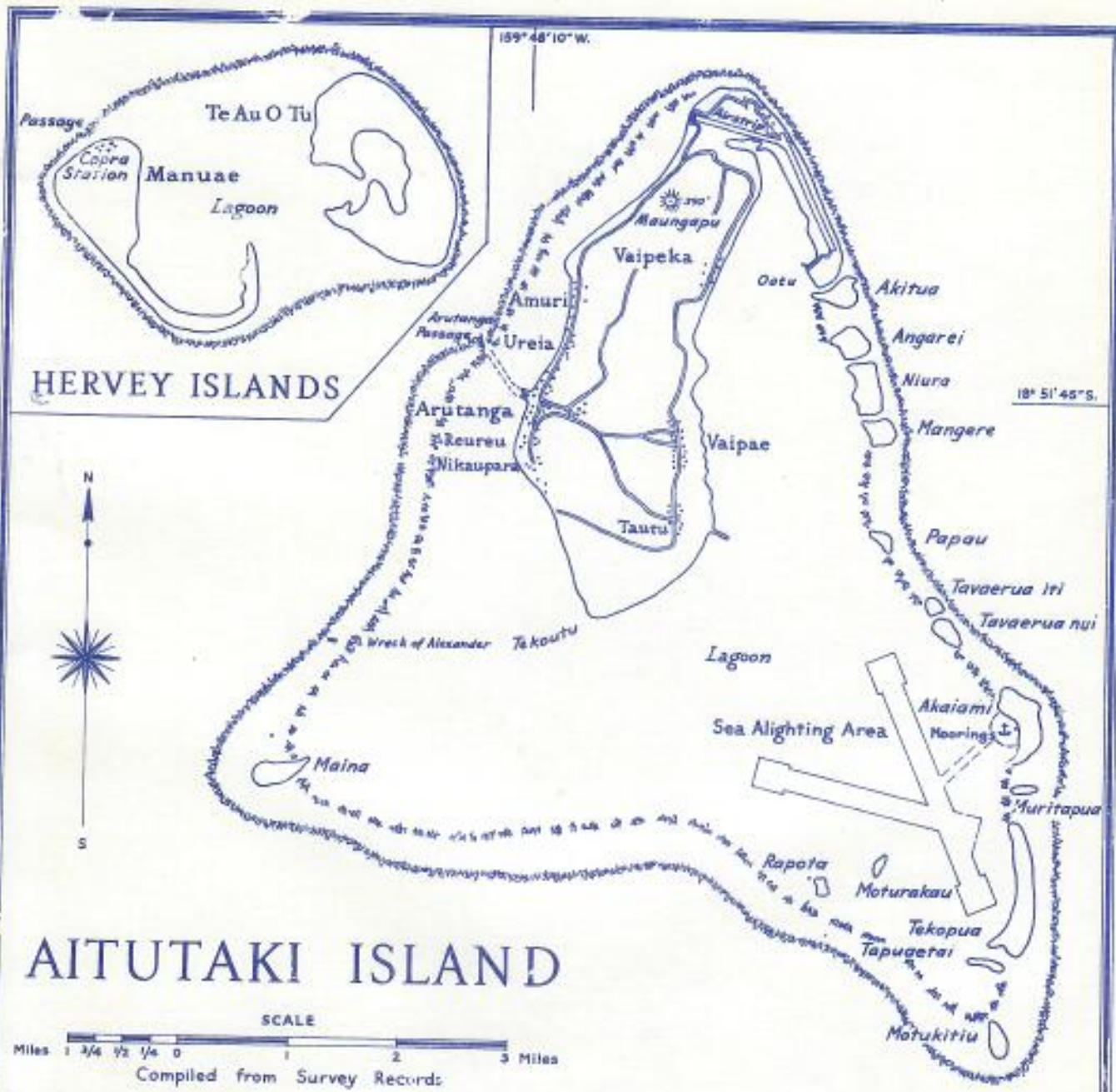


SURVEY DEPT. RAROTONGA

Compiled from Survey Records

R.L.C.





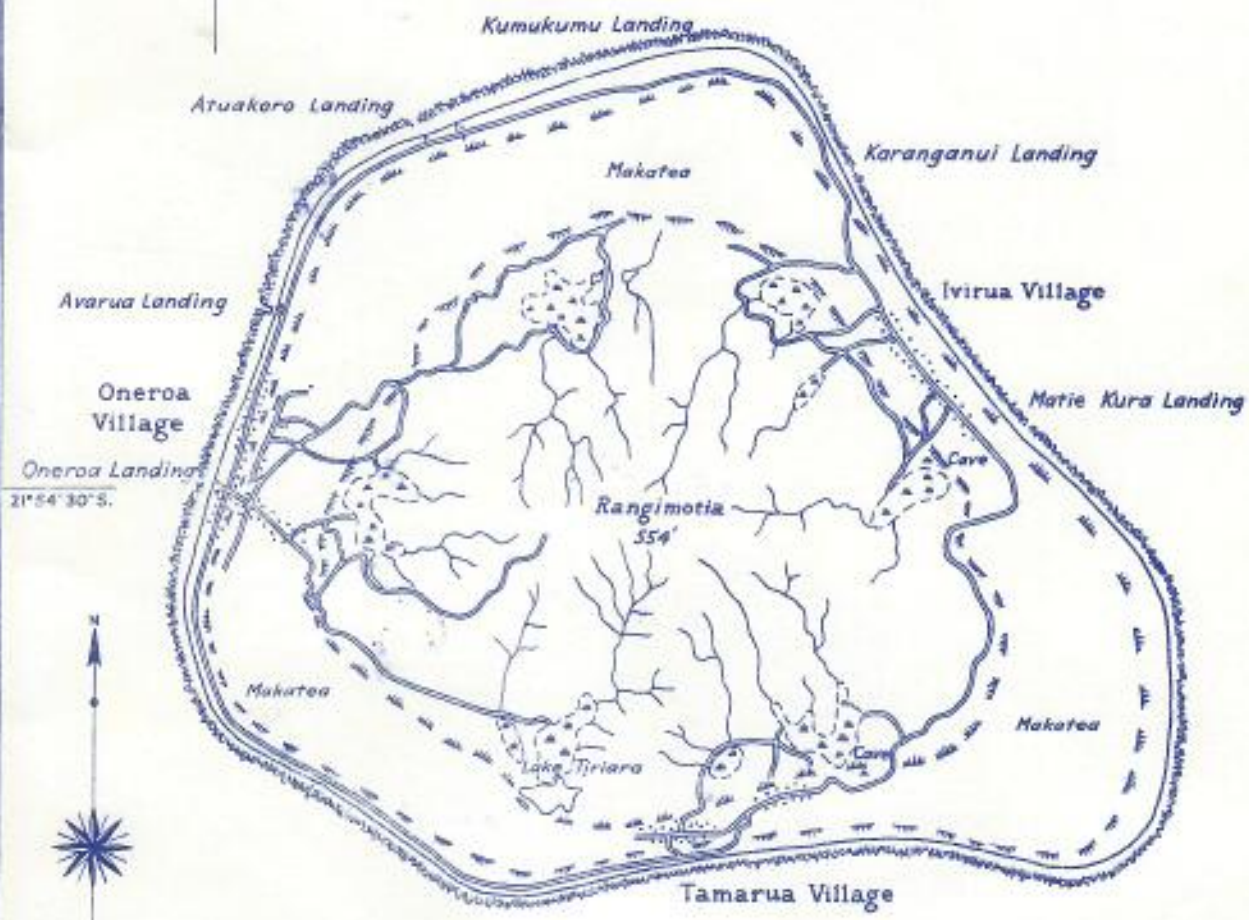
# AITUTAKI ISLAND

SURVEY DEPT. RAROTONGA

R.L.C.



157° 58' W.



21° 54' 30" S.

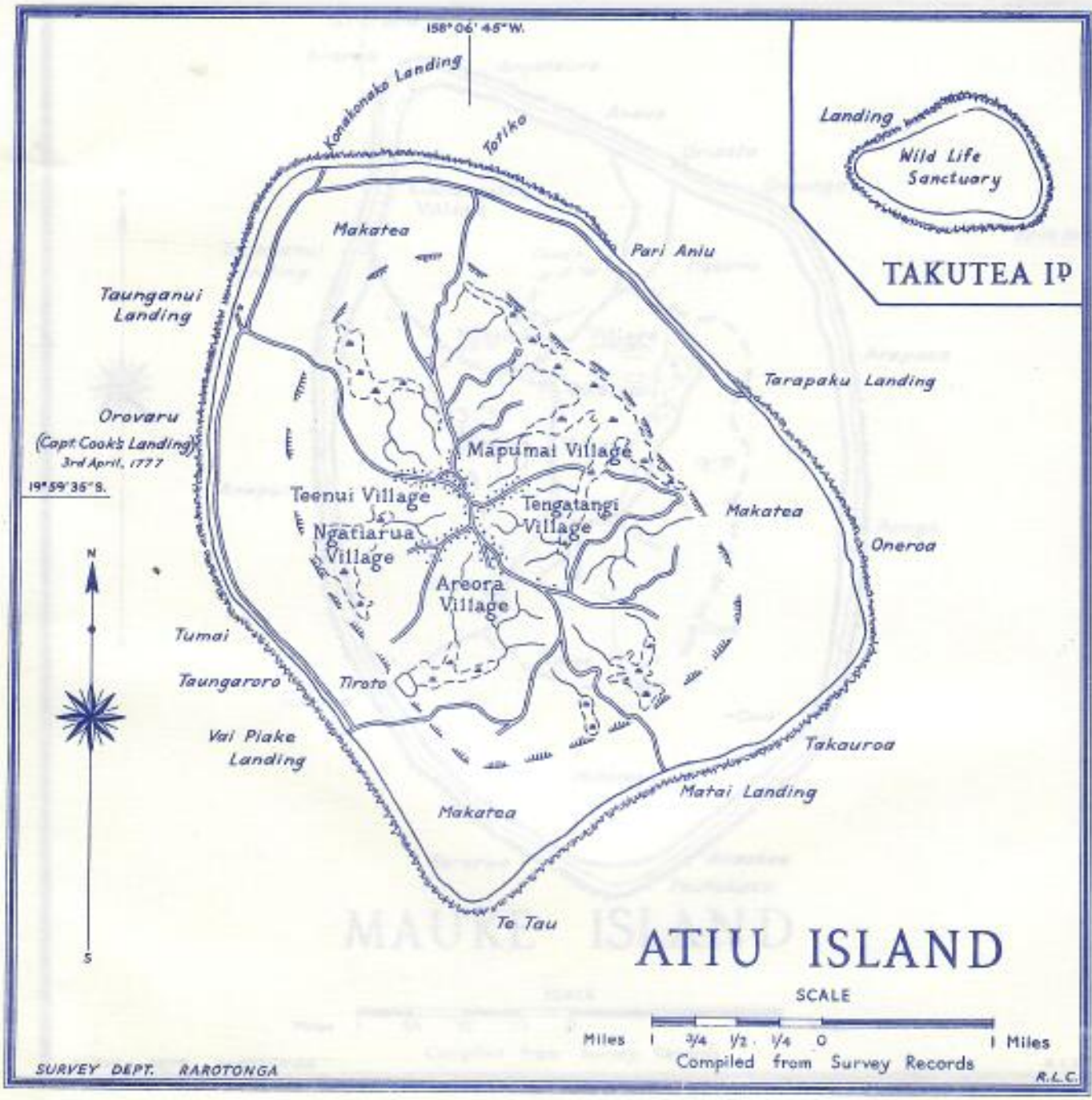


# MANGAIA ISLAND

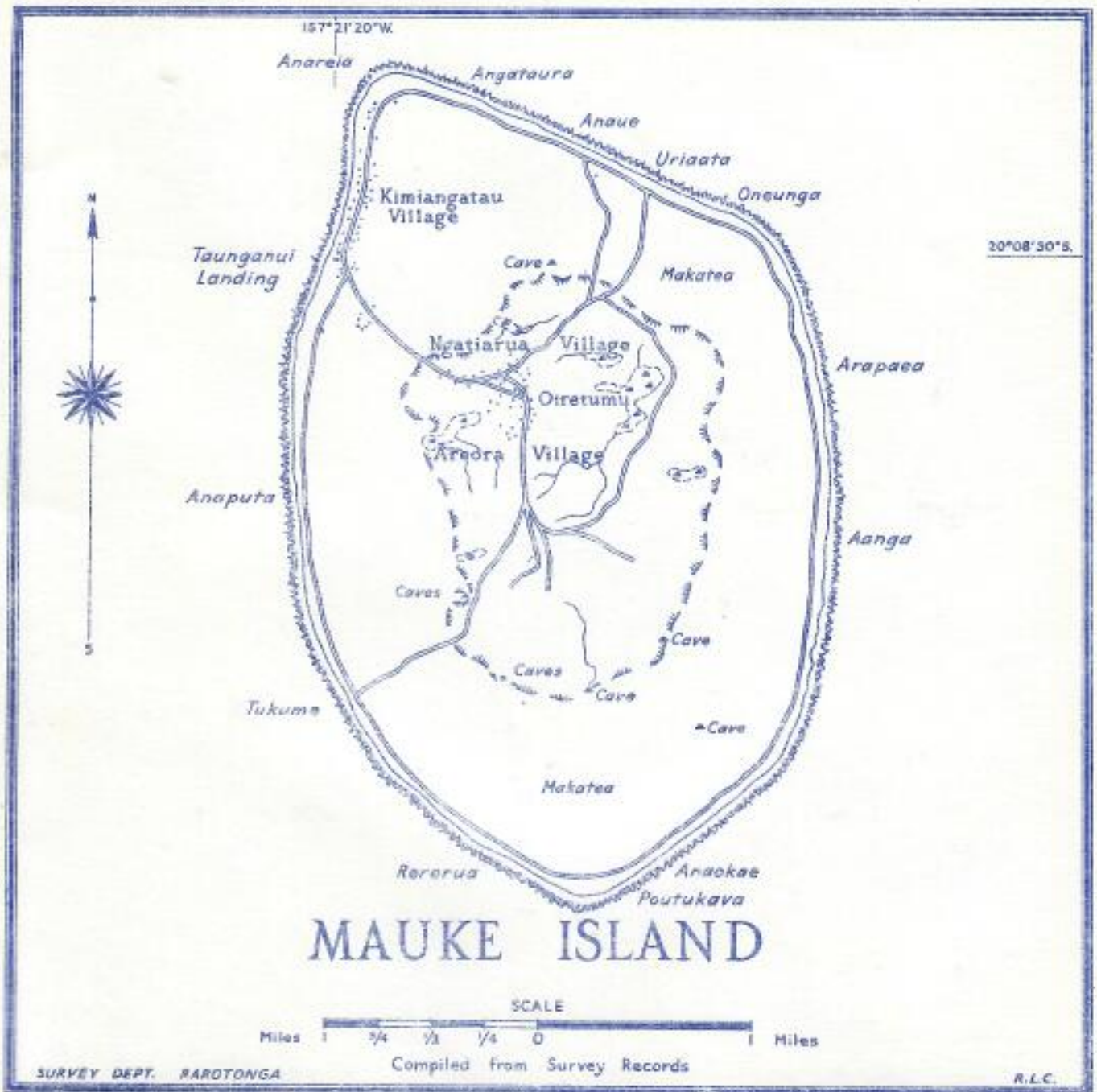
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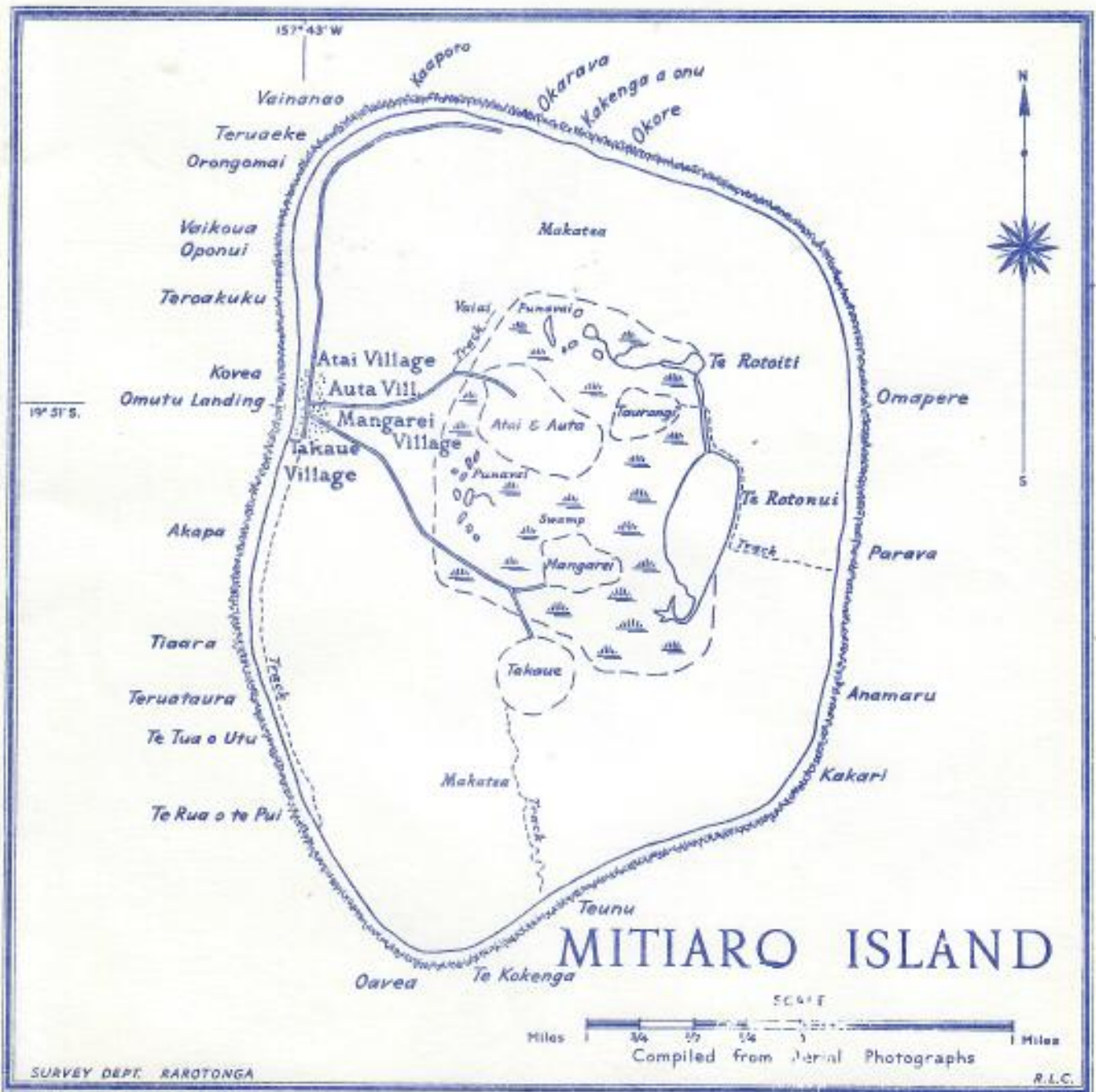


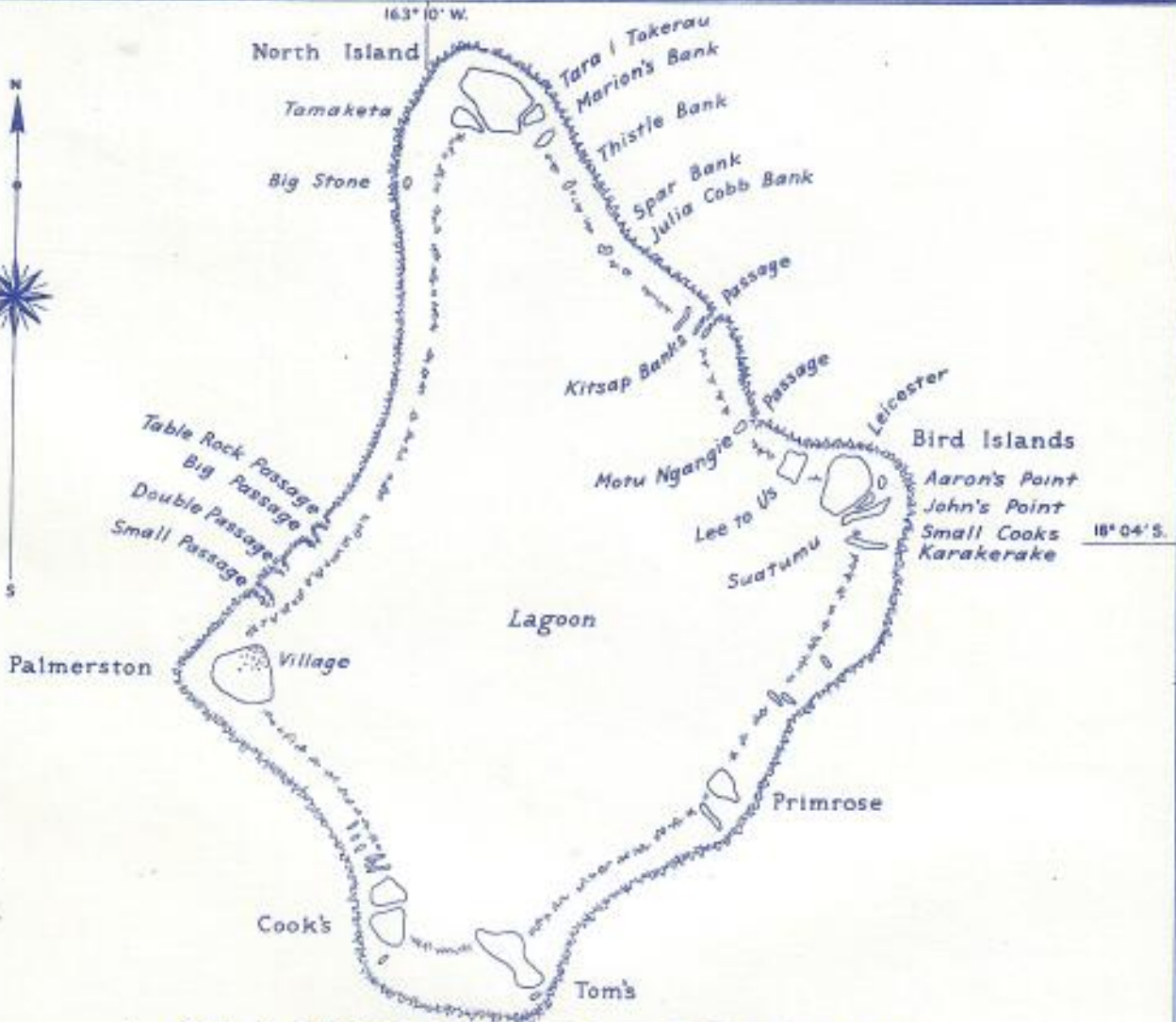
Compiled from Aerial Photographs



SURVEY DEPT. RAROTONGA







# PALMERSTON ISLAND







# NASSAU ISLAND

Landing



165° 49' W.

Pukapuka  
(Wale)

Yato Village

Boat passage

Boat passage

Roto Village

Ngake Village

10° 53' S.

Taka  
(Sand Bank)



# PUKAPUKA ISLAND

SCALE



Compiled from survey  
by R. D. Frisbie, 1925.

SURVEY DEPT. NAROTONGA

R.I.C.



