

WIN A FAMILY HOLIDAY TO THE COOK ISLANDS

Holidays with Kids

Volume 12 2007
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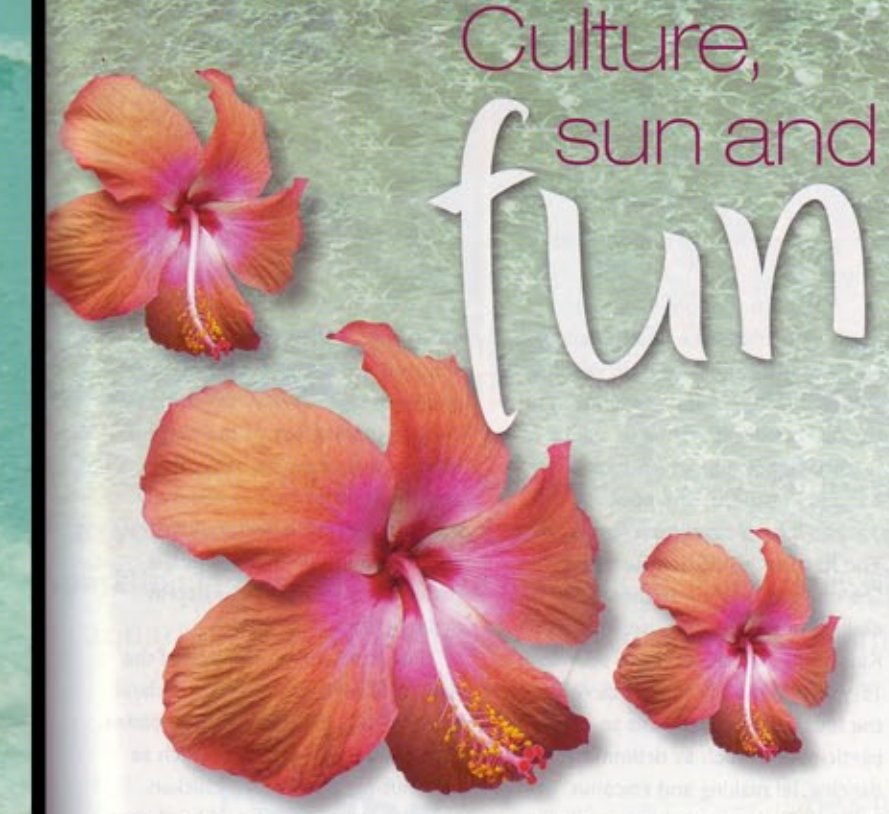
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Holidays with Kids - volume 12 - 2006 63

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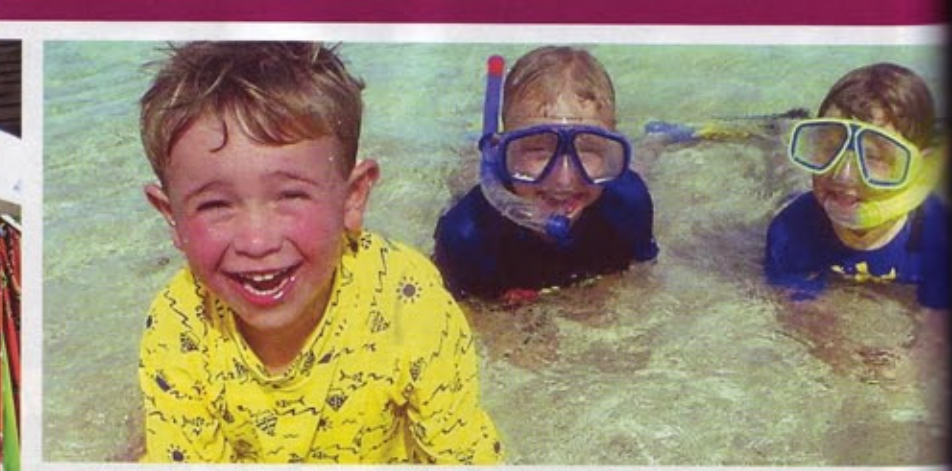
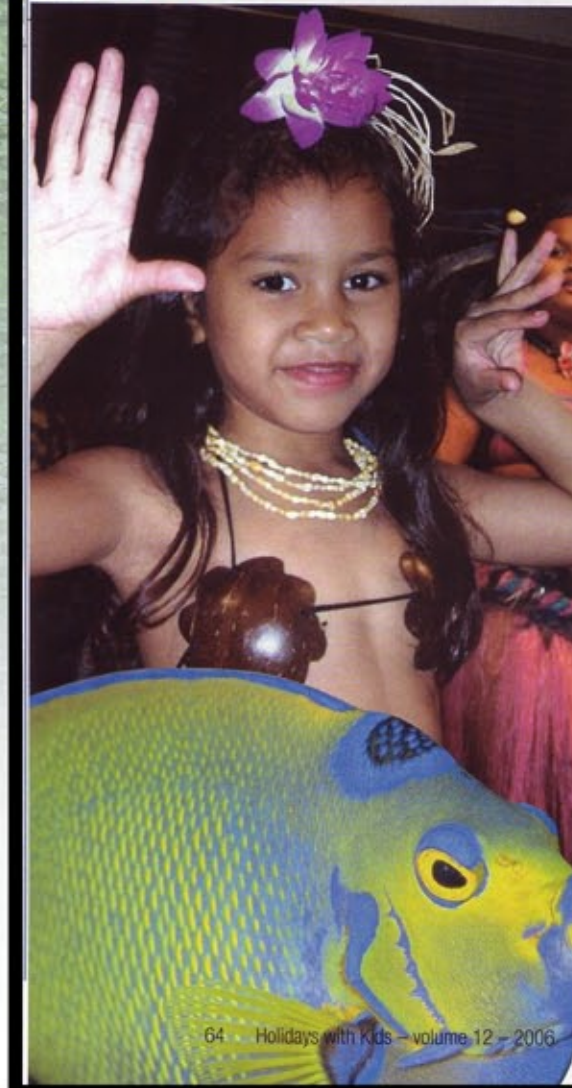
Culture, sun and fun

For the perfect
island paradise
holiday, try the
Cook Islands.

As the rich and soulful voices of the white-necked choir belt out glorious gospel songs in their native Maori tongue, you can't help but feel privileged to be experiencing a typical Sunday in the Cook Islands. In a country where traditional values and customs prevail, visitors are always welcome to attend church services. The Cook Islands are 15 islands in the heart of the South Pacific Ocean and are ideal for a family holiday. Polynesian in culture, landscape and heritage, the islands share similarities with neighbouring Tahiti and Samoa.

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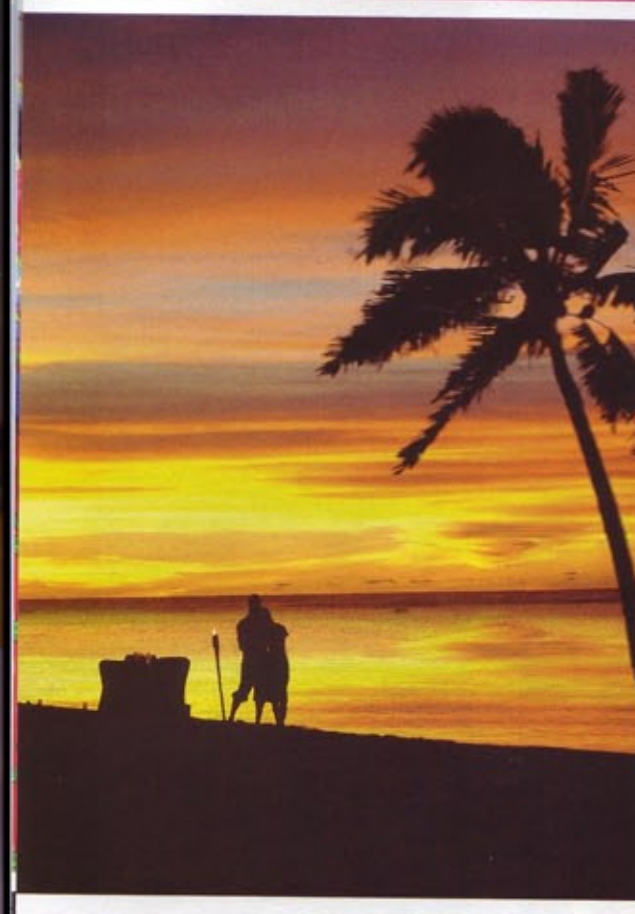
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while maintaining a proud and distinct uniqueness. If you're intent on doing not much of anything, the Cook Islanders' laidback and unhurried style will help you ease into a routine of leisurely tropical breakfasts, lazing on white sandy beaches, and afternoons, cocktail in hand, by the pool. You'll be pleased to know The Rarotongan Beach Resort & Spa offers the Cook Islands' only dedicated kids' clubhouse, Moko's Kids Club, which caters to four to 11 year olds. It offers fun activities the kids will actually want to participate in such as drumming, dancing, lei making and coconut husking. For water babies, snorkelling and swimming is safe for all ages

thanks to reef breaks that ensure gentle waves. At the other major hotel on Rarotonga, Edgewater Resort, children are taken care of with plenty of age-appropriate fun to choose from. Most of the smaller resorts can organise babysitting and the level of care is generally excellent. Cook Islanders love children, and you'll see it in the patient and kind way they treat little visitors. For family fun at the end of the day, make sure you attend an "island night". While diners heap their plates with traditional Umu food such as coconut-fed pork, moist chicken, tender lamb, gamefish and local root vegetables, lithe dancers take to the

cook islands



stage in a riveting display of strength, agility and rhythm. Wearing coconut shell tops and shaggy grass skirts, the female performers shake their hips at lightning speed. Not to be outdone, the men and boys jump, roll and stomp their feet in time with the traditional drummers. Cook Islands dancing has been described as the most beautiful in

Polynesia. If you love dance, plan your trip for April when the Dancer of the Year competition is hotly contested. You'll find performers as young as three in the troupes you can enjoy each night at a different resort on Rarotonga. Who knows, perhaps your little treasure might be asked on stage to learn a few moves of their own! *By Kristie Kellohan*

further INFORMATION

Cook Islands Tourism Corporation
Phone: 02 9955 0446 or 0411 721 268
Email: australian@cook-islands.com
Website: www.cook-islands.com
Getting there: Pacific Blue flies from Melbourne, Sydney and Brisbane to Rarotonga. Visit www.thepacificblue.com or call 13 6789.
Visas: Not required for stays up to 31 days.
Language: Cook Islands Maori, although English is widely spoken.
Weather: Warm and sunny year-round, with temperatures between 22°C and 28°C. Bring an umbrella for any passing tropical showers.
Cultural tips: The Cook Islands was among the first in the region to embrace Christianity, and embrace it wholeheartedly did. The dress code is

decidedly informal, but modesty does prevail nonetheless. Toppless sunbathing is not acceptable. Women should pack a dress and men long trousers for Sunday church services.
Currency: New Zealand dollar.
AUS\$ = NZ\$1.16 approx. Credit cards and travellers' cheques are accepted at major hotels and restaurants.
Health: No vaccinations are required. Normal health precautions should be observed.
Accommodation: There are several quality resorts and boutique beach bungalows. The Rarotongan Beach Resort & Spa is a full-service resort offering the only kids' club in the Cook Islands. Visit www.therarotongan.com



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win! win! win!

Win a family holiday to the Cook Islands

with Pacific Blue and The Rarotongan Beach Resort & Spa



Holidays with Kids magazine, Pacific Blue and The Rarotongan Beach Resort & Spa are offering one lucky reader the chance to win a fabulous seven-day Cook Islands paradise holiday for a family of four.

Picture your family relaxing on the perfect South Pacific Island beach: palm trees waving overhead, golden sand stretching out before you and glorious turquoise water beckoning you for a swim. This and more awaits you on a family holiday at The Rarotongan Beach Resort & Spa in the Cook Islands. Holidays with Kids, Pacific Blue and The Rarotongan Beach Resort & Spa are giving away a seven-day Cook Islands holiday for a family of two adults and two children. Are you yearning for your children to experience the simple pleasures of life? Unspoilt white sand beaches, a gentle lagoon with friendly reef fish to feed, lush gardens filled with tropical

flowers and fruits, warm-hearted people with a fascinating culture who adore children, and the easy freedom to explore at your own pace? One such special slice of Paradise still exists. In the heart of the South Pacific, just west of Tahiti, your family will discover the delicious Cook Islands' capital of Rarotonga. Here The Rarotongan Beach Resort & Spa offers everything you need for a South Seas vacation which balances the needs of everyone in your family. At The Rarotongan you'll be warmly welcomed when you arrive, and when

all good things come to an end, it's likely you'll feel a bit like the Caldwell family did: "We will be so sad to leave Rarotonga tomorrow - it truly is a little island with a big heart. Your resort is very, very special. You have hit on just the right mix of tranquillity and optional activities - all delivered with unique Cook Islands charm. Thank you so much." Create enduring memories during your special family holiday. At The Rarotongan enjoy the island's best beach, renowned snorkelling in the marine lagoon sanctuary, kayaking, tennis, crab racing, beachfront swimming pool, Salob

VINO (for fantastic hair braiding), and fun cultural activities such as learning to husk a coconut, make your own ei (lei) or coconut fond sunhat, decorate your own parea (sarong) with blow-paint, play the ukulele and the famous Cook Island log drums, and dance the island hura (hula). Your children will have a ball in the Moko's Kids Club - the Cook Islands' only kids club, open every morning (three sessions daily, Monday to Saturday) for kids aged up to 11 years inclusive (under 4's require the supervision of parent or caregiver). Kids in Paradise - Perfect!

Enjoy the perfect start to your family holiday with Pacific Blue, international airline of Virgin Blue, flying to 8 destinations. www.virginblue.com.au For further information about The Rarotongan Beach Resort & Spa email info@rarotongan.co.ck or visit www.therarotongan.com Everything's right here!

The prize, valued at over \$10,500 includes:

- Pacific Blue return flights from the winners nearest capital city to the Cook Islands.
- Seven nights at The Rarotongan Beach Resort & Spa for two adults and two children aged up to 11 years staying in a Deluxe Beachside Suite, complete with open-air shower and whirlpool spa bath!
- Daily Tropical Breakfast.
- Return airport-resort transfers.
- A dazzling Polynesian Island Night with Umu Fire-pit Feast and Hura (Hula) Dance Show at The Rarotongan.
- Entry to The Rarotongan's fantastic Moko's Kids Club for kids aged up to 11 years inclusive.
- Complimentary daily activities programme.



How To Enter!
1. Complete the Readers' Survey on page 199.
2. Complete the coupon below and tell us in 25 words or less why your family can't wait to holiday at the Cook Islands' leading resort, The Rarotongan Beach Resort & Spa.
3. Post your entry to Holidays with Kids Cooks Islands Competition, PO Box 1825, Chatswood, NSW 2057. Or enter online at www.holidayswithkids.com.au
4. Entries must have the completed Readers' Survey (page 199) and be received by 6th June 2007.

Name:
Address:
Postcode:
Email:
Phone:

Tell us in 25 words or less why you would like to win this holiday
Would you like to receive the Holidays with Kids e-newsletter? Yes No

Terms and Conditions: All entries must be received by 6th June 2007 and have the completed reader survey. Prize will be drawn on 8th June 2007. The above package is only valid until 31st May 2008 and is strictly subject to availability. Special conditions and close out periods apply. The prize is not transferable or redeemable for cash. All taxes, surcharges and levies for the flights are the responsibility of the prize winner and must be paid at time of booking. Changes to flights will incur a charge. Additional expenses incurred while staying at the resort are the responsibility of the prize winner.

www.holidayswithkids.com.au - for more competitions and giveaways

Holidays with Kids - volume 12 - 2006 69



Imagine your family in Wonderland



In the enchanted Cook Islands (just west of Tahiti) your family can play in wonderland to your heart's content. At The Rarotongan, snorkel straight off the stunning beach in the sparkling lagoon, a protected marine sanctuary for over 6 years (like snorkelling in a tropical aquarium!) Feed the friendly fish from the restaurant deck. Enjoy the free kids club and loads of complimentary activities. Paradise, from our family to yours.

The Rarotongan Beach Resort & Spa
Aroa Beach, Rarotonga, Cook Islands
Phone: (+682) 25 800 Fax: 25 799
info@rarotongan.co.ck
www.therarotongan.com

Holidays with Kids - volume 12 - 2006 69