

Are the Cook Islands building a sustainable tourism sector?

But the Cook Islands seems to be taking a different tack, building sustainability into the development of their tourism sector. Here's seven ways they're getting it right: Jetstar's Cook Island flights have a lesser environmental impact. 1. The flight is greener

Is solar a good idea in the Cook Islands?

When the sun shines as much as it does in the Cook Islands, solar is a bit of a no-brainer. The government's official target is to achieve a 100 per cent renewable electricity grid and many tourism operators are doing their part by installing their own rooftop solar panels.

How much food does the Cook Islands import?

Food self-sufficiency One of the more carbon intensive aspects of life in the Pacific is the need to import food. It's an unfortunate fact that the Cook Islands imports approximately 65 per cent of the food needed to sustain its population.

How did the Cook Islands start selling plastic bags?

Community groups began selling cloth bags. The largest retailer in the Cook Islands began charging for plastic bags, then discontinued them altogether. A school set up a rent-a-plate station at a local market, where vendors had been selling food in polystyrene containers.

Are single use plastics a No-No in the Cook Islands?

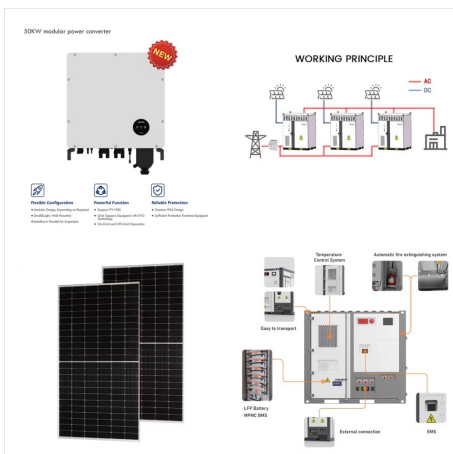
Once again unsurprisingly for an island paradise which relies on its crystal clear water, stocks of tropical fish and majestic sea turtles to attract tourists, single use plastics have become a total no-no in the Cook Islands. Importation of single use items, including cutlery, straws and plastic bags, was phased out from 2018 onwards.

Does Jetstar fly to Cook Island?

Here's seven ways they're getting it right: Jetstar's Cook Island flights have a lesser environmental impact. 1. The flight is greener The new Jetstar flight to Rarotonga, JQ141, will be exclusively serviced by Jetstar's newest aircraft, the Airbus A321neo LR.



The Best Places to Go Shopping in Rarotonga and the Cook Islands. A vibrant shopping scene awaits on Rarotonga with shopping centres in the island's capital, Avarua, and boutique stores scattered elsewhere on the island. The cosmopolitan vibe doesn't exactly extend to the outer islands of the Cook Islands, however, but you will find the odd hidden gem on ???



Storytellers are tour guides who lead you on informative, honest and fun cycling and walking experiences in Rarotonga! We offer a variety of bike riding and walking tours to suit all levels of riding and walking fitness and experience, and all ages. Storyteller tour guides are passionate and knowledgeable about local culture, history, plant life, food, and the environment and much ???



4. Taste Beer and Tour the Rarotonga Brewery. Brewed right here in the Cook Islands, Cook Islands Lager is the signature brew of the Rarotonga Brewery. Just across the road from the Edgewater Resort, the brewery is open Monday to Saturday for free beer tastings and from Monday to Friday for brewery tours. Enjoy a casual affair with a local brewer showing you ???



The Cook Islands is comprised of 15 islands cast across 2 million sq km, in the heart of Polynesia. Rarotonga, where Avarua, the capital city, is located, Aitutaki, and, to a lesser extent, Aitu, are the most accessible and visited islands in the ???



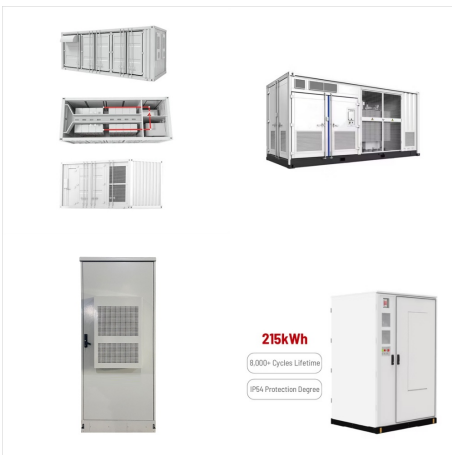
How Much "Duty-Free" Can You Bring into the Cook Islands? What's a holiday without a few drinks? Many of us try to get a bargain by purchasing our favourite drinks or tobacco from duty-free stores in the airports ???



Medical Services in the Cook Islands. All populated islands in the Cook Islands have a hospital offering essential medical services. Rarotonga is the only island with pharmacies. Make sure you take all the medical supplies you may need to the Cook Islands with you ??? see What to Medication to Pack in Your First Aid Kit for the Cook Islands for ideas. . Note that the ???



1. Black Pearl Jewellery. The Cook Islands' intricate black pearls are grown in just one atoll in the whole country, Manihiki. Black pearl farmers export black pearls to jewellers on Rarotonga, who set the black pearls in high-quality fashion pieces and out more about the black pearl industry in the 10 Best Things to Do in the Northern Cook Islands.



How Much "Duty-Free" Can You Bring into the Cook Islands? What's a holiday without a few drinks? Many of us try to get a bargain by purchasing our favourite drinks or tobacco from duty-free stores in the airports on the way to Rarotonga and the Cook Islands or even from the duty-free store when landing in Rarotonga aware, however, that the Cook Islands has a ???



Od 1888 wyspy stanowi??y protektorat brytyjski, zwany od 1893 Cook Islands Federation. W 1901 wyspy zosta??y przekazane Nowej Zelandii, a w 1903 zosta??o wy????czone z nich Niue jako osobna posiad??o?????. Od roku 1965 wyspy s?? terytorium autonomicznym ??? pa??stwem samorz??dowym swobodnie stowarzyszonym z Now?? Zelandi??.





The Cook Islands Quality Assured accreditation programme is designed to set minimum standards and guidelines for best practice. It will give you confidence when choosing where to stay, what to do and how best to experience the Cook Islands. Wherever you see this logo you can be sure that the accommodation, restaurant, rental company, day spa



Black Pearl Jewellers in the Cook Islands. Made on the atoll of Manihiki, the Cook Islands' intricate black pearls are grown and exported to jewellers across Rarotonga and Aitutaki, who set the black pearls in high fashion pieces. Here are some of the top black pearl jewellers in the Cook Islands where you can purchase black pearl jewellery for yourself.



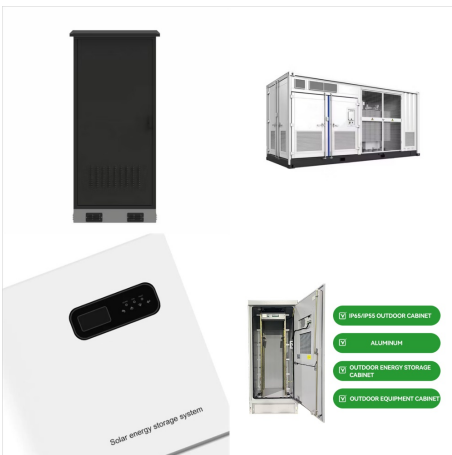
Award-winning Ikurangi Eco Retreat is the Cook Islands first purpose-built eco accommodation and glamping hotel created to give visitors to Rarotonga the option of a getaway that doesn't compromise the environment. Set amongst organic tropical gardens and local plantations with dramatic mountain views, get back to nature and indulge in a



5 Tips for Food Shopping in the Cook Islands. Make sure your accommodation has kitchen facilities if you want to self-cater in the Cook Islands; Bargaining is not customary in the Cook Islands, so if prices are too high for you, try somewhere else; Supermarkets on Rarotonga and Aitutaki accept Visa, MasterCard and New Zealand Dollars; grocery stores on ???



3 ? The Cook Islands, a stunning paradise in the South Pacific, is made up of 15 beautiful islands, each offering unique experiences for eco-travelers. Known for their lush landscapes, vibrant marine life, and rich culture, these islands are perfect for those looking to explore while being mindful of the environment. In this article, we will



A must-see in Atiu and an unforgettable experience exploring a national environmental treasure! The Anatakitaki Caves are home to the Kopeka birds which are very unique to Atiu. These swift-like birds nest deep within the ???



Learn about the creatures that inhabit the Cook Islands, on land. and in the lagoons and ocean. Closed during COVID pandemic. Re-opens 13 January 2022 . Main Road Arorangi Rarotonga +682 23 344 info@raroreefsub Discover Marine and Wildlife Eco Centre Facebook



Cook Islands Tourism is committed to ensuring a more sustainable and regenerative approach is taken when it comes to our tourism offering. We want to empower our visitors, our tourism industry, and our community to help improve the holistic well-being of our people and island homes, both now and for future generations.



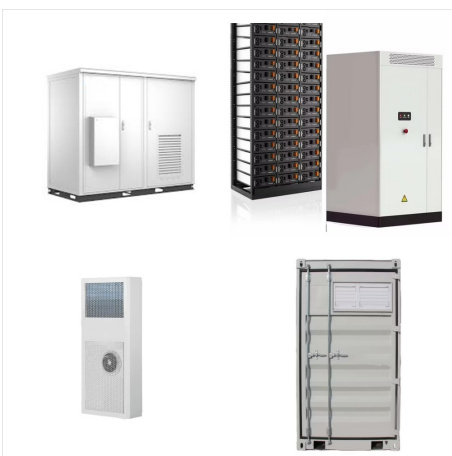
Award winning Ikurangi Eco Retreat is the Cook Islands first purpose-built eco accommodation and glamping hotel created to give visitors to Rarotonga the option of a getaway that doesn't compromise the environment. Set amongst ???



Medical Services in the Cook Islands. All populated islands in the Cook Islands have a hospital offering essential medical services. Rarotonga is the only island with pharmacies. Make sure you take all the medical supplies ???



4. Mangaia. Fast becoming another popular island for travellers to explore, Mangaia is the Cook Islands" second-largest island, located around 203 km (126 miles) southeast of Rarotonga. It's thought to be one of the oldest islands in the South Pacific, awash in deep caves, huge fossilised coral cliffs and steeped in history with old marae (Cook Islander ???



Atiu. Rarotonga and Aitutaki are by far the most visited islands in the Cook Islands. The other islands don't even come close. But that's exactly why travellers do decide to explore the lesser-visited islands of the Cooks; to experience something more adventurous, less crowded and perhaps a little more authentic. A first go-to for such an occasion would be the ???





Cook Islands Rugby Union Official 2021 Merchandise Get your support behind the team while stocks last. Apologies ??? some sizes already sold out. No products were found matching your selection. Tsunami's ECO Mission. By using our products, your club and YOU are helping us ???



The Mana Tiaki Eco Certification often referred to as eco accreditation or green accreditation is a joint project between the National Environment Service through the Ridge to Reef project, Te Ipukarea Society our local environmental NGO, the Cook Islands Tourism Industry Council, and the Cook Islands Tourism Corporation. "A steering committee made up of these partners has ???



The Best Places to Go Shopping in Rarotonga and the Cook Islands. A vibrant shopping scene awaits on Rarotonga with shopping centres in the island's capital, Avarua, and boutique stores scattered elsewhere on the ???