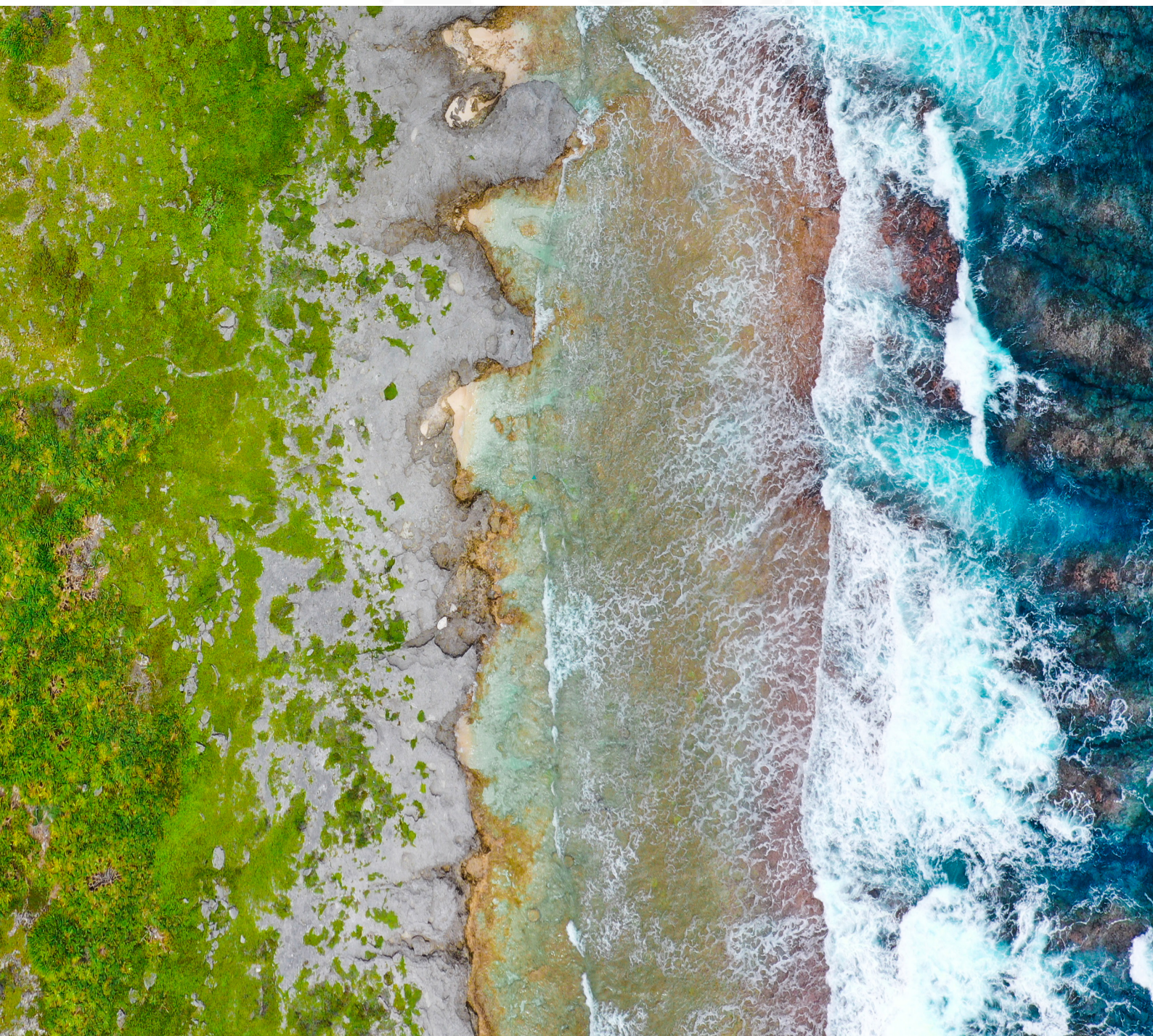




MITIARO

COOK ISLANDS

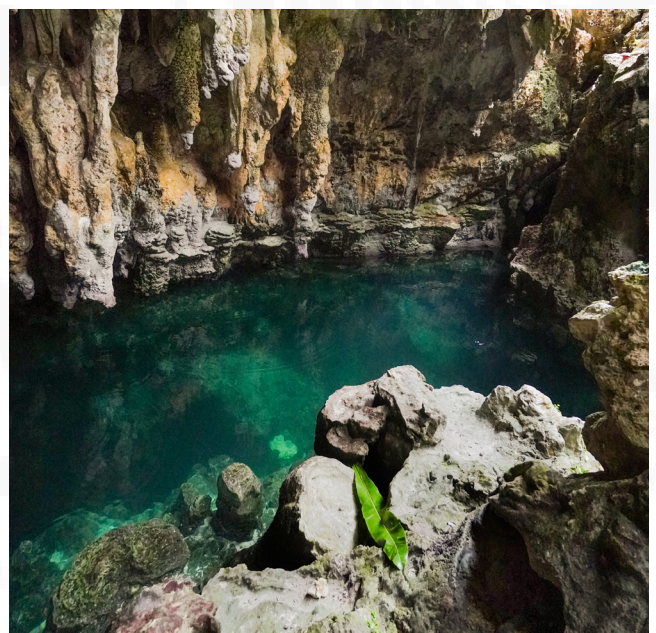




DISCOVER MITIARO

Mitiaro has probably the most beautiful of all the underground caves and pools to be found in the islands. Fed by the island's underground water reserves, Vai Nauri is a deep clear lake that is said to have healing powers and is a definite must-do experience. The island also features Te Pitakare, an underground freshwater cavern that is still used today for drinking water. No bathing allowed. Along the island's sandy coastal track, tiny coves of pretty and secluded beaches make for a great day of relaxing, swimming and exploring the reef.

Harbouring some of the most stunning subterranean limestone caves and pools found in the Pacific, Mitiaro is a natural playground featuring; white sandy beaches, fossilized coral formations and coconut palms reaching high into a strikingly blue sky.





WHAT IS UNIQUE ABOUT MITIARO?

THE ONLY SULPHUR CAVE IN THE COOK ISLANDS

Vai Marere, which simply translates too “to be cleaned” is the only sulphur cave in the Cook Islands. As you walk into the cave, it broadens out into a gloomy cavern covered with stalactites. If you’re speaking to the locals about Vai Marere, many of them will attest to the healing properties the cave is renowned for.

THE TWIN LAKES - TE ROTONUI AND TE ROTOITI

Simply meaning Big Lake (Te Roto Nui) and Small Lake (Te Rotoiti), these twin lakes make up 3 quarters of the island’s land mass. At the centre of Te Rotonui lies a small motu (little island) known as Motu Tane, meaning, small island for men only.

PIERE - THE TRADITIONAL PRESERVATION OF BANANAS

Piere involves drying and preserving bananas by cutting them in half and leaving them to bask in the sun until they are a caramelized brown colour.

Once they are thoroughly ‘sun-baked’, the dried bananas are typically wrapped in pandanus leaves and stored for up to 20 years.

THE MITIARO QUEEN- MAMA MII

At the age of 93, the queen of Mitiaro, Temaeu Ote Rangi Teikamata Ariki Mii O’Byran (affectionately known to many as ‘Mama Mii’), is the oldest and one of the longest-reigning royals in the Cook Islands.





TOP THINGS TO DO ON MITIARO

FRESHEN UP AT VAI NAURI

This is an absolute must-do. Vai Nauri is the largest freshwater cave in Mitiaro and is immensely popular with both locals and visitors alike.

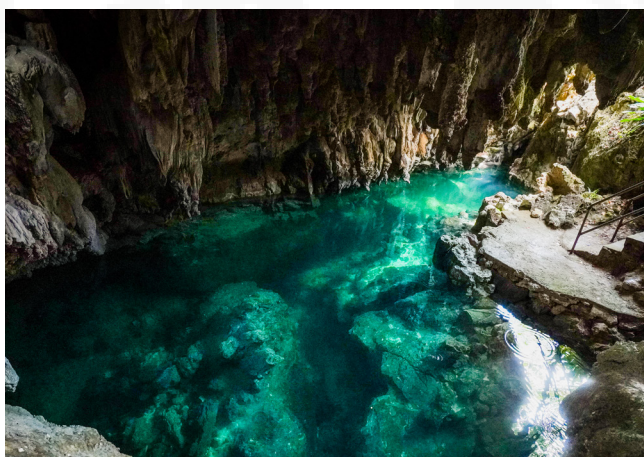
Walking in may not look like much initially, but it soon opens up to a wide chamber where you can leap or gently coax yourself into the cool, turquoise blue water.

LEARN ABOUT THE A'VA (MILK FISH) AND ITIKI (EELS)

The freshwater lake is also home to some of the island's local delicacies such as A'va (milk fish) and itiki (freshwater eels). Usually, a ra'ui (conservation) is placed on the lake every three to six months preventing locals from harvesting the milkfish or the itiki, freshwater eels.

TALK TO THE LOCAL FARMERS

While cruising through the peaceful island, you will see a couple of the local farmers at their plantations harvesting their crops and cleaning out overgrown shrubs. A lot of the farmers believe that the food crops grown in their plantations are “the food of our tupuna(ancestors)”.





TOP THINGS TO DO ON MITIARO

HAYLEY'S SATURDAY MARKET

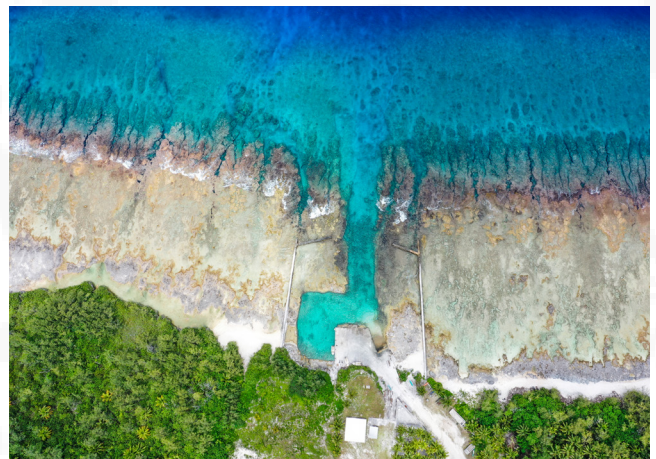
At the age of seven, Little Hayley initially started the market as a form of raising money to purchase fishing rods for a competition on the island. The market grew to be popular amongst the locals and today, Hayley's market is selling freshly baked scones (by Hayleys mum), shell ei's, pandanus baskets and if you're lucky, she'll also serve up a fresh pot of coffee.

LOCAL MAMA'S MARKET

One of the best ways to connect with the friendly locals and grab some great souvenirs is to visit the Mama's Market at the Town Centre Hall. The mamas have a collection of hand made baskets and mats made from panadanus leaves along with a range of locally made products to coconut and native herb infused oils, hand printed sarongs, and pandanus fans.

GET YOUR BEARINGS

A large coastal road encircles the island. Get off the beaten track and take your time exploring and finding hidden gems; perhaps you'll stumble on your own private beach cove, find an ideal shady spot for a picnic or sun nap on those lazy days, or perhaps find some wild fruit ripe for the taking!





POPULATION

Mitiaro 155 (2016 census)

DOMESTIC AIR TRAVEL

Air Rarotonga operates multiple, scheduled flights during the week. Phone +682 22 888 or book online with Air Raro www.airraro.com

CURRENCY & BANKING

The currency used in Mitiaro is the New Zealand Dollar (NZD). There is a BCI bank located in the island admin building down by the harbor. It is open Mon - Fri 9:30am to 12:30pm. We recommend you bring cash.

SHOPS

All shops are open Monday to Sunday, with varying operating hours. Please remember that only basic items are available.

DRIVING

Driving is on the left-hand side of the road. Cars and motor scooters can be rented through Divine Retreat. Be careful when driving along the inland roads as it is bumpier in some areas, and the roads can get slippery after heavy rain.

MEDICAL & DENTAL

A small hospital is available on the island, located in the village of Kairingaoir. Phone +682 36120

CHURCHES

Sunday is considered a day of rest and worship. There are several denominations on Mitiaro: Apostolic Church, Catholic Church, Cook Islands Christian Church, Seventh Day Adventist (Saturday), Latter Day Saints (Mormon).

TELECOM & WIFI

WIFI vouchers and postpaid mobile credit are available from most outlet stores on the island. A Vodafone WIFI hotspot is available at Divine Retreat accommodation.

COOK ISLANDS TOURISM

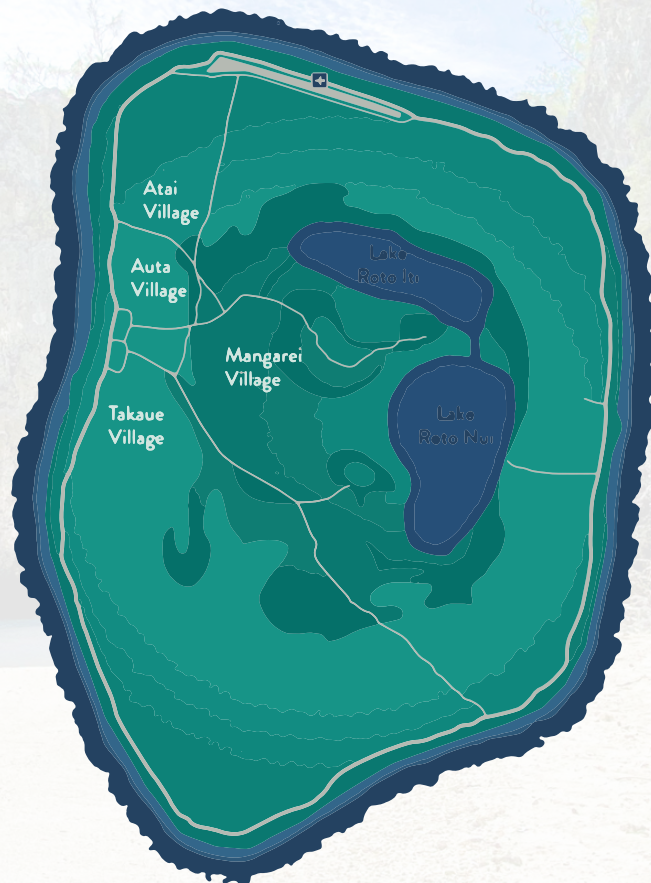
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DISCOVER THE COOK ISLANDS ONLINE

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 Cook Islands Tourism

 Cook Islands Tourism Corporation