



# Monday

THE SOUND OF THE CONCH SHELL OR THE DRUM WILL LET YOU KNOW THAT THE ACTIVITIES ARE ABOUT TO BEGIN AND TO MEET US AT THE ACTIVITIES HUT

## 8.00am ACTIVITY HUT OPEN (till 5pm)

Kia Orana! Are you all ready to start a new day in paradise?

## 9.00am ANGAI IKA (FISH FEEDING)

Join us and help us serve breakfast to the myriad of fish life in the lagoon. It's a fun activity. Bring the kids!

## 10.00am AKAMARMAAANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

## 11.00am UKALELE LESSON & IMENE (SING ALONG) SESSION

Join us and learn how to play the Ukalele and singing session.

## 2.00pm RANGARANGA (WEAVING LESSONS)

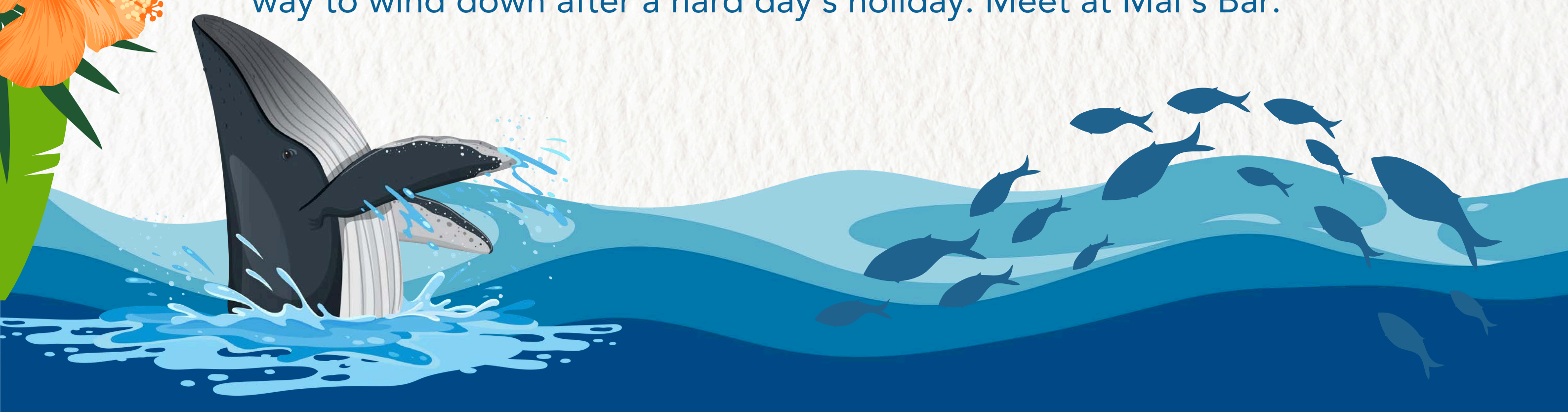
Do you want to learn how to weave? We can show you how to weave array of goodies.

## 3.30pm KORERO O TE TUMUNU-NU (COCONUT SHOW!)

Come and learn more about the Tree of Life. We'll show you how to climb, and how to open the NUT or the Nu. A show not to be missed!!

## DAILY TROPICAL HOUR 5-6pm

Daily tropical COCKTAILS taste some of famous cocktails. Best way to wind down after a hard day's holiday. Meet at Mal's Bar.







# Tuesday

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## 11.00am CREATE YOUR OWN PAREU (SARONG)

Come along and make your own Pareu or (Sarong) – an original Designer piece. @ \$30.00 per adult & \$20.00 per child.



## 1.30pm RUTU PAU (DRUMMING LESSON)

Learn the basics of our vibrant Cook Island drumming with our drumming master, at the activity hut.

## 2.30pm EI KATU (HEAD GARLAND) MAKING

Create your own flower head garland an awesome accessory for an evening out.

## 3.30pm PAREU (SARONG) TYING & ISLAND URA (DANCING) LESSON

We'll show you how to tie a Pareu in various styles, the quick tie around your hips, sway to the beat of the cook Island dancing.

## ACTIVITY HUT CLOSED.

5.00pm - 6.00pm

TROPICAL COCKTAIL HOUR AT MAL'S BAR.







# Wednesday

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## 8.00am ACTIVITY HUT OPEN (till 5pm)

Kia Orana! Are you all ready to start a new day in paradise?

## 8.00am - 12pm RESORT MINI MARKET

Local arts & crafts, beautiful Manihiki black pearls, Meet our local artist and see her beautiful art work. Come support our local ladies, and buy your gifts or souvenirs for your loved ones!

## 10.00am AKAMARARAANGA (ORIENTATION MEETING)

For all new arrivals. Find the best ways of what to do and what not to do in the resort and on the island.

## 11.00am ARE METUA ROAD. (INLAND WALK)

Join us, one of our staff to take you for a leisurely inland walk around the backroad, (are metua road)

## 12pm KAIKAI TIME

## 2.00pm COCONUT CREAM MAKING

Come along and Learn how we as islanders make 100% pure coconut cream!

## 3.30pm IKA MATA (RAW FISH) DEMONSTRATION

Always been scared of raw fish? No need to be! Come and learn how to make and taste Rarotonga's finest marinated fish dish.

## 5pm ACTIVITY HUT CLOSED

## 5pm – 6pm - HAPPY HOUR @ MALS BAR

## 8.00pm KIMI KAKARA (CRAB HUNTING)

Don't be afraid! Join us for the Crab Hunting by battery Powered Glow-worm! Remember crabs don't nip anyone who is smiling!

MEET AT THE ACTIVITY HUT







# Thursday

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10.00am AKAMARMAAANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!

11.00am UKALELE LESSON & IMENE

(SING ALONG) SESSION

Join us and learn how to play the Ukalele and singing session.

2.00pm TITIA-(SNORKELLING )LESSONS

Come and join us learn how to snorkel in the swimming pool.

3.30pm PAREU (SARONG) TYING

Learn to Tye your Pareu (sarong) many different ways.  
You won't need anything else in your wardrobe!

5pm ACTIVITIES HUT CLOSED.

5pm to 6pm COCKTAIL HOUR AT MAL'S BAR

Join us at the bar for our daily tropical one hour specials on our famous cocktails.

5.00pm Big International CRAB RACE Island Style!!

Fancy being a millionaire before you go home! So why not join us.  
Highest and Lowest you can bet \$2.00 Win Millions of Dollars!!!!







# Friday

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## 9.00am ANGAI IKA (FISH FEEDING)

Join us and help us serve breakfast to the myriad of fish life in the lagoon. It's a fun activity. Bring the kids!

## 10.00am AKAMARMAAANGA (ORIENTATION MEETING)

Please make time to join us for our Orientation Program this morning, especially if you have just arrived. This is the best way to get all the tips on how to get the best out of your stay with us!



## 11.00am PAREU (SARONG PAINTING)

Design and create your own original sarong painting.  
\$30.00 per adult, \$20.00 per child.

## 2.00pm PARE UKARAU (HAT WEAVING )

Demonstration of weaving a Kuki hat.

## 3.30pm TITIA -(FISH FEEDING & SNORKELLING)

Get yourself a mask & snorkel and join us in feeding our fishes within our Marine Reserved Lagoon. Depending on our tides.



## 5:00pm HAPPY HOUR @ THE MALS BAR

Daily tropical COCKTAILS taste some of famous cocktails. Best way to wind down after a hard day's holiday. Meet at Mal's Bar.





# Saturday

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## 8.00am to 12 Noon - PUNANGA NUI MARKETS!!!

Saturday is Market Day in Rarotonga at the Punanganui Markets in the heart of Avarua. Make time to visit this exciting venue where you get the chance to sample local delicacies, buy locally made souvenirs, and watch the live entertainment. The best time to be at the market is 8am – 10.30am.

### A morning not to be missed.

Experience our food and culture at the markets in town!  
First bus departs at 7.40am from the Resort lobby

## 9.00am ANGAI IKA (FISH FEEDING)

Join us and feed all the amazing tropical fish just off the beach.

## 10.00am AKAMARAMAANGA (ORIENTATION MEETING)!!

For all new arrivals. Best way to find out what & what not to do anywhere. We really do give the best tips for your stay!!

## 11.00am SNORKELLING LESSON

Before you hit the lagoon, learn how to snorkel to the safety of our pool. Other snorkeling secrets will be revealed.

## 1.30pm RUTU PA'U (DRUMMING LESSON)

Learn the basics of our vibrant Cook Island drumming with our masters, and beat out the amazing sounds of our drums!

## 2.30pm PAREU (SARONG) TYING

101 ways to tie a pareu (sarong.)

## 3:30pm URA ISLAND DANCING LESSON

Learn how to shake those hips and legs with your own personal dancing lesson.

## 5PM - ACTIVITIES HUT CLOSED.

5.00pm HAPPY HOUR.  
Daily Tropical COCKTAILS.







# Sunday

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**8.00am ACTIVITY HUT OPEN (till 5pm)**

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**9.00am ANGAI IKA (FISH FEEDING)**

Come along to feed our tropical fish in our Marine Reserve.

**9.15am ARE PURE (CHURCH SERVICE)**

Bus departs 9:15am to 9.30am at reception for 10am church services.

Choose your own denomination

Catholic Church or CICC for some of the best singing on the island or hear the amazing choirs singing at the limestone

CICC church in our village.

**TRANSFER \$15pp return bus fare.**

**11.00am NATURE WALK**

Explore Mrs. B's garden on a guided tour and discover the names of her stunning plants and flowers within the resort.

**1.00pm ANGAI IKA- (FISH FEEDING)**

Come and feed the tropical fish and explore the marine life in our own Marine Reserve.

**3.30pm POOL VOLLEYBALL**

The World versus Kiwi's.

Grab some friends come and join us play Volleyball

**5PM - ACTIVITIES HUT CLOSED.**

5.00pm HAPPY HOUR.

Daily Tropical COCKTAILS.

