



COOK ISLANDS - RHYTHMS IN PARADISE

Hosted by Rodney Vincent

27 Feb- 7 March 2026 ex MEL/SYD

Back by popular demand, you are invited to join Rodney on this trip to experience rhythms in paradise! Cook Islands is a melody woven with the whispers of the Pacific breeze, the rhythm of the waves caressing the shores, and the harmonious chants of Cook Islands' culture. The Cook Islands offer a serenade to the soul, where every moment feels like a celebration of nature's artistry and the enduring legacy of its island people. Experience the colourful local culture, swim in crystal clear tropical waters, enjoy delicious local cuisine and entertaining tours. A wonderful trip not to be missed. Places are limited, book soon!

\$5,389

*per person Twin Share
ex MEL/SYD

\$1,280

Single Supplement



INCLUSIONS

Return airfares/taxes
7 nights + early check in
Daily breakfast
2 x lunches
Daily dinner
Island Tour
Marine & Wildlife Centre
Sightseeing as per itinerary

HIGHLIGHTS

School Visit
Local Markets
Concerts with Rodney
Highland Paradise Tour & Show
Koka Lagoon Cruise
Local church visit
BBQ under the Stars
Progressive dinner



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Prices are per person twin share in AUD. Single supplement applies. Credit card surcharges apply. A non-refundable deposit of AUD\$500 per person will be required to secure the tour. Prices are subject to change due to fluctuation of exchange rate, surcharges and taxes. The tour will operate subject to minimum numbers. The itinerary is subject to change. Travel insurance is highly recommended. The final payment is due 10 December 2025. Norfolk Select T/A Go See Touring ABN: 93367 366 822 ATAS Accreditation No: A10619

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Day 1 Friday 27 February 2026 Depart Melbourne / Arrive Sydney [B, D]
 Depart Sydney 9.30pm / Arrive Rarotonga 7.00am / Resort Orientation / Welcome Drinks & Dinner

Welcome to the start of your tropical holiday. Meet Rodney Vincent at Melbourne Domestic Airport, Departures Hall. Depart on Jetstar and arrive in Sydney. For those ex-Sydney, check in 2 hours prior. Departing on Jetstar at 9.30pm crossing the international date line, arrive Rarotonga at 7.00am. Kia Orana & welcome to the Cook Islands! Upon arrival into Rarotonga, we go through Customs, and are greeted by a local representative and transferred to Edgewater Resort, our home for the duration of our holiday. This afternoon there will be an orientation of the resort where you will be introduced to the activities staff and features available to you throughout your stay at the Resort and on the island. Meet at Mal's Bar for happy hour drinks (Drinks are at own expense) before dinner at the Spaghetti House this evening.

Day 2 Saturday 28 February 2026 Punanga Nui Market / Rodney Sings / Edgewater Island Night Feast & Show [B, D]

Tropical Breakfast buffet is included daily. Today visit Rarotonga's Punanga Nui Market which offers a wide range of island gifts and handicrafts, black pearls, pearl shell, jewellery, pareu fabrics, clothing, local music and fresh local produce. Late afternoon Rodney will entertain us in the Umu Hut by the pool (Drinks are at own expense). Tonight, enjoy the fantastic in-house Polynesian Island Night & Show, including a sumptuous feast!

Day 3 Sunday 1 March 2026 Rarotonga's Churches / Te Ara Museum / BBQ Under the Stars [B, D]

Sunday is church day when everything stops in Raro. We travel south to the village of Titikavaka to attend a church service at their Cook Islands Christian Church. Here we'll enjoy a wonderful experience! Hear the locals raise the roof with their renowned beautiful, spine-tingling singing! Next, we visit the Te Ara Museum, where we will see the world-class exhibition of the history of the Cook Islands with an environmental focus on ocean conservation. Lunch and the remainder of the afternoon are at leisure. Tonight, enjoy a BBQ under the stars with resident band Ru and the Boys and special appearances by your host Rodney.

Day 4 Monday 2 March 2026 Island Discovery Tour / Visit Local School / Progressive Dinner [B, D]

After breakfast this morning we embark on our Island Discovery Tour. This is an excellent introduction to the Cook Islands, and provides information on the country's history and culture, stopping along the way at fascinating historical and ceremonial sites. Next, enjoy a relaxed morning with a visit to one of the islands local schools. Meet the students and spend some time with them and enjoy light refreshments. The remainder of today is at leisure for one of the following options. Free time for shopping including transfers or join a fishing charter to catch some local delicious fish or simply enjoy some R & R or activities at your fabulous resort. Tonight, is a Progressive dinner, a great evening to meet the locals.

Day 5 Tuesday 3 March 2026 Koka Lagoon Cruise / Island BBQ [B, L, D]

Today we join "*Koka Lagoon Cruise*" on the world-famous Muri Lagoon. This is undoubtedly one of the best ways to discover the protected lagoon of Rarotonga. Join the fun, professional crew of Koka Lagoon Cruise on board a glass bottom boat and cruise around the world-renown *Muri Lagoon* to the inner reef area to view the varieties of tropical marine life. Ensure you pack your bathers, hat, sunscreen and towel! A sumptuous BBQ lunch on the beach is included. Lots of fun guaranteed today! Return approximately 3pm. Later this afternoon, Rodney will take to his mic in the Umu Hut, before tonight, enjoying a BBQ Buffet night at your hotel.

Aitutaki Day Tour Upgrade Option: 7.00am – 6.00pm (Additional A\$625 per person)

For those who would like to experience stunning Aitutaki, you have the option to do this today instead of the cruise. Just a short 40-minute flight from Rarotonga but seems to be worlds apart, Aitutaki epitomises an image of Pacific Paradise islands, fringed with white sandy beaches, gently swaying palm trees, a turquoise lagoon sparkling in the bright tropical sunlight and a pace of life in tune with this tranquility. There is no better way to fully experience the beauty and charm of that magical place than to experience the all-inclusive Aitutaki Day Tour from Rarotonga. Lunch is included. Return around 6.00pm.

Day 6 Wednesday 4 March 2026 Highland Paradise [B, L, D]

This morning we visit the very special Highland Paradise, situated high up in the rugged volcanic and beautiful mountains of Rarotonga. This fascinating "open air museum" boasts spectacular views and showcases evidence of a historical lost village and survival of the Polynesian people. This is a truly authentic experience situated on Raro's most sacred mountain! Learn about the intellectual know-how of the early signs of astrology to the barbaric rocks of sacrifice, including the navigational stones used to guide the 'vakas' to Aotearoa (*New Zealand*). Meander through the gardens with our guide, who points out medicinal and ritual plants. Light refreshments provided for lunch before returning to our resort. This afternoon is at leisure before we return up the mountain to Highland Paradise to enjoy an evening of unique and truly authentic cultural entertainment and feasting ... prepare yourself for an evening of true Cook Islands exhilarating dance!

Day 7 Thursday 5 March 2026 Marine & Wildlife Centre / Rodney Sings / Farewell Dinner [B, D]

We depart mid morning to visit one of Rarotonga's newest attractions, featuring live exhibits and interactive displays. Discover coconut crabs, astonishing stonefish, stunning aquarium fish, inspiring natural history, cinema and so much more in this unique Cook Island Marine and Wildlife Centre. Late afternoon Rodney will entertain us in the Umu Hut by the pool (Drinks are at own expense). We then depart for our farewell dinner at Tamarind House, a popular local restaurant.

Day 8 Friday 6 March 2026 Depart Rarotonga 9.00am [B]

A very early morning breakfast is in order today, as we head to the airport for our Jetstar flight departing at 9.00am. We cross back over the international dateline.

Day 9 Saturday 7 March 2026 Arrive Sydney 12.30pm / Depart Sydney 4.00pm / Arrive Melbourne 5.35pm

We cross back over the international date line, before arriving into Sydney at 12.30pm. After clearing customs and collecting luggage, for those travelling onto Melbourne with Rodney, we drop our bags off at the bag drop zone before catching the terminal shuttle to the Domestic Terminal. We depart on our Jetstar flight before arriving into Melbourne at 5.35pm. It is here that we say good-bye.

We say "Aere Ra e Kia Manuia" until you grace the shores of the beautiful Cook Islands again!!!

KEY: B = Breakfast, L = Lunch, D = Dinner