



## COOK ISLANDS - MUSIC IN PARADISE

Hosted by Lindsay "Waddo" Waddington & Graeme Hugo  
**22 - 31 July 2025 ex BNE/ADL/SYD**

Back by popular demand, you are invited to join Lindsay "Waddo" Waddington & Graeme Hugo on this trip to Paradise! Discover the untouched beauty, culture and charm of the Cook Islands...matched only by the friendliness of her people. Experience the colourful local culture, swim in crystal clear tropical waters, enjoy delicious local cuisine and insightful entertaining tours. With much to see and plenty of laughs along the way, we hope you can join Waddo & Graeme on this fabulous tour to the magical Cook Islands. Places are limited, so book soon!

**\$5,175**  
 \* per person Twin Share  
 ex BNE/ADL

**\$4,940**  
 \* per person Twin Share  
 ex SYD

**\$1,280**  
 \* Single Supplement



### INCLUSIONS

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

### HIGHLIGHTS

- Punanga Nui Markets
- School Visit
- Koka Lagoon Cruise
- Progressive Dinner
- Highland Paradise tour & show
- Happy hours with the lads
- Local church visit
- BBQ under the stars



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TERMS & CONDITIONS: \*All prices quoted 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. Prices are correct as at 01 August 2024. Travel insurance is highly recommended. Final payment is due 30 April 2025. Norfolk Select T/A Go See Touring ABN: 93367 366 822 ATAS Accreditation No: A10619

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|  |                          |   |                 |
|--|--------------------------|---|-----------------|
| <b>Day 1</b>   | <b>Tuesday 22 July</b>   | <b>Depart Adelaide / Brisbane - Arrive Sydney (Times TBA)</b><br><b>Depart Sydney 9.30pm / Arrive Rarotonga 7.00am / Resort Orientation / Welcome Drinks &amp; Dinner</b> | <b>[B,D]</b>    |
| Welcome to the start of your holiday in paradise with Waddo & Graeme Hugo. Check in 2 hours prior at the Domestic Airport or 3 hours at the International Airport if departing from Sydney. Depart Adelaide or Brisbane on Jetstar and arrive in Sydney, where your exclusive coach will meet us and transfer to the International Terminal. Depart Sydney on Jetstar at 9.30pm crossing the international date line, arrive Rarotonga at 7.15am. Kia Orana & welcome to the Cook Islands! Upon arrival into Rarotonga, we go through Customs and are greeted by our 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 for Happy Hour at Sunset (Drinks are at own expense), before dinner at the Spaghetti House this evening.  |                          |   |                 |
| <b>Day 2</b>   | <b>Wednesday 23 July</b> | <b>Island Discovery Tour / Visit Local School / Happy Hour / Progressive Dinner</b>   | <b>[B,LR,D]</b> |
| 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. Light refreshments included on tour. 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. Meet at the Umu Hut at 5.00pm for happy hour drinks and be entertained by Waddo & Graeme. (Drinks are at own expense). Tonight, is a Progressive Dinner, a great evening to meet the locals.   |                          |   |                 |
| <b>Day 3</b>   | <b>Thursday 24 July</b>  | <b>Koka Lagoon Cruise / BBQ Buffet at Edgewater</b>   | <b>[B,L,D]</b>  |
| Today we join "Koka Lagoon Cruise" on the world-famous Muri Lagoon. This is undoubtedly the best way to discover the magnificent protected lagoon of Rarotonga. Join the fun, professional crew 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. If you wish to swim, wear your bathers underneath your clothes today, and pack your hat, sunscreen and towel! A sumptuous BBQ lunch is provided, with lots of fun guaranteed today! Return approximately 3pm. Tonight enjoy dinner at your hotel.<br><b>Aitutaki Day Tour Upgrade Option: 7.00am - 5.00pm (AUD \$625.00 per person)</b><br>This morning after a very early breakfast, we depart for our Aitutaki Day Tour. This is a full day excursion that features one of the most beautiful lagoons in the world. It's an early start of 7am, where we will be transferred to the airport for the short 45-minute flight across to Aitutaki. After landing, we will be met by our guide and taken on a tour of the island, visiting the main township of Arutanga, the marketplace and the inland villages of Tautu and Vaipae. Then it's on to the pier to board our 21-metre catamaran. The slow cruise across the lagoon to the top reef will take us past many of the offshore motus and sandbars that are permanently raised above the high tide mark. A beautiful BBQ lunch is included. Return around 6.00pm. |                          |   |                 |
| <b>Day 4</b>   | <b>Friday 25 July</b>    | <b>Highland Paradise Tour &amp; Night Show with Dinner</b>  | <b>[B,L,D]</b>  |
| 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 ( <i>New Zealand</i> ). Meander through the gardens with our guide, who points out medicinal and ritual plants. Light refreshments provided for lunch before returning to our resort. Your 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!   |                          |   |                 |
| <b>Day 5</b>   | <b>Saturday 26 July</b>  | <b>Punangua Nui Market / Edgewater Island Night Feast &amp; Show</b>  | <b>[B,L,D]</b>  |
| Today visit Rarotonga's Punangua 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. Later enjoy lunch at The Lazy Trout before returning to our resort. This afternoon we join the activities staff and participate in a fun weaving class where we will make our own head ei (flower crown) and / or neck ei. Tonight, enjoy the fantastic in-house Polynesian Island Night & Show, including a sumptuous feast!   |                          |   |                 |
| <b>Day 6</b>   | <b>Sunday 27 July</b>    | <b>Rarotonga's Church / Te Ara Museum / BBQ Under the Stars</b>   | <b>[B,D]</b>    |
| 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 & the Boys and special appearances by your hosts!  |                          |   |                 |
| <b>Day 7</b>   | <b>Monday 28 July</b>    | <b>At Leisure</b>   | <b>[B]</b>      |
| Enjoy a full day at leisure in paradise! You may like to explore the on-site spa!  |                          |   |                 |
| <b>Day 8</b>   | <b>Tuesday 29 July</b>   | <b>Marine &amp; Wildlife Centre / Happy Hour / Farewell Dinner</b>  | <b>[B,D]</b>    |
| We depart after breakfast 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. This afternoon we return to our resort to freshen up before Happy Hour poolside, with your fabulous hosts to entertain us. Later we depart for our delicious farewell dinner at Tamarind House, a popular local restaurant. A lovely way to end our week.   |                          |   |                 |
| <b>Day 9</b>   | <b>Wednesday 30 July</b> | <b>Depart Rarotonga 8.10am</b>  | <b>[B]</b>      |
| A very early morning breakfast is in order today, as we head to the airport for our Jetstar flight departing at 8.10am. We cross back over the international dateline.   |                          |   |                 |
| <b>Day 10</b>  | <b>Thursday 31 July</b>  | <b>Arrive Sydney / Depart Sydney / Arrive Brisbane or Adelaide</b>  |                 |
| We arrive into Sydney at 11.55am this morning. After clearing customs and collecting luggage, for those travelling on to other ports, we drop our bags off at the bag drop zone before taking our exclusive coach to the Domestic Terminal. We depart on our Jetstar flights bound for Brisbane & Adelaide.  |                          |   |                 |

*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, LR = Light Refreshments

*Flight times have yet to be released and are subject to change*