



COOK ISLANDS

MOANA SANDS LAGOON RESORT (TOUR CODE: 11751)

STARTS AND ENDS

in Rarotonga

TRAVEL PERIODS

until March 2027

EXPERIENCE

Beach

TRAVEL STYLE

Independent Holiday Packages

Relax in paradise while staying at an adults-only resort situated on the famous Muri Beach overlooking Rarotonga's famous pristine lagoon.

Highlights

- Enjoy 7 nights at **Moana Sands Lagoon Resort** on Rarotonga's southern coast, where volcanic mountain peaks meet white sandy beaches and the sparkling lagoon is just steps away from your room.
- Stay in a **Deluxe Lagoon Studio**, situated on the ground and first floor, allowing **direct access to lagoon** and featuring a **private patio or balcony!**
- Explore the facilities such as a large spectacular swimming pool, cabana, sun lounging deck, kayaks, guest laundry, **Hibiscus Spa** and the contemporary and stylish **Laguna Restaurant & Bar**.
- Located near popular attractions such as the famous **Muri Beach**, which offers lagoon cruises, night markets, and a wide range of restaurants.

Entire Bonus

This holiday package is carefully designed by our team to give you complete Peace of Mind, with access to trusted local partners and expert support at your destination.

Escape the everyday life for 7 nights of paradise in the beautiful Cook Islands.

Situated on the famous Muri beach overlooking Rarotonga's pristine lagoon, the Moana Sands Lagoon Resort, offers 24 deluxe studios and suites spread across two levels, a large spectacular swimming pool, cabana, sun lounging deck, kayaks and guest laundry.

A handy shopping hub, night markets and a variety of restaurants are located just a couple of minutes' walk. With the south-easterly aspect, you have the perfect vantage point to wake up to one of the most stunning sunrises. The resort is truly the perfect choice for those seeking a romantic, child-free, tropical escape in the island paradise.

There's a unique choice of tours designed to explore the culture and beauty of the island and it's people. There's not much left for you to do except arrive and chill out in paradise.

INCLUSIONS

- 7 nights at Moana Sands Lagoon Resort in a Deluxe Lagoon Studio - 3*
- Fresh "Flower Ei" meet and greet on arrival
- Return coach transfers from Rarotonga Airport to Moana Sands Lagoon Resort
- Daily tropical breakfast
- Early Check-In from arrival
- Island Night Show with Dinner and Transfers at Highlight Paradise or Te Vara Nui

Freedom of Choice Days

Freedom of Choice



Our Freedom of Choice program offers flexibility, by allowing you to choose from different options on pre-selected days.

Our per person price includes one tour on each Freedom of Choice day, as follows:

- One "Freedom of Choice" tour on day 3

Expand the itinerary below for more details.

Please note, if more than one room is selected during the booking process, our team will contact you afterwards to discuss options.

ITINERARY

Day

1

Rarotonga Airport Moana Sands Lagoon Resort

Upon arrival at Rarotonga Airport you will be greeted with Fresh "Flower Ei" and escorted to your coach transfer to Moana Sands Lagoon Resort. Check-in and enjoy the resort facilities for the rest of the day.

Overnight stay at **Moana Sands Lagoon Resort** in a Deluxe Lagoon Studio.



MOANA SANDS LAGOON RESORT

Day **2**

Rarotonga

Enjoy a leisurely breakfast and the rest of the day is yours to explore the Moana Sands Lagoon Resort

Why not go for a walk along the stunning Muri Beach or sip a cocktail or two poolside on the complimentary sun loungers taking in the stunning views.

Overnight stay at **Moana Sands Lagoon Resort** in a Deluxe Lagoon Studio.

Breakfast



MURI BEACH

Day **3**

Rarotonga

It's time to explore the island! Enjoy a pre-selected tour from our **Freedom of Choice** options below. These tours can be taken on any day of your stay with a maximum of 1 tour per itinerary as outlined below.

Overnight stay at **Moana Sands Lagoon Resort** in a Deluxe Lagoon Studio.

Breakfast

Freedom of Choice Options

- **Captain Tama's Full Day Cruise:**

Available on Monday to Friday (Children under 12 years not permitted)

Explore, enjoy & experience the beauty of our island paradise above and below water. The Sea Scooter Snorkel Tour is a thrilling way of experiencing Rarotonga's crystal clear waters and its astonishing marine life. Make your moments in Rarotonga unforgettable ones!

OR

- **Maunga Tours Cross Island Trek:**

Available on Monday, Wednesday, and Friday

Maunga Tours offers guided mountain hikes through Rarotonga's stunning, rugged mountain ranges. Choose from the world-famous "Pa's Cross Island Trek," the challenging ascent to Te Manga—the island's highest peak—or the leisurely Nature Walk for a more relaxed experience.

OR

- **Storytellers Discover Bicycle Tour:**

Available on Monday, Wednesday and Friday

Travel the ancient backroads along level to gently sloping terrain, stopping at intervals to enjoy local fruits and stories told by your tour guide. This 3.5 hour tour covers a distance of around 8-12 kilometres and caters to those with basic fitness levels and limited riding experience. Definitely a fun and of course eco-friendly way to discover Rarotonga.

OR

- **Raro Tours Island Discovery Tour:**

Available on Monday to Friday

In the comfort of an air-conditioned vehicle this 3-hour guided tour is a brilliant way to kickstart your holiday before exploring the island on your own. On tour you will discover many places of interest around Rarotonga including popular beaches, cultural and historical sites, local plantations, gift shops and more. Light refreshments provided at the completion of your tour.



Enjoy a leisurely breakfast and the rest of the day is yours to explore at the Moana Sands Lagoon Resort.

Soak up the sun or explore the lagoon and its rich marine life with complimentary kayaks and snorkelling gear.

Overnight stay at **Moana Sands Lagoon Resort** in a Deluxe Lagoon Studio.

Breakfast



Day 6

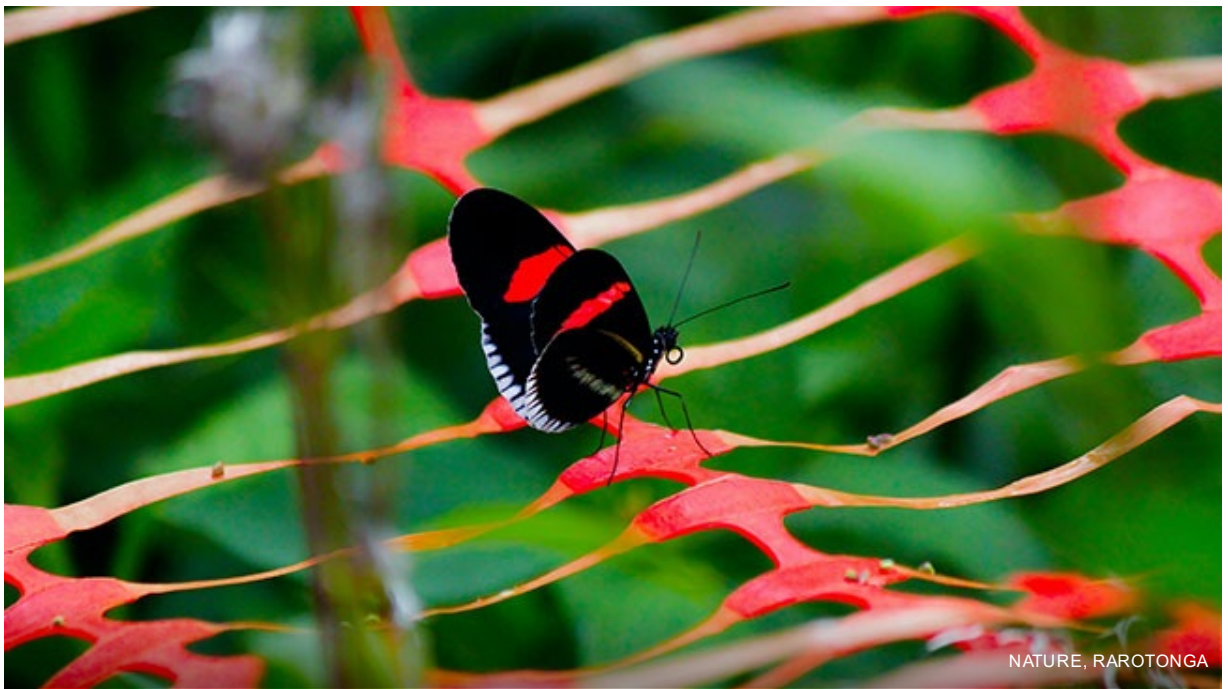
Rarotonga

After breakfast the day is yours.

Why not enjoy a little pampering at the Moana Sands Lagoon Resort's Hibiscus Spa. The spa offers an extensive range of spa and beauty treatments which will leave you feeling relaxed, refreshed and rejuvenated. (Optional/own expense).

Overnight stay at **Moana Sands Lagoon Resort** in a Deluxe Lagoon Studio

Breakfast



Day **7**

Rarotonga

Today is your last day to relax and enjoy the Cook Islands paradise.

Before you leave you can dine or enjoy a tropical cocktail and watch the sunset at the Laguna Restaurant and Bar. (Optional/Own expense).

Overnight stay at **Moana Sands Lagoon** Resort in a Deluxe Lagoon Studio.

Breakfast



Day **8**

Rarotonga Rarotonga Airport

After breakfast prepare to check-out feeling relaxed, refreshed and a little sad to be leaving paradise.

Depart to Rarotonga Airport with a coach transfer.

Breakfast

OPTIONAL EXTRAS

Aitutaki Day Tour

The **Aitutaki Day Tour** is a full day excursion featuring one of the most beautiful lagoons in the world. A guided tour of the island including a catamaran sailing with snorkelling opportunities in this magnificent lagoon. A BBQ Lunch is served half through the trip onboard the Titi Ai Tonga. The Aitutaki Day Tour includes Rarotonga airport transfers, inter-island round trip airfares, Aitutaki island tour by "le truck" and the 6-hour lagoon Cruise on board The Vaka Cruise.

Tip: make sure you take your passport with you as you can get an 'Arrival' stamp from the One Foot Island Post Office which is a great souvenir gift to show family & friends.



Prices are dynamic based on travel dates. Please proceed to [Book Now](#) or [Contact Us](#) for details.

ACCOMMODATION

Moana Sands Lagoon Resort

Rarotonga

Situated on the famous Muri Beach overlooking Rarotonga's famous pristine lagoon, this modern 'adults only' 18+ resort offers deluxe studios and suites spread across two levels (ground and first floor), a large spectacular swimming pool, cabana, sun lounging deck, kayaks, guest laundry, Hibiscus spa and the contemporary and stylish Laguna Restaurant & Bar.



ADDITIONAL INFORMATION

OFFICIAL LANGUAGE

Cook Islands Maori and English

LOCAL CURRENCY

New Zealand Dollar (NZD)

FROM price reflects the lowest available price within the advertised travel period (e.g. April to October). Pricing varies depending on travel dates, availability and demand, and may not be available on all departures. Higher pricing applies during peak and shoulder periods. Final pricing is confirmed at the time of enquiry or booking. Please refer to [Pricing & Price Conditions](#) for full details, including inclusions, exclusions and other conditions.