



Southern Hemisphere Horizons

Coral Route Escapes (Cook Islands Cruise)

Ver 1.01.01 (Proposal)

DATE
AUTHOR

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Proposal Team

Subject: 10-Day Samoa to Cook Islands Cruise Itinerary

Embark on an unforgettable voyage through the pristine South Pacific, exploring the breathtaking beauty of Samoa, Tonga and the Cook Islands. This 10-day cruise includes luxurious onboard amenities, stunning island stopovers and flexible return flights from your preferred destination.

Day 1: Departure from Apia, Samoa

- **Embarkation:** Board your luxury cruise ship in Apia, Samoa. Settle into your cabin and explore the ship's world-class amenities, including pools, restaurants and entertainment options.
 - **Welcome Dinner:** Enjoy a delicious welcome dinner onboard, followed by live entertainment.
 - **Evening Activity:** Cruise into the sunset as you set sail for your first destination.
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Day 2: At Sea

- **Relax and Unwind:** Spend the day at sea enjoying onboard activities, such as yoga, cooking classes or lounging by the pool.
- **Cultural Workshop:** Attend a Polynesian cultural workshop, learning about traditional Samoan music, dance and weaving.
- **Evening Show:** Watch a live performance inspired by South Pacific culture.

Day 3: Nuku'alofa, Tonga

- Morning Arrival: Dock in Tonga's capital, Nuku'alofa.
 - Guided Tour: Explore the Royal Palace, local markets and historic churches.
 - Optional Activity: Take a snorkel excursion to nearby coral reefs or visit Tongatapu's famous blowholes.
 - Evening Departure: Depart for your next destination as the sun sets over the South Pacific.
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Day 4: Vava'u, Tonga

- Morning Adventure: Wake up to the stunning beauty of the Vava'u archipelago.
 - Shore Excursion: Choose between swimming with humpback whales (seasonal), kayaking through limestone caves or visiting remote beaches.
 - Local Cuisine: Enjoy a traditional Tongan feast at a beachfront venue.
 - Departure: Return to the ship in the evening for a leisurely night onboard.
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Day 5: At Sea

- Onboard Activities: Participate in mixology classes, spa treatments or simply relax on the deck with panoramic ocean views.
 - Lecture Series: Attend a presentation on the unique cultures and histories of the South Pacific islands.
 - Themed Dinner Night: Enjoy a Polynesian-inspired dinner followed by a movie under the stars.
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Day 6: Aitutaki, Cook Islands

- Morning Arrival: Dock in Aitutaki, famous for its turquoise lagoon and unspoiled beauty.
 - Lagoon Tour: Take a guided lagoon cruise, stopping to snorkel among colourful coral reefs and tropical fish.
 - Cultural Experience: Visit a local village to learn about Cook Islands traditions and enjoy a dance performance.
 - Evening Departure: Set sail for your next island destination.
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Day 7: Rarotonga, Cook Islands

- Full-Day Exploration: Arrive in Rarotonga, the largest island in the Cook Islands.
 - Optional Excursions:
 - Hike the lush Cross-Island Track to see Wigmore's Waterfall.
 - Visit Punanga Nui Market for local crafts and food.
 - Relax on Muri Beach, famous for its crystal-clear waters.
 - Evening Entertainment: Return to the ship for a traditional Cook Islands feast and live music.
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Day 8: At Sea

- Day of Relaxation: Enjoy the ship's amenities, such as a morning yoga session or poolside cocktails.
 - Cooking Demo: Learn to prepare Polynesian dishes using fresh, local ingredients.
 - Captain's Gala Dinner: Celebrate the journey with an elegant gala dinner and farewell festivities.
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Day 9: Palmerston Island, Cook Islands

- Morning Visit: Arrive at the remote and rarely visited Palmerston Island.
 - Cultural Connection: Meet the island's small population and learn about their unique way of life.
 - Beach Picnic: Enjoy a beach picnic with freshly prepared local dishes.
 - Evening Departure: Begin your final leg of the cruise.
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Day 10: Disembarkation in Rarotonga, Cook Islands

- Morning Arrival: Dock in Rarotonga, where your unforgettable journey ends.
 - Flexible Return Flights: Choose to fly back home or extend your stay in Rarotonga, Aitutaki, or any previous stopover with variable return flight options.
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Inclusions:

- Luxurious onboard accommodations with all meals and entertainment.
- Guided shore excursions at every destination.
- Flexible return flights from Rarotonga, Aitutaki or Samoa.
- Onboard Polynesian cultural experiences and workshops.

This Samoa-to-Cook Islands cruise combines luxury, adventure and cultural immersion, offering travellers the chance to explore the South Pacific's most beautiful islands in comfort and style.

Why Choose Us?

- Unparalleled expertise in organising unforgettable adventures
- Exceptional service standards and attention to detail
- Handpicked accommodations for the utmost comfort and luxury
- Exclusive access to remote and pristine areas
- Experienced guides with in-depth knowledge of the exotic flora, fauna and cultural heritage
- Commitment to sustainable and responsible tourism practices
- Personalised itineraries tailored to individual preferences and interests
- 24/7 customer support and assistance throughout the journey
- Last minute cancellation refund or *destination changes with the purchase of cancellation insurance totalling AU\$200 per person (insurance peace of mind covers the planting of 35 Tasmanian Blue Gum trees in Mhangura, Zimbabwe).

We are excited to create a memorable experience for you in the South Pacific. Please let us know if you have any specific requirements or if you would like to make any modifications to the proposed itinerary.

We hope you'll join us for this exciting cruise getaway! Please let us know if you'd like any adjustments to suit your needs.

Best regards,

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