



CAPTAIN TAMA'S LAGOON CRUISE

Rarotonga

Captain Tama's award-winning Lagoon Cruise offers one of the finest opportunities to experience the natural beauty of Muri Lagoon.

The tour commences with pick-up from your accommodation and transfer to Muri, where guests board a glass-bottom vessel for a scenic cruise across the lagoon to a protected marine reserve. Here, guests are invited to snorkel among coral gardens, observe a diverse range of tropical marine species, and participate in fish feeding. Marine life commonly encountered includes giant clams, reef fish, and, on occasion, turtles, stingrays, and the resident moray eel known as "Charlie".

Captain Tama's has maintained a long-standing commitment to marine conservation in the Cook Islands, contributing a portion of annual revenue towards the protection and preservation of the lagoon environment. This initiative is reflected in the health and abundance of marine life within the reserve.

The cruise continues to a secluded motu (islet), where guests may swim, walk along the beach, or relax while a freshly prepared BBQ lunch is served, featuring grilled fish, tropical fruits, and locally inspired accompaniments.

The crew provide both entertainment and guest assistance throughout the experience. Guests who are inexperienced swimmers or new to snorkelling are offered full support and supervision to ensure comfort and safety at all times.

Onboard entertainment is provided by the crew's own string band, N.S.A (No Strings Attached), contributing to a relaxed and authentic island atmosphere. Following lunch, cultural demonstrations are presented, including the traditional uses of the coconut tree and pareu (sarong) tying techniques, with guest participation encouraged.

All vessels are equipped with comprehensive safety equipment, including life jackets, snorkelling vests, radios, and communication devices. The crew are fully trained in water safety, rescue procedures, and first aid.

Captain Tama's Lagoon Cruise combines natural discovery, cultural engagement, and professional hospitality to deliver a memorable experience on Muri Lagoon.



TOUR DETAILS

DAYS OF OPERATION	TOUR DURATION	INCLUSIONS
SUNDAY - FRIDAY	11AM - 3PM	BOAT TRANSFERS, SNORKELLING EQUIPMENT, GUIDED TOUR, BBQ FISH LUNCH, COCONUT & PAREU TYING SHOW AND ENTERTAINMENT
SATURDAYS FOR GROUP BOOKINGS ONLY	APPROXIMATELY 4 HOURS	
CHILD POLICY	PAX REQUIREMENTS	
CHILDREN WELCOME	MINIMUM 15 PAX REQUIRED TO OPERATE. MAXIMUM OF 120 PAX	
TOILET STOPS	VEHICLE INFORMATION	WHAT TO BRING/WEAR
AVAILABLE BEFORE CRUISE DEPARTS, AND ON THE MOTU	4 X GLASS BOTTOM BOATS - 1X 60 SEATER, 1X 50 SEATER, 1X 40 SEATER & 1X 25 SEATER	CAMERA, SUNSCREEN, SWIMWEAR, REEF SHOES, BOTTLED DRINKING WATER, INSECT REPELLANT, TOWELS
SAFETY GEAR	TRANSLATORS	ACCESS FOR DISABLED
LIFE JACKETS & SNORKELING VESTS AVAILABLE ON BOARD	TRANSLATOR GUIDES AVAILABLE AT EXTRA COST: GERMAN, FRENCH, ITALIAN, JAPANESE	SUITABLE WHEELCHAIR PASSENGERS ASSISTANCE WILL BE OFFERED WHERE REQUIRED