



MAUNGA TOURS - Cross Island Trek

Rarotonga

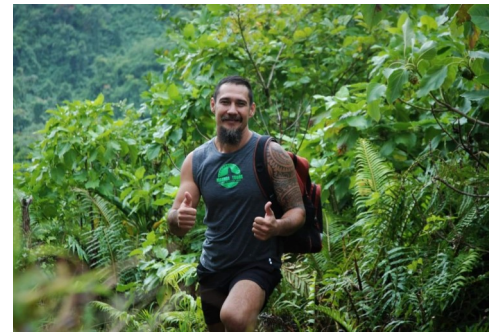
Born and raised on Rarotonga, Bruce has a love for the outdoors and has been guiding for over 6 years on Pa's Treks, learning from Pa himself. Bruce prides himself in conservation, eco-tourism and providing information for our visitors on native and introduced species you'll see in the mountains. First aid certified and be reassured you are in good hands. Hike with confidence.

The **Cross Island Trek** is considered the best hike on Rarotonga boasting exceptional views of the island and an authentic experience through nature's best. It is approximately a 3 - 3.5 hour productive tour that offers a strenuous popular 2-mile hiking adventure. Rarotonga is rich in its culture, people and history.

Starting from the northern side of the island deep within the Avatiu Valley, you journey through Rarotonga's jungle which leads up to the base of the pinnacle, buried within the mountains and over streams that pass through steep inclines.

The half way point brings you to Te Rua Manga – The Needle, the volcanic heart and the most recognizable high peaks of the island. The vertical cylinder-like rock is an estimate of 65 - 85m high. The climb is absolutely challenging, but is definitely rewarding. Te Rua Manga is probably the best known landmark on the island.

Following the ridge down through a canopy of native flora, your tour guide will recite legends and folklore about warriors and maidens that once walked the trek. You will also learn the significance of the plant life that is used for medicinal purposes. You are then led down through Papua Valley crossing streams before finishing at Papua Waterfall for a rejuvenating cool off. To end your tour, fresh fruits and light refreshments will be provided.



TOUR HIGHLIGHTS

Unspoilt Landscape

Rarotonga is still untouched in many parts. The rugged volcanic cliffs, the deep valleys and hidden river beds give trekkers a sense of being in a place where man is absent. Secluded water falls, river beds and volcanic boulders offer interesting additions to the 3+ hour trek. You will pass ancient maraes and sacred sites along the way.

Knowledgeable Tour Guide & Sightseeing

You will get to see the lush rainforest interior of Avatiu Valley and learn about the flora and fauna of Rarotonga. Take in the amazing mountain top views as you reach the summit.

TOUR DETAILS

DAYS OF OPERATION	TOUR DURATION	VEHICLE INFORMATION
MONDAY, WEDNESDAY & FRIDAY	APPROX. 3.5 HOUR TOUR	VAN IS USED FOR TRANSFERS
INCLUSIONS	TOILET STOPS	WHAT TO BRING/WEAR
RETURN TRANSFERS, LIGHT LUNCH AND TOUR GUIDE	GUESTS NEED TO USE THE BATHROOMS BEFORE THEY DO THE HIKE AS THERE IS NO TOILET FACILITY AVAILABLE DURING THE TOUR	CAMERA, BOTTED WATER, INSECT REPELLENT, STURDY HIKING SHOES, SUNSCREEN
PAX REQUIREMENTS	CHILD POLICY	IMPORTANT NOTES
MINIMUM 1 PAX MAXIMUM 12 PAX GROUPS OF 13 PAX+ ON REQUEST BASIS	NO CHILDREN 0-4 YEARS. CHILDREN 4 YEARS & OVER ARE ALLOWED PROVIDED THAT THEY ARE GOOD WALKERS AND CAN CLIMB UP BANKS AND ACROSS STREAMS.	CROSS ISLAND TREK REQUIRES STRENGTH AND STAMINA - A GOOD LEVEL OF FITNESS IS REQUIRED DUE TO THE UNEVEN NATURE OF THE TRAIL. NOT SUITABLE FOR THE ELDERLY, PREGNANT WOMEN OR THOSE WITH WALKING DIFFICULTIES.