



# TUMUTOA TOURS - TRADITIONAL UMU & DISCOVERY WALK Rarotonga

Located on the main road in the village of Arorangi—across the road from Manuia Beach Resort is the exciting and newly established Tumutoa Tours – Tumutoa meaning warrior, and Ngametua (your tour guide) being exactly that. Passionate about his culture and heritage, Tumutoa brings a completely unique and authentic Cook Island experience. Tours are interactive, and has you learning hands-on how our ancestors once lived, and the traditional skills many Cook Islanders still practice today. Tumutoa's main focus is to share his knowledge passed down to him through demonstration which he showcases in a special way through a variety of tours.

The **Traditional Umu and Discovery Walk** is a 4 hour educational tour that provides you a unique experience of the lifestyle our ancestors once lived. Tumutoa will lead you through some traditional practices passed down through generations. Upon arrival, you will be met and traditionally welcomed on site by your warrior guide.

Learn to prepare your own umu (underground oven), the art of weaving, explore the culinary and agricultural gardens and learn of the local fruits and plants used for medicinal purposes. Learn of the many benefits the 'Tree of Life' has to offer and enjoy a demonstration of coconut tree climbing. You will also be entertained by your hosts and have the chance to learn basic Cook Islands phrases and dancing.

Your warrior guide will share with you some of the legends of the village and family history. He will take you through a scenic walking tour on the backroad, allowing you an informative stroll through nature. You will have light refreshments offered to you through the tour.

NB: Photos will be taken throughout the tour.



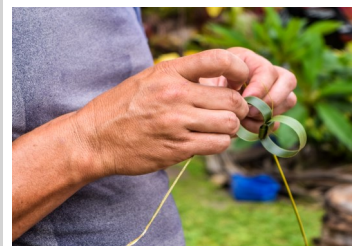
Welcoming on site



Umu preparation



Medicinal plants



Craft work

## TOUR HIGHLIGHTS

### Authentic Discovery Tour

You will be entertained with stories narrated to you by your warrior as he guides you through the backroad uncovering traditional uses of many plants and locally produced fruits.

### Island Experience

Your warrior guide will demonstrate some methods used by our ancestors for their very own survival, including the preparation of a umu in which you will later enjoy feasting on at the end of the tour. Basic and simple weaving lessons will be taught during the cook time of your feast.

## TOUR DETAILS

DAYS OF OPERATION	TOUR DURATION	VEHICLE INFORMATION
SHARED TOUR - FRIDAY	APPROX 4 HOURS	N/A
PRIVATE TOUR - SATURDAYS (ALTERNATIVE DAYS ON REQUEST)	*UMU MAKING APPROX 3 HOURS *WALKING TOUR APPROX 1 HOUR	
INCLUSIONS	SEATING ARRANGEMENT	WHAT TO BRING/WEAR
- WALKING TOUR - TOUR GUIDE - INTERACTIVE CULTURAL ACTIVITIES - UMU COOKING CLASS & FEAST	N/A	- WATER - WALKING SHOES - MOSQUITO REPELLENT - SUN SCREEN - CAMERA
PAX REQUIREMENTS	TOILET STOPS	ACCESS FOR DISABLE
MINIMUM 8 PAX MAXIMUM 60 PAX  PRIVATE TOUR: MIN 2 / MAX 7	AVAILABLE AT TUMUTOA SITE	NO WHEELCHAIR ACCESS AVAILABLE TO TOILET FACILITIES





# TUMUTOA TOURS - UMU, STRINGBAND & FIRE SHOW TOUR Rarotonga

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The **Umu Feast, Stringband and Fire Show Tour** is a 4.5 hour tour that provides you authentic methods of how to prepare your own umu (underground oven), the art of local weaving and explore the culinary and agricultural gardens. Learn of the many benefits the 'Tree of Life' has to offer and enjoy a demonstration of coconut tree climbing. You will also be entertained by your hosts and have the chance to learn basic Cook Islands phrases, singing and dancing.

You will also be delighted with beautiful stories narrated by Tumutoa, and entertained with a fire dance performance by our warriors.

NB: Photos will be taken throughout the tour.



Weaving lessons



Umu preparation



Coconut cream demonstration



## TOUR HIGHLIGHTS

### Fire Dance Performance

Be entertained by our talented fire dancing anau! Dance to the drums of the Pacific and savour in the sounds of paradise whilst feasting on your island styled umu buffet through the night.

## TOUR DETAILS

DAYS OF OPERATION	TOUR DURATION	VEHICLE INFORMATION
SHARED TOUR - MON & THURS	APPROX 4.5 HOURS	N/A
PRIVATE TOUR - SATURDAYS (ALTERNATIVE DAYS ON REQUEST)	*UMU MAKING APPROX 3 HOURS	
INCLUSIONS	SEATING ARRANGEMENT	WHAT TO BRING/WEAR
- FIRE DANCE SHOW - TOUR GUIDE - INTERACTIVE CULTURAL ACTIVITIES - UMU COOKING CLASS & FEAST	N/A	- WATER - WALKING SHOES - MOSQUITO REPELLENT - SUN SCREEN - CAMERA
PAX REQUIREMENTS	TOILET STOPS	ACCESS FOR DISABLE
MINIMUM 8 PAX MAXIMUM 60 PAX  PRIVATE TOUR: MIN 2 / MAX 7	AVAILABLE AT TUMUTOA SITE	NO WHEELCHAIR ACCESS AVAILABLE TO TOILET FACILITIES



Coconut husking





# TUMUTOA TOURS - LEGENDS OF RAEMARU

Rarotonga

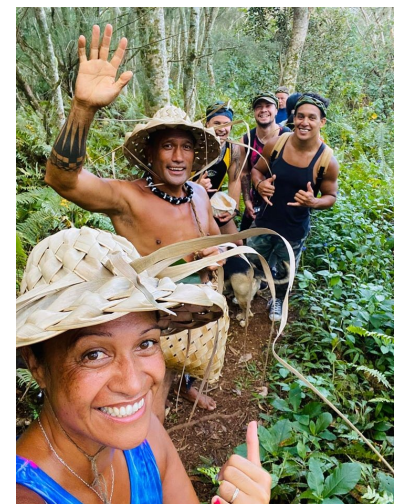
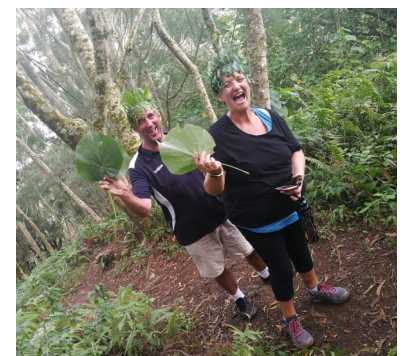
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The **Legends of Raemaru Trek** is a 2.5 hour tour that offers a distinctive historical experience. Rarotonga is rich in its culture, people, history and legends. There are many places of interest that were once sacred grounds blessed by our ancestors and your warrior guide will share with you the legend of Raemaru.

Set amongst the beautiful village and people of Vaka Puaikura, legend has it that the mountain top was stolen by Aitutakian warriors. Tumutoa will share with you his knowledge of the picturesque mountain and how it affected the people of Puaikura.

Whilst engaging in the interesting tales, you will be delighted with light refreshments of seasonal fruit and coconut brunch. You will also learn of the plants and fruits that were used for medicinal purposes and many other historical facts.

NB: Photos will be taken throughout the tour.



## TOUR HIGHLIGHTS

### Historical Insite

Walk amongst the tribal sites of warfare and sacrifice whilst stories are narrated to you by your Tumutoa guide. Hear of the mesmerized legends that still captivate people's interest.

## TOUR DETAILS

DAYS OF OPERATION	TOUR DURATION	VEHICLE INFORMATION
SHARED TOUR - WEDNESDAY	APPROX 2.5 HOURS	N/A
PRIVATE TOUR: MONDAY - FRIDAY (ON REQUEST BASIS)		
INCLUSIONS	SEATING ARRANGEMENT	WHAT TO BRING/WEAR
- MOUNTAIN WALK - TOUR GUIDE - LIGHT REFRESHMENTS - SEASONAL FRUIT	N/A	- WATER - WALKING SHOES - MOSQUITO REPELLENT - SUN SCREEN - CAMERA
PAX REQUIREMENTS	TOILET STOPS	ACCESS FOR DISABLE
MINIMUM 8 PAX MAXIMUM 60 PAX PRIVATE TOUR: MIN 2 / MAX 7	AVAILABLE AT TUMUTOA SITE	NO WHEELCHAIR ACCESS AVAILABLE TO TOILET FACILITIES. *AN INTERMEDIATE LEVEL OF FITNESS REQUIRED