



KITESUP COOK ISLANDS - Fire on Water Night Paddle Tour

Rarotonga

Situated on the south-east coast of Rarotonga in the heart of Muri Beach is the boutique watersports company, KiteSUP Cook Islands. KiteSUP offers you a unique variety of water sports experiences like no other. Tours are interactive, intimate, authentic and educational. KiteSUP's vision is to make you feel at home and part of our family.

The award-winning **Fire On Water Night Paddle Tour** is a 90min memorable experience for the entire family to enjoy. You have the choice of a stand up paddle board or a kayak to discover our lagoon coming to life under moonlight and starry skies.

Upon arrival you will be met by our professional team and given a thorough introduction to paddling techniques and safety measures. Your experienced guide will lead you from the mainland across the lagoon to the uninhabited motu (islet) for sunset photos and storytelling of local myths and legends.

Learn about the beauty and uniqueness of our marine life and the art of traditional navigation as you paddle through our protected marine conservation area.

We turn up the heat at the end of the tour with an interactive fire spinning demonstration. Under the supervision of our island warrior, you can have the chance to spin fire to test your thrill-seeking and adventurous side.

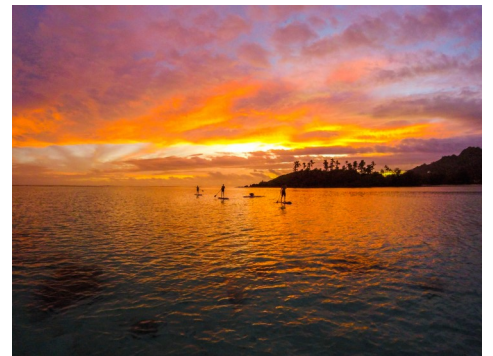
NB: Photos will be taken throughout the tour.



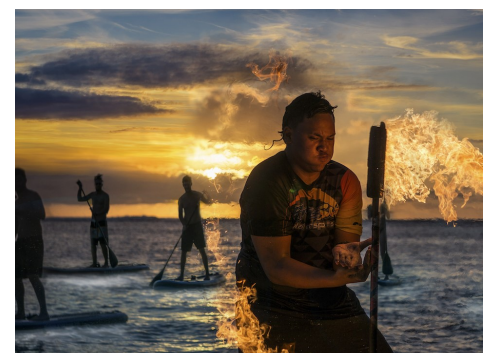
EXPLORING MURI BEACH LAGOON



OUR SUP EQUIPMENT



FIRE SUNSET PADDLE



SPECTACULAR FIRE SHOW

UPDATED APRIL 2022

TOUR HIGHLIGHTS

Spectacular Fire Dance Performance

Upon reaching the shores of the mainland, guests are showcased an authentic and cultural performance which is commonly practised by our local people through the art of fire dancing. Guests are also asked to participate in this event to create a more interactive experience.

Stand-up Paddleboards with LED Light Up System

The LED lights are attached to the boards and makes for an exciting addition to the tour. Watch the water come to life at night on this 'Fire on Water Night Paddle Tour'.

TOUR DETAILS

DAYS OF OPERATION	TOUR DURATION	INCLUSIONS
MONDAY - SUNDAY	90 MINUTES DEPARTS AT 6PM *NOTE TIMES VARY	LED LIGHTUP PADDLE BOARDS, ADJUSTABLE PADDLE, DOUBLE OR SINGLE KAYAKS, PROFESSIONAL GUIDE & FIRE SHOW. WETSUITS, REEF SHOES & LIFE JACKETS PROVIDED ON REQUEST **DUE TO OUR COVID-19 PRECAUTIONS, WE RECOMMEND GUESTS BRING THEIR OWN SNORKEL CLOTHING OR BUY LOCALLY
TOILET STOPS	CHILD POLICY	WHAT TO BRING/WEAR
AVAILABLE BEFORE TOUR COMMENCES	CHILDREN AGED 0-5 YEARS ARE FOC, 6-11 YEARS SHARING VESSEL WILL BE HALF PRICE. CHILDREN WHO PADDLE OWN VESSEL WILL BE CHARGED AT ADULT RATE	COMFORTABLE CLOTHES/SWIMWEAR, REEF SHOES (PROVIDED ON REQUEST), TOWEL, SPARE CHANGE OF CLOTHES. GO PRO/WATERPROOF CAMERA IS OPTIONAL AS PHOTOS ARE INCLUDED.
PAX REQUIREMENTS	VEHICLE INFORMATION	ACCESS FOR DISABLE
MINIMUM 4 PAX MAXIMUM 15 PAX	10 X SUP PADDLE BOARDS 3 X DOUBLE KAYAKS 3 X SINGLE KAYAKS	TOUR IS NOT RECOMMENDED FOR DISABLED PASSENGERS AND REQUIRES SOME LEVEL OF FITNESS SO MAY NOT BE SUITABLE FOR THE ELDERLY.



KITESUP COOK ISLANDS - Lagoon Explorer

Rarotonga

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The **Lagoon Explorer** is a fantastic family friendly water based activity. The 2 hour guided tour provides a great balance of paddling and snorkeling in the sheltered and protected waters of Muri Lagoon.

Discover the amazing marine ecosystem both above and below the water and learn the importance of our Raui conservation areas where our traditional community leaders have enforced a ban on fishing to help protect and conserve fish populations.

Our professional tour guides offer you nothing short of memorable paddling and snorkeling experience here in our beautiful little paradise.

The tour is not complete until we fill your belly with fresh and made to order sandwiches and a beverage of your choice. (Please note your food allergies and preferences when booking).

NB: Photos will be taken throughout the tour.



SPECTACULAR UNDER WATER CAPTURE



SUP IN OUR PRISTINE WATERS



EXPLORE THE WONDERFUL MARINE LIFE



RELAXING TIME AFLOAT

UPDATED NOVEMBER 2020

TOUR HIGHLIGHTS

Excellent Snorkelling Site

The Muri Beach Lagoon is a special snorkelling ground for locals and tourists alike. Surrounded by a maximum of watersports and activities, this is the ultimate beach setting you have long waited for. The water is approximately 15 ft. deep with rows of vibrant coral heads to explore whilst swimming amongst schools of tropical jewelled fish.

Professional and Friendly Tour Guides

Your tour guides are not only there to ensure you are well entertained but also to ensure your safety whilst on the tour. An introductory lesson is provided beforehand and the assistance of your awesome crew is available throughout the duration of your tour.

TOUR DETAILS

DAYS OF OPERATION	TIME & TOUR DURATION	INCLUSIONS
MONDAY - FRIDAY (TIDE DEPENDANT)	2 HOURS DEPARTS AT 9AM & 1PM *NOTE TIMES VARY	PROFESSIONAL GUIDES, KAYAK OR PADDLE BOARD, SNORKELLING GEAR & LIGHT REFRESHMENTS. WETSUITS, REEF SHOES & LIFE JACKETS PROVIDED ON REQUEST. **DUE TO OUR COVID-19 PRECAUTIONS, WE RECOMMEND GUESTS BRING THEIR OWN SNORKEL CLOTHING OR BUY LOCALLY
TOILET STOPS	CHILD POLICY	WHAT TO BRING/WEAR
AVAILABLE BEFORE TOUR COMMENCES	CHILDREN AGED 0-5 YEARS ARE FOC, 6-11 YEARS SHARING VESSEL WILL BE HALF PRICE. CHILDREN WHO PADDLE OWN VESSEL WILL BE CHARGED FULL PRICE	COMFORTABLE CLOTHES/SWIMWEAR, REEF SHOES (PROVIDED ON REQUEST), TOWEL, SPARE CHANGE OF CLOTHES. GO PRO/WATERPROOF CAMERA IS OPTIONAL AS PHOTOS ARE INCLUDED.
PAX REQUIREMENTS	VEHICLE INFORMATION	ACCESS FOR DISABLE
MINIMUM 4 PAX MAXIMUM 10 PAX	16 X PADDLE BOARDS 3 X DOUBLE KAYAKS 3 X SINGLE KAYAKS	TOUR IS NOT RECOMMENDED FOR DISABLED PASSENGERS AND REQUIRES SOME LEVEL OF FITNESS SO MAY NOT BE SUITABLE FOR THE ELDERLY.



KITESUP COOK ISLANDS - Snorkeling Tour

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The **Snorkeling Tour** experiences are designed to offer something for all skill levels and abilities. Each 2.5 – 3 hour tour provides you an intimate underwater adventure and lasting memories.

Upon arrival, our qualified tour guides will get you equipped with all the related gear, lead you through the foundational snorkeling skills and safety systems, and offer informative tips and advice about being a good guest in the home of our marine fauna.

Our snorkeling tours allow you to interact, observe and experience the amazing underwater world in a safe and educational way. You will advance your snorkeling skills and water safety knowledge.

We offer three different experiences based on your water confidence level and snorkeling experience:

Intro Snorkel covers basic safety equipment and swimming techniques while snorkeling amongst the giant trevally, morai eels, giant clams and so much more. This tour is offered within the lagoon.

Adventure Snorkel offers a distinctive experience for skilled snorkelers in deep water. This tour is tide dependent and boasts unobstructed views of certain sea fauna including turtles, rays and reef sharks.

Shipwreck Snorkel provides an open-ocean excursion to the 'Matai' shipwreck or to the drop-off point near the reef.

Discover the beautiful marine life on these thrilling snorkel tours. These educational explorations support many local marine initiatives.

NB: Photos will be taken throughout the tour.

TOUR HIGHLIGHTS

See Giant Turtles, Reef Sharks and Eagle Rays

KiteSUP's Snorkel tours offers a rare chance for you to site some of Rarotonga's spectacular marine life in a safe way. There is so much to see and learn on the tours including how to approach these creatures as well as snorkelling and freediving techniques and skills that you can improve on.

TOUR DETAILS

DAYS OF OPERATION	TIME & TOUR DURATION	INCLUSIONS
MONDAY - FRIDAY	2.5 - 3 HOURS TAI/MOANA: DEPARTS AT 9AM OR 1PM AVA: TIDE DEPENDANT *NOTE TIMES VARY	PROFESSIONAL GUIDES, SNORKELLING GEAR, WETSUITS, REEF SHOES & LIFE JACKETS PROVIDED ON REQUEST. **DUE TO OUR COVID-19 PRECATIIONS, WE RECOMMEND GUESTS BRING THEIR OWN SNORKEL CLOTHING OR BUY LOCALLY

TOILET STOPS	CHILD POLICY	WHAT TO BRING/WEAR
AVAILABLE BEFORE TOUR COMMENCES	NO CHILDREN 11 YEARS AND UNDER.	COMFORTABLE CLOTHES/SWIMWEAR, REEF SHOES (PROVIDED ON REQUEST), TOWEL, SPARE CHANGE OF CLOTHES. GO PRO/WATERPROOF CAMERA IS OPTIONAL AS PHOTOS ARE INCLUDED.

PAX REQUIREMENTS	IMPORTANT NOTES	ACCESS FOR DISABLE
MINIMUM 2 PAX MAXIMUM 6 PAX	A PERCENTAGE OF THE SALES GOES BACK INTO THE MARINE CONSERVATION INITIATIVES OF TE IPUKAREA SOCIETY.	TOUR IS NOT RECOMMENDED FOR DISABLED PASSENGERS AND REQUIRES SOME LEVEL OF FITNESS SO MAY NOT BE SUITABLE FOR THE ELDERLY.



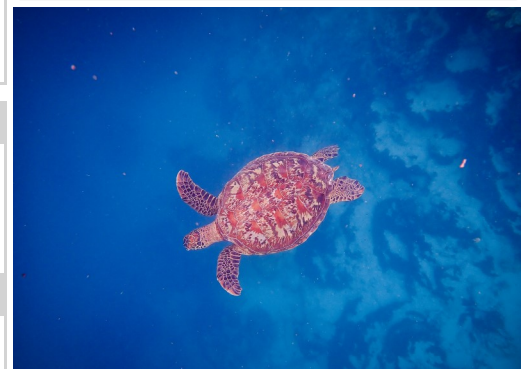
INTRO SNORKEL



ADVENTURE SNORKEL



SHIPWRECK SNORKEL



THE BEST UNDERWATER ADVENTURE

UPDATED 18 MARCH 2022



KITESUP COOK ISLANDS - SUP Yoga Tour

Rarotonga

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Life is about the journey not the destination. In our 90min guided **SUP Yoga** class you will be taught a variety of skills and poses allowing you to learn, stretch, unwind and enjoy the natural beauty of Muri lagoon.

Your certified Yoga instructor will demonstrate and guide you through balancing techniques, gentle yoga poses and breathing exercises. This combination encourages increased flexibility, improved muscle strength and balance and revitalizes your mind.

Feel the warm tropical breeze on your skin, the sand between your toes and relax your mind with us.

Your thirst will be quenched with a refreshing coconut water or tropical juice at the conclusion of the class.

NB: Photos will be taken throughout the tour.



IMPROVES FLEXIBILITY AND BALANCE



REDUCE STRESS LEVELS



AN ENERGY BOOST FOR ALL



THE BEST WAY TO RELAX AND UNWIND

TOUR HIGHLIGHTS

Total Intimacy

With the absolute beachfront setting, this gives you plenty of opportunity for relaxation whilst absorbing the wonderful tropical surroundings, boasting the best panoramic views of the mountains and stunning lagoon front that is fringed by swaying palms.

Absolute Relaxation

The SUP Yoga Tour provides calmness and intimate recreation for guests 12 years and over, and is a natural sanctuary for deep quietness and freedom from disturbance.

TOUR DETAILS

DAYS OF OPERATION	TIME & TOUR DURATION	INCLUSIONS
THURSDAY & SUNDAY	90 MINUTES DEPARTS AT 2.30PM *NOTE TIMES VARY	PADDLE BOARD AND CERTIFIED INSTRUCTOR
TOILET STOPS	CHILD POLICY	WHAT TO BRING/WEAR
AVAILABLE BEFORE TOUR COMMENCES	NO CHILDREN 11 YEARS AND UNDER.	SUNSCREEN, HAT, COMFORTABLE CLOTHES/SWIM WEAR, TOWEL & SPARE CHANGE OF CLOTHES. GO PRO/ WATERPROOF CAMERA IS OPTIONAL AS PHOTOS ARE INCLUDED.
PAX REQUIREMENTS	VEHICLE INFORMATION	ACCESS FOR DISABLE
MINIMUM 4 PAX MAXIMUM 16 PAX	16 X PADDLE BOARDS	TOUR IS NOT RECOMMENDED FOR DISABLED PASSENGERS AND REQUIRES SOME LEVEL OF FITNESS SO MAY NOT BE SUITABLE FOR THE ELDERLY.