



MAUNGA TOURS - Cross Island Trek

Rarotonga

Your experienced tour guide Bruce Goldsworthy, born and raised on Rarotonga, developed a deep passion for the outdoors and natural environment at a young age. Bruce is an experienced local mountaineer and tour guide who also spent over 6 years guiding for Pa's Cross Island Trek, learning from the 'legend' Pa and growing his knowledge in conservation, native and introduced plant species, and eco-tourism. Bruce knows his way around the islands interior well, and while he enjoys guiding and sharing his knowledge gained with others, the safety of his guests is paramount, so be assured that you are in good hands while you explore and appreciate all that the Rarotonga's lush interior has to offer.

The **Cross Island Trek** is considered the best hike on Rarotonga and is a must-do for those who love a little eco-challenge. The tour boasts magnificent scenic views coupled with a unique learning experience as you venture from North to South on a 3—3.5 hour (2-mile) trek over rugged and uneven terrain.

The starting point of the trek is deep within Avatiu Valley and begins with a walk through Rarotonga's jungle, steadily increasing to an inclined hike up to the base of Te Rua Manga 'The Needle' - a vertical cylinder-like rock with an elevation of 413 meters above sea level. From here, you continue on through the mountain range, over ridges, under canopies of native florae, and across cool fresh water streams. Along the way, Bruce will share the history of warriors and maidens that once walked the trek, and introduce you to native plants and their traditional uses as you come to them. The completion of your trek has you exiting at Papua Waterfall where you can rinse off your muddy shoes and enjoy a refreshing swim. Your tour ends with light lunch before you are picked up and transferred back to your accommodation.



TOUR HIGHLIGHTS

Unspoilt landscape and unique experience

Rarotonga's interior is a natural playground for eco-lovers and for those who enjoy a mind and body challenging experience. The rugged volcanic cliffs, the deep valleys and hidden river beds give trekkers a sense of peace and serenity. Secluded water falls, river beds and volcanic boulders offer interesting additions to the 3+ hour trek. You will pass ancient maraes (sacred sites) along the way and learn of their history, as well as learn about the flora and fauna of Rarotonga and its uses. An experience that will bring you closer in appreciation for nature and the environment.



TOUR DETAILS

DAYS OF OPERATION	TOUR DURATION	VEHICLE INFORMATION
MONDAY, WEDNESDAY & FRIDAY	APPROX. 3—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, BOTTLED WATER, INSECT REPELLENT, SUNSCREEN, COMFORTABLE OUTDOOR / SPORTS CLOTHING, STURDY WALKING / HIKING SHOES
PAX REQUIREMENTS	CHILD POLICY	IMPORTANT NOTES
MINIMUM 1 PAX MAXIMUM 12 PAX GROUPS OF 10+ PAX ON REQUEST	NO CHILDREN 0-4 YEARS. CHILDREN 5 YEARS & OVER PERMITTED 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 RECOMMENDED FOR THE ELDERLY, PREGNANT WOMEN OR THOSE WITH WALKING DIFFICULTIES. TOUR GUIDE MAY REFUSE CLIENTS THEY SEE ARE UNABLE



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