

# Sketchbook and Painting Expedition in the Cook Islands

For groups of 6 to 12 persons.

This program is for 13 days in the Cook Islands: five days on **Rarotonga**, the main island of the Cook Islands with the international airport, five days on **Atiu**, and three days on **Aitutaki**, a stunning atoll with a turquoise lagoon.

These three Cook Islands are an ideal combination to get an impression of very different South Pacific islands. Besides exotic tropical landscapes, dramatic scenery and idyllic village life, they offer natural history tours to see endemic birds, hikes in native rainforest, cultural tours, swimming and snorkelling and various other activities.

The art expeditions are for amateur and professional artists who enjoy painting and drawing outdoors, and who would like to be inspired by South Pacific islands off the beaten track. Non-artist partners are welcome to join.

## Included in package is:

On Rarotonga: airport transfers and accommodation, 4 nights. Flight from Rarotonga to Atiu.

On Atiu: airport transfers and accommodation, 5 nights at Atiu Villas. Transport to painting sites.

Flight from Atiu to Aitutaki. On Aitutaki: airport transfers and accommodation for 3 nights. Flight from Aitutaki to Rarotonga.

Three meals a day, three island nights with traditional dance performances, and tour guide.

## Not included:

Drinks other than bottled water.

Personal rental bikes and cars.

\* Special Tours.



On Motu Tapu'aetai, Aitutaki



West coast road in Atiu



Vai Piake Landing, Atiu

## The program:

### Day 1 Monday

- 6:00 Arrival on Rarotonga  
Check-in at Moana Sands hotel  
Relax at hotel.
- 12:00 Bus to town, meet tour guide and artist Judith Kunzlé for lunch at Trader Jack's, introduction and briefing about Rarotonga and our program.
- Afternoon free to explore Avarua town with banks shops, and/or to relax at the hotel beach.
- 19:00 Dinner at Moana Sands hotel.



Rarotonga mountains

### Day 2 Tuesday

- 8:00 Breakfast
- 9:30 Snorkelling at *Tiki'oki* Marine Reserve  
Or: Painting and drawing with Judith
- 12:00 Lunch at Pacific Resort's Barefoot Bar on beautiful Muri Beach.
- Afternoon free for swimming, snorkelling, art and relaxing.
- 19:00 Dinner and Island Night with traditional dance performance at the Edgewater Resort.



Chocolate Hermitcrab, a native of the Cook Islands.

### Day 3 Wednesday

- 8:00 Breakfast
- 9:00 Painting with Judith.  
Or optional tour\*: Bus tour around the island with information about history.
- 12:00 Lunch at the Salsa Cafe.
- 13:30 Walking tour to explore Rarotonga's lively art scene: visit our three Avarua galleries and two local museums.
- 15:30 Bus to more galleries/artists studios and return to hotel.
- 19:30 Dinner at Tamarind Restaurant.



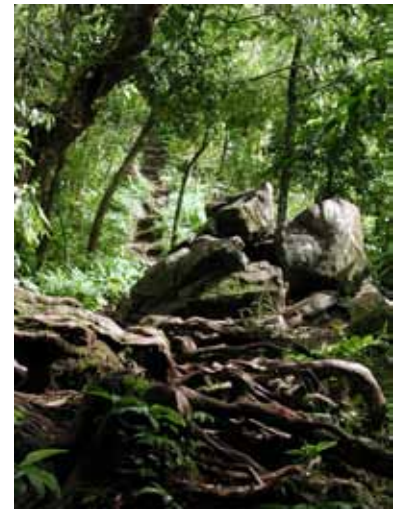
Reef-islet Ta'akoka in Muri, Rarotonga



Market on Saturday morning, Rarotonga

**Day 4 Thursday**

- 8:00 Breakfast
- 10:00 Cross Island Walk with sketchbooks.  
A four-hour hike across Rarotonga, through tropical rainforest. Good footwear required. Packed sandwich and water.
- Or: Independent exploring of Rarotonga.
- 19:00 Dinner at Vaima Restaurant



Track of the Rarotonga  
Cross Island Walk

**Day 5 Friday**

- 8:00 Breakfast
- Free morning
- 11:00 We meet at the Rarotonga airport.
- 12:00 Flight to Atiu.
- 13:00 Arrival on Atiu and transfer to Atiu Villas, lunch and introduction to Atiu.
- 15:00 Two-hour walk with sketchbooks through forest and plantations to West coast and *Vai Piake* Landing.
- Or: Stay at hotel, drawing in the exotic hotel garden, and swim and relax at the pool.
- 19:00 Recap and program for next day.
- 19:30 Dinner at Kura's Kitchen.



Atiu Villas

**Day 6 Saturday**

- 8:00 Breakfast and lunch-sandwich bar:  
Make your own lunch, take to your villa.
- 9:00 Around-Island tour by truck,  
with sketchbooks.
- 12:00 Lunch in your villa, relax by the pool.
- 14:00 Painting and drawing at Taro  
plantations or beach.
- 18:00 Workshop at Atiu Villas: Problems and  
solutions for painting in this tropical  
environment.
- 19:00 Program for next day.
- 19:30 Local buffet dinner at Kura's Kitchen and  
Island-night dance performance.



Atiu coast

### Day 7 Sunday

- 8:00 Breakfast and lunch-sandwich bar.
- 9:00 Transport to drawing/painting site.
- Or: 10:00 Visit the Church service and enjoy the unique Polynesian hymns.
- 12:00 Lunch in your villa.
- 14:00 Transport to west coast drawing/painting site and beach.
- 19:00 Recap and program for next day.
- 19:30 Dinner at Kura's Kitchen.



Rainforest and Makatea in Aitiu

### Day 8 Monday

- 8:00 Breakfast and lunch-sandwich bar.
- 9:00 Transport to drawing/painting site.
- Or optional\*: Atiu history and culture tour.  
Or optional\*: Atiu traditional arts and culture tour.
- 12:00 Lunch at Atiu Villas.
- 14:00 Visit the Atiu Fibre Arts Studio with a cup of Atiu coffee.  
And/or optional tour\*: Visit Atiu Coffee plantation.
- Or: painting/drawing.
- Walk back through villages to Atiu Villas.
- 19:00 Recap and program for next day.
- 19:30 Dinner at Kura's Kitchen.



*Kura*, a native lorikeet which was lost and reintroduced from Rimatara in 2007



Wallhanging by Andrea Eimke of the Atiu Fibre Arts Studio

### Day 9 Tuesday

- 8:00 Breakfast and lunch-sandwich bar.
- 9:00 Transport to drawing/painting site.
- 12:00 Lunch
- Free afternoon
- 13:00 Optional tour\*: Hike to the Kopeka cave: three-hour hike, through rugged *makatea* forest with beautiful, lush vegetation, to see the unique *Kopeka* bird (Atiu swiftlet) echo-locating in the dark cave. Firm foot-wear is required.



The *Kopeka* cave, Aitiu

- 17:00 Optional\*: Visit the *Tumunu\**, a bush beer bar Atiu style with home brew, get to know the locals.
- 19:00 Recap and program for next day.
- 19:30 Dinner at Kura's Kitchen.



Samade hotel in Aitutaki

### Day 10 Wednesday

- 8:00 Breakfast  
Packing, free morning
- 11:00 Transfer to Atiu airport.
- 12:00 Flight to Aitutaki.
- 13:00 Transfer to Samade hotel on Aitutaki, lunch at hotel.
- 14:00 Bus Tour around island.  
Walk to *Maunga Pu*, the highest point on Aitutaki with stunning views over the island and lagoon.
- 19:00 Recap and program for next day.  
Dinner at Samade Restaurant.



### Day 11 Thursday

- 8:00 Breakfast
- 9:30 Chartered Lagoon Tour including lunch. Snorkelling, painting, relaxing on Aitutaki's wonderful beaches.
- 18:00 Recap and program for next day at Samade hotel.
- 19:00 Bus to dinner at Cafe Tupuna



### Day 12 Friday

- 8:00 Breakfast
- 9:00 Exploring *Orongo* market and the main village and harbour, visit the historic church.
- 11:30 Lunch at the Blue Nun Café.
- 13:30 Aitutaki Walkabout with Nga'akitai, visit the recently restored Aitutaki *marae*, sketching.
- 17:00 Exhibition: Show & Tell of our artworks.
- 19:00 Transport to Island night with dance performance at the Pacific Resort Aitutaki.



Aitutaki watercolours

### Day 13 Saturday

- 8:30 Transfer to Airport
- 9:10 Flight to Rarotonga
- 10:30 For those who leave today, check into a day room at the Aquarius hotel. All other guests transfer to their booked hotels.
- 19:00 Pick up at hotels for all guests for drinks and Farewell dinner at Windjammer restaurant.
- 22:00 Transfer to airport for the guests who leave tonight.
- 23:50 Flight to LA



### \* Special tours, not included in the price:

- Bus tour around Rarotonga with information about history (NZ\$40).
- Atiu history and culture tour (NZ\$33).
- Atiu traditional arts and culture tour (NZ\$35).
- Atiu Coffee tour (NZ\$25).
- Hike to the *Kopeka* cave (NZ\$33).
- Visit of a *Tumunu* – an Atiu bush beer bar (NZ\$5).

Rates in NZ\$	Single	Share Twin/Double
Min 4 PAX	6278	5141
6 PAX or more	5693	4556
8 PAX or more	5400	4264
10 Pax or more	5225	4088

Our program is focused on out-door painting. However, there are many alternatives for non-painting partners - or those who would like to take a break from art work.

### Our tour guide

Judith Kunzle was born in Switzerland and came to Rarotonga 1986 on a United Nations project to illustrate schoolbooks. Since 1996 she is a full-time artist specialising in figures, landscape and natural history. She is experienced in drawing and with all water-media: ink, watercolour, acrylics, gouache - and she knows all the good spots to paint in the Cook Islands!

Judith has been tour guiding in the Cook Islands for artists and natural history tours, and has also worked on expedition cruise ships in the South Pacific.

[www.jkunzle.com](http://www.jkunzle.com)



## The islands

**Rarotonga** is the main island, the cultural and commercial centre of the Cook Islands. It has stunning mountains and beautiful beaches. Cultural highlights are the traditional dance performances. Nature highlights are snorkelling in the Marine reserves, and for the reasonably fit, the 4-hrs Cross-island walk is recommended. There is a lively market on Saturday morning and not to miss: dinners at our very nice restaurants.

**Atiu** is a gem, off the beaten track. It is a raised coral island with dramatic, ragged cliffs, secluded beaches and magical tropical rain-forest. We will stay at the Atiu Villas in comfortable bungalows made from local timber, surrounded by a botanical garden, visited by several species of endemic birds. More information about Atiu: <http://www.atiu.info>

**Aitutaki** is a picture-book South-Seas-island, a stunningly beautiful atoll with a turquoise lagoon and gently swaying palm trees.

<http://en.wikipedia.org/wiki/Aitutaki>

<http://www.cookislands.org.uk/aitutaki1.html>

## Recommendations for packing:

### **Please take enough art materials with you!**

There are no good art supply stores on Rarotonga and none on Atiu or Aitutaki!

It's easier to move around and find your spot to paint, if the art supplies are in a sturdy pack. For comfort: a folding chair or mat to sit, and just in case we get caught in the rain, bring a big plastic bag for the art-supplies and paper.

Art supplies: sketchbook(s), watercolour blocks and paper (enough!), pens, paints, brushes, water bottle, paper towels, a light-weight drawing board is very handy with clips, a folder to safely store the finished artwork. As fixative shouldn't be in aeroplane luggage, bring thin interleaving paper to keep drawings from smudging.

We will be out in the sun, please bring sun-block and mosquito-repellent. A hat, light long trousers and shirts work best for sun-protection. We will need good walking shoes and a light rain coat. Not to forget: bring a swimsuit and reef-shoes, masks & snorkels can be rented.

Optional: photos of own artwork to show and share with the other artists.