



SheRetreatz

Rarotonga
2027

Escape to the Cook Islands for an unforgettable island adventure!

Experience the beauty, culture and warmth of Rarotonga, the vibrant heart of the Cook Islands, combined with the breathtaking turquoise lagoons and pristine beaches of Aitutaki.

This is more than just a race - it's an incredible island holiday filled with running, adventure, culture, relaxation and plenty of fun along the way.



INCLUSIONS

Arrival & Accommodation

- Meet & greet on arrival with a fresh flower lei
- Race pack
- Return airport transfers
- 8 nights accommodation, including access to available amenities **twin share*
- Breakfasts daily
- Unlimited Wi-Fi
- Various transfers throughout your stay

Race & Event Inclusions

- Race entry and associated extras
- Main race entry and race number
- Finishing medal & race photo
- Bus transfers to the start lines
- Awards dinner & show tickets
- Official event T-shirt
- 5km Fun Run
- Hash House Harrier Run
- Cross Island Nutter's Run

Island & Cultural Experiences

- Welcome dinner & cultural night
- Gospel church singing experience
- Market Visit
- Swimming, Snorkling and water activities

OPTIONAL ADD ONS

Make your Cook Islands adventure even more memorable with these optional experiences:

- **Swim with Turtles**
Get up close with these incredible marine creatures in the warm, crystal-clear waters surrounding Rarotonga.
- **Aitutaki Island Experience**
Take a trip to spectacular Aitutaki and discover its world-famous turquoise lagoon, pristine beaches and beautiful palm-fringed motu. Aitutaki is the perfect tropical escape and a highlight of any Cook Islands holiday.
- **Rarotonga Buggy / Quad Tours**
1.5 - 2hrs exhilarating fun in the mud!
Off the beaten track, muddy fun.
- **Airfares from Christchurch or Auckland**
Airfares are available as an optional add-on for participants travelling from Christchurch or Auckland. *Other origins can be looked into.*

EXCLUSIONS

- International Travel to Rarotonga
* *we can add this on for you*
- Personal Travel Insurance
- Personal Expenses such as phone calls, laundry, beverages, lunches and most dinners

DATES

Wednesday 15th - Thursday 23rd September 2027

INVESTMENT

NZD \$2,800.00 *

**excludes GST, and any applicable third party fees and charges
optional activity add on's available*



FAQ

Do I need to be a runner to join the trip?

Absolutely not! The trip is suitable for runners, walkers and anyone who simply wants to enjoy a fun island adventure. You can participate at whatever level feels right for you.

Do I have to do all the runs?

No. All activities and runs are optional. Choose the events that appeal to you and sit others out. You can also enjoy a free day to relax and explore Rarotonga.

Can I walk the events?

Yes. You can run or walk, the focus is on enjoying the experience and taking part in a way that suits you.

Is this a competitive running trip?

It can be, but it certainly doesn't have to be!

You can approach the trip as a personal challenge, race competitively, aim for a particular goal, or simply enjoy a fun and social experience with others.

What if I don't want to participate in an activity?

That's completely fine. There is no pressure to do everything. Rarotonga is a beautiful place to relax, so take the opportunity to have a free day, enjoy the resort, explore the island or simply sit back and soak up the sunshine.

FAQ

Are there additional activities available?

Yes. There are optional add-ons available throughout the trip. These may include experiences such as swimming with turtles and visiting Aitutaki.

What is Aitutaki?

Aitutaki is a spectacular island in the Cook Islands, famous for its turquoise lagoon, white-sand beaches and beautiful tropical islands (motu). A visit to Aitutaki is an optional add-on and is a fantastic way to experience another side of the Cook Islands.

Can I get help with a training plan?

Yes! Kerryn is happy to discuss your goals and training with you. Whether you're new to running, returning to running, or preparing for a particular event, you can have a chat with Kerryn about what might work for you.

What makes this trip different?

It's the flexibility. You choose your adventure. We offer more than just “the run package”, we include the run(s) and retreat experiences.

Run. Walk. Explore. Relax. Try something new. Cheer others on. Enjoy the culture. Spend the day at the beach. Come for the challenge, stay for the island experience - and make the trip your own.