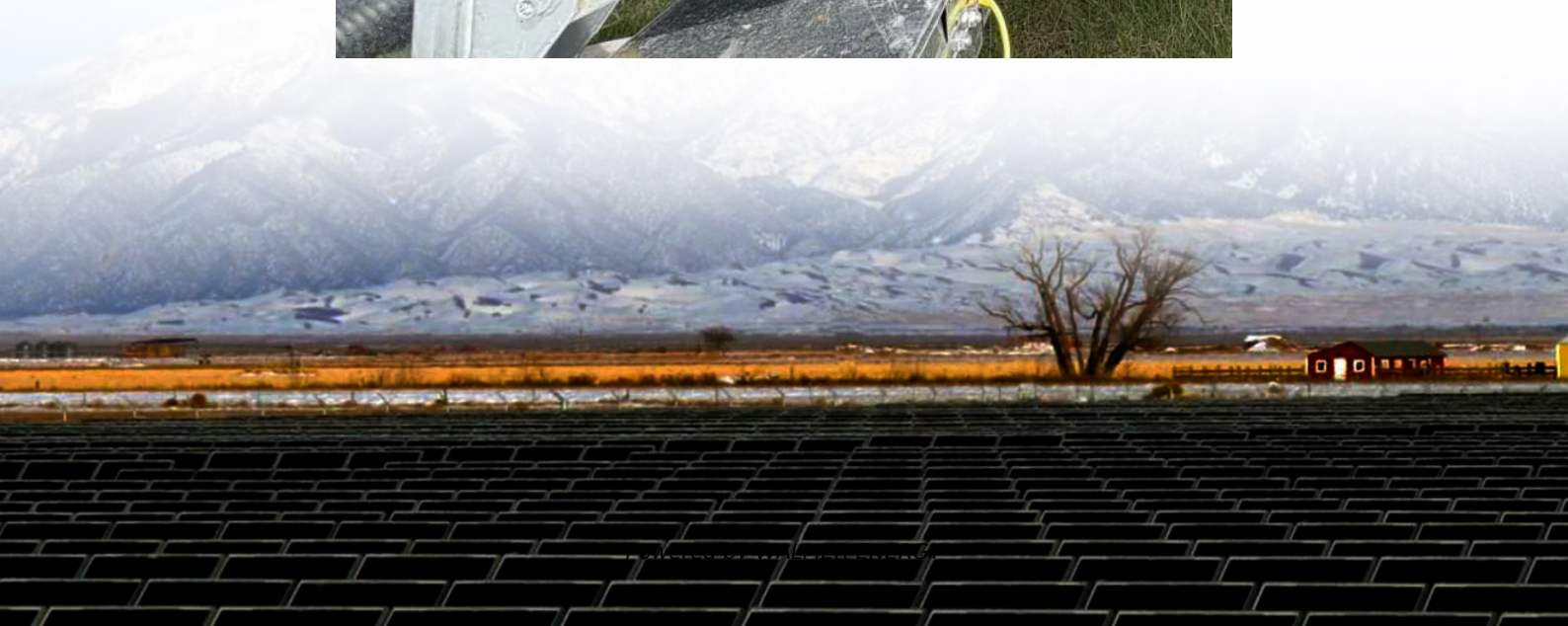


Cook Islands 2025 Outdoor Power Show





Overview

What's happening in the Cook Islands in 2025?

More details here The MOST IMPORTANT EVENT IN THE COOK ISLANDS CALENDAR is the annual celebration of self rule granted in 1965, and in 2025 it will be even bigger, five days longer and more special than usual. The details are still being worked on but the organisers promise stars from across the region and big concerts.

What events are there in Cook Islands?

Other events include iron races, a boiler swim, sprint regattas and a marathon day. Upwards of 850 people have competed previously in around 100 teams. Cook Islands performances, food, and music events are also part of the festival.

What is the biggest sporting event in the Cook Islands?

The festival - the biggest sporting event in the islands – began in 2004. The Cook Islands Canoeing Association host a series of competitions including a round-Rarotonga relay for the main prize of the Pacific Cup. Other events include iron races, a boiler swim, sprint regattas and a marathon day.

What is 'Anuanua' 2024 & 'pride Cook Islands'?

Held at the National Auditorium 2024 saw the first gay pride type events and they're back in 2025. 'Anuanua' is described by 'Pride Cook Islands' as a celebration of love acceptance and unity. This year's theme is "from struggle to strength" and the organisers say it "honours our journey of resilience, unity and progress".



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Te Maeva Nui 2025

Te Maeva Nui 2025 - 60th Anniversary Constitution Celebrations Te Maeva Nui is more than just a festival, it's the beating heart of Cook Islands cultural pride. Celebrated each year in early ...

The Top Events & Festivals in the Cook Islands [2025]

Public Holidays in April Te Mire Ura Easter Anzac Day The Boiler Swim Rarotonga International Triathlon The Boiler Swim is a 775 m (848-yard) swimming race starting at Trader Jacks in Avarua, Rarotonga. Swimmers must sprint across a deep passage to "The Boiler" (the visible remains of the RMS Maitai) and back. It's good practice for the triathlon later in the week. Look out for the latest Boiler Swim dates on the Cook Islands Tourism events page. See more on cookislandspocketguide

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background: unset; } .b_imgSet .b_hList li.square_m, .b_imgSet .b_hList
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img { width: 48px; height: 48px; margin: auto; } @media (max-width: 1362.9px) { #b_context .b_entityTP
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child(3) { display: none; } } @media (max-width: 1274.9px) { #b_context .b_entityTP .b_imgSet li:nth-
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small); } .rcimgcol .b_imgSet { overflow: hidden; } .rcimgcol .b_imgSet ul { overflow-x: auto; overflow-
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.b_imgSet .b_hList > li:first-child .cico, .rcimgcol .b_imgSet .b_hList > li:first-child .cico a { border-radius:
unset; border-top-left-radius: var(--smtc-corner-card-rest); border-bottom-left-radius: var(--smtc-corner-
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card-rest);overflow:hidden}.rcimgcol .b_imgSet .b_hList>li:last-child .cico,.rcimgcol .b_imgSet .b_hList>li:last-child .cico a{border-radius:unset;border-top-right-radius:var(--smtc-corner-card-rest);border-bottom-right-radius:var(--smtc-corner-card-rest);overflow:hidden}.rcimgcol .rcimgcol .b_sideBleed{margin-left:unset;margin-right:unset}.rcimgcol .b_imgclgovr{cursor:pointer}.rcimgcol .b_imgclgovr .cico img: hover{transform:scale(1.05);transition:transform .5s ease}#b_content #b_results>.b_algo .b_caption:has(.rcimgcol){padding-right:var(--mai-smtc-padding-card-default);margin-right:calc(-1*var(--mai-smtc-padding-card-default));margin-left:calc(-1*var(--mai-smtc-padding-card-default));padding-left:var(--mai-smtc-padding-card-default)}.rcimgcol .b_imgSet .b_hList .cico a{display:flex;outline-offset:-2px} sightsOverlay,#OverlayIFrame.b_mcOverlay sightsOverlay{position:fixed;top:5%;left:5%;bottom:5%;right:5%;width:90%;height:90%;border:0;border-radius:15px;margin:0;padding:0;overflow:hidden;z-index:9;display:none}#OverlayMask,#OverlayMask.b_mcOverlay{z-index:8;background-color:#000;opacity:.6;position:fixed;top:0;left:0;width:100%;height:100%}Cook Islands complete guideCook Islands 2025 events calendar summary3 days ago · Planning a visit to the Cook Islands in 2025? A summary of all the main events you will not want to miss, with confirmed dates. And prepare for a special celebration

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