

The Needle View & Secret Waterfall Hike

INTERMEDIATE

3.6KM

The volcanic plug "The Needle" is one of Rarotonga's most prominent land marks. The Cross Island Walk traverses the island and passes by the base of "The Needle". This hike will take you to a clearing in the rain forest that is directly opposite "The Needle" providing a great direct view of it. Take a walk along the beach and then through the taro swamps that have been cultivated for centuries and then up through the road to the Water Intake passing small farms and occasional homesteads until you get to the track off the road to the right which will take you up to the ridge line. You will find a track to the left to the Secret Waterfall. On your return trip you will travel on the ancient inland road the "Ara Metua" that was built over a thousand years ago and pass by farms, orchards and homes of the local people.

Secret Waterfall
Water Intake
Needle View

The Rarotongan Beach Resort & Lagoonarium
Sanctuary Rarotonga - on the beach

