



Penrhyn
Ruahara
Omoke
Moananui
Tapuka
Atutahi

Rakahanga
Rakahanga

Tauhunu
Tauhunu
Ngake
Porea

Manihiki

Pukapuka I.
Rorua
Tokelau
Motu
Ko
Pukapuka

Nassau
Nassau

Northern Cook
(Północne Wyspy Cooka)

Suvarrow
(Wyspy Suworowa)
Turtle I.
Manu I.
The Seven Islands
Motu
Tou
New I.

OCEAN SPOKOJNY

North I.
Palmerston
Toma

Southern Cook
(Południowe Wyspy Cooka)

Aitutaki
Anutanga
Ee
Māia
Tekopua
Aitutaki

Manuae
Te Au Otu
Manuae

Takutea
Mangarei Village
Mitiaro

Atiu
Mapumai
Kimiangatau Village
Mauke

Avarua
Rarotonga

Tav'enga Village
Mangaia

250 km