



**Cook Islands**

**Exclusive Economic Zone Area:**  
**1,969,553 sq. km**

**Total Area Protected:**  
**1,968,987 sq. km**

**Marine Protected Areas: 16**  
**Designated: 14**  
**Established: 0**  
**Proposed: 2**

**Terrestrial Protected Areas: 3**  
**Designated: 2**  
**Established: 1**  
**Proposed: 0**

**International Designations: No**

Designated are recognized or dedicated through legal means. Established are recognized or dedicated through other effective means. Proposed is in a process to gain recognition or dedication through legal or other effective means.

-  **Marine Protected Areas**
-  **Terrestrial Protected Area**
-  **Marine Protected Areas**
-  **Terrestrial Protected Area**
-  **Exclusive Economic Zones**

**Project: Southern Islands, Cook Islands Protected Areas**  
**Pacific Islands Protected Area Portal**  
**Scale: 1:5,597,561**  
**Date Accessed: 2025-06-29**  
**For more information please visit:**  
**<https://pipap.sprep.org/country/ck>**