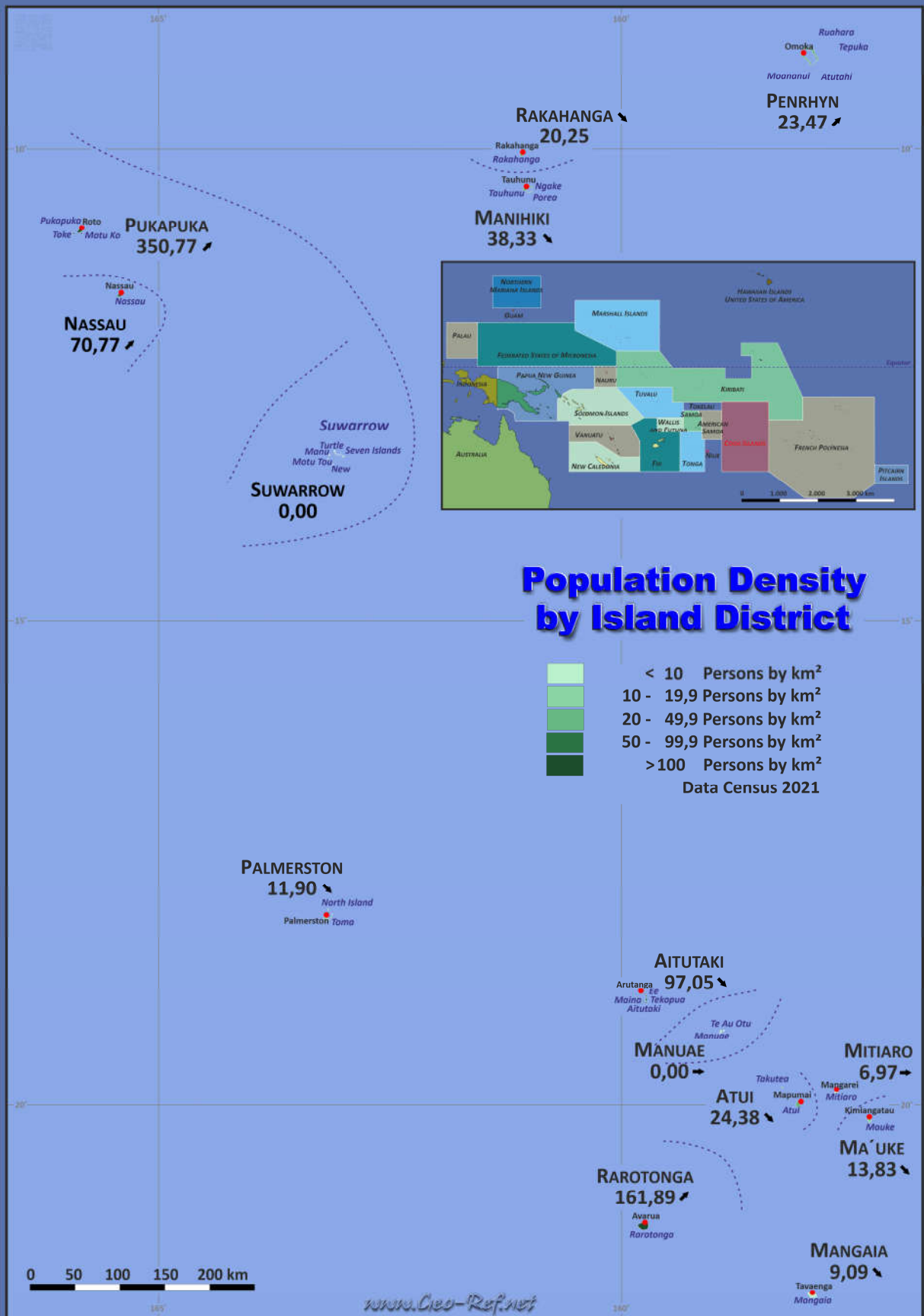


Cook Islands





Administrative division Cook Islands

Division by District

Census 2021

District	ISO 3166-2	Number of Islands	Capital	Area km ²	Population	Density Persons/km ²
Aitutaki	CK-AIT	15	Arutanga	18,30	1.776	97,05
Atiu	CK-ATI	1	Mapumai	15,67	382	24,38
Ma'uke	CK-MKE	1	Kimiangatau	18,00	249	13,83
Mangaia	CK-MNG	1	Oneroa	51,80	471	9,09
Manihiki	CK-MNH	43	Tauhunu	5,40	207	38,33
Manuae	CK-MAN	2	-	6,20	0	0,00
Mitiaro	CK-MIT	1	Mangarei	22,25	155	6,97
Nassau	CK-NAS	1	Nassau	1,30	92	70,77
Palmerston	CK-PAL	>30	Palmerston	2,10	25	11,90
Penrhyn	CK-PEN	>30	Omoka	9,80	230	23,47
Pukapuka	CK-PUK	>30	Pukapuka	1,30	456	350,77
Rakahanga	CK-RAK	11	Rakahanga	4,00	81	20,25
Rarotonga	CK-RAR	1	Avarua	67,10	10.863	161,89
Suvarrow	CK-SUW	>20	-	0,40	0	0,00
Total				223,62	14.987	67,02

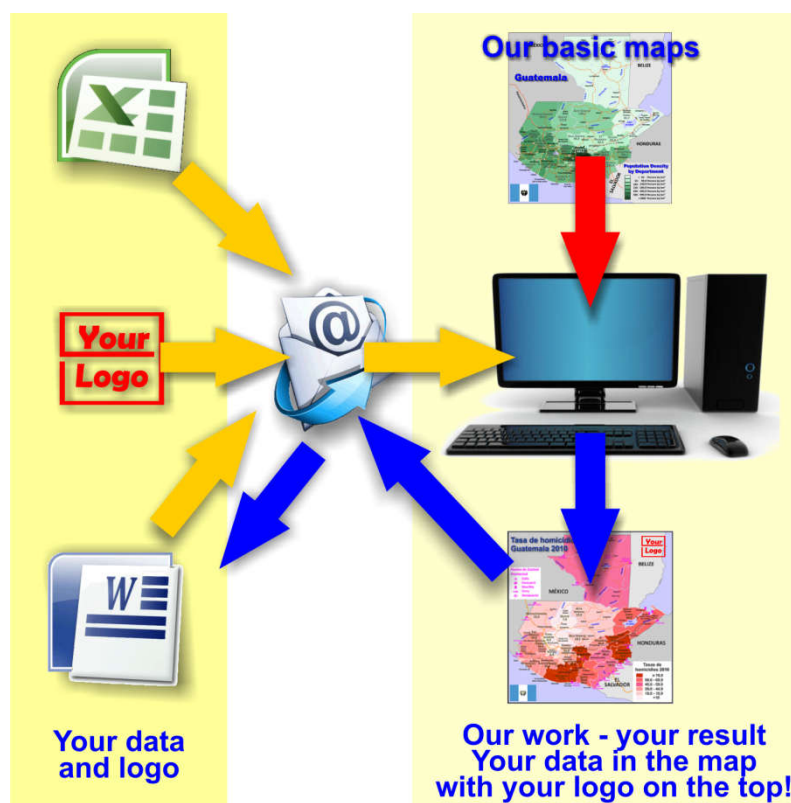
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