

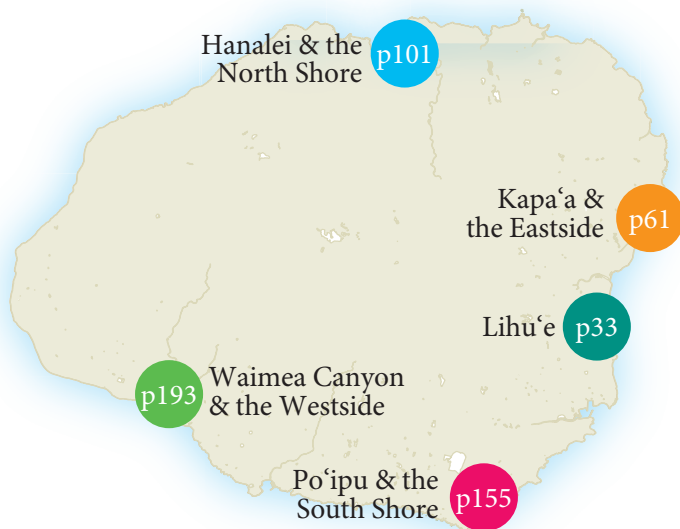


Discover
Kaua'i

Experience the best
of Kaua'i

This edition written and researched by

Sara Benson



Lihu'e

Highlights34

- Kalapaki Beach
- Kaua'i Museum
- Helicopter Tour
- Grove Farm
- Luau Kalamaku

Kapa'a & the Eastside

Highlights62

- Lydgate Beach Park
- Ke Ala Hele Makalae
- Wailua River Kayaking
- Nounou Mountain
- Kaua'i's Hindu Monastery

Hanalei & the North Shore

Highlights102

- Hanalei Bay
- Makua (Tunnels) Beach
- Kalalau Trail
- Kilauea Point
- Ho'opulapula Haraguchi Rice Mill & Taro Farm Tours

Po'ipu & the South Shore

Highlights156

- Ha'ula Beach
- Seaview Terrace
- Old Koloa Town
- Allerton & McBryde Gardens
- Snorkeling the Coast

Waimea Canyon & the Westside

Highlights194

- Polihale State Park
- Waimea Canyon
- Na Pali Coast Boat Tour
- Art Night in Hanapepe
- Koke'e State Park

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This Is Kaua'i

Tropical paradise – if ever there was an idea with a powerful grip on the mind, this would be it. And if ever there was a place to match, it is the Garden Island of Kaua'i. The emerald pinnacles of the Na Pali Coast, the painted walls of Waimea Canyon, the misty mountains of Hanalei and the sunny beaches of Po'ipu radiate outward from the ancient cone of Mt Wai'ale'ale, all of which is surrounded by a cornucopia of flamboyant marine life. These elements forge a magical union that sets this island apart from the world and, indeed, produce the giddy feeling of having risen above it.

With an astonishing list of outdoor adventures, Kaua'i will puncture your resort bubble. Here you can soar over tropical valleys, zip through treetops on a cable, paddle to inaccessible beaches and float with sea turtles in azure bays. Each new experience is a special, often unforgettable, way of interacting with the island.

Kaua'i inspires more inward explorations, too. The values of the ancient Hawaiians are alive and well here, rooted in mountains, waves, clouds and a holistic understanding of the natural world. You will encounter this in simple ways, such as when someone gives you directions *mauka* (toward the mountains) or *makai* (toward the sea). On a deeper level, this traditional culture is built on moderation, balance, fairness and unity, producing a gentle pace of life, strong families and legendary hospitality.

You can't help admiring the way that Kaua'i has preserved itself in the face of the 21st century. Here, no town surpasses 10,000 people. By law, no building is taller than a coconut tree, and it is impossible to circumnavigate the coast by car. When a multimillion-dollar ferry arrived to begin service to neighboring islands, Kaua'i residents, concerned over environmental and other issues, blocked its path. It never returned. Visitors do.

“
The values
of the
ancient
Hawaiians
are alive
and well
here.”

Hanakapi'ai Falls (p151)

MARK PARKES/LONELY PLANET IMAGES ©



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Top Experiences



- 1 Kalalau Trail
- 2 Koke'e Trails
- 3 Polihale State Park
- 4 Kaua'i by Air
- 5 National Tropical Botanical Garden
- 6 Hanalei Bay Beaches
- 7 Hanapepe
- 8 Na Pali Sea Tour
- 9 Luau Kalamaku
- 10 South Shore Snorkeling
- 11 Kayaking the Wailua River
- 12 Hwy 550
- 13 Old Koloa Town
- 14 Kalapaki Beach
- 15 Maha'ulepu Heritage Trail