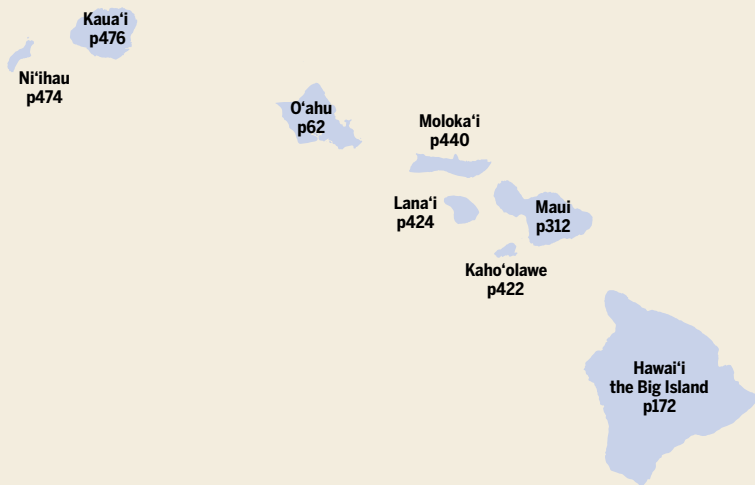




Hawaii



THIS EDITION WRITTEN AND RESEARCHED BY

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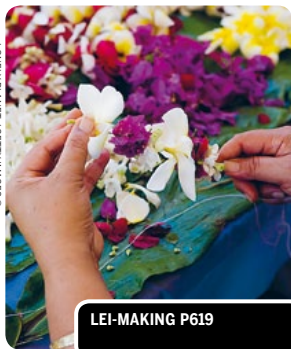
Paul Stiles, Ryan Ver Berkmoes

PLAN YOUR TRIP

Welcome to Hawaii.....	6
Hawaii Map	8
Hawaii's Top 20.....	10
Need to Know	20
What's New	22
If You Like	23
Month by Month.....	26
Itineraries	30
Outdoor Activities	40
Travel with Children....	55
Regions at a Glance....	59

ON THE ROAD

O'AHU.....	62	Pali Highway	134
Honolulu.....	69	Waimanalo.....	135
Pearl Harbor	101	Kailua	138
Waikiki	105	Kane'ohe	144
Diamond Head & Southeast Coast.....	128	Kahalu'u & Waiahole	146
Diamond Head & Kahala	128	Kualoa	146
Hawai'i Kai.....	130	Ka'a'awa	147
Hanauma Bay Nature Preserve.....	131	Kahana.....	148
Koko Head Regional Park	132	Punalu'u.....	148
Makapu'u Point.....	133	Hau'ula.....	149
Windward Coast & Kailua.....	134	La'ie	150
		Malaekahana State Recreation Area	151
		Kahuku.....	151



LEI-MAKING P619



GECKO



KEALAKEKUA BAY STATE
HISTORICAL PARK P211

Contents

North Shore &

Hale'iwa 152

Turtle Bay 153

Sunset Beach to
Waimea Bay 154

Hale'iwa 158

Waialua 162

Mokule'ia to
Ka'ena Point 162

Central O'ahu 163

Wahiawa 164

Leeward O'ahu & Wai'anae Coast 165

Waipahu 165

Ko Olina 166

Kahe Point 167

Nanakuli 167

Ma'ili 167

Wai'anae 167

Makaha 169

Makua Valley 170

Ka'ena Point State Park 170

HAWAI'I THE BIG ISLAND 172

Kailua-Kona 178

Around Kailua-Kona ... 194

Keauhou Resort Area ... 194

Holualoa 197

Honokohau Harbor
& Around 200

South Kona Coast 201

Honalo 204

Kainaliu 204

Kealahakua 205

Captain Cook 208

Kealahakua Bay State

Historical Park 211

Honaunau 213

Pu'uuhonua o Honaunau

National Historical Park ... 214

Ho'okena & Around 216

Miloli'i 217

North Kona Coast. 217

Kaloko-Honokohau

National Historical Park ... 217

Keahole Point 219

Kekaha Kai State Park ... 220

Ka'upulehu 221

Kiholo Bay 223

South Kohala 223

Waikoloa Resort Area ... 223

Mauna Lani Resort Area ... 227

Puako 232

Hapuna Beach State
Recreation Area 233

Mauna Kea Resort Area ... 233

Kawaihae & Around 235

North Kohala 236

Kohala Mountain Road
(Highway 250) 236

Akoni Pule Highway
(Highway 270) 238

Hawi 239

Kapa'au 241

Pololu Valley 243

Waimea (Kamuela) ... 243

**Mauna Kea &
Saddle Road 250**

Mauna Kea 250

Saddle Road 255

Hamakua Coast 256

Waipi'o Valley 256

Honoka'a & Around 261

Kalopa State
Recreation Area 264

Laupahoehoe 264

Hakalau & Around 265

Honomu 266

Onomea Bay & Around ... 266

Hilo 267

Puna 281

Kea'au & Around 282

Pahoa 283

Lava Tree

State Monument 286

Kapoho 286

Red Road
(Highway 137) 286

Highway 130 289

Hawai'i Volcanoes National Park & Around 289

Hawai'i Volcanoes
National Park 289

Volcano 301

Ka'u 305

Pahala 305

Wood Valley 306

Punalu'u & Around ... 306

Na'alehu & Around ... 307

South Point 308

Hawai'i Volcanoes National
Park Kahuku Unit 309

Ocean View & Around ... 310

MAUI 312

Lahaina 318

West Maui 332

Lahaina to Ma'alaea ... 332

Lahaina to Ka'anapali ... 333

Ka'anapali 335

Honokowai 340

Kahana 341

Napili 341

Kapalua & Around 343

Kahekili Highway 347

ON THE ROAD

'Iao Valley & Central Maui 349

Kahului 349

Wailuku 356

Wailuku to 'Iao
Valley State Park 359

'Iao Valley State Park ... 359

Pu'unene 360

Kealia Pond National
Wildlife Refuge 361

Ma'alaea 361

Molokini Crater 363

Kihei & South Maui ... 363

Kihei 363

Wailea 374

Makena 378

Beyond Makena 380

North Shore & Upcountry 381

Pa'ia 381

Hali'imaile 386

Makawao 388

Ha'iku 390

Pukalani & Around 391

Kula 392

Keokea 394

'Ulupalakua Ranch &
Beyond 394

The Road to Hana.... 395

Twin Falls 396

Huelo 396

Ko'olau Forest Reserve .. 397

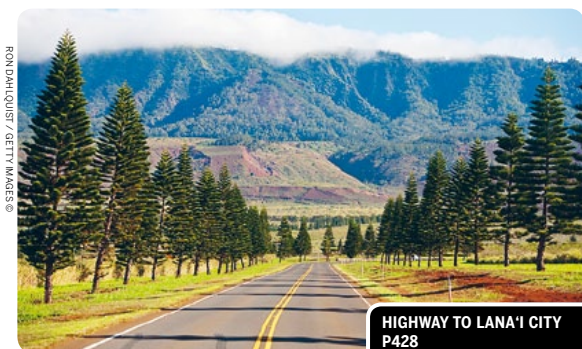
Waikamoi Nature Trail ... 397

Waikamoi Falls 397

Garden of Eden
Arboretum 397

Puohokamaka Falls 397

Haipua'ena Falls 397



Kaumahina State
Wayside Park 397

Honomanu Bay 398

Kalalua Point 399

Ke'anae 399

Wailua 401

Wailua to Nahiku 401

Nahiku 402

'Ula'ino Road 402

Wai'anapanapa
State Park 403

Hana & East Maui.... 404

Hana 404

Hana to Kipahulu 408

Kipahulu 409

Pi'ilani Highway 409

Haleakalā National Park 410

Summit Area 411

Kipahulu Area
(O'he'o Gulch) 419

KAHO'OLAW..... 422

LANA'I 424

Lana'i City 428

Munro Trail 434

Hulopo'e &
Manele Bays 435

Keomuku Road 437

Road to Garden
of the Gods 438

Kaunalapa'u Highway... 438

MOLOKA'I 440

Kaunakakai 447

East Moloka'i..... 453

Kawela 453

Kamalo 453

'Ualapu'e 454

Kalua'aha 454

'Ili'ili'opae Heiau 454

Puko'o 455

Waialua 455

Waialua to Halawa 456

Halawa Valley 457

Pali Coast 458

Central Moloka'i..... 458

Kamakou Area 458

Kualapu'u 463

Kala'e 463

Pala'au State Park 464

Ho'olehua 465

Contents

UNDERSTAND

Mo'omomi Beach.....	465
Kalaupapa National Historical Park	466
West End	469
Maunaloa.....	470
Kaluakoi Resort Area.....	470
West End Beaches.....	472

NI'HAU 474

KAUA'I 476

Lihu'e 481

Kapa'a & the Eastside 491

Wailua.....492

Waipouli.....500

Kapa'a.....502

Kealia Beach.....507

Anahola.....508

Ko'olau Road.....509

Hanalei Bay & the North Shore 509

Kilauea.....510

Kalihiwai.....515

'Anini.....515

Princeville.....516

Hanalei Valley.....521

Hanalei.....522

Around Hanalei.....532

Ha'ena.....533

Ha'ena State Park.....535

Na Pali Coast

State Park.....536

Po'ipu & the South Shore 538

Koloa.....539

Po'ipu.....542

Kalaheo.....553

Waimea Canyon & the Westside 555

'Ele'ele & Numila.....556

Port Allen.....556

Hanapepe.....558

Waimea.....561

Kekaha.....566

Barking Sands.....567

Polihale State Park.....567

Waimea Canyon

State Park.....567

Koke'e State Park.....569

PAPAHĀNAU-MOKUĀKEA MARINE NATIONAL MONUMENT 576

Hawaii Today 580

History 583

Hawaii's People..... 596

Hawaii's Cuisine 602

Hawaii's Arts & Crafts 611

Lei 619

Land & Sea 622

Green Hawaii..... 632

SURVIVAL GUIDE

Directory A–Z 638

Transportation 649

Glossary..... 655

Index..... 660

Map Legend..... 678

SPECIAL FEATURES

Itineraries 30

Outdoor Activities..... 40

Travel with Children ... 55

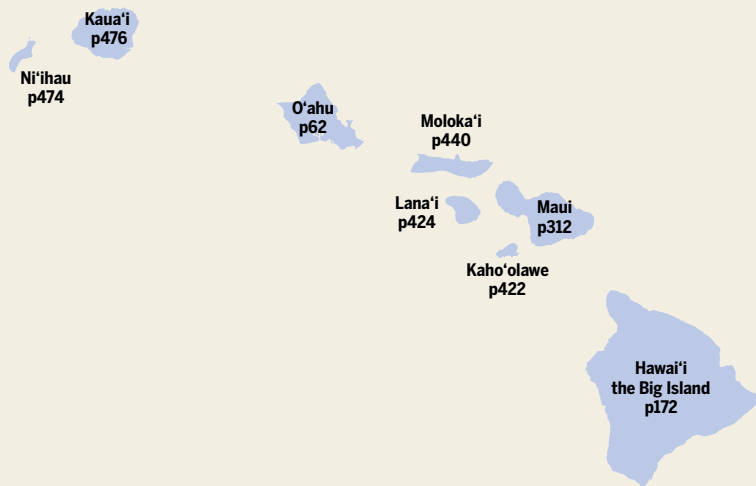
Hawaii's Arts & Crafts .. 611

Lei 619

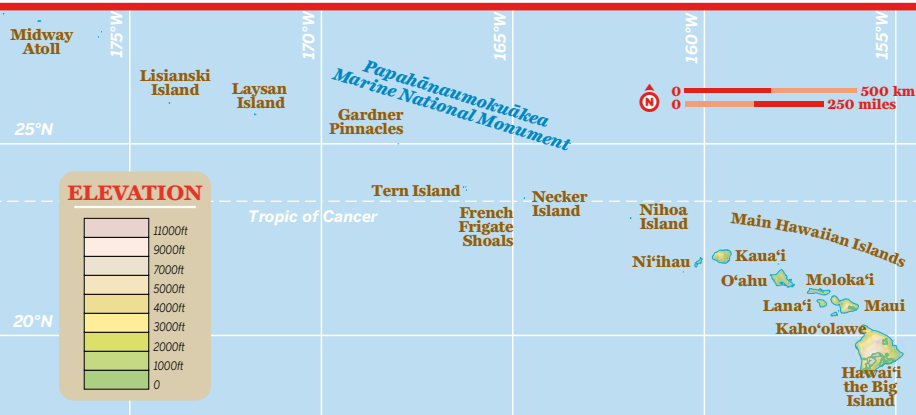
Land & Sea..... 622



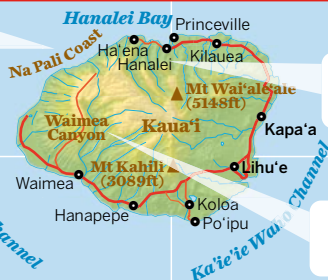
On the Road



Hawaii



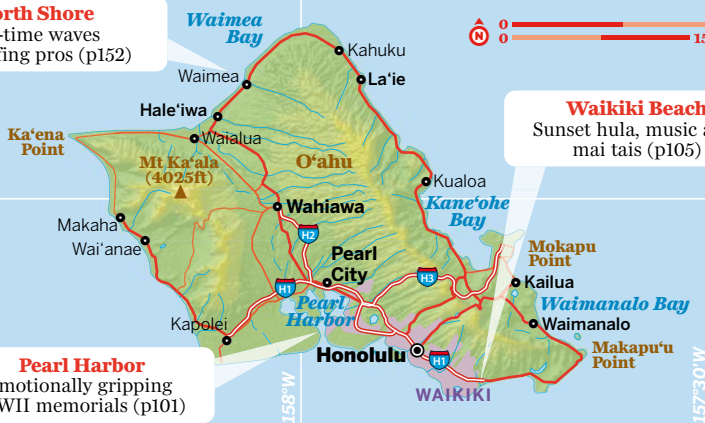
Na Pali Coast
An adventure by
land or sea (p536)



Hanalei Bay
Cinematic North Shore
beaches (p523)

Waimea Canyon
Marvelous 'Grand Canyon
of the Pacific' (p567)

North Shore
Big-time waves
for surfing pros (p152)



Pearl Harbor
Emotionally gripping
WWII memorials (p101)

Waikiki Beach
Sunset hula, music and
mai tais (p105)

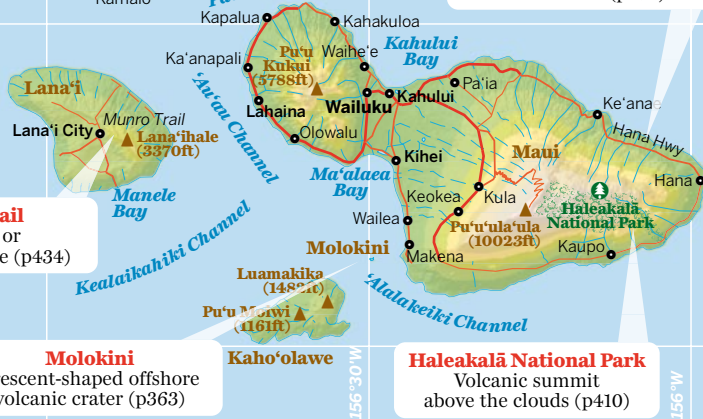
Kalaupapa
Mule-ride down
dizzying sea cliffs (p466)



Munro Trail
Epic 4WD or
hiking adventure (p434)

Molokini
Crescent-shaped offshore
volcanic crater (p363)

Road to Hana
Maui's jaw-dropping
coastal drive (p395)



Haleakala National Park
Volcanic summit
above the clouds (p410)



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Sara Benson

Coordinating Author, O'ahu, Papahānaumokuākea Marine National Monument

After graduating from college in Chicago, Sara jumped on a plane to California with just one suitcase and \$100 in her pocket. She then hopped across the Pacific to Japan, with stints living on Maui, Hawai'i the Big Island and O'ahu and tramping all around Kaua'i, Moloka'i and Lana'i. Sara is an avid hiker, backpacker and outdoor enthusiast who has worked as a seasonal ranger for the National Park Service and as a volunteer at Hawai'i Volcanoes National Park. Already the author of more than 50 travel and nonfiction books, Sara also cowrote Lonely Planet's *Discover Honolulu, Waikiki & O'ahu* guide. Follow her latest adventures online at www.indietraveler.blogspot.com, www.indietraveler.net, @indie_traveler on Twitter and indietraveler on Instagram.

Read more about Sara at:
lonelyplanet.com/members/Sara_Benson



Amy C Balfour

Maui Amy first visited Hawaii as a toddler. For this book, she snorkeled Molokini Crater, clutched the wheel on the Kahekili Hwy, ate a juicy burger beside a wild boar and watched the sunrise at Haleakalā. Amy has authored or coauthored more than a dozen books for Lonely Planet, including *California*, *Caribbean Islands* and *Southwest USA*. She has also written for *Backpacker*, *Every Day with Rachael Ray*, *Redbook*, *Southern Living* and *Women's Health*.

Read more about Amy at:
lonelyplanet.com/members/amycbalfour



Adam Karlin

Hawai'i the Big Island (Kailua-Kona & Around, South Kona Coast, North Kona Coast, South Kohala & Puna) Hawai'i was about as good as assignments get for Adam Karlin. He always gets asked this, so the answer is: yes, sometimes authors bring their significant others along on trips. He and his fiancée got an early honeymoon snorkeling with mantas, watching lava pour into the ocean, bathing in tide pools and endlessly exploring. He also celebrated his birthday on a Puna

cliff-top watching the waves, a full moon, and lava coming down the mountain. Adam sheepishly admits that sometimes writing for Lonely Planet is pretty damn awesome. He should know: he's written some 30 guidebooks for the company.

OVER MORE
PAGE WRITERS

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Adam Skolnick

Kaua'i Adam writes about travel, culture, health and politics for Lonely Planet, *Outside*, *Men's Health* and *Travel & Leisure*. He has coauthored 19 Lonely Planet guidebooks to destinations in Europe, the US, Central America and Asia, and has never found an island or place he enjoys more than Kaua'i. You can read more of his work at www.adamskolnick.com or find him on Twitter (@adamskolnick).



Paul Stiles

Hawai'i the Big Island (North Kohala, Waimea, Mauna Kea & Saddle Rd, Hamakua Coast, Hilo, Hawai'i Volcanoes National Park & Ka'u) When he was 21, Paul bought an old motorcycle in London and drove it to Tunisia. That did it for him. Since then he has explored 60 countries. With a passion for exotic islands, he's covered Madagascar, Kaua'i and Borneo for Lonely Planet, and lived for four years in Tenerife, the tallest volcano in the Atlantic Ocean: great training for Hawaii. For this

book he sampled everything in Hilo Farmers Market and discovered 'it's all good!'

Read more about Paul at:
lonelyplanet.com/members/paulwstiles



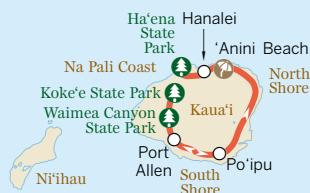
Ryan Ver Berkmoes

Lana'i, Moloka'i Ryan Ver Berkmoes first visited Moloka'i in 1987 and remembers being intoxicated by lush, rural scenery on the drive east (or maybe it was the fumes from the heaps of mangos fermenting along the side of the road). He's been back often, usually renting a beachside house where between novels he looks without envy at the busy lights of Maui across the channel. For this edition of *Hawaii*, Ryan also noted the many changes Larry Ellison is bringing to Lana'i,

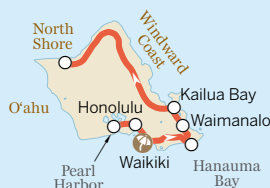
including the new grocery store dress code.

Plan Your Trip

Itineraries



PACIFIC
OCEAN



10
DAYS

O'ahu & Kaua'i

Think of this as your 'town and country' trip to Hawaii. Start off in the breezy streets of Honolulu, sleeping in mod style at the classic beach resort of Waikiki. Then trade the big-city buzz for the small-town scene on verdant Kaua'i.

Touch down for four days on O'ahu amid the skyscrapers of **Honolulu**. Between sessions at the beaches of **Waikiki**, eat your heart out in the capital, go clubbing and art-gallery hopping in Chinatown, visit the Bishop Museum and 'Iolani Palace, experience WWII history at **Pearl Harbor**, enjoy

live Hawaiian music and hula at sunset, hike up **Diamond Head** and tour Doris Duke's incomparable **Shangri La**.

Now relax. Heading east, spend a morning snorkeling at **Hanauma Bay**. In the afternoon, swim off the white-sand beaches of **Waimanalo** or surf, kayak, windsurf and kiteboard at **Kailua Bay**. Wend your way along the **Windward Coast**, with its jungly hiking trails, ancient lava-rock fishponds and captivating offshore islands. Save at least an afternoon to savor the world-famous beaches of the **North Shore**. In winter, watch big-wave





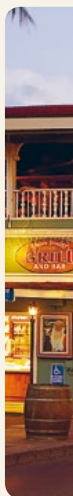
Po'ipu (p542), Kaua'i

surfers carving; in summer, snorkel with sea turtles.

Hop a plane over to Kaua'i, full of heart-stopping scenery, for the next six days. Start off nice and easy in **Po'ipu** with a lazy snooze on the sunny beaches of the **South Shore** or head straight to **Port Allen** for a snorkeling or scuba-diving boat trip. Then lace up your hiking boots and spend a day in **Waimea Canyon State Park** and **Koke'e State Park**, where you can traverse knife-edged 2000ft-high cliffs and peek into the 'Grand Canyon of the Pacific.'

Giddy-up back around to Kaua'i's **North Shore**, which deserves a couple of days. Get in some swimming, snorkeling and windsurfing at **Anini Beach**, and check out the beach-bum town of **Hanalei** for surfing and stand up paddle boarding on the bay or kayaking a peaceful river. Road trips hardly get more scenic than the drive to the very end of the road at **Ha'ena State Park**.

OK, ready? **Na Pali Coast State Park** is what's left: in summer, kayak 17 miles beside Kaua'i's epic sea cliffs; otherwise, backpack 11 miles to Ke'e Beach. Either way, you've saved the best for last.



2
WEEKS

Maui & Hawai'i

Looking for tropical adventures you can brag about? Hit up Maui for its postcard-perfect honeymoon beaches, serpentine coastal drives and hang-loose surf scene. When you're ready for bigger thrills, jet to Hawai'i the Big Island, where erupting volcanoes, mysterious valleys and deserted beaches await.

With less than a week to spend on Maui, start in the old whaling town of **Lahaina** with its pirates' treasure chest of historical sites. In winter, spot whales breaching offshore or take a whale-watching boat tour from **Ma'alaea**. For golden-sand beaches idyllic for swimming and snorkeling, drive north up the coast to bayfront **Kapalua** and south to the resorts of **Wailea** and beyond.

Make sure you get to **Haleakalā National Park**. Spend a day hiking around an ancient volcano and catching sunrise from the summit. Then drive the cliff-hugging **Road to Hana**, stopping to kick back on the black-sand beach at **Wai'anapanapa State Park**. Go past Hana for a bamboo rainforest hike and to take a dip in the cascading waterfall pools of **Ohe'o Gulch**. Backtrack up the coast to the surf town of **Pa'ia**, chowing *'ono grinds* (delicious food) and admiring the daredevil windsurfers at Ho'okipa Beach.

The Big Island can take a week and then some. Base yourself half the time in **Kailua-Kona**, alternating trips to the beaches – especially those in **North Kona** and on the **South Kohala** 'Gold Coast' – with feeling the ancient mana (spiritual essence) at **Pu'uhonua o Hanalei National Historical Park** and tasting the produce at the coffee farms of **South Kona**. Take a leisurely drive along the **Hamakua Coast**, making sure to gaze out on **Waipi'o Valley**, if not to hike down to the wild beach.

Walk around harborfront **Hilo**, exploring its historic architecture, the downtown farmers market and the excellent 'Imiloa Astronomy Center of Hawai'i and Pacific Tsunami Museum. Don't miss detouring up to **Mauna Kea** for an evening of stargazing. Spend at least a full day in **Hawai'i Volcanoes National Park**: hike the otherworldly Kilauea Iki Trail, drive along the Chain of Craters Road and hopefully trek or take a boat ride to see some hot lava glowing fiery red after dark. Afterward retreat to your own rainforest cottage B&B in nearby **Volcano**.



RON DAKOUST / GETTY IMAGES ©



BRIGITTE MERZ / GETTY IMAGES ©

Top: Haleakalā National Park (p410), Maui
Bottom: Lahaina (p318), Maui

10
DAYS

O'ahu & Hawai'i

Go big or go home – if that's your motto then pair Hawaii's busiest island with its biggest. Beach-resort chic, ancient heiau (temples) set beside taro fields, mountainous hiking trails and azure bays with white-sand beaches let you experience the best of almost everything Hawaii offers.

Start on the capital island of O'ahu, basing yourself in **Kailua** for five days. Among the many sights around **Honolulu**, don't miss the WWII memorials at **Pearl Harbor** or the Honolulu Academy of Arts. Snorkel one morning at **Hanauma Bay** and in the afternoon hike to Honolulu's Manoa Falls after visiting the Lyon Arboretum. Take a class in lei making, hula dancing or ukulele playing in **Waikiki**, where you can end the day with a sunset catamaran 'booze cruise' or live Hawaiian music and hula at oceanfront bars.

Drive up the **Windward Coast**, stopping at scenic beaches and to hike into the misty Kō'olau Mountains. Keep going past the coves of **Turtle Bay** to end up on the **North Shore**, famous for its big-wave surfing in winter. Stroll and grab a shave ice in **Hale'iwa**, then take a joy-ride flight at Dillingham Airfield. Dip your toes into the lagoons at **Ko Olina** before cruising up the workaday **Wai'anae Coast** for a windy walk in **Ka'ena Point State Park**.

Mosey over to the Big Island and book a B&B in **South Kona** for a few nights. For ocean adventures, go scuba diving or snorkeling at night with manta rays around **Kailua-Kona** and hike in to snorkel at **Kealahakua Bay** or nearby Two-Step. Down in Ka'u, hike to Green Sands Beach near windswept **Ka Lae**, the USA's southernmost geographical point. Next up, **Hawai'i Volcanoes National Park**, home of the world's longest-running volcanic eruption, offers alien-looking moonscapes for hiking.

Spend a night or two in **Hilo**, taking time to drive partway up **Mauna Kea** for stargazing after dark. After rolling up and down along the **Hamakua Coast**, amble the old sugar-plantation town of **Honoka'a** before stepping into ancient **Waipi'o Valley**. Giddyup through **Waimea (Kamuela)**, a *paniolo* (Hawaiian cowboy) outpost, into the quiet countryside of North Kohala: hike into sculpted **Pololu Valley**, circle around **Mo'okini Heiau** and wander quaint **Hawi**.

M. SWEET / GETTY IMAGES ©



ANN GELF / GETTY IMAGES ©



Top: Waikiki Beach (p105), Waikiki, O'ahu
Bottom: Shrimp Shack (p149), Punalu'u, O'ahu





2
WEEKS

Maui, Lana'i & Moloka'i

You've got time, you've got money and you want outdoor experiences and peaceful relaxation in equal measure. But you're also willing to rough it when the rewards – hidden waterfalls, geological wonders – make it worthwhile. Mix up Maui, Lana'i and Moloka'i for an unforgettable island-hopping journey by airplane and possibly boat.

First, spend five or six days on **Maui**. Make it easy on yourself by getting a resort hotel room or a condo for your entire stay at **Ka'anapali** or **Kapalua** in West Maui or **Kihei** or **Wailea** in South Maui. Immerse yourself in the whaling history of **Lahaina** or take a whale-watching cruise from **Ma'alaea**. When it's beach time, some of Hawaii's wildest coastal strands are nearby, like **Honolua Bay** or Makena's **Big Beach**.

Take one full day to hike the summit moonscapes of **Haleakalā National Park** and another to lazily drive down the **Road to Hana**, stopping off for waterfall hikes and to buy fresh coconuts, before looping back to the laid-back surf town of **Pa'ia**. If you've got time to spare, visit the small farms, botanical gardens and ranches of Maui's **Upcountry**, where you can take a horseback ride or go ziplining. Before you head back to Kahului's airport, admire the legendary jungle spire at **'Iao Valley State Park**.

Next, hop over to **Lana'i** and take your pick of world-class resorts located in **Lana'i City** and at **Manele Bay**, staying three nights. Things have been a little hectic so far, so play a round of golf, snorkel at **Hulopo'e Beach** or take in the vistas from the **Munro Trail**. To really get away from it all, rent a 4WD and head for the **Garden of the Gods**, **Shipwreck Beach** or down the dusty track to **Naha**.

Last, spend four or five days on **Moloka'i**. Check into a condo or beachfront B&B after arriving in small-town **Kaunakakai**. Day one: explore **East Moloka'i**, checking out **Halawa Valley** and perhaps a waterfall or two. Day two: trek to the **Kalaupapa Peninsula** and munch macadamia nuts at Purdy's Farm. Day three: head out to the remote beaches of the island's **West End** or penetrate the dense forests of the **Kamakou Preserve**. Days four and five: relax.



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RON DAHLQUIST / GETTY IMAGES ©

Top: Kalaupapa National Historical Park (p466), Moloka'i
Bottom: Garden of the Gods (p438), Lana'i

1
MONTH

The Big Four: O'ahu, Maui, Hawai'i & Kaua'i

PLAN YOUR TRIP ITINERARIES

If you want to live in the scenery – and not just admire it – take a month off on O'ahu, Maui, Hawai'i and Kaua'i. Find the truly off-the-beaten-track adventures of a lifetime and plenty of traditional and contemporary Hawaiian culture, not to mention sunset mai tais galore.

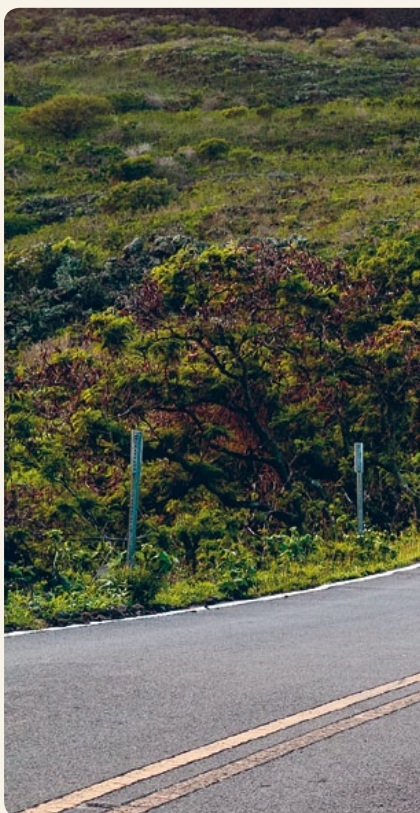
If the jam-packed beaches of **Waikiki** and modern high-rises of **Honolulu** seem too hectic, ease into your 'rubbah slippahs' on the island's longest sandy beach at **Waimanalo**. Rent a beach cottage in **Kailua** or anywhere along O'ahu's **North Shore**, where world-class surfing beaches are calm enough for swimming and snorkeling in summer. To really leave the tourist crowds behind, get to know the **Wa'anae Coast**, where big-wave surfers worship at **Makaha Beach**.

Near Maui's old whaling port of **Lahaina**, laze on West Maui's beautiful beaches. Drive north around the peninsula, stopping to snorkel in summer at **Honolua Bay**, then get on the scenic, narrow cliffside **Kahekili Highway**. Swing down to **South Maui** and book a snorkel cruise to **Molokini Crater**, or check out migratory whales in winter at **Kihei**. After you ascend to the summit of **Haleakalā National Park** and snake down the **Road to Hana**, find your way back to civilization on the rugged **Pi'ilani Highway**.

A week on the Big Island is barely enough but it'll have to do. Soak up the sunshine north of **Kailua-Kona**, where you can hike or 4WD to gorgeous strands like Makalawena Beach in **Kekaha Kai State Park** or the giant **Puako Tide Pools** for snorkeling with tropical fish. After you drive past the lava deserts of **Ka'u** and round Hawaii's southernmost tip at **Ka Lae**, stop off at **Hawai'i Volcanoes National Park** before losing track of time in the hippie paradise of **Puna**.

Kaua'i is Hollywood's ready-made movie set. These soul-inspiring canyons, cliffs, waterfalls, rivers, bays and beaches are more than just pretty backdrops, however. Kayak past sacred temples along the **Wailua River**, then glimpse rainy Mt Wai'ale'ale while hiking the rolling **Kuilau Ridge & Moalepe Trails**. If you have kids, splash around at **Lydgate Beach Park**. Charming **Kapa'a** is worth a wander before bedding down in peaceful **Kilauea**, a jumping-off point to the sleepy backwaters of Kaua'i's **North Shore**.

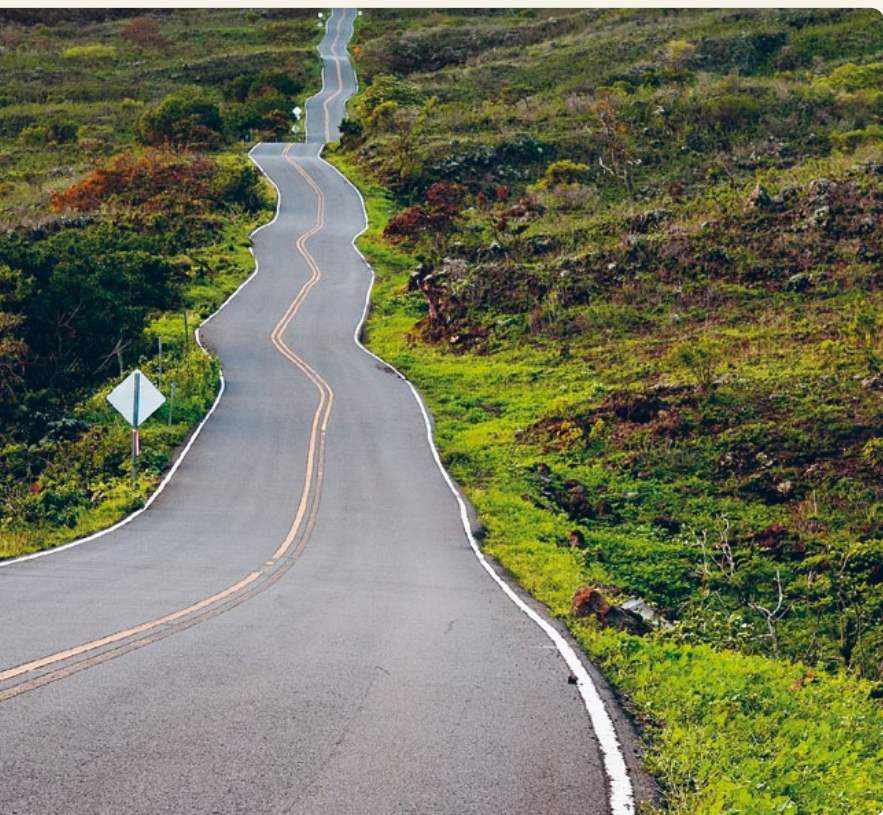
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Top: Pi'ilani Highway (p409), Maui
Bottom: Humpback whale off Kailua-Kona (p186), Hawai'i the Big Island



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