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Hawaii





Hawaiʻi (Big Island) p172

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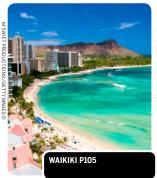
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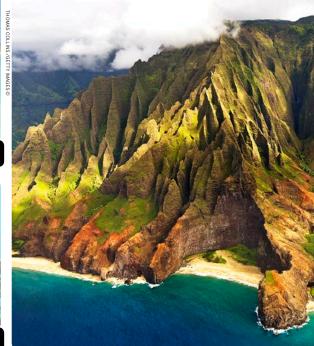
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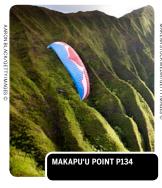
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Plan Your Trip

Itineraries





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 Kaya'i.

Touch down for four days on O'ahu amid the skyscrapers of **Honolulu**. Between sessions at the beaches of **Waikik**, eat your heart out in the capital; go clubbing and art-gallery-hopping in Chinatown; visit the Bishop Museum and 'Iolani Palace: touch 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



Lanikai Beach (p140), Oʻahu

North Shore. In winter, watch big-wave surfers carving; in summer, snorkel with sea turtles.

Hop a plane over to Kaua'i, full of heartstopping 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** and **Koke'e State Parks**, where you can traverse knife-edged 2000ft-high cliffs and peek into the 'Grand Canyon of the Pacific.' Giddyap back around to Kauaʻi's **North Shore**, which by itself deserves a couple of days. Get in some swimming, snorkeling or windsurfing at ʻAnini Beach. Check out the beach-bum town of **Hanalei** for surfing and stand up paddle boarding on the bay or peaceful river kayaking. Road trips hardly get more scenic than the drive to the very end of the road at **Haʻena State Park**.

OK, ready? **Na Pali Coast Wilderness 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.











Top: Lava flowing into the ocean, Hawai'i Volcanoes National Park (p289) Bottom: Best Western Pioneer Inn (p328), Lahaina



Looking for tropical adventures? 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 over to the Big Island, where erupting volcanoes, mysterious valleys and deserted beaches await.

With just under 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 that are 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**. Glide past sleepy **Hana** for a bamboo rainforest hike and 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 **South Kohala's** 'Gold Coast' – with feeling the ancient *mana* (spiritual essence) at **Pu'uhonua O Hōnaunau National Historical Park** and tasting the coffee farms of **South Kona**. Then take a leisurely drive along the **Hamakua Coast**, making sure to gaze out on **Waipi'o Valley** and hike down to the black-sand beach.

Walk around harborfront **Hilo**, exploring its historic architecture, the farmers market and the excellent astronomy center and museums. Don't miss detouring up to **Mauna Kea** for sunset views and 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 spy some hot lava glowing fiery red after dark. Afterward retreat to your own rainforest cottage B&B in nearby **Volcano**.

Oʻahu & Hawaiʻi

Go big or go home – pair Hawaii's busiest island with its biggest for star chefs and beach resort life, ancient heiau (temples) set beside taro fields, mountainous hiking trails and deep blue bays with powdery white-sand beaches.

Start on the capital island of Oʻahu, basing yourself in **Kailua** for five days. Among the many sights around **Honolulu**, don't miss Chinatown or the WWII memorials at **Pearl Harbor**. 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 at oceanfront bars.

Drive up the **Windward Coast**, stopping at panoramic beaches and to hike into the misty Koʻolau Mountains. Keep going past the whitesand coves of **Turtle Bay** to end up on the North Shore, famous for its big-wave surfing in winter. Stretch your legs and grab a shave ice in **Haleʻiwa**, then take a joy-ride flight at Dillingham Airfield. Dip your toes into the lagoons at **Ko Olina** before cruising up the workaday **Waiʻanae Coast** for a windy walk in **Kaʻena 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 paddle a kayak to snorkel at cobalt-colored **Kealakekua Bay**. Down in Ka'u, hike to Green Sands Beach near windswept **Ka Lae**, the USA's southernmost point. Next up, **Hawai'i Volcanoes National Park**, home of the world's longest-running volcanic eruption, offers alienlooking 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 the **Hamakua Coast**, amble the old sugar-plantation town of **Honoka'a** before dropping into ancient **Waipi'o Valley**. Giddyup through **Waimea** (**Kamuela**), a *paniolo* (Hawaiian cowboy) town. In the quiet countryside of North Kohala, hike into **Pololu Valley**, circle around **Mo'okini Heiau** and relax in quaint, artsy **Hawi**.





Top: Surfboards, Waikiki (p105) Bottom: Kayaking, Kealakekua Bay (p208)

















Top: Humpback whale Bottom: 'Iao Valley State Park (p360)



You've got time, you've got money and you want outdoor adventures and tranquil 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.

Spend five or six days on Maui first. 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 Maui's most untamed coastal spots are nearby, like **Honolua Bay** or **Big Beach**.

Take one full day to hike around the summit 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. Admire the legendary jungle spire at **'Iao Valley State Park** before you head back to the airport at **Kahului**.

Next, hop over to Lana'i and stay three nights at the world-class resort at **Manele Bay**. Things have been a little hectic so far, so laze on the sand before snorkeling at **Hulopo'e Beach**. To really get away from it all, take in the vistas on foot from the **Munro Trail** or rent a 4WD and head for the **Garden of the Gods**, **Shipwreck Beach** or down the dusty track to **Naha**.

Devote your last four or five days to Moloka'i. Check into a condo or beachfront B&B after arriving in small-town **Kaunakakai**. Day one: explore East Moloka'i, checking out waterfalls and heiau ruins in **Halawa Valley**. 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: just hang out, blissfully doing nothing much at all.

Kauaʻi, Maui & Hawaiʻi

If you want to live in the scenery – not just admire it – take two weeks to discover Kaua'i, Maui and Hawai'i. Find the truly off-the-beaten-track adventures of a lifetime and plenty of traditional and contemporary Hawaiian culture on these 'Neighbor Islands,' each with its own unique flavor.

Kauaʻi is Hollywood's ready-made movie set. But these soul-inspiring canyons, cliffs, waterfalls, rivers, bays and beaches are more than just pretty backdrops. Kayak past sacred temples along the **Wailua River**, then glimpse rainy Mt Waiʻale'ale while hiking the rolling **Kuilau Ridge & Moalepe Trails**. Charming **Kapaʻa** is worth a wander before bedding down in peaceful **Kilauea**, a jumping-off point to the backwaters of Kauaʻi's **North Shore**. Turn around and head down to sunny **Poʻipu** on the South Shore, where the wild Mahaʻulepu Coast beckons. Zip west to **Port Allen** and hop aboard a boat bound for the epic sea cliffs of the **Na Pali Coast**.

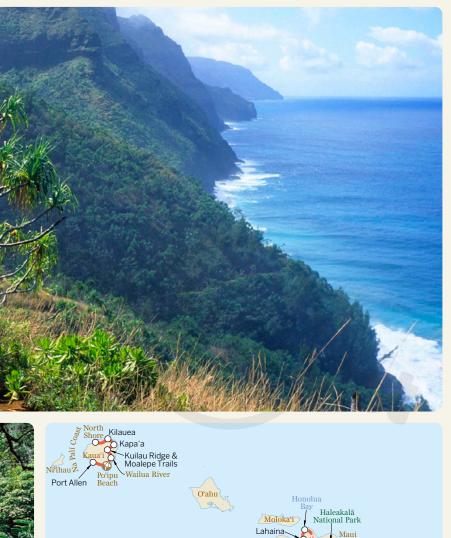
Hop over to Maui next. North of the old whaling port of **Lahaina**, laze on West Maui's beautiful beaches. Drive north around the peninsula, stopping to snorkel in summer at **Honolua Bay**, then get on the scenic, narrow cliffside Kahekili Hwy. Swing down to South Maui and book a snorkel cruise to **Molokini**, an eroded offshore volcanic crater, or spot migratory whales in winter at **Kihei**. Catch sunset on the beach by **Wailea's** resorts or at all-natural **Makena State Park**. After you ascend to the summit of **Haleakalā National Park** and snake down the Road to **Hana** all the way to the pools of **'Ohe'o Gulch**, find your way back to civilization on the rugged **Pi'ilani Highway**.

Less than 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 such as Makalawena Beach in **Kekaha Kai State Park**, and plunge into the **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**, dig into **Hawai'i Volcanoes National Park** before losing track of time in the hippie paradise of **Puna**. Finish on top of the highest peak in the Hawaiian Islands, majestic **Mauna Kea**.





Top: Kalalau Trail (p532) Bottom: 'Ohe'o Gulch (p405)







Ryan Ver Berkmoes

Lana'i & Moloka'i Ryan 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 wheedled the latest gossip out of tight-

lipped locals on Larry Ellison's Lana'i.



UR 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 Franklin, London,

Melbourne, Oakland, Beijing and Delhi, 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, Kaua'i & Ni'ihau After graduating from college, Sara jumped on a plane to California with just one suitcase and \$100 in her pocket. She then hopped across the Pacific to Japan, followed by time spent living on Maui, O'ahu and the Big Island, and tramping all around Kaua'i, Moloka'i and Lana'i. Sara is an avid hiker, backpacker, paddler and outdoors enthusiast who has worked for the National Park Service and as a volunteer at Hawai'i Volca-

noes National Park. The author of more than 65 travel and nonfiction books, Sara is also the lead author of Lonely Planet's California and USA's Best Trips guides. Follow her latest adventures online at www.indietraveler.blogspot.com, www.indietraveler.net, @indie_traveler on Twitter and indietraveler on Instagram.



Amy C Balfour

Maui Amy first visited Hawaii as a toddler. These days she returns annually to tackle new adventures - and return to old favorites. For this edition, she wandered the Makawao Forest Reserve, sampled organic vodka in the Upcountry and dug into healthy new culinary creations from Wailea to Wailuku. Amy has authored or co-authored 26 books for Lonely Planet, including Discover Maui, Hawaii, California, Southwest USA and USA.



Adam Karlin

Hawai'i, the Big Island How great is Hawai'i? Adam has written over 40 guidebooks for Lonely Planet, but he'd never seriously considered finding a vacation cabin somewhere until he reached the Big Island. It's a magical micro-continent, and Adam spent a lovely time researching there amidst the tropical fish, flowing lava, excellent sushi and burgers, pounding waves and generally awe-inspiring beauty of creation. When not exploring the tropics for Lonely Planet, Adam calls

New Orleans home.



Craig McLachlan

O'ahu A Kiwi from the southern end of the Polynesian triangle, Craig is a regular on O'ahu and has an MBA from the University of Hawai'i at Manoa. Other Lonely Planet titles he has worked on range from Greece to Japan to Rarotonga, Samoa & Tonga. Craig considers himself a 'freelance anything' and jobs have included pilot, karate instructor, photographer, tour leader, hiking guide, novelist and Japanese interpreter. He once set the record for climbing Japan's 100

Famous Mountains! See www.craigmclachlan.com.



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