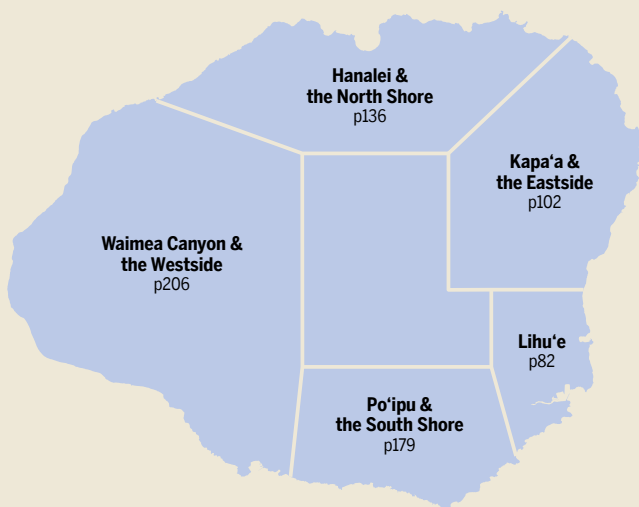




# Kaua'i



Adam Karlin, Greg Benchwick, Adam Skolnick

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KAUA'I COASTLINE

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Po'ipu Beach Park (p192)

# Itineraries

Whether you're seeking lazy afternoons or active adventures on the Garden Island, compact Kaua'i will win you over with its heavenly beaches, marvellous trails and excellent dining scene.

4  
DAYS

## Po'ipu Beach Park to Koke'e State Park

The South Shore and Westside of Kaua'i are known for having a more stable climate (translation: much less rain), and that's just where the appeal begins. Exquisite beaches, great food, stunning sunsets, a blast of local flavor and magnificent trails await.

Start your first day in **Kalaheo** among the locals at bustling Kalaheo Café & Coffee Co, before joining an early tour of the magnificent Allerton Garden. If you surf, paddle out to the wave out front, otherwise hit **Po'ipu Beach Park**. That beach fronts two sheltered lagoons ideal for kids and beginning snorkelers. The next one over, Brennecke's Beach, offers access to a wonderful outside reef accessible only to experienced ocean swimmers and freedivers. On the other flank is a consistent reef break ideal for surfers (mind your manners), and smaller waves for beginners. You'll find parking, bathrooms, picnic shelters and lifeguards here, and in winter you'll see breaching humpbacks offshore. Did we mention the sunsets are world class? Welcome to vacation base camp. When you've had enough, head to **Old Koloa Town** to enjoy tasty Italian food and the island's best cocktails at La Spezia.

On day two, stretch those morning legs on the **Maha'ulepu Heritage Trail**, a most wild and scenic coastal hike. At lunch, head back to Koloa and hit Koloa Fish Market (bring cash) and walk it off with an extended browse of area shops. Drop by Po'ipu Beach Park for another sunset, then stroll the Kukui'ula until you find a dining room that meets your needs. Eating House 1849 is an excellent choice.

On day three head west. Join a Na Pali catamaran tour out of **Port Allen** before strolling **Hanapepe** town. Friday night is Art Night. Tuck in at Japanese Grandma.

It's your last day, so pack a picnic at Ishihara Market in **Waimea**, then drive onto Hwy 550, stopping at all the viewpoints as the road rises past **Waimea Canyon** and into **Koke'e State Park**. Then venture onto the Awa'awapuhi Trail with views overlooking the stunning Na Pali Coast. Wash it down with a final sunset at the end of the road in **Polihale State Park**.





## Dream Week

You have one week to explore, taste and experience the best of the Garden Island. Ready, set... go!

Check into Anahata Spa & Sanctuary in **Kilauea** and make your way into **Hanalei**. Park near Hanalei Beach Park, take a dip and stroll the sand, then hit luscious **Lumaha'i Beach** for sunset. Grab a casual dinner and drinks at nearby Tahiti Nui. After a morning surf lesson on Hanalei Bay, head to primordial Limahuli Garden, then hike the Kalalau Trail from **Ke'e Beach** to Hanakapi'ai Beach. Catch a Technicolor sunset on Ke'e Beach, then take the slow drive back to Hanalei for dinner at BarAcuda. Wake up in time for a yoga class at Metamorphose, then visit the lighthouse at **Kilauea Point** before spending the rest of the day at Kauapea (Secrets) Beach or Kahili (Rock Quarry) Beach. Dine at Palate in Kilauea.

On day four check into Fern Grotto Inn or Rosewood Kaua'i in **Wailua**, then paddle the Wailua River. Book dinner at the wonderful JO2 in **Waipouli**. The following morning, breakfast at Java Kai in **Kapa'a**, then ride the bike path to **Kealia Beach**. That evening hit Kintaro in Wailua for local Japanese or sample the burgers and craft beers at Street Burger. Wake up with a hike to the top of **Nounou Mountain**, then pack up and drive to **Koloa**, pick up lunch at the fish market and spend the day at **Po'ipu Beach Park**. Check into your short-term rental in Po'ipu. Wake up and go scuba diving with Seasport Divers if you're certified; otherwise, hit the Maha'ulepu Heritage Trail and spend the morning at rugged and beautiful **Maha'ulepu Beach**. Land in **Hanapepe** by early evening for a bit of gallery hopping, especially if it's Friday Art Night. Dine at Japanese Grandma.

Day eight is all about the trails. Stop at Ishihara Market in **Waimea** to pack a picnic at its deli, then drive Hwy 550, past all manner of viewpoints as the road rises to the rim of **Waimea Canyon**. Venture into **Koke'e State Park** and onto Awa'awapuhi Trail with views overlooking the Kalalau Valley and the stunning Na Pali Coast, before driving on toward the western end of the road where you'll enjoy a final Kaua'i sunset in **Polihale State Park**.

2  
DAYS

## Wailua to Kilauea

From one of the state's most sacred rivers to one of the island's most spectacular beaches, with all kinds of beauty and flavor in between.

Start your day with a serene paddle up the **Wailua River**. Whether you choose to join a tour group or blaze your own wake, you will either hop in a kayak or rent an SUP board, glimpse heiau (ancient stone temples) and explore a hidden waterfall. Next fuel up with coffee and breakfast at Java Kai, a **Kapa'a** classic. When you're ready to keep moving, rent a bike and cruise the 5-mile Ke Ala Hele Makalae path. It stretches from the south end of Kapa'a Beach Park to **Paliku Beach**, 5 miles away. Grab a nap at **Kealia Beach**, then spend the rest of the afternoon and early evening exploring the shops in Old Town Kapa'a. At night book a table in **Waipouli** at the wonderful JO2 for an exquisite dinner.

The next morning, climb **Nounou Mountain** then grab some Tiki Tacos in Waipouli and hit one of Kilauea's sublime beaches. We suggest **Kauapea (Secrets) Beach**. Take a quick dip, plant your body in the sand, repeat as necessary. Dine at Palate in **Kilauea**.

3  
DAYS

## Kilauea to Na Pali Coast State Park

Explore the North Shore from Kilauea Point to the mythic end of the road.

Wake up in **Kilauea** with coffee at Kilauea Bakery, a local staple, and a yoga class at Metamorphose. Then drive to **Kilauea Point National Wildlife Refuge** and check out the stately lighthouse. Back in Kilauea, grab lunch at Kilauea Fish Market, have a browse at Hunter Gatherer then hit **Kauapea (Secrets) Beach**. Rinse off and hit the shops and galleries of **Hanalei**, enjoy an exquisite dinner at BarAcuda and then step over to Tahiti Nui for drinks and laughs until the music stops.

You'll need another hike to get your blood flowing again, so after coffee and a bite at Hanalei Bread Co, and a strategic snack stockpile at Harvest Market, hit the **Okolehao Trail** for a steep, quick one or drive to the end of the road and get a taste of the **Kalalau Trail**. Next hit **Ha'ena Beach Park** or, if you surf, **Makua (Tunnels) Beach** for another well-spent, lazy afternoon. Wake up in time to drive to the end of the road for a **Ke'e Beach** sunset, then hit the sushi bar at Dolphin Restaurant for dinner in dear, sweet Hanalei.

## Kaua'i: Off the Beaten Track

### NU'ALOLO KAI: A LAST PARADISE?

This truly ends-of-the-earth, Ancient Hawaiian settlement impresses with its commitment to indigenous history and current affairs. Also: it can be damned fun getting out here. (p216)

### ALAKA'I SWAMP

Bogs, carnivorous plants, wetlands, watersheds and a boardwalk running over all of the above: welcome to the watery wonderland that is the primal Alaka'i Swamp. (p233)



### POLIHALE STATE PARK

One of the longest and widest beaches in Hawaii, Polihale isn't just a pretty sweep of sand; according to local lore, it's the spot where Hawaiian souls depart to the afterworld. (p231)



### KALIHUWAI VALLEY

The North Shore is already almost too beautiful for words, but in this isolated valley, which ends at a gorgeous beach, you'll enjoy its charms far from the tourist trail. (p149)

### PALIKU (DONKEY) BEACH

This lovely beach isn't the best for swimming, but after putting in the work to get here, you'll appreciate its pretty views and windswept seclusion. (p124)



### THE MYSTERIOUS BLUE HOLE

### THE SACRED WAILUA RIVER

### THE SACRED WAILUA RIVER

The only navigable river in the state is a muddy green water road that plunges through valleys and forests into the lush heart of tropical paradise. (p109)

### THE MYSTERIOUS BLUE HOLE

This ruggedly beautiful pond, fed by a stream and a waterfall, sits in the shadow of Mt Wai'ale'ale, amid a stunning -and secluded - jungle escape you'll have to work to reach. (p117)

### MAKAUWAHI SINKHOLE

Descend into this cave complex, a dark and mysterious world that feels an ocean away from sunny Kaua'i, to find one of the richest fossil sites in the islands. (p193)

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- BART station
- Border crossing
- Boston T station
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/Muni station
- Monorail
- Parking
- Petrol station
- Subway/SkyTrain station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

*Note: Not all symbols displayed above appear on the maps in this book*



## 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 Franklin, London, Melbourne, Oakland, Dublin, 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



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**Curator** I am a Lonely Planet author based out of where I am. Born in Washington DC and raised in the rural Maryland tidewater, I've been exploring the world and writing about it since I was 17. It's a blessedly interesting way to live one's life. Also, it's good fun.



### Greg Benchwick

**Lihu'e, Po'ipu & the South Shore, Waimea Canyon & the Westside** A long-time Lonely Planet travel writer, Greg has rumbled in the jungles of Bolivia, trekked across Spain on the Camino de Santiago, interviewed presidents and grammy-award winners, dodged flying salmon in Alaska and climbed mountains (big and small) in between. Greg's Lonely Planet work includes guides to Mexico, Yucatán, Cancún, Chile, Alaska, Colorado, Puerto Vallarta & Pacific Mexico,

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**Kapa'a & the Eastside, Hanalei Bay & the North Shore** Adam's travel obsession bloomed while working as an environmental activist in the mid '90s. These days he's an award-winning journalist and travel writer who writes about travel, culture, human rights, sports and the environment for a variety of publications, including the *New York Times*, *Playboy*, *Outside*, BBC.com, *Wired*, ESPN.com, and *Men's Health*, and he's authored or co-authored over 35 Lonely Planet

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