Behind the Scenes

SEND US YOUR FEEDBACK

We love to hear from travelers – your comments keep us on our toes and help make our books better. Our well-traveled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to your submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit **lonelyplanet.com/contact** to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

WRITER THANKS Greg Benchwick

Thanks the most to my darling daughter Violeta and sister Cara for accompanying me on this research trip. My intern Sylvia was a great help in finding the local scoop and diving into island life. And of course, my editor Alex and cowriter Adam are all-stars any day and everyday.

Adam Skolnick

Much aloha and mahalo to Taj Jure and Marc-Andre Gagnon, Jeffrey Courson, Susan Dierker, Camille Page and her whole lovely family, Derek Pellin, Gary Hooser, Andrea Brower, Michelle Marsh, Josh Meneley, John Moore and Jacklynn Evans. Thanks also to Alexander Howard, Greg Benchwick and the entire Lonely Planet team for the collaboration. And many *mahalos* to the Garden Island itself. You are home.

ACKNOWLEDGEMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', Hydrology and Earth System Sciences, 11, 163344.

Cover photograph: Na Pali Coast, Brandon Verdoorn/500px ©

THIS BOOK

This 3rd edition of Lonely Planet's Kaua'i guidebook was researched and written by Greg Benchwick and Adam Skolnick and curated by Adam Karlin. The previous two Lonely Planet guides to Kaua'i were written by Sara Benson, Paul Stiles and E Clark Carroll. This guidebook was produced by the following:

Destination Editor

Alexander Howard

Product Editors

Rachel Rawling, Tracy Whitmey

Senior Cartographer

Corey Hutchison

Book Designer

Nicholas Colicchia

Assisting Editors

Imogen Bannister, Melanie Dankel, Kellie Langdon, Lou McGregor, Kristin Odijk, Maja Vatrić

Assisting Book Designers

Ania Bartoszek, Gwen Cotter

Cover Researcher

Naomi Parker

Thanks to

Kate Chapman, Joel Cotterell, Brendan Dempsey-Spencer, Kate Mathews, Clara Monitto, Wayne Murphy, Claire Naylor, Karyn Noble, Darren O'Connell, Lauren O'Connell, Martine Power, Kirsten Rawlings, Victoria Smith, Luna Soo, Angela Tinson

Index

A
accommodations 18-19
booking services 19
family friendly 76-7
sustainable 73
activities 22, 58-61, see
also individual activities,
individual locations
sustainable 73
whale-watching 52, 261
agriculture 73, 239
Ahukini Landing 43
AIDS 269
air travel 276-7
Alaka'i Swamp 235
Alakaʻi Swamp Trail 10, 263, <mark>11</mark>
Alaka'i Wilderness Preserve 262, 263
Alekoko (Menehune)
Fishpond Overlook 68, 89, 69
Allerton Garden 13, 189,
13, 200
Anahola 131-2
Anahola Bay 55
animals 42-7, 261-2, see also individual species
'Anini 152
antiques 25
'apapane 262
archaeological sites, see
also heiau
Menehune Ditch 223
area codes 17, 274
art galleries, see museums & galleries
Art Night 26, 219, 27
arts 25, 253-7
ATMs 272
ATVs 61, 60
'awa 37-9
Awa'awapuhi Trail 208

```
Map Pages 000
Photo Pages 000
```

```
Baby Beach 192, 200
Banana Joe's Fruit Stand
   148. 40
B&Bs 19
beaches 23, 49, 50-1, see
   also, surfing, individual
   locations
  'Aliomanu Beach 131
  Anahola Beach Park 131
  'Anini Beach Park 152
  Baby Beach 192, 200
  Barking Sands Beach 230
  Black Pot Beach Park
    (Hanalei Pier) 159
  Brennecke's Beach
    45, 192
  family friendly 77-8
  Fuiii Beach 123
  Glass Beach 212
  Ha'ena Beach Park 174-5
  Hanakapi'ai Beach 138
  Hanalei Beach Park 159
  Hanalei Pavilion Beach
    Park 159
  Ha'ula Beach 193
  Honu Cove
  Kahili (Rock Quarry)
    Beach 147
  Kalalau Beach 139
  Kalapaki Beach 84, 87-8.
    90, 84, 98
  Kalihiwai Beach 149
  Kapa'a Beach Park 123
  Kauapea (Secrets)
    Beach 145-7
  Kawailoa Bay 195
  Kealia Beach Park 123
  Ke'e Beach 138, 176
  Larsen's Beach 133
  Lawa'i (Beach House)
    Beach 192
  Lumaha'i Beach 173-4
  Lydgate Beach Park 108
  Maha'ulepu Beach 195
  Makua (Tunnels)
    Beach 175
```

```
Middles Beach 159
  Moloa'a Beach 133
  Ninini Beach 84, 86
  Nu'alolo Kai 216
  Pali Ke Kua (Hideaways
    Beach) 153
  Paliku (Donkey) Beach
  Po'ipu Beach 11, 14, 192,
    11, 30, 53
  Po'ipu Beach Park 192
  Polihale Beach 12, 231, 12
  Pu'u Poa Beach 153
  Running Waters Beach
    84 86-7
  Salt Pond Beach Park 217
  Shipwreck Beach 192-3.
    135
  Waikoko Beach 159
  Waimea State
    Recreational Pier 225
  Wai'oli (Pine Trees) Beach
    Park 159
beer, see breweries
bicycling 21, 66
  Eastside 104-5
  Kapa'a 124
  Koloa Heritage Trail 181,
    180
  Waimea Canyon 233
birds, see bird-watching.
   individual species
bird-watching 261-2, 264
  Hanalei National Wildlife
    Refuge 159
  Kilauea Point National
    Wildlife Refuge 146
Black Pot Beach Park 159
Blue Hole 117
boat tours
  Na Pali Coast 49
  Port Allen 212-15
  Waimea 225
boat travel 277
booking services 19
books 238, 257
  history 242, 243, 244, 245
```

Brennecke's Beach 45, 192 Brennecke's Ledge 43, 195 breweries Kauai Beer Company 96 Kauai Island Brewery & Grill 216 budget travel Po'ipu 198 Wailua 115 burial sites 175 bus travel 21 business hours 272 cacao 112 camping 18-19, 59-60. 264. 61 equipment rental & purchase 59 state & county parks 59-60 Canyon Trail (Koke'e State Park) 209 car travel 67-9, 176, 277-8, see also itineraries, road automobile associations etiquette 21 highway nicknames 278 insurance 278 licences 278 rental 20-1, 277 road distances 21, 277 road rules 278 scenic drives 14 cathedrals, see churches & cathedrals caves & caving Ha'ena State Park 177 Makauwahi Cave 195 Maniniholo Dry Cave 175 cell phones 273 cemeteries

Christ Memorial Episcopal

Church 145

cemeteries continued McBrvde Sugar Company Cemetery 214 St Raphael's Catholic Church 184 children, travel with 76-8 hiking 63 Lihu'e 91 chocolate Chocolate Hanalei 172 Garden Island Chocolate 149 Kauai Chocolate Company 216 Kaua'i Chocolate & Coffee Festival 219 Steelgrass Farm 112 churches & cathedrals Christ Memorial Episcopal Church 145 Lihu'e Lutheran Church St Raphael's Catholic Church 184 Waimea Hawaiian Church 223 Waimea United Church of Christ 224 Wai'oli Hui'ia Church 158-9 cinema 238, 255 Cliff Trail (Koke'e State Park) 209 climate 268, see also individual regions climate change 238, 239 coastal plants 263 Coco Palms Resort 116 Coconut Festival 28-9, 125 coffee 37 Kauai Coffee Company 183, 212, 28 Kaua'i Chocolate & Coffee Festival 219 Cook, Captain James 242. 243-4 coot, Hawaiian 157, 261 costs 269, see also money county parks, see state & county parks courses cultural 112 fishing 124 surfing 55 cowbovs 254 crafts 256-7, 13 Map Pages 000

Photo Pages 000

credit cards 272 cruises 277, see also boat tours culture 238-9, 243, 246-7. 248-52 courses 112 early 242 culture centers 109 currency 16 customs regulations 268 cycling, see bicycling

dangers, see safety dengue fever 269 dirt shirts 221

disabilities, travelers with 274 diving 14, 42-7 freediving 152

Hanalei 162 Koloa 184-5 Po'ipu 195-6

dolphins 261, 134 drinks 37-9, see also breweries, coffee rum 97

driving, see car travel drugs 251-2 duck, Hawaiian 159, 261 Duke Paga Kahinu

Mokoe Hulikohola Kahanamoku 96

E

Eastside 42-3, 79, 102-33, 103.110-11

climate 102

cycling 104-5 food 102 highlights 103

hiking 104 outdoor activities 102 snorkeling 45

surfing 55 travel seasons 102

economy 238

education 251 electricity 268

'Ele'ele 216, 218 emergencies 17, 20, 269

environmental hazards environmental issues 70-3,

238, 239, 260-6 Hawaii Superferry 101 noise pollution 128

Eo e Emalani I Alaka'i 235 ethnicity 249, 250-1

etiquette 250, 259 dining 41 driving 21, 176 surfing 55 events 26-9 exchange rates 17

fabric arts 256-7 farms & plantations Grove Farm 86, 90 Hoʻopulapula Haraguchi Rice Mill & Taro Farm 162, 163 Kauai Coffee Company 183, 212, **28** Kilohana Plantation 86, 87 Rare Hawaiian Honey Company (Waimea) 225 Steelgrass Farm 112 festivals & events 26-9 Art Night 219

Banana Poka Round-Up 236 Coconut Festival 125

Fo e Fmalani I Alaka'i 235 Fall Festival 148

Fourth of July Concert in the Sky 92 Garden Island Range & Food Festival 92

Hawaii Sand Festival 164 Hawaiian Slack Key Guitar Festival 92

Homegrown Music Festival 155 Kalo Festival 164

Kaua'i Chocolate & Coffee Festival 221 Kaua'i Composers

Contest & Concert 92 Kaua'i County Farm Bureau Fair 92

Kaua'i Mokihana Festival Hula Competition 92 Koloa Plantation Days

Celebration 185 Lights on Rice Parade 94

May Day Lei Contest 92 Music & Mango Festival Prince Kuhio Celebration

of the Arts 197 Princeville Night Market 155

Taste of Hawaii 113 Waimea Town Celebration 228

films 238, 255 fine arts 257 Fish Bowl diving 43 fishing Lihu'e 90. 91 Waimea 227 food 24-5, 36-41, 269 cacao 112 chocolate 148 etiquette 41 family-friendly 77 festivals 28-9 language 41 luau 39 new openings 22 poi 162 poke 77, 41 regional specialties 37 seafood 41 Spam 40 sustainable 73 vegetarian & vegan travelers 39-40 forest trees 262-3

G

freediving 152

galleries, see museums & galleries gardens, see parks & gardens gay travelers 271 geography 264-6 geology 264-6 giardiasis 269 golf 60 Kalaheo 204-5 Lihu'e 89, 90 Po'ipu 193-4 Princeville 154 Wailua 112

Grove Farm 86

Ha'ena 174-6. 2 Ha'ena State Park 176-7 Halemanu-Koke'e Trail 209 Halewili Rd 68 Hanakapi'ai Beach 138

Hanakapi'ai Falls 138, 140 Hanalei 13, 80, 158-73, 137.

160, 24, 134-5

beaches 159 bird-watching 262 climate 136 drinking 168 entertainment 168

festivals 164
food 136, 164-8
highlights 137
history 144
itineraries 142-3, 145, 142-3
nightlife 168
shopping 168-71
sights 158-9
tours 163-4
travel seasons 136
travel to/from 144, 171
travel within 171
walking tours 166, 166
weather 136
Hanalei Bay 10, 10
Hanalei National Wildlife Refuge 157
bird-watching 261
Hanalei Pavilion Beach Park 159
Hanalei Pier 159
Hanapepe 12, 218-24,
220 , 12
Hanapepe Massacre 222 hapa haole 254
Hauola Pu'uhonua 109
Hawaiian coot 157, 261
Hawaiian duck 157, 261
Hawaiian moorhen 157, 261
Hawaiian Slack Key Guitar Festival 92
Hawaiian stilt 157
Hawaii Superferry 101
health 269-71
insurance 269
heiau
Hikina Akala Heiau 109
Holoholoku Heiau 107, 109
Kaulu Paoa Heiau 176-7
Poli'ahu Heiau 109
helicopter tours 71, 75
Lihu'e 90, 91, 92
Hepatitis A 269
hiking 22, 23, 62-6, 78
Awa'awapuhi Trail 208, 208
best parks & reserves 264
Canyon Trail (Koke'e State Park) 209, 208
Cliff Trail (Koke'e State
Park) 209, 208
Eastside 104
family-friendly hikes 63, 78
Halemanu-Koke'e Trail 209. 208

Lihu'e beaches 84-5
Maha'ulepu Heritage
Trail 15, 180-1, 180 , 1
North Shore 138-41
Nounou Mountain Trail
104, 105
Nu'alolo Trail 208, 208
Okolehao Trail 159-60
Poʻipu 180-1
safety 63, 66, 273
South Shore 180-1
Waimea Canyon 231-2
Western Kuau'i 208-9
historic sites 241
Grove Farm 86
Kilohana Plantation 86
Lawa'i International
Center 203-4
Russian Fort Elizabeth
State Historical Park 225
Sugar Monument (Old
Mill) 186
historic trains 90
history
books 243, 244, 245
Cook, Captain James
242, 243-4
early history 240-2
European arrival 243-4
Hawaiian Renaissance
246-7
internet resources 247
Kamehameha I (the
Great) 244
missionaries 244-5
monarchy 244, 245
settlement 241
sugar industry 245
tourism 246
US annexation 246
US statehood 246
WWII 246
hitchhiking 278-9
HIV 269
Hokule'a 247
holidays 272-3
Holoholoku Heiau 107
Homegrown Music Festiva
29
honu 261
Honu Cove 153
Hoʻopulapula Haraguchi Rice Mill & Taro Farm
163
horseback riding 60
Poʻipu 195
Princeville 153

Kuilau Ridge & Moalepe

Trails 104 105

hotels 19

festivals 26, 28

Hurricane 'Iwa 240

Wailua 116

hurricanes

Hwv 50 69

Hwy 540 68

Hwy 550 14

Hwv 580 68

Ī

ice 251-2

inns 19

immigation 249

insects 270-1

insurance 271

health 269

internet access 271

internet resources

history 247

33.34-5

Hanalei 145

145, **139**

182-3

210

Kahili (Rock Quarry) Beach 147

Kalaheo 203-5. 204

Kalalau Beach 139

Kalalau Trail 138-9

92.86

kalo 162

Kalapaki Beach 87-8,

Kalihiwai Beach 149

Kalo Festival 164

107, 106-7

activities 123-4

climate 102

courses 124

kapa 256-7

120

Kaho'olawe 247

South Shore 182-3,

current events 245

car 278

hula 130, 253-4, 259, 256 Hurricane 'Iniki 240, 247 sustainable travel 70 itineraries 30-5. 31. 32. Lihu'e 84-5, 87, 93, 93 North Shore 138-43, Waimea Canyon 210-11, Kamehameha I (the Great) Kamokila Hawaiian Village Kapa'a 79, 123-31, 103.

drinking & nightlife 128-9 festivals & events 125 food 125-8 highlights 103 shopping 129-31 sights 123 tourist information 131 tours 125 travel seasons 102 travel to/from 131 kapu 109, 242, 244, 246 Kauai Coffee Company 183, 214 Kaua'i Education Association for Science & Astronomy 224 Kauai Plantation Railway 91 Kauapea (Secrets) Beach 145-7 kayaking 50, 11 Hanalei 163 Kapa'a 124 Na Pali Coast 49. 50 Wailua 112, 113 Wailua River 106-7, 106 Ke Ala Hele Makalae 127 Ke'e Beach 138, 176 Kekaha 230 Kekaha Beach Park 230 Kekuku, Joseph 254 Kilauea 144-52, 150 activities 147-8 heaches 145-7 drinking 149 festivals 148 food 148-9 nightlife 149 shopping 149-51 sights 144-5 travel to/from 151-2 Kilauea Lighthouse 144 Kilauea Point National Wildlife Refuge 144, 263, 264 bird-watching 262 Kilohana Plantation 86 Kipu Ranch 60 kiteboarding 154 koa 263 Koke'e Rd scenic drives 69 Koke'e State Park 10, 14, 233-6, 262, 11 bird-watching 262 hiking 235 Koloa 186-91, 190, 265 scenic drives 68

Koloa Heritage Trail 181
Koloa Landing, 42-3, 45
Koloa Plantation Days
Celebration 185
Koloa Rum Company 97
Koʻolau Road 133
Kuhio Hwy 68, 142-3, 142-3
Kuilau Ridge & Moalepe
Trails 104
L
land rights 242, 243
landmarks
Captain Cook Monument
225
Hole in the Mountain 131
Makawehi Point 189
language 251 basics 250
food 41
immigration 249
local phrases 252
surfing 54
lapalapa 263
Larsen's Beach 133
lauhala 256-7
legal matters 271
legends 257
lei 258-9, 258
leptospirosis 269-70
lesbian travelers 271
LGBTIQ travelers 271
lifeguarded beaches 49
lighthouses Kilauea Lighthouse 144
Ninini Point lighthouse
84, 88
Lihu'e 15, 79, 82-101, 83 ,
90, 96
activities 89-90
beaches 84-5, 85
children, travel with 91
climate 82
drinking 96-7 entertainment 96-7
festivals 92
food 82, 94-6
highlights 83
hiking 84-5
history 82, 86
itineraries 84-5, 87, 85
medical services 100
shopping 97, 100

Map Pages 000 Photo Pages 000

sights 86-9 tourist information 100 travel seasons 82 travel to/from 101 travel within 101 walking tour 93, 93 Limahuli Garden 13, 72 literature 238, 257, see also books Iomilomi 132 lookouts, see also viewpoints luau 39, 38 Lihu'e 97 Po'ipu 202 Wailua 116 Lumaha'i Beach 173-4 M Maha'ulepu Heritage Trail 15 180-1 15 Makauwahi Sinkhole 193 Makua (Tunnels) Beach 175 Maniniholo Dry Cave 175 mano 169 maps 272 markets Hanalei 164, 165 Hanapepe 222 Kapa'a 125 Kekaha 230 Kilauea 148 Koloa 187, 188 Lihu'e 96 Po'ipu 197 Waimea 228 massage Anahola 132 Hanalei 175 Po'ipu 194 Wailua 112 Waipouli 118 May Day Lei Contest & Fair 259 McBryde Garden 13. 182, 196 measures 270 media 270 medical services 269 mobile phones 273 mokihana 259 Momilani Kai 22 money 272 moorhen. Hawaiian 157, 261

motorcycle travel 20-1.

road distances 21

277-8

rental 20-1

mountain biking 66, see also bicycling Mt Wai'ale'ale 108 2 multiculturalism 249, 250-1 museums & galleries Amy-Lauren's Gallery Angela Headley Fine Art & Island Art Gallery Arius Hopman Gallery 220-1 Art of Marbling & Robert Bader Wood Sculpture 219 Bright Side Gallery 219 Dawn Traina Gallery 221 Kaua'i Museum 88, 72 Koke'e Museum 234 Koloa History Center 186 West Kaua'i Technology & Visitor Center 225 music 254-6 festivals 29 Na Pali Coast 9, 8-9, 145 kayaking 49, 50 tours 49-50 Na Pali Coast Wilderness

State Park 177, 5 national parks & reserves 263-4, 266 Alaka'i Swamp Wilderness Preserve 263 Ha'ena State Park 176-7 Koke'e State Park 211, 233-6 Na Pali Coast Wilderness State Park 177. 5 Polihale State Park 231 National Tropical Botanical Gardens 13, 194, 13 Naue Point 175 Necker Island 234 nene 261-2, 265 newspapers 270 Nihoa Island 234 Ninini Point Lighthouse 84,88 noni 37-8 North Shore 80, 136-77. 144-5. 137. 139. 146-7 climate 136 diving 43

food 136

highlights 137

hiking 138-41

history 144

itineraries 138-43, 145 snorkeling 45 surfing 54 travel seasons 136 travel to/from 144 weather 136 Northwestern Hawaiian Islands 234 Nounou Mountain Trail 104 Nu'alolo Trail 208 Nu'alolo Kai 218 Nukumoi Point diving 43 snorkeling 45 0 ocean life 261 ohia lehua 263, 262 Okolehao Trail 139-40. 159-60 opening hours 272 Pahinui, Gabby 255 Pali Ke Kua (Hideaways)

Beach 153 parks & gardens Allerton Garden 13, 189, 13, 200 family friendly 78 Hofgaard Park 225 Keahua Arboretum 109-11 Kukuiolono Park 204 Limahuli Garden 13, 174. **72** Lucy Wright Park 225 McBrvde Garden 13. 182, 194 Moir Pa'u a Laka 191 Na 'Aina Kai Botanical Gardens & Sculpture Park 145 National Tropical Botanical Garden 13, 194, 13 Orchid Alley 123 Prince Kuhio Park 192 Smith's Tropical Paradise 109 Pearl Harbor 246 people 248-52 planning, see also individual regions accommodations 18-19 budgeting 17 calendar of events 26-9 children 76-8 internet resources 17

itineraries 30-5	re
Kaua'i basics 16-17	
Kaua'i's regions 79-80	
repeat visitors 22	re
travel seasons 16, 26-9	ro
plants 262-3	
poi 164	
itineraries 30-5 Kaua'i basics 16-17 Kaua'i's regions 79-80 repeat visitors 22 travel seasons 16, 26-9 plants 262-3 poi 164 Po'ipu 11, 80, 178-9, 189-203, 179, 190, 11 activities 193-6 beaches 192-3 climate 178 drinking & nightlife 202 entertainment 202 festivals & events 197 food 178, 197-99, 202 highlights 179 hiking 180-1 shopping 178, 202-3 sights 189-92 tourist information 203 tours 196-7 travel seasons 178 travel to/from 203 Polihale Beach 12, 12 politics 239 population 239 Port Allen 214-18, 220 postal services 272 Powerline Trail 66 Prince Kuhio Celebration of the Arts 26, 197 Princeville 152-58, 154 activities 153-5 beaches 153 drinking 156-7 festivals 155 food 155-6 history 153 nightlife 156-7 shopping 155-8 travel around 158 travel to/from 158 public holidays 272-3	
189-203, 179 , 190 , 11	
activities 193-6	
beaches 192-3	rι
climate 178	R
drinking & nightlife 202 entertainment 202	
festivals & events 197	
feed 170, 107,00, 202	
food 178, 197-99, 202	S
highlights 179	Sa
hiking 180-1	
shopping 178, 202-3 sights 189-92	
tourist information 203	
tours 196-7	
travel seasons 178	
travel to/from 203	
Polihale Beach 12, 12	S
politics 239	
population 239	
Port Allen 214-18, 220	
postal services 272	
Powerline Trail 66	١
Prince Kuhio Celebration	
of the Arts	
26, 197	
Princeville 152-58, 154	
activities 153-5	
beaches 153	S
drinking 156-7	. 31
festivals 155	
food 155-6	
history 153	Se
nightlife 156-7	S
shopping 155-8	sl
travel around 158	sl
travel to/from 158	اد
public holidays 272-3	
	SI
Q	, J
Queen's Bath 153	

R radio 270 recycling 71 refuges, see wildlife reserves & refuges religion 239, 244-5 renewable energy 239 rental accommodations 18, 19

```
eserves, see national parks
                               highlights 179
 & reserves, wildlife
                               hiking 180-1
 reserves & refuges
esorts 19
oad trips
Kuhio Highway 142-3,
  142-3
South Shore 182-3,
  182-3
Waimea Canyon Drive
   210-11, 231, 210
ım 97
ussian Fort Elizabeth
 State Historical Park
 227
afety 270-1, 273
diving & snorkeling 42
hiking 63, 66
hitchhiking 278-9
ocean 49, 50-1
road 21, 281
sharks 169
cenic drives 68-9
Halewili Rd 68
Hwy 50 69
Hwy 540 68
Hwy 550 14
Hwy 580 68
Koke'e Rd 69
Koloa 68
Kuhio Hwy 68
Menehune Fish Pond 68
Po'ipu 68
Waimea Canyon 69
cenic flights 13, 74-5,
 128.13
Lihu'e 89. 91
Princeville 156
eafood 41
eals 261 260
harks 169
ack key guitar 254-6
concerts 168
festivals 29
norkeling 14, 42, 45, 77-8
'Anini Beach Park 152
```

Ha'ena 175

Kilauea 147

Princeville 153

Waipouli 118

climate 178

cycling 181

diving 42-3

food 178

South Shore 14, 80,

178-205, **179**, **186**

South Shore 197

itineraries 182-3. 182-3 shopping 178 snorkeling 45, 197 surfing 54 travel seasons 178 Spam 40 spas Anahola 132 Po'ipu 193, 194 Wailua 112 Waipouli 118 spinner dolphins 261 sports 22, 58-61, see also individual sports stand up paddle surfing 51. **51** Hanalei 162 Po'ipu 196 staphylococcus 270 stargazing 224 state & county parks 263-4 camping 18-19, 59-60 Ha'ena State Park 176-7 Koke'e State Park 10, 262 11 Na Pali Coast Wilderness State Park 177 5 Polihale State Park 12 12 Steelgrass Farm 112 stilt, Hawaiian 157, 261 sugar industry 222, 227 Sunset Salt Pond Beach Park 213 surfing 53-7, 78, 273, 56-7. 53 beaches 54-5 courses 55 family friendly 78 Hanalei 162-3 history 240, 242 Kalapaki Beach 90 Kapa'a 124 Kekaha 230 language 54 Po'ipu 196 Waimea 227 sustainable travel 70-3 dolphin encounters 261 swimming 51, 273 best parks & reserves 264

T taro 164 Taste of Hawaii 113 taxis 279 telephone services 273 temples, see also heiau Kana'i's Hindu Monastery 108 Koloa Jodo Mission 184 time 274 tipping 272 restaurants 41 tourism, impact of 71, 238 tourist information 274 tours airplane 75, 91, 156 boating 165-6, 214-15. 228 cycling 228 fishing 185 helicopter 75, 90, 91, 92.128 kayaking 112-13, 125, 163, 196-7. 106 Na Pali Coast 49-50 trains, historic 90 Kauai Plantation Railway transportation 20-1, 73 travel to/from Kaua'i 276-7 travel within Kaua'i 20-1. 73, 277-9 Tree Tunnel 185 trekking, see hiking tsunami 273 turtles 261. 14 TV 270

U

ukuleles 254 Uluwehi Falls 107

vacation homes 18, 19 vegan travelers 39-40 vegetarian travelers 39-40 viewpoints Alekoko (Menehune)

Fishpond Overlook 87 Awa'awapuhi Lookout 233-4 Hanalei Valley Lookout

Hanapepe Valley Lookout 219-20 Kalalau Lookout 211.

234, 211

Kilohana Lookout 234 Kumuwela Lookout 230 Lolo Vista Point 234 'Opaeka'a Falls Lookout 109

viewpoints continued Pu'u o Kila Lookout 234 Pu'u Hinahina Lookout 231 Pihea Lookout 234 Spouting Horn Park 191 Waimea Canyon Drive Lookout 1 230 Waimea Canyon Drive Lookout 2 231 Waimea Canyon Lookout Waipo'o Falls Lookout 231 visas 274 vog 271 volcanoes 264-6 volunteering 70-1, 275 Hanalei 161 Koke'e State Park 234-5

Wai Koa Loop Trail 141 Wailua 108-17. 114 Wailua Falls 88, 86, 134 Wailua River 11, 106-7, 109. 113. **106**. 11.106-7 Waimea 225-9, 226

Waimea Canyon 9, 14, 80, 212-13, 207, 9, 14, 66, 67 scenic drives 69 Waimea Canyon State Park 230-3 Waimea Town Celebration 26, 228 Wainiha 173-4 Waipa Foundation 161 Waipouli 118-23, 120 walking, see hiking walking tours, see also hiking Hanalei 166. 166 Lihu'e 93, 93 waterfalls Hanakapi'ai Falls 138, 140 Uluwehi Falls 107, 113 Wailua Falls 86, 98, 134 water sports 23-4, 77-8 best parks & reserves 264 diving 162 family friendly 77-8 freediving 152 Kapa'a 123-4 kavaking 49, 50, 106-7. 164, 50

kiteboarding 152 Koloa 185 safety 50-1 snorkeling 77-8, 152, 175 stand up paddle surfing 51, 162, 51 surfing 53-7, 78, 162-3 swimming 51, 152 Wailua 111-12 Waipouli 118 windsurfing 152 weather, see individual regions weaving 256-7 websites sustainable travel 70 weights 270 Westside 80, 206-36, 212-13. 207. 216 climate 206 diving 43 food 206 highlights 207 hiking 208-9

itineraries 210-11, 215,

210-11

nightlife 206

snorkeling 45

surfing 54

Z Zac's Pocket diving 43 Zika 270 ziplining 59, 58 Po'ipu 194

travel seasons 206 whale-watching 52, 261 wildlife reserves & refuges 264 Alaka'i Wilderness Preserve 262, 263 Hanalei National Wildlife Refuge 159, 261 Kilauea Point National Wildlife Refuge 144, 262, 263, 264 windsurfing 152 woodworking 13 work 275 **WWII 246**

Kalaheo 205 Kapa'a 124 Waipouli 118

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
 Hindu
- HINGU
 Islamic
- U Jain
- Jewish
 Monument
- Museum/Gallery/Historic Building
- Ruir Ruir
- Shinto
- Sikh
- @ Taoist
- Winery/Vineyard
- Zoo/Wildlife SanctuaryOther Sight

Activities, Courses & Tours

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

Sleeping

- Sleeping
- Camping

Eating

Eating

Drinking & Nightlife

Drinking & NightlifeCafe

Entertainment

Entertainment

Shopping

Shopping

Information

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

Geographic

- Beach
 Gate
 Ga
- Hut/Shelter
- Lighthouse
- Dookout
- ▲ Mountain/Volcano
- a Oasis
- (A) 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
- -**○** Ferry
- Metro/Muni station
- **■** Monorail
- Parking
- Petrol station
- Subway/SkyTrain station
- Subv
- + Train station/Railway
- Tro
- Tram
 Underground station
 - Other Transport

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

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

©Lonely Planet Publications Pty Ltd



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In1972 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



Adam Karlin

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^Te, Poʻipu & 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,

Honduras, Bolivia, Nicaragua, Ecuador, Peru, Malaysia, Kaua'i, USA, Southwest USA Trips, Central America on a Shoestring and South America on a Shoestring. He has also worked on Lonely Planet's reference books, including *Bluelist*, *USA Book* and *Great Adventures*.



Adam Skolnick

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

guidebooks. An avid open-water swimmer and diver, he's also the author of the critically acclaimed narrative nonfiction book, *One Breath: Freediving, Death and the Quest to Shatter Human Limits.* He lives in Malibu, California.

Published by Lonely Planet Global Limited

CRN 554153 3rd edition - September 2017 ISBN 9781 78657 706 1 © Lonely Planet 2017 Photographs © as indicated 2017 10 9 8 7 6 5 4 3 2 1 Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com?!



© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'