



Kapa'a & the Eastside

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Best Outdoors

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Why Go?

If you look past the strip malls and highway traffic, the Eastside fascinates. Its geography runs the gamut, from mountaintop forests to pounding surf and a majestic river. In ancient times, the Wailua River was sacred and Hawaiian royalty lived along its fertile banks. Kapa'a's historic town center echoes another bygone era of sugar plantations.

Kaua'i's population is concentrated here. Stretching from Wailua to Kapa'a, the 'Coconut Coast' has a busy, workaday vibe, as opposed to the swankier resorts of Princeville and Po'ipu. Traffic can grind to a painful halt at any time of day, however. Further north and hidden away from the hub-bub is down-home Anahola – a fishing and farming village where Hawaiians make up about half of all residents.

When to Go

- ➔ Summer (May to September) is the busiest time of year, as the majority of festivals happen in the summertime. The weather is also (usually) dry, which means the homestead trails in the lush interior are often dry and in great condition.
- ➔ If you aren't bound by school schedules, enjoy the Eastside in October and November when lodging rates are at their lowest, crowds thin on the ground, and yet a couple of intriguing local festivals are on.
- ➔ Eastside life gets festive around the December holidays. Restaurants are busy and the atmosphere inviting.



Kapa'a & the Eastside Highlights

1 Lydgate Beach Park (p108) Exploring playgrounds, sheltered swimming areas and tide-line driftwood piles with the kids.

2 Ke Ala Hele Makalae (p127) Running, walking or pedaling the 5 miles between Kapa'a Beach Park and Paliku (Donkey) Beach at sunrise.

3 Wailua River Kayaking (p113) Feeling the mana (life force) as you paddle the sacred Wailua River into a valley that was the birthplace of kings and the abode of *ali'i* (high royalty).

4 Nounou Mountain (p104) Trekking the sweeping river, valley and coastal views of Kapa'a's Eastside from the

'Sleeping Giant' – you'll have to climb as much as 1000ft to earn your photo op.

5 Kapa'a's Hindu Monastery (p108) Finding serenity in this forest sanctuary – an intricately carved main temple surrounded by bountiful gardens high above the Wailua River.