

# BEST KAUAI EXPERIENCES

**Small is beautiful. If you're** skeptical, lo and behold Kaua'i, the diminutive doyen among the major Hawaiian Islands. Here, no town surpasses 10,000 people. By law no building is taller than a coconut tree, and no one can circumnavigate the coast by car. The spotlight shines not on the artificial, but on nature's great outdoors. Be it emerald valleys overlooking the North Shore or turquoise waters lapping 50 miles of ivory sand along the South Shore, Kaua'i's epic landscape pops with a Technicolor punch that's all natural. Drive around this rural 555-sq-mile island once, and it's already captured your heart. To many, it is the real Hawaii. The following pages contain (in no particular order) our recommendations for an unforgettable Kaua'i experience.

## **1 BEST BEACH:** Hanalei Bay (p134)

You came to Kaua'i for some beach time. Your traveling companions could be children or fellow travelers entertaining their own views on what defines 'beach day.' Named one of 2008's top 10 Hawaii beaches, Hanalei Bay comprises four beaches and each one has its charms to satisfy everyone. A serene slice of paradise with modern conveniences, Hanalei Beach Park Pavilion (p135) is likely to hit most of what's on that beach day checklist. It is the only beach of those four that has a lifeguard station, making it easier for water-play in the winter months, when swells and strong rip currents abound. Walk or run the two-mile stretch of sugary sand, pack a picnic lunch or adopt a laissez-faire 'tude and practice the art of doing nothing. The 'pavilion' acts as a home base for the day if some in your group can't resist wandering off for a fruit-stand smoothie at Hanalei Taro & Juice Company (p141) or a stand up paddle surfing lesson (see p139).



LINDA CHING





LUCI YAMAMOTO

## **2 BEST BOTANICAL WONDER:** National Tropical Botanical Garden (p167)

It's clear why Kaua'i is nicknamed the 'Garden Isle.' Who could possibly imagine so many incarnations of green? If you've got a botanical bent (or if you simply enjoy pretty landscapes), don't miss the National Tropical Botanical Garden's three impressive gardens. In Po'ipu, Allerton Garden is the nature-made equivalent of a royal palace, featuring living 'rooms' with foliage borders accented with waterfalls, pools, fountains and statues. The adjacent McBryde Garden is vast and less manicured, holding the largest ex situ (off-site) collection of Native Hawaiian flora in existence. In Ha'ena, don't miss the most-Hawaiian garden of the three, Limahuli Garden (p148), the only non-irrigated location (no need, as the North Shore has rain to spare!), with excellent signs explaining which plants are native, Polynesian-introduced or Western-introduced. A nonprofit research institute, NTBG deserves kudos for its efforts to preserve native tropical plants (and for its LEED Gold Certified research building).

Who could possibly  
imagine so many  
**incarnations of green?**



### 3 BEST EFFORTLESS THRILL: Ziplining (p43)

Surfing monster waves. Kayaking across open ocean. Trekking the precipitous Na Pali Coast. Most big thrills are reserved for diehards and daredevils. But there's one thing that anyone – young or old, fit or flab – can do. And live to brag about it. Ziplining is Kaua'i's latest and hottest adventure, almost unique in Hawaii (Maui is the other zip-happy island). Participants

strap themselves in rock-climbing-style harnesses, which are attached to cables. To zip, just leap off the platform and – *whoosh!* – enjoy the fast-moving scenery while it lasts. Creative 'zipper' can try going backwards or in zany contortions (think Superman, lotus pose or upside down). And, if you find Kaua'i to be lacking in nightlife, try one outfit's unique 'after dark' tour.

LUCI YAMAMOTO



**Maha'ulepu is  
Kaua'i's last  
accessible  
undeveloped  
coastline**





#### **4 BEST COASTAL HIKE:** Maha'ulepu Heritage Trail (p168)

Ancient lithified sand dunes. If that sounds too academic (and even a tad boring), wait till you see them up close. The fascinating, steep, ridged cliffs of Maha'ulepu are visually stunning (and they'll make an eager armchair geologist out of you). Maha'ulepu is Kaua'i's last accessible undeveloped coastline, where the effects of five million years are obvious. Just compare these eroded limestone formations with the glassy black lava just formed on the Big Island! From your perch on the cliffs, peer down at the pounding surf and rock-strewn inlets, where monk seals occasionally haul themselves out to rest. Look to the left to find the stonewall remains of a Native Hawaiian heiau. Soon you'll reach Maha'ulepu Beach, where a pristine swath of velvety sand meets scattered rocks and relentless waves. Raw, rugged and remote, Maha'ulepu is utterly memorable. It's a wonderful place to escape the resort beaches and public parks, but tread lightly on this sacred sanctuary.



LUCI YAMAMOTO

**5 BEST BARGAIN MEAL:**  
Poke by the Pound (p161)

A big-name chef in San Francisco is famous for his tuna *tartare*. But locals consider such fancy foods as overpriced renditions of Hawaiian-style *'ahi poke*, chunks of succulent raw tuna, seasoned typically with soy sauce, sesame oil, green onion, sea salt, *ogo* (sea-weed) and *inamona* (ground-roasted) *kukui* (candle-nut). Traditionally, Hawaiians used only the latter three ingredients, but as different immigrants arrived with their own staple seasonings, recipes evolved into today's tastebud-tangling varieties. *Poke* is an everyday dish, purchased by the pound at deli counters and places like the South Shore's Koloa Fish Market (for more great *poke* places, see the boxed text, p249). For the uninitiated palate, the popular sesame *'ahi* recipe is guaranteed to please, but adventurous eaters should try the gamut! Salted salmon with fresh onion and tomato. Chewy *tako* (octopus) in miso sauce. Minimalist Hawaiian style, which highlights the fish and its tang of the sea. Typically under \$12 per pound, take-out *poke* makes a first-rate meal on the run.

This otherworldly  
rainforest is an  
unforgettable haven



**6 BEST NATIVE FOREST:** Alaka'i Swamp (p217)

Soggy, muddy and misty, the Alaka'i Swamp might not sound appealing, but this otherworldly rainforest is an unforgettable haven for native plants and rare birds. At 4000ft to 4500ft in elevation, Alaka'i is not actually a swamp but rather a rainforest bog, filled with ferns, moss-covered tree trunks and vividly blooming *'ohia lehua*. Before

the early 1990s, only scientists, intrepid hikers and pig hunters braved the thicket of brush and deep murk. Since then, a wooden boardwalk has made Alaka'i more accessible while it also protects the fragile terrain. Be prepared for sun, rain, hundreds of steps and, if the clouds refrain themselves, an awesome view.

LUCI YAMAMOTO







**7 BEST PLACE TO MEDITATE:**  
Lawai International Center (p161)

You can't help but whisper here, among the 88 miniature Buddhist shrines, sitting with unflappable dignity along a hillside path. Being among the shrines, you will grow quiet and composed, and become aware of the Lawa'i Valley's long history as a spiritual site. The ancient Hawaiians built a heiau (temple) here; during the early 1900s, Japa-

nese plantation immigrants came here for Buddhist pilgrimages. After being abandoned once the sugar industry declined and settlers moved away, a group of dedicated residents struggled to purchase the site, and then strived to restore or replace all of the weathered, damaged shrines. Volunteers give public tours two Sundays per month.



LUCI YAMAMOTO

## 8 BEST LUAU SHOW: Luau Kalamaku (p72)

Admit it. Ever since you watched the Brady Bunch enjoying a Hawaiian luau, you've wanted to try one yourself. Indeed, the 'commercial' luau has been a go-to attraction since the 1970s and 1980s. Today, luau shows are a well-oiled machine, serving hundreds of visitors nightly with the requisite buffet feast and Polynesian revue: it's catchy but not exactly novel. Kaua'i's Luau Kalamaku turns the same old show into mesmerizing dinner theater with a dash of Cirque du Soleil (think lithe dancers, flashy leotards and pyrotechnics) thrown in. The thrilling stageplay tells the story of one family's epic voyage to Hawaii, with heartfelt hula and Tahitian dancing – including the showstopping, nail-biting Samoan fire dance. Prepare to be impressed.

GREG ELMS



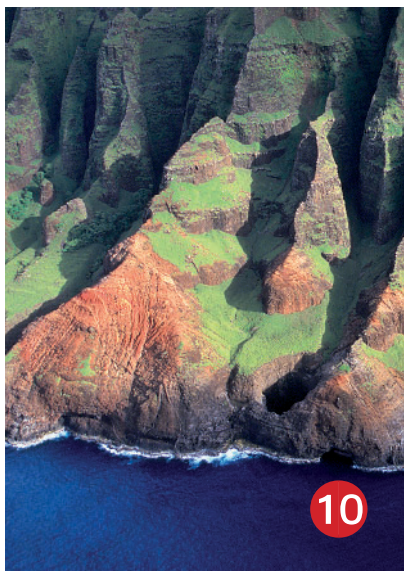


LUCI YAMAMOTO

## 9 **BEST KID PLEASER:** Lydgate Beach Park (p83)

You're vacationing with the kids. One wants to snorkel, another lives to Rollerblade, and the third wants simply to build sand castles all afternoon. Sounds daunting. But at Lydgate Beach Park in Wailua, it's a cinch to satisfy 'em all. The lifeguard-staffed beach is protected within a stone breakwater that forms two calm, shallow lagoons, ideal for munchkin snorkelers or learn-to-swimmers. Near the water, two giant playgrounds capture the imagination,

with unique wooden mazes and bridges, kid-made ceramic mosaics, and classic swings and slides. Along the sand, there's a paved path, safe for pedestrians, cyclists, Rollerbladers and dogs on leashes – a simple feature but invaluable in a car-dominated place like Kaua'i. Scattered around are picnic tables, pavilions, restrooms and plentiful parking. Bring fixings for grilling, kick back and marvel that this wonderful place won't cost you a cent.



PETER HENDRIE

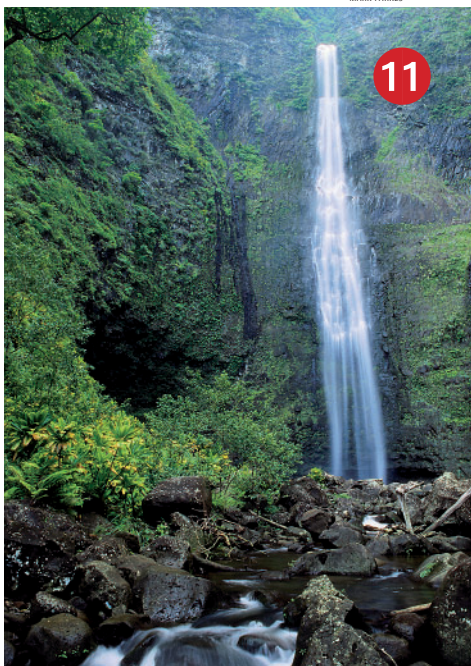
## 10 BEST FITNESS CHALLENGE: 17-Mile Na Pali Kayak Tour (p137)

A siren song of sorts, the Na Pali (the cliffs) Coast is inaccessible to vehicles and can be seen only by boat, helicopter or hike. That's why it draws some of the fittest and strongest from around the world, who've been lured by the notoriety of mastering this challenging stretch at ocean level. If you're fit enough to be mistaken for a superhero, a kayak tour around the Na Pali Coast could be your cup of tea (or energy drink). Not for the faint of heart, kayaking for eight hours along the stunning, sheared edges and turbulent waters has made even the guides turn queasy at times. The tour is offered only from May to September, so if you're here during that time frame – and if triathlons, marathons and the like are part of your more-than-once-a-year routine – then this might be for you. Added bonus? The two-hour beach lunch break.

## 11 BEST HIKE TO REMEMBER: Ke'e Beach to Hanakapi'ai Falls (p154)

A vertiginous tease, the hike from Ke'e Beach to Hanakapi'ai Falls can elicit awe, anticipation and impatience. But after you've climbed energetically around each rising, undulating curve, it delivers. You arrive at one of the most captivating sights the North Shore has to offer. At 2 miles in, Hanakapi'ai Beach is the first stop on the 11-mile Kalalau Trail. Just about 2 miles more and your parched, paradise-seeking self arrives at cold, pure pools of refreshment below the 100ft Hanakapi'ia Falls. You'll have to hike through a seemingly overgrown forest dense with everything from bamboo to wild orchids, so try to follow the stream and listen for the sound of rushing water when the trail seems to disappear. Upon arrival, plummeting, playful tropic birds brighten the roaring water above, with a flurry of tadpoles below. Those with hiking boots, agile feet and avid quadriceps will probably hike this roundtrip in four hours. Word to the wise: be generous with mosquito repellent and sunblock, and wear a swimsuit underneath. Pack a light snack, camera and water bottle.

MARK PARKES



12



CASEY MAHANEY

## 12 BEST UNDERWATER SIGHTSEEING:

### Na Pali Catamaran Snorkeling Cruise (p189)

It's somewhat luxe, to be sure. If you don't want to stroke, fly or hoof it around the Na Pali and you want to see the splendor of Kaua'i's marine life, then here's your chance. A half-day catamaran tour has guaranteed sightings of *honu* (sea turtles), spinner dolphins or whales, and also usually includes wine or beer and *pupu* (snacks). Snorkeling offers a chance to see vibrant tangs (think 'Dory' in *Finding Nemo*) and ever-regal *honu* up close. The canoe was the traditional method of voyage for the Polynesians, but indulging in a catamaran snorkeling cruise is less about tradition and more about the guilty pleasure of 'activity' without roughing it.

Hanapepe is better known as **Kaua'i's 'art central'**

13



**13 BEST NIGHTLIFE: Hanapepe Art Walk (p193)**

Local artists on the island anted up to dominate the main street real estate when the mom-and-pop businesses of the historic West Side town of Hanapepe were dropping like flies. Now every Friday is the Hanapepe Art Walk, when galleries are open late and the strip is awash in looky-loos with a hankering for art. Once dubbed

the 'Biggest Little Town on Kaua'i,' Hanapepe's rep has evolved in recent years and it's now better known as an 'art central' of sorts. Peruse the galleries housing everything from kitsch Hawaiiana and Japanese-inspired watercolors to locally inspired interpretations of cubist, impressionist and expressionistic movements.

LINDA CHING





LUCI YAMAMOTO

## **14 BEST SCENIC DRIVE:** To the End of the Road (p113)

Locals often refer to the main highway simply as ‘the road.’ Driving northwards from Kalihiwai, you’ll emerge from a canopy of trees that rise from an undulating landscape, through a wild stretch slicing past a jungle-like mass over the river, beside the ocean. After the vine-laden Kalihiwai Bridge, you’ll see patches of verdant fields where horses graze under tropical fruit-bearing trees, and teasing views here and there that let you just snatch glimpses of the Pacific. In Princeville, stop a moment

at the Hanalei Valley Lookout to catch your first glimpses of *lo‘i* (wet taro fields) and an assortment of native Hawaiian birds at the Hanalei National Wildlife Refuge (p132). Continue onward to Hanalei, passing first its famous historic bridge, then the six one-way bridges beyond (follow local courtesy and allow eight cars to pass first). Explore for a bit at the wet caves (p151) or the inspired Limahuli Garden (p148), winding up your afternoon at far-flung Ke‘e Beach (p151) – the ultimate sunset perch.



AMANDA GREGG

**15 BEST ENVIRONMENTALLY SAVVY EFFORT:**  
Kaua'i ATV (p161)

Of its 40 ATVs, 10 are environmentally friendly 'bio bugs' that rely on post-consumer recycled fuel from local restaurants. Sure, you'll smell like French fries at the end of the tour and yes, it costs an extra \$20 for the upgrade, but 100% of that surplus goes toward Ho'opuka Learning Center, an after-school initiative to keep Hawaiian history alive for *keiki* (children). Added bonus? Supporting this kind of business helps keep Kaua'i the way most people love it: rife with open space, as it rewards landowners for leasing its acres for recreational use rather than becoming overdeveloped.

**16 BEST POSTSUN PUPU & COCKTAILS:**  
Duke's Canoe Club (p72)

Salt and sun have pounded you relentlessly and you loved every minute of it. But now you're too hungry to go all the way back to the hotel or B&B because chances are, once there, you won't have the energy to freshen up and head out. That's when you opt for Duke's Canoe Club at Kalapaki in Lihu'e. Whether you're covered in sand, wearing a stolen hotel towel, or still in a seafoam-green bridesmaid dress with a date you just met at a wedding, you're welcome. Named after the late renowned surfer, swimmer, waterman and Olympian Duke Kahanamoku, Duke's is one of those rare finds that attracts both locals and tourists because of its relaxed attitude, impressive ambience and good food. Not only does it serve food the latest on the island ('til 11pm) but its setting also means you can walk the scenic, coastal esplanade from its tiki torch entrance fronting the beach. And don't dismiss it as another chain. Though there's also a Duke's in Waikiki, this one's far better.



AMANDA GREGG





17



## 17 BEST SEAFARING EXPERIENCE:

### Island Sails Kaua'i (p140)

Spotted some outrigger canoe paddlers practicing in the water? Perhaps it's inspired you to learn more about the wayfinding arts that guided the deep-sea navigators of Oceania. Though there are four double-hulled voyaging canoes throughout the Hawaiian Islands and three more under construction, access isn't really possible for visitors. So for those who want to better understand traditional Polynesian navigational techniques, your best bet is a jaunt in a locally built outrigger sailing canoe. It took native Kauaian waterman Trevor Cabell of Island Sails more than 10 years to make his, guided by one simple idea: 'Leave the ocean as you found it.' You'll be on the water from 30 minutes to an hour, and all ages are welcome. While aboard, you're likely to spot some *honu*, and perhaps even catch some *'ahi* or barracuda. Though the canoe can't take more than six people, it's truly catered to your group, whether you're honeymooners, snorkel enthusiasts or just someone who wants to pick up a paddle and get a workout.

# ISLAND ITINERARIES

See the itineraries at the beginning of each regional chapter for more detailed routes.

## IN THREE DAYS *This leg: 58 Miles*

- 1 NATIONAL TROPICAL BOTANICAL GARDEN (p167)** Start day one immersed in glorious greenery, either touring the magnificent landscape art of [Allerton Garden](#) or exploring lush [McBryde Garden](#) at your own pace.
- 2 PO'IPU BEACH PARK (p164)** Next, stop at [Koloa Fish Market \(p161\)](#) for picnic fixings such as *poke* (chunks of marinated raw fish) and plate lunches, then join the family-friendly crowd at Po'ipu's version of a town square. Don't miss the sunset, sitting on the seawall or dining on the day's catch. For newbie snorkelers, this is a terrific walk-in spot.
- 3 NA PALI SNORKELING RAFT ADVENTURE (p199)** If you enjoyed shore snorkeling, ramp it up on day two: ride a zippy raft to open-ocean snorkeling along the Na Pali Coast, accessible only by sea or air.
- 4 HANAPEPE ART WALK (p193)** Back-track to tiny Hanapepe to visit more than a dozen Kaua'i artists in their studios and see where Old West meets nouveau art. Go during the day or Friday's late-night openings.
- 5 WAIMEA CANYON (p206)** On day three, tie on your hiking shoes and journey upland to Kaua'i's colossal lava canyon, which the sure-footed can explore up close.
- 6 KOKE'E STATE PARK (p211)** First, stop at the [Koke'e Natural History Museum \(p211\)](#) for trail info. For a most unique nature setting, try the [Alaka'i Swamp Trail \(p216\)](#), where a mountaintop rainforest takes you to a mystical muddy bog full of native plants and birds. Fit trekkers can try the [Nu'alolo loop hike \(p215\)](#) for breathtaking – if vertiginous – views.



## IN FIVE DAYS *This leg: 36 Miles*

**8 ZIPLINING (p67)** With five days on the island, plan your first three as above. On day four, entice yourself to rise (and hit the road to Lihū'e) with fresh **malasadas (p70)**, and then go wild on treetop ziplines, where you can live that Tarzan fantasy.

**9 KALAPAKI BEACH (p63)** Sneak in an afternoon break at this easy-access beach, suited to most watersports, from bodyboarding to stand up paddle surfing. Don't be too miffed at the Marriott flanking the sand: its tropical **bar (p70)** is the island's liveliest.

**10 LUAU KALAMAKU (p72)** Sure, commercial luaus aren't exactly traditional, but you'll be wowed by this one. With pro-caliber performers who dance, sing and act their hearts out, this is a show you'll remember. Before dinner, hop on the historic **Kaua'i Plantation Railway (p64)**, which winds past plots of native and introduced crops, plus a hungry herd of wild pigs.

**11 WAILUA RIVER KAYAKING TOUR (p86)** On day five, slather on sunscreen for a kayak paddle up the majestic Wailua River, sacred

to Hawaiians. Bring your swimsuit for the highlight: a waterfall dip.

**12 NOUNOU MOUNTAIN HIKE (p89)** If kayaking is not your thing, work it out on the Sleeping Giant, atop which (or whom?) you'll see sweeping Eastside vistas. Notch up your experience with a **guided tour (p41)** by the island's most prominent geologist.

**13 KEAHUA ARBORETUM (p85)** Pack a lunch and drive up the scenic Kuamo'o Rd, which leads to **'Opaeka'a Falls (p85)**, a **Hindu monastery (p84)**, and finally this serene picnic spot.

**14 LYDGATE BEACH PARK (p83)** If you're traveling with munchkins, now's the time for a kids' play date. With its **Kamalani Playground** and **Kamalani Kai Bridge**, bike path and gentle swimming lagoons, there's no time for fussiness at this easy-access park.

**15 WAILUA MUNICIPAL GOLF COURSE (p90)** *Sans* kids, you might prefer an affordable round of golf at this popular course, one of the top municipal courses in the state.



## IN SEVEN DAYS *This leg: 52 Miles*

**16 LIMAHULI GARDEN (p148)** If you're staying for a week (the bare minimum, we say), follow the preceding five-day itinerary. On day six, head to the incomparably beautiful North Shore. First stop: Kaua'i's most natural, most Hawaiian garden, with flora bursting with health and greener than a Photoshopped glossy.

**17 HANALEI BAY (p134)** Perfectly circular, this sandy bay is arguably the island's finest. Fritter away the afternoon swimming, surfing or beach-walking, depending on the season. The manageable waves near the pier are ideal for beginner **surfing lessons (p139)**.

**18 HANALEI DINING (p141)** For dinner, try impeccable tapas at **Bar Acuda**, healthful pesci-vegetarian at **Postcards Café**, bargain gourmet plate lunches at **Polynesia Café** or fusion Middle Eastern at **Mediterranean Gourmet** in nearby Ha'ena. You won't go hungry in Hanalei.

**19 KALALAU TRAIL HIKE TO HANAKAPI'AI (p153)** On day seven, start early to hike the first leg of this rugged trail (though not if it's rainy). Turn around at

Hanakapi'ai Beach or, for added sweat and adventure, hoof it to Hanakapi'ai Falls.

**20 KE'E BEACH (p151)** In summer, find a post-hike underwater panorama at this snorkeling hot spot. When Ke'e waters are too risky in winter (October to March), **'Anini Beach Park (p123)** is a worthy substitute.

**21 HANALEI TARO & JUICE COMPANY (p141)** No trip to Kaua'i is complete without experiencing the native staple, taro. This family-run farm offers **tours (p140)** and serves taro smoothies at this roadside kiosk.

**22 HANALEI RIVER PADDLE (p137)** Kaua'i's star river is the Wailua, but the Hanalei River is pleasantly small and secluded, meandering through the Hanalei National Wildlife Refuge and unbelievably green fields of taro.

**23 SUNSET OVER MAKANA MOUNTAIN (BALI HAI) (p126)** After winding your way through stunning emerald valleys and perfectly formed sandy beaches, savor another visual treat. Find a spot on the St Regis Princeville lawn and simply wait for sunset.



## IN NINE DAYS *This leg: 26 Miles*

**24 'ANINI BEACH PARK (p123)** If you've planned nine days on Kaua'i, follow the first week as suggested. On your eighth day, unwind at this smooth-as-glass bay, protected by Kaua'i's largest coral reef. No waves for board sports, but snorkelers and windsurfers will be happy. A first-pick site for camping (or renting a dream beach house).

**25 KILAUEA POINT NATIONAL WILDLIFE REFUGE (p117)** Whether or not you're an Audubon fan, this nature area makes a scenic stop, with a historic lighthouse, rare native birds and whale watching in winter.

**26 KILAUEA (p116)** Formerly boondocks Kilauea is now home to multimillionaire transplants and stylish shops and eateries. Don't miss **Kong Lung Co (p121)** for Japanese tableware, kids' toys and other irresistibles. Or just cobble together a picnic at **Kilauea Town Market (p120)** and **Healthy Hut (p120)**.

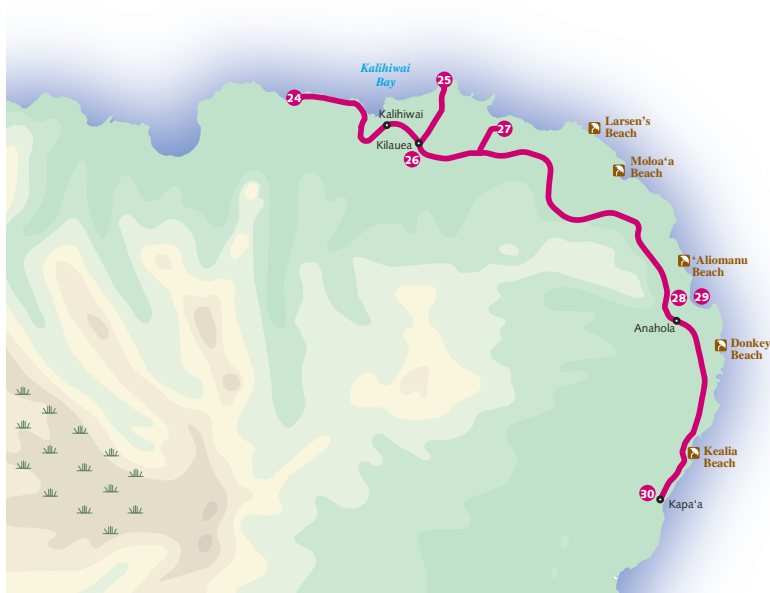
**27 NA 'AINA KAI BOTANICAL GARDENS (p118)** On your last day, revisit your favorite place, kick back and let the island vibe sink in. Or, if you're up for another botanical

extravaganza, visit this sprawling collection of meticulously manicured gardens, with an especially sweet children's area.

**28 ANGELINE'S MU'OLAULANI (p111)** Compared to Kaua'i's extravagant resort spas, this Hawaiian-owned bodywork center is distinctly rustic. Its signature treatment includes steam, 'alaea salt scrub and double lomilomi massage, with two bodyworkers (four hands) working you over.

**29 ANAHOLA BEACH PARK (p108)** If you don't fancy a massage, check out this low-key beach, frequented mainly by local Hawaiian families. With swimmable waters and a backdrop of shady trees, you could easily while away the afternoon here.

**30 KAPA'A (p98)** End your trip in Kapa'a town, hanging out with a lively mix of old-time locals, bohemian seekers and grateful transplants. Cycle the **coastal path (p102)**, splash your baby at **Baby Beach (p100)**, talk story over a shave ice at **Hawaiian Blizzard (p104)** and munch down one last seared 'ahi wrap at **Mermaids Café (p105)**.



## THE GOOD EARTH

**1 CHOCOLATE ECO-TOUR AT STEEL-GRASS FARM IN WAILUA (p83)** Proud of your palate? Then try identifying one of the 500 notes said to be found in cacao (twice as many as in wine) by sampling local chocolate, some grown on-site. Learn about the upkeep of a hand-pollinated vanilla orchid and munch on organically farmed fruit or honey.

**2 KAUA'I COFFEE COMPANY IN 'ELE'ELE (p186)** Honor your caffeine addiction on this self-guided tour of the state's largest coffee plantation. Roam through the environmentally responsible acres of this 100% renewable energy operation and rationalize your desire to inhale treats like malasadas, macadamia-nut ice cream or guava sherbet.

**3 COCO'S KAUA'I B&B (p203)** Stay off the grid at this hydroelectric-powered B&B, located on a sugarcane ranch run by descendants of the Robinson family (owners of neighboring island Ni'ihau). If you feel

like riding the waves, you're just a stone's throw from **Pakalas (p200)** surf spot.

**4 HARAGUCHI RICE MILL IN HANAIEI (p140)** This six-generation family farm in the Hanalei National Wildlife Refuge is rich with the Hawaiian tradition of taro farming and full of endangered native species.



## NATURE AT PLAY

**1 KILAUEA POINT NATIONAL WILDLIFE REFUGE (p117)** Migratory sea and native Hawaiian birds plummet and soar at this intact lighthouse listed on the US Register of Historic Places. Whale watch between November and April.

**2 PO'IPU BEACH PARK (p164)** Yes, it's chock-full of tourists, but not without reason. Getting up-close glimpses of underwater creatures at this snorkeling spot is like shooting fish in a barrel. (But please shoot only with an underwater camera.)

**3 LYDGATE BEACH PARK (p83)** Tame, and not your run-of-the mill snorkeling experience, but those are compelling reasons to go. Sea turtles float while fish teem below.

**4 MAKUA (TUNNELS) BEACH (p148)** Nicknamed 'Tunnels' for its barreling tubes that draw in surfers, Makua Beach is a great place to snorkel and spot fish during the summer months, when surf isn't too big.

**5 KE ALA HELE MAKALAE (p102)** Navigate the Eastside on the new paved coastal path. Keep eyes peeled at the black rocks below, as endangered monk seals – not to be disturbed, including posing with them for photographs – have been seen warming themselves.



## THE BEACH, INSPIRED

**1 SUNSET AT POLIHALE (p206)** The island's westernmost point is known for its vibrant sunsets. Boasting the state's longest beach, it is Kaua'i's only *leina*, the Hawaiian culture's jumping-off point for spirits leaving this world and entering the next.

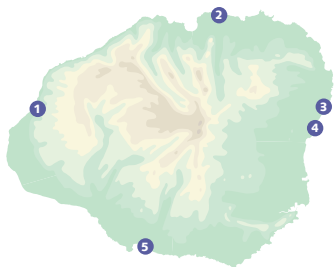
**2 RELAX, 'ANINI-SIDE (p123)** Watch windsurfers, doze under a coconut tree or take a picnic for an early evening of roasted marshmallows and stargazing at this beach park with facilities and barbecue pavilions.

**3 SUNRISE AT KEALIA BEACH (p108)** Surfers call it 'dawn patrol.' Regardless of whether you plan to jump in the water, sunrise can be spectacular at this eastern beach. You might find a few others here and there, some practicing yoga, some writing in journals. But chances are good you'll have it all to yourself.

**4 SPECTATOR KITESURFING AT FUJII BEACH (p100)** It's a dangerous sport but somebody's got to do it. Live vicariously

on any given windy day at this spot, where adventure-seeking wind junkies abound.

**5 GLASS BEACH (p188)** While it's rare for many of us to meditate on what one grain of sand has experienced, walking this beach of discarded, softened junkyard treasures is like finding yourself inside a giant rock tumbler.



## SURVIVAL OF THE FITTEST

**1 BIKE THE POWERLINE TRAIL (p90)** Ride cautiously but with vigor over valley and into rainforest. The Wailua start is best for mountain bikers: steep, sometimes wide and usually muddy, it's not too technical but definitely requires endurance.

**2 KAYAK THE NA PALI COAST (p137)** Plan at least two days for this seasonal opportunity to kayak the Mt Everest of the ocean. Camp kayaking requires swimming to shore, hiking extreme conditions, and smart planning.

**3 HIKE TO KALALAU VALLEY (p152)** This 22-mile hike is sensory stimuli to the umpteenth: crashing waves below and eroding cliffs at your feet. Big surf can swallow up parts of this trail without apology. It can't be done in a day, but it's inarguably worth it.

**4 HIKE THE BLUE HOLE (p90)** Strenuous, verdant and teeming with small obstacles you'd expect in a drainage path of Mt Wai'ale'ale, the second-wettest spot on earth.

**5 BIKE (OR HIKE) THE MOALEPE TRAIL (p88)** While perhaps not the most physically challenging option for mountain biking aficionados, it still is among the most beautiful and lengthy, the latter of which depends upon your physical prowess. For an easier go, try it on foot.





© Lonely Planet. 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.'