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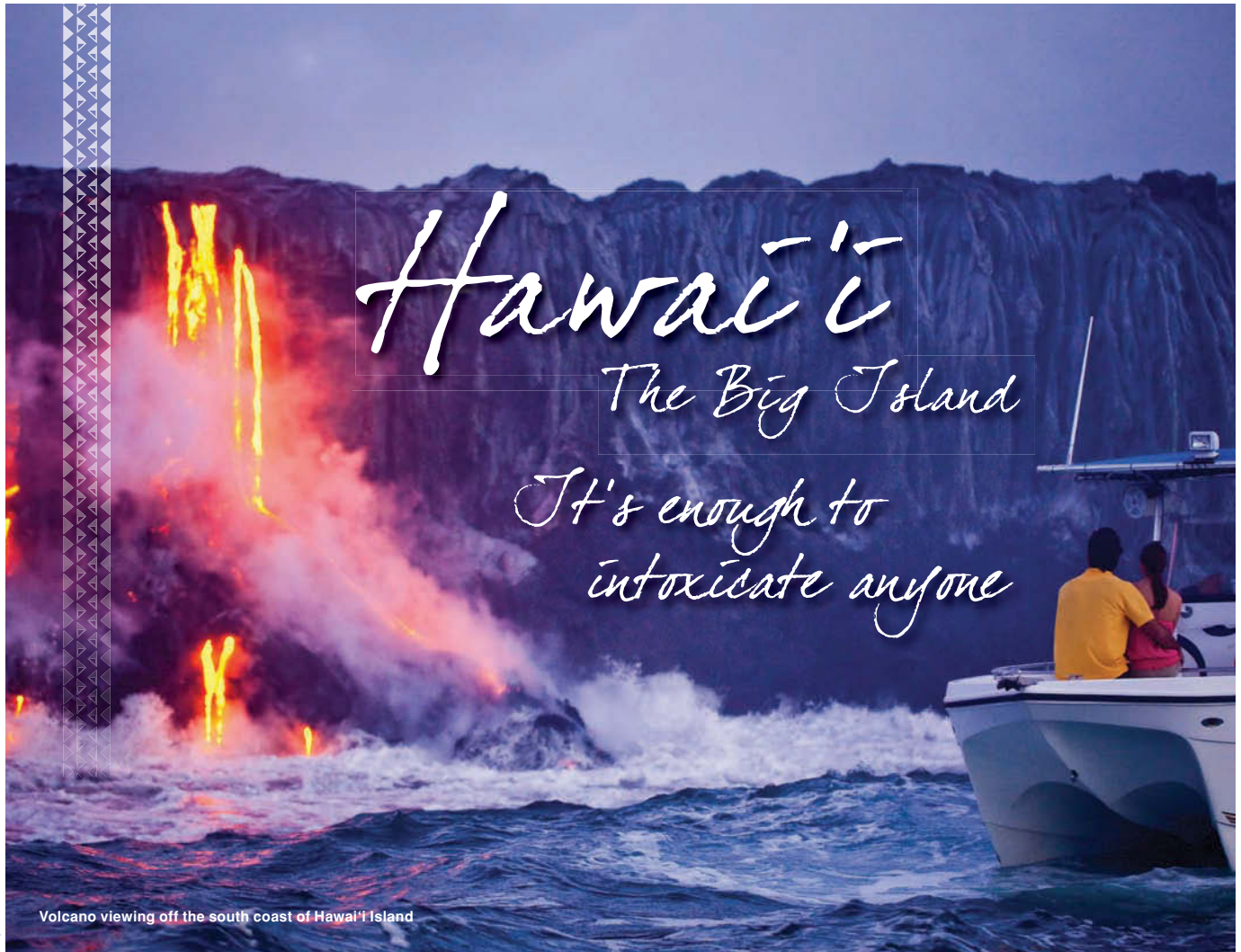
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Volcano viewing off the south coast of Hawai'i Island

Hawai'i

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www.bigisland.org

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ON THE COVER: Hiking along the North Kohala coast.
Photo by Tor Johnson.

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Hawai'i

THE BIG ISLAND

Hawai'i Island is a landscape under construction.

From beneath magnificent Kīlauea, molten lava flows upward from the earth's core and then oozes down long slopes into the sea to further expand the shoreline of the largest and youngest of the Hawaiian Islands. Along with the wonder of the new, the Island of Hawai'i has ancient *heiau* (temples), rich culture and timeless beauty. Wide-open spaces and uncrowded natural landscapes invite exploration as the sweet tropical air invigorates body and spirit. There is no place on earth like Hawai'i Island.







Explore

*It's a whole world
in a single island.*

FROM SNOW-CAPPED PEAKS TO MULTI-HUED BEACHES, from lavish resorts to small-town shops, Hawai'i Island offers an abundant variety of unique sights and experiences. With superb roads, 266 miles of coastline, five marine life conservation districts and all but two of the world's climate zones, there's plenty here to explore. There's never any rush on the Island of Hawai'i. This is a place of mellow people, historic towns, five grand volcanoes (Kohala, Hualālai, Maunaloa, Kīlauea and Maunakea) and the signature warmth and graciousness of *aloha*. Take your time. Discover black sand beaches and ancient petroglyphs. Wander through art galleries and coffee plantations. Greet the sunrise and toast the sunset. Each visit to Hawai'i Island is many journeys within one.

Visit www.bigisland.org/maps-regions for more detailed information on exploring Hawai'i Island.

Kona Side

The Kona (West) Side of the Island is known for its sparkling resorts, world-class golf courses, white sand beaches and homegrown Kona coffee! These coastal waters offer thrilling big-game sport fishing and jewel-box snorkeling, while the landscape, carved into an ancient lava flow, records the past in its sacred *heiau* (temples) and historic sites.



Kirk Lee Aeder

HULIHE'E PALACE

See the collection of fascinating artifacts at this museum. Once a summer vacation residence of Hawaiian royalty, the Palace features beautiful *koa* wood furniture from the past and the grounds feature a Hawaiian fishpond. Moku'aikaua Church, Hawai'i's earliest Christian Church built in 1820, is located right across the street. **BB3**

HAPAIALI'I HEIAU

Restoration of this ancient *heiau* (place of worship) was completed in December 2007. Experts rebuilt the massive stone platform that once stood for prayers. Carbon dating indicates it was built sometime between 1411 and 1465. **DD3**



HJ



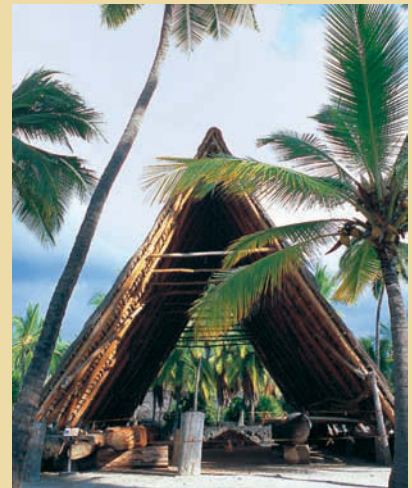
Linda Ching

AHU'ENA HEIAU ◀

Ahu'ena Heiau sits on a small peninsula opposite the Kailua Pier. King Kamehameha I restored this shrine in 1812. It includes thatched structures, wooden images and a canoe landing. **X3 (see map p. 8)**

PU'UHONUA O HŌNAUNAU NATIONAL HISTORICAL PARK

Pu'uhonua o Hōnaunau, Hawai'i's last "place of refuge," provides a look into early Hawaiian culture. Restored to its early 1700s appearance, step back into time and explore the many archeological sites including Keone'ele Cove, the royal canoe landing, as well as *heiau* (sacred place of worship), *halau* (long house for canoes) and fishponds. Beautiful at sunset, this sacred place gives visitors an important glimpse into Hawaiian culture. **GG3**





HŌLUALOA ▲

This small town of artists and art galleries sits above Kailua Village on the slopes of Hualālai. Formerly an agricultural center, it has evolved into a gathering place for artists inspired by the area's tranquil beauty. Stop at the galleries while strolling down the town's main street. **CC3**

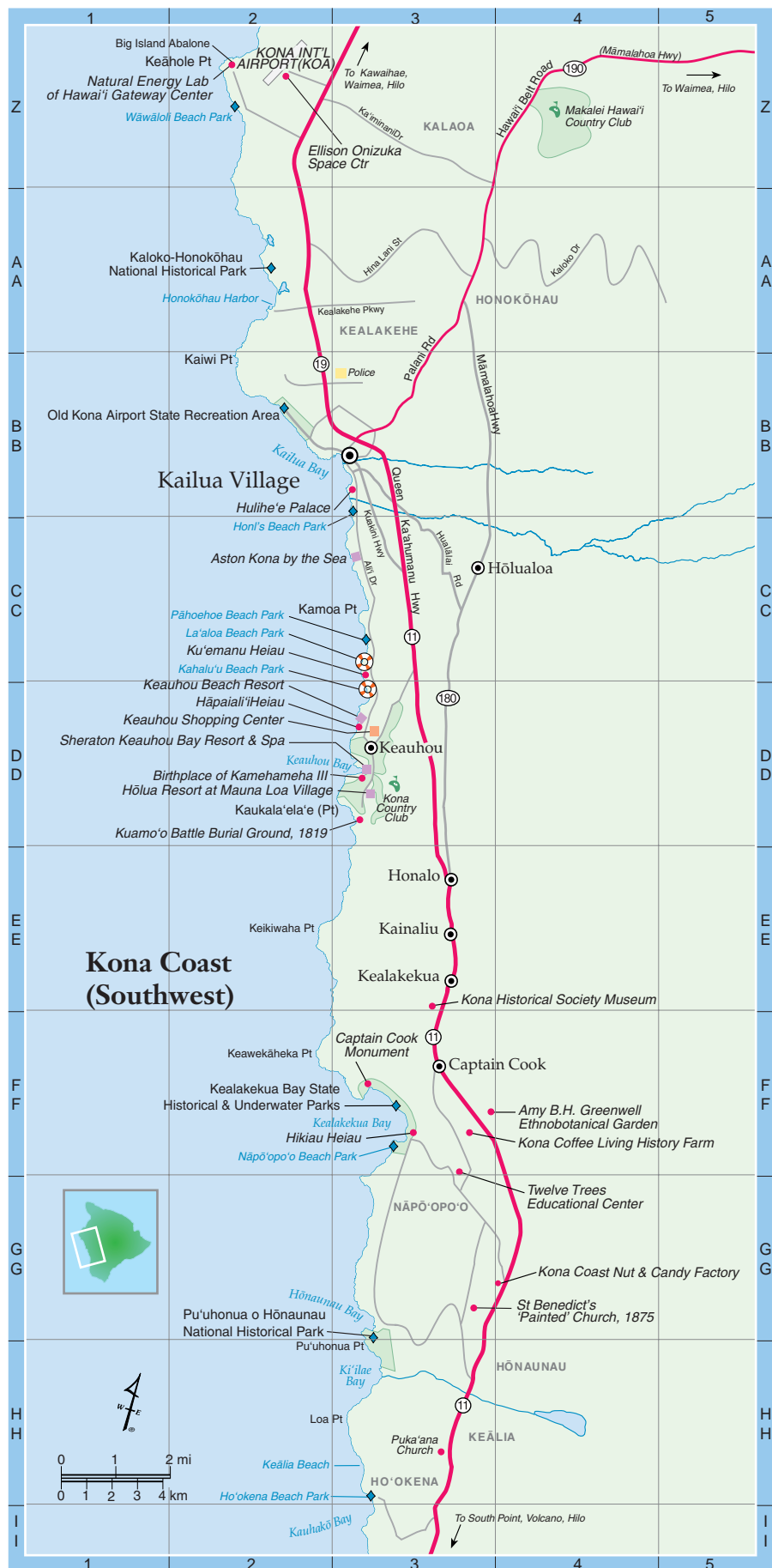
KEALAKEKUA BAY ▼

Preserved as a Marine Life Conservation District, this bay is popular with divers, snorkelers and kayakers. The Captain Cook Monument is located at the north end of the bay, at the site of his death in 1779. **FF3**



NELHA

Friends of the Natural Energy Laboratory Hawai'i Authority (NELHA) offer public presentations at the Hawai'i Gateway Energy Center in Kailua-Kona. Learn about Hawai'i Island aquaculture, ocean thermal energy conversion (OTEC) and ocean water desalination. **22**



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Kona Side

HISTORIC KAILUA VILLAGE

Historic Kailua Village is no longer the sleepy fishing village it was for Hawaiian royalty. Leave from here on sport fishing charters or stroll down the main road of Ali'i Drive to find a variety of attractions beyond the shops and restaurants. Kailua Pier, the starting and finishing point of the world-famous Ironman World Championship, is a great place to watch the sunset.



Kirk Lee Aender

HU



MOKU'AIKAUA CHURCH ◀

Moku'aikaua Church is right across the street from Hulihe'e Palace. This was the location in 1837 of Hawai'i's first Christian church. Artifacts are housed in the back of the church.

W3

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Featured Attraction

HAWAI'I VOLCANOES NATIONAL PARK

Here is a living museum where visitors can witness the power of Hawai'i's volcanoes in surprisingly intimate ways.



Mark Downey



Bloire Harrington



Kiki Lee Aselin

A trip to Hawai'i would not be complete without a visit to Hawai'i Volcanoes National Park. Dramatic, diverse, vast (more than 333,000 acres) and still growing, the Park has been designated an International Biosphere Reserve and a UNESCO World Heritage site. Beyond those very significant international honors, the Island's volcanoes are revered and deeply respected as the home of the goddess Pele and of rare and threatened plant and animal species, such as the *nēnē* (Hawaiian goose), Hawai'i's state bird, and other native Hawaiian birds.

Within this living volcanoscape is 13,796-foot Maunaloa, the planet's most massive volcano (measured from the sea floor), which last erupted in 1984, and Kīlauea, which has been erupting continuously since January 1983. Here, 60 to 70 miles above the "hot spot" in the earth's crust, historic lava flows cover large portions of the Island both within and beyond the Park's boundary. Some

of the more recent flows are still stark and barren, while older ones give way to remarkably fertile soils that become home to Hawai'i Island's diverse plant life.

To appreciate the volcanoes, plan to spend a day exploring the Park. Here are a few of your options:

The Kīlauea Visitor Center is a good place to start. A film introduces the park and rangers offer updates on volcano activity as well as maps. Driving the loop of Crater Rim Drive will take you 11 miles around the lip of the Kīlauea

Caldera. Stops along the way include the Volcano House, Volcano Art Center, Thomas A. Jaggar Museum, Halema'uma'u Crater (the sacred home of Pele), Devastation Trail, Kīlauea Iki Crater Overlook and the 400-foot Thurston Lava Tube. Historically known as Nāhuku, the Thurston Lava Tube was formed about 500 years ago when molten lava drained from the channel. You can walk through it to a tropical rain forest!

Turn off Crater Rim Drive and follow Chain of Craters Road down toward the

HAWAII'S WORLD HERITAGE SITE

Hawai'i Volcanoes National Park has been designated a UNESCO World Heritage site, one of only 21 natural World Heritage properties in the United States.

World Heritage sites are extraordinary places around the globe that have been recognized by UNESCO (the United Nations Educational, Scientific and Cultural Organization) for their outstanding natural and cultural value. There are 911 such sites around the world, but only 21 in the United States—and only two in the Hawaiian Islands.



Tom Johnson

sea, past earlier lava flows. Watch the spectacle of the current lava flow at the Pu'u 'Ō'ō vent in the East Rift Zone and hike over the lava fields toward the sea cliffs where molten lava meets the sea. Past flows covered more than eight miles of road with lava up to 115 feet deep! For the best view, visit at dawn or dusk.

To be prepared for your visit, make sure your car has a full tank of gas and bring food and water; there are no facilities in the park. Dress appropriately with closed-toe walking shoes, long pants and a jacket. Bring binoculars, a flashlight and don't forget your camera.

For your safety, please stay on marked routes, heed all warning signs and stay out of restricted areas. There is a danger of harmful volcanic gases and unstable land in these areas. Check with rangers at the Kīlauea Visitor Center for current activity and safety information.

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MAUNA LANI POINT

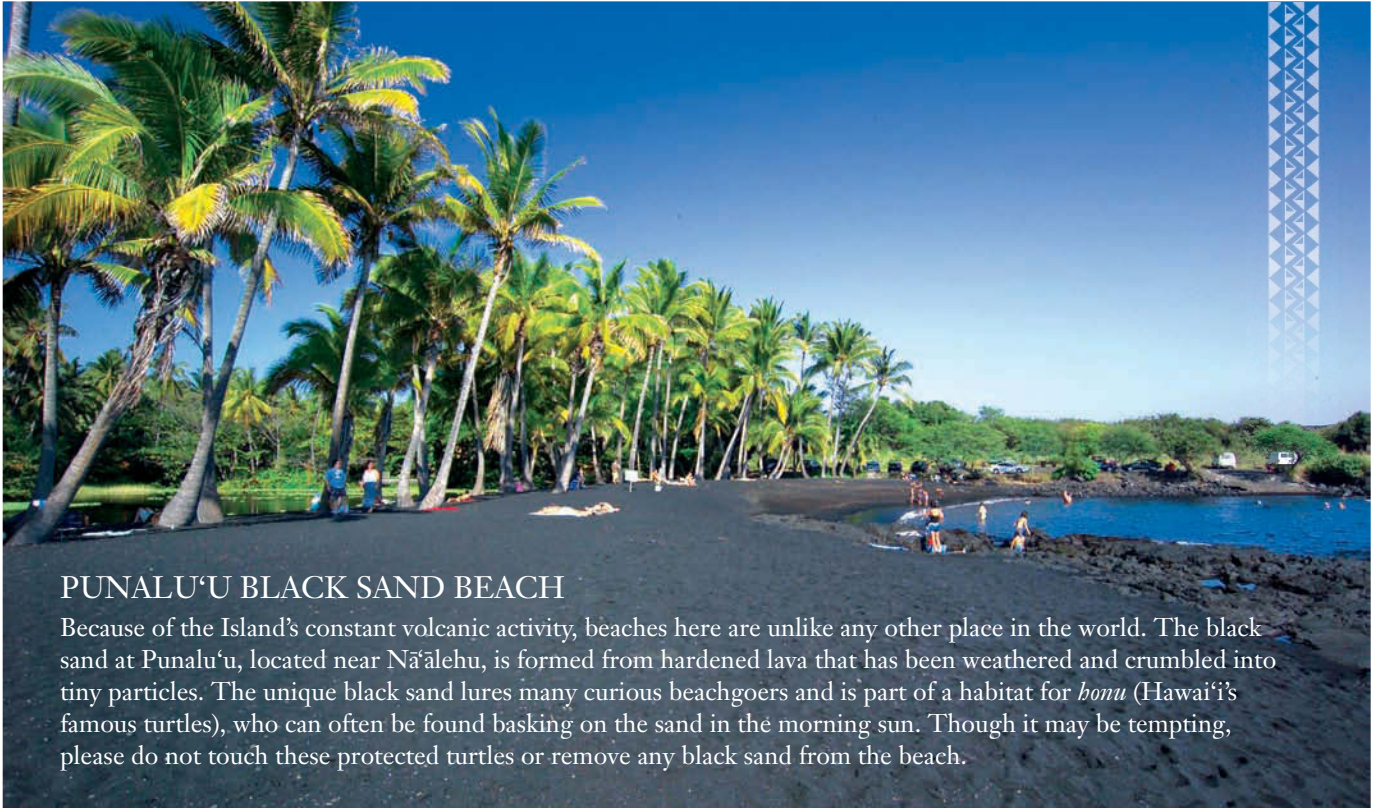
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A dramatic black sand beach, orchid gardens, coffee groves, quaint towns, historic sites and, above it all, the magnificent 500-square-mile Hawai'i Volcanoes National Park. The diversity, contrasts and beauty of South Hawai'i continue to expand as Kīlauea's flow pushes new lava into the sea, inspiring artists, scientists and visitors from every nation on earth.



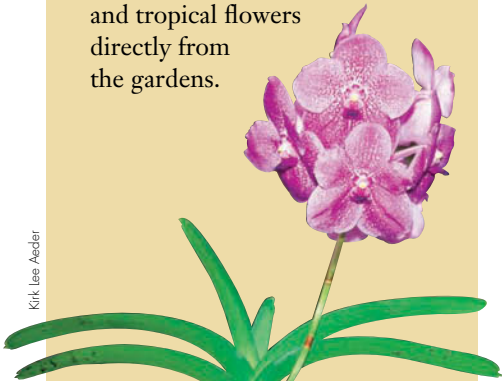
PUNALU'U BLACK SAND BEACH

Because of the Island's constant volcanic activity, beaches here are unlike any other place in the world. The black sand at Punalu'u, located near Nā'ālehu, is formed from hardened lava that has been weathered and crumbled into tiny particles. The unique black sand lures many curious beachgoers and is part of a habitat for *honu* (Hawai'i's famous turtles), who can often be found basking on the sand in the morning sun. Though it may be tempting, please do not touch these protected turtles or remove any black sand from the beach.

BVB

AKATSUKA ORCHID GARDENS

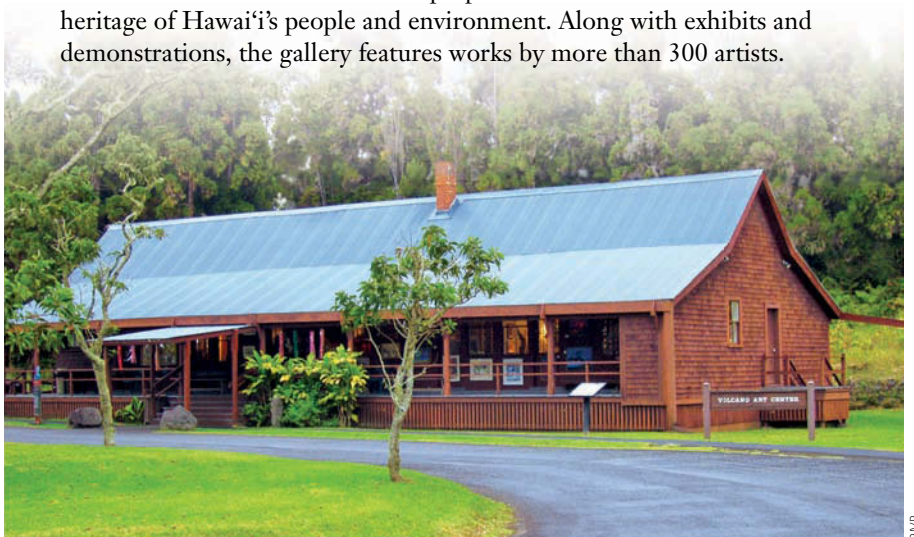
Akatsuka Orchid Gardens has one of the larger orchid collections in Hawai'i. Tour the showroom and buy orchids and tropical flowers directly from the gardens.



Kirk Lee Aedler

VOLCANO ART CENTER

Volcano Art Center's mission is to perpetuate the artistic and cultural heritage of Hawai'i's people and environment. Along with exhibits and demonstrations, the gallery features works by more than 300 artists.



BVB

MARK TWAIN SQUARE

Nā'ālehu's main attraction is a delightful little stop along Hwy 11. Stroll through the park while reading the author's quotes that surround the famous monkeypod tree and garden area.

VOLCANO WINERY

Stop here to purchase local wines and gifts, and enjoy a free wine tasting.

KA LAE (SOUTH POINT) ▼

This is likely the place where voyaging Polynesians first landed in Hawai'i about 1,500 years ago. Here is the southernmost point of land in the United States. To reach the rocky shoreline, take the narrow South Point Road 12-miles past open plains and windmills. There is a small *heiau* (temple) near Ka Lae, so visitors should treat the area with great respect. While gazing at the vastness of the Pacific, it's easy to imagine what the first Hawaiians felt when they sighted these shores after months in a canoe.



BV/B

Stories of Hawai'i

Rebirth at Hawai'i Volcanoes with Park Ranger Andrea Kaawaloa-Okita

*"When I think of the color red,
I think of rebirth."*

The current activity has added approximately 500 new acres of land so we have the Island forming right in front of us. We can reflect on that and realize that all of Hawai'i was created by this very process. Visitors on certain occasions can walk right up to the active lava flow. On other occasions they will have to view it from afar where it enters the ocean. You're coming so close to an earthly process that you normally never experience in your lifetime."

*Watch a Walk on a Volcano
video at gohawaii.com/volcanoes*



Tor Johnson

MANUKĀ STATE WAYSIDE PARK

Part of the Manukā Natural Area Reserve, this is a relaxing spot to pull over for a picnic or to take a shady stroll among the native trees. A two-mile loop trail will take you through the park's arboretum.



Kiri Lee Aeder

HILO COFFEE MILL

The Hilo Coffee Mill provides educational tours that showcase the entire coffee production process. There's also a retail shop where you can sample and purchase East Hawai'i coffee.



Hilo Side

With historic small-town flavor and attractive shops, restaurants and museums, Hilo is a flourishing capital city and a cultural hub—and so much more. With its volcano backdrop, tumbling waterfalls, colorful gardens and towering banyan trees, the Hilo (East) Side is also the gateway to Hawai'i Volcanoes National Park and the 40-mile long, fantastically scenic Hāmākua Coast.

HILO

Downtown Hilo is considered the cultural center of the Island. The charming town looks out towards beautiful Hilo Bay and is filled with the genuine spirit of *aloha*. Big beautiful trees line the bay and give their name to the resort area along Banyan Drive. The centuries-old storefronts, galleries, historical and cultural sites, shops and restaurants can all be explored on foot.



Doug Peebles

LYMAN MUSEUM AND MISSION HOUSE

Here you'll find a fascinating collection of Hawaiian artifacts, fine art and the restored home of David and Sarah Lyman. Built in 1839, the Lyman House is one of the oldest wood-frame structures on Hawai'i Island. Interactive exhibits provide a wonderful introduction to early missionary life and Hawai'i's natural history. **KK3**



Kirk Lee Aeder

BIG ISLAND CANDIES

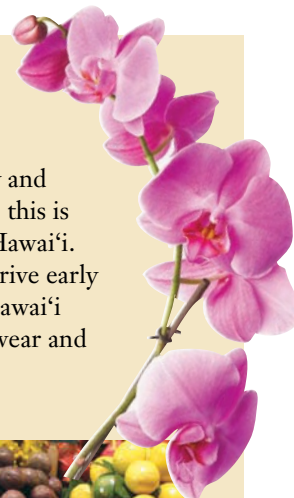
The treats at Big Island Candies are handmade with the finest ingredients, such as high-grade chocolate, Island eggs and premium 100 percent Hawai'i-grown macadamia nuts. After being greeted with complimentary Kona coffee, chocolate and cookie samples, you can take a tour of the factory. Don't leave without some goodies from the Gift Shop. **LL5**

HILO FARMERS MARKET

Open year-round every Wednesday and Saturday, "from dawn 'til it's gone," this is one of the better open markets in Hawai'i. And food is only part of the fun. Arrive early for the best selection of made-in-Hawai'i crafts, fresh tropical flowers, *aloha* wear and handmade jewelry. **KK4**



Tor Johnson





‘AKAKA FALLS STATE PARK

Perhaps the most famous of the Island's many waterfalls, ‘Akaka Falls is easy to reach. During the short hike, you'll first see 100-foot Kahuna Falls. Continue along the loop to witness towering ‘Akaka Falls plunging 442 feet from the cliffs above. The hike takes less than an hour.

Hilo Side

EAST SIDE GARDENS

Hilo has several parks among its many attractions, including the pristine 30-acre Japanese-style Lili'uokalani Gardens, named for Hawai'i's last Queen.

Just a few miles south of town find the 20-acre Nani Mau Gardens, a collection of beautiful gardens connected by meandering paths.

The Hawai'i Tropical Botanical Garden is located on the four-mile scenic route at



Kirk Lee Aedler

Onomea Bay, approximately eight miles north of Hilo. The garden's rain forest trails pass streams and waterfalls, allowing you to view more than 2,000 species of rare and exotic plants.

Nearby, there's another must-see: guided and self-guided tours are available at World Botanical Gardens, located 16 miles north of Hilo. View over 200 acres filled with exotic plant species from around the world.

WAIPI'O VALLEY OVERLOOK

One of the highlights of the Hilo Side, and some would say of the Island, is Waipi'o Valley. Formerly a center of Hawaiian political and religious life, and home to thousands, it is now a serene valley with less than 100 residents. Your first glimpse will be from the Waipi'o Valley Overlook at the end of the main road. Drive to the end of Highway 240 to reach the Waipi'o Valley Overlook. There is a road into Waipi'o Valley accessible by four-wheel drive or you can hike it. It will take about a half hour to walk down. There's also a shuttle and tour available.



To Johnson



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MAUNA LOA MACADAMIA NUT FACTORY ◀

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THE PACIFIC TSUNAMI MUSEUM

View interactive exhibits, documentaries, photographs, documents, videos, scientific instrumentation and art that detail the history of tsunamis in the Pacific region. You can also listen to recordings of personal accounts by tsunami survivors. **KK3 (see map p. 15)**

'IMILOA ASTRONOMY CENTER OF HAWAI'I ►

Located on a nine-acre campus above the University of Hawai'i at Hilo, the center explores the connections between Hawaiian cultural traditions and the science of astronomy. View interactive exhibits and planetarium shows. **MM3** (see map p. 15)

EAST HAWAI'I CULTURAL CENTER

The East Hawai'i Cultural Center is operated by a coalition of art groups dedicated to preserving and sharing cultural, creative and traditional arts on the Island. View art exhibits at one of the center's three public galleries. Shop for local art in the Main Gallery gift shop. Attend one of the performing arts events. Established in 1967, the galleries feature contemporary and traditional visual arts by local, national and international artists. This historic building was once the police station and courthouse of Hilo.

KK3 (see map p. 15)

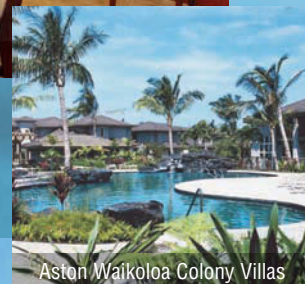


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Kohala Side

Revered as the birthplace of King Kamehameha I, North Hawai'i is also *paniolo* (Hawaiian cowboy) country. Here, history resides comfortably alongside wide-open ranchland, artists and art galleries thrive amidst the limitless beauty and sacred *heiau* (temples) remain as treasures of the Island's heritage.

PU'UKOHOLĀ HEIAU NATIONAL HISTORIC SITE

Sometime around 1790, this "Place of Worship" was built by King Kamehameha I as an offering to the gods to ask for success in his campaign to unite the Hawaiian Islands. One of the larger *heiau* (temples) in Hawai'i, Kamehameha I dedicated the site to the war god Kūkā'ilimoku before setting out to conquer the neighbor Islands. It worked, as the monarchy he created lasted until 1893. This massive stone temple has been carefully preserved, and it is believed to be one of the last sacred structures built in the Hawaiian Islands before western influence. **K4**

ANNA RANCH HERITAGE CENTER

Stroll beautiful gardens and take a guided tour of the Historic Ranch House built in 1910, which conveys the vibrant personality and boundless energy that made Anna Perry-Fiske a woman ahead of her time whose legacy continues to shape the island community. The newly opened gift shop features the work of local artists and craftsmen.



Kirk Lee Aecker

LAPAKAHI STATE HISTORICAL PARK

Take a self-guided tour of this partially restored fishing settlement, located about 12 miles north of Kawaihae. Dating back more than 600 years, the 262-acre park offers a glimpse of how native Hawaiians lived. See traditional *hale* (houses) and lava stone walls, and play Hawaiian games.



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Hawaii Prince Hotel Waikiki



Kirk Lee Andler

HĀWĪ

The small town of Hāwī is actually the largest city in North Kohala, though it's probably best known as the bicycle turnaround for the Ironman World Championship held every October. Hāwī is home to a number of boutiques, restaurants and art galleries with works by local artists. For a fun adventure, take a guided tour of the area's waterfalls. When you get to Pololū Valley Overlook, east from Hāwī, you've reached the end of the road where views overlooking the northeastern coastline are spectacular!



Tou Johnson

WAIMEA ▲

The upland town of Waimea is *paniolo* (Hawaiian cowboy) country. Saddle up and ride through the wide-open spaces. Several area ranches offer the opportunity to ride the range in a guided tour of the pastures with spectacular views of the coastline and peaks. For the less adventurous, there are storytelling tours by horse-drawn wagons. The ranchers and horses of Hawai'i Island look forward to sharing their unique country with you.





Waipi'o Valley Overlook



Play

*Bet you can't
stop smiling!*

WHETHER YOU'RE SEEKING HIGH-OCTANE ADVENTURE or effortless relaxation, Hawai'i Island has it all. Swim among graceful manta rays. Tee off to the thrill of a cliff-side championship golf course. Watch for the spray and splash of great whales. Listen to the crackle of cooling lava. There's always plenty of time on spectacular, awe-inspiring Hawai'i. Time for hiking and horseback riding, sunbathing and stargazing. Dig your toes into the warm sand. Stroll a forest trail to a waterfall. Wander in a living laboratory of natural science. Each day is inspiring, each night rejuvenating. There's beauty and wonder in every direction on Hawai'i Island.

Water Activities

Isn't it time for that scuba certification or refresher course? Snorkel the protected waters of Kealahou Bay. Take a submarine tour or spend a day fishing for *ono*, *'ahi*, *mahi-mahi* or marlin. Paddle a kayak. Capture a whale—with your camera. The water calls in so many ways.

WHALE WATCHING

From December through May, the great humpback whales—one of the largest mammals on the planet—make the trip from their summer feeding grounds in Alaska to the birthing waters of Hawai'i. The coasts of North and South Kohala provide protected waters where whales are likely to be spotted. For the best views, find spots near the shore and above sea level. The sight of a breaching humpback whale will stay with you forever. Keep your camera very handy!



Tor Johnson

KAYAKING

Catch some rays and get a little exercise! Kayaking is a great way to become acquainted with the waters around Hawai'i Island, and it's easier than you may think. Paddle in a six-person canoe, cruising the coast and riding a wave into shore. Paddle at your own pace along the shores in Hilo Bay or the numerous coves that line the Kohala Coast. Lessons are readily available for beginners.



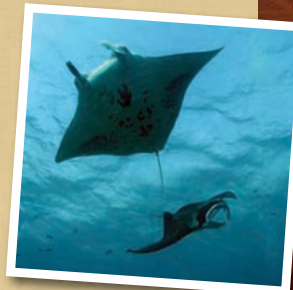
Kayaking near Pu'uhonua o Hōnaunau National Historic Park

Kirk Lee Aceder

Stories of Hawai'i

Manta Ray Diving with Photographer Wayne Levin

"Photographs that show me something different, or something I didn't expect, those are the ones I really love."



When I first became interested in mantas at the Mauna Kea Beach Hotel, they just seemed like creatures from another planet. And when I watched them from the shore I went, 'Gosh, it would be really cool to get in the water with them.'

Kona is really a great place for snorkeling and diving. You're in the wind shadow of Maunaloa so you have really nice, calm water. Swimming with manta rays is very accessible. You don't have to be a certified diver. When you first see mantas underwater, they're so large. But they're very gentle and really harmless."

Watch a Swim with Manta Rays video at gohawaii.com/mantarays

CRUISING

A cruise will give you a new perspective of Hawai'i Island. From lunch and sunset cruises to whale watching and snorkel cruises, you'll find plenty of opportunities to get on the water. Volcano boating tours offer the unique, up-close perspective of viewing the lava from Kilauea flow into the ocean. Submarines provide another way to look at the underwater scenery, without getting wet!

FISHING

If you're serious about fish, you'll really enjoy deep-sea fishing in Hawai'i. The Kona Coast is a great place to hook big *mahimahi*, *ono* and *'ahi*, and many experienced skippers know exactly where they are biting. The Pacific Blue Marlin, the ultimate big game fish, is found in the waters off Kona year-round. Most charter fishing boats put to sea from Honokōhau Harbor outside Kailua Village. You can also fish from piers, jetties and shore, or along streams. Good luck!

BEACHES

The warm, clear waters of the Pacific are rarely out of sight on Hawai'i Island. With 266 miles of coastline, you can visit a different beach every day for a month. Some beaches are perfect for just lounging on the sand, while others offer unique adventures in the water.

GUARDED BEACH PARKS

HILO

Carlsmith Beach Park	Weekends
Honoli'i Beach Park	Daily
Lelewi Beach Park	Weekends
Onakahakaha Beach Park	Weekends
Richardson Ocean Park	Daily

KOHALA COAST

Hāpuna Beach State Rec Area	Daily
Spencer Beach Park	Weekends

KONA COAST

Kahalu'u Beach Park	Daily
La'aloa Beach Park	Daily

PUNA

Ahalanui Beach Park	Daily
---------------------	-------

Marlin fishing off the Kona Coast

Phil Rosenberg

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Historical Dinner Cruise to Kealahou Bay

Join us for a three hour guided historical tour to Captain Cook's Monument while sipping cocktails and spotting spinner dolphins along the way. Once we arrive at Kealahou Bay, a traditional island style dinner is served as we head back to Kona watching the sunset and listening to live Hawaiian entertainment.

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Water Activities

SNORKELING

Schools of tropical fish swarm to Hawai'i Island's warm waters, including bright yellow tang, rainbow runners and, of course, the *humuhumunukunukuāpua'a* (Hawai'i's state fish). Marine mammals are protected and should not be approached by boat or swimmers. There are several excellent snorkeling areas throughout the Island with accessible spots from the shoreline. Many boat excursions are also available. Some provide snacks or lunch with cool beverages on board. So grab a mask and a snorkel, and see what's happening under the sea.



Rob Campbell

DIVING

If you're a certified diver, you can gear up for a scuba dive at some great spots around the Island. If you've always wanted to try it, there are numerous dive shops and certified instructors who can train you for an introductory scuba dive or prepare you for full certification. As with snorkeling, the best places for divers are on the west side of the Island between South Kona and North Kohala. Dive with a local guide who can read changing weather and knows the best spots.



Bob Abraham



SNORKELING & DIVING HOT SPOTS

HILO SIDE

Wai 'Ōpae Tidepools Marine Life Conservation District in Kapoho

Very shallow pools, however, watch out for sudden large waves.

Leleiwi and Richardson Beach Parks

Shallow, protected beach parks good for beginners who stay near shore. Ask the lifeguards how to get through the reef to deeper waters.

KOHALA SIDE

Māhukona

The rocky shoreline attracts fish, but waters can be choppy.

KONA SIDE

'Anaeho'omalu Beach

Usually good visibility in this protected bay fronted by resorts.

Kahalu'u

This popular snorkeling spot also offers good shallow-water diving often calm with very good visibility.

Kealahakua Bay

Great visibility on calm days, especially on the north side of the bay closer to the Captain Cook monument.

Ho'okena Beach Park

Stay close to shore for best viewing and safety.

Hōnaunau Bay (South Kona)

Beautiful living coral formations and lots of fish in these usually clear, but deeper, waters just outside the park entrance.



Experience Our Hawaii!

Tours depart throughout the day from the Kailua-Kona Pier.

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KONA

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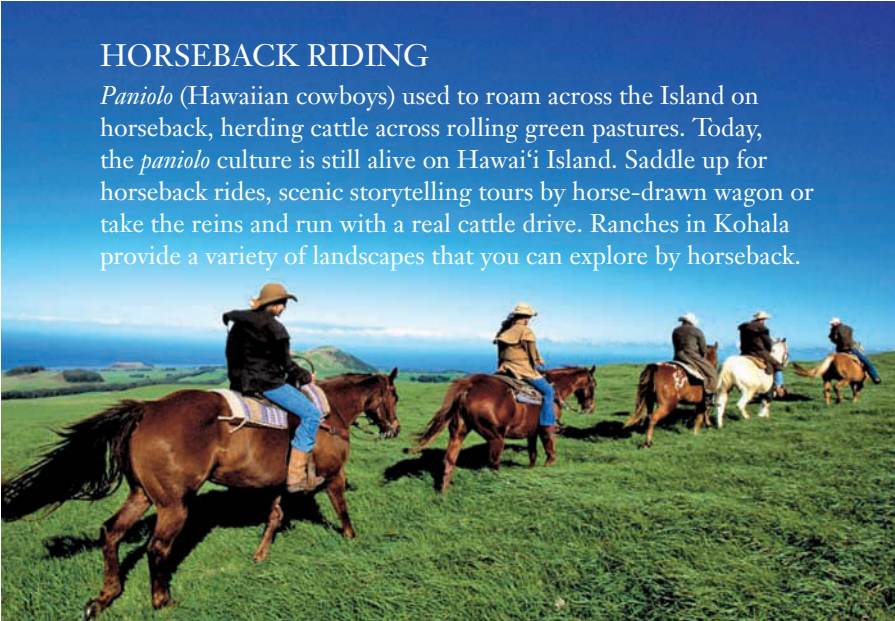
Waikiki, OAHU • Lahaina, MAUI • Kona, BIG ISLAND
ARUBA • BARBADOS • CAYMAN ISLANDS • COZUMEL • GUAM

Land Adventures

Whether you're warming up for the Ironman World Championship on the 112-mile bike route or spelunking through a lava tube, you'll find plenty of ways to enjoy the Island's unique geography and spectacular vistas. Join the *paniolo* (Hawaiian cowboys) for a horseback ride. Walk—carefully—along the Crater Rim trail. Camp in a jungle clearing. Play tennis. The air is sweet; go outside.

HORSEBACK RIDING

Paniolo (Hawaiian cowboys) used to roam across the Island on horseback, herding cattle across rolling green pastures. Today, the *paniolo* culture is still alive on Hawai'i Island. Saddle up for horseback rides, scenic storytelling tours by horse-drawn wagon or take the reins and run with a real cattle drive. Ranches in Kohala provide a variety of landscapes that you can explore by horseback.



Kirk Lee Aedler

ALA KAHAKAI NATIONAL HISTORIC TRAIL (KING'S TRAIL)

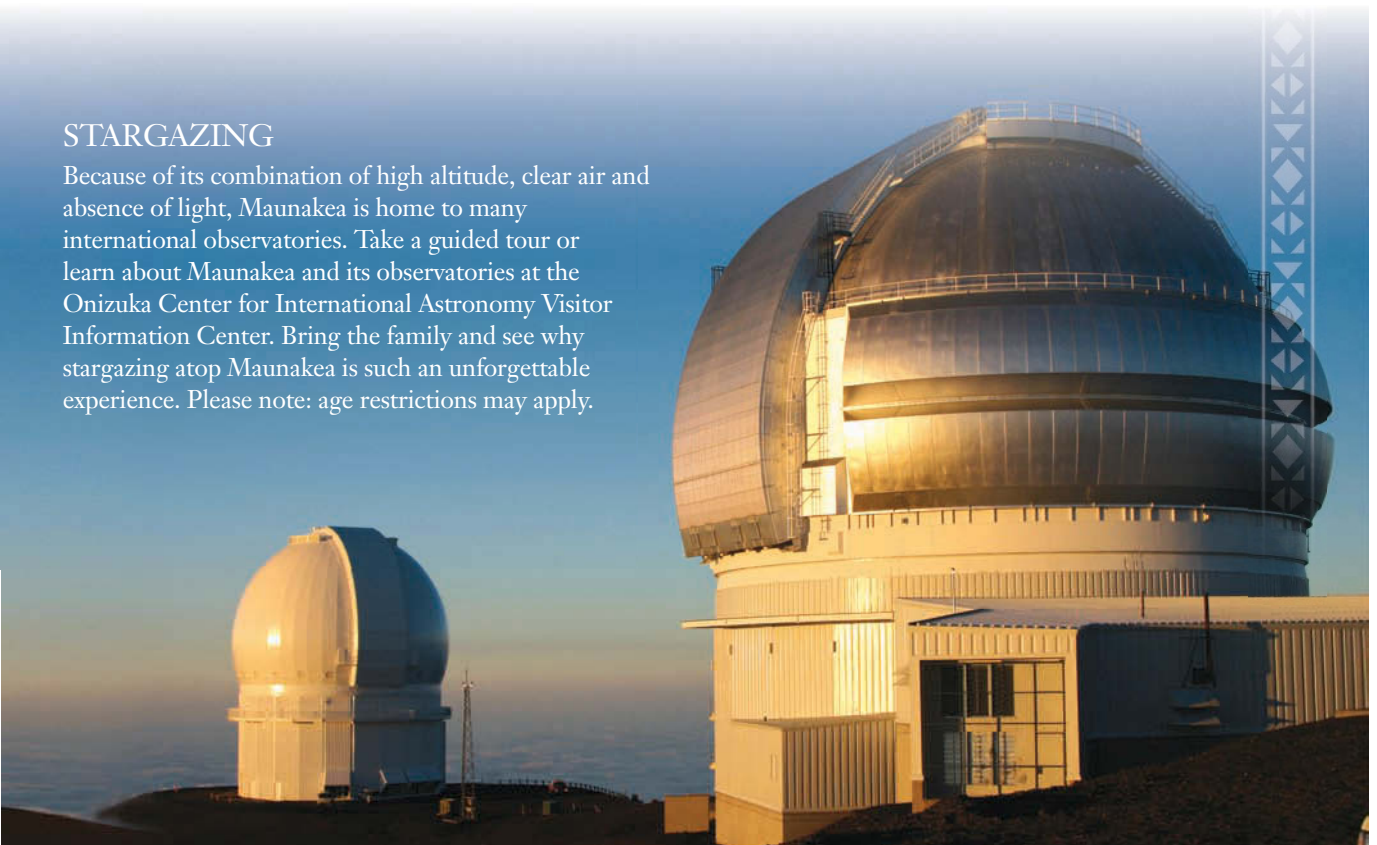
You'll find many petroglyph fields while hiking along the Ala Kahakai National Historic Trail, a 175-mile trail corridor full of historic sites including sacred *heiau*, Hawaiian fishponds and settlement ruins.



Kirk Lee Aedler

STARGAZING

Because of its combination of high altitude, clear air and absence of light, Maunakea is home to many international observatories. Take a guided tour or learn about Maunakea and its observatories at the Onizuka Center for International Astronomy Visitor Information Center. Bring the family and see why stargazing atop Maunakea is such an unforgettable experience. Please note: age restrictions may apply.



BIKING

The Island of Hawai'i is home of the world-famous Ironman World Championship, with its 112-mile bike segment. You can rent bikes and go out on your own, or sign up with a tour company offering guided trips.



Kirk Lee Aender

ZIPLINE

Soar on a zipline 100 feet above a rain forest canopy. This is a great way to learn about the natural environment while experiencing one of the Island's unique adventures. A bird's eye view of the treetops is spectacular.

CAMPING

With all but two of the world's climate zones, you'll find a great variety of camping in county, state and national parks all around Hawai'i Island. Permits are required for all county parks.

HIKING

The trails of Hawai'i Island will take you into tropical wildernesses, volcanic landscapes, quiet beaches, romantic waterfalls, ridgeline lookouts and across open ranchlands. Help protect the Island's natural resources by staying on trails and not disturbing plants or historical features. Guide services can match your interests and abilities to the best hike, and you're sure to learn more with an expert on hand.



Tor Johnson

Above Hawai'i Island

From your birds-eye perspective in a helicopter, you'll be awed by the seething fury of Kīlauea's lava and the vast sprawl of the ancient flows that have marked Hawai'i Island's landscape. You'll see hidden waterfalls, green jungles, deep, inaccessible valleys and coves, cliffs and beaches where the surf curls and carves into the shore.



Hāmākua Coast

Kirk Lee Aender



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Family Adventures

Hawai'i Island's vast undeveloped spaces, calm waters and fascinating adventures are ideal for family members of every age. From lively *lū'au* to *paniolo* (Hawaiian cowboy) stories, from zoo to planetarium, from snorkeling to picnicking, there's always a lot to do. Top it off—literally—with a trip to Hawai'i Volcanoes National Park and you have the makings of memories to last a lifetime.



KAHUĀ RANCH ◀

Unique, educational, cultural, personal, enriching and lots of fun! Visit Kahuā Ranch and learn about the 8,500-acre working cattle ranch and *paniolo* (Hawaiian cowboy) lifestyle. Pitch horseshoes, try branding, learn to lasso, cook s'mores around the campfire and gaze at the stars.

PANA'EWA RAINFOREST ZOO

This is the only tropical rain forest zoo in the United States. Check out their collection of exotic animals, including Namaste, a white Bengal tiger.

MOKUPĀPAPA

Visit the Discovery Center for Hawai'i's Remote Coral Reefs to experience educational and interactive exhibits. The Center also features a 2,500 gallon aquarium.

KK4 (see map p. 15)

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Kilauea Visitor Center

KILAUEA VISITOR CENTER ◀

Begin your visit to Hawai'i National Volcanoes Park at the Kilauea Visitor Center where families can watch an hourly film as an introduction to the park. Ranger talks are offered and ranger-guided activities can be scheduled. Pick up maps and learn about the park's hikes here.

VOYAGE THROUGH SPACE

Stop by the 'Imiloa Astronomy Center of Hawai'i for a unique experience. Located on a nine-acre campus above the University of Hawai'i at Hilo, the center explores the connections between Hawaiian cultural traditions and the science of astronomy. 'Imiloa features interactive exhibits, planetarium shows, group tours, a gift shop, café and plenty of events throughout the year.

BEACH PARK ▼

Onakahakaha Beach Park is a favorite for *keiki* (children). This small, shallow, sand-bottomed ocean pool is one of the safest swimming areas along the Hilo coast, with tide pools and inlets. Although there's no actual beach, this park is a perfect place to play and picnic, with pavilions, restrooms and lovely views of Hilo Bay.



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- ★ **GREAT SCENERY:** Strange cloudscapes, excellent photo opportunities, surreal landforms.
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www.maunakea.com

Circling the Island

The old adage, “It’s the journey, not the destination” certainly applies when exploring Hawai‘i Island by car. The drive around Hawai‘i earned the Island one of National Geographic’s 50 Ultimate Road Trips in the World, and Rand McNally’s Best of the Road® in 2009, the only trip awarded in the state.

ON THE ROAD

Rent a car for flexibility and ease, and book before you arrive. There are also guided tours of every type from bus tours and taxis to private limos.

Circling the Island will reveal the seven Heritage Sites of Hawai‘i, special “must see” places that provide significant historical, cultural and environmental contributions to the state.

HERITAGE SITES OF HAWAII

1. Hawai‘i Volcanoes National Park

UNESCO World Heritage Site and one of Hawai‘i’s most popular attractions.

2. ‘Akaka Falls State Park

A self-guided walk features two amazing waterfalls, ‘Akaka Falls (442 feet) and Kahuna Falls (100 feet).

3. Kaloko-Honōkohau National Historical Park

Learn about life in early Hawai‘i by viewing fishponds, *ki‘i pobaku* and *heiau* (temples).

4. Kealahou Bay State Historical Park

This is where the first westerner, Captain James Cook, first set foot on the island of Hawai‘i in 1779. He died here just a year later. A monument stands here in his name.

5. Lapakahi State Historical Park

Take a self-guided tour of and explore traditional Hawaiian lifestyles.

6. Pu‘uhonua o Hōnaunau National Historical Park

A 180-acre park that was once the site of royal grounds and was a place of refuge for Hawaiian lawbreakers.

7. Pu‘ukohola Heiau National Historical Site

This site features one of the largest *heiau* (temple) built in Hawai‘i.



Enjoy Hawaii's Finest

Hawaii Volcanoes National Park

Big Island
Volcano Adventure

- Black Sand Beaches
- Volcanoes National Park
- Kilauea Iki Crater
- Halemau mau Crater
- Rainbow Falls

Big Island
Evening at Kahua Ranch

- Ranch Style Buffet
- Paniolo Activities
- Live Music and Dancing
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- Round Trip Transportation

Big Island
Hawaii Grand Circle Island

- Rainbow Falls
- Punalu'u Black Sand Beach
- Hawaii Volcanoes National Park
- Kona Coffee Companies
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- Punchbowl National Cemetery
- Pearl Harbor Memorial
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PHOTOGRAPHY

Golf Hawai'i Island

With its dramatic contours, wide-open spaces and fantastic elevation changes, the Island of Hawai'i is the golf capital of Hawai'i. Small wonder that the Island's greens have attracted designers such as Perry Dye, Arnold Palmer, Ed Seay, William Bell, Jay Morrish and Robert Trent Jones. Eighteen golf courses, so many challenges.

Hāpuna Golf Course

62-100 Kauna'oa Dr, Kohala Coast
888-9-PRINCE, 808-880-3000
www.princeresortshawaii.com/hapuna-golf.php

This course offers spectacular views of the Kohala Coast and the Pacific while majestic Maunakea and Maunaloa form the backdrop.

Mauna Kea Golf Course

62-100 Mauna Kea Beach Dr,
Kohala Coast
888-9-PRINCE, 808-882-5400
www.princeresortshawaii.com/big-island-golf.php
Repeatedly named to "Best Course" lists, this 18-hole resort course is demanding but rewarding if for nothing else than its breathtaking beauty.

Francis H. I'i Brown North and South Courses at Mauna Lani Resort

68-1310 Mauna Lani Dr,
Kohala Coast
808-885-6655
www.maunalani.com/hawaii-golf-resort-overview.htm
The Mauna Lani Resort area is home to two 18-hole courses, the Francis H. I'i Brown North and South Courses.

Waikoloa Beach Golf Course

1020 Keana Pl, Waikoloa
877-WAIKOLOA, 808-886-6060
www.waikoloabeachgolf.com
The Beach Course features narrow fairways cut into rugged lava fields. If your ball hits the lava and doesn't bounce out, leave it and drop a new one.

Waikoloa Kings' Golf Course

600 Waikoloa Beach Dr, Waikoloa
877-WAIKOLOA, 808-886-7888
www.waikoloabeachgolf.com
A great links-style layout that reflects the Island's coastline and towering Maunakea in the distance.

Hualālai Golf Club

100 Ka'ūpūlehu Dr, Ka'ūpūlehu
808-325-8480
www.fourseasons.com/hualalai/golf.html
This Jack Nicklaus course is the newest on the Gold Coast and the home of the PGA Mitsubishi Electric Championship. However, only guests of the Four Seasons Resort Hualālai can reserve a tee time.

MORE HAWAII COURSES

Big Island Country Club

Kailua-Kona, 808-325-5044

Hāmākua Country Club

Honoka'a, 808-775-7244

Hilo Municipal Golf Course

Hilo, 808-959-7711

Kona Country Club Ocean and Mountain Courses

808-322-2595

Mākālei Hawai'i Country Club

Kailua-Kona, 808-325-6625

Naniloa Country Club

(9 holes, par 35)
Hilo, 808-935-3000

Sea Mountain at Punalu'u Golf Course

Pāhala, 808-928-6222

Volcano Golf & Country Club

Hawai'i Volcanoes National Park,
808-967-7331

Waikoloa Village Golf Club

Waikoloa, 808-883-9621

Waimea Country Club

Waimea (Kamuela),
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Connect

*Hawai'i Island
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THE ISLAND EXPERIENCE ENRICHES THE SPIRIT AND rewards the body. Let your senses awaken to the sounds and textures of the landscape as you hike a forest trail or walk the quiet shore: birds and waterfalls, lava rock and sun-warmed sand. Inhale the herbal fragrance of a luxurious spa as your tensions are soothed away. Lovely boutiques and galleries are packed with color and creativity. In the hands of talented chefs, inspired meals celebrate local abundance. And romance is everywhere: in the lush flowers, the glowing moon, the twinkling starlight and the lingering serenade of Island music. This is the magic of Hawai'i Island.

Romance

Together you'll learn the language of flowers and the subtle messages of *bula*. You'll lean side by side on the ship's rail to watch dolphins leap toward the sunset. You'll trace the outlines of constellations from the summit of Maunakea. You'll sway to the mellow sounds of slack-key guitar. From first love to renewed vows, Hawai'i is truly the Island of romance.

TEN ROMANTIC ESCAPES

While weddings in Hawai'i are especially unique, romance neither begins nor ends with a couple's vows. Hawai'i Island offers lovers adventures both sensuous and sublime. Count the ways.

1. Watch the sun rise above the sea and dig your toes into the cool sand.
2. Have a snowball fight on the summit of a volcano.
3. Get a side-by-side massage at a resort spa.
4. Hold hands and blow bubbles while diving underwater together.
5. Stand together in a volcanic crater that once spewed a fiery fountain.
6. Sip a sweet, frothy umbrella drink as you're serenaded with Hawaiian love songs.
7. Nibble local food from each other's fingertips.
8. Take a sunset horseback ride.
9. Kiss beneath a tree fern.
10. Take a moonlight dinner cruise.



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SEEING THINGS DIFFERENTLY

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Siri Malava Rueden

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and both must be at least 18 years old. There is no waiting period, no residency requirement and no blood tests or shots required. The license is good for 30 days. The fee is \$65 in cash. Your birthplace, the names of parents and final divorce decree information, if applicable, will be required on the license application. For more information on Hawai'i marriage licenses, call 808-586-4545 or visit www.hawaii.gov/health/vital-records/vital-records/marriage/index.html.



Tor Johnson

ROMANTIC ADVENTURES

The possibilities are endless. Every romantic idea can come true on the Island of Hawai'i. The Island is large enough to allow you several honeymoons by staying in different parts of the Island. Honeymooners can enjoy the intimacy of the charming cottages and bed and breakfasts scattered all over the Island. From secluded hikes and quiet beach strolls to air tours and sunset cruises, many of the Island's activities can be opportunities for romantic fun. If you missed your Hawai'i Island honeymoon, it's not too late to celebrate a vow renewal or anniversary. With one romantic spot after another, the memories of your special occasion will make you fall in love all over again.

If you're thinking of getting married here, there are a number of wedding planners who will assist you with the long distance details and find the perfect venue for you, whether it's an historic church, a beach at sunset or a cascading waterfall. And after the ceremony you will already be in Hawai'i, the number one honeymoon destination in the world. What could be more romantic?

Rejuvenation

Let the *mana* (spiritual power) of the Island restore you with fabulous food, pampering body treatments, healthful fitness classes and fragrant *lei* made specially for you and your sweetheart. The Island of Hawai'i will reward all of your senses.



SPA TREATMENTS OF HAWAI'I

Hawai'i Island's unique spa services offer Hawaiian and Asian influenced therapies, some using natural healing ingredients found only in Hawai'i. Here are some ways to get pampered during your visit.

LOMILOMI MASSAGE

A traditional Hawaiian healing art that incorporates massage using broad, rhythmic strokes.

PŌHAKU (STONE) LOMI MASSAGE

The Hawaiian practice of using heated rocks to relieve sore muscles.

SEAWEED BODY WRAP

Mineral-rich seaweed is applied to detoxify and stimulate circulation.

SHIATSU

Traditional Japanese massage using finger pressure to loosen tight muscles.

REIKI

Ancient Japanese method of healing by touch.

SWEDISH MASSAGE

Long, kneading, circular massage strokes are used to reduce tension.

FACIALS AND MASQUES

Local ingredients like seaweed, papaya, ti leaf, rose petals, honey ginger, coffee, and *poi* are used to renew, rejuvenate and stimulate circulation.



Tor Johnson

Dining

If you thought that hike was challenging, what about choosing among the Island's many dozens of dining choices at every meal? The ingredients are fresh, the flavors delightful, and the settings beyond compare. From your first cup of Island coffee to your last chocolate-covered macadamia nut, your days on Hawai'i are sure to be delicious.

LŪ'AU

Go outside the dining room to experience a *lū'au*, a traditional Hawaiian feast. Expect a grand celebration of food, entertainment and learning about Hawaiian and Polynesian culture. The feast is a magnificent spread of traditional Hawaiian food, including *kālua* pig (pork cooked in an underground oven), *laulau* (pork and

fish steamed in taro and ti leaves) and *poi* (Hawaiian staple made of taro). Hear Hawaiian music and chants while watching *bula* dancers tell beautiful stories of Hawai'i with their elegant and graceful movements. If you're brave enough, you may even get a chance to dance the *bula* in front of your entire *lū'au* (don't forget the camera)!



John Kichen

Firenesia

Sheraton Keauhou Bay Resort & Spa,
Kailua-Kona
808-488-3535
www.sheratonkeauhou.com/dining/firenesia

Island Breeze Lū'au

King Kamehameha's Kona Beach Hotel,
Kailua-Kona
808-326-4969
www.islandbreezeluau.com

Hula Mana Lū'au & Savai'i, Origins of Polynesia Lū'au

Kona Village Resort, Kailua Village
800-367-5290
www.konavillage.com/contents/v/Luau

Royal Lū'au

Waikoloa Beach Marriott, Kamuela
808-886-6789

Mauna Kea Beach Hotel Lū'au

Mauna Kea Beach Hotel, Kamuela
808-882-5810
www.princeresortshawaii.com/mauna-kea-beach-hotel/big-island-luau.php

HAWAII'S FAVORITE FOODS ... DEFINED

"Local grinds" is a phrase used to describe Hawai'i's unique mix of Island-style comfort foods. Be sure to sample some!

haupia: coconut pudding

ice shave: crushed ice flavored with sweet, brightly colored syrup

kālua pig: pork covered with ti plant and banana leaves and cooked in an *imu* (underground oven).

laulau: steamed fish and pork wrapped in taro and ti leaves

loco moco: hamburger patty topped with eggs and gravy

lomilomi salmon: raw, salted salmon combined with diced tomatoes and onions

malasada: Portuguese hole-less donut, golden brown on the outside, soft and fluffy on the inside and rolled in sugar.

manapua: meat-filled bun, steamed or baked

mochi: Japanese rice cake made of glutinous rice

plate lunch: two scoops of white rice, one scoop of macaroni salad and a main entrée

poi: mashed taro root

poke: seasoned raw fish salad

pūpū: appetizer

LOCAL INGREDIENTS

It's the locally grown ingredients that make Hawai'i Island's food taste so fresh. The fertile fields and gardens offer fresh produce, and grass-fed beef from the upcountry ranches of Waimea create creative dishes used in restaurants throughout the Island. You can follow the farm to table process by taking a farm tour. Hawai'i Island chefs are committed to using the Island's farm-fresh fare and importing only when necessary. An ideal climate helps produce local vegetables such as mushrooms, cabbages, ginger, greens, sweet corn, taro and tomatoes, all grown from the volcanic soil and bursting with flavor. Orchards produce delicious bananas, guava, lychee, mango and papaya. You will also find unique products like vanilla, chocolate, honey and goat cheese. Macadamia nuts are another popular local product. You can tour an orchard as well as the processing plant to see how they crack open the shells of the world's hardest nut.

Shopping

Capture the spirit and imagination of Hawai'i Island's unique beauty and culture as you explore shops and markets. Take home the savory flavor of Island-grown coffee, the crunch of macadamia nuts or the lustrous beauty of a *koa* wood bowl. Imagine the surprise of loved ones back home when they open that box and it's holding a fragrant *lei*.

ALI'I DRIVE, KAILUA VILLAGE

Serious shoppers will find everything from one-of-a-kind shops and boutiques to charming art galleries and jewelry stores on Ali'i Drive. The outdoor markets along the southern part of Ali'i Drive are local and tourist favorites. With so many choices, you're certain to find the perfect gift.

KINGS' SHOPS

Shopping here includes everything from upscale boutiques and unique jewelry to art galleries and designer wear. The complex also features hands-on Hawaiian cultural activities throughout the week, combining culture, education and entertainment.

QUEENS' MARKETPLACE

This center offers more than 36 shops, eateries, a gourmet market, a performing arts studio and many other amenities.

SHOPPING CENTERS

Kealakekua Ranch Center
808-323-3188

Kings' Shops
808-886-8811, www.kingsshops.com

Parker Ranch Center
808-885-7178,
www.parkerranchcenterads.com

Queens' MarketPlace
www.queensmarketplace.net

ART GALLERIES

Hawai'i's environment inspires many local artists. Their works can be viewed, as well as purchased, at the Island's many art galleries. Home to artists creating paintings, sculptures, hand-blown glass, jewelry and hand-carved bowls and furniture, the Island is an eclectic paradise of fine art.

FARMERS MARKETS AND MORE

Hawai'i Island is home to dozens of farmer's markets. Be sure to explore them to fully experience the Island's local flavors. Try macadamia nuts in a wide variety of yummy preparations (you can also visit local farms to see how the nuts are processed). Buy Island-grown coffee in various roasts and exotic flavorings (including mac nut!). One of the nicknames for Hawai'i Island is "the Orchid Isle," and it's a well-earned moniker, with lots of nurseries growing what seem like infinite varieties of orchids. You'll also find anthuriums, protea and ginger at the Island's farmer's markets.

The festive Hilo Farmers Market is known as one of the best open markets in Hawai'i. Open year-round every Wednesday and Saturday, shop for fresh produce, tropical flowers, *aloha* wear and handcrafted items. Arrive early to get the best choices from the market's 200+ vendors.



Stories of Hawai'i

Authentic Aloha Wear with Fashion Designer Sig Zane

"The imagery on our aloha shirts and dresses really are a reflection of our environment. All of these plants are the actual stories of Hawai'i."

Fashion in Hawai'i has no boundaries. The palette is wide open because we have so much of those colors in our environment. It's fun to apply all that knowledge about the ocean, about the forests, about the *bula*, in my work. When you have a shirt of mine, maybe you'll be wearing that little story, that little tradition with you and, hopefully, you'll be able to tell that story to someone else. Then that story lives on."

Watch an Authentic Aloha Wear video at gohawaii.com/sigzane







Discover

*Hawai'i Island
resonates with beauty,
power and history.*

WITH HER AWESOME POWER, THE VOLCANO GODDESS, Pele, shaped the Island of Hawai'i and left an inspiring legacy of nature and culture. Tradition is literally carved into the landscape where petroglyphs and ancient *heiau* mark the passage of the earliest Island residents. Here is the birthplace of King Kamehameha I. Here is the landing spot for the first European missionaries. Historic temples, monuments, palaces and parks mark important sites to be shared with respect and honor by Island residents and visitors. Pele's work is unfinished here, making Hawai'i Island a place to discover again and again.

Culture

Hawai'i Island history, traditions, culture and natural wonders are all easy to learn about and appreciate with the abundance of outstanding museums and historic sites. Respect for the past and for the natural environment is an essential part of contemporary life on Hawai'i Island. We invite you to share in the Island's power and beauty.

DISCOVER ALOHA

In the Hawaiian language, “*aloha*” may mean love, affection, compassion, mercy, sympathy, pity, kindness or grace. These sentiments make it a lovely greeting and expression of farewell. It was the working philosophy of native Hawaiians and was presented as a gift to the people of Hawai'i. We hope you will embrace the spirit of *aloha*, and pass it on during your stay on Hawai'i Island.



HULA

Born in Hawai'i, *bula* remains a powerful means of sharing myths and legends. *Hula* is also about the stories, language, chants, *mele* (songs) and the plants from which instruments and adornments are made.

The Merrie Monarch Festival, considered the world's premier *bula* event, is held every year in Hilo. The weeklong festival features both *kabiko*, ancient *bula* (before 1820), and *auwana*, modern *bula* (after 1915). The festival is named after King David Kalākaua, who is beloved for reviving *bula* in the late 19th century. It was King Kalākaua who said, “*Hula* is the language of the heart, therefore the heartbeat of the Hawaiian people.”

Stories of Hawai'i

King Kamehameha's Cloak with Cultural Educator Kealoha Kelekolio

*"When I think of the color yellow,
I think of the beautiful feathered cape of
Kamehameha's. That rich yellow color."*

Kamehameha was the *ali'i*, or the chief, who united these Islands under one rule, under one leader. Over 400,000 feathers went into the making of Kamehameha's all-yellow feathered cloak, or *ahu'ula*. By learning more about our culture and our history, visitors will come away with a deeper appreciation of the way we see our Islands."

Watch a King Kamehameha I video at gohawaii.com/kamehameha



HAWAIIAN MUSIC

The music of Hawai'i will add another laid-back element to your visit. You'll hear the traditional slack-key guitar and *ukulele*, but also Hawaiian reggae, hip hop and modern beats. Be sure to take home some Hawaiian music CDs to remember your visit to the Island.

PĀŪ RIDERS

Pā'ū riders (costumed horseback riders) have grown into an essential element of Hawai'i parades and other festive gatherings. Today you'll see *pā'ū* riders during Island festivals and parades, with beautiful women wrapped in a rainbow of satiny yardage, draped with fabulous *lei* on their shoulders, hats and on their horses' necks and hooves.

THE LANGUAGE OF HAWAII

Hawai'i's two official languages are Hawaiian and English. The melodious Hawaiian language is a Polynesian dialect. There are only 13 letters in the Hawaiian alphabet: A, E, H, I, K, L, M, N, O, P, U, W and the *'okina* ('). The *'okina* is a glottal stop like the sound between the ohs in oh-oh and is considered a consonant. The glottal stop (') or *'okina*, and macron (¯) or *kahakō* are often used to help clarify pronunciation. The 18 sounds in the Hawaiian language are a, e, i, o, u, ā, ē, ī, ō, ū, h, k, l, m, n, p, w, and w with a v sound.

The vowels are pronounced:

a like a in above

ā like a far

e like e in bet

ē like ay in pay

i like y in city

ī like ee in see

o like o in low

ō like o in sole

u like oo in hoot

ū like oo in moon

Some vowels are diphthongs,

forming a single sound as in ai in

Waikoloa. In general, the consonants

are pronounced as in English with the exception of w. W can be either a *v* or

a *w* sound.

A few words you should know:

'āina: land

aloha: a greeting with love, hello, good-bye and more

hele or holoholo: travel

kāne: man

kapu: prohibited

keiki: child

lei: a flower garland given for an occasion

mahalo: thank you

ma kai: toward the mountains

ma uka: toward the ocean

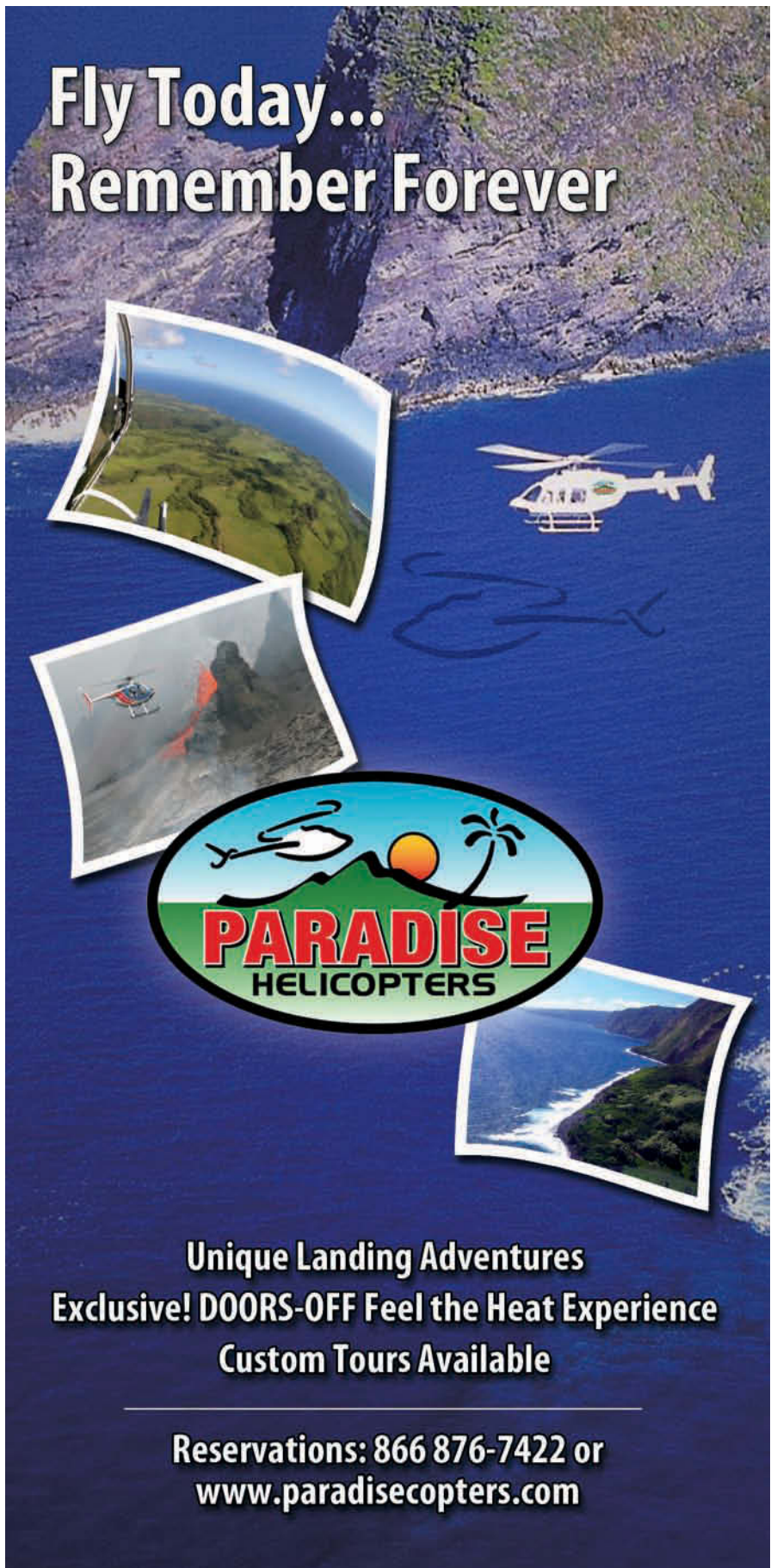
'obana: family

'ono: delicious


pau: finished

wahine: woman

Fly Today... Remember Forever



The background of the advertisement is an aerial photograph of a tropical coastline. A white helicopter is flying over the deep blue ocean, leaving a white wake. The coastline features a mix of green vegetation and dark, rocky cliffs. Three smaller, tilted photographs are overlaid on the main image: one showing a helicopter landing on a grassy field, another showing a helicopter flying over a mountain range, and a third showing a coastline with white surf.



The logo for Paradise Helicopters is an oval shape. It features a stylized illustration of a helicopter flying over a green mountain range with a yellow sun. Below the illustration, the word "PARADISE" is written in large, bold, red capital letters, and "HELICOPTERS" is written in smaller, bold, black capital letters below it.

Unique Landing Adventures
Exclusive! DOORS-OFF Feel the Heat Experience
Custom Tours Available

Reservations: 866 876-7422 or
www.paradisecopters.com

History

Traveling in double-hulled canoes and using the stars and ocean currents as their guide, it's believed that voyagers from the Marquesas Islands in the South Pacific first landed near Ka Lae at the southern tip of Hawai'i Island.

The Island of Hawai'i is believed to be the first Island Polynesian voyagers set foot on 1,500 years ago. In 1778, Captain Cook arrived in Hawai'i, opening the door to an influx of westerners. Only a year later, warriors at Hawai'i Island's Kealakekua Bay killed Cook after a contentious chain of events. During this time, Hawai'i Island was divided into separate chiefdoms and war between factions was common. In 1791, Hawai'i Island-born Kamehameha united the Island and went on to unify all of the Hawaiian Islands. Hawai'i Island was

the home of King Kamehameha's court until 1804. In 1812, Kamehameha the Great returned to his beloved Hawai'i Island where he died in 1819.

In 1820, missionaries arrived in Kailua-Kona. Other westerners followed, introducing cattle to the Island. Parker Ranch was born, becoming one of the largest cattle ranches in the country. Sugar plantations also bloomed on the east side of the Island in the 20th century. Today, Hawai'i Island remains a vital touchstone for Hawaiian culture.



Urda Ching



Tor Johnson

HISTORICAL SITES ON HAWAI'I ISLAND



BWB

Pu'uhonua o Hōnaunau National Historic Park

This last place of refuge for *kapu* (taboo) breakers, on the Kona Coast, is a 180-acre, completely restored compound. It offers an authentic look at Hawaiian temple ruins, fishponds, sacred burial spots and petroglyphs from the time before Captain Cook's arrival.



Robert Coello

Pu'ukoholā Heiau National Historic Site

Built in 1790-1791 under the rule of King Kamehameha I to help in his quest to unify the Islands, this was the last major *beiau* (religious temple) built by Hawaiians. Located in Kawaihae, this is the largest restored *beiau* in Hawai'i.



Kirk Lee Aelder

Kealakekua Bay

A monument marks the spot where Captain James Cook, who first established European contact with the Hawaiian Islands, was killed in a skirmish with natives in 1779. Today this marine life preserve is an excellent area for snorkeling.

King Kamehameha I State Monument and Statue

Hawai'i's greatest *ali'i* (chief) was born in North Kohala at the Island's northern tip in 1758. In nearby Kapa'au stands the original King Kamehameha Statue. Thought to be lost at sea, the statue was discovered after a replacement was created.

Moku'aikaua Church

Located on Ali'i Drive in Kailua Village, this is the first Christian Church built in Hawai'i by the first missionaries to arrive on the Islands in 1820.

Kaloko-Honokōhau National Historical Park

This park was established in 1978 to preserve, protect and interpret the traditional native Hawaiian activities and culture that thrived on the site. The 1,160-acre park contains *ki'i pōhaku* (petroglyphs), *kabua* (housing platforms), *bōlua* (stone slide) and *beiau* (place of worship). It also has portions of four different *abupua'a* (traditional ocean to mountain land divisions).

Museums

Experience the past by exploring the artifacts housed in the many Hawai'i Island museums. While learning about the Island's history and legends, you'll get an opportunity to view world-class collections and exhibits of art, artifacts and other prized treasures. Be sure to set aside some time to tour some of these fascinating places.

HĀMĀKUA COAST

Laupāhoehoe Train Museum

Restored from the old stationmaster's home, this museum commemorates the Hilo Railroad (1899-1946) that hauled sugar, provisions and people up and down the rugged coast. Mon-Fri: 9 a.m. to 4:30 p.m., Sat-Sun: 10 a.m. to 2 p.m., 808-962-6300, www.thetrainmuseum.com

HAWAII VOLCANOES NATIONAL PARK

Thomas A. Jaggar Museum

Dedicated to the volcanologist, this museum offers cultural and geological displays along with photographs and videos about Hawaiian volcanoes.

Daily: 8:30 a.m. to 5 p.m., 808-985-6000, www.nps.gov/havo/planyourvisit/craterintour_jaggar.htm

Kīlauea Visitor Center

The center has a display of volcano-related photographs and artifacts. "Born of Fire...Born of

the Sea," a colorful 25-minute film about Kīlauea is shown on the hour.

Daily: 7:45 a.m. to 5 p.m., 808-985-6000, www.nps.gov/havo/planyourvisit/hours.htm

HILO

'Imiloa Astronomy Center of Hawai'i

Located on a nine-acre campus above the University of Hawai'i at Hilo, the center explores the connections between Hawaiian cultural traditions and the science of astronomy. 'Imiloa features interactive exhibits, planetarium shows, group tours, a gift shop, café and plenty of events throughout the year. Tue-Sun: 9 a.m. to 4 p.m., 808-969-9700, www.imiloahawaii.org

Lyman Museum & Mission House

The museum's exhibitions showcase the natural and cultural history of Hawai'i. The Mission House features the furniture and items used by early missionary families.

Mon-Sat: 10 a.m. to 4:30 p.m., 808-935-5021, www.lymanmuseum.org

Mokupāpapa

The Discovery Center for Hawai'i's Remote Coral Reefs offers educational and interactive exhibits, including a 2,500-gallon aquarium.

Tue-Sat: 9 a.m. to 4 p.m., 808-933-8184, papahanaumokuakea.gov

Pacific Tsunami Museum

The museum provides education about tsunamis and serves as a living memorial to those who lost their lives in past tsunamis.

Mon-Sat: 9 a.m. to 4 p.m., 808-935-0926, www.tsunami.org

KONA COAST

Ellison S. Onizuka Space Center

Located in the Kona International Airport, this facility is dedicated to the memory of Hawai'i's first astronaut who died during the Challenger Mission in 1986. There are space-related exhibits

and interactive displays.

Daily: 8:30 a.m. to 4:30 p.m. (closed holidays), 808-329-3441

The Greenwell Store Museum

Operated by the Kona Historical Society, this museum is housed in the historic Greenwell Family Store built in 1875.

Mon-Thu: 10 a.m. to 2 p.m., 808-323-3222, www.konahistorical.org/index.php/tours/the-h.n.-greenwell-store/

Hulihe'e Palace

Formerly a vacation residence for Hawaiian royalty, the museum displays a collection of Hawaiian artifacts and personal memorabilia of Hawaiian royalty. Hulihe'e Palace is conducting limited tours due to earthquake repair.

Wed-Sat: 10 a.m. to 3 p.m., 808-329-1877, huliheepalace.com



Kona History Center Museum



Hulihe'e Palace



Onizuka Space Center

Festivals & Events

With so many natural wonders and cultural riches, who can blame residents for celebrating year-round? From *bula* to history, food to flowers, coffee to kings, there's always a special event to enjoy. And don't forget championship golf, tennis, rodeos and triathlons!

FEBRUARY 2011

Waimea Cherry Blossom Heritage Festival

This annual event celebrates the blooming of Waimea's historic cherry trees. Enjoy performing arts, mochi pounding and demonstrations. 808-961-8706

MARCH 2011

Kona Brewers Festival

Annual event celebrating Hawai'i's brewing industry. 808-331-3033, www.konabrewersfestival.com

MAY 2011

Ka'ū Coffee Festival

Enjoy tastings, food, exhibits, games for *keiki* (children), contests, tours, workshops and plenty of entertainment. 808-929-9550, www.kaucoffeeest.com

Big Island Film Festival

Held in Waikoloa, this event celebrates independent narrative films and filmmakers. 808-883-0394, www.bigislandfilmfestival.com

JUNE 2011

Kamehameha Day Festivities

Hawai'i's King Kamehameha is commemorated with several events around the Island. Hilo: draping of *lei* on his statue in Wailoa Park and a music and cultural festival on Moku Ola (Coconut Island). North Kohala: A celebration with a statue *lei*-draping ceremony, floral parade, *bula*, food booths and musical performances. Kailua Village: A floral parade, music, crafts and much more.

JULY 2011

Big Island Hawaiian Music Festival

Hear *'ukulele*, slack key and steel guitar artists at this two-day festival. 808-961-5711, www.ehcc.org

AUGUST 2011

Establishment Day Hawaiian Festival

Held at Pu'ukoholā Heiau National Historical Park, this festival features *bula* performances, a royal court procession, arts, crafts and cultural exhibits. 808-882-7218, www.nps.gov/puhe

SEPTEMBER 2011

A Taste of the Hawaiian Range Food & Agricultural Festival

Dozens of local celebrity chefs create extraordinary dishes. 808-987-3432, www.ctahr.hawaii.edu/taste

NOVEMBER 2011

Kona Coffee Cultural Festival

Hawai'i's oldest food festival honors Kona coffee pioneers and their traditions. 808-326-7820, www.konacoffeeest.com

JANUARY 2011

He Lei Hiwa No 'Iolani Luahine Hula Festival & Hula Scholarship Competition

Held in Kailua-Kona, this event honors Hawai'i's legendary cultural historian and hula master 'Iolani Luahine with performances and films. 808-324-2553, www.iolaniluahinehulafestival.com



From left: BIVB (2); John Peninisten

Hula

Before language, there was *bula*, where the eyes and hands tell a story. Formerly a tool to communicate history and legends, *bula* is now a distinct art form synonymous with Hawai'i. Set aside time to experience this graceful dance during your stay. Here are some *bula* events happening on the Island.

JANUARY-OCTOBER 2011

Volcano Art Center's Na Mea Hawai'i Hula Kahiko Performance

Part of the center's year-round series of traditional *bula* and chant performances. Call or visit their website for performance dates. 808-967-7565, www.volcanoartcenter.org

APRIL 2011 (FOLLOWS EASTER)

Merrie Monarch Festival

This is the world's premier *bula* competition. 808-935-9168, www.merriemonarch.com

NOVEMBER 2011

Moku O Keawe International Hula Festival

Held in Waikoloa, the Moku O Kewae Hula Competition invites *halau* from around the globe. 808-936-4853, www.mokuokeawe.org

Major Sporting Events

JANUARY 2011

Mitsubishi Electric PGA Champions Golf Tour

This annual PGA golf event is the first match of the year on the PGA Champions Tour. hualalairesort.com

MARCH 2011

Big Island International Marathon

Run along the ocean at one of the world's more scenic marathons. 808-969-7400, www.hilomarathon.org

SEPTEMBER 2011

Queen Lili'uokalani Canoe Races

Races from Kailua Bay to Keauhou and Hōnaunau are held each year on Labor Day Weekend. Fun includes a torchlight parade and dance on Saturday night, and an awards *lū'au* on Sunday. 808-334-9481, www.kaioipua.org/ql/index.html

OCTOBER 2011

Ford Ironman World Championship

This extreme event is considered the world's top triathlon. 808-329-0063, www.ironman.com/worldchampionship

For a complete listing of sporting events, visit www.bigisland.org/calendar. Events subject to change.

HILO

Palace Theater

Hilo's Palace Theater, which celebrated its 85th birthday in October 2010, features live events and movies. 808-934-7777 (Box Office), 934-7010 (Theater Office), www.hilopalace.com

University Theatre

The average season at the University of Hawai'i at Hilo includes over 150 performances of drama, music, dance and lectures. 808-974-7310, artscenter.uhh.hawaii.edu

KONA

Aloha Theatre

Aloha Theatre's long legacy of showing films continues in addition to concerts, plays and performing arts. 808-322-2323



APRIL 2011

Annual Lavaman Waikoloa Triathlon

Features an ocean swim, off-road run and bike ride down Queen Ka'ahumanu Hwy. 808-329-9718, www.lavamantriathlon.com/waikoloa

JUNE 2011

Kona Marathon & Family Fun Runs

More than a decade old, this event features four great races for the entire family. 808-967-8240, www.konamarathon.com

JULY 2011

Hawaiian International Billfish Tournament

This weeklong event is known as the "grandfather of all big game fishing tournaments." 808-836-3422, www.hibtffishing.com

Hawai'i Theaters

The numerous theaters here will give you a chance to enjoy the variety of performing arts that the Island offers year-round. Visit the websites or call the box offices to see what's playing during your stay.

HAWAII VOLCANOES NATIONAL PARK

Kilauea Military Camp Theater

This theater, converted from a Navy barracks in the 1930s, presents a variety of dance, music and theater performances. 866-967-7565, www.volcanoartcenter.org (Performances & Events)

WAIMEA

Kahilu Theatre

In addition to live performances for all ages, Kahilu offers workshops and educational programs. 808-885-6868 (Box Office), 808-885-6017 (Theatre Office), www.kahilutheatre.org

Waimea Community Theatre

Performances here include musicals, comedies, dramas, Shakespeare, readings, orchestras and choral events. 808-885-5818, www.waimeacommunitytheatre.org

For a complete listing of events on Hawai'i Island, visit www.bigisland.org/calendar. Events subject to change.

Essential Hawai'i Island

FLIGHTS

Direct flights to Kona International Airport are available from several carriers, and most major airlines serve Honolulu International Airport. From there it's a quick 30-minute "Island hop" on go! Airlines or Hawaiian Airlines to Kona (KOA) and Hilo (ITO) International Airport.

Direct U.S. & Canada Flights to Kona International Airport (KOA) from:

DENVER, CO

- United Airlines

LOS ANGELES, CA

- American Airlines
- Delta Air Lines
- United Airlines

• U.S. Airways

OAKLAND, CA

- Alaska Airlines

PHOENIX, AZ

- U.S. Airways

PORTLAND, OR

- Alaska Airlines (seasonal)

SAN FRANCISCO, CA

- United Airlines

• U.S. Airways

SAN JOSE, CA

- Alaska Airlines

SEATTLE, WA

- Alaska Airlines

VANCOUVER, CANADA (seasonal)

- Air Canada

- WestJet

Direct U.S. Flights to Hilo International Airport (ITO) from:

LOS ANGELES, CA

- Continental Airlines

SAN FRANCISCO, CA

- Continental Airlines

TIME ZONE

Hawai'i Standard Time is GMT-10 (Pacific Standard Time-2, Eastern Standard Time-5). Since Hawai'i doesn't observe daylight savings time, add one hour to the time difference when in effect (March through November).

CLIMATE

The average daytime summer temperature at sea level is 85 degrees Fahrenheit. In winter months, the average temperature is 78 degrees Fahrenheit at sea level and 45 to 55 degrees Fahrenheit at higher elevations, however, mountaintop elevations can be below freezing. Rainfall varies widely from the west/dry side to the east/wet side. Kona averages 10" per year. Hilo averages

132", though much of the rain on the Hilo Side falls at night.

SUN SENSE

You'll want to show off a nice tan when you go home, but please use common sense when sunbathing in the tropics. Remember, it's usually hottest between 11:00 a.m. and 2:00 p.m. and the sun is stronger here than you're probably used to.

DRESS CODE

Dress is resort casual. Because of the numerous Hawai'i Island microclimates, pack a sweater or light jacket. For a visit to the summit of Maunakea you'll need something much warmer.

SAFETY

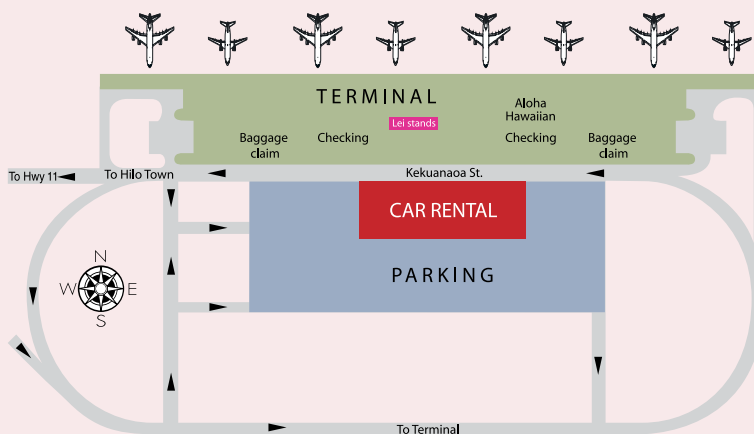
The ocean is Hawai'i's playground, but there are precautions to observe. Offshore winds and currents can be powerful and change suddenly. That means don't stray far from shore or head out to kayak, windsurf or sail if warning signs are posted or if conditions warrant caution. If you're unsure about conditions, ask a lifeguard. For information about beach safety conditions, visit hawaiiococeansafety.org.

If you're hiking into a wilderness, be sure to sign out with park rangers and observe all warning signs. Few places are as safe as Hawai'i, but that doesn't mean you should abandon all care as you travel about. Lock your car doors and don't leave any personal belongings in your unattended vehicle.

AREA CODE 808

The area code for the entire state is 808. For long distance calls between Islands, dial 1-808 and then the number. When placing calls to the U.S. Mainland from Hawai'i, dial 1, the area code and the number. All calls within an Island are local.

Hawai'i Island's cell phone law requires the use of a hands-free device when using a mobile electronic device while operating a motor vehicle.



KONA INTERNATIONAL AIRPORT (KOA)

Many of Hawai'i's larger hotels and condominium resorts have high-speed Internet access, including wireless in some public areas.

TRANSPORTATION

Ground transportation includes rental cars, limousine service, hotel shuttles, taxis and the public bus. Several companies provide guided tours with transportation included. Since the Island is big, most visitors rent a car. Consider a four-wheel drive if you plan to visit remote areas; it's a requirement to tackle the summit of Maunakea. Hawai'i County provides public transportation around the Island on the Hele-On bus. Shared Ride Taxi service is also available in Hilo through the Hawai'i County Mass Transit Agency.

ENVIRONMENT

The natural beauty of Hawai'i's fragile environment comes from its geographical isolation from other ecosystems. The Department of Agriculture enforces strict rules regarding the exportation of uninspected plants and animals. When departing, luggage must pass a pre-flight check at the airport to ensure that no plant insects or diseases are hitching a ride back with you. You're welcome to take inspected fresh flowers and fruits home. Many items purchased at the airport or mailed home from local vendors are already inspected. For more information, call the Dept. of Agriculture at 808-974-4140 (Hilo) or 808-323-4565 (Kona).

USEFUL PHONE NUMBERS

Agricultural Inspection	
Hilo	808-974-4140
Kona	808-323-4565
Ambulance, Fire, Police	911
Camping Permits	
County	808-961-8311
National	808-985-6000
State	808-974-6200
Fishing License	
Hilo	808-974-6201
Kona	808-327-6226
Hawai'i County Civil Defense Agency	
	808-935-0031
Hawai'i County Mass Transit	
	808-961-8744
Hawai'i Island Chamber of Commerce	
	808-935-7178
Hunting License	808-974-4221
Lifeguard Services	808-961-8694
Marine Conditions	808-935-9883
Marriage License	808-974-6008
Road Conditions	808-334-9559
Time of Day	808-643-8463
Volcano Activity	808-985-6000/ 808-961-8093
Weather Forecast	808-961-5582

Protecting Hawai'i

MĀLAMA I KA 'ĀINA

Mālama i ka 'āina (take care of the land) is one of the more important concepts in Hawaiian philosophy, and it's as important today as ever. Help us take care of natural resources by staying on trails when hiking and by not disturbing any plants or historical features. Guided tours are sensitive to the environment, and you are sure to learn more with an expert on hand.

Please recycle or properly dispose your *ōpala* (trash) to avoid littering. Reusable grocery bags are offered at most stores. Numerous recycle bins and redemption centers are located throughout the Island.

Hawai'i values healthy lifestyles

and fresh air. The Hawai'i Smoke-Free Law prohibits smoking in enclosed public areas, workplaces and within 20 feet of doorways, windows and ventilation intakes. For more information, visit www.HawaiiSmokeFree.com.

There are many environmental groups fighting to protect the Island from the stress of foreign flora and fauna species. You can help some of these groups by volunteering time during your visit. Volunteering for conservation activities is a great way to have fun while exploring the Island. You can sign up for afternoon or multi-day trips to help with a variety of projects. Most groups will provide training, if needed.

Only with awareness and respect can we be environmentally responsible. When visiting, please do your part to help protect our fragile ecosystem.

MĀLAMA I KE KAI

Mālama i ke kai (take care of the ocean) is a Hawaiian tradition that you should practice while visiting the Island. This means please don't touch the coral or the plants and animals surrounding it. In fact, keep a respectful distance from all sea creatures—for their safety and yours.



Hawai'i Island Directory

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www.konarentals.net

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ReserveHawaii.com 800-590-8125
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www.bearsplacekona.com

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www.dragonflyranch.com 808-328-2159

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Hilo Homemade Ice Cream
www.kihalani.com/HiloHomemadelceCream.htm

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Donatoni's 800-HILTONS
www.hiltonwaikoloavillage.com

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Imari 800-445-8667
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Norio's Japanese Restaurant & Sushi Bar
www.fairmont.com/orchid 800-845-9905

Pacific Rim

Don The Beachcomber 808-329-3111
www.donthebeachcomber.net

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The Bay Terrace 808-885-6622
www.maunalani.com

Bubba Gump Shrimp Co. 808-331-8442
www.bubbagump.com

Clambake 800-735-1111
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Coast Grille 866-774-6236
www.hapunabeachprincehotel.com

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www.maunalani.com

Francis H. I'i Brown South Course . 808-885-6655
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Hualalai Golf Club 808-325-8480
www.fourseasons.com/hualalai

Mauna Kea Golf Course 866-774-6236
www.maunakeabeachhotel.com

Waikoloa Kings' Course 877-WAIKOLOA
www.waikoloagolf.com

Waikoloa Resort Golf – Beach Course
www.waikoloagolf.com 877-WAIKOLOA

Products & Services

Hawaii Golf Connection
www.hawaiigolfconnection.com

HawaiiGolfDeals.com 888-GOLF 918
www.hawaiigolfdeals.com

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Mauna Kea Resort Children's Program
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www.keaholepoint.org

New Moon Foundation
www.newmoonfoundation.org

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www.hawaiianedventure.com/

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www.northhawaiicommunityhospital.org

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www.IslandPartnersHawaii.com

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Staging Solutions Hawaii
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www.maunaloa.com

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www.donkeyballstore.com

Royal Kona Coffee 808-847-3600
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www.aliigrocerydelivery.com

Retail Stores, Shops & Boutiques

Big Island Candies Inc. 800-935-5510
www.bigislandcandies.com

Kona Coast Macadamia Nut & Candy Factory
www.konaoftheworld.com 800-242-NUTS

KTA Super Stores – Hilo 808-959-4575

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www.sigzane.com

Ueshima Coffee (UCC Hawaii) Corp
www.ucc-hawaii.com 888-822-5662

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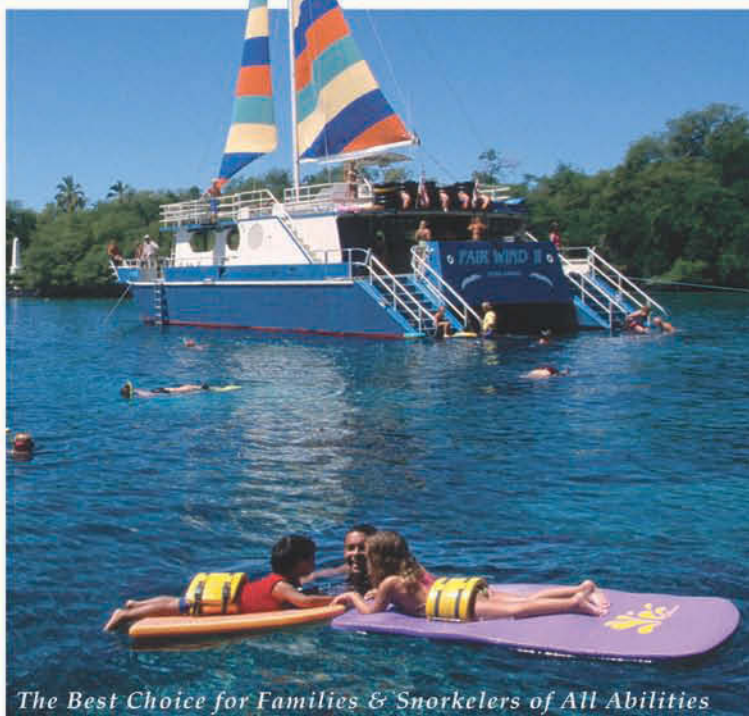
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