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Coffee Times

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YOUR GUIDE TO
THE HAWAIIAN ISLANDS

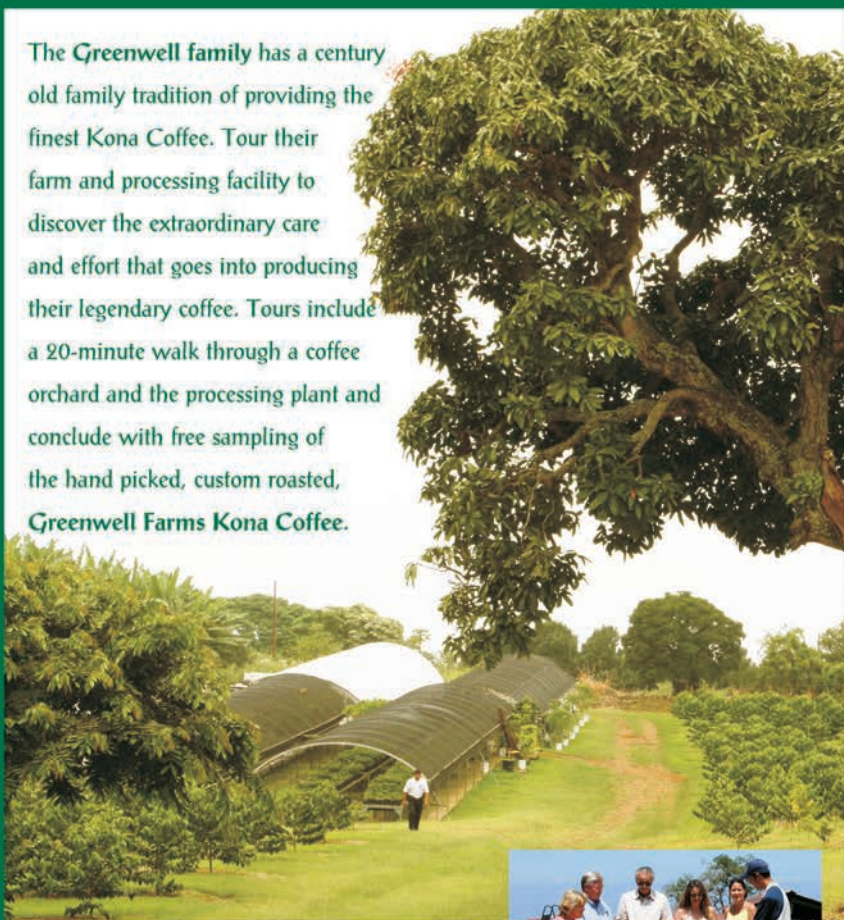


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THE GATHERING PLACE

O`ahu



O`ahu has long been nicknamed “The Gathering Place” because in the 1800’s Honolulu Harbor provided safe anchorage to whalers, traders, and visitors. Honolulu, the capital city, quickly became and remains the center of commerce, government, higher education, the arts, and of multiethnic activities. Today O`ahu is home to approximately 80% of Hawai`i’s residents. It is the third largest of the Hawai`ian Islands with a total land area of nearly 600 square miles and 230 miles of shoreline. There are two mountain “ranges,” the Ko`olau and the Wai`anae, with a broad valley between them. As you visit the various parts of the island you’ll note that the different towns with their residential areas, businesses and activities each is unique in some way.



Waikiki

As newcomers to Hawai`i, you may find the following hints to be helpful. When getting directions from a local person, you should know that residents usually use the terms “mauka” (pronounced mau-ka), meaning “toward the mountain,” and “makai” (pronounced ma-kai), meaning “toward the sea.” Thus, these two terms are useful in any

island location. Instead of east and west and points in-between (SE, SW, etc.), in Honolulu people generally refer to “Diamond Head” (the landmark mountain) and “Ewa” (a town in leeward O`ahu; pronounced “eh-va”), as in “the place is `Ewa of” Do not be daunted by the length of Hawai`ian names and words: to pronounce them simply break them down into syllables.

Administratively, the entire island is the City and County of Honolulu. Thus, when residents (there is disagreement on who merits being called a “local,” and

please remember that “Hawai`ian” refers to the native Hawai`ian people, and not to just anyone who lives in Hawai`i) refer to Honolulu, they may mean the government-business center (“downtown”) and

the older residential areas of the city (zip code 968--), or also to other parts of O`ahu (zip code 967--). Also, longtime residents on O`ahu are unlikely to use the highway numbers which appear on maps. Rather, the names of highways and streets are used, e.g., Kamehameha, Kalaniana`ole, Nimitz, etc. The visitor though, would do well to stick

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Coffee Times — Hawai`i Visitor's Guide —

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to the maps and their highway numbers because at certain places a highway with one name mysteriously morphs into a highway with a different name. *TheBus* is an excellent bargain for everyone; many buses start off in Waikiki, then go to the *Ala Moana Shopping Center* from where you can transfer to a bus to almost any place you would like to visit. Popular are the Circle Island routes which begin at the Ala Moana Shopping Center. Just be sure to ask for a transfer when you first board the bus (there is no extra charge to the \$2.00 fare). Finally, three tunnels through the Ko'olau mountain connect Honolulu and the windward side. The highways leading to the tunnels are the Pali — Pali tunnel; the Likelike (pronounced “li-kay-li-kay”) — Likelike tunnel; and the H3 — H3 tunnel (few know its official name).

Central O'ahu, Honolulu, and Waikiki

Honolulu, the capital city, is modern and urban but also has reminders of old Hawai'i such as the *Iolani Palace* (Hawai'i is the only state that formerly was an independent monarchy), and historical buildings of the missionary and territorial period. A municipal golf course and several neighborhood and beach parks provide open spaces which allow all to enjoy the clean air and tropical breezes. There are restaurants running the gamut in cuisines and prices. Try some of the smaller restaurants and get a taste of Hawai'ian food (lauau, poi, chicken lu'au, haupia); local plate lunches (along with the entree you get a scoop of mac salad, rice, and kim chee); the Hawai'ian favorite—spam—especially as a “spam musubi”; plates of sushi going around on a conveyor belt (pick out all the dishes that you fancy). If you enjoy shopping, there are boutiques, malls, and flea markets in the various neighborhoods.

While the city looks to the future, it also celebrates Hawai'i's past by providing cultural, historical, and educational attractions where you can get to know authentic Hawai'ian and Pacific Islander cultures. In what is generally referred to as “*downtown Honolulu*” there are government and private sector business office buildings, restaurants,

condominiums, and Chinatown. A good deal of the waterfront is located in this area. The *Hawai'i Maritime Center* features a number of interactive exhibits of Hawai'i's seafaring history including a Polynesian double-hulled canoe, and a four-masted square rigger on display. On the outskirts of downtown, on King Street and within walking distance of each other are *Iolani Palace*, built in 1882, where the last monarch, Queen Lili'uokalani was imprisoned in 1895; the statue of *King Kamehameha*, to be shown on the 2008 commemorative quarter featuring Hawaii, the 50th state; *Kawaiaha'o Church*, the first Christian church in Hawaii where services are still held; and the *Mission Houses Museum*, which provides a look at some New England cultural influences brought by the early missionaries.

Chinatown is in the heart of downtown, with restaurants, acupuncturists, herbalists, noodle factories, shops which remind one of those in Asian bazaars, art galleries, tattoo parlors, fish and meat, vegetable and fruit markets. Two plazas worth visiting are the *Chinese Cultural Plaza* and the *Maunakea Marketplace*. *Foster Botanical Gardens* is mauka of Chinatown. By simply walking about in downtown Honolulu you can get an excellent feel of various aspects of local culture, including getting to enjoy a delicious authentic Chinese, Thai, Vietnamese, or Indian, meal. You can also get “American-type” food as well as what is known as “local” food.

A few miles mauka and 'Ewa of downtown proper is the must-visit *Bishop Museum*, a fine artifactual museum with its natural history and cultural collections; there's also a planetarium which features tropical skies. This is an educational and fun place for adults and children alike. Another place to visit is the *National Memorial Cemetery of the Pacific*, commonly known as *Punchbowl* cemetery; there is a lookout area



Iolani Palace and the statue of King Kamehameha

from which you will get another panoramic view of the city and the ocean beyond. Like several other O`ahu sites, this memorial is located in the crater of a once-active volcano. Then, be sure to go to **Pearl Harbor**, which is `Ewa of the airport, where you can visit the **Arizona** and the **Oklahoma Memorials**. Here you can also visit the **USS Missouri** on which the Japanese government, Emperor Hirohito present, unconditionally surrendered to the U.S., represented by General MacArthur. There is a plaque on the deck where the official surrender was effected.

From downtown Honolulu, heading makai and roughly toward Diamond Head, along Ala Moana Boulevard, we have the **Kaka`ako Waterfront Park**, the **Ala Moana Beach Park** and the **Ala Moana Shopping Center**. Browsing through the Center is an experience you shouldn't miss: residents and visitors from all parts of the world rub elbows; shops sell a multitude of products — boutiques from the very high end to department stores which cater to clientele of different income levels; a lively, well-patronized food court offers a wide choice of ethnic foods; restaurants of renown chefs to restaurants offering other more informal eating alternatives; a multi-level, largely open-air shopping environment, lots of flora and a section where you can watch multicolored koi swim in a raised pool, all give you a Hawai`ian shopping experience at this uniquely Hawai`ian mall. You can walk from here to Waikiki. Mauka of these just-mentioned attractions is the **University of Hawai`i** campus in Mānoa Valley.

Further toward Diamond Head is **Waikiki**, where the beaches are within easy walking distance of all hotels. Here is a beautiful stretch of sand with calm waters for swimming, a soft sandy bottom with gentle waves for beginning surfers, and

plenty of people to watch. A statue of Olympic hero Duke Kahanamoku welcomes you with open arms. Regarded as the father of modern surfing, Duke grew up and surfed in Waikiki at the turn of the century. Discovered as a swimming sensation, he won gold medals in the 100-meter freestyle in 1912 and 1920. Historically, Waikiki was the playground of Hawai`ian nobility. It started as a wetlands area of fish and duck ponds, taro patches and rice fields, bordered by groves of coconut trees and the ocean. By the 1920's, the golden age of luxury liners established Waikiki as a premier tourist destination. In the 1960's, jumbo jets began landing at Honolulu International Airport, ushering in a new era of tourism. On the beach you can rent equipment for water sports of any kind, e.g., surfing, outrigger canoe paddling, parasailing, jet skiing, scuba diving, and snorkeling; entrepreneurial beach boys are only too happy to teach you to surf, etc. On the Diamond Head end of Waikiki are the **Honolulu Zoo** (across from the beach) and the **Honolulu Aquarium**. Jogging and walking, tai chi practice, soccer practice are among the many activities carried on "next door" at Kapi`olani Park.

Diamond Head State Monument presents a rather easy 0.8-mile hiking trail which will take you to the top of the crater where you'll be rewarded with views of the ocean, mountains, and city. On a clear day you might see the island of Moloka`i. For cooler and more pleasant hiking conditions, it's best to go in the morning or late afternoon. Nearby is **Kapi`olani Community College** which has a showcase program, the **Culinary Institute of the Pacific**. Make reservations for lunch or dinner at its restaurant where you'll be treated to a first rate meal with a wonderful view as a bonus. Early Saturday mornings, a farmers' market is held in the college parking lot, attracting residents from all over the island.

Back on Kalaniana`ole Highway and going away from town, you will come upon **Hanauma Bay Nature Preserve**. Gazing down at it from the upper level, it is difficult to imagine that this bay with tranquil waters



Arizona Memorial



Diamond Head



Hanauma Bay

of different shades of blue was once a volcanic crater. The turquoise waters within the coral reef is home to many varieties of colorful fish, and here you can experience one of the best snorkeling in Hawai'i. One measure instituted to protect the ecosystem of the bay is a daily quota on the number of people allowed to use the area. At the upper level there is a Marine Education Center with exhibits of dolphins, whales, penguins, and sea lions. Turning right as you exit from the Hanauma Bay entrance, you will almost immediately come upon the *Sea Life Park* on the mauka side of the highway; here you can spend many informative and enjoyable hours. (It is possible to get to these two places by The-Bus.) As you continue along Kalaniana'ole Highway (a two-lane road and very winding at this point), very soon you will come upon the *Halona Blowhole* lookout. Wave action on an underwater lava tube produces a plume of water up to 60 feet high. Please heed warning signs and stay in designated areas—people have been taken by waves to their deaths only because they wanted a photo of themselves next to the plume of water. From the same lookout you can see the U.S. Coast Guard lighthouse atop Makapu'u Point, a towering 600 foot sea cliff that overlooks *Makapu'u Beach*. *Sandy Beach* and Makapu'u Beach are great places for swimming, body surfing, and picnicking. You can also explore the large tide pools to find many types of marine creatures. Of geological interest, on the mauka side of the highway you can see ancient lava flows very close up. The tide pools themselves were formed by lava that flowed into the sea.

Windward Side

(Please note that you have been guided along the scenic route to the windward side; you can get here more quickly via one of the tunnels from Honolulu.)

Continuing along Kalaniana'ole from Makapu'u, a few miles later you will come upon *Waimānalo Beach*, another beautiful stretch of sand, and the town of Waimānalo. Further along is the town of Kailua. Head towards the ocean from the highway and you will find *Kailua Beach* and *Lanikai Beach*, both of which have been ranked #1 on Dr. Beach's annual list of America's best recreational beaches. Thus, any water-related sport you can think of can be enjoyed at these beaches. Long stretches of white sand, clear blue waters, unthreatening waves, breezes strong enough for wind surfing. Canoe clubs can be seen practicing rowing their outrigger canoes.

In a slight digression from the major coastal route let's take a look from the *Nu'uuanu Pali Lookout*. You'll see a beautiful panorama of windward O'ahu. You can easily get here from Honolulu by driving up the Pali Highway, which takes you to the Pali tunnel. Watch for the turn-off on the right just a few yards before the tunnel. You'll have a spectacular view to the horizon — Kāne'ohe Marine Corps Air Station and Kāne'ohe Bay, a part of *Kāne'ohe* town, the Pali Golf course, and acres of banana trees. You'll also be treated to a close up look at the awesome *Ko'olau* mountain. Be careful not to get blown away by the strong winds at the lookout. Legend has it that in one battle in his quest to consolidate power, King Kamehameha I threw his enemies off the pali (cliff). If you use the Likelike tunnel to the windward side you will have a closer look at the indescribable beauty of the Ko'olau mountain, but there is no lookout point. You'll probably absorb more of the island's beauty and enjoy its sights and other offerings if you made this trip to the windward side on a different day from the one which took you all the way to Kailua from East O'ahu on Kalaniana'ole Highway.

From Kāne'ohe town heading north, the route is now on



Kailua Beach

Kamehameha Highway (at this point it is a street that runs through Kāne`ohe town and then takes you on a scenic route along the coast). Alternatively, you could take Kahekili Highway (which will eventually meet Kamehameha) which turns off from Likelike as you approach Kāne`ohe (obviously, you need a map to follow these descriptions). If you drive on Kahekili Highway be sure to stop at the ***Byodo-In Temple*** in the Valley of the Temples in Kahalu`u; this is a replica of the temple in Japan. Byodo-In is situated in a lush, quiet place and you might be tempted to spend some time soaking in the peace created by the ambience of the temple and its surroundings. On Kamehameha Highway again, notable sites along the way to the North Shore include ***Kualoa Regional Park*** which, like all Hawai`i beach parks, is where you can swim, picnic, sunbathe, play soccer, football, baseball, etc., and walk on long stretches of sand; the town of ***Lā`ie*** where you can learn much about Polynesian societies and their cultures at the ***Polynesian Cultural Center*** and where ***BYU-Hawaii*** and a Mormon temple are located.

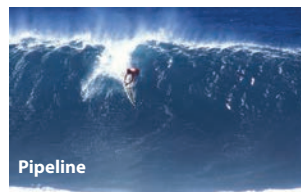
As you drive this route stop for a snack or meal of prawns or get a plate lunch from one of the food wagons parked along the road. Small roadside booths may also have fresh pineapple, bananas, coconuts, other fruit in season and sweet corn for sale, all locally grown.

North Shore

The North Shore beaches, stretching for almost 20 miles, provide you endless opportunities during most of the year for sunbathing, dipping in turquoise waters, and delightful strolls. During the winter months monstrous waves reaching heights of 20 to 30 feet hit these beaches and provide spectators a chance for watching some of the world's premier surfing competitions which are held at ***Waimea Bay*** and ***Sunset Beach***. They are the ***Hawaiian Triple Crown*** held in December and the ***Quicksilver Eddie Aikau Invitational*** held at Waimea each year when wave heights are at least 20 feet. The awesome "Banzai Pipeline" at `Ehukai Beach



Waimea bay



Pipeline

is another spot for spectators and only seasoned surfers. Technically, Sunset Beach is a two-mile stretch of sand from `Ehukai Beach to Sunset Point, but has been subdivided by wave breaks into a dozen unique surf spots which have specific names used by surfers. The social and artistic hub of the North Shore is the town of ***Hale`iwa***, site of another beach. Here, historic plantation buildings house a mixture of surf shops, cafes, and art galleries. This is also the perfect place to grab a bite of ono (delicious) food after a day at the beach and/or sightseeing. Note that in non-winter months, the water at Waimea Bay can be quite glassy and the waves at other beaches quite tame.

The North Shore has other sites of interest to those not particularly turned on by surfing and other water sports. For hiking and an opportunity to learn about flora there is ***Waimea Falls Park*** where there are reputedly 2,500 species of flora from around the world as well as being a wildlife preserve and bird sanctuary. The park has over 30 different botanical collections and has a fine collection of gingers and heliconia. Visitors can play the sports and games of old Hawai`i. For a cultural experience visit ***Pu`u o mahuka heiau***, where chiefesses gave birth, located mauka of Waimea Bay. ***Kaena Point***, the northwestern-most point of O`ahu, can be approached from either the North Shore – west of Hale`iwa from Mokulē`ia, or from the leeward side past Mākaha on the Wai`anae coast. For the avid hiker, this is a stretch of barren land that presents a natural landscape of native plants and other desert flora. You can get a glimpse of what the environment might have been like before human contact.

Leeward Side and Western Shoreline

The Leeward Coast along the base of the

4000-foot Wai`anae range is usually sunny and dry and also has miles of beaches with several excellent surfing spots. Traveling to this western coast from Honolulu, one can find the towns of *Nānākuli*, *Wai`anae*, and *Mākaha*, and, needless to say, many excellent beaches. In Wai`anae, *Pōka`i Bay*, protected by a coral reef from heavy surf, provides good swimming conditions all year long. *Kū`iloloa heiau* at the end of a peninsula offers great views of the coast. The heiau is 150 feet long and 35 feet wide with three platforms that are surrounded by the ocean. The *Kāne`āki heiau* in Mākaha, an agricultural heiau, was originally built between 1450 and 1640; it has been restored by the Bishop Estate and the National Park Service. With the demise of the sugar industry and the scaling back of pineapple (only fruit to be sold fresh) on O`ahu, land became available for development and several residential communities have been developed over the past few decades. Development will continue at an accelerated pace in the southwestern-most area of the leeward side. Formerly planted in sugar cane, the vast area known as Kapolei is slated to be developed as O`ahu's "second city."

Whatever your age, whether you are accompanied by children or not, whether you are an ocean or hiking enthusiast, whether

you like spending time in museums, whether you take every opportunity to learn about new cultures, love to eat and/or shop – and who doesn't? — everyone can find something that will make your visit to O`ahu fun, relaxing, and even, educational. You can try sports unavailable to you before; you can hike along terrain and in environments and see views you've never before experienced on a hike; WWII war history learned from books and/or films can become more "real" by visits to Pearl Harbor and Punchbowl; and, not least, you can experience living in a truly multiethnic society. These are some of the wonderful things that can happen on a visit to O`ahu.



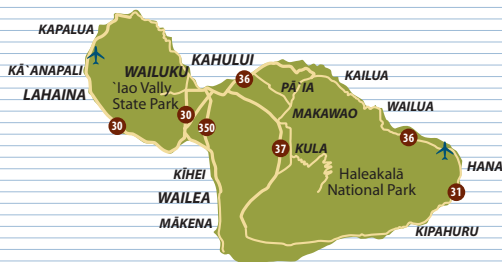
Top 5 Things To Do On Your Visit...

O`ahu

1. Enjoy the beauty of O`ahu's beaches
2. Absorb some history – visit the Arizona & Oklahoma Memorials and the USS Missouri
3. Experience local culture in all parts of the island through food and sponsored events
4. Learn about the pre-history and history of Hawaii – visit the Bishop Museum
5. Get a new, unique shopping experience at the Ala Moana Shopping Center

THE VALLEY ISLE

Maui



Protea

Welcome to Maui. Maui is called the "Valley Isle" for the large fertile isthmus that separates mountains

to the west and Mount Haleakalā to the east as it slopes down to the ocean. These former shield volcanoes overlapped one another to form the valley in between them. The older western volcano has been

eroded considerably cut by numerous gullies forming the peaks of the **West Maui Mountains**, with the highest of the peaks at 5,788 feet. Haleakalā, the younger volcano to the east, rises to more than 10,000 feet above sea level, and more than five miles from the sea floor. The eastern sides of both volcanoes are cut by deep valleys and steep ravines running down to the rocky shoreline. As you travel around this island you'll be impressed by the varied terrain, plant life, fish, fauna, geology, and climate conditions. All of these factors make it a place where you can stroll along beaches, hike in a lush rain forest, play a full eighteen holes of scenic golf, snorkel alongside reef fish and sea turtles. When people think of Maui one of the things they think of is beaches, and the good news is...all beaches in Hawaii are public beaches and public access must be provided.

South Shore

The South Shore resort area boasts many vacation accommodations and offers activities such as fishing, whale watching, and the chance to play championship golf courses. But a tour of Maui's South Shore is really a beach tour, as it seems the sandy beaches never stop. This is the sunniest area on the island, protected by Haleakalā from rain and clouds, and the nearly constant flow of fresh ocean air across the island produces a climate characterized by two seasons - warm and a little bit warmer. Add to that, water temperatures averaging around 74°F in the winter, which rise to a maximum of 80°F in summer, and you have the perfect playground for water sports of all kinds.

There are three distinct areas: **Kihei**, **Wailea**, and **Mākena**. **Kihei** is a highly developed community with shopping centers, restaurants, parks, hotels, and condos which are all close to the water. Along the six-mile stretch of beach there are a number of attractive spots for sun bathing, swimming, picnicking, and many other water activities. **Wailea** is an upscale resort community with expensive homes, world class golf courses, five-star hotels, and some of the best beaches

on the island. The hotels themselves are worth a tour for their stunning architecture and elaborately landscaped grounds. These resorts have made the beaches they front fairly accessible to the public, with parking areas, showers, and picnic tables, and since many hotel guests stay near their swimming pools, the beaches are relatively uncrowded. Just past Wailea are the beaches of **Mākena**. This pristine coastline is a favorite of local people as well as adventurous visitors who love to swim, snorkel, bodysurf, or lie in the sun. Two of its beaches are Big Beach which is 100 feet wide and 3000 feet long, and Little Beach which can be found by walking over a small cinder cone at the right end of Big Beach.

Here are some highlights of other South Shore beaches. **Kama'ole Beach Parks I, II, and III** are at the south end of Kihei, all with facilities, picnic areas, calm waters, white sands, and lifeguards on duty to provide ocean info and safety. There is good snorkeling around the reef between the second and third beaches. **Keawakapu Beach** is a less-crowded beach where Kihei meets Wailea. Wailea's five crescent beaches cover almost two miles of coastline and offer safe swimming and good snorkeling at the lava outcroppings. **Polo Beach** is a nice long stretch of sand. Beyond Mākena, you might want to check out **Abibi-Kina'u Natural Reserve**, a lava outcropping and an underwater preserve which makes for great scuba diving. Further down the road is **La Perouse Bay**, a marine preserve area providing Maui snorkeling at its finest. On a calm day you are sure to see lots of fish and turtles. We can't leave the South Shore without mentioning **Molokini**, a crescent-shaped crater, an islet off the coast. You can boat there with one of the tour companies



Mākena Beach

and you will see lots of fish, enjoy spectacular views, and have the feeling of

being in the middle of the Pacific Ocean.

Maui is a leading whale watching center because many humpback whales winter in the sheltered channel off to the west. The whales migrate approximately 3,500 miles from Alaskan waters each autumn and spend the winter months mating and birthing in the warm waters off Maui. These whales are typically sighted in pods - small groups of several adults with one or more calves. There are estimated to be about 3,000 humpbacks in the North Pacific, and they are protected by Federal and Hawaii laws as an endangered species.

West Side

The West Side of Maui is a nearly circular peninsula dominated by the **West Maui Mountains** and connected to the main land mass by an isthmus on its southeast side. Once heavily planted in pineapple and sugar cane, the sunbathed leeward coast is now dominated by resorts, particularly **Kā'anapali**, **Nāpili** and **Kapalua**. The town of **Lahaina** with many maritime exhibits still celebrates its long, lively role as a whaling port. This historic whaling town blends history with present-day tourism by hosting an array of galleries, jewelry stores, and restaurants housed in its old buildings along Front Street. You can shop till you drop in Lahaina, or you can go for a more educational experience by taking in the historic spots that reveal the town's colorful past. Some highlights of a stroll through Lahaina are: **Banyan Tree Park**, a landmark for more than a century, is great place to escape the mid-day heat (lahaina means "merciless sun"); the **Courthouse** that was once a courthouse and prison, and now houses art galleries; the **Heritage Museum**; and, the visitor center. The small boat harbor is a fun place to walk around and is the launching spot for any number of ocean adventures. An authentic replica of an 18th century vessel serves as a museum of whaling with exhibits, videos, and artifacts. Other informative and cultural places you can visit by walking in town are a center where you can learn the story of

whaling and see films of the birth of Hawaii, temples that provide a glimpse of what life was like for the Chinese who immigrated to Hawaii in the early 1800s, artifacts and old movies of Hawaii shot by Thomas Edison, and the largest bronze Buddha outside of Asia.

Beyond Lahaina are the beautiful beaches of Kā'anapali and Kapalua, major island resort developments. Here, the hotels themselves are great attractions with their waterfalls and tropical landscaping, and they also display collections of some of the world's finest art. **Kā'anapali Beach** is the center of action with sunbathers, windsurfers, and boaters all enjoying the water. Swimming and snorkeling in this area are spectacular. Kā'anapali offers four great resort hotels, a shopping center, good restaurants, and the Whalers Village Museum. Black Rock, in front of the Sheraton, is an all around fun beach with good swimming, great lounging, and fantastic snorkeling thanks to a huge lava outcropping that is loaded with coral and fish. **Kabekili Beach Park**, also known as **Airport Beach**, where the water is generally very calm, has a lot of facilities — parking, showers, rest rooms, picnic areas. Check out lovely **Nāpili Bay** which is great for kids. **Kapalua Bay** is an easy place to relax, with good snorkeling on the north side of the beach. Further north is **Honolua Bay**, a good place to snorkel when the water is calm. You can see coral formations and spotting a sea turtle (honu) is a good possibility. The **Nākaale Blowhole** often provides spectacular sights of water shooting 70 feet up in the air. **Kahakuloa** is a small fishing village at the end of the road. If the road is passable,



Lahaina



Kā'anapali

you can go farther around the rugged coast for spectacular views of pounding surf, steep cliffs, and deep valleys.

With over 15 golf courses, including several world class ones, Maui can easily lay claim to be one of the world's premier golf destinations. Whether you're a lifelong player, or just a beginner, here you will enjoy the golfing experience of a lifetime (unfortunately, we're not guaranteeing scores here). The courses have countless panoramic views of the ocean and island scenery, and all are within an hour's drive of each other along a gorgeous tropical coastline. These courses offer virtually anything you'd want to find in an ultimate golf vacation. There are holes that run along the ocean, and holes that climb the volcanic slopes of Mt. Haleakalā, and holes that open up to fantastic vistas of the Pacific Ocean and neighboring islands.

Central Plain

Central Maui includes *Kabului*, *Wailuku*, and adjacent residential areas, along with an airport, commercial harbor, Maui Community College, Maui Arts and Cultural Center, shopping centers, and historic buildings. Most people zip through central Maui on their way to and from the airport, but this area is well worth a tour. Beyond the strip malls and the developments that house a third of the island population there are noteworthy natural and historical sites. A visit to the *ʻIao Valley State Park* should be a must on your list of things to do on Maui.

Here are some of Central Maui's

highlights. *Kanahā Pond Wildlife Sanctuary* was once an ancient Hawaiʻian fishpond that now is home to two indigenous birds, the Hawaiʻian stilt and the Hawaiʻian coot. *Alexander and Baldwin Sugar Museum* sits beside



ʻIao State Park

an operating sugar mill and has informative displays on the lives and living conditions of sugar plantation workers from the 1870s to modern times. The *Maui Arts and Cultural Center* adjacent to the community college provides a great venue for the performing arts including hula. *Kaʻahumanu Church* in Wailuku is built on the site where the first church services attended by Queen Kaʻahumanu were held in 1832. The present structure is a lovely building where Sunday service hymns are sung in the Hawaiʻian language. Finally, there is the sacred *ʻIao Valley* where at one time chiefs were buried. Today it is a state park. This lush tropical valley is rich in plant life and clear water pools. As one of Hawaiʻi's most popular state parks, the trails here are paved so hiking is comfortable. The well-maintained paths take you into the valley, but to escape the present even further take the dirt paths up and explore nature amid the mists of this magical valley. There are some incredible volcanic rock formations, the most famous being the towering emerald peak, *ʻIao Needle*, rising 1200 feet from the valley floor. There are many rare and native plants throughout the park, as well as scenic waterfalls, and spectacular views of the valley from the lookout.

Upcountry

For many visitors Maui will always be known for its resorts, fine beaches, snorkeling, whale watching, and the road to Hana. But a great way to see more of Maui is to drive through what is called "Upcountry." The drive starts at the town of *Pāʻia*, continues through *Makawao*, and *Kula* known for its flowers and vegetables, and ends at *ʻUlupalakua* where you can sip a glass of Maui wine. Upcountry Maui first attracted ranchers and farmers who preferred the solitary rural life along the slopes of Mt. Haleakalā. Now there are upscale restaurants, art galleries, specialty produce, arts festivals, and the *Makawao Rodeo*. The lush western slopes of the mountain are called Upcountry because it expresses both an area and a way of life.



Haleakalā

People here live a bit differently from those down below. They stoke their fireplaces at night to ward off the chill, grow cool weather crops such as lettuce, tomatoes, potatoes, and sweet onions. There are flower farms growing exotic protea, ranches manned by modern day paniolo (cowboys), and a vineyard that makes wines from grapes that thrive in the cool climate.

Haleakalā (the House of the Sun) is at the heart of this area and offers a spectacular experience of varied landscapes, panoramic views, and the irresistible novelty of winter snow just a few hours away from the sunny coast. The moonscape-like lava rock formations in the crater, the 5 different climate zones of the mountain, and the aura of being on the largest dormant volcano on earth are awe-inspiring. The **Haleakalā National Park** is 28,665 acres, and the road to the summit climbs nearly 10,000 feet in 38 miles. Visit this National Park and you will know you have traveled to a special place. The Haleakalā Crater is 7 miles wide and 3000 feet deep; it will leave you breathless (or maybe that is just the change in altitude). It's best to see Haleakalā early in the morning, preferably at sunrise when the sun rises over the rim, and before the clouds start to gather. Bring warm clothes, and a thermos of coffee because the morning air is quite cold at 10,000 feet. The adventurous may want to hike down into the crater on the Sliding Sands Trail which gradually descends several miles to the crater floor.

The park encompasses terrain that includes the crater, forests, desert, and tropical valleys. You can travel atop the highest peaks of Haleakalā Crater and

walk above the clouds or you can hike across richly colored landscapes, desolate deserts, and untamed wilderness. As the park stretches out to the coast nearer to sea level, you can even visit lush tropical areas full of waterfalls and streams. The 7-mile wide crater is actually a valley created by erosion by wind and rain and is strewn with small volcanic cinder cones formed during volcanic eruptions. It is also home to the famous but endangered silversword plant, a yucca-like plant with a huge flowering stalk. Many visitors come to see Haleakalā's flora, fauna, and fabulous views, but others come just to experience the unique energy of the place. In ancient times, only kahuna (religious specialists) lived here, drawing from the volcano's power. Seeing the sunrise, the sunset, or the starry skies from the summit of Haleakalā is an unforgettable experience.

Here are other highlights of an Upcountry tour. Outside of Pā'ia you will pass through pineapple fields before coming to **Makawao**, one of the last paniolo towns. Long before there were cowboys in the old American west, paniolos came to Hawai'i in the early 1800's from Mexico to teach the Hawai'ians how to herd cattle. Makawao is one of the few places on Maui that hasn't changed very much, although its old buildings now house some rather fashionable shops and galleries and a number of good restaurants. Cowboys still tie their horses to the hitching posts, and there are saddleries and feed stores; several rodeos are held during the year, the most popular on the Fourth of July. The drive from Pukalani to Kula will take you past some beautiful country with plenty of flowers everywhere. **Kula** (lit. plain) is the source of most of the island's produce. At an elevation of approximately 3000 feet, Kula produce includes sweet Maui onions, lettuce, tomatoes, potatoes, and goat cheese. There is an abundance of different floral varieties in this area, such as protea, orchid, hibiscus, and jade vines; dozens of different varieties of lavender grow and bloom abundantly in the months of June, July and August.

Kula Botanical Gardens offers a nice hike through five acres of trees and flowering bushes including native koa and kukui trees. **Polipoli State Park** features groves of imported trees: eucalyptus, cypress, sugi pines, and redwoods. You can take a serene walk along the 1.7-mile Redwood Trail. Further Upcountry is Maui's only winery offering various wines made from local grapes.

The Road to Hana and Beyond



Sometimes referred to as the “road to heaven,” the road to Hana is a journey like no other.

Of all the places on all the islands, the road to Hana has the look and feel of unspoiled Polynesia, with lavish vegetation, empty beaches, secluded coves, remote valleys, and waterfalls flowing into exquisite pools. You will cross over 54 one-lane bridges, make the bend around 600 hairpin turns, pass next to numerous waterfalls and pools, and end up in a place where people are laid back and friendly. It is not the destination though that makes this an exciting adventure, but rather the journey getting there. Called the **Hana Highway**, this winding, narrow road follows the ins and outs of the coastline carved by streams and rivers and windward rains. The stops along the way make the road to Hana very special. This piece of Maui is a place where people still speak the Hawai'ian language, raise taro, offer homegrown fruits and flowers for sale along the road, and share the aloha. The legendary drive takes several hours to complete not just because of the narrow one-lane bridges or hairpin turns, but because this road leads you through landscapes of flourishing rainforests, flowing waterfalls, dramatic seascapes, and plenty of opportunities to stop along the way.

You should plan on spending a whole day on this trip. Ideally, a trip to Hana would be an overnight affair, and if you

plan well in advance, there are some lovely accommodations. If you have only a day, plan to leave early in the morning. Here are some of the highlights along this memorable road. **Pā'ia** was a former plantation town when sugar was king; the windsurfing craze then brought thousands of the world's best windsurfers to nearby **Ho'okipa Beach**. There is now a colorful little village with vividly painted stores: art galleries, craft shops, and many restaurants, both offbeat and elegant. Ho'okipa Beach Park is one of the world's windsurfing and kitesurfing meccas. The waves are too rough for swimming but make for great aerial tricks by the talented riders, and is the site of the O'Neill International Windsurfing Championship held each spring. After passing through **Ha'ikū** and the tiny villages of **Huelo** and **Kailua**, the road heads through denser tropical vegetation fed by frequent rains. Check out **Waikamoi Ridge Nature Trail**, a one-mile hike, and **Puohokamoa Stream**, with its waterfalls, pools and picnic tables. Comfort facilities are available just a bit further at **Kaumabina State Wayside Park** overlooking **Honomanū Bay** and the mind-blowing vistas of the **Ke'anae Peninsula**. A mile further is Honomanū Valley which stretches back five miles with 3000 foot cliffs and a 1000 foot waterfall. The villages of Ke'anae and Wailua are sparsely populated by Hawai'ians who tend their taro patches. The picturesque **Coral Church** in Wailua was built in 1860 of coral washed up on the beach. Further along are the **Waikane Falls** and a road that leads to another village, **Nabiku**. **Wainapanapa State Park** includes a black sand beach and a trail leading to some lava caves.

Once you arrive in Hana you'll have time



Ho'okipa Beach



Waimoku Falls

to explore this peaceful town. Swim and sunbathe at Hana Beach Park. Or hike to the secret and isolated *Kaibahulu Beach*, also known as Red Sand Beach for its red cinder sand. Several miles beyond Hana is the ultimate tourist destination - the pools at *‘Ohe‘o Gulch*. This is at the lower end of the National Park and includes, pools overlooking the Pacific, a path through a bamboo forest, and up-close views of the 400-foot *Waimoku Falls*. If weather conditions make the road passable, you can continue around the island from here, but you’ll need a 4-wheel drive vehicle, stamina, and a sense of adventure. The very rugged road takes you past a couple of lovely Hawaiian churches and then civilization ends for awhile until you find yourself Upcountry.

On Maui you will find varied terrain, plant life, fish, fauna, geology, and climate conditions. You will find more than 120 miles of beautiful shoreline, the world’s largest dormant volcano, lush tropical forests, and world-famous golf courses all wrapped up in one amazing island for you to explore and enjoy.

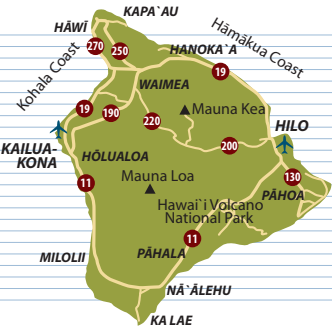
Top 5 Things To Do On Your Visit...

Maui

1. Experience the massive size and power of Haleakalā
2. Spend time relaxing on any (or many) of Maui’s beaches
3. Visit the lushness of ‘Iao State Park
4. Enjoy your favorite outdoor activity - golf, bike, snorkel, etc.
5. Take a journey on the road to Hana

THE ORCHID ISLE

Big Island



Welcome to the Big Island, also known as the Orchid Isle. You most likely landed in either Hilo or Kona which host the two primary airports on the island. Since we can't begin our tour of our island at both places at the same time we'll start this guide in Kona. For those of you who landed in Hilo just flip ahead in our magazine and start the guide from the Hilo region and work your way frontward or backward. Before we begin the tour let's all remember the phrase, "When in Rome do as the Romans do." In Hawai'i this means driving slowly, yielding for everyone, and showing aloha to everyone you meet.

Three other items that your past fellow

visitors have informed me to remind you of are remembering to take off your rings (newlyweds) and any loose jewelry before going into the water; locking your cars even though 99.99 percent of the people in Hawai'i aren't thieves; and the importance of using sun block even if you insist on not needing it. My own haole (white person) motto for sun block is, "You'll burn with it, you'll burn worse without it!" With all that out of the way it's now time to have some fun so hang loose... you're in Hawai'i Nei now!

North Kona

Located in the busiest and most widely known part of the Big Island is the district

of North Kona and the seaside village of Kailua. Nestled in this busy-ness are a few significant historical and cultural landmarks. Beside the Kailua pier is *Ahu'ena Heiau* built in 1817. This ancient temple built on a rock platform was dedicated to patron spirits of learning, the arts, and healing. King Kamehameha I also made his home here where he could maintain control over boats entering and leaving the bay. Kamehameha also monitored the farming pursuits of his village from Ahu'ena. Also on Ali'i Drive is *Moku'aikaua Church*. Built in the 1820's, this was the first Christian church to be built by western missionaries. Across the street is *Hulihe'e Palace*, a nineteenth century vacation home to some of Hawai'i's monarchy. Hulihe'e was built in 1838, and today serves as a museum open daily to the public. Occasionally, throughout the week, some youngsters can be seen in the courtyard under the shade of giant banyan trees practicing hula under the direction of a kumu hula (teacher of hula). Later in the nineteenth century Kailua was a village that was used primarily as a sea port for shipping cattle, coffee and sugar off island. Most of the population of Kona lived in the mountainside towns between Hōnaunau and Hōlualoa along a stretch of road still called Māmalahoa Highway. The town of Kailua, for the most part, had always been a sleepy kind of village. Up until the early 1970's the population was no more than 700 people; today the population of Kailua is around 40,000 and growing rapidly.

Looking beyond the hustle and bustle of Kailua there are many wonderful opportunities for dining, shopping and tour experiences around the town. This district of North Kona also hosts some of the Big



Hulihe'e Palace with Moku'aikaua Church in background

Island's most beautiful white sand beaches. A short drive north of *Honokōhau Harbor*

on Queen Ka'ahumanu Highway are the beaches of Makalawena and Mahai'ula which require a short hike to get to. Easier to reach and also on Ali'i Drive to the south are *Kahalu'u Beach Park* and *Magic Sands*. There is ample parking at both of these popular beaches and you don't have to hike to them.

Around these historical sights/sites are a whole host of restaurants and shopping opportunities and hundreds of visitor and local businesses keep the streets and sidewalks around Kailua busy with activity throughout the year. Cruise ships anchor offshore at Kailua Bay and many tour and activity companies provide visitors with lots of opportunities to sign up for hiking, sailing cruises, snorkeling and scuba adventures.

Hōlualoa

Days pass slowly in the artists' retreat town of Hōlualoa, almost like the gentle mountain breezes which waft their way through the groves of coffee trees lining the slopes of *Mount Hualālai*. Steeped in natural beauty and tradition, this little mountainside coffee town blends a touch of today's art with a passion for the simpler life of the past. The village's many private galleries showcase the works of many local artists in a wide array of mediums. Make it a point to wander up for a visit to Hōlualoa, only a fifteen-minute drive up the mountain

South Kona

There is, perhaps, no other region on the Big Island shrouded in more history than the district of South Kona. Whether it be the origins of Kona coffee, the ancient Hawai'ian village setting of Pu'uhonua O Hōnaunau (Place of Refuge) National Park, or the Painted Church nestled in the hillside overlooking *Kealakekua Bay*, the spot where the famous English explorer Captain Cook met his fate, South Kona will keep the historically minded visitor busy weaving their way through its network of mountain roads.

Coffee first came to Kona in 1828 when the Reverend Samuel Ruggles brought plant cuttings to Kealakekua. The early Japanese

farmers cultivated many of Kona's first farms and engineered the system of milling and processing this prized coffee.

On highway 160 amidst coffee farms, and high on the slopes above Kealahkekua Bay, is the *Painted Church*, where sometime between 1899 and 1904, Father John Velge a Catholic missionary from Belgium painted images depicting biblical scenes of heaven and hell on the interior walls of the church.

At the bottom of Nāpō'opo'o Road is *Hikiau Heiau* at Kealahkekua Bay, and a white stone monument across the bay that marks the spot where Captain James Cook was killed in 1779.

A lower coastal road connects Kealahkekua Bay to *Pu'uhonua O Hōnaunau (Place of Refuge) National Park*. In the early years of Hawai'ian civilization it was to the Place of Refuge that people who broke *kapu* (sacred laws) would attempt to flee. If the *kapu* violator could reach this sanctuary his life would be spared. Some of the features at the park are *loko* (ancient fish ponds), *hale* (thatched roof structures that served as homes), *heiau* (temples) and ancient rock walls. Visitors are usually provided with live demonstrations of ancient Hawai'ian crafts such as the building of canoes and tikis.

Ka'ū

The actual place where Polynesians first set foot in Hawai'i will always remain a mystery, but it was probably somewhere near the southern tip of the Big Island. This area seems like a probable place because their approach would have been from the south, where all of Polynesia lies. When sailing north, the Big Island would be the first island they would have seen, and South Point would have been the nearest landfall. Aside from the logic of such a choice, there is archaeological evidence supporting the supposition of a landing near *Ka Lae*, as



Hōnaunau's Painted Church

the Hawai'ians call the southernmost tip of the island of Hawai'i (and of all fifty states). Excavation of lava tubes that were used as shelters near *Kā'iliki'i* and *Wai'abukuni*, villages four miles northwest of the Ka Lae, indicate people were using them by A.D.750. There is other evidence that indicates people first were in the area as early as A.D. 200.

The cliff near *South Point Park* is a common mooring place for modern day fishermen who find these waters a rich resource. From the precipice the drop is about forty feet to the ocean's surface, but the cliff base goes down another thirty feet below the surface of the water. Ladders, hung to make access to the boats easier, swing freely in the air just above the sea. The cliff is deeply undercut. The water is so clear the bottom can be seen plainly. For some there might be a temptation to leap into the cool water, and climb back up the ladder. It looks inviting, but don't do it. A swift current runs along the shore. The flow will carry anyone in the water straight out to sea. It is called the *Hala'ea Current*, named for a chief who was carried off to his death.

One of South Point's most famous scenic spots is *Mabana Beach*, also called Green Sands Beach because of its distinctive golden green color. The grains of green sand are olivine or call it peridot if you wish although not much of the sand is truly of gem quality. They are apparent as green flecks in the raw lava stones used to build the columns and walls of the Jagger Museum at Kilauea's Volcano National Park. As lava reached the coast, erosional forces, and the specific gravity of the stones, perhaps are responsible for the accumulation of such a large quantity of the granules that produced the green sand beach.

Up the coast from South Point's main hub of activity, *Na'ālehu* town, and heading towards Volcanoes National Park you will pass by *Punalu'u* black sand beach and later a sign marking the road to *Pāhala*. The short drive to Pāhala is worth the excursion. There are the remains of the old Pāhala Theater as well as a community that is now supported by macadamia nut farming as well as



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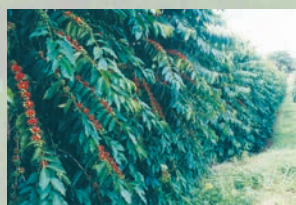
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2 yr-old trees with 6' laterals full of high quality cherry- the Tiare Lani Coffee Way

scores of small family-owned coffee farms springing up on the lush hillsides. Many of the homes in the village date back to the early 20th century and include the two-story plantation manager's home, which is now a museum open to the public. Pāhala is a great place to gain perspective into what life was like on a sugar plantation a hundred years ago. Take time also to drive into the lush tropical **Wood Valley** and past a Buddhist temple also located near Pāhala.

Volcano, Hawai'i

Welcome to Madame Pele's dwelling. She is goddess of the volcano. **Volcanoes National Park** has one entrance, off Route 11, 30 miles south from Hilo or 95 miles east from Kona. The park is open 24 hours a day all year round. When you enter the park during daytime hours you will receive a park brochure at the entrance station. If you enter the park after hours you may pick up the brochure at the **Kilauea Visitor Center** which is located a quarter mile from the entrance on Crater Rim Drive. Visitors are encouraged to take the time to carefully read the park regulations and guidelines. The volcano fumes that exist in the park may create a health hazard for pregnant women, infants and people with heart or respiratory problems. People at-risk should avoid stopping at the Sulphur Banks, **Halema'uma'u Crater** and other areas where volcanic fumes are present.

Overnight trips in the park require a backcountry permit that can be obtained at no charge at the Kilauea Visitor Center. Once inside the park enjoy the 25-minute movie on eruptions shown hourly at the

Visitor Center. Other attractions are the Thomas A. Jaggar Museum three miles inside the park along Crater Rim Drive, the Volcano House, Thurston Lava Tube, and many scenic vistas. Depending on the timing of your visit you might have a chance to see the volcano erupting. A 45-minute drive to the end of Chain of Craters Road and a short hike will get you to the most recent lava flow area. The new coastline is unstable and can collapse into the sea at anytime without warning. Obey all park signs. Do not enter any closed areas! The park also offers many other hiking opportunities which are mapped out in the park brochure. A reminder: please drive slowly and carefully while touring the park so as not to hit the nene, Hawai'i's endangered state bird. It is also known as the Hawai'ian goose.

Puna and Pāhoa

For visitors who want to experience the true feeling of old Hawai'i, **Pāhoa** village holds the key to this untouched past. First a rugged sawmill town, then a sugar plantation town and also a crossroad on the old railroad, **Main Street Pāhoa** has maintained its western- style storefronts and wood boardwalks in a charming turn-of-the-century Victorian style. The town hosts many quaint shops from surf to curio, and restaurants that span the ethnic flavors of the globe. Also located in Pāhoa is the **Akebono Theater**, Hawai'i's oldest theater.

The Puna countryside is filled with natural wonders like the **Lava Tree State Park**, steam vents, groves of papaya trees and black sand beaches along the rugged coast.

Hilo and East Hawai'i

On your trek to Hilo, take a right on Kamehameha Highway at the Intersection of Pauahi and Kamehameha Highway. If you look to the right just past the Chevron gas station on the corner of Pauahi and Kamehameha Highway you will see a statue of **Kamehameha the Great**, which stands on his father's land. Nestled among royal palms and behind the statue is **Wailoa** with its winding waterways and a fish pond.





The endangered nene
(Hawaiian goose)



Some of Hawaii's exotic
fruit left to right: mango,
star fruit and rambutan



Quiet Coconut Island in Hilo Bay

Adding to the old Hawai'i feeling is the *Hilo Farmer's Market* which is held every Wednesday and Saturday in downtown Hilo. While you walk around it'll be fun to imagine what the city was actually like around the early 1900's.

An easy-to-find waterfall is *Rainbow Falls*, located inland along the Wailuku River at the north end of town. Follow the road running alongside the river to the park where you can see one of the area's most frequented sights. If you're lucky you will see a rainbow spanning the falls.

Upon leaving Hilo the drive north takes you over scenic gorges that were once crossed by cane-hauling trains in the heyday of sugar cane production. The cascading waterfalls and the river mouths under the extensive system of bridges on the road leading north up the Hilo Coast are definitely awesome sights. On this drive north is *Onomea Bay* located along a 4-mile coastal scenic route. The lush ravines and botanical gardens are brilliantly picturesque along this coastal road and are well worth the detour.

Akaka Falls State Park and the village of *Honomū* can be reached by taking Hwy. 220 turning off from the main route, Hwy. 19 north. Once you reach the park a short paved trail will take you past a network of smaller waterfalls and colorful tropical

foliage to the lookout where you'll see the 422-foot Akaka Falls plunging to a pool below.

Honoka`a and Hāmākua

In the old days, during the early part of the twentieth century, it was quite a trip to cross the deep coastal ravines before reaching the town of Honoka`a, which was the third-largest city in the territory of Hawai'i. From Hilo, vacationers and soldiers on leave from Uncle Sam's army would travel up the Hāmākua and Hilo coast to Honoka`a where night life was king. A dance hall was built above the Botelho building, where the first car dealership in the town was located. That building now hosts a curio and antique shop but one can easily imagine what an average Friday night was like at the Botelho in the 1940's. As Hawai'i's old theaters are once again becoming popular, the citizens of Honoka`a enjoy their own historic *People's Theater*. The doors of the theater are opened for feature films every Friday, Saturday and Sunday evening. If going to a movie is not what you want to do on your Hawai'ian vacation, go for the feeling of nostalgia which is definitely present once you've found your seat inside the huge old movie hall.

Outside of Honoka`a town heading north to Waipi`o Valley the landscape changes dramatically. Legend has it that it was in *Waipi`o Valley*, "the land of the falling water," that the great King Kamehameha, as a young boy, received his leadership training and first learned to surf. Today, family ohana ("houses"), still dot the area which is separated by a river that leads into the open sea. Local farmers and their families continue their way of life farming taro, and fishing off the sandy shores of this

Waipi`o Valley plays host to taro farms, waterfalls, and a beautiful beach. The ride down is 4WD only or by foot.



peaceful and remote valley floor.

Outside of Waipī'o Valley and Honoka'a town are other early and small settlements of the Hāmākua region, such as Pa'auilo, Kukuihaele and Laupāhoehoe. These towns are all filled with a rich and local culture that happily survives in this region of the Big Island.

Waimea

Between snow-capped Mauna Kea and the Kohala mountains, the green hillsides of North Kohala roll under wispy white clouds, and afternoon rainbows frequently stream their way from the skies above Waimea. In this landscape herds of grazing cattle can be seen meandering their way through sloping pastures filled with cactus and dry underbrush as Hawai'ian cowboys called *paniolo* still ride horseback and work the range.

Ranching began in this region after King Kamehameha appointed a young seaman named John Parker in 1815, to hunt and shoot the herds of wild cattle whose population had grown uncontrollably since their introduction to Hawai'i in 1793. Parker, who accomplished his mission, managed to domesticate a herd of his own before marrying a Hawai'ian chiefess. The marriage helped Parker acquire the land that he later used to found his 250,000-acre ranch in 1847.

Today, the town of **Kamuela**, more often referred to after its district name Waimea, is a town that is still immersed in the ranching lifestyle. The brightly colored Victorian houses and shops, tidy yards filled with flowers, and the skeletal remains of wagons and wheels give visitors the opportunity to see yet another aspect of the diversity of cultures that exist in Hawai'i.



Pololū & Valleys span the north eastern shore of the Big Island. Unpassable by car this land is accesible by foot only.

North Kohala

Following highway 270 north visitors will encounter a landscape filled with historical landmarks that include the original **King Kamehameha statue**, **Kalābikiola Church**, and **Mo'okini Heiau** which is regarded as the oldest pre-Western contact temple of worship. King Kamehameha was believed to have been born at Mo'okini in 1758. Also to be found in the North Kohala region are the remnants of a once-thriving sugar industry of the 1880's which is still visible in the many old storefronts of **Hāwī** and **Kapa'au** towns.

When you're done visiting these towns, Highway 270 will lead you through North Kohala's fertile pasture lands, dense forests, and ultimately to **Pololū Valley**, which offers one of the best scenic lookouts on the island. If you plan to hike beyond Pololū be prepared for a long trek and bring plenty of water and supplies. The trails are narrow, steep and slippery, and should not be hiked by amateur trailsmen. While driving along the coastline of North Kohala remember that if the skies are clear you may be able to catch a view of the island of Maui looming on the other side of the **'Alenuihāhā channel**, which separates Maui from the Big Island. Between the months of December and April visitors are almost guaranteed a humpback whale sighting off the coast of North Kohala.

Kohala Coast

Almost always under bright sunny skies the Golden Kohala Coast of the Big Island of Hawai'i has for years been the tropical playground of not only ancient Hawai'ian royalty but contemporary vacationers from around the world. Many important historical sites are found along the Kohala coast and the area also has one of America's most highly-rated public beaches, Hāpuna Beach State Recreation Area. Hāpuna's long white-sand beach, rolling surf, clear skies, and accessibility make it a popular destination for many island guests. Among the ebony lava fields of the Kohala Coast landscape are several world-renown

Pu`ukoholā Heiau



championship golf courses. As seen from a distance or from the air, the green fairways that blanket this rugged terrain soften its landscape. Connecting this forty-or-so-mile coastline is the ancient *King's Trail* which was traveled by the ruling ali'i as well as malo-clad runners who were responsible for transporting pond-raised fish wrapped in ti leaves to the tables of Hawai'ian royalty living down the coast in Kailua-Kona. Today, the King's Trail passes through not only several resort properties but also through *Pu`ukoholā Heiau* and scores of petroglyph fields.

Pu`ukoholā, now a national park, was the last Hawai'ian temple built during King

Kamehameha's reign.

Ancient petroglyphs can be found at their most popular spot near the King's Shops on Waikoloa Beach Drive. Along a short trail, follow the signs that direct you to the petroglyphs. Keep in mind that the preservation of these fields depends on people staying on the trail while viewing these ancient rock carvings/drawings. Enjoy this part of ancient Hawaii while you wine, dine, shop, golf, and are treated like royalty on the Kohala coast.

Top 5 Things To Do On Your Visit...

Big Island

1. Visit a Kona coffee farm
2. Experience an active volcano at Volcanoes National Park
3. Taste fresh produce from a local Farmers Market
4. Visit a sacred Hawai'ian heiau
5. Engage in your favorite activity... golf, bike, swim or surf

THE GARDEN ISLE

Kaua'i



Aloha! Welcome to Kauai! Touching down on Kaua'i, some people experience a sense that they've arrived at a spiritual place. Some claim that it is one of the planet's natural "power spots." Whatever that may mean to you, rest assured that you are in for a unique adventure, surrounded by Kaua'i's dramatic scenery. Ocean, sky, breeze, streams and rivers, vegetation, and mountains will all embrace and amaze you as you explore, meet new people, and find your own connection with the beautiful spirit of Kaua'i and its

wonders.

Kaua'i is the most ancient of the Hawai'ian Islands, having been formed some 5 million years ago by a volcano. Its majestic central peak, *Mount Wai'ale'ale*, is acclaimed as the "wettest spot on earth," and the rainwater flows down its verdant faces and converges to feed Kaua'i's five rivers. On a clear day, you may spot Wai'ale'ale as you fly into the airport in *Lihu'e*, the county seat of Kaua'i.

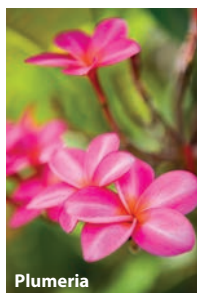
Before we take off, here are a few friendly bits of advice that may come in handy dur-

ing your visit. First, be aware that many of Kauaʻi's beaches, while beautiful, can be dangerous. Please heed the signs posted at them, and consult our excellent lifeguards about the safety conditions on any given day. The local safety motto for the beach is, "When in doubt, don't go out!" Second, whether you have a fair or darker complexion, be sure to apply (and reapply!) strong sun screen that blocks both UVA and UVB rays, even if you are going out in the sun for only a short time. Finally, "Drive with Aloha." What does this mean? Take it easy, let people merge, don't stop in the middle of roads or slow down way below the speed limits to admire the views or consult your map; smile, relax. That's why you came! As to pronouncing Hawaiian words the local people will appreciate your pronouncing them correctly—and they'll be happy to help you do so. This guide will give you the proper spelling (which includes two diacritical marks, the "ka-ha-kou" – macron, which indicates the vowel is a long one, and the "o-ki-na" – which indicates a glottal stop) of place names which will help in pronouncing them. We are a bit ahead of the times since the government and businesses are only very slowly changing to the correct spelling, e.g., some highway and street signs are correctly spelled; the older ones are not. We haven't separated the syllables with hyphens in this guide because they aren't part of the spelling, but you should use the two references to diacritical marks above as examples of how syllables are separated, and words then pronounced. Two words used for referring to direction are "mauka" – toward the mountain, and "makai" – toward the sea.

Note that the topography of the island allows for the only highway to roughly follow the contour of this island. When navigating the roads and asking long-time residents for directions it will be helpful to know the names of the highways and streets. Thus, from its beginning in Lihū'e until its end in the north, the road is called the Kūhiō Highway. In the other direction, from

Lihū'e till its end in the west, the road is called the Kaumuali'i Highway. The juncture in Lihū'e where the name change begins is at the intersection of Kūhiō Highway, Rice Street, and Kaumuali'i Highway. Rice St. is the main street that leads to Kalapaki Bay and Nāwiliwili Harbor. Since the major and only artery connecting the towns on Kauaʻi is two-laned, please be careful while driving: don't make sudden stops; don't drive too slowly or too fast; don't make U-turns along any stretch of road (people have lost their lives in crashes in recent years as a result of the drivers making a U-turn).

Finally, because of Hawaii's fragile ecology, please watch what you transport from one island to another. Invasive species can be those which are present on one island but not on another.



Now let's start to enjoy the island. From the airport, there are two equally inviting options. We can explore the East Shore and then head up to the North Shore, or we can explore the South Shore and then cruise out to the West Shore. Each shore and corresponding mauka segment of Kauaʻi contains its own unique natural and social environments, including special beaches, climates and vegetation, secret valleys, river mouths, cascading waterfalls, hiking trails, as well as dining, shopping, strolling, and resort experiences.

The East Shore

The East Shore of Kauaʻi spans *Lihū'e* to the outer edges of *Kapa'a Town* and is the most densely populated segment of the island. It offers you everything from the more mundane activities of shopping or dining, to the contemplation of river valleys and ancient Hawaiian temples (heiau). Where to start? Since all flights touch down in Lihū'e, we'll begin there.

At the airport our attention is immediately caught by *Hā'upu* (also called "Hoary Head"), a massive round-backed peak to the south. Hā'upu more or less marks the



Alekoko (Menehune) Fishpond



Wailua Falls

southern border of the East Shore. **Kaua'i Community College** on Kaumuali'i Highway is across from it. Residents note that clouds covering the top of Hā'upu is a sign of impending rain, which usually means a short, refreshing light sprinkle. As you leave the Lihū'e airport, you have three choices for direction. Going straight will take you into Lihū'e town, left will lead you toward **Nāwiliwili Harbor** and then into town if you wish, and right will take you towards the North Shore. Let's first go straight into Lihū'e town, which was the earliest business center on the island and still serves as the civic and commercial heart of Kaua'i. Wilcox Hospital, the main post office, Kukui Grove Shopping Center, and the main offices of several banks are located here. The one place in Lihū'e we encourage everyone to visit is the **Kaua'i Museum** (on Rice Street). This is a great starting point for visitors to learn about the history and culture of the Garden Island. Once you have visited the Museum, head to the Nāwiliwili Harbor area. Here you'll find **Kalapaki Beach**, where locals and tourists mix together for sun, swimming, and surfing. Kalapaki is known locally as a good beginner's beach for surfers, and it also serves as a home base for several Hawaiian outrigger paddling teams. A pleasant walkway hugs the beachfront here on resort property, and at the resort or nearby malls you'll discover several places to dine or stop for a relaxing drink while you look out across the bay. You might also see one of the cruise liners that tour the islands docked in the harbor. At the first left after Kalapaki, on Hulemalu Road, heading toward the harbor, the narrow winding road will take you up to **Alekoko (Menehune) Fishpond** outlook. Archaeologists say it was constructed about 1,000 years ago. Go back to Nāwiliwili Road,

turn left and you are a minute away from the **Kukui Grove Shopping Center** where you'll find national chain stores—department, books, home improvement, wholesale—as well as many local establishments.

As you leave the Lihū'e area heading east on Kūhiō Highway, set your sights on the **Wailua River**. If you want to view the **Wailua Falls**, however, turn mauka just past Wilcox Hospital where the highway dips. Back on Kūhiō Highway, after passing through the old plantation town of **Hanama'ulu** you'll soon see the Wailua (municipal) Golf Course after which keep an eye out for a turn-off to **Lydgate Beach Park**, a well-maintained haven which provides: grassy fields; pavilions; protected swimming areas; Kamalani Playground whose structures were built by community volunteers; and one segment of a coastal walk/bike path which will be several miles long upon completion.

The area at the mouth of the **Wailua River** has since ancient times been a highly sacred place, not only for Hawaiians, but also for Polynesians in general. Seven heiau (temple sites) are found beginning near the river mouth, and all the way deep inland from there. These sites are still used for sacred purposes and are protected by law; we are called to respect them by neither taking anything from, nor leaving anything in, them.

The Wailua area, although largely residential, provides opportunities for residents and visitors alike to enjoy many



Wailua River

of the views and activities which Kauai has to offer. There is kayaking or canoeing up the Wailua river and viewing **ʻŌpaeka'a Falls** which is on the right when you drive up **Kuamo'o Road**. Just across from the Falls a road

winds steeply down to **Kamokila Hawaiian Village**, a replica of a native Hawaiian village. There is hiking: further up Kuamo`o Road, between mile markers 2 and 3, look for a trail on the right and park on the side of the road; the trail snakes up to the top of **Sleeping Giant** (the profile of the mountain as seen from Kapa`a town). It is an easy hike with a very rewarding view from the top. At the end of Kuamo`o Road is the **Keāhua Forestry Arboretum**. This fine nature sanctuary provides a quiet refuge for resting, hiking, swimming and simply enjoying Kaua`i's clean air. Returning to the main highway, the resort property at the corner of Kuamo`o Road and Kūhiō Highway is what used to be the **Coco Palms**, long famous as Kaua`i's first resort hotel, one which gave guests a truly Hawai`i flavor with local staff and Hawai`ian entertainment, and which later also drew Japanese visitors because of its connection to Elvis Presley and "Blue Hawaii" which was filmed here. Heavily damaged by Hurricane `Iniki in 1992, its reconstruction remains in limbo. Across the highway (a two-lane road in this segment) from the hotel is **Wailua Beach** where the waters can be very calm or where white-capped waves roil the water, or where waves are surfable, depending on the time of year.

Past the Coco Palms and Wailua Beach, on the makai side of the highway is another resort area and the famous coconut grove on the mauka side. Next are, in quick succession, the towns of **Waipouli** and **Kapa`a**, each of which has restaurants with menus specializing in one or another of the variety of cuisines found on the island; each town also has inviting gift shops, grocery stores, cafés, and a range of lodging alternatives. You will also find many companies offering various types of nature-based activities such as kayaking trips, snorkeling, zip line adventures, or other activities such as tours of spots where movies were filmed, or an evening at a Hawaiian lu`au. These formerly small and somewhat sleepy towns have undergone much commercial and residential development in recent years, so be prepared for traffic congestion and busyness.

The North Shore

Where does the North Shore of Kaua`i begin? Some say it begins as soon as you drive beyond Kapa`a's outer limits and escape congestion to arrive at **Keālia Beach**, popular with experienced boogey boarders and short boarders. Something dramatic happens when you arrive in the area: the town landscape gives way to an ocean panorama and mountain vistas. There is a promise of lush verdant mountains and valleys and waterfalls, of white sandy beaches that stretch around bays, of azure oceans meeting the horizon, of gentle mists and rainbows. Wherever the North Shore technically begins, it is the most lush and soothingly balmy region of Kaua`i and its beauty is epitomized by the **Nāpali coast**.

After Keālia you will approach the community of **Anahola**. You won't see much of the ocean on the long stretch of highway between Anahola and Kīlauea, but one of our favorite pastimes is to turn off the main road onto smaller side roads that head towards the ocean. Often a trailhead or a breathtaking view awaits at the end of these smaller roads.

Kīlauea, a former plantation town, is mainly a bedroom community, but it is where we find a beautiful lighthouse, built in 1913. It marks the northernmost point of the main Hawaiian Islands and originally guided boats traveling to and from the Far East. It is part of the **Kīlauea Point National Wildlife Refuge**. The view from the grounds is stunning and includes **Moku`āe`āe Island** bird sanctuary which is just offshore. If you're lucky, you may see porpoises frolicking and, in season, whales breaching and the Newell's Shearwater chicks in their ground nests and a monk seal sunning itself on the



Kīlauea lighthouse

rocks below. You can take a self-guided tour, bird watch, and enjoy an educational stop at the visitor center where you can borrow a pair of binoculars.

Between Kilauea town and the Princeville resort development, there is a very nice beach, **Anini Beach**, which is great for wind-surfing, for walking the beach, for picnicking and playing on the large grassy park area and on Sundays watching the polo club play on the grounds across from the beach playground. Camping here is popular with island families particularly during long holiday weekends. At state beach parks where camping is allowed, a permit is required.

Princeville, the next major stop as you travel further north, currently represents the upscale element on Kauaʻi. Hotels, condos and vacation homes abound, and there are world-class golf courses. Enter at the massive fountain next to the highway. If you drive to the end of this road you will arrive at the hotel and get one of the best panoramic views of **Hanalei Bay** from an outlook in front of the hotel. Another place where a wonderful view is possible is at the Hanalei Bay Resort Hotel. Once you are in the area you can decide what you want to do; this guide can't begin to tell you of all the many possible different walking, eating, viewing activities you can enjoy here.

Ready to drive down to Hanalei? Before you do so, you might want first to view the valley from the outlook, a few yards after you exit from the Princeville resort; it's a view that is included in every calendar collection featuring Kauaʻi. The vista from this outlook includes the fields planted in taro and the mountains beyond. The only vehicular access into Hanalei is via a one-lane bridge; when it rains excessively and

the river overflows its banks, the bridge is closed. It has been decided that the bridge will be kept one lane to deter unmitigated development in the valley for there is no way to truck in heavy loads of construction equipment and material over it.

Hanalei is a welcoming and easygoing place. In the distance are green mountains and waterfalls running down the sharp, narrow, "vertical valleys" on the mountain faces, the whole serving as a backdrop to the taro fields and conservation forest. Rain clouds are often caught on the mountain peaks. Since becoming a popular tourist destination Hanalei town now has many restaurants. There also are shops selling jewelry, clothing, glass and ceramic art, and equipment for water sports. Several places rent equipment such as kayaks, surfboards, and boogie boards. Turn towards the ocean on almost any street, and you'll soon find access to the long sandy beach that rims **Hanalei Bay**. On the mauka side of the main street, behind the buildings fronting the street, are taro patches which have been tended by farming families for generations.

Continuing north out of the town, you'll feel that you've entered an Eden. This is the "real" North Shore: let the road take you over one-lane bridges, past beautiful beaches and trees. Enjoy **Hā'ena Beach Park**, a great snorkeling beach ("Tunnels," a snorkeling area can be accessed from here). Tour **Lima-huli Garden and Preserve** which is a part of the National Tropical Botanical Garden, a not-for-profit organization. At Limahuli native species such as taro are preserved in terraced gardens. Continue until you hit the very end of the highway where you'll find **Kē'ē Beach**, one of the best snorkeling places on the island, and perhaps the most

spectacular setting from which to watch the sunset. The **Kalalau** trail takes off from Kē'ē; you can stop at **Hanakāpī'ai Beach** (which you could make your destination) before continuing into the valley. Be careful about (continued on page 26)



Hanalei



Tunnels

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The Wine Garden	(808) 245-5766
Kauai Lagoons Golf	(808) 245-5050
Lihue Airport Newsstand	(808) 246-9072
Hilo Hattie	(808) 245-3404
Tropic Isle Music Co.	(808) 245-8700

Kapaa

Java Kai	(808) 823-6887
Wailua Golf Course	(808) 246-2793
Kojima's Store	(808) 822-5221
Mystical Dreams	(808) 821-1054

Kilauea

Menehune Mart	(808) 828-1771
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Princeville

Prince Golf Course	(808) 826-5007
Makai Golf Course	(808) 826-5007

Hanalei

Java Kai	(808) 826-6717
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Mediterranean Gourmet	(808) 826-9875
Princeville Resort	(808) 826-2782

Koloa

Kukuiula Store	(808) 742-1601
The Wine Shop	(808) 742-7305
Big Save	(808) 742-1614

Poipu

Poipu Sundry Shop	(808) 742-1033
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Kalaheo

Menehune Mart	(808) 332-7349
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Eleele

Happy Honu Gifts	(808) 335-3211
Big Save	(808) 335-3127

Waimea

Big Save	(808) 338-1621
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OAHU

Honolulu

Cigar Cigar	(808) 591-0808
Alan Wong's	(808) 949-2526



Pro Shop at The Prince Course



Java Kai - Hanalei



The Wine Garden

ISLAND PRINCE

KAUAI CIGAR COMPANY



HASR Wine Co. (808) 371-1698
The Liquor Collection (808) 524-8808
Tamura's Fine Wines (808) 735-7100
Island Vintage Coffee (808) 545-4125

Aiea

Shiroma's Wine and More (SWAM)
(808) 487-7926

Haleiwa

North Shore Smoke Shop (808) 637-1750

Kailua

Luana Hills Country Club (808) 262-2139

BIG ISLAND

Kailua-Kona

Kona Wine Market (808) 329-9400
Tim's Great Cigars (808) 329-3663
Island Wayz (808) 895-4019
Kona Country Club (808) 322-3700

Volcano

Volcano Winery (808) 967-7772

Captain Cook

Coffees N Epicurea (808) 328-9658

Hawi

Mother's Antiques & Fine Cigars
(808) 889-0496

MAUI

Wailuku

Cafe Marc Aurel (808) 244-0852

Makena

Makena Golf Course (808) 872-5272

Wailea

Wailea Wine (808) 879-0555

Lahaina

Mr. Wine (808) 661-5551
David Paul's Lahaina Grill (808) 667-5117

Paia

Anthony's Coffee (808) 579-8340
The Wine Corner (808) 579-8904
R. Groden Gallery (808) 579-8888

Pukalani

Pukalani Superette (808) 572-7616

Kula

Tedeschi Vineyards (808) 878-1266

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Hasegawa General Store (808) 248-8231

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(continued from page 23) crossing the river here for if it has rained in the valley water will come rushing down to sweep away the unwary. The entire Kalalau trail should only be tackled by seasoned hikers and only when the weather has been dry for several weeks. The maintenance of the trail has mostly been done by volunteers who realized how dangerous it had become in parts. From various high points on this trail, you can see the Nāpali coast unfolding. Boating tour companies make it possible for others to view the Nāpali coast in its splendor from the ocean. You can also view it from the air by helicopter.

The South Shore

Back in Lihue and heading south on Kaumuali'i Highway, the road is often lined by lush vegetation. Adding to this lushness are the vines, with yellow flowers in season, that hang from the trees and power lines. When the blossoms dry they'll turn brown and then be known as "wood roses" which may be used for decorative purposes. It may be hard to believe that this plant is a pest, an invasive species. In places along the highway there are different kinds of ginger flowers and beyond on both sides of the highway are acres of land that used to be planted in sugar cane. Kaumuali'i Highway takes you to the sunny South Shore area, where the sun is usually shining even when other parts of the island is experiencing rain or overcast skies. This weather phenomenon is also true of the West Shore.

Turning left from the highway at Maluhia Road ("tunnel of trees" road) you will be arriving at the former plantation town of **Kōloa**. The tree tunnel was created with eucalyptus trees donated about a



Spouting Horn

hundred years ago by one of the island's major plantation families, the McBrydes. Kōloa

was Kaua'i's first sugar plantation town and had a sugar mill. While the town had been restored to a level of cozy charm, it is now destined to be transformed again, this time to an upscale residential and resort area. Kōloa becomes the **Po'ipū** area which is closer to the shoreline. Po'ipū is a major resort area boasting a luxury class hotel with a golf course where the PGA Grand Slam of Golf was held for several years, many vacation condo "villages," a mix of resident-occupied homes and vacation rentals, shopping centers with good restaurants, and a fine beach, **Po'ipū Beach** which headed Dr. Beach's list of America's Best Recreational Beaches in 2001. Other named beaches in the area are Brennecke and Shipwrecks. The latter fronts the hotel and if you go just past the resort the paved road ends and if you turn onto a dusty, bumpy road, you will arrive at **Māhā'ulepū**, which is a perfect area to spend a day walking the shoreline, hiking up Hā'upu, (remember the mountain you saw from the airport?), exploring the environment, taking in the beauty of the cliffs, lava formations, ironwood trees, and enjoying the wonderful beaches. Back in the populated area of Kōloa, at the opposite end of the shoreline from Po'ipū, visit the **Spouting Horn** where wave action on an underwater lava tube results in a plume of water shooting into the air producing an exciting sight at frequent intervals.

Back on Kaumuali'i Highway (Hwy 50), you'll soon reach **Kalāheō**, another former plantation town. Now it's home to a popular public golf course, and has a mixture of both ordinary and upscale residences. On the outskirts of Kalāheō the landscape changes in an entirely unique way: acres and acres of cane fields, coffee trees, and open land mark the transition to the sunny, dry West Shore.

The West Shore

The rain doesn't often reach Kaua'i's West Shore, so it's drier, hotter and somewhat more barren than the rest of the island. You'll arrive first in Hanapēpē, known as Kauai's "Biggest Little Town." As you approach the town, take the turnoff into



Waimea Canyon

historic Hanapēpē, where you'll encounter a main street lined with art galleries. Friday night is art night, so that's a good time to enjoy the well-maintained galleries and shops. A stroll across the Hanapēpē swinging bridge completes any daytime visit. Just at the edge of town, turn left from Kaumuali'i onto Highway 543 and drive out to **Salt Pond Beach Park**, where there is an area of salt beds which are flooded by seawater from wells; after the water evaporates the salt is mined by the same families who have obtained salt in this manner for generations. This highly valued "Hawaiian salt" is available only from these families and their friends. The swimming at the beach is safe any time of year.

Waimea town is the next stop along the main highway. A 27-foot obelisk memorializes the death of Captain James Cook who, in 1778, landed on Kaua'i—his first landing in Hawaii. The Waimea ("reddish water" from the red dirt of the area) River runs to the ocean at Waimea. (Swimming here isn't recommended due to the heavy river run-off.) When in Waimea, you might want to taste one of the local specialties, including poké, a wonderful dish made with chunks of raw fish or other seafood (including octopus), and seasoned with seaweed and spices. Try it! It's one of Kaua'i's delicacies.

From Waimea, you can either head further out the highway to **Kekaha** and **Polihale**, or go mauka on Waimea Canyon Road. If you decide to go out to **Polihale State Park**, you'll first drive through Kekaha, where the road runs right along the beach—it's a starkly beautiful area. At the Polihale turnoff, be prepared for a long, bumpy, and totally

worth-it drive on a dirt road which leads to miles of pristine beach and views of the cliffs. The beach is wide and long, running for 17 miles from the Polihale cliffs back down to Waimea. The majestic cliffs are also the endpoint of the mountainous Nāpali coast, which wraps around from the north and ends here.

If you choose to view the **Waimea Canyon**, be prepared to have your mind blown. Known as "the Grand Canyon of the Pacific," it was formed by successive lava flows. The layering of the rock creates stunning striations reminiscent of Arizona's Grand Canyon. As you drive up the road, more and more of the canyon will come into view. You'll soon enter the **Kōke'e State Park** where you can take advantage of the lookout points and many trails created by the state for visitors' pleasure. On your way into the park visit the **Kōke'e Museum** for useful maps and displays about native and introduced plants and animals.

To close this tour, we will point you to the crowning glory of Kaua'i: Kalalau Valley seen from the **Kalalau Lookout**. From this vantage you'll view from above the valley which could be viewed from the sea or from ground level by those who hiked into it from the North Shore end. There are no words for the beauty you will absorb from this spot: unforgettable, just like Kaua'i itself. If, by chance, the valley is shrouded in mist when you first arrive, don't despair, don't leave just yet; after a few minutes, when the mists part, and the rays of sun touch the valley you will experience something magical. Note the flora and fauna: the 'ōhi'a trees and flowers, the 'apapane (a Hawai'ian honeycreeper).

Top 5 Things To Do On Your Visit...

Kaua'i

1. Drive and explore the North Shore
2. View the grandness of Waimea Canyon and Kalalau Valley
3. Soak up the sun on any of Kaua'i's beaches
4. Visit the Nāpali coast by boat, helicopter, or foot
5. Do something outdoors like kayaking, hiking, or snorkeling

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Peaberry Kona coffee offers connoisseurs one of the finest and perhaps rarest coffee beans in the world. Only an estimated 4 percent of the annual Kona coffee harvest yields a Peaberry grade of coffee. Peaberry occurs when a coffee tree is stressed in its growing environment, resulting in an individual coffee cherry producing only one round and very dense bean rather than the usual two beans. The taste of Peaberry in the cup is simply exquisite.	\$135.00 /5 lbs.
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100% Pure “Malulani Estate” Molokai Coffee	\$23.00 /lb.
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The name “Malulani” the Hawaiian word for “heavenly aroma,” refers to the unique aromatic characteristics of Molokai coffee. Washed and completely sun dried this coffee has a mild acidity, rich body, and deep tasting finish.



Blair Estate Kauai Organic Arabica Coffee **available only while it lasts!**

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www.coffeetimes.com • 1-800-750-5662

100% HAWAIIAN FOODS AND GIFTS



100% Kona Macadamia Nuts	\$15.00 /lb.
Coffee Times 100% Kona Whole Grade Macadamia nuts are grown exclusively by independent farmers in the Districts of North & South Kona. They are the finest nuts in the world.	\$70.00 /5 lbs. \$130.00 /10 lbs.

Washed 100% Hawaiian Cane Sugar	\$5.00 /lb.
Our sugar is 100% pure Hawaiian and will compliment your coffee or baked goods like no other. It is the best and most natural sweetener in the world.	\$22.50 /5 lbs. \$40.00 /10 lbs.

100% Organic Hawaiian Wild Flower Honey	\$7.00 /lb.
Our 100% Hawaiian honey is raw and unprocessed and some of the cleanest on earth and is collected from hive locations around the island of Kauai.	\$18.00 /3 lbs. \$33.00 /6 lbs.

Organic Spirulina Pacifica Tablets	\$27.00 (400 tabs./1 bottle)
Grown in Kona, Spirulina Pacifica is the world's one and only certified organically grown and processed algae. This dried water vegetable provides a remarkable combination of beta carotene, chlorophyll, B-vitamins, complete protein, GLA, and a host of enzymes and minerals. Spirulina is remarkable in that it provides more concentrated nutrition than any other whole food. <i>Shipping weight is 1 pound per bottle.</i>	\$125.00 (5 bottles) \$230.00 (10 bottles)

Chocolate Covered 100% Kona Macadamia Nuts	\$9.00 /8 oz.
100% Kona Macadamia Nuts draped in rich gourmet dark chocolate.	\$17.00 / lb. \$80.00 /5 lbs.

Chocolate Covered 100% Kona Peaberry Coffee Beans	\$9.00 /8 oz.
Medium roasted 100% Kona Peaberry coffee beans draped in rich gourmet dark chocolate.	\$17.00 / lb. \$80.00 /5 lbs.



Aero Press

The new AEROBIE® AeroPress™ utilizes a breakthrough in the coffee brewing process to yield the smoothest, richest coffee and espresso that you have ever tasted.

FREE SHIPPING TO ANYWHERE IN THE U.S.

French Press	\$35.00 (3 cup /12 oz.)
(Monet Style and Unbreakable)	\$45.00 (8 cup /30 oz.)

Arguably the best way to make a cup of coffee and the way we make our morning cup on the farm. All you need is hot water and coffee. Plunge and pour the best coffee on earth... 100% Coffee Times!

FREE SHIPPING TO ANYWHERE IN THE U.S.



100% HAWAIIAN FOODS AND GIFTS



Kauai Cigar Company Island Prince Cigars..... Momona

These Kauai cigars are the result of growing, curing, fermenting, aging, and hand rolling some of the finest tobacco in the world. Our cigars contain premium, all natural, Sun Grown 100% Kauai Filler Tobacco, and contain no synthetic additives for flavor.

LIGHT: Our Kauai tobacco is wrapped in a Connecticut shade leaf grown in Ecuador. This silky, and cream like cigar has a medium to full bodied taste.

DARK: Our Kauai tobacco is wrapped in a maduro leaf originating from Habano 2000 seed grown in Nicaragua. It is a full bodied smoke, and is filled with deep, and complexing flavors.

Momona	50 Ring, 5 3/4 inch
Luana Iki	46 Ring, 4 1/2 inch
Bumboochoa	52 Ring, 6 1/8 inch

Please specify light or dark. Shipping weight: 1-18 is 1 lb. No mail order sales within the State of Hawaii. Call us for ordering information or to find a Hawaii retailer.

SURGEON GENERAL'S WARNING: Cigars are not a safe alternative to cigarettes.

\$13.00 (Single)
\$35.00 (Box of 3)
\$65.00 (Box of 6, available in a mix of 3 light and 3 dark cigars)
\$180.00 (Box of 18)

Luana Iki
\$162.00 (Box of 18)

Bumboochoa
\$192.00 (Box of 18)



Kauai Cigar Company Dancing Island Prince Tee Shirt (100% Cotton)



Small / Medium / Large / Extra Large.....	\$20.00
Extra, Extra Large	\$22.00
<i>Shipping weight is 1 pound per shirt.</i>	

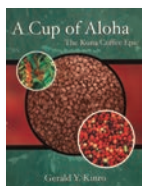
Kauai Cigar Company Logo Stitched Baseball Cap..... \$20.00

Black/Gold Thread, Green/Gold Thread,
Orange/Black Thread, Blue/Gold Thread,
Tan/Black Thread

Shipping weight is 1 pound per cap.



A Cup of Aloha by Gerald Kinro \$20.00



A wonderfully written portrayal of the history behind Kona coffee. Born and raised on a coffee farm in Kona, Kinro paints a vivid picture of what life was and continues to be like on a coffee plantation in Hawaii. Kings, Queens, affairs and pirates the author captures it all within this book. The book is filled with many great photos and even a reference to Coffee Times! *Shipping weight is 1 pound per book.*

100% HAWAIIAN FOODS AND GIFTS



Coffee Times Cartoon Shirt \$15.00

Our logo on the front and the funny anti-counterfeiting cartoon on the back. Natural, Vegas Gold or Ice Grey, S, M, L, XL
Shipping weight is 1 pound per shirt.



Coffee Times Decorative Tank Top \$18.00

Beautiful floral "Coffee Times, Kauai, Hawaii 100% Hawaiian Coffee" art printed on the front of this shirt. Lavender or White. S, M, L, XL
Shipping weight is 1 pound per tank top.



Coffee Times Label Tee Shirt \$18.00

Four color Coffee Times, Kauai, Hawaii label in large print on rear of shirt with logo on the front. Night Blue or Chestnut. M, L, XL, 2X
Shipping weight is 1 pound per tee shirt.



Coffee Times Men's Polo Shirts \$25.00

Coffee Times logo and words FRESH ROASTED SINCE 1993 KAUAI, HAWAII embroidered on front left chest. Navy, Sport Grey or Putty. M, L, XL
Shipping weight is 1 pound per shirt.

Coffee Times Lady's Sleeveless Polo Shirts \$25.00

Decorative coffee branch and Coffee Times, Kauai, Hawaii embroidered on front left chest. Lavender or White. S, M, L, XL
Shipping weight is 1 pound per shirt.

Coffee Times Baseball Cap \$20.00

Stone washed this baseball cap has the Coffee Times logo embroidered over the bill and FRESH ROASTED SINCE 1993 KAUAI, HAWAII embroidered on the rear. Khaki or Steel Blue
Shipping weight is 1 pound per cap.

Coffee Times Ceramic Mug \$10.00

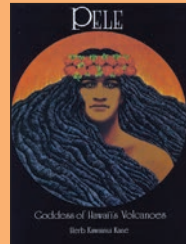
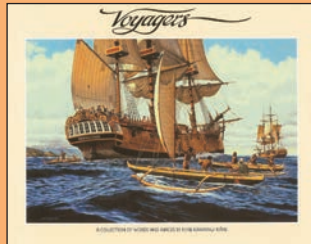
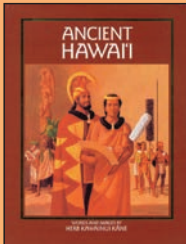
Four color Coffee Times label printed on an attractive 10oz. coffee mug.
Shipping weight is 1 pound per mug.

Coffee Times To Go Coffee Cup \$16.00

Stainless Steel travel mug with Coffee Times Logo printed in black
Shipping weight is 1 pound per mug.



Now Offering 3 Books by Herb Kawainui Kane



Words and images by Herb Kawainui Kane can be found in his 2 books *Ancient Hawaii* and *Pele*. Both books are illustrated with Herb's inspirational paintings and include myths, legends, and history of Hawaii and the South Pacific. Artist signed copies of these books can be purchased exclusively through Coffee Times.

Ancient Hawaii (hard cover)	\$16.50
Ancient Hawaii (soft cover)	\$12.50
Pele (soft cover)	\$11.00
Voyagers (soft cover)	\$25.00

**For an artist signed
book call:
1-800-750-5662
FREE SHIPPING INSIDE U.S.**



An Island Prince is Born.

Kauai Cigar Company proudly resumes a tradition of growing fine Hawaiian tobacco.
A tribute to the Hawaiian Tobacco Growers of 1904-1907



ISLAND PRINCE [MOMONA]

These Kauai cigars are the result of growing, fermenting, aging, and hand rolling some of the finest tobacco in the world. Without the use of synthetic additives for flavor, these cigars are comprised of all natural tobacco, and made entirely by hand.

**SURGEON GENERAL'S
WARNING:** Tobacco Use
Increases the Risk of Infertility,
Stillbirth and Low Birth Weight.



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