

# HAWAII: THE BIG ISLAND



Hawaii Island isn't just big, it's still growing. The Island of Hawaii is the youngest island in the Hawaiian chain and is also by far the biggest, providing a vast canvas of environments to discover a variety of unrivaled natural wonders. This is the home of one of the world's most active volcanoes (Kilauea), the tallest sea mountain in the world at more than 33,000 feet (Maunakea), the most massive mountain in the world (Maunaloa) and the largest park in the state (Hawaii Volcanoes National Park). All but two of the world's climate zones generate everything from lush rain forests to volcanic deserts, snow-capped mountaintops to beautiful black sand beaches. Whether you're looking for a romantic getaway or a journey off the beaten path, you'll discover it all on Hawaii, the Big Island.

## YOUR RETURN TRIP TO THE BIG ISLAND

With so much beauty to discover, so many historic sites to explore and so many adventures to experience, a return visit to Hawaii Island is inevitable. Now that you've had a taste of what Hawaii Island has to offer, explore the island at a more leisurely pace or see regions you weren't able to see before.

The first place to start is not on land, but in the water. Whether it's diving with manta rays, going on a whale watching tour, taking a sunset cruise or going on a snorkeling expedition, you'll find some of Hawaii Island's biggest surprises out at sea. And while you may have already seen lava meet the sea at Hawaii Volcanoes National Park, don't forget to look towards the heavens atop Maunakea for unparalleled stargazing.

Explore the small towns of Hawaii Island and you're bound to discover treasures in the art and coffee village of Holualoa, Honokaa Town on the Hamakua Coast, and peaceful Hawi in North Kohala. The Pololu Valley Overlook just beyond Hawi and the Waipio Valley Overlook just past Honokaa are worth the trip alone.

And while having extra time to indulge in Hawaii Regional Cuisine, golf and wellness and rejuvenation treatments in Hawaii Island's best resorts is welcome, a continued exploration of the history and culture of Hawaii can be even more rewarding. Go on a hike and discover amazing petroglyphs on the Kohala Coast. See a hula competition or celebrate with locals at a cultural event or festival. Or tour the amazing art galleries and museums of Hawaii Island to get an even deeper insight into Hawaii's heritage. On an island this size, there won't be time to do it all. But with an active volcano still changing the landscape, all this and more will be waiting for you on your next trip back to Hawaii Island.

## *THE KONA COAST*

The sunny Kona District stretches for about 60 miles from Kona International Airport to beyond Kealahou Bay on Hawaii Island's lava-lined western coast. Along this expansive area, you'll find everything from coffee farms to historic Hawaiian landmarks.



In fact, King Kamehameha actually spent his final years in Kailua-Kona. Today, Historic Kailua Village (Kailua-Kona) is a bustling, gathering place in the heart of the district, just a 15-minute drive south of Kona International Airport. Home to shops, restaurants and nightlife, you can conveniently take a walking tour of Kona's history at places like Hulihee Palace, Mokuaikaua Church and the Ahuena Heiau.

Other significant historic places include Kealahou Bay to the south, where Captain James Cook first set foot on the island in 1778 and where he was eventually killed. Nearby is Puuhonua o Honaunau National Historical Park, a well-restored Hawaiian "place of refuge." North of Kailua-Kona is the Kaloko-Honokohau National Historic Park, a 1160-acre park that lets you explore early heiau (temples), fishponds and petroglyphs.

Shielded from winds by Maunaloa, south Kona's calm and clear waters are perfect for snorkeling, diving and spotting dolphins and honu (Hawaiian green sea turtles). One of Kona's most memorable experiences is going on a manta ray boat tour to scuba or snorkel with these gentle, graceful sea creatures. Kona is also famous for its deep-sea fishing, hosting the International Billfish Tournament every year. And on land, don't forget to travel to the cooler upland slopes of towns like Holualoa, where you can sample the distinctive flavors of 100% Kona coffee. On the versatile Kona coast, you'll find the adventures are as big as the island itself.

### *KEAUHOU BAY*

A short drive south of Historic Kailua Village, the Keauhou Resort area has emerged as one of Hawaii Island's great cultural destinations. The area is bordered on the north coast by beautiful Kahaluu Bay with the famous Kona coffee country of Holualoa just up the slopes of Mount Hualalai.

Featuring the Sheraton Kona Resort & Spa at Keauhou Bay and the Outrigger Kanaloa at Kona, Keauhou Resort is an area blessed with sunny weather and perfect waters for snorkeling, scuba diving and kayaking. These idyllic conditions made it a favorite hideaway of Hawaiian royalty, and today the area boasts dili-



gently restored heiau (temples), ancient fishponds and a wealth of historical sites. Interpretive centers throughout the resort weave together the area's present and past, making a stay in Keauhou as enriching as it is relaxing.

The Keauhou area attracts manta rays that feed on microscopic plankton near the shore. You can spot these manta rays in the shallow waters off the Sheraton Kona Resort & Spa at Keauhou Bay, which shoots out spotlights into the plankton filled waters nightly. But to really see manta rays up close and personal, go on a manta ray night dive departing regularly just north from Honokohau Harbor.



You can also sometimes see honu (Hawaiian green sea turtles) in the shallow tide pools. It's easy to see why Hawaiian royalty, including the "Merrie Monarch" King David Kalakaua, adored this area.

In Keauhou you'll also find golf courses, as well as spas and fine resort restaurants in a convenient location that makes for a great home base during your adventures in Kona.

## *HISTORIC KAILUA-KONA*

Located just 15 minutes south of Kona International Airport, Historic Kailua Village (Kailua-Kona) is a lively seaside town in the heart of the sunny Kona Coast. Once a sleepy fishing village and a retreat for Hawaiian royalty, Kailua Village is now a destination for affordable accommodations, great shopping, dining and learning about Hawaii's rich culture.



Stroll down the main road of Alii Drive and you'll find a variety of shops and restaurants. But look closer and you'll also discover some very important Hawaii Island historic spots. Hulihee Palace and the Mokuaikaua Church are both located right on Alii Drive. King Kamehameha I spent his later years living near the current site of King Kamehameha's Kona Beach Resort until his passing in 1819. The Ahuena Heiau, located on the grounds of the hotel, is a reconstructed temple rebuilt by Kamehameha himself and is on the register of National Historic Landmarks. Kailua Pier is a great place to watch the sunset and is also the starting and finishing point of the Ironman World Championship (October).



Stay in Historic Kailua Village after sunset to experience the nightlife, Hawaii Island style. Listen to live music as you stare out into tranquil Kailua Bay, fueling up on delicious local food for another day of adventure on Hawaii Island.

## *HULIHEE PALACE*

Travel back to the days of the Hawaiian monarchy at Hulihee Palace, located right on Alii Drive in the heart of Historic Kailua Village (Kailua-Kona). Once a summer vacation home for Hawaiian royalty built in 1838, today Hulihee Palace is a museum showcasing



Victorian artifacts from the era of King Kalakaua and Queen Kapiolani.

The Palace features beautiful koa wood furniture, ornaments and artifacts from Hawaii's royal past. In fact, this entire area of Kailua-Kona town has great historical significance with Mokuaikaua Church (Hawaii's earliest Christian Church built in 1820) right across the street and Ahuena Heiau (the last royal residence of King Kamehameha I) visible right across the Kailua Pier.



And on one Sunday out of the month, the Hulihee Palace Concert features free music and performances from the Hulihee Palace Band and the Merrie Monarchs Chorale. In 2006, an earthquake damaged Hulihee Palace, and a full restoration was completed in October 2009. Public tours of the Palace are limited, but the gift shop is open.

## *PUUHONUA O HONAUNAU NATIONAL HISTORICAL PARK*

Located on the coast of Honaunau Bay in south Kona, Puuhonua o Honaunau immerses you in Hawaiian culture. This 180-acre national historic park was once the home of royal grounds and a place of refuge for ancient Hawaiian lawbreakers.



Kapu, or sacred laws, were of utmost importance to Hawaiian culture and the breaking of kapu could mean death. A kapu-breaker's only chance for survival was to evade his pursuers and make it to a puuhonua, or a sacred place of refuge.

Once there, a ceremony of absolution would take place and the law-breaker would be able to return to society.

Hundreds of years old yet beautifully restored, Puuhonua o Honaunau remains one of Hawaii's most sacred historic places. Follow the park and map and take a self-guided walking tour and explore the grounds including the Great Wall, standing 10-feet high and 17-feet thick. Fierce kii, or wooden images of gods, guard the Hale o Keawe Heiau, a sacred temple that housed the bones of 23 alii (chiefs). A black lava rock shoreline hindered kapu-breakers from approaching by sea.

Beyond the puuhonua, explore the nearby Royal Grounds, which were the sacred home of alii. See Keonele Cove, the royal canoe landing; the Keoua Stone, the favorite resting place of the high chief of Kona, Keaoua; as well as halau (thatched work house), fishponds and a heiau (sacred temple) that is one of the oldest structures in the park. Beautiful at sunset, this sacred place gives visitors an important glimpse into early Hawaiian culture.

## *HOLUALOA*

Java is the juice that powers Holualoa, the little village and art enclave in the heart of Kona coffee country. This is a great place to taste the rich flavors of 100% pure Kona coffee, a rare commodity exclusively grown in north and south Kona.



The high elevation, constant cloud coverage, and rich volcanic soil in the upland slopes of Kona, Holualoa and Kealakekua create an ideal environment for harvesting the unique Kona coffee bean. There are roughly 600 coffee farms in the Kona area and many offer tours to the public. Visit Holualoa's thriving coffee orchards and learn about the meticulous harvesting process. Then explore the coffee mill and see how the beans are processed. As you finish your tour, sip a freshly brewed cup for yourself and experience the rich aroma and flavor that makes 100% Kona coffee so highly valued.

Tucked amid the upland farms on the slopes of dormant Hualalai Volcano between Kailua-Kona and Keauhou, Holualoa has also become art central for the Kona and the Kohala Coast resort areas. Discover local artwork including paintings, ceramic sculptures and handcrafted woodwork. To experience the best of both worlds, visit during the annual Holualoa Village Coffee & Art Stroll in November. Taste exotic Kona coffee blends while you shop for handcrafted goods and meet local farmers and artists. Then make room in your suitcase to take home a bag of Holualoa's best beans for your trip home.

## *COFFEE PLANTATIONS ON HAWAII ISLAND*

100% pure Kona coffee is a rare commodity exclusively grown in north and south Kona. The high elevation, constant cloud coverage and rich volcanic soil from Hualalai Volcano in the upland slopes of Kona create an ideal environment for harvesting this unique Hawaiian coffee bean.

There are hundreds of coffee farms in Kona, from the small art town of Holualoa to Kealakekua, and many offer tours to the public. Visit thriving coffee orchards and learn about the meticulous harvesting process. Then explore the coffee mills and see how the beans are processed. Some of these farms with available tours include the Kona Coffee Living History Farm, Mountain Thunder Coffee Plantation, Greenwell Farms, Hilo Coffee Mill (on the Hilo side) and many more. The Kona Coffee Cultural Festival held during November in Historic Kailua Village (Kailua-Kona) is a must-see event for coffee lovers.



At one time, coffee was grown in every district on Hawaii Island. Today, discriminating growers are reviving this rich tradition. Boutique, award-winning farms can be found in Kau, Puna and Hilo. So sip a freshly brewed cup for yourself and experience the rich aroma and flavorful taste that makes 100% Kona coffee so highly valued, then sample a cup from every district to see which subtle variety suits you best.

### *KEALAKEKUA BAY STATE HISTORICAL PARK*

Located about 12-miles south of Historic Kailua Village (Kailua-Kona) in south Kona, Kealakekua Bay is a Marine Life Conservation District perfect for snorkeling, scuba diving, and kayaking. The bay's brilliant waters are filled with coral and schools of tropical fish. On occasion, you can even see spinner dolphins swimming in the bay. If you want to stay dry, there is a picnic area to relax and enjoy this historic spot.



Kealakekua Bay is an important historic location because it marks the site where the first westerner, Captain James Cook, landed on Hawaii Island. Cook was the first British explorer to establish contact with the Hawaiian Islands in 1778 on Kauai. Only a year later, he was killed in a skirmish with native Hawaiians right here in Kealakekua Bay. A white obelisk on the shore of Kealakekua Bay State Historical Park memorializes his death. On the east side of the bay there is also the Hikiau heiau (sacred temple) dedicated to the Hawaiian god, Lono.

### *KALOKO-HONOKOHAU NATIONAL HISTORICAL PARK*

Just south of Kona International Airport (KOA), is Kaloko-Honokohau National Historical Park. Explore this coastal park and discover how an early Hawaiian settlement survived on the rugged Kona coast.



Hike to see four different ahupuaa (traditional sea to mountain land divisions), as well as heiau (sacred temples) and kii pohaku (petroglyphs). The park is also home to two amazing Hawaiian fishponds that show the engineering acuity of Native Hawaiians. Walk out to see how the white sands of Honokohau Beach contrast with the black lava rock coastline. Or look for local wildlife including honu (Hawaiian green sea turtles), native birds and maybe even a Hawaiian monk seal, sunning on the shore. Check the Visitor Center to learn more about special programs and guided tours.



## *KOHALA COAST*



As you drive 20-minutes north of Kona International Airport, you'll marvel at the rugged lava fields surrounding you. You may not see it from Queen Kaahumanu Highway, but the Kohala Coast, also simply known as "South Kohala," is where you'll find some of the island's finest resorts.

Nestled amongst the jet-black and rust-red lava rock fields, a result of eruptions from Hualalai volcano centuries ago, are green oases full of world-class accommodations, fine dining and some of Hawaii's best golf courses. Less than nine inches of rainfall annually falls on the eight outstanding resorts here, so soak in the sun and relax at Hapuna Beach State Park, one of Hawaii Island's largest white sand beaches, indulge in a taste of Hawaii Regional Cuisine or recharge at some of the island's best spas. You'll discover cultural treasures on the Kohala Coast too, from Anaehoomalu Petroglyphs field in the Waikoloa Resort to those of the Puako Petroglyph Archaeological Preserve as well as the remarkable Puukohola Heiau National Historic Site, the largest restored heiau in Hawaii. Spencer Beach Park, just below Puukohola Heiau, is another family-friendly beach popular with locals.

### *HAPUNA BEACH STATE PARK*

Travel down the volcanic western coastline of the Kohala Coast and follow the signs to find a spectacular oasis that has earned a reputation as one of Hawaii Island's finest beaches. The largest of Hawaii Island's white sand beaches, Hapuna Beach has consistently been rated on numerous international Top Ten lists. Hapuna also offers consistently good conditions for swimming, bodyboarding, sunbathing and snorkeling.



Located adjacent to the Hapuna Beach Prince Hotel and nearby its sister hotel, the Mauna Kea Beach Hotel, you'll find ample parking, along with food vendors, picnic areas, restrooms and showers. Beat the South Kohala heat by taking a dip in the warm waters of Hapuna Beach.

### *PUAKO PETROGLYPH ARCHAEOLOGICAL PRESERVE*

Along the Kohala Coast, the Puako Petroglyph Archaeological Preserve features more than a thousand petroglyphs, or kii pohaku, lava rock carvings etched into stone centuries ago by Native Hawaiians. Although the true meanings of the petroglyphs are unknown, it is generally thought these carvings are records of births and other significant events in the lives of the people who lived on Hawaii Island long ago.



Just a short walk from the Fairmont Orchid Hawaii, Holoholokai Beach (a well manicured beach-park with facilities) and the Mauna Lani Resort, you can see the carvings of human forms, canoes, turtles and others in the captivating petroglyphs fields of Puako. Take the kids on a petroglyph hunt and ask them what they think these ancient symbols could mean.

### *PUUKOHOLA HEIAU NATIONAL HISTORIC SITE*

The majestic, stone Puukohola Heiau can be seen off the road, just north of the resorts of the Kohala Coast. This National Historic Site is home to one of the largest restored heiau (temple) in Hawaii and is part of the National Park System. Heiau were sacred places of worship for Native Hawaiians, and Puukohola Heiau was a site built to fulfill a historic prophecy.



North Kohala born Kamehameha the Great was advised by his kahuna (priest) to build and dedicate Puukohola Heiau to the war god Kukailimoku to help in his efforts to unite the Hawaiian Islands. The fortress-like heiau was constructed overlooking the Kohala coast between 1790 and 1791. King Kamehameha ultimately fulfilled the kahuna's prophecy when he united the Hawaiian Islands in 1810.

This massive stone temple was built without the use of mortar. It is also believed that the lava rocks used to build the structure were passed hand-by-hand in a human chain all the way from Pololu Valley, some 25 miles away. The 224 by 100 foot structure is surrounded by 16-20 foot high walls and has been carefully preserved and restored. It is believed to be one of the last sacred structures built in the Hawaiian Islands before western influence. A new Visitor Center features videos, fascinating exhibits and a small museum. Puukohola, which means "hill of the whale" in Hawaiian, is also a scenic spot to look for humpback whales off the Kohala Coast during the winter and spring months.

Take a walking tour of the park to discover even more historic places within this site. You'll find the ruins of Mailekeini Heiau (built in the 1500's), Hale o Kapuni (a submerged heiau dedicated to the shark gods) and the homestead of John Young, a stranded British sailor who became a valuable aid to King Kamehameha I, which is also part of the grounds. Take a visit to Puukohola Heiau and step back in time on Hawaii Island.

### *NORTH KOHALA REGION*



You'll notice the dramatic change in your surroundings as you travel north beyond the dazzling resorts, golf courses and lava landscapes of the Kohala Coast to the lush, undeveloped pastoral lands of North Kohala. Besides being a beautiful area featuring the charming town of Hawi and the amazing Pololu Valley Overlook, this is also the home of some of the most historically significant sites on Hawaii Island from Puukohola Heiau to King Kamehameha's birthplace.

Just before Puukohola Heiau, turn east up Kawaihae Road to explore the cool scenic fields of Waimea. In sharp contrast to the lava landscapes along the coast and having more in common with lush North Kohala, this upcountry area is paniolo (Hawaiian cowboy) country, full of green pastures and panoramic views. Visit Kahua Ranch to take a horseback riding tour or ATV drive and explore this lovely landscape while you learn about Hawaii's ranching past. Take the scenic drive through the northern most tip of Hawaii Island and enjoy an unforgettable journey off the beaten path. Travel back in time and learn about the culture of Hawaii Island in North Kohala.

### *LAPAKAHI STATE HISTORICAL PARK*

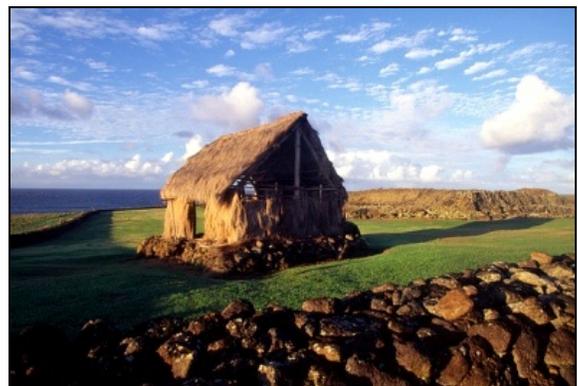
As you drive between the lava fields of the Kohala Coast and the lush surroundings of North Kohala make a stop at Lapakahi State Historical Park. Located 12.4 miles north of Kawaihae Harbor and Puukohola Heiau National Historic Site on Akoni Pule Highway (Highway 270), Lapakahi is a partially restored fishing settlement that dates back over 600 years. This rugged coastal park will give you a glimpse of what it was like to live like the Native Hawaiians of the past.



Take a one mile, self-guided tour of this 262-acre park and see restored hale (houses) and lava stone walls, then play traditional Hawaiian games and learn more about life in early Hawaii. The park's rocky shoreline also faces the Lapakahi Marine Life Conservation District although swimming is not encouraged. Because the Kohala Coast can get hot, the best time of day to visit is in the morning or later in the afternoon.

### *MOOKINI HEIAU STATE MONUMENT*

Over 1500 years old, Mookini Heiau State Monument is one of Hawaii's oldest and most sacred historical sites. A heiau is an early Hawaiian religious temple, and Mookini Heiau was also a luakini heiau, or a temple of human sacrifice. This hallowed site located in North Kohala on the northernmost tip of Hawaii Island should be treated with great reverence.



A short walk south and you'll find another revered Hawaiian site. A sign that reads, "Kamehameha Akahi Aina Hanau," in front of a thick stone wall marks the birthplace of King Kamehameha I, Hawaii's greatest king. Do not walk on the rocks or remove them. This is an area that Hawaiians and others consider to have great mana (spiritual power), so visitors should treat both sites with the utmost of respect. While you're here, be sure to take a short drive west to the small town of Kapaau to see the original King Kamehameha Statue.

*Note: The October 15, 2006 earthquake caused some damage to the heiau and the Kamehameha Birthplace, but both may still be visited from the outside.*

## *HAWI*

Spend a few hours browsing the peaceful haven of Hawi, North Kohala's biggest little town, best known as the bicycle turnaround for the annual Ironman World Championship held every October. This historic town, set in the green northern tip of the island, was once the busy hub of North Kohala's now defunct sugar industry.



Today, Hawi is home to a handful of charming art galleries, boutiques and restaurants set in colorful and lively plantation buildings. You'll find everything here from handmade jewelry and crafts to homemade fudge and 100% Kona coffee. The Bamboo Restaurant & Gallery was once voted best restaurant on Hawaii Island and is a great stop for a fresh island style meal.

Beyond Hawi is the town of Kapaau, home of the original King Kamehameha I Statue. Continue driving east on Highway 270 and you'll literally come to the end of the road at the stunning Pololu Valley Overlook. The incredible view overlooking the north-eastern coastline will be the perfect way to end your journey through North Kohala.

## *KAMEHAMEHA STATUE, KAPAAU*

Just beyond the lovely town of Hawi in North Kohala is the small town of Kapaau. In front of the North Kohala Civic Center stands the original King Kamehameha I Statue, erected not far from where Hawaii's greatest king was born.

A great warrior, diplomat and leader, King Kamehameha I united the Hawaiian Islands into one royal kingdom in 1810 after years of conflict. Kamehameha I was destined for greatness from birth. Hawaiian legend prophesized that a light in the sky with feathers like a bird would signal the birth of a great chief. Historians believe Kamehameha was born in 1758, the year Halley's Comet passed over Hawaii. You can visit Kamehameha's birthplace nearby Mookini Heiau State Monument, just a short drive away.



Given the birth name Paiea, the future king was hidden from warring clans in secluded Waipio Valley on the Hamakua Coast after birth. After the death threat passed, Paiea came out of hiding and was renamed Kamehameha (The Lonely One). Kamehameha was trained as a warrior and his legendary strength was proven when he overturned the Naha Stone, which reportedly weighs between 2.5 and 3.5 tons. Legend had it that whoever had the strength to move the Naha Stone would rule the Hawaiian Islands. Today, the Naha Stone can still be seen in Hilo today, located in front of the Hilo Public Library.

During this time, warfare between chiefs throughout the islands was widespread. In 1778, Captain James Cook arrived in Hawaii, dovetailing with Kamehameha's ambitions. With the help of western weapons and advisors, Kamehameha won fierce battles at Iao

Valley in Maui and the Nuuanu Pali on Oahu. The fortress-like Puukohola Heiau on the Kohala Coast was built in 1790 prophesizing Kamehameha's conquest of the islands. In 1810, when King Kaumualii of Kauai agreed to become a tributary kingdom under Kamehameha, that prophecy was finally fulfilled. Kamehameha spent his final days in Kailua-Kona on the western coast of his island home.

Kamehameha's unification of Hawaii was significant not only because it was an incredible feat, but also because under separate rule, the Islands may have been torn apart by competing western interests. Today, iconic statues honor King Kamehameha's memory, the most famous King Kamehameha Statue stands across the street from Iolani Palace on Oahu. However, the story of the Kapaau statue has a history that's far more intriguing.

Forged in Florence, Italy in 1880, the ship that was ferrying it to Honolulu sank off the Falkland Islands. Believed to have been lost at sea, a replacement statue was commissioned and was erected in Downtown Honolulu and has become one of the most photographed landmarks on Oahu. However, the original statue was miraculously found and recovered in 1912. The restored statue was then installed near Kamehameha's birthplace at Kapaau. On your way from Hawi to the Pololu Valley Lookout, make sure to stop in this small town to see this majestic tribute to the Kingdom of Hawaii's first monarch.

### *POLOLU VALLEY LOOKOUT*

As you drive north on Highway 270 where the black lava landscapes of the Kohala Coast give way to the flourishing, green pastures of North Kohala, you'll be rewarded at the end of your journey with an unforgettable view from the Pololu Valley Overlook.



Park your car in the small parking lot that is literally at the end of the road and treat yourself to an inspiring view of the verdant cliffs of Pololu Valley and the dramatic northeastern coastline. Horses graze on the hillside as you look out at the small island outcroppings sitting in the waters offshore and the lovely black sand beach at the mouth of the valley. You can take a steep hike down to the valley floor and the black sand beach, although swimming is discouraged because of strong currents. Along with the Waipio Valley Overlook, which also offers a view of Hawaii Island's northeastern tip but from the south side, this is one of the most spectacular panoramic views on Hawaii Island.

### *WAIMEA*

Travel east, inland from the volcanic Kohala Coast to discover Waimea (also called Kamuela), which is unlike any other place on Hawaii Island. Known as paniolo (Hawaiian cowboy) country this historic area full of rolling, green pastures is still home to cattle, cowboys and ranches.

Waimea is a place where stop signs read "Whoa," instead of "Stop." This is the home of Kahua Ranch a working sheep and cattle ranch



that allows you to learn about the paniolo lifestyle. Here you can explore the scenic landscapes of Waimea by horseback or ATV. Then visit An Evening at Kahua Ranch to fully experience the best of Waimea's cowboy country.

But there is more to Waimea than just paniolo. This area is now home to a thriving community. You'll find one of Hawaii Island's finest chefs at Merriman's Restaurant. Peter Merriman is three-time finalist in the prestigious James Beard Awards for Best Chef and is one of the founding members of Hawaii Regional Cuisine. You can also find the Kahilu Theatre here, a 490-seat cultural mecca on Hawaii Island featuring performances by renowned musicians, dancers and artists.

To explore the road less traveled, the Kohala Mountain Road (Highway 250) leads north from Waimea to the charming town of Hawi. Most visitors miss this beautiful drive, but it's a scenic way to get from Waimea to Hawi and the stunning Pololu Valley Lookout, which showcases breathtaking coastal views of the Hamakua Coast. But before you go, spend a day or two experiencing the great bed and breakfasts, shopping, culture and activities of Waimea.

## *HAMAKUA COAST*



On the northeastern side of Hawaii Island, just north of Hilo, lies the Hamakua Coast. With 84 inches of rainfall a year, this area is known for the Hamakua Heritage Corridor drive, a road trip along the coastline that passes by lush tropical rainforests, waterfalls and lovely seaside views.

The Hamakua uplands were once a rich source for canoe wood and bird feathers for Native Hawaiians. During most of the 19th and 20th centuries, this area was covered with sugarcane. Today, communities that grew around these plantations can still be found along the coast where small farmers still grow kalo (taro), hearts of palm, vegetables and tropical fruit. Small towns like Honokaa also feature specialty shops and boutiques with their own local flavor.

As you drive along the scenic coast, you'll see deep water-carved gulches and valleys, thick with tropical foliage. Stop and tour gardens full of exotic plants and orchids like the Hawaii Tropical Botanical Garden and World Botanical Gardens, home to triple-tiered Umauma Falls. This area is also home to Akaka Falls, one the Hawaii Island's most famous waterfalls. One look at the beauty of these waterfalls and you'll understand why they are called wailele (leaping waters) in Hawaiian. The amazing Waipio Valley Lookout provides a panoramic reward at the northern end of your journey along the Hamakua Coast.

## *HAMAKUA HERITAGE CORRIDOR*

Take a memorable day trip along the Hamakua Coast and drive along sea cliffs, through lush valleys and tropical rainforests. The beautiful Hamakua Heritage Corridor drive begins in Hilo and ends at the Waipio Valley Lookout. Along the way you'll explore old plantation towns, see amazing waterfalls and discover scenic detours along the way.

Begin your journey just north of Hilo by veering off Hawaii Belt Road to take the four-mile Onomea Scenic Drive. This lush detour features moss-laden bridges, coastal views of Onomea Bay and the Hawaii Tropical Botanical Garden on the way. This renowned botanical garden features 2,000 species of tropical plants from around the world.



Travel further north and turn west onto Akaka Falls road to discover Akaka Falls State Park, home to Hawaii Island's most famous waterfall, the 442-foot Akaka Falls, and the 100-foot Kahuna Falls. Get back to the coast and drive north to the World Botanical Gardens. This jungle playground features more than 5,000 species of Hawaiian and tropical flora, a magnificent view of Maunakea and an overlook that reveals the lovely Umauma Falls, a triple-decker waterfall.

On the road again, steer carefully through the hairpin turns, then pull over at the scenic Laupahoehoe Point. This peaceful area was once devastated by the 1946 tsunami. Today, Laupahoehoe Point is still a beautiful lookout showcasing a rocky shoreline, tide pools and dramatic sea cliffs. Don't forget to stop off at the Laupahoehoe Train Museum, which honors the old Hawaii Consolidated Railway that hauled goods and passengers up and down the Hamakua Coast. Grab a bite to eat and have a picnic at Kalopa State Recreation Area, which offers great hiking through native forests.

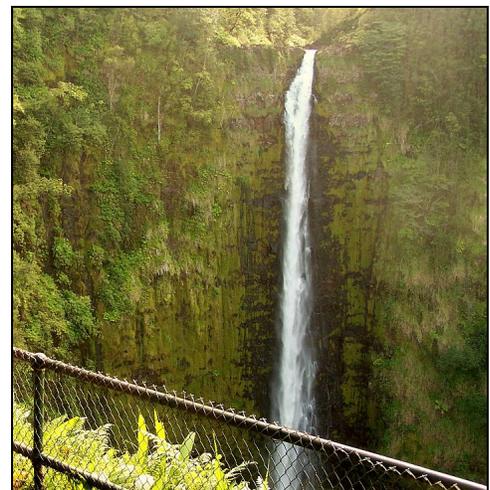
Or save your appetite for the little town of Honokaa. Here you'll find a Saturday morning farmers market as well as an assortment of small restaurants and cafés including Tex's Drive Inn, a famous spot for malasadas. These Portuguese donuts are a local favorite and Tex's is one of the Hawaii Island's top spots to find them.

Reward yourself after a long journey at the Waipio Valley Lookout. One look and you'll see why this valley was so important to early Native Hawaiians. The stunning view reveals a lush landscape, waterfalls and a black sand beach surrounded by soaring valley walls. As a child, King Kamehameha I was hidden in this sacred place to protect him from a rival chief who wanted to prevent his rule. This unforgettable view is the perfect way to end your trip along the Hamakua Heritage Corridor.

### *AKAKA FALLS STATE PARK*

At Akaka Falls State Park, located along the north-eastern Hamakua Coast, you can see two gorgeous waterfalls on one short hike. The pleasant 0.4-mile uphill hike will take you through a lush rainforest filled with wild orchids, bamboo groves and draping ferns.

As you follow the paved footpath, you'll first see 100-foot Kahuna Falls. Continue to follow the loop around the bend, and you'll discover towering Akaka Falls which plummets 442-feet into a stream-eroded gorge. Beautiful Akaka Falls is perhaps Hawaii Island's most famous waterfall. Easily accessible, this hike takes less than an hour.



## *WAIPIO VALLEY LOOKOUT*

Located on the northern Hamakua Coast, the sacred Waipio Valley was the boyhood home of King Kamehameha I, and an important center for political and religious life in Hawaii. Not only is "The Valley of the Kings" an important site for Hawaiian history and culture, it's also a place of dramatic tropical beauty.

This fertile valley is about one mile across and over five-miles deep, and surrounded by cliffs up to 2000-feet high. Waipio Valley was once the home of thousands of Native Hawaiians. Today, there are less than 100 residents living amongst the waterfalls, taro fields and rivers permeating the valley. Hawaii Island's tallest waterfall, Hiilawe Falls cascades down 1,300 feet in the back of Waipio.

You can view the valley from the coastal Waipio Valley Overlook at the end of the Hamakua Heritage Corridor drive, or you can take a guided van tour, hike, or horseback ride to explore the hidden wonders within. Tour guides will happily share the stories and legends of this special place. The road into the valley is extremely steep and requires a 4-wheel drive vehicle so driving isn't recommended (Check your rental car agreement if you plan to make a trip to Waipio Valley).



## *KAU REGION*



Vast, rural and remote, Hawaii Island's southernmost region, Kau, seems almost untouched by civilization except around the small communities of Naalehu and Pahala. In this area you'll discover things have moved along at a pace all their own.

Home to most of Hawaii Volcanoes National Park and Kilauea, one of the world's most active volcanoes, this is a place of natural wonders where you can witness the growth of the island right before your eyes. Other sights in Kau include Ka Lae, known as South Point, the southernmost point in the United States. Punaluu Black Sand Beach is one of Hawaii's most well known black sand beaches. And in the upcountry Kau Desert within the boundaries of Hawaii Volcanoes National Park you'll find footprints of long-ago warriors trapped in volcanic ash, a result of one of Kilauea's rare explosive eruptions. Here taxing trails crisscross the land, from the mountains to the sea, tempting backpackers and hikers.

In contrast, on the eastern slopes of Kau, there are macadamia nut orchards, coffee farms and cattle. Wood Valley, near Pahala, is a place for meditation and respite from the outside world. No wonder Kau is home to not only Hawaiian families who have been here for generations, but also writers, artists, philosophers and others seeking solitude. Explore beyond Kilauea and get off the beaten path in Kau.



## *KA LAE (SOUTH POINT)*

Travel to the southern cliffs of Hawaii Island in the Kau region and gaze out at the endless Pacific Ocean. Can you believe there's nothing but deep-blue ocean between the spot you're standing on and Antarctica? That's because you're at Ka Lae, also known as South Point or simply "The Point," the southern most point in the United States.



It is believed that the first Polynesians to arrive in the Hawaiian Islands disembarked here at Ka Lae somewhere between 400 and 800 A.D. With the ruins of heiau (temples), fishing shrines and other cultural vestiges found here its no wonder why this entire southern tip has been registered as a National Historical Landmark.

The offshore currents and winds are notoriously powerful here and mariners from the first Polynesians to today's locals have devised clever ways of plying the rich fishing grounds without being swept away. For instance, you'll find rock loops carved through the lava here that tied off fishing canoes hundreds of years ago. Today, shoreline fishermen use toy boats to haul their lines into deep water or large metal boat hoists and ladders to launch small watercraft. The actual point is a short walk away in front of the black-and-white light beacon, where there are no cliffs.

To get to this rocky shoreline you need to take the narrow South Point Road 12-miles through open ranch lands lined with white windmills. There is a small heiau (sacred place of worship) near Ka Lae so visitors should treat the area with great respect. Because of the dangerous currents here, swimming is not advised.

## *PUNALUU BLACK SAND BEACH*

Have you ever seen a beach with black sand? Because of constant volcanic activity, you'll find white sands, green sands and black sands on Hawaii Island. Located on the southeastern Kau coast, Punaluu Black Sand Beach is one of the most famous black sand beaches in Hawaii.



Located between Hawaii Volcanoes National Park and the small town of Naalehu, Punaluu Black Sand Beach's jet black shores are an unforgettable sight. Coconut palms fringe the upper edge of sand and you may also discover large honu, or Hawaiian Green Sea turtles, basking on the beach. Although it may be tempting, do not touch these protected turtles and do not remove any black sand from the beach.

Although swimming isn't ideal, there is a picnic area and restroom facilities so you can have lunch while you experience the unique feeling of black sand between your toes.

## *HAWAII VOLCANOES NATIONAL PARK*

Watch the landscape change before your very eyes at Hawaii Volcanoes National Park. Located 30 miles southwest of Hilo, this is the home of Kilauea volcano, one of the most active volcanoes on earth. The chance to witness the primal process of creation and destruction make this park one of the most popular visitor attraction in Hawaii and a sacred place for Native Hawaiians.

Founded in 1916, the Park encompasses 333,000 acres from the summit of Maunaloa to the sea. Here you'll find 150 miles of hiking trails through volcanic craters, scalded deserts and rainforests as well as a museum, petroglyphs, a walk-in lava tube and two active volcanoes: Mauna Loa, which last erupted in 1984 and Kilauea which has been erupting since January 3rd, 1983. The extraordinary natural diversity of the park was recognized in 1980 when it was named a World Biosphere site by UNESCO and in 1987 when the park was again honored as a World Heritage site.

Kilauea is sometimes called "the world's only drive-in volcano." This prolific volcano currently produces 250,000-650,000 cubic yards of lava per day, enough to resurface a 20-mile-long, two-lane road daily. As of January 1994, 491 acres of new land have been created on Hawaii Island. The current eruption may last another 100 years or stop tomorrow. Pele, the volcano goddess who lives here, is very unpredictable. But the chance to watch Kilauea's blistering lava flows meet the sea is just one of the reasons to visit.



Be prepared on your visit. Bring food and water since there are no facilities in the park. Dress appropriately with shoes, long pants, and a jacket. Bring binoculars and a flashlight at night. And don't forget your camera.

For your safety, please stay on marked routes, heed all warning signs, and stay out of restricted areas. There is a danger of harmful volcanic gases and unstable land in these areas. Allow plenty of time for your trip. To maximize your experience consider staying at the Volcano House, in the nearby Volcano Village, or Hilo, which is only 45 minutes away. The drive to and from Kona is about 3 hours each way.

Here are other essential Park attractions:

### *KILAUEA VISITOR CENTER*

Begin your visit at the Kilauea Visitor Center where you can watch an hourly film from 9 am to 4 pm to introduce you to the park. Ranger talks are offered and ranger-guided activities can be scheduled. Pick up maps, learn about the park's hikes and get the latest eruption updates here. Open daily: 7:45 am to 5 pm

### *CRATER RIM DRIVE*

Crater Rim Drive is the 10.6-mile drive that circles Kilauea Caldera. Driving around this loop will take you to the park's main attractions: the Kilauea overlook, Jaggar Museum, Halemaumau Crater, Devastation Trail, Kilauea Iki Crater Overlook and the Thurston Lava Tube.



### *THOMAS A. JAGGAR MUSEUM*

Thomas A. Jaggar pioneered the study of volcanology here at Kilauea. Here you can find geologic displays, maps and videos about the study of volcanoes. Open daily: 8:30 am to 5 pm

## *HALEMAUMAU CRATER*

Steam vents plume from this massive crater, known as the home of Pele, the volcano goddess. In 1967, this crater was filled with a lake of lava that eventually drained away. Great respect should be paid at this sacred site.

## *THURSTON LAVA TUBE (NAHUKU)*

Walk through a 500-year old lava cave formed when an underground channel of molten lava drained from its cooled walls forming a massive, hollow chamber. A tropical rain-forest awaits you at the end of the tube.



## *PU'U O'O VENT*

Currently Kilauea's lava activity isn't centered in its caldera (the large depression at the top of the volcano) but at the Puu Oo vent in the East Rift Zone. Puu Oo's lava flood underground tubes that empty dramatically into the sea. You can watch this spectacle at the end of Chain of Craters Road or get a closer look from the new Kalapana viewing site outside the park.



## *CHAIN OF CRATERS ROAD*

Veering south of Crater Rim Drive is Chain of Craters Road. This 3,700-foot drive eventually ends where a lava flow has literally overtaken the road. Ranger station open daily: 10:00 am to 9 pm

## *VOLCANO HOUSE*

The Volcano House hotel overlooking Halemaumau Crater has been operating since it was a grass shack in 1846. Even Mark Twain once stayed here on his visit to Hawaii. The hotel is currently closed for renovation, but is slated to reopen under new management in the summer of 2012.

## *PUNA REGION*

Driving south out of Hilo, spend a day discovering the Puna District. This area on the eastern tip of Hawaii Island stretches from the sea to the 4,000-foot summit of Kilauea volcano. On the coast you'll find roiling ocean, black-sand beaches and a spring warmed by the volcano's steam. Towards the volcano you'll find rainforests, steam vents and the rugged landscapes of Hawaii Volcanoes National Park.

Puna's most dramatic destination is Kalapana, a community that is partially covered by lava. In 1990, lava from Kilauea engulfed this historic town and the black sand beach at Kaimu. Today, the focal point is a viewing area where you can watch lava meet the sea. You can also explore the 17-acre Lava Tree State Park where a path winds through the lava rock molds of trees from the 1700's. Many who live on Hawaii Island say that Puna is Pele's workshop, where the tempestuous Volcano goddess continuously creates and recreates the very land we live on.

Stop off at Pahoa, an old mill town that now features a row of clapboard shops and eateries along an inviting boardwalk. If it's the weekend, detour at the roadside Makuu Farmers Market and stock up on fresh apple bananas, roasted macadamia nuts, Kapoho strawberry papayas and sweet rambutan. In contrast to the fields of black lava, the fertile slopes between the sea and volcanic summit are ripe with tropical fruit, orchids, anthuriums and macadamia nuts.

You'll also find a scenic 12-mile string of beach parks and camp sites along the coast, each offering something worth exploring: MacKenzie State Park (heiau, ironwood forest), Isaac Hale Beach Park, Ahalanui Park (large seaside pond warmed by the volcano), and Waiopae Tidepools Marine Life Conservation District (incredible snorkeling among connecting tide pools). Kehena Beach is a secluded black sand beach hidden from view of the roadway.

Along the easternmost point of Hawaii Island is the Cape Kumukahi area, which offers scenic hiking, and what scientists insist is the world's freshest air. Visit the Cape Kumukahi Lighthouse, which was spared by Pele from lava flow in 1960. You can also join the locals and hike a little over a mile south to Kapoho Bay where another coastal bath geothermally heated by Kilauea volcano can be found. Whether you're on a day-trip or staying at a bed and breakfast or vacation rental, visit Puna to find amazing off the beaten path discoveries.

### *LAVA TREES STATE PARK*

Off of Pahoa-Pohoiki Road, southeast of Pahoa Town and in the district of Puna is Lava Trees State Park. Take the 0.7-mile loop trail in this 17-acre State Monument to view the unusual lava molds of tree trunks. In the 1700's, lava flow swept through the area, coating the trunks of Ohia trees, leaving tall lava molds of the tree trunks in their wake, frozen in time.



An easy walk, this is your chance to see and take photos of the work of Pele (the volcano goddess) and her amazing sculpture garden. Restrooms and picnic tables are available.

### *KALAPANA*

In the Puna District, drive beyond Pahoa Town toward the coast and you'll find the end of the road is covered in lava. In 1990, lava from Kilauea volcano engulfed Kalapana, a historic Hawaiian fishing village and residential area, as well as the famous black sand beach at Kaimu. Pele, the volcano goddess, also destroyed Hawaii's oldest heiau (temple), two subdivisions and several miles of public highway.



No lives were lost, but 182 homes were swallowed by lava. Today there's an entirely new coastline here with a few poignant traces of the town that once thrived here. A visit to Kalapana is a sobering reminder of the raw power of Pele.

Located just east of Hawaii Volcanoes National Park, Kalapana offers a good view of activity from Kilauea's Puu Oo vent, the source of the volcano's most recent activity. In March of 2009, federal, state and Hawaii county leaders officially opened the Kalapana viewing area to provide safe viewing of the current lava flow by foot. This was the first time lava has reached the sea since June 2007. Note that conditions change from day to day, so lava-viewing experiences can vary.

The Kalapana viewing site is located at the end of Highway 130 in Puna. The hike can take anywhere from 20 minutes to two hours depending on current conditions and demarcations so please be prepared with sturdy footwear, proper attire, sunscreen, a flashlight as well as food and plenty of water. The viewing area is normally open daily from 2:00 to 10:00 p.m., with the last car permitted into the parking area at 8 p.m. There is no cell phone coverage in the viewing area.



Hawaii County Mayor Billy Kenoi reminds visitors the viewing area passes by private homes and properties so proceed with respect and do not leave trash behind. Portable restrooms are set up for public use.

Visitors on foot must obey all warning signs and are required to stay within permitted areas for safety purposes. A newly formed black sand beach and land area is extremely unstable, and could collapse into the ocean at any time. There is also the threat of acidic laze, a hazardous chemical reaction of hydrochloric acid (HCl) and seawater, that occurs when the extreme heat of the lava enters the sea, rapidly boils and vaporizes the seawater into visible white plumes. Because of the unpredictable nature of the lava flow, the area is subject to closure at any time.

The Kalapana viewing area offers a chance of a lifetime, allowing you to see the birth of new life and to witness Pele's awesome powers of creation.

## *HILO REGION*

The Hilo region is blessed with dramatic waterfalls, fertile rainforests and blooming gardens; the geographic flipside of the volcanic Kohala Coast. Home to Hilo International Airport, Hilo is also the gateway to Hawaii Volcanoes National Park located 45 minutes south.

A busy farming and fishing area in early times, Hilo evolved into a commercial center for the sugar industry in the 1800's. Downtown Hilo was built around its crescent-shaped bay and became the seat of county government. In 1946 and 1960 the town was nearly swallowed by a tsunami. But Hilo's waterfront was rebuilt and today Hilo is a vibrant town, home to great museums (Imiloa Astronomy Center, Lyman Museum, Pacific Tsunami Museum), art galleries (East Hawaii Cultural Center), unique shops (Sig Zane Designs, Big Island Candies, Hilo Hattie, Mauna Loa Macadamia Nut Factory) and perennial favorites like the Hilo Farmers Market. Hilo's newest world-class attraction, the Imiloa Astronomy Center, is housed beneath three striking titanium cones representing the three largest mountains on Hawaii Island. Interactive exhibits include a "walk" through a koa (native hardwood) forest and an IMAX-style movie presentation that makes viewers feel like they're flying through space. Hilo offers natural beauty too. Serene Liliuokalani Gardens is right on Banyan Drive near Hilo's major hotels, the Castle Hilo Hawaiian Hotel, the Naniloa Volcanoes Resort and Uncle Billy's Hilo Bay Hotel.

The northeastern coast of Hawaii Island is the wetter side of the island, so you'll also find many natural wonders here including Rainbow Falls and Boiling Pots in Wailuku River State Park, beautiful parks like Liliuokalani Gardens and Wailoa River State Park (home to the 2nd King Kamehameha Statue on Hawaii Island; the original resides in Kapaau in North Kohala), as well as many botanical gardens and orchid farms. Visit the nation's only rainforest zoo, Panaewa Rainforest Zoo, to see a collection of exotic plants and animals, including Namaste, a regal white Bengal tiger.

Roughly 2 hours and 30 minutes from Historic Kailua Village (Kailua-Kona) and on the polar opposite side of the island, Hilo is also a convenient place to stay if you're planning a trip to Hawaii Volcanoes National Park. A visit to Hilo is worth the trip to experience an authentic taste of Hawaii Island.

### *WAILUKU RIVER STATE PARK*

If you're looking for a waterfall near Downtown Hilo, take a short drive west on Waianuene Avenue to Wailuku River State Park. Here you'll discover the easily accessible Rainbow Falls, which has an 80-foot drop and is known for the rainbows that are formed in the surrounding mist.



Travel further upland along the Wailuku River and you'll find Peepee Falls (pronounced Peh-EH Peh-EH), which feeds the famous pools known as Boiling Pots. These terraced pools bubble as if they were boiling, connected by a series of cascading water flows alongside hexagonal columns formed by the slow cooling of basalt lava. As beautiful as Rainbow Falls and Boiling Pots are, note that there are no lifeguards here and these areas are not safe for swimming. Instead, take a moment and simply enjoy the natural beauty found in Wailuku River State Park.

### *LILIUOKALANI GARDENS*

Blink and you may think you're in Japan as you stroll through peaceful Liliuokalani Gardens, named after Hawaii's last reigning monarch, Queen Liliuokalani. Located on Hilo's Banyan Drive, this authentic, 30-acre Japanese garden was dedicated in 1917 as a tribute to Hawaii's first Japanese immigrants who worked in the Hawaii Island sugar cane fields.



This beautifully landscaped park features arching red bridges over fishponds, rock gardens, pagodas, Japanese stone lanterns and a teahouse. Views of Hilo Bay and Moku Ola (Coconut Island) enhance this peaceful setting. With so much to see, this is a popular park for families to explore while they're visiting the Hilo area.

## *DOWNTOWN HILO*

Downtown Hilo is Hawaii Island's biggest small town featuring centuries-old wooden storefronts — many of which are on the National Register of Historic Places — housing a variety of sophisticated galleries, shops, restaurants and cultural sites.

Start your visit with a stroll down Kamehameha Avenue facing beautiful Hilo Bay and discover a variety of local shops, restaurants and attractions including the modern aloha wear at Sig Zane Designs, the neo-classical Palace Theatre built in 1925, and the bustling Hilo Farmers Market. You'll also find a variety of art galleries featuring paintings, woodwork, glasswork and jewelry from artists with a unique island point of view. Visit the East Hawaii Cultural Center, the central hub of the Hilo art scene, dedicated to preserving and sharing cultural, creative and traditional arts on the island.

Historic Hilo also has notable museums, some looking into Hilo's past and others looking toward the future. The Pacific Tsunami Museum chronicles the cataclysmic natural disasters of 1946 and 1960 forcing Hilo to rebuild further inland using parkland as a buffer. The Lyman Mission House & Museum features a historic house built in 1839 by American Christian missionaries. The Mukupapapa Discovery Center brings to life the culture, history, natural science and virtually untouched environment of the Northwest Hawaiian Islands.

Spend a day in Downtown Hilo and experience the local culture and aloha spirit of the people of Hawaii Island.

### *HILO FARMERS MARKET*

Located in Downtown Hilo, the festive Hilo's Farmers Market is known as one of the best open markets in Hawaii. You can never tell what you'll find at this colorful market, but it's safe to say you'll probably spot things you've never seen before.

The Hilo Farmers Market lures both locals and visitors with Hilo's freshest finds at affordable prices. You'll find a colorful selection of locally grown exotic fruit, vegetables, herbs, island jams and jellies, macadamia nuts and delectable baked goods. Also note that 95 percent of Hawaiian papayas are grown on the east side of Hawaii Island, so look for these fresh fruits when they're in season. Strawberry papayas, a local delicacy, look like regular papayas, but their beautiful pinkish-orange flesh is sweeter and juicier.

Food is only part of the fun at the Hilo Farmers Market. Big buckets of orchids and anthuriums line the stalls. Wind chimes, etched glass and koa wood treasures fill the craft section. You can even find local t-shirts, tropical fashions and handmade jewelry. And don't forget to buy a lei for that someone special. Get there early to shop for the best choices from the market's more than 200 vendors. The full-fledged market is open year round every Wednesday and Saturday, but some vendors are there almost every day.

# SHOPPING THE BIG ISLAND

## KONA INTERNATIONAL MARKET

74-5533 Luhia St.

Kailua-Kona, HI 96740

[www.konainternationalmarket.com](http://www.konainternationalmarket.com)



The Kona International Market is outdoor shopping with indoor comfort. This open-air market features a wide variety of goods, a reflection of the many cultures. Local products, imported goods, foods, art, curio, and souvenirs. Open 7 days, 9am – 5pm.

## KAILUA-KONA TOWN FARMER'S MARKET

Across from Hale Halawai cultural pavilion  
Alii Drive, Kailua-Kona.

Buy locally-grown flowers, produce, macadamia nuts and coffee. Also find bargains on t-shirts and aloha-print shirts. Open every Wednesday through Sunday, 7am-4pm.



## HILO FARMER'S MARKET

400 Kamehameha Avenue

Hilo, HI 96721

[www.hilofarmersmarket.com](http://www.hilofarmersmarket.com)



Stroll through the Hilo Farmer's Market in downtown Hilo. This bazaar is held twice a week on Wednesday and Saturday mornings. Hilo Farmer's Market. Here you will find fresh produce, fragrant flowers, colorful orchids, and local crafts. This is a great place to hunt for bargains on Hawaiian merchandise, including tourist t-shirts, and hawaiian aloha shirts. Also, they have a great selection of clothing for kids.

Vendors from all over the Big Island gather in their stalls with fresh vegetables, fruits and flowers, cakes, cookies and preserves, ceramics, photographs and paintings. Looking for souvenirs? This is where you can save on a variety of clothing, handicrafts, presents for friends and family, and more. You will find local handicrafts such as wood work, framing, weaving, pottery, jewelry, and more.

As you explore this marketplace, the scents of fresh papayas, pineapples, coconuts, mangoes, and more exotic rambutan fruits tease your sense of smell. Do you like fresh flowers, orchids and leis? Mail order your fresh Hawaiian Flowers.

From the end of Rte 11 South (Kanoelehua), turn left onto Kamehameha. The market will be on your left at the intersection of Mamo and Kamehameha. Parking here is sparse, and if you do not arrive early, you may have to walk a little bit.

## *HILO HATTIE*

111 East Puainako Street  
Hilo, HI 96720  
[www.hilohattie.com](http://www.hilohattie.com)

Hawaii's Largest selection of Aloha Shirts, Dresses and Children's Attire. We also carry a wide variety of Souvenirs, Gifts, Jewelry, Gourmet Foods and Gift Baskets. Travel Agent, Military, and Bulk Discounts Available.



## *ABC STORES*

ABC Store #62  
75-5744 Ali'i Drive  
Kailua-Kona, HI 96740

ABC Store #63  
75-5703 C Ali'i Drive  
Kailua-Kona, HI 96740

ABC Store #71  
75-5660 Palani Rd., #26  
Kailua-Kona 96740

ABC Store #75  
75-5817 Alii Dr., #F-15  
Kailua-Kona, HI 96740

[www.abcstores.com](http://www.abcstores.com)



ABC Stores have been a familiar name in Hawaii, and part of a family-run retail business, since 1949. With our friendly store people, large selection and more than 60 stores throughout the islands, we make it easy and convenient for you to bring Hawaii home - even if you're not here in person! With a wonderful selection of Hawaii's very best, at the very best prices.

## *QUEENS' MARKET PLACE*

69-201 Waikoloa Beach Dr  
Waikoloa, HI 96738  
[queensmarketplace.net](http://queensmarketplace.net)

A fun family life style resort destination shopping experience with something for everyone, visitors and residents alike, Queens' Market Place presents an exciting collection of boutiques, galleries, shops and services, plus a delightfully diverse Ono Food Court, upscale restaurants and a full schedule of free Hawaiian cultural activities and entertainment. Meet at the Clock, marvel at the meandering water features and fountains, and learn about Hawaii's Queens from bronze plaques in the rotunda. Then, explore stores like Giggles, Blue Ginger Family, Reyn's, Local Motion, Persimmon and Sunglass Hut, stop at Starbucks or take a break at the King & Queen Salon & Day Spa. Plus a food and wine emporium with everything to suite your tastes, from gourmet to local-style "grinds."





## *KINGS' SHOPS*

250 Waikoloa Beach Drive  
Waikoloa, HI 96738  
[www.kingsshops.com](http://www.kingsshops.com)

Kings' Shops at Waikoloa Beach Resort has the biggest selection on the coast. There is a wide variety of shops, restaurants and services available. Not only will you find everything you need in one place, you'll also find hula performances, live Hawaiian music and tours of petroglyph fields and native Hawaiian plants, arts and crafts displays, and historic murals of ancient Hawaii.

For fine arts gifts, jewelry and accessories check out Under the Koa Tree, Indochine, Ukulele House, Island Shells and Pacific Rim Collections, and Walking in Paradise for resort shoe wear. For high-end apparel outlets, you'll find DFS Galleria, Louis Vuitton, Blue Ginger and Macy's. For island apparel, check out Making Waves, (women's swimwear for all ages), Crazy Shirts, Kane Malia, Honolua Surf Co. and Noa Noa, specializing in batiks. At the other end of the spectrum, there are some convenience stores.

When you are hungry from all that shopping you have many options, such as Big Island Steak House, Island Fish & Chips, Merriman's Market Café, Hama Yu Japanese and Roy's Waikoloa Bar & Grill. For your convenience, there is also a Starbucks and Dairy Queen/Orange Julius.

Another interesting feature of the King's Shops is the observation tower with descriptions of Mauna Kea, Mauna Loa and the Kohala Mountains with an adjacent telescope.

Hours: Monday to Sunday from 9:30 am to 9:30 pm. Select store, restaurant and holiday hours may vary.

## *PUNALU`U BAKE SHOP*

Route 11  
Na`alehu, HI 96722

Located on the Big Island, midway between Kailua-Kona and Hawaii Volcanoes National Park, Punalu'u Bake Shop & Visitor Center is a welcome oasis for travelers. Awaiting you on our beautifully landscaped 4-acre tropical estate, are free samples of our famous Hawaiian Sweetbread. Enjoy our Ka'u Coffee, Malasadas, Anpans and other bakery treats. Refresh yourself with our ice cream, delicious sandwiches, plate lunches, fresh salads and much more.



Introduced to Hawai'i by Portuguese sugar workers during the 19th century, sweetbread has become a time-honored favorite among residents and visitors alike. Our delicately sweet and moist Hawaiian sweetbread at Punalu'u Bake Shop originated from a traditional family recipe. When the recipe was adapted and prepared at a resort restaurant in Punalu'u (Ka'u District on the Big Island of Hawaii) in the 1970s, the sweetbread was an instant hit. To keep visitors and kama'aina supplied with this popular favorite, the Punalu'u Bake Shop was opened in 1991.

# OTHER BIG ISLAND ATTRACTIONS

## VISIT AKAKA FALLS & HONOMU TOWN



The village of Honomu, 11 miles north of Hilo on the Hamakua coast, once was a bustling community that catered to the sugar industry. It was populated with saloons, a hotel/bordello, stores and, for good measure, several churches. Today Honomu is better known as the gateway to Akaka Falls, a scenic attraction that draws an estimated 1 million visitors a year.

A stroll through this tiny community (population 541) will call to mind remnants of its past. Wooden boardwalks, railings and buildings with false fronts can still be seen housing antique and craft shops, eateries and Ishigo's Grocery and Bakery.

Ishigo's was established in 1910 and serves an enticing array of baked goods from recipes passed down for generations. Of note is the fact that Honomu has public restrooms, which are not plentiful on the Hamakua Coast. But it doesn't have a gas station.

## DISCOVER THE ELEGANT MACADAMIA NUT

More than a century ago, a Big Island sugar plantation manager introduced macadamia nuts to the island. Although native to the Australian rainforests, mac nuts thrived in Hawaii, and the state became the site of the world's first commercial plantations. Today these delicious, hard-shelled nuts, which are high in the "good" fat that helps reduce cholesterol levels, are one of the Big Island's largest crops.

Some 60 million pounds of mac nuts were produced on the Big Island in 2005/2006. With the exception of a small farm on Molokai, all the state's mac nuts are grown on the Big Island.

Macadamia nuts are not picked from the tree. They fall to the ground fully ripened. Don't pick one up expecting to shell it and pop it in your mouth. It requires 300 pounds of pressure per square inch to crack a mac nut shell. (Hint: To avoid smashing body parts, try wrapping the nut in an old sock or newspaper before hitting it with a hammer.) Commercially, the job gets done with high tech cracking machines, after which the nuts are roasted.

Mauna Loa Macadamia Nut Corp., six miles south of Hilo on Macadamia Road, and Hamakua Macadamia Nut Co., on Maluokalani Street in Kawaihae, welcome visits from people who want to know more about mac nut processing. At Mauna Loa, you'll find a 2,500-acre orchard, a nut processing plant and chocolate factory. Hamakua offers a visitor center, self-guided tours and free samples.

For more information, pick up the "Great Hawaiian Mac Nut Trail," a self-guided tour of the Big Island's macadamia nut industry. You'll find everything from processing plants to small family-owned farms and a bed-and-breakfast stop where visitors can pick mac nuts.



## *POKE AROUND A TRENDY COWBOY TOWN*



Waimea is and always has been the Parker Ranch. The 150,000-acre cattle ranch, one of the largest in the nation, dominates life in the community, but Waimea certainly isn't a dusty replica of the 19th century cowboy town it once was. It's a trendy destination with a lot more to do than sit on a rail and watch a cowboy rope cattle. There are a number of visitor attractions, plenty of high-end shops and excellent restaurants. Waimea is like Aspen without the snow or Sonoma without the grapes. Centrally located in a gorgeous surround, Waimea is the place to go if you're looking for cowboy chic.

There is some confusion about what to call this town. Is it Waimea or Kamuela? There are two other towns in Hawaii called Waimea, so the postal service and many others call it Kamuela. Maybe it should have been called Parker after John Palmer Parker, who in the mid 1800s established the Parker Ranch.

Waimea is home to some of the finest restaurants on the island. There are boutiques, art galleries, wonderful little cafes, paniolo-inspired collections, as well as some of the most beautiful homes and neighborhoods in Hawaii.

Parker Ranch Center, on Mamalahoa Hwy. 19 in the heart of Waimea, offers a mixture of unique specialty shops, restaurants and activities. Delve into Hawaiian history at the Parker Ranch Museum & Visitor Center, ride the range aboard a Paniolo Wagon Tour and sit a spell at the cozy Fireside Food Court.



Parker Ranch Center not only offers made-in-Hawaii products, but also gifts and souvenirs that have an upcountry, rural style. Parker Square, a collection of shops with eclectic appeal, is another good stop.

## *GLIMPSE THE HISTORY OF PARKER RANCH*



Parker Ranch's long and colorful history can be traced to 1809 when John Palmer Parker, a sailor from Massachusetts, first landed on the islands. Parker was befriended by King Kamehameha I and eventually married the daughter of a high-ranking Hawaiian chief. The sailor-turned-cowboy set out to domesticate herds of wild cattle that roamed the broad slopes of Mauna Kea.

In 1847, he purchased lands that were to become known as Parker Ranch. The ranch, more than 160 years old, continues to raise cattle and has expanded to include a number of visitor activities. Now a charitable trust, Parker Ranch helps support schools, hospitals and other organizations in Waimea.

For a glimpse into the history of the ranch, visit the Parker Ranch Visitor Center and the Historic Parker Ranch Homes. The Visitor Center, located in the Parker Ranch Center at the junction of highways 19 and 190, displays a variety of artifacts and memorabilia from more than 150 years and six generations of ranching operations, and also presents a 23-minute video of the history and present day operation of the ranch.

The historic homes are  $\frac{3}{4}$  of a mile south of the Visitor Center on the "upper road to Kona," which is the Mamalahoa Hwy. Mana Hale was built in 1847 by John Palmer Parker in the pasture lands of Waimea. Later rebuilt, it contains the original koa wood floors, walls and ceilings. The current estate, Pu'uopelo, which means "folding hills," was built in 1862 and purchased by John Palmer Parker II in 1879. Nearly 8,000 square feet with lofty ceilings and a French provincial interior, it is a perfect setting for the French impressionist paintings and Chinese art collected by the ranch's sixth-generation owner, the late Richard Smart. A tour of the Visitor Center and the historic homes will take about 90 minutes.

## *GET TO THE HEART OF PARKER RANCH*



Most people with an urge to take in the wild beauty of the island's upcountry ranch land book a horseback ride and cowboy up. Parker Ranch, Hawaii's oldest and one of its largest cattle ranches, is taking a different approach. The ranch's new cattle country tour will be conducted in a 4x4 SUV and on foot.

This tour is not for cowboys. It's for people interested in the long and colorful saga of this more than 160-year-old working cattle operation. It will take small groups to the heart of the ranch where they will see the Parker Ranch family estate, the original homestead, historical sites, ranch land, stables, the cowboy's heiau and some working operations.

The ranch rolls over 150,000 acres of scenic upcountry terrain. It is the home of the first Hawaiian paniolo (cowboys) and the race track where record-holding thoroughbreds were trained. Rich in Hawaiian history, Parker Ranch is an original.

The four-hour tour is available Tuesday through Saturday and leaves the Parker Ranch Store at 9:30 a.m. The tour includes some moderate hiking and lunch.

## *GO KONA COFFEE TASTING*

Take 600 specialty coffee farms, a spattering of mills, roasters, retail outlets and museums, then cluster them in 20 miles of scenic country roads, and you've got the perfect excuse for a self-guided coffee tasting tour.

Akin to Northern California's popular wine tasting tours, here the brew of the day is Kona coffee. Grown on the mountain slopes above Kailua-Kona, this is the only place in the world where certified Kona coffee is produced.

Much of the coffee grown in the coffee belt is cultivated on small tracts leased from Kamehameha Schools Bishop Estate, a large landowner dedicated to Hawaiian interests. The tracts average seven acres each. More than 1,200 acres are in cultivation.

Most people begin the tour from Kailua-Kona and head north on Palani Road (Hwy. 190). If Mountain Thunder Kona Coffee Plantation is the first stop on your tour, drive Palani for about 4.5 miles and turn right on Kaloko Drive. Then go three miles to the third sign for Hao Street. Turn right again and follow Hao for about 1 mile. Mountain Thunder will be on the right side of the street. To continue the tour, return to Palani Road, then back to the junction of Highways 180/190 and south to the old Mamalahoa Highway toward Holualoa Town.



Before you reach the tiny mountain village of Holualoa, you'll find the Ueshima Coffee Company's Kona Coffee Estate. The pretty roadside kiosk overlooks its coffee trees and offers a stunning view of the ocean.

Continuing south into Holualoa, watch for the Ferrari Coffee Visitor Center. You can't miss the place. It's across the street from the Kona Hotel, a hot pink establishment that is faithful to its 1920's origins. Less than a mile down the road, you'll come to Kona Blue Sky Coffee Company, a large 500-acre estate that offers tours without the need for reservations. Holualoa Coffee Company is farther south on Hwy.180.

### *THE KONA COFFEE LIVING HISTORY FARM*

The Kona Coffee Living History Farm, on Mamalahoa Highway in Captain Cook, provides a wealth of information about the unique lifestyle of Kona coffee pioneers. An authentic coffee and macadamia nut farm, the museum was home-steaded in 1900 by Japanese immigrants.

It has been preserved through the efforts of the Kona Historical Society, and is listed on both State and National Registers for Historic Places. Interpretive guides in period costumes greet visitors and lead hands-on tours of the farm's historic farmhouse, the processing mill, drying roofs, and traditional Japanese bathhouse. Small group tours are available by advance reservation.

