

Hawaii - The Big Island:-

Our Hawaiian experience begins on the Kona (west) side of the Big Island of Hawaii. **We pick up at the Kona airport at 5:30 p.m.** (There is also taxi service to Kona if you arrive early. It is only 9 miles and costs approximately \$40.00).

The trip begins with orientation at 6:30 pm in the common area of the lovely, beachside Royal Kona Resort just outside the bustling town of Kona.

Our first day of walking takes us along the coral-littered black stone beach on the way to the "Blue Lagoon" , which is home to many green sea turtles. We then visit the Hawaiian town of Captain Cook, where Captain James Cook was killed in 1779. History abounds on our hikes in nearby Honaunau with visits to St. Benedicts Painted Church, to the Place of Refuge of the Honaunau, to Heiaus (temples) and to the ruins of the old fishing village of Ki'ilai. Beautiful flowers abound in this area of the coast; bougainvillea, poinsettia and hibiscus among the many varieties. The harder hike follows the rather steep trail down to the Captain Cook Monument, with the added option of snorkeling in the deep water bay!

The next day we head south with a fascinating drive ,at first at higher elevations past abundant flowering trees such as the African tulip tree, and then on to the lava fields that stretch down from Mauna Loa to the sea. Our destination is the extraordinary Green Sand Beach at South Point (the southernmost point in the U.S.) and a wonderful trail that leads through the wind-swept grassy meadows along the coast.

Our next two nights are at the lovely Chalet Kilauea in Volcano Village, just minutes from the rim of Kilauea Caldera in Hawaii Volcanoes National Park. The hikes in the park are unparalleled. Options here include the fascinating Sulphur Banks, the Thurston Lava Tube (an old lava tube large enough to walk through!), the Bird Park (one of the richest concentrations of native plants in Hawaii) and the Kilauea Iki Trail which leads across the lava crust formed by the 1959 eruption of the Kilauea Iki volcano. We also try to include a hike up to Puu Hulululu, a small grassy hill surrounded by lava (kipuka).

After exploring the park, we will continue around the island to the historic town of Hilo. Here we will enjoy the many amenities and breathtaking views of the Hilo Hawaiian Resort Hotel. Situated on Hilo Bay the hotel offers fine views of the ocean, Coconut Island and the 13796' high peak of Mauna Kea. From there we drive up the spectacular Hamakua coast stopping to visit Rainbow, Akaka and Kahuna Falls, on our way to wonderful Waipio Valley. Here we hike down into the valley to the black sand beaches, taro fields and glimpse the many hidden waterfalls running down the valley walls. The tropical rain forests and many waterfalls in this six mile long valley once supported 50,000 people!

From here we continue the grand tour to the village of Kamuela set among peaceful, rolling green hills and home to the famed Paniola (Hawaiian cowboy). The comfortable rooms of the Kamuela Inn are our base for the next two nights. Hikes lead us through the grassy hills and ancient ohia trees to The Parker Ranch above Kamuela, the second largest privately owned ranch in the U.S. While here, we hike to the ancient Mookini Heiau, a 480AD sacred temple and State Historic Monument via a gorgeous walk along the ocean and also try and include a hike to the ancient fishing village in Lapakahi State Historical Park first settled in the 1300s.

We also stop to visit the petroglyphs (ancient drawings and writings) along the King's Trail (which in 1871 encircled the island!) We will take time to visit the wonderful white sands of Hapuna Beach where we usually spot whales on their annual migration through the island channels. The last night's dinner features authentic Hawaiian entertainment.

The trip ends the next day with lunch on Anaeho'omalu Bay and a short drive to the Kona airport. **We will be back in Kona for any flights from about 1:30 p.m. on.**

THE INNS:-

DAY 1 & 2
ROYAL KONA HOTEL
75-5852 ALII RD
KAILUA, KONA, HI 96740
TEL: (808) 661 3611
FAX: (808) 280 8155
www.royalkona.com

DAY 3 & 4
CHALET KILAUEA
PO BOX 998
VOLCANO VILLAGE, HI 96785
TEL: (808) 967 7786
TOLL FREE: (800) 937 7786
FAX: (808) 967 8660
www.volcano-hawaii.com

DAY 5
HILO HAWAIIAN HOTEL
71 BANYAN DR
HILO, HI 96720
TEL: (808) 935 9361
FAX: (808) 521 9994
www.royalhawaii.com

DAY 6 & 7
KAMUELA INN
PO BOX 1994
KAMUELA, HI 96743
TEL:(808) 885 4243
FAX: (808) 885 88
www.hawaii-bnb-com/kamuella.html

If you are interested in additional information about the inns and hotels we will be staying with, we invite you to visit their web sites, or call and request a brochure.

NOTES:-

We advise bringing clothing for both warm and cooler temperatures on this trip, as some days we will be hiking at higher elevations where the temperatures could drop into the 50s.

Other useful items specific to the Hawaii trip might include a head lamp (optional) for night-time lava viewing and for the lava tube walk and a snorkel and mask. Gloves may also be a wise addition as the Green Sand Beach hike includes some rough lava that you may want to hold on to in places.

Finally a swim suit and towel will come in handy.

SUGGESTED READING:

1. "Hawaii" by James Michener
2. "Roughing It" by Mark Twain
3. "Mark Twain in Hawaii" by Mark Twain
4. "To Steal A Kingdom" by Michael Dougherty
5. "Tales of the South Pacific" by James Michener
6. "Return to Paradise" by James Michener
7. "The Spell of Hawaii" by A. Grove Day