

# Adventure Pak<sup>SM</sup>

KAUAI





# Kauai History

Kauai, nicknamed “The Garden Isle”, is dominated by green hills, rushing waterfalls and diverse flora. Only 10% of the 552 square mile island is accessible by road. So to truly experience all this lush Island has to offer, get off the roads and explore on foot, by air or by water.

Kauai is the oldest and 4th largest of the Hawaiian islands. Legend has it, Kauai was once ruled by King Kukona who was able to avoid the wars that ravaged the other Hawaiian islands for over 400 years.

During the 14th century, each Hawaiian island was ruled by it's own chief. The chief from the Big Island, Hawai'i, conquered and the islands Molokai, O'ahu and Maui. He then sailed their combined armies to Kauai, to capture King Kukona as well, but the Big Island chief was swiftly defeated and King Kukona took him and the other island chiefs captive.

King Kukona had every opportunity to put his rival chiefs to death, but instead he chose a better way. He offered a deal - if the chiefs would swear to never invade Kauai again, he would spare their lives. It's in this way that Kauai was able to remain independent and peaceful for more than 400 years.



# The Legend of Naupaka

The Naupaka is a shrub, with a unique flower that can be found both in the mountains and near the beach.

Legend has it, Naupaka was a beautiful Hawaiian princess. Even though it was forbidden for royalty to marry common people, she fell in love with a common man named Kai.

Distressed, the two lovers searched for a way to be together. They climbed a mountain to see a Kahuna (Hawaiian shaman) who was staying at a mountain temple, known as a heiau.

His only advice for the love struck couple was to pray. So they did. They prayed at the heiau and as they did rain began to fall.

Knowing there was no way for them to be together, they said their final goodbyes. Naupaka took a flower from her ear and tore it in half. She kept one half and gave the other to Kai. He went to live by the water, while she stayed in the mountains.



As the lovers separated, the naupaka plants that grew nearby saw how sad they were and the very next day began to bloom in only half flowers.



# The Legend of Waimea Canyon

The legend of Waimea Canyon is filled with love and tragedy. Legend has it, one day Hiku met a beautiful girl named Kawelu on the beach. They fell in love and were married. They were mostly happy, but after a particularly intense argument, Hiku left Kawelu.

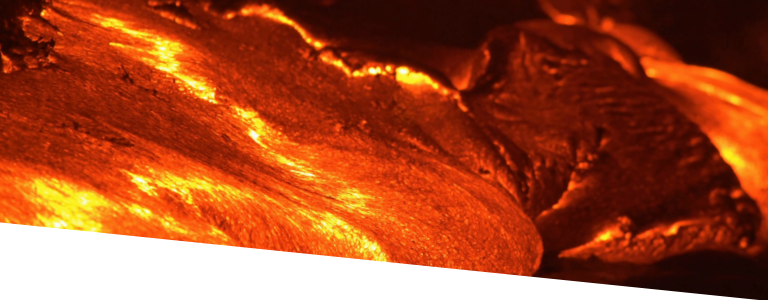
She was beside herself and in her grief, hung herself. When Hiku found out what happened he vowed to bring Kawelu back to him.

It is said that Poe, the land of the dead, can be accessed from the base of the Waimea Canyon. Hiku braided strong vines into a long rope and started his decent into the valley of the Waimea Canyon and into Poe.

Deep in abyss of Poe, he wandered amongst the spirits of those who recently passed for days searching for Kawelu's spirit. When he finally found her, he proclaimed his love for her and begged her to return with him. He vowed never to leave her again and convinced her to grab a hold of the rope.

Together the lovers climbed out of the valley of the dead, and lived happily ever after.





## Pele's Curse

Pele is the Hawaiian goddess of fire, lightning, wind, dance and volcanoes. She is a passionate goddess, with a red hot temper.

Legend has it, Pele vowed to curse anyone who removes anything natively Hawaiian, like lava rocks or sand, from the islands. Those who take these items off the island are rumored to suffer years of bad luck.

And while it may sound silly, to this day, hundreds of pieces of lava rock are mailed back to the Big Island by those who claim they have experienced back luck and misfortune from their lapse in judgment.

Locals in Hawaii share a deep spiritual connection with the land, and their culture is deeply entwined with respect for the lands and seas in which they live. Spend a little time learning their customs respect the land and traditions.

Consider taking the [Aloha pledge](#) as a way to show your commitment to keep Kauai beautiful.



Customs



# Endemic Kauai Wildlife

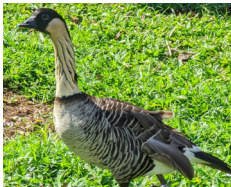
The Hawaiian monk seal and Nene are endemic to Hawaii, meaning they are native to the islands and can't be found anywhere else in the world.

Adult Hawaiian Monk Seals weigh between 375 to 450 pounds and range from 7 to 7.5 feet in length. They are one of the most critically endangered animals in the world; only about 1,400 remain.



Thanks to conservation efforts, they are making a slow recovery and can be seen lounging on the Kauai beaches.

If you do see them, stay at least 150ft away.



The Nene Goose is the rarest goose in the world and nearly went extinct about 50 years ago. Thanks to conservation efforts the population has grown to around 2,000.



# Kauai Sea Turtles

Three different types of Sea Turtles are found in Kauai.

The Green Sea Turtle, or Honu, are an important part of Hawaiian culture. To the early Hawaiians, the Honu were an important source for food and tools.

They can live up to 80 years and can be seen snorkeling at many beaches in Kauai.



The Honu'ea, or Hawksbill Turtles, are also native to Hawaii but rare. They are smaller than Green Sea Turtles and have a protruding beak-like mouth.

Leatherback Turtles are the largest Sea Turtles in the world and the only one with a hard shell. They are found in deep waters offshore.





# Humpback Whales

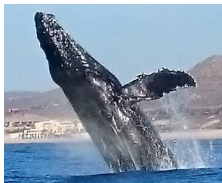
The Humpback Whale or Kohala migrate to Hawaii every year to mate and have their young in the warm, tropical waters. While they are here November through May, peak season is between January and February when most babies are born.

Pec wave or pec slap // when whales use their elongated pectoral fins, that can measure over one third the length of their body, to slap the water. Some say this is to help attract a mate.



Spy hop // when whales poke their head out of the water just past their eye to see what's going on.

Breach // there are many theories as to why these 40 ton animals launch themselves out of the water (like ridding themselves of parasites, aiding digestion or just for fun) but regardless of why it's definitely spectacular.





# Ocean Life Conservation

The Ocean Conservancy and many, many other agencies are working to protect and conserve our ocean wildlife.

Do your part by using “reef safe” sunscreens and bug repellants, keeping your distance (never touch or feed the animals) and sharing your photos to help researchers catalog and track sea life by their identifying features.

**Humpback //** The underside of a humpback whale’s tail, known as a fluke, is as unique as a finger print. Upload your whale tail photos to [happywhale.com](https://happywhale.com) to help track their movement.

**Turtles //** Their freckles (spots on the face) are unique and help researchers identify them. Send photos to the [Olive Ridley Project](https://olive Ridley Project) to help track their movement.

**Monk Seals //** Natural markings, scars and bleach marks help researchers identify Hawaiian Monk Seals.

## Where to see them

**Humpback Whales //** Join a whale watching tour or watch for them breaching from the shore

**Green Turtles //** Brennecke Beach, Whalers Cove, Lawai Beach, Tunnels Beach and the Princeville Resort community at Queens Bath

**Monk Seals //** Popiu beach and the remote beaches of the Napali coast



# Ocean Tides

A perfect beach day can be made even better by paying attention to the tides. There's an ideal tide for every type of activity, so learn about the tide that's best for you, then check the tide schedule.



By Activity

Snorkeling & Diving // When the tide is at it's highest

Skim boarding // Low tide for sand skimming

Swimming // The hour before low or high tide

Beach combing // About 2 - 3 hours before low tide and an hour after

## When looking at the Tideschart

- The red numbers indicate a low tide - the lower the number, the lower the tide
- The blue numbers indicate a high tide - the higher the number, the higher the tide
- Tides can vary widely from beach to beach (even those that are close together) so try to view the specific beach's tide chart if possible



Tide Chart





## Getting Around

### Rental Car - recommended

Even though only 10% of the island is accessible by car, it's still worth getting a rental car while on Kauai. It is just over 2 hours from one side of the island to the other, helping to maximize what you can see and do while visiting.

### Ride Shares

While Uber & Lyft are technically on the island, availability can be challenging and in many remote locations you won't get cell service. If you need a ride in the 'city' try them or holoholo, a new locally owned and operated ride share company.

### Poipu Shuttle

While your in the Poipu area, you can get a free ride on the Aloha Spirit shuttle. For times & route information call Doug: at 808-651-9945

### Bus

Although inexpensive, the bus system is more for locals going to work, and they don't stop at many tourist attractions. For many, walking or driving is a better option.



holoholo



# Kauai Basics

**Kauai is on Hawaii-Aleutian Standard Time (HST)**

**Sunrise is around 7:15am // Sunset is around 6:20pm**

Kauai is home to Waialeale, one of the wettest spots on the planet. The climate here is wetter than the other Hawaiian islands and it's a big part of what makes the Garden Isle's lush green landscape so spectacular.

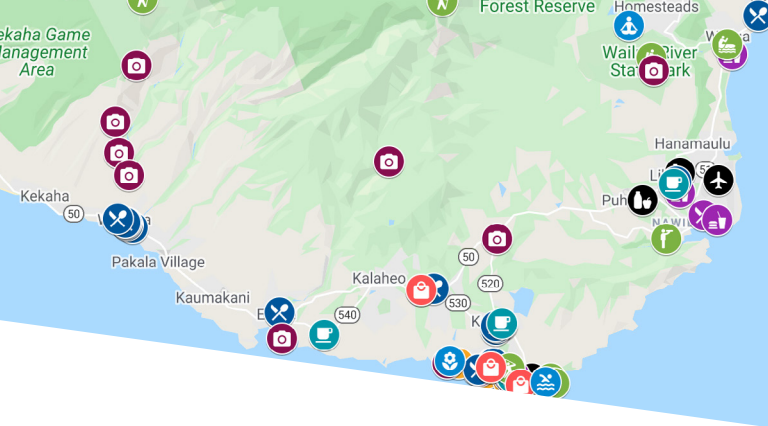
Don't be discouraged if the weather calls for rain everyday. While that maybe the case, most rain showers are short lived and the sun returns quickly, bringing with it the most beautiful rainbows.

The North and East Coasts are typically wetter than the rest of the Island. And the South and West Coasts are drier.

Pack a rain jacket along with your swimsuit, so you're ready for anything!



Weather



# Kauai Google Map

Explore all the most beautiful beaches, trails and parks Kauai has to offer with a custom Google map, made just for you.

It's chock full of all the best beaches, restaurants, and activities. It also has the essentials like your AirBnB, grocery stores and liquor stores closest to where you're staying.



Google Map



# Nu'alolo Trail + Scenic Drive

Thursday, January 20th

Kalalau  
Lookout

Pu'u O Kila  
Lookout

Nu'alolo Trail

Pu'u Hinahina &  
Waipo'o Falls Lookouts

Hohonu Awawa Lookout

Stream & Canyon Lookout

Niihau & Kekaha Lookout

AirBnB

Hit the road early for island exploring.

Kalaheo Cafe & Coffee //

Start the day with coffee and breakfast. Opens at 7am and snag something for lunch while you're at it

Nu'alolo Trail // Hike the 7.5 mile out & back trail (3 - 5 hrs)

Kokee State Park // Swing by a few scenic stops north of the trail before heading south

Waimea Canyon// Soak in the vast canyon from all the best angles with these scenic stops



Google Map

Hike + Scenic Drive



# South Shore Beach Hop

## Beaches

**Kiahuna Beach** // Super soft sand, great for lounging, surfing and snorkeling - often you'll see seals and sea turtles

**Poipu Beach** // Great place to snorkel, where sea turtles, monk seals and wild chickens are often found

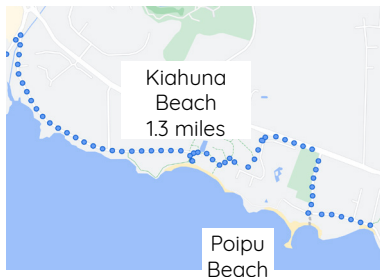
**Brennecke's Beach** // The waters are a little rougher here making it a great place to body board and play in the waves

## Food & Drinks

**Red Salt at Ko'a Kea** // Upscale spot at the Ko'a Kea Hotel

**Honu Bar** // Chill beach bar with food and drinks

**Puka Dogs** // Hawaiian style hot dogs and veggie dogs





# Nu'alolo Trail

This 7.5 mile out and back trail heads towards the Nā Pali Coast.

The route in, is mostly downhill and features diverse terrain. The first few miles are muddy and through the jungle. There are high grasses and low branches, so long pants will help protect your legs.

The sweeping views of the Nā Pali Coast at the end of the trail make the perfect spot for a picnic and a glass of wine.

The way back is a steep hike. Start the hike early in the morning, as it can get foggy during the day. The hike has a 2,578 ft. elevation gain.

Don't forget lots of water and your rain jacket just in case!



Trail Details





# Waimea Canyon & Scenic Drive

## Waimea Canyon

Known as “The Grand Canyon of the Pacific” this canyon stretches 14 miles long, 1 mile wide and more than 3,600 feet deep. The Waimea Canyon Lookout provides panoramic views of crested buttes, rugged crags and deep valley gorges.

## Scenic Drive

The drive to the Waimea Canyon offers sweeping views and around 8 scenic stops.



Google Map



# Java Kai Bar Coffee Roasters

2555 Ala Namahana Parkway #600, Kilauea, HI 96754  
M - Su 6am - 6pm

Sit indoors or out and enjoy breakfast or lunch in this cute bright spot. Their menu is stacked with delicious bagel sandwiches, acai bowls and fancy coffees.



Coffee Details



# Makai Golf Course

The renowned Princeville Makai Golf Club at Princeville Resort is a Robert Trent Jones Jr. design, which opened in 1971 and was redesigned in 2009. The Makai Course winds its way around serene lakes, native woodlands and the spectacular coastline with views of Bali Hai and Hanalei Bay. The course plays to a par 72 with six different sets of tees that can be stretched to more than 7,200 yards from the tips.



Course Details



# North Shore Exploring

## Kīlauea Point Lighthouse & Kīlauea Point National Wildlife Refuge

The Inouye Kilauea Point Lighthouse is perched at the northernmost tip of Kauai. And is surrounded by the Kīlauea Point National Wildlife Refuge. You can enter the area \$10 pr person or use your national parks pass for free entry. Make sure to book in advance, they sell out.

## Kauapea Beach

Take the short hiking trail down to the turquoise waters and warm sand beach. It's cliff backing makes the perfect home for rock scrambles and tide pool explorations.

## Queen's Bath

This rocky tide pool is surrounded by black lava rock and crashing waves. The hike down is muddy, so bring hiking boots or go down barefoot.



Google Map



# Hanalei Beach

Hanalei beach is a quiet beach frequented by surfers and bordered with beautiful mountain views. Hiking trails and waterfalls are near by.

The surrounding town is a laid back surfer town known for its galleries, good food, shops and live music.

Swing by Happy Talk Lounge Restaurant & Bar or Tahiti Nui for live music, drinks and food.

Hit Wishing Well or Aloha Juice Bar to cool off with a fruity treat.



Google Map



# Wishing Well Shave Ice

5380 Honoiki Rd, Princeville, HI 96722

W - Su 9:30am - 5pm // M - Tu closed

This pit stop has unique organic shave ice flavors, acai bowls, smoothies and coffee. They also sell clothes and accessories.



Shave Ice & Coffee





# Kauai Juice Co.

Multiple Locations  
Hours vary by location

This healthy establishment has fresh juices, kombucha, healthy food, elixirs and hot sauces - many made from locally grown ingredients.



Juice Co Details



# Anuenue Cafe

2360 Kiahuna Plantation Dr, Koloa, HI 96756  
M - Su 7am - 1pm // Th - M 4:30pm - 8:30pm

An all American eatery that serves classic breakfast eats and Hawaiian specialties for breakfast 7 days a week. Outdoor seating and carryout options.

They offer a sunset dinner package Thursday - Monday featuring 3 courses and dessert for 2.



Cafe Details



## Keoki's Paradise

2360 Kiahuna Plantation Dr, Koloa, HI 96756  
M - F 11am - 9pm // Sa - Su 9am - 9pm

This gorgeous establishment serves delicious food and drinks for brunch, lunch and dinner. They often have live entertainment.



Keoki's Details



# Little Fish Coffee Poipu

2294 Poipu Rd, Koloa, HI 96756

M - Su 7:30am - 1pm

Head here for coffee, and delicious breakfast and lunch bites including bagels, acai bowls and smoothies.



Coffee Details



# Grand Hyatt Day Pass

4425 Lawai Rd, Koloa, HI 96756  
Tu - Sa 9am - 4pm

Get a day pass to the Grand Hyatt Resort to enjoy their beautiful tropical pools, lazy river and private beach.

The area is an oasis of lush gardens, freshwater pools, a salt water lagoon, water slides, jacuzzis and a lazy river.



Resort Details



# Maha'ulepu Heritage Trail

**Shipwreck Beach //** This somewhat rocky beach is a great place to watch surfers and cliff jumpers and the sunsets are beautiful. The water is rough and the tides are strong, so it's not a great place for swimming. The swim back from cliff jumping is long and the water is rough.

**Maha'ulepu Heritage Trail //** The 3.7 mile scenic seaside trail starts at Shipwreck Beach and ends at Mahaulepu Beach. As you wind your way over the cliff-sides you'll find stunning views, dunes, secluded coves and tide pools. Native plants abound, sculpted lava is frozen in playful formations and petroglyphs from ancient times are etched into the rock.

**Mahaulepu Beach //** This beach is private and secluded with few visitors. Tortoises and other sea life roam around the beach and the rocky waters.

Don't use Google maps to navigate here. Instead navigate to Poipu Bay Golf course, just past the Hyatt and take Ainako Street down to the parking lot. There you'll have plenty of parking and access to the beach.



Trail Details