



**INSIDER**  
**GUIDES**  
from VisitTheUSA

# ISLAND DISCOVERY SERIES

HAWAIIAN ISLANDS



# ISLAND DISCOVERY: HAWAIIAN ISLANDS





*Go island-hopping through Hawaii, land of idyllic beaches, waterfalls, emerald rainforests and vibrant culture. Delicious food and a laid-back lifestyle will leave you longing for more. There are six major islands to visit that speak to the state's aloha spirit and showcase its lush landscape as well as its history. Embrace the unique personalities of the islands of Oahu, Kauai, Hawaii (the Big Island), Maui, Lanai and Molokai.*

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## OAHU, HAWAII

### Day 1 to 3

There's plenty to do and see in the state's capital on the island of Oahu. Begin at **Diamond Head State Monument**, a 300,000-year-old crater. Hike less than a mile to the rim for incredible views of the Pacific Ocean and the city. Browse the historical exhibits at the **USS Arizona Memorial**, which stretches over the sunken ship and commemorates the lives lost in the attack on Pearl Harbor. Scuba dive and snorkel to see wrecks, reefs and marine life in **Hanauma Bay**. Watch a lava pour and examine 24 million cultural artifacts at **Bishop Museum**. Oahu's **North Shore**, known as the "surfing capital of the world," is home to many of the top surf tournaments, with over seven miles of beaches and waves regularly reaching 30 feet or more. For the less adventurous, enjoy the world-famous **Waikiki Beach**, where beginners can enjoy smaller waves. Oahu has over 100 miles of shoreline and an array of beaches to accommodate every taste and activity. Don't leave Honolulu without visiting **Iolani Palace**, the restored 19th century home of Hawaii's monarchy, or the **Polynesian Cultural Center** to experience a true taste of the ethnic and cultural diversity of this region.

**Accommodation: Oahu**



*Battleship Missouri Memorial, Honolulu*





Hawaii Volcanoes National Park

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## KAUAI, HAWAII

### Day 4 to 6

Just 15 minutes by plane from Honolulu, discover this 6-million-year-old "Garden Island" made popular in movies and known for its lush landscape. Both **Waimea Canyon State Park** and **Koke'e State Park** offer hikes featuring **Waipoo Falls** and sweeping views of the **Kalalau Valley**. Walk through a rainforest, fish for trout or explore the natural history museum. Kayak through **Na Pali Coast State Wilderness Park** for dramatic views of the "pali," or cliffs. Intrepid types can take a 10.5-mile coastal hike along **Kalalau Trail**, one of the world's most scenic. Less adventurous souls can sunbathe on the popular **Poipu Beach** on the southern coast, a paradise for surfers, swimmers and snorkelers.

*Accommodation: Kauai*

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## HAWAII (THE BIG ISLAND)

### Day 7 to 9

Synonymous with Hawaii, this is the archipelago's largest island. Dive right into its turquoise waters bounded by striking beaches. Go snorkeling with sea turtles, which are called "honu," in **Kailua-Kona's** shallow lagoons. Then head to **Waimea**, which is cowboy country, to trek over lush nature areas and ranches via horseback or ATV. Hike through a forest in **Waipi'o Valley** to journey past black sand shores, waterfalls and mystical-looking craters with steaming vents. For more volcanic activity, explore **Hawaii Volcanoes National Park**. Marvel at two active volcanoes here; one of them, **Mauna Loa**, is the biggest in the world. Drive over lava on **Chain of Craters Road** before visiting the park's **Jaggar Museum and Volcano Art Center**.

*Accommodation: Hawaii*

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## MAUI, HAWAII

### *Day 10 to 12*

The second largest island, Maui, is synonymous with whale-watching and pristine sand beaches, and not only white sand, but black and red, too. Water sports outfitters cater to those who enjoy snorkeling, diving, surfing, windsurfing, kayaking and paddleboarding. Winter months are the best for watching whales, and the sheltered waters are home to mothers and their newborn calves. The **Road to Hana** is a spectacular drive; you can swim at many secluded waterfalls such as **Twin Falls**, bathe on a black-sand beach at **Wai'anapanapa State Park** and explore the ocean caves. **Haleakala State Park** offers waterfalls in the Kipahulu district, swimming in the **Seven Sacred Pools** and hiking among ancient Hawaiian ruins. Overnight in **Hana**, or return to your resort, but you will want to plan a full day for this adventure. Although a very early start – allow an hour to drive there – sunrise at **Haleakala** is a must-see experience. The awe-inspiring sight as the sun rises through the clouds is a vision you will never forget. Dining in Maui is of the highest levels with farm-to-table cuisine and fresh seafood being menu staples. Do not miss the chance to experience a luau, where you can taste native Hawaiian dishes, listen to local music and watch the famous hula dancers with a spectacular sunset as your backdrop.

*Accommodation: Maui*



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## LANAI, HAWAII

*Day 13 to 15*

Nine miles from Maui, Lanai is the smallest inhabited island in Hawaii. Find a cornucopia of experiences, from luxury accommodations and world-class golf to horseback riding, back country off-road adventures, stunning beaches, lush rain forests and spectacular nature preserves. This small island is as diverse as it is beautiful.

*Accommodation: Lanai*

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## MOLOKAI, HAWAII

*Day 16 to 18*

This is Hawaii in its truest form, from the 2,000-foot cliffs to the white-sand beaches, Molokai is still true to its Hawaiian roots. The island is a haven for outdoors enthusiasts who are looking to escape to a piece of the earth unspoiled by civilization.

*Accommodation: Molokai*

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*Rainbow Falls*

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