

# All About Kaua'i™

## The "ALL INCLUSIVE" Visitors Map & Guide



WHENEVER YOU SEE , CLICK ON IT FOR THE WEBLINK

WHENEVER YOU SEE , CLICK TO FIND THE LOCATION AND DIRECTIONS

WITHIN THE COPY ALL LINKS ARE UNDERLINED

DETAILED MAPS  
COMPREHENSIVE VISITORS GUIDE  
DINING GUIDE

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# KAUAI VISITORS GUIDE™



## WELCOME:

Welcome to the lush, beautiful island of Kaua'i, often referred to as "The Garden Island."

## LANDMARKS, ATTRACTIONS AND POINTS OF INTEREST:

### NORTH SHORE



Elegant, majestic, rugged, lush, secluded, stunning, quaint.



## Ha'ena

A tropical paradise awaits you at the end of Hwy 56.

Ha'ena Beach Park aka Maninihola Beach. (Named after the fish) A favorite spot for camping. A county permit is required.



### Ha'ena (Red Hot) State Park

Ke'e Beach and Reef, Waikanaloa and Waikapala'e Wet Caves, the Kalalau Trailhead, and ceremonial Heiau sites.

### Kalalau Trail

This world renowned trail begins at **Ke'e Beach**, follows the **Na Pali coastline** down to the **Hanakapi'ai Valley** and the magnificent **Hanakapi'ai Beach** on to the trails end to **Hanakapi'ai Falls**. The 8 mile hike can be difficult, and sometimes treacherous.

### Ke'e Beach

A beautiful lagoon for swimming and snorkeling. Walk a little beyond the beach to catch glimpses of the Na Pali Coastline. Look back at the mountains for a view of Makana Peak, aka Bali Hai from the movie.

### Limahuli Garden (National Tropical Botanical Garden)

Learn about ancient Hawaiian plants amongst rock terraces built over 1,000 years ago.

### Maninihola Dry Cave and Waikapala'e Wet Cave

Across from **Ha'ena Beach Park**. Exposed lava tubes from thousands of years ago resulted in the formation of these magnificent caves. The **Maninihola Cave** is often tied to the legendary Menuhune people.

### Tunnels Beach

Most probably the best spot to snorkel and scuba on Kauai.

### Wainiha Beach Park

Great place to take sunrise and sunset walks on the beach.

## Hanalei

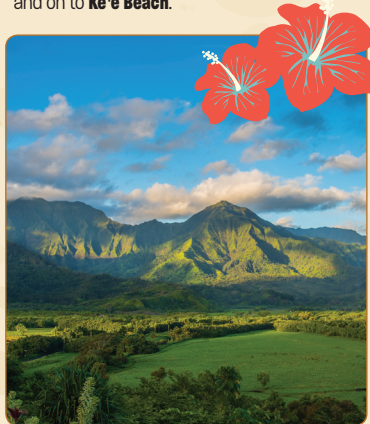
Wonderful shops, galleries, restaurants, and some the best surfing in all of Hawaii. Visit **Wai'oli Mission House**, listed on the National Register of Historic Places.

### Hanalei Bay

This magnificent two-mile crescent shaped beach attracts surfers worldwide. Exercise extreme caution, especially during the winter months.

### Historic Hanalei Road (Highway 560)

A lookout just before the road drops down into **Hanalei Valley** gives an amazing panorama of the **Hanalei Taro Fields** against a mountainous backdrop. The next 10 miles takes you through **Hanalei** and **Hanalei Beach**, and on to **Ke'e Beach**.



## Kalihiwai

Between **Kilauea** to the East and **Princeville** to the West.

### Kalihiwai Bay and beach

Take the **first Kalihiwai Road** just west of **Kilauea** to **Secret Beach**, **Secret Lava Pools** (hiking required), and **Unnamed Twin Falls**. The **second Kalihiwai Road**, connects to **Anini Road** leading to **Anini Beach**. Protected by one of Hawaii's largest reefs, **Anini** is one of the most safest swimming beaches on the **North Shore**. Also very popular for windsurfing.

## Kilauea

**Kilauea**, once a thriving sugarcane plantation complete with train to haul the cane, and a village with its **historic stone houses**, is now the gateway to the **lighthouse** and **wildlife refuge**. Slightly east lie the secluded beaches of **Waiakalua**, **Pila'a** and **Larsens**, all of which need walking to.



### Kilauea Point National Wildlife Refuge/ Daniel K. Inouye Kilauea Lighthouse

Several species of seabirds can be seen here, including Iwa Birds, the Red-Footed Booby, the Laysan Albatross, and the Hawaiian State Bird, the Hawaiian Nene Goose. On the brink of extinction during the 1950s, the Hawaiian Nene Goose is now estimated to be around 1300 throughout Hawaii with at least half the population on Kaua'i. There is a gift shop and historical center located in the lighthouse, built in 1913 and boasting the largest "**Clamshell lens**" in existence. This landmark also serves as the **northernmost point of the main group of Hawaiian Islands**. Directly opposite the lighthouse lies **Moku'ae'ae Island**, a bird sanctuary.

### Na 'Aina Kai Botanical Garden

Created by the first wife of the late Charles Schultz (Peanuts fame). Amazing sculptures placed throughout the 240 acre garden. Call for tour times.

### Moloa'a (Matted Roots)

Between Kilauea and Anahola.

### Moloa'a Bay/Beach.

Gilligan's Island fame. Secluded, horseshoe shaped bay is good for snorkeling. Stay within the two points.



## Na Pali Coast

Rises up over 4,000 feet in 1/2 a mile. Spectacular, rugged, and isolated. Best seen from the sea, air, and for the adventurous, by land. The coast stretches for 15 miles, between **Ha'ena State Park** and **Polihali State Park**. Explore spectacular cliffs, shoreline, and sea caves by guided kayak tours during the summer months. Cruises available year-round. Fixed wing and helicopter tours show off the hidden valleys. An 11 mile trail cuts across five valleys leading down to the beach.



### Na Pali Coast State Park

Only partly accessible by hiking the **Kalalau Trail** or by year round cruises or sea kayaks during the summer months.

### Princeville

Named after Hawaiian Prince Albert, the 2 year old son of King Kamehameha IV. **Ka Haku Road** leads to **Hideaways Beach**. **Punahele Road** leads to **Queens Bath** if accessible. Both are considered very dangerous for swimming.

### Wainiha

Part of the **Hanalei** district.

### Wainiha Bay

Slightly west of **Hanalei Bay** lies **Kalahala Beach** and a little further west lies **Lumaha'i Beach**, made famous from the filming of the 1957 classic "South Pacific."

## EAST SHORE/ROYAL COCONUT COAST

Named for the once thriving **coconut groves**.

## Anahola

Look north for a view of **Kalalea Mountain** aka King Kong's Profile.

### Anahola Bay Anahola Beach Park, Aliomanu Beach and Papa'a Bay.





### Anahola Beach Park

Overnight camping allowed. One of Kauai's safest beaches to enjoy.

### Donkey Beach aka Kumukumu Beach aka Paliku Beach

15 minute walk. Perfect for sunbathing, but not good for swimming. Pick up the paved **Eastside Trail** running all the way down through **Kapa'a** and on to **Waipouli**.



### Hanama'ulu (Tired Bay)

Ancient birthplace of King Kawelo, one of the Kauai 'an kings.

### Hanama'ulu Bay

**Hanama'ulu Beach Park.** Popular with locals for swimming, picnicking, and fresh water fishing. (The **Hanama'ulu River** flows into the mouth of the Lagoon).

### Ahukini Pier Recreation State Park. Ahukini Landing.

Kauai's first commercial seaport. Swimming prohibited. Excellent fishing.

## Kapaa & Wailua

**Kapa'a** is a mecca for shopping, dining, oceanfront accommodations, and getting on the **Coastal Pathway**. **Wailua** and the **Wailua River Area** was the first Hawaiian landing site by the ancient Tahitians. Heiau structures built by these ancient Hawaiians for religious rituals and purposes dot the area. Seven of these lie between the mouth of the **Wailua River**, and **Mount Wai'ale'ale**. Within a few feet from the **Holoholoku Heiau**, lie the **Birthstones**, one to support the back, and the other for leg placement during childbirth. It was decreed that all kings of Kauai were to be born here.

### Fern Grotto

Boat tours, kayaking and canoeing take you up the **Wailua River** to this natural lava rock grotto, once reserved exclusively for Hawaiian royalty.



### Fuji Beach aka Baby Beach

A great place for kids to swim and explore the tide pools.

### Ho'opi'i Falls Trail

A short 2 mile hike to 2 waterfalls. The first waterfall is popular for cliff jumping. The second waterfall is recognizable from the **Jurassic Park** movie. The trail tends to be muddy and slippery.



### Kapa'a Beach Park

Easy beach access and parking. Good for walking, biking, and fishing. Swimming not recommended during winter months.

### Kealia Lookout.

Great ocean views

with **Kealia Beach** on one side and **Coconut Coast** to the East. Perfect for whale spotting during their winter migration.

### Kealia Beach Park.

Popular for boogie boarding, and body surfing during the summer months. Exercise caution with the big surf during winter.

### Lihu'e-Koloa Forest Reserve (above Wailua)

Access to the **Na Ala Hele Trails**. Rough roads. Public hunting of "mammals only" permitted. **Keahua Arboretum** features 30 acres of forest, streams, meadows and pools. Popular hiking, biking, horseback riding and picnicking. Pick up the **Kuilau Ridge Trail**. Easy hike with spectacular views of **Mount Waialeale**.

### Lydgate Beach Park

Two sandy beaches with lava rock enclosed pools make it ideal for swimming and wading, especially for toddlers and young kids. The **Kamalani Kai Bridge** (Playground) is perfect for kids.

### Nonou Forest Reserve

3 popular hiking trails. **Nonou Trail East**, **Nonou Trail West**, and **Kuamo'o-Nonou Trail**.

### Nukoli'i Beach

A beautiful 2 mile beach behind the **Wailua Golf Course** makes it the longest beach on **Kauai's East Coast**. Swimming conditions are questionable.



### 'Opaeka'a Falls

Follow **Kuamo'o Road**, one of the most spectacular falls on Kauai.

### Sleeping Giant

Legend has it that a giant by the name of **Kanaka Nunui Moe**, after carrying rocks from **Polihale**, and timber from **Koke'e** to help build a temple, was honored by **Nunui Village** with a feast. After eating copious amounts of bananas, the giant became sleepy, and lay down to rest, and never woke up. Popular hikes offer spectacular views. Can you see the "**Sleeping Giant**."



### Wailua Bay/Wailua Beach

**Waipouli Beach** and **Waipouli Beach Park**. A popular fishing spot for locals.

### Wailua Falls

Take **Ma'alo Road** to these world famous falls.

### Wailua Municipal Golf Course

Rated as one of Hawaii's top 15 golf courses.

### Wailua River State Park.

The **Wailua River** is thought to be the original Hawaiian Islands landing spot by the Tahitians (circa 1,000 AD), and was home to Ali'i (royalty). **Heiau** (temple) remains can be found throughout the area, with many archeological remains of sacred sites still in existence. The **Wailua River** is the only navigable river in all of Hawaii. Take a kayak just two miles upriver, hike for another mile and you will discover a beautiful 125 foot waterfall and pool that you can swim in. Kayak and canoe rentals are available at the **Wailua Marina**. Also located on this 30 acre botanical and cultural garden is **Smiths Tropical Paradise** which hosts one of the most popular Luau's on the island.

## Lihu'e & Kalapaki

**Lihu'e** is Kauai county's government seat and main center for commerce and industry. Most traffic comes in and out through the Lihu'e Airport. **Nawiliwili Harbor** caters to the cruise ship industry.

### Alekoko Fish Pond, aka Menuhune Fishpond.

Lookout located just off **Nawiliwili Road**, and adjacent to the **Hule'ia Stream**. Legend has it that over 1,000 years ago, a tribe of "Small People" built the pond in just one night by forming a human chain 25 miles long to



pass along the stones used to complete the project. A gate constructed at the inlet allowed the fish to enter but not exit. After feeding and fattening, the fish were then harvested. The Menuhune are considered to be the original "Native Hawaiians" who travelled from the Marquesas Islands circa 300AD.

### Grove Farm Homestead Museum.

The former home of the prominent George N. Wilcox, and his descendants. Tours available Mondays, Wednesdays, and Thursdays. Reservations required.

### Hule'ia National Wildlife Refuge

Nestled alongside the **Hule'ia Stream** as it flows into the **Boat Harbor** and **Nawiliwili Bay**.

### Kalapaki Bay

**Kalapaki Beach**. Ideal for bathing, beginner surfers and Boogie boarders. Good selection of bars and restaurants.



### Kaua'i Museum.

Featuring a wonderful collection of vintage photographs.

### Kilohana Plantation.

A beautifully restored 16,000 sq.ft mansion built in the early 1900s. A great place to shop and dine. Take a train ride through the **36 acre grounds**. Sample rum from **Kauai's first and only commercial distiller**.



### Nawiliwili Bay

**Nawiliwili State Boat Harbor** and **Niumalu Beach Park**. The harbor caters to the cruise ships industry.

### Running Waters Beach/Ninini Point Lighthouse (Nawiliwili



### Harbor Lighthouse)/Kaua'i Lagoons Golf Course

If accessible, the top of the **86 foot lighthouse** offers a spectacular view.



# KAUAI VISITORS GUIDE™

## SOUTH SHORE

Beautiful beaches, sunsets, plenty of sunshine, spectacular resorts, eclectic towns, the best snorkeling on Kauai, and lush botanical gardens.



### Ele'ele

Hawaii is the only state in the nation producing coffee, which started as early as 1813. Tour **Kauai Company's** estate and taste their exclusive coffee's.

### Glass Beach at Port Allen

Excellent for collectors of "Sea Glass" and beachcombing.



### Port Allen Harbor

Most **Na Pali Coast** excursions launch from here. Also known for its great diving, snorkeling, sailing, whale watching, and especially for sport fishing.

### Hanapepe (Kauai's Biggest Little Town)

Originally founded by Chinese rice farmers in the 1800s and best known for its salt making. Now better known for its' lively **Friday Night Art Walk**.



### Hanapepe Bay (Crushed Bay)

In all probability resulting from a series of landslides.

### Kaluapuhi Beach

Midway between **Hanapepe** and **Waimea**

### Port Allen Airport

Primarily used for scenic helicopter tours, ultralight aircraft, and skydiving activities.

### Salt Pond Beach Park

Still making salt from seawater today. The reef provides good swimming year-round.

## Kalaheo

This quaint town is home of the **Kauai Kookie Company**.

### Kalalau Lookout

Spectacular views into the **Kalalau Valley**. 4,000 ft. elevation looking into the 2 mile wide canyon. Recognize valleys from movies such as the original "King Kong" and "Jurassic Park."



### Kukuiohono Park.

A delightful combination of a **Japanese Garden**, golf course, and spectacular views.

### The National Tropical Botanical Gardens HQ.

Featuring a **herbarium** and a research center which has the largest collection of **Hawaiian and Marquesan plants** in the world.

## Koloa

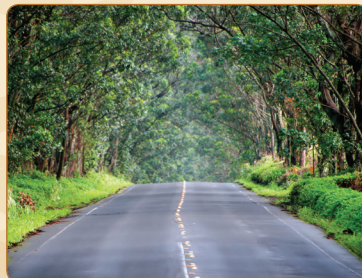
**Old Koloa Town.** The site of kawaii's first sugar plantation, established in 1835. now offers an eclectic mix of shops and businesses. Discover the site of the **old sugar mill**.

Drive, bike or hike the **Koloa Heritage Trail** encompassing **Kihahoua Heiau, Koloa Jodo Mission, Kuhio Park, Makawehi and Pa'a Dunes, Moir Gardens, Prince Kuhio Park, Pu'uwanawana Volcanic Cone, Spouting Horn, and the Sugar Monument**.



### Maluhia Road.

AKA the "Tunnel of Trees." A lovely serene side road approach to **Koloa** and **Po'ipu**.



## Poipu

A very popular tourist destination with lots of upscale hotels, resorts, shopping, dining and recreation opportunities.



### Ha'ula Beach

**Lithified dunes** and **sea cliffs** make this a special place. Behind the beach are the highest sand dunes on the **South Shore**. Not suitable for swimming.

### Kiahuna Golf Course.

18 hole course designed by Robert Trent Jones II.

### Koloa Landing.

Originally served as Kauai's main port. A popular spot for snorkeling and scuba diving.

### Kukui'ula Bay

Kukui'ulu **Small Boat Harbor/County Park**



### Lawai Beach.

A popular spot for snorkeling

### Maha'ulepu Beach

With its magnificent sandstone cliffs, the area from **Maha'ulepu** to **Shipwreck Beach** is perfect for hiking, biking, horseback riding, windsurfing, snorkeling, and fishing.

### Maha'ulepu Heritage Coast Trail. (3.5 miles).

Originating from the **Grand Hyatt Resort**, this popular heritage hiking trail follows the shoreline through one of the finest ancient **Hawaiian cultural sites**. You'll see petroglyphs, sand dunes, and a fossil cave. Lookout for the **Humpback Whales** between December and April.

### Makahu'ena Point

Marks the **Southernmost Point of Kauai**. A favorite spot for whale watching during the winter months.



### Moir Gardens

Featuring cacti and orchids.

### National Tropical Botanical Gardens

Directly across from "Spouting Horn," these 252 acres feature the 100 acre **Allerton Garden**, and the 152 acre **McBryde Garden**. Well worth taking the 3 hour guided tour.



### Poi'pu Beach Park .

The most popular beach on the **South Shore**. Snorkeling, swimming, surfing and sunbathing. Don't be surprised if your neighbor happens to be an endangered Hawaiian Monk Seal sunning itself. If so, please keep a safe distance. **Brenneck's Beach** is popular for bodysurfing.

### Prince Kuhio Park

Contains the well preserved **Ho'ai Heiu**, and monument to **Prince Kuhio**, the last designated heir to the Hawaiian throne.

### Shipwreck Beach\Keonelaoa Bay

In front of the **Grand Hyatt in Poipu**. A favorite for surfers, body surfers, and boogie boarders, even though the big surf makes it dangerous.

### Spouting Horn Beach Park.

A popular attraction, **Spouting Horn** is created from the wave action that forces the water up and through a hole in the lava rock shelf.



## WEST SHORE

It's all here. Some of the most spectacular, dramatic views you will experience in all of Hawaii. Steeped in history (**Captain Cooks Landing Place**), and miles and miles of beaches. Generally speaking, it's normally drier and warmer here.

