



Exploring Kauai

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information!*



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We know you will have an unforgettable trip. Enjoy!

Sincerely,
The Guidester Team

Overview & Brief History

Kauai is Hawaii's fourth largest island and is sometimes called the "Garden Isle," which is an entirely accurate description. The oldest and northernmost island in the Hawaiian chain is draped in emerald valleys, sharp mountain spires and jagged cliffs, aged by time and the elements. Centuries of growth have formed tropical rainforests, forking rivers and cascading waterfalls. Some parts of Kauai are only accessible by sea or air, revealing views beyond your imagination.

Kauai's distant past is filled with legends, the most well known tells of the Menehune, a mythical race of small people talented in construction and engineering who created Kauai's aqueducts and fishponds, often in a single night. They were believed to have lived in the woods and were shunned by Hawaiians. Today, you can still see their work at Hawaiian fishponds like Alekoko, known as Menehune Fishpond, near Lihue.

In 1778, British explorer Captain James Cook landed in Kauai's Waimea Bay for the first time. Cook's discovery of what he called the "Sandwich Isles," named after the Earl of Sandwich, introduced Hawaii to the world. During this era of western discovery, King Kamehameha I was attempting to unify the Hawaiian Islands under his rule. Kauai and the small neighboring island of Niihau were the only islands to deter his efforts. Eventually, Kauai's King Kaumualii decided to peacefully unite with Kamehameha and join the rest of the Kingdom of Hawaii.



Your ebook is fully interactive! Click on:

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- Points of Interest
- Reservation information
- Addresses and Maps (takes you directly to Google maps for easy navigation!)



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Things To See & Do

A



DESCRIPTION

HOURS

PRICE \$

LOCATION

Kealia Beach



Local surfers, boogie boarders & sunbathers frequent this beach with picnic pavilions & bathrooms. This is a great beach for swimming, surfing, body boarding, and watching the sunrise.

Daily during daylight hours

Free

Kealia Beach, Kapaa, HI

Na Pali Coast



Located on the North Shore of Kauai, the Napali Coast features panoramic views of the vast Pacific Ocean, velvet green cliffs and cascading waterfalls plummeting into deep, narrow valleys. Boat tours are a great way to experience the coast. Choose from a snorkel adventure, a sunset cruise and more with Holoholo.

Daily during daylight hours

Tour times vary

Varies - see your [HERE for more info](#)



Port Allen Marina Center
4353 Waialo Road
Suite 5A
Eleele, HI
96705

Kayak on Wailua River



Kauai is home to the only navigable rivers in Hawaii, so kayaking is an integral part of a unique Kauai vacation. Relax and take in the exquisite scenery as you paddle down the Wailua River. This popular river for kayaking weaves by lush, jungle landscapes along with island's East Side. Consider a guided kayak tour which includes paddling, hiking, swimming, and picnicking.

Varies by tour

Closed Sunday

See your [HERE for more.](#)



\$50/ person for a tour, BYO lunch

4565 Haleiilo Road, Kapaa, HI 96746

A



DESCRIPTION

HOURS

PRICE \$

LOCATION

Opaeka'a Falls



Cascading down into a hidden pool, this waterfall is easily one of the island's most accessible major waterfalls. This convenient stop makes for a memorable photo opportunity. "Opaekaa" means "rolling shrimp," which were once abundant in the stream. Walk uphill from the Opaekaa lookout and across the road for another great view of the Wailua River valley and interior plains beyond.

Daily
during day-
light hours

Free

3-5920 Kuhio Hwy, Kapaa, HI 96746
Located on the East Side about 2 mi. up Kuamoo Road (Route 580) from Hwy. 56, signs clearly point to the road-side lookout on the right.

Princeville Ranch Adventures Tours



Princeville Ranch has a variety of fun tours to really experience the beauty Kauai has to offer. Try the Waterfall Picnic Ride (Horseback Riding + 80-foot waterfall swim + picnic) or the Ride N' Glide (Horseback Riding + 3 fun, fast ziplines over the treetops). Both rides offer breathtaking views of mountains, valleys and the ocean. Princeville Ranch offers other tours as well, including off road adventures and jungle valley kayak tours.

Mon - Sat
Departure
times vary
by season.

Total tour
time is
approx.
3-3.5 hours

Waterfall
Picnic Ride
& Ride N'
Glide \$149/
person +
tax.

Prices vary
by tour

5-4280 Kuhio Highway, Princeville, HI 96722

A



DESCRIPTION

HOURS

PRICE \$

LOCATION

Poipu Beach Park



Poipu Beach was named America's Best Beach by The Travel Channel, ranking top among the 10 "best" beaches selected nationwide. Large honu (Hawaiian green sea turtles) also swim in these waters. Poipu Beach is most famous for the endangered Hawaiian monk seals that sometimes sunbathe on the shore. There are only about 1,200 Hawaiian monk seals remaining and many swim in the waters of Kauai.

Daily during daylight hours

Free

Poipu Beach Park, Koloa, HI 96756

Spouting Horn



The Poipu surf channels into a natural lava tube here and releases a huge spout of water during large swells. You'll also hear a hiss and a roar that is the basis of a Hawaiian legend. Ancient Hawaiians believed this coastline was once guarded by a giant moo (lizard) named Kaikapu.

Daily during daylight hours

Free

Spouting Horn, Hawaii-On Kauai's South Shore near Poipu

Safari Helicopter Tour



Take a helicopter ride to experience all The Garden Isle has to offer from the sky. Flights are approximately 60 minutes long and cover over 100 miles of amazing Kauai scenery. The Manawaipuna Waterfall (commonly known as the "Jurassic Park waterfall"), Olokele Canyon and Waimea Canyon, and the Na Pali Coastline are just a few of the stops along the way!

Tours from 10am-3pm have the most neutral lighting. Earlier and later flights often have enhanced views as shadows and highlights appear, and possibly rainbows!

\$189/person if you book online (saving you \$50!)

Flights depart from the Lihue Airport helipad at 3901 Mokulele Loop, Lihue, HI 96766

A



DESCRIPTION

HOURS

PRICE \$

LOCATION

Wailua Falls



Wailua Falls is a step off the beaten path. Here, the Wailua River cascades into two streams, dropping 80-feet below. Wailua Falls is most recognized in the opening credits of the long-running television show "Fantasy Island." Easily accessible, Wailua Falls can be seen from the roadside. If you visit in the mornings, you may be treated to a rainbow, making for an amazing photo of Wailua Falls.

Daily during daylight hours

Free

Wailua Falls, Kauai County, HI
North of Lihue - at the south end of the Wailua River

Waimea Canyon



Waimea Canyon is described as "The Grand Canyon of the Pacific." Although not as big or as old as its Arizona cousin, you won't encounter anything like this geological wonder in Hawaii. Stretching 14 miles long, one 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. The grand inland vistas go on for miles.

Daily during daylight hours

Free

Waimea Canyon Lookout, Waimea, HI



DINING

R

DESCRIPTION

HOURS

PRICE \$

LOCATION

Anahola Café and Saimin Stand

This road-side eatery found under a homey tent, serves up Hawaiian fare, including saimin (a noodle soup dish developed in China and developed by different immigrant groups in Hawaii).

Tues-Sun:
11am-10pm
Mon: Closed

\$

[Kuhio Hwy Mile 12.5,
Anahola, HI 96703](#)

Island Taco

The folks at Island Taco take homemade tortillas and fill them with local (Hawaiian) flavors, including wasabi seared Hawaiian tuna and slowly cooked kalua pork, to name a few.

Daily:
11am-5pm

\$\$

[9643 Kaunualii Hwy,
Waimea, HI 96796](#)

Fish Express

Fish Express is a favorite to locals. Parking can be tight during busy times, so consider coming here for take-out and having a picnic. Known for their fresh fish, especially poke, this place draws crowds from across the island, both visitors and locals alike.

Mon-Sat:
10am-5pm

Closed Sunday

\$\$

[3343 Kuhio Hwy,
Lihue, HI 96766](#)

R	DESCRIPTION	HOURS	PRICE \$	LOCATION
<u>Makai Sushi</u>	A small place inside the Kukuiula Market grocery store, this sushi joint packs a punch. Its famous gorilla poke bowl is enough for two people to share.	Mon-Fri: 11am-7pm Sat-Sun: 11am-5pm	\$\$	<u>2827 Poipu Rd., Koloa, HI 96756</u>
<u>Kalapaki Beach Hut</u>	This tiny tiki hut turns out mile-high burgers along with hearty breakfasts & fresh fruit smoothies. They're also known for their shaved ice and if you're really wanting to get into the island mood, order the coconut water served directly out of a coconut.	Daily: 7am-8pm	\$	<u>3474 Rice St Lihue, HI 96766</u>
Nana's Snack Shack Food Truck	Delicious homemade sandwiches, waffle dogs, frozen bananas dipped in chocolate with assorted toppings to choose from, tropical fruit frosty, and more. The best place to get acai and pitaya bowls on the island.	Mon/Tue/ Thu-Sat: 11am-5pm Closed Wednesday & Sunday	\$	<u>4-971 Kuhio Hwy Kapaa, HI 96746</u>



SHOPPING

S

DESCRIPTION

HOURS

LOCATION

Kukuiula Village

Kauai's newest shopping and dining experience features boutiques, restaurants & art galleries, plus a Wednesday farmer's market. Showcasing architecture that pays homage to Hawaii's plantation past, the center is home to dozens of unique shops and boutiques, award-winning restaurants and contemporary art galleries.

Mon-Sat:
10am - 8pm

Sun:
12-6pm

2829 Ala Kalanikaumaka Rd
A-101, Poipu, HI
96756

Old Koloa Town

Quaint old plantation buildings have been carefully renovated and restored and are now home to unique shops and restaurants. Old Koloa Town offers made-in-Kauai crafts, coveted Niihau shell lei, and a few snack spots to take a break at including Kauai's own, Lappert's Ice Cream.

Daily:
9am-9pm

Koloa Rd,
Koloa, HI 96756

Waipa Farmers Market

This market is nestled in a lush valley that is surrounded by towering mountains. Shoppers can buy locally made gourmet goat and feta cheese, chocolate covered frozen bananas, organic produce, coconuts, handmade crafts and clothes.

Every Tuesday
2pm

5-5785A Kuhio
Highway Hanalei,
Kauai, Hawai'i 96714



NIGHTLIFE & ENTERTAINMENT

N E	DESCRIPTION	HOURS	PRICE \$	LOCATION
<u>Smith Family Garden Luau</u>	<p>Dinner includes Kalua roasted pig, teriyaki beef, Ono mahi-mahi, tasty chicken adobo and more. Sit back or join in on the fun as guests are invited on stage to try some hula moves as dinner winds down. At the luau, witness the lyrical sway of the Hawaiian hula, the colorful precision of the Tahitian drum dances and the fiery emotion of the Samoan fire knife dance. If you only want to show up for the show, tickets are \$15. See website for more info.</p> 	<p>Mon-Fri: Starts at 5pm</p>	<p>\$78/adult (Pre-book online for a \$10 discount off the regular adult price of \$88)</p>	<p><u>3-5971 Kuhio Hwy, Kapaa, HI 96746</u></p>
<u>Kauai Island Brewery & Grill</u>	<p>Kauai Island Brewery & Grill is a microbrewery with a brewhouse. On the kitchen side, the menu includes Hawaiian bar grub, plus flat screens galore. Brewery tours are available upon request.</p>	<p>Daily: 11am-9pm</p>	<p>\$\$</p>	<p><u>4350 Waialo Rd Port Allen Marina Center Port Allen, HI 96705</u></p>
<u>Trees Lounge</u>	<p>A comfy, artsy spot featuring live music nightly, plus cocktails & island-style apps.</p>	<p>Mon-Sat: 5-11pm Closed Sun</p>	<p>\$\$</p>	<p><u>440 Aleka Pl Ste 1 Kapaa, HI 96746</u></p>

Rob's Good
Times Grill

A lively hangout for sports viewing, live music, dancing, karaoke, & Hawaiian-American pub grub. Swing dancing is held on Tues. nights from 7:30-10pm and club dancing on Fri. & Sat. nights from 10pm-2am (check the website for cover charge).

Mon-Sat:
11am-2am
Sun:
8am-2am

\$\$

Rice Shopping Ctr
4303 Rice St.
Lihue, HI 96766

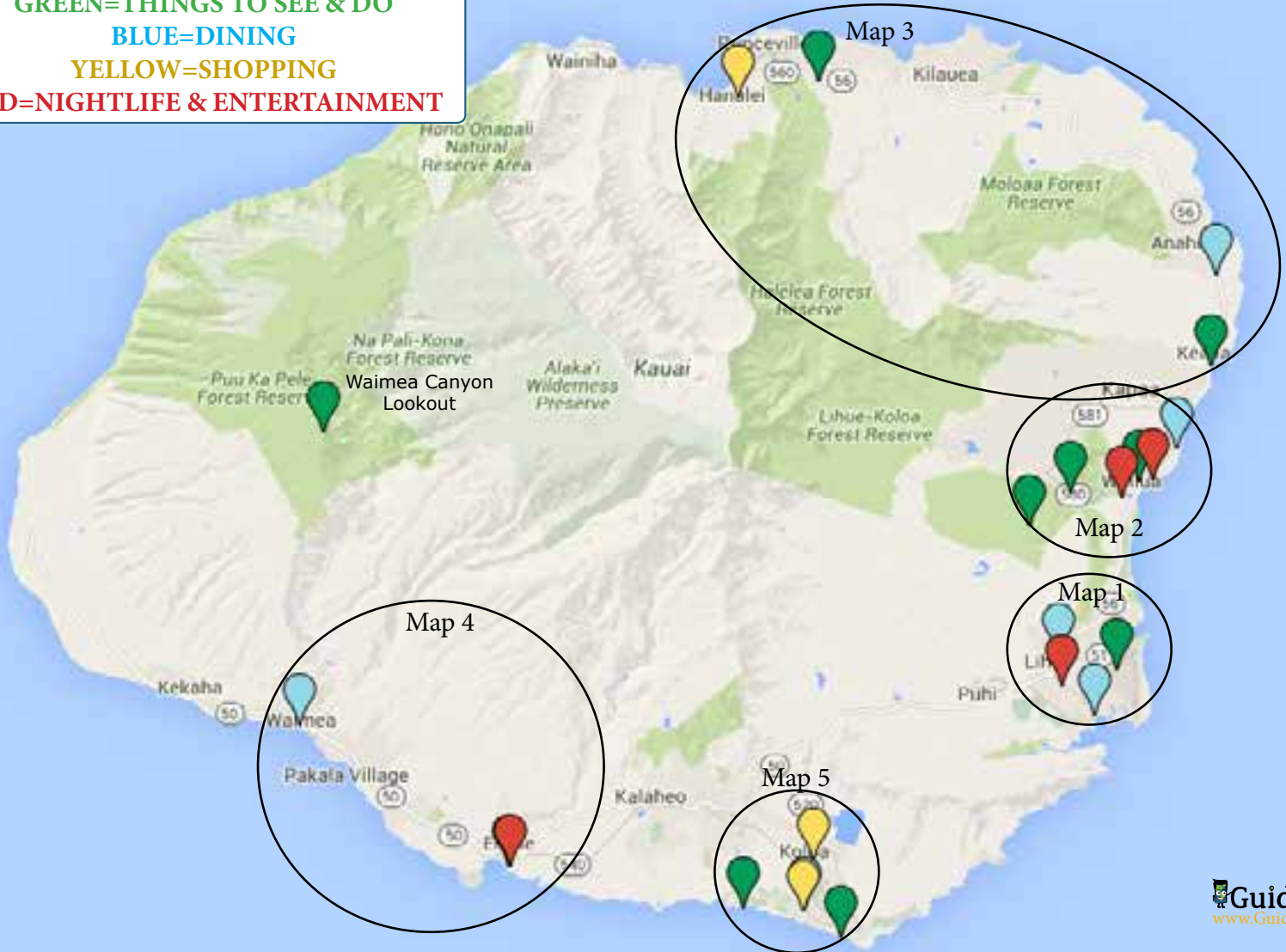
POINTS OF INTEREST COLOR KEY

GREEN=THINGS TO SEE & DO

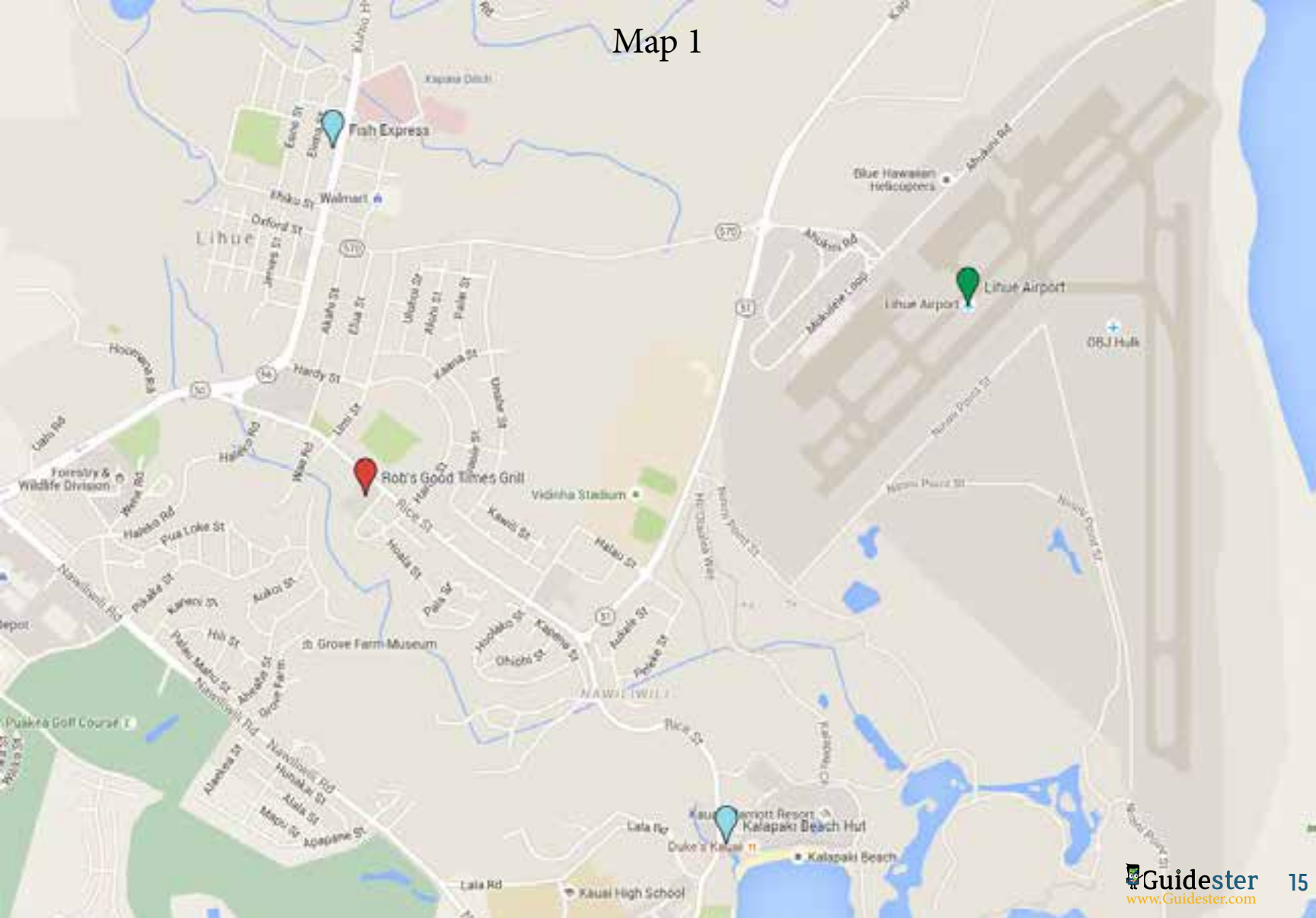
BLUE=DINING

YELLOW=SHOPPING

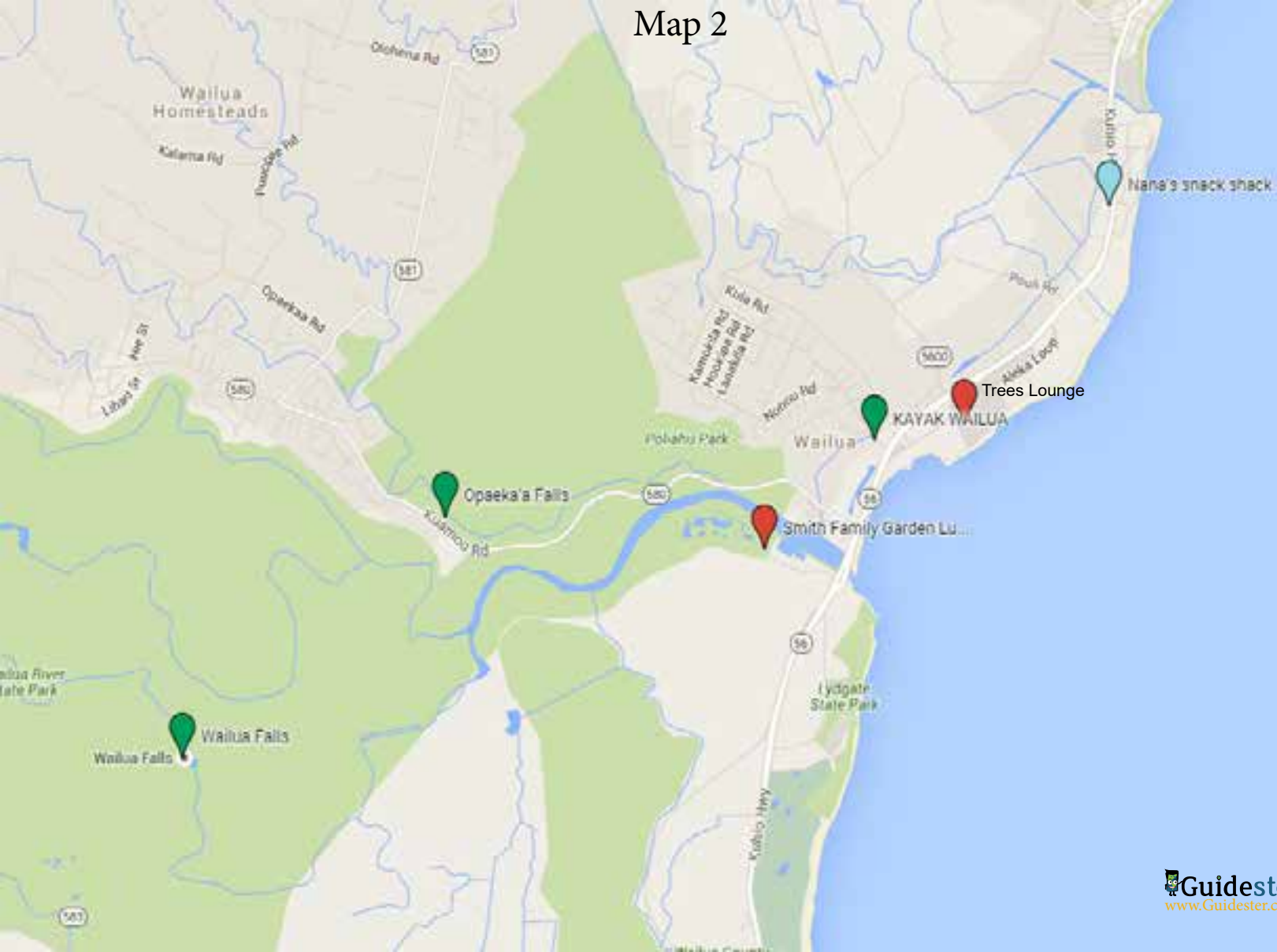
RED=NIGHTLIFE & ENTERTAINMENT



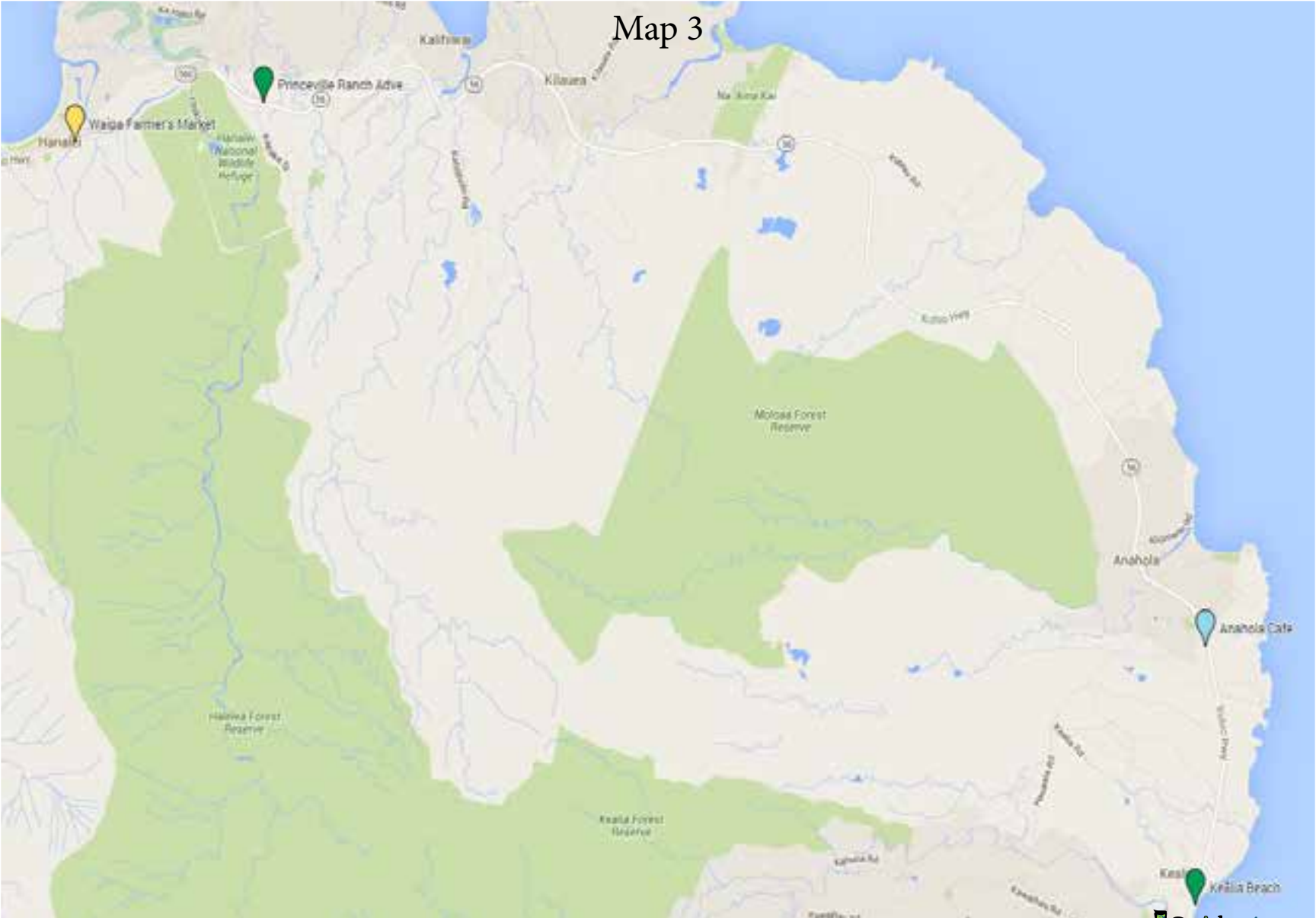
Map 1



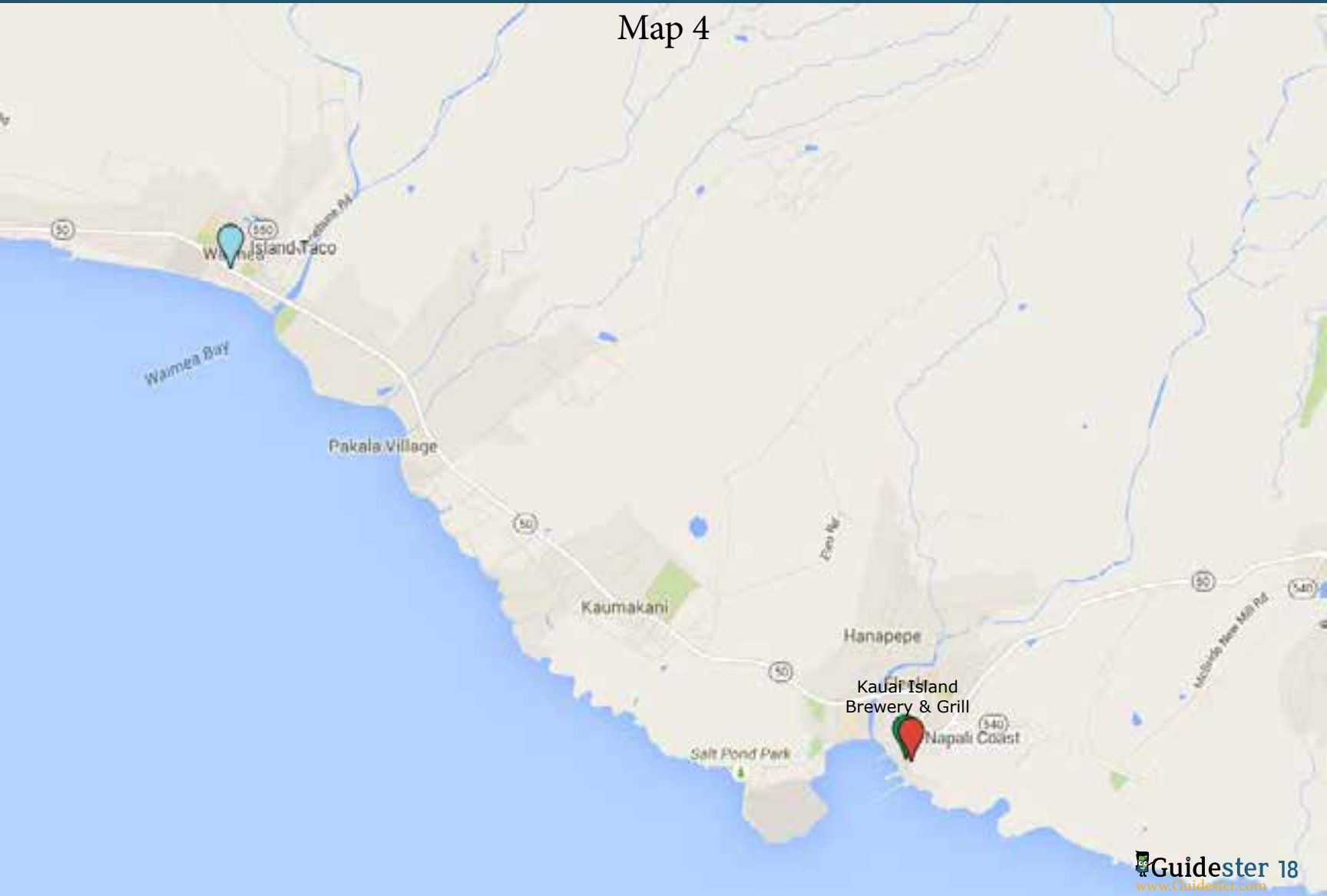
Map 2



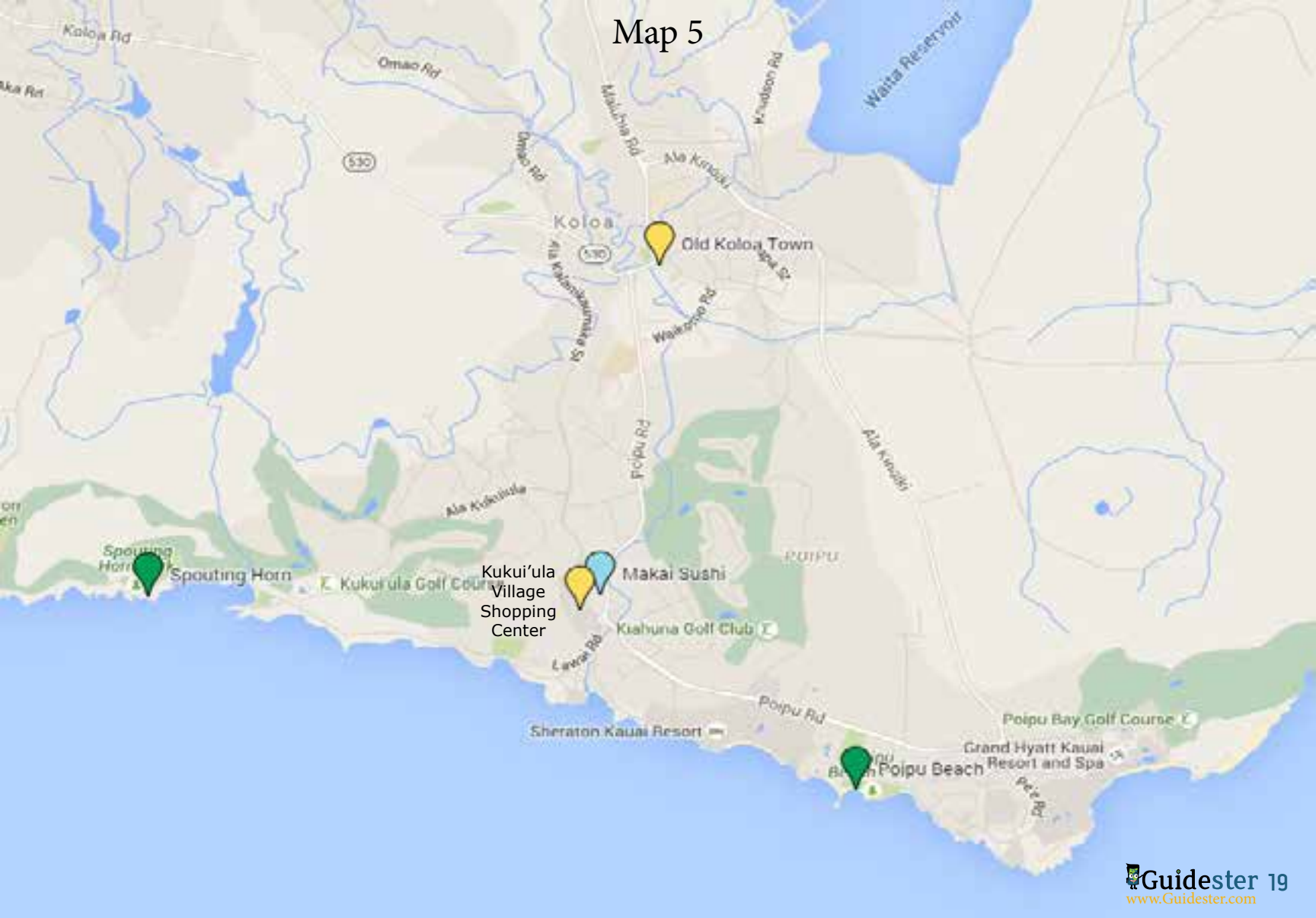
Map 3



Map 4



Map 5



Cultural Guide

Transportation

- Driving in Kauai is fairly easy and by far the best way to get around the island. Having a rental car on Kauai is pretty essential unless you plan on staying put at your resort.
- Kauai is a circular island and one major highway nearly circles it, beginning in Lihue and going north, Kuhio Highway (Hwy. 56) goes to Kee Beach past Hanalei. Going to the West Side, Kaunualii Highway (Hwy. 50) travels to Kekaha.
- With minimum traffic lights, everyone on Kauai follows “aloha” traffic customs. Remember to drive slowly, yield to others and don’t tailgate. At one-lane bridges, yield to oncoming traffic. Relax, enjoy the scenery and drive safely.

Communication

- The area code for all of Hawaii is (808). Cell phone coverage is readily available in most places if you're coming from the continental United States.
- Phone number for the Kauai Visitors Bureau: (808) 245-3971
- Internet access is readily available on Kauai and at most hotels.

Cultural

- Currency: Hawaii's currency is the U.S. dollar. Credit cards are widely accepted.
- Language: The official languages of Hawaii are English and Hawaiian.
- Time Zone: Hawaii Standard Time (UTC-10), 5 hours behind the US East Coast, 8 hours behind Australia - Brisbane.
- By law in the state of Hawaii, all beaches, even those in front of "exclusive" beach resorts, are public up to the "land below the high-water mark on any coastal shoreline."
- There are no billboards in the entire state of Hawaii. Currently in the United States, four states have outlawed the use of billboards, including Alaska, Vermont, Maine and Hawaii.
- It's warm in Hawaii, so pack your summer attire. You may want to bring a jacket or sweater for the evenings.
- Tipping: U.S. standards on tipping apply: 15-20% on meals, at least \$1 per bag for porters and at least \$1 per night for house-keeping.

Common Phrases:

Aloha - Love, affection; greeting, salutation; Hello! Goodbye!

Mahalo - Thank You

Kōkua - Help or support. Heard most frequently in the phrase, “Mahalo for your kōkua” (thank you for your assistance).

Mauka & Makai - Mauka is toward the mountain; makai is toward the ocean. The two are used when giving directions on the islands.

Lanai - balcony or patio

Pupu - appetizer

Poke (POH-keh) - Delicious cubes of raw seafood (typically ahi tuna) mixed with sauces and onion. Called a poke bowl when served over white rice.

Shaka - The hand gesture of extended thumb and pinkie. It generally symbolizes the “aloha spirit,” or the feeling of gratitude, friendship, understanding, or solidarity. Drivers will often use it on the road when you let them in, etc.



Thank you!

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