



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Randy Son Of Robert

Beach Babies in Hawaii

Hilo, Big Island (Hawaii), 11 Days

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Guide Description



AUTHOR NOTE: Hawaii is all about waves, beauty and sunshine. This trip will show you how to enjoy it all with little ones, yes babies. Babies are very welcome and honored in Hawaii. This trip swings you and your' child or children by some of the sweetest, most gentle baby beaches in Hawaii, starting in Oahu's Waikiki and touring from Northern Kauai down South to The Big Island. Be sure to bring a camera, hats and some water shoes.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 4

DAY NOTE: This is a wrap-up day for Waikiki, so relax, become one with the Hawaiiana spirit that is Hawaii. Get ready for Kauai up North followed by The Big Island of Hawaii down South.

Day 9 - Big Island (Hawaii), Hilo

 **Hilton Waikoloa Village**
Swim with dolphins here

 **Kailua Bay Charter Co.**
Glass-bottom boat tours

 **Hapuna Beach Park**
Secluded Expanse of White Sand

 **Royal Kona Luau**
Island-style entertainment by the sea

side to the active volcano and beautiful waterfalls in between. Then relax, what a nice trip you have all had. Ah....Ah...Ahloha!

 **Atlantis Submarines**
Daily Submarine adventures from Kailua Pier

 **Hilton Waikoloa Village**
Swim with dolphins here

Day 10 - Big Island (Hawaii)

DAY NOTE: Take it easy here at Waikoloa Village for a day. It is totally set up for families. The Paddle boats are great fun and so too is snorkeling. You and the baby can easily wade in the shallow beach area near the paddle boats and enjoy yourselves, or rest under the hotel cabanas and their shady umbrellas. Book a Dolphin Quest too, and after ya grab a bite, head on over to Dolphin Quest.

 **Dolphin Quest**
Play with dolphins

 **Hilton Waikoloa Village**
Swim with dolphins here

Day 11 - Big Island (Hawaii)

DAY NOTE: The last day in The Hawaiian Islands - top it off nicely, from sea to sky, how about it? Enjoy morning activities around the village, ride the boat on the canal to the lobby and head to the Atlantis Submarine and see the oceans life below with your' babies. Then, head to the airport for another ride with Mauna Loa Helicopters and view The Big Island, from the Kona

Day 4

DAY NOTE: This is a wrap-up day for Waikiki, so relax, become one with the Hawaiiana spirit that is Hawaii. Get ready for Kauai up North followed by The Big Island of Hawaii down South.

Day 9 - Big Island (Hawaii), Hilo

QUICK NOTE

contact:

tel: +1 808 886 1234
fax: +1 808 886 2900
<http://www.hiltonwaikoloavillage.com/>

location:

69-425 Waikoloa Beach Dr
Waikoloa HI 96738

1 Hilton Waikoloa Village

DESCRIPTION: This resort features a tram to convey guests from one attraction or restaurant to another. If you would rather travel by the hotel's relaxing waterway, step onto one of the mahogany boats that will transport you to your destination. Frolic with the dolphins in the man-made lagoon while an entire tropical jungle flourishes just beyond a wooden fence. Other highlights include a luau, an 18-hole seaside putting green, a stadium tennis court with more than 400 seats and a world-class health spa. © wcities.com



Hotels.com

contact:

tel: +1 808 324 1749
<http://www.konaglassbottomboat.com/>

location:

Kailua Pier
Hilo HI 96725

hours:

10a-2p M-Su

2 Kailua Bay Charter Co.

DESCRIPTION: View schools of tropical fish and exotic sea creatures in their natural habitat. This glass-bottomed vessel, Marian, takes adventurers out to the coral reefs just off the shore of Kailua. Tours depart daily on the hour starting at 10:30am. The charter company's office is located in a little hut on the King Kamehameha property, near the pool and across from the hula complex. Private cruise reservations are also available for groups fewer than 24 people. © wcities.com



wcities

contact:

tel: +1 808 882 1900

location:

Hapuna Beach Road off
Highway 19
Hawai'i National Park HI
96743

3 Hapuna Beach Park

DESCRIPTION: This white sand beach is the stuff of movies, photo shoots and imagination. They stretch as far as the eye can see. The sand is sugar-fine, warm and clean. The waves are deep blue in the distance, foamy when they hit the shore. Among the Big Island's white sand spots, this one stands out and is regularly ranked among the top beaches in the world. The half-mile strip also has great facilities like a paved walkway leading from the parking lot, which is a rarity in Hawaii! © wcities.com



Photo courtesy of Hapuna Beach

MY NOTE: This is such a perfect beach, it should be called "Perfect Beach." There is shade under the trees, it is small, yet not too small, and there is always a sweet, gentle wave lapping in. Swimming is great here if one of you holds the baby and the other swims for a minute and then you switch, it is very nice.

contact:

tel: 808 329 3111

fax: 808 329 9532

<http://www.hawaiihotels.com/Main/Sub.cfm>

location:

Kealahou HI 96740

hours:

5:15p-8:30p M, W, F-Sa

4 **Royal Kona Luau**

DESCRIPTION: Here's a good way to introduce a little culture into your spring break while still having a good time. Enjoy a delectable Polynesian buffet, live music and hula dancing. Each event begins with a shell lei greeting. The buffet offers such local favorites as kalua pork, poi and pineapple upside-down cake. The Polynesian revue spotlights musicians and dancers, as well as specialty performers. A gorgeous oceanfront location makes this luau especially appealing. © wcities.com

MY NOTE: You must get to a luau if you are in Hawaii, especially for the baby or babies. This is a great one.



Royal Kona Luau

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contact:

tel: +1 808 886 1234
fax: +1 808 886 7030
<http://dolphinquest.org/>

location:

69-425 Waikoloa Beach Dr
Hawai'i National Park HI
96738

hours:

See their website for
reservation times

1 Dolphin Quest

DESCRIPTION: Located inside the Hilton Waikoloa Village, this dolphin habitat draws visitors from up and down the big island of Hawaii. Dolphin Quest offers a variety of programs and encounters for everyone from children to couples. Guests and visitors have the chance to learn about these extraordinary creatures through fun and educational programs. See their website for more information. © wcities.com

MY NOTE: This is really great. Children may pet and possibly swim near the dolphins. It is a great, kind program and really leaves excellent memories. After this, hit all of the pools and slides if your' little one is old enough for slides. The best on the island is located at this resort. Can you guess which one? Have fun.



wcities

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fax: +1 808 886 2900
<http://www.hiltonwaikoloavillage.com/>

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Waikoloa HI 96738

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Hotels.com

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QUICK NOTE

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contact:

tel: +1 800 548 6262

fax: +1 808 329 1153

<http://www.atlantisadventures.com/>

location:

75-5656 Kuakini Highway
Big Island Of Hawaii HI 96740

1 Atlantis Submarines

DESCRIPTION: Get a fuss-free view of Hawaii's underwater world on this deep-sea tour. View tropical fish, sea turtles and coral kingdoms while you dive to depths of as much as 100 feet. No gear or training is necessary—just call to book one of its daily tours. Atlantis also facilitates snorkel, whale watching and helicopter tours. © wcities.com



Photo courtesy of Atlantis Submarine

contact:

tel: +1 808 886 1234

fax: +1 808 886 2900

<http://www.hiltonwaikoloavillage.com/>

location:

69-425 Waikoloa Beach Dr
Waikoloa HI 96738

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Hotels.com

contact:

tel: 808-329-6881

fax: 808-329-2597

www.nps.gov/kaho/

location:

73-4786 Kanalani Street, #14

Holualoa HI 96740

1 Kaloko-Honokohau National Historical Park

DESCRIPTION: This was the site of important Hawaiian settlements before arrival of European explorers. It includes coastal areas, three large fishponds, a house site and other archeological remnants. Resources include fishponds, kahua (house site platforms), ki'i pōhaku (petroglyphs), hōlua (stone slide) and heiau (religious site). Because the park is still relatively undeveloped, there are very few facilities available within the park. There is a chemical toilet located at Kaloko Pond and at Ai'opio, there is also a composting toilet located along the trail leading from the south end of the park to Honokohau Beach. Visitors can hike along the coast through the park and enjoy other activities such as: picnicking, fishing, snorkeling, swimming, bird-watching, and surfing. Other activities enjoyed in the park include backpacking, sea kayaking, SCUBA diving and viewing wildlife. Kaloko-Honokōhau is located at the base of Hualālai Volcano, along the Kona coast of the island of Hawai'i. It is three miles north of Kailua-Kona and three miles south of Kea hole-Kona International Airport, along Highway 19 (the Queen Ka'ahumanu Highway). There is no park sign or visitor center (yet) in this newly established park, so a trip to the park headquarters may be helpful to get your bearings.



Photo Courtesy Of Kaloko-Honokohau National Historical Park

contact:

tel: 808-974-6200

location:

Highway 19

Honoka'a HI 96740

2 Kekaha Kai (Kona Coast) State Park

DESCRIPTION: Kekaha Kai State Park encompasses over 1,500 acres of beach, dune and wilderness areas on the leeward side of the Big Island north of Kailua-Kona. This park is divided into two sections: Mahai'ula and Kua Bay. The Mahai'ula section is the more developed of the two sections of the park. It offers a sandy beach and dunes, picnic area with tables and restrooms. In addition to unpaved road access between the two sections, a 4.5 mile hike along the Ala Kahakai Trail, an historic coastal trail, leads to the Kua Bay portion of the park. Halfway along this trail, a hike to the summit of Pu'u Ku'ili, a 342-foot high cinder cone, offers excellent coastline views. Kua Bay, at the north end of the park offers beach access and beach related activities. Both sections of this park provide swimming, water play and snorkeling during calm conditions. Kekaha Kai lies on the leeward side of the Big Island north of Kailua-Kona. Visitors can access the site from Queen Ka'ahumanu Highway.

contact:

tel: +1 808 322 8000

fax: +1 808 322 4030

<http://www.dolphindiscoveries.com>

location:

77-116 Queen Kalama

Avenue

Hawai'i HI 96740

3 Dolphin Discoveries

DESCRIPTION: Learn about Hawaii's history while falling a little bit in love with the state's favorite creatures. The husband-and-wife duo that runs these tours take very small groups (about five people) out to sea in a motor-powered raft. The journey travels the Kona coast, visiting Kealakekua Bay Marine Preserve for snorkeling. April is the last (and warmest) month of the humpback whale season. Pilot whales, sperm whales and gleeful dolphins can be spotted year-round. © wcities.com



Photo courtesy of Dolphin Discoveries

hours:

My List - continued...

Morning trip: 8a-12:30p,
Afternoon trip: 12:30p-3:30p

Big Island (Hawaii) Snapshot

Local Info

The island of Hawaii is a collection of contrasts and extremes accented with the aloha spirit. This island is not only the furthest south in the Hawaiian Island chain, it happens to be the newest of the main islands and the location of the southernmost point in the United States. In contrast it is also the location of the highest mountain in the world that offers stunning sunset views. Mauna Kea rises 33,000 feet when measured from the sub-oceanic base and is also home of the highest freshwater lake in the United States. Lake Waiau sits just over the 13,000 ft level near the summit of Mauna Kea and served as an important site for the newborn of Hawaiian royalty. The mountain has been proven by anthropologists to have provided a source of obsidian to make stone tools during the traditional Hawaiian times. Mauna Kea is also where the clearest air is found on the planet, hence many of the world's largest telescopes are located on the summit.

The Big Island is also a contrast of fire and ice. Snow covers the peaks of Mauna Kea and Mauna Loa during winter months while the volcanic eruption at Kilauea Volcano has been continuously active for over 15 years and is still creating new land in the Kalapana area below Volcano National Park. Visitors are free to experience the winter snow, which usually follows a substantial rain fall, by driving up the mountain in a four wheel drive vehicle.

North and South Kona

Most visitors to the Big Island first arrive at the Kona International Airport at Keahole. Located in the North Kona, the architecture of the airport is definitively Polynesian. Ticket counters and gate areas are a collection of small buildings resembling groupings of village huts. The open-air setting is unique and provides easy one level access to everything from check-in kiosks to baggage claim and ground transportation.

Turn south from the airport and you will be well in the area that encompasses North and South Kona. This area includes the majority of the original town and tourist district of Kailua-Kona along with the largest business, industrial and commercial area on the Leeward side of the Big Island. Here you will find doctors, big box stores,

restaurants, cultural sites, and many shops and boutiques. Some of the must-sees are Laaloa Beach Park, Ahu'ena Heiau and Hulihe'e Palace which are both along the waterfront. Also along the waterfront is the main thoroughfare called Alii Drive. It is the place to browse shops, dance the night away, watch the green flash over a local larger or have a romantic sunset dinner for two.

North and South Kohala

Named after the oldest of the five mountains on the island, the landscape of the Kohala Coast is sunny, hot and dry with beautiful sunset and endless ocean views, numerous lava fields and only a few white sand beaches. There are fabulous views of not only Mauna Kea, Mauna Loa, the Kohala Mountains and Hualalai, but on a clear day views of the eastern slope of Haleakala can be seen in the distance. Some of the best and more opulent resorts in the state are located along this coast. The Hilton Waikoloa village is probably the most fantastic followed by the very opulent Mauna Lani, the Fairmont Orchid and the Mauna Kea Beach and Hapuna resorts farther north.

Also noteworthy in the area is Spencer Beach Park and Hapuna Beach Park. These two beach parks are one of the best in the state not to mention the island. If there is one thing that brings people from around the world to the Kohala Coast, it is the golf. Most area courses rank among the top 100 in the United States. Hapuna Golf Course, Francis Brown I & II and the Waikoloa Village Golf Courses are all world-renowned. To the south of Hapuna Beach Park down a dusty, bumpy, yet two wheel drive road is Sixty-Nine Beach. Off the beaten map lies the secluded beach that is much smaller than Hapuna, yet big enough to get some privacy on white sand and enjoy swimming in clear water dotted with colorful tropical fish.

North Kohala feels like a world of its own, dotted with older plantation homes along the coast, and a small historic town with galleries, eateries, and a sense of culture. North Kohala makes for a perfect day trip of shopping in the quaint town, and most importantly, a visit to Pololu Valley, the birthplace of the notorious King Kamehameha, with a steep hike and a beautiful black sand beach.

One of the more unique areas in South Kohala is Waimea. Located at the 2500 foot elevation, Waimea town is cool and green. Breezy sunny days that can have the hint of a chill, and cool nights, Waimea is a combination of local cowboys known as paniolos, scientists and upscale island homes and not just another sleepy Hawaii plantation town. Waimea, or Kamuela as it is sometimes referred to, is a ranching town. It sits adjacent to one of the largest working cattle ranches in the country, Parker Ranch, and is steeped in tradition, culture and history. Waimea is also the location of the administrative support for the Keck and Canada France Telescopes that sit on the summit of Mauna Kea in full view from the heart of town on a clear day.

Hamakua

From the sleepy town of Honokaa to the tiny town of Paauilo, the Hamakua coast is known for beautiful ocean vistas, waterfalls, valleys and lush tropical landscapes. Life is slow, unhurried, and is lived by a combination of the young and old settled in for a lifestyle of peace and tranquility. It is a place where relationships mean more than time and the beep of a car horn is more of a greeting than a reproach. Just a few miles north from the center of Honokaa Town is Waipio Valley. Exploring the valley to view the streams, taro patches, waterfalls, and black sand beach is an island highlight. Valley tours are available to see the valley, as well as a stop at the lookout up top, a strenuous and very steep walk down and up, or a four wheel drive cruise into the valley only to be piloted by skilled drivers. Also a part of Hamakua is the Mauna Kea State Recreation Area. Accessible via Saddle Road from either Kona or Hilo, a visit to the summit would necessitate a four wheel drive and a call to the check on the area weather conditions. The Saddle Road is a site in its own, with views of both Mauna Kea and Mauna Loa, various cinder cones, open land and pastures, and state park for cabin stays and picnics, and a general feeling of being in another world.

A drive along the Hamakua coast will take you through eucalyptus forests, pasture lands over bridges and through valleys. It is a relaxing experience and one of the more special parts of the island.

North and South Hilo

Big Island (Hawaii) Snapshot continued

Located just south of Hamakua along the windward side of the island the Hilo area encompasses the area from Ookala to the quiet waterfront town of Hilo. The area is much like the Hamakua Coast to the casual untrained eye, a closer look will reveal some of the most beautiful waterfalls, picturesque parks and charming towns in the state. There are no championship golf courses, wide white sand beaches or mega resorts here, but there is a unique charm just under the thick canopy of tropical vegetation and giant hapuu fern trees. A stop in Laupahoehoe can take just a few minutes, but in those minutes one can visit the historical train museum or visit the lovely seaside park complete with tide pools and beautiful rocky coast line. A short stop in Ninole town cannot be complete without a photo opportunity at the post office. Delightful and charming, it is the smallest in the state and certainly one of the smallest in the country.

Not to be missed is a stop at the Akaka Falls State Park. The paved trails wander through thick vegetation under a tropical canopy. The park is actually home of two of the longest waterfalls in the state. Akaka Falls is the longest more well-known and neighboring Kahuna Falls is almost as long.

Hilo is the largest community on the island and has a long and interesting history that has been shaped by natural events. Hilo has been threatened by lava flows, wiped out by tsunami, hurricanes and earthquakes. Today, it is home to a wonderful farmer's market that takes place on Wednesdays and Saturdays, several museums, botanical gardens, a wonderful astronomy center, and the largest and most renowned hula competition in the world, the Merrie Monarch. Hilo is scattered with delicious eateries, local style boutiques and shops, a mall, several health food stores, and several big box stores.

Downtown Hilo is a wonderful spot to browse through the small shops, have lunch after a morning at the volcano and pick up some fresh orchids or anthuriums. Bayfront, the area of downtown Hilo located along, you guessed it, the bay, is a place where sightseers can start at either Banyan Drive or the new Tsunami Museum to explore an area of town that boasts some of the most hip places to dine and shop. There's also the East Hawaii Cultural Center and Lyman Museum. For

information on these attractions and on the outlying areas, visit the Hawaii Visitor's Bureau.

Puna

The Big Islands district of Puna has been known in the past as the "Wild West," even though it is on the east side of the island. With the small former plantation towns of Keaau and Pahoa that are nearer to the ocean than the small towns of Mountain View and Volcano on the slopes of Kilauea, Puna offers everything from chilly nights, forests of ferns and ohia lehua trees to the inexpensive acre lots with ocean views and the sounds of coqui frogs at night. Puna has evolved through a history combining plantation life, strong native Hawaiian culture, a strong hippie culture in Pahoa, and the reputation through decades as one of the largest marijuana cultivating locations.

Shipman Beach, a white sand bay where sea turtles and monk seals come to rest is located as the base of the neighborhood paradise park, and is a must see. Lower Puna, the area below Pahoa, offers various hot ponds, steam vents, tide pools, and fresh and hard lava. Puna can look a little rough at first site but a deeper look will discover hidden treasures that cannot be found anywhere else in Hawaii.

Kau

To mention Kau, is to refer to Hawaii's last frontier. Kau is certainly the most rural area on the entire island with miles and miles of wide open land with just a single road bisecting it from South Kona to the entrance of Hawaii Volcanoes National Park. This area is home to small country communities, natural beauty and historical significance that has yet to be documented. A drive from Kona to the volcano will treat you with glimpses of wild untouched coastline, low-land forests, off the map black sand beaches, cold water ponds, and green sand beaches. Once at the Hawaii Volcanoes National Park a visit to the Kilauea Visitor Center, Volcano Art Center and Jaggar Museum along with a short hike through the Thurston Lava Tube are not to be missed. A visit to the semi-famous Punalu'u Bakeshop and Visitor Center for lunch and the Punaluu Black Sand Beach is also a must-do.

To experience the Big Island is to experience Madame Pele's fiery fury at

Kilauea, to venture up to snow capped summit home of the Hawaiian Goddess Poliahu at Mauna Kea, to warm up on the sunny leeward shores, to drive through miles and miles of open countryside, hike to gorgeous waterfalls, sit in natural steamy saunas, visit green and black sand beaches, and take in a variety of cultures. The Big Island is a place where direction to the intriguing and exotic sites helps and visitor, and travelers can get lost in the beauty and culture and Hawaii's largest island.

© NileGuide

Fun Facts

Hawai'i(Big Island)

State: Hawaii

Country: United States

Hawai'i(Big Island) by the Numbers:

Population: 148,677

Elevation: 18 feet

Highest Point: 13,796 feet(Mauna Kea)

Average Annual Rainfall: Ranges from 10 inches at Kawaihae to 128 inches at Hilo Airport

Average January Temperature: 73 degrees F

Average July Temperature: 76 degrees F

Quick Facts:

Major Industries: tourism/hospitality/recreation, sugar, coffee, cattle

Landmarks: Hawaii Volcanoes National Park, Kealakekua Bay, Kailua-Kona, Kawaihae, Parker Ranch, Waipio Valley

Ethnic Mix: 30.2% Hawaiian, 23.2% Caucasian, 14.1% Japanese, 10.5% Filipino

Electricity: 110 volts, 60Hz, standard two pin plugs

Time Zone: GMT-10

Country Dialing Code: 1

Area Code: 808

Did You Know?

Hawaii's Big Island is the youngest in geologic age, as well as the largest of the Hawaiian Islands and continues to increase

Big Island (Hawaii) Snapshot continued

in size because of Kilauea, the world's most active volcano that is highly active due to its location of the Pacific hot spot.

Hawaii's Big Island is located amongst the Hawaiian Islands in the central Pacific Ocean.

Orientation:

©