



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Randy Son Of Robert

# Kona Kontagion

## Big Island (Hawaii), 4 Days

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# Guide Description

**AUTHOR NOTE:** This trip, "Kona Kontagion" provides an outstanding glimpse of the island, without going too far driving in a vehicle. You see the gorgeous beaches, sleep in a luxurious location, see the heights of Mauna Kea, the expanse of the Pacific ocean off of the North, ride horseback where so many have ridden throughout time and see an exquisite snorkelling spot. Even if you have never snorkeled before, this is the time to seize your' opportunity to do so. Enjoy Kona Kontagion again and again!

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Big Island (Hawaii)

**DAY NOTE:** The Four Sea\*on's is really incredible and relaxing for the whole family. We recommend four days a\* often they offer a fourth day free. You simply can't go wrong with this hotel, which is why it is highly recommended. However, if the fee is steep for you, the Hapuna Beach Prince Hotel is a fine hotel a\* well.

-  **Four Seasons Resort Hualalai at Historic Ka'upulehu**  
Serenity mingled with luxury
-  **Kealakekua Bay Historical Park**  
Marine preserve and historic site

## Day 2 - Big Island (Hawaii)

-  **Keokea Beach Park**  
Popular fishing beach
-  **Four Seasons Resort Hualalai at Historic Ka'upulehu**  
Serenity mingled with luxury

## Day 3 - Big Island (Hawaii)

-  **Malolo Lounge**  
Stylish and comfortable
-  **Four Seasons Resort Hualalai at Historic Ka'upulehu**  
Serenity mingled with luxury

## Day 4 - Big Island (Hawaii)

**DAY NOTE:** Today, why not partake in one of the really great spa services offered at your' hotel. Try a Lomi-Lomi ma\*\*age. It is a Hawaiian talent and really super soothing and uplifting. A\* well, if you are at The Four Sea\*ons, before you leave, hike around the gorgeous grounds and see the ancient sacred spots located on the property there. They are maintained nicely and kind of impress an elated feeling. See for yourself. A\* well, the pool and a drink are a nice combo and you will find many fellow guests doing just that there. If you so wish, go check out a wonderful swimming hole at mile marker 68. Turn to ocean there and take the second right and follow in to a small parking area. Then hike

in to a truly gorgeous white sand beach that is perfect for a dip and swim. You will not be able to stop smiling if you like gentle ocean swimming. Shhhh, this is not a well known place.

-  **Four Seasons Resort Hualalai at Historic Ka'upulehu**  
Serenity mingled with luxury

# Day 1 - Big Island (Hawaii)

## QUICK NOTE

**DAY NOTE:** The Four Seasons is really incredible and relaxing for the whole family. We recommend four days as often they offer a fourth day free. You simply can't go wrong with this hotel, which is why it is highly recommended. However, if the fee is steep for you, the Hapuna Beach Prince Hotel is a fine hotel as well.

### contact:

tel: +1 808 325 8000  
fax: +1 808 325 8200  
<http://www.fourseasons.com/hualalai/>

### location:

100 Kaupulehu Dr  
Ka'upulehu-Kona HI 96740

## 1 Four Seasons Resort Hualalai at Historic Ka'upulehu

**DESCRIPTION:** Only a 15-minute drive from downtown Kona, this hotel feels like it is in its own country; it is located in a gated resort community. Like all the Four Seasons Hotels, this hotel offers the ultimate in understated luxury. The pace of life is slow and serene, making it easy to relax and forget about the stress of the outside world. The entire property is exquisitely outfitted and maintained, and the staff is perfectly trained to meet guests' needs efficiently and graciously. Avail of the resort's exclusive Spa facilities. © wcities.com



Hotels.com

### contact:

[http://www.hawaiiweb.com/Hawaii/html/sites/kealakekua\\_bay\\_historical\\_park.html](http://www.hawaiiweb.com/Hawaii/html/sites/kealakekua_bay_historical_park.html)

### location:

Pu'uhonoa Road and  
Highway 160  
Honaunau HI 96750

## 2 Kealakekua Bay Historical Park

### OUR LOCAL EXPERT SAYS:

Look for the chair made of two flat rocks at the back of the beach and relax in the shade.

**DESCRIPTION:** Snorkelers and divers flock to this bay, which is a designated marine preserve and home to hundreds of varieties of tropical fish, sea turtles and even some dolphins. Kayakers also enjoy the calm, warm waters. History buffs will be more interested in the monument to Captain James Cook, the first British sailor to venture to Hawai'i. Cook was at first revered by the Hawaiians, who believed him to be the god Lono, but eventually they killed him in a skirmish upon his return to the island. © wcities.com

**MY NOTE:** There are numerous just incredible beaches around Kona, and this place is truly outstanding, especially for snorkelling. Hint: Get a kayak and go over to the Captain Cook Monument and then snorkel about around there for the most fantastic fish and coral viewing.



Photo courtesy of Kealakekua Bay Historical Park

# Day 2 - Big Island (Hawaii)

QUICK NOTE

**contact:**

tel: 800-GOHAWAII

fax: 808-924-0290

**location:**

Honoka'a HI 96815

## 1 Keokea Beach Park

**DESCRIPTION:** Keokea Beach Park lies on Hawaii's northern shore. The beach area is small and rocky with the water nearly inaccessible. Water conditions on this shore are often rough with high surf. Fishing is the most popular use of this site. The county of Hawaii does maintain full facilities at this beach park. The campsites are not used often, so seclusion is usually a safe bet here. Many mature trees grow in the grassy camping area fronted by the lava rock beach. Facilities include the following: covered picnic tables, drinking water, dishwashing area, rest rooms, electric lights and showers. Follow the Queen Kaahumanu Highway (19) north to Waikui. In Waikui bear left on the Akoni Pule Highway (270). Follow this to the windward side of the island. Once past Hawi, you'll see signs for the beach park.

**MY NOTE:** This is worth a look as the expanse you view here may cause interesting daydreaming as it is unique. If you have read Michener's "Hawaii", you will surely be filled with interesting daydreams at this site.



Photo courtesy of Keokea Beach

**contact:**

tel: +1 808 325 8000

fax: +1 808 325 8200

<http://www.fourseasons.com/hualalai/>

**location:**

100 Kaupulehu Dr

Kaupulehu-Kona HI 96740

## 2 Four Seasons Resort Hualalai at Historic Ka'upulehu

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Hotels.com

# Day 3 - Big Island (Hawaii)

QUICK NOTE

**contact:**

tel: 808-886-1234

<http://www.hiltonwaikoloavillage.com/dining/malolo-lounge.asp>

**location:**

425 Waikoloa Beach Dr  
Waikoloa HI 96738

## 1 Malolo Lounge

**DESCRIPTION:** Malolo Lounge, inspired and designed with SS Malolo décor in mind. Situated adjacent to the resort's lobby, the Malolo Lounge provides a stylish and comfortable atmosphere reminiscent of the kama'aina lifestyle of yesteryear and was inspired by the historical SS MALOLO steamship. There is a renewed interest in old Hawaii and Hawaiian culture. One icon of the era that was perceived to be long gone was the era of steamship travel among the Hawaiian islands before the war in the late 20's and early 30's. The inspirational SS MALOLO, that made its maiden voyage from San Francisco to Hawaii in 1927, signaled the birth of Hawaii tourism. America's ongoing fascination with all things Hawaiian from fashion to food to the intriguing aloha spirit can be traced back to this romantic era. The Kama'aina living room atmosphere was inspired by the lounges aboard steamships that sailed from San Francisco to Hawaii during the early 1920's. The casual elegance of the Malolo Lounge includes five distinctive seating areas: Multi-purpose Lounge, Bar Lounge, Billiard Game Area and two Outdoor Lanais with a mix of rattan and teak furniture along with rich tropical colors and natural woods. The intimacy of these seating areas is enhanced by colorful carpeting, tall palm plants and lush orchids. The natural color scheme compliments the beauty, comfort, and simple elegance of this lounge. Hawaiian art depicts the lush landscapes, volcanic scenery and colorful tropical images of the 1920's Steamship era. All artwork is original, created by artists from the Big Island. The artwork, the music and dance of the islands exudes the warm hospitality of Hilton Waikoloa Village. Espresso Bar & Patisserie: 7:00am - 10:00am Gourmet Sandwiches, Appetizers: 11:00am - 10:00pm Cocktails: 11:00am - 1:00am \* Menu features Gourmet Sandwiches, Light Salads, and Hawaiian inspired pupus (appetizers) \* Signature tropical drinks, with a soon to be famous "SS Malolo" cocktail. Classic Cocktails and an extensive Martini Menu. 20 wines by the glass, with a complete selection of Cognacs and Ports. Hawaiian and imported draft beers on tap in addition to a selection of domestic and imported bottled beer. \* A fine selection of cigars is displayed in a showcase humidor and available for cigar aficionados. Entertainment: \* Jazz Musings by Featured Artists: 9:00pm - Midnight Piano player & Vocalist \* Sporting events and activities can be viewed on a 42-inch plasma television.

**MY NOTE:** Come down to earth or the Pacific, while relaxing here at Malolo Lounge. It's really nice at the end of the day.



Photo courtesy of Malolo Lounge

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tel: +1 808 325 8000  
fax: +1 808 325 8200  
<http://www.fourseasons.com/hualalai/>

**location:**

100 Kaupulehu Dr  
Ka'upulehu-Kona HI 96740

**2 Four Seasons Resort Hualalai at  
Historic Ka'upulehu**

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Hotels.com

# Day 4 - Big Island (Hawaii)

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Hotels.com

**contact:**

tel: +1 808 967 7321

fax: +1 808 967 8429

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

**location:**

CRATER RIM DRIVE  
Hawaii Volcano National Park HI  
96718

1 **Volcano House**

**DESCRIPTION:** The establishment was originally built in 1846, making it the state's oldest hotel. It has since been renovated nine times. The key attraction is its location-it is situated within the grounds of Hawaii Volcanoes National Park, offering views of Kilauea Caldera and Mauna Loa. Common space includes a lava-stone fireplace, a necessity in this chilly region of the Big Island. A restaurant and a lounge are available onsite. © wcities.com



Hotels.com

# 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 Kaaau 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.

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## 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:**

©