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ALL YOU NEED TO PLAN YOUR PERFECT TRIP

# Top Ten Hiking Trails on Hawaii

**Oahu, Kailua, 1 Day**

## Table of contents:


Guide Description 2

Itinerary Overview 3

Daily Itineraries 4

Oahu Snapshot 8





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# Guide Description

AUTHOR NOTE: Oahu is full of gorgeous hiking trails that are just waiting to be discovered. Even if you're in the center of town, trail heads leading to tropical vistas and waterfalls await you.



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# Itinerary Overview

things to do
restaurants
hotels
nightlife

## Day 1 - Oahu, Kailua

**Hau'ula Loop Trail**
Easy 2.5 mile trail

**Nu'uanu Trail**
Panoramic views

**Hawaii'loa Ridge Trail**
Southeastern trail

**Judd Trail**
Loop trail

**Kuli'ou'ou Ridge Trail**
Difficult trail with 360 degree views

**Maunawili Falls Trail**
Interesting vegitation

**Pauoa Flats Trail**
Through ginger, swamp mahagony and eucalyptus

**Makapu'u Lighthouse**
One of Hawaii's most familiar landmarks


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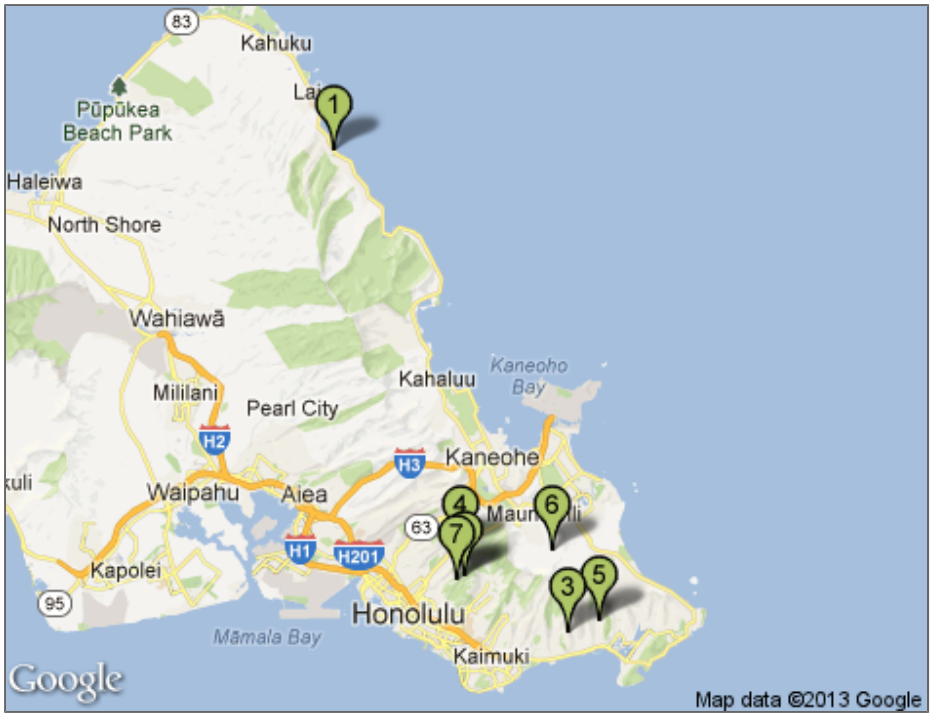
# Day 1 - Oahu, Kailua




QUICK NOTE

contact:
http://www.hawaiitrails.org/island.asp

location:
HI 96815

## 1 Hau'ula Loop Trail

DESCRIPTION: Hau`ula Loop Trail begins on the right side of the access road, just past the hiker/hunter check-in station. Where the trail branches off, take the right fork which climbs up the adjoining ridge. It crosses Waipilopilo Gulch, then travels makai (towards the ocean) on the next ridge overlooking Kipapau Valley to return back across the gulch, around the makai side of the ridge, and rejoins the start of the trail. This trail goes through groves of planted ironwood. It also offers great views of Hau`ula and the ocean. Remnant native species in the Waipilopilo Gulch include lama, alahe`e, `ohi`a, hoawa, akia and a`ali`i. This trail is a good family trail. Directions: From Kamehameha Highway in Hau`ula, turn onto Hau`ula Homestead Road (across from Hau`ula Beach Park). When the road makes a sharp curve to the left, continue straight onto the access road. Park along the road before the cable gate, taking care not to block the gate. Continue on foot past the gate and the hunter/hiker check-in station. Hau`ula Trail begins on the right side of the access road, just past the check-in station..

Photo courtesy of Hau'ula Loop Trail



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contact:
http://www.state.hi.us/dlnr/dofaw/TrailMaps/MAukaTrail.htm

location:
HI 96815

## 2 Nu'uanu Trail

DESCRIPTION: Getting There: Proceed mauka on Tantalus Drive, past the Nahuina Trail head sign. At this point, the road narrows. Look for the Manoa Cliff Trail head sign on the left-hand side of the road. There is a road that proceeds straight up a hill. The Manoa Cliff Trail is directly to the left. Proceed on foot on the Manoa Cliff Trail. Just below the first switchback there will be a connector trail that proceeds ahead and ties in with the Pauoa Flats Trail. The Nuuanu Trail intersection is on the left almost immediately after you reach the Pauoa Flats Trail. Nu'uanu Trail is part of the Honolulu Mauka Trail System. The trail ascends the west side of upper Pauoa Valley and Pauoa Flats. Once it reaches the ridgetop, it then descends into Nuuanu Valley. The trail offers panoramic views of Honolulu, the Waianae Range and the airport area. On the Pauoa Valley side, the trail intersects the Pauoa Flats Trail. It also intersects the Judd Trail on the Pali side. The lower sections of this trail may be difficult for novice hikers.

Photo courtesy of Nu'uanu Trail

contact:
http://www.hawaiitrails.org/island.asp

location:
HI 96815

## 3 Hawaii'loa Ridge Trail

Photo courtesy of Hawaii'loa Ridge Trail

DESCRIPTION: Hawai`iloa Ridge Trail follows the ridge up to the summit of the Ko`olau`s. The beginning 2/3 of the trail climbs through a dry forest of ulee, ilima and strawberry guava. The last 1/3 of the trail is primarily on open ridge and goes through ohia-koa-akia forest. This 3.5 mile trail offers abundant opportunies to view native plants, and spectacular views of the Leeward side of O`ahu. This trail is quite steep in sections and may be difficult for novice hikers. Sections of this trail have ropes to assist with climbing. Please note that these are not installed or maintained by Na Ala Hele. Be advised that ropes can be more dangerous than climbing unassisted. Hikers should also exercise caution since portions of the trail are also used as hunting areas, when in season. Directions: From Kalanianaole Highway heading east, turn left on Pu`u`ikena Drive. Check in at the security guard station. Here, you must show a Hawaii State ID and sign a liability waiver. Continue on Pu`u`ikena Drive for approximately 1.5 miles to the trailhead parking area, next to the Board of Water supply tank. The trailhead is on the right, towards the mountains. Note: The Hawai`iloa Community Association has been more than cooperative in letting hikers and hunters access State land through their gated community. Please abide by all rules and regulations of the association. Do not stop or park in subdivision. There are only ten parking stalls at the trailhead. Hiking groups are advised to car pool..

contact:
http://www.hawaiitrails.org/island.asp

location:
HI 96815

## 4 Judd Trail

DESCRIPTION: Getting There: Proceed mauka (toward the mountain) along Nuuanu Pali Drive until you reach a concrete bridge. Immediately to your right is a dirt parking area. This is the trail head for the Judd Trail. Judd Trail is part of the Honolulu Mauka Trail System. The trail starts just below the parking area and proceeds across the stream. Exercise caution while crossing the stream, as the rocks are unstable and slippery. Once across the stream, the Judd Trail forms a



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loop, so you may proceed in either direction. The Judd Trail traverses through primarily bamboo, ironwood and eucalyptus forest. This trail connects with Nu'uanu Trail about midway along the loop.

contact:
http://www.hawaiitrails.org/island.asp

location:
HI 96815

## 5 Kuli'ou'ou Ridge Trail

DESCRIPTION: Located on southeastern side of the island this hike is 2.5 miles in length and difficult. Access to Kuli`ou`ou Ridge Trail starts on the right at the hunter/hiker check-in station just past the Board of Water Supply cable gate. The trailhead to the ridge begins about 0.2 in on the Kuli`ou`ou Valley Trail and proceed up the ridge to the summit of the Ko`olau Range. About two-thirds of the way up the ridge, there is a shelter with two picnic tables. From this point, the trail becomes more steep, following the ridge Beyond the shelter, the trail is only occasionally maintained, and may be difficult for inexperienced hikers. The trail ends at the summit with a spectacular view of the windward side of O`ahu and Waimanalo. Return is by the same route. The trail traverses through an assortment of exotic vegetation typical of arid areas: Christmas berry, haole koa, formosa koa, ironwood, Norfolk pine and guava. Beyond the shelter and the guava forest, the trail breaks out of the canopy and into uluhe-o`hia-koa forest. This upper section of trail offers an almost 360 degree view of the island. Caution should be exercised on this trail since it is also open to mountain bikers and hunters. Directions: From Kalanianaole Highway heading east, take a left on Kuliouou Street.Drive mauka towards the back of the valley. Follow the curve to the left, and take a right on Kuli`ou`ou Road. Turn right on Kala`au Place, continuing to the the cul-de-sac at the end of the street. Park at the end of the cul-de-sac and proceed on foot past the cable gate on the access road. The trail begins on the right of the access road at the hunter/hiker check in station.

contact:
http://www.hawaiitrails.org/island.asp

location:
Kelewina Road
Kailua HI 96734

## 6 Maunawili Falls Trail

Photo courtesy of Maunawili Falls Trail

DESCRIPTION: Hike along a meandering trail off the Pali Highway in the Ko'olau rainforest to beautiful Maunawili Falls, a large swimming hole fed by a waterfall that is over twenty feet tall. Significant efforts have been made to allow easy access to this treasured hiking trail. There's a secret rock slide just past the waterfall itself, so bring your bathing suit and wade in the pool beneath the falls. Many daredevils enjoy jumping into the pool from various heights upon the cliff, but be sure the water level is suitable before jumping! The hike itself takes no longer than two hours round trip, and is suitable for small children. To get there, take H1 to the Pali Hwy, and follow it to Kailua. Turn right at the second Auloa Road. Keep right after the turn but veer left onto Maunawili Road. Turn right onto Kelewina Road. Park around the corner from the trail head, on Lola Road. © NileGuide

contact:
http://www.state.hi.us/dlnr/dofaw/TrailMaps/MAukaTrail.htm

location:
HI 96815

## 7 Pauoa Flats Trail

Photo courtesy of Pauoa Flats Trail

DESCRIPTION: Getting There: Proceed along the Manoa Cliff Trail from Round Top Drive. The first intersection will be the Puu Ohia Trail on the left. The second intersection on the right is the Pauoa Flats Trail. Pauoa Flats Trail is part of the Honolulu Mauka Trail System. Pauoa Flats trail traverses through ginger, swamp mahagony and eucalyptus. It contours Pauoa Flats and connects with Aihualama, Nuuanu, Kalawahine and Manoa Cliff Trails. Hike Kalawahine Trail 1.5





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miles from Tantalus Drive until it ends at Pauoa Flats Trail. 2. Or, take Pu'u Ohia Trail to the Manoa Cliff Trail and go left. Continue mauka on Manoa Cliff Trail until you reach the Pauoa Flats Trail intersection on the right. There is a trail map at this intersection. 3. Or, hike Manoa Cliff Trail from Round Top Drive. The first intersection will be with Pu'u Ohia Trail on the left. The second intersection on the right is the Pauoa Flats Trail. There is a trail map here.

location:
Oahu Hawaii

## Makapu'u Lighthouse

DESCRIPTION: Makapu'u Lighthouse is one of Hawaii's most familiar landmarks. From the lookout that sits on the cliff above Makapu'u Beach, visitors can enjoy a spectacular view of Waimanalo Bay, which stretches across the eastern shores of Oahu to Kailua. On a clear day, you can see Molokai — and even Maui — in the distance. The Molokai Channel that sits between the Lighthouse and Molokai, Oahu's closest neighboring island, is a great place to spot humpback whales in the winter (between December and April). A 2-mile paved trail leads to the lighthouse, which was built in 1909. © NileGuide



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# Oahu Snapshot

## Local Info

Honolulu is an ultra-modern city full of enormous diversity. The county of Honolulu is home to approximately 800,000 people of all races and cultures. It is what gives O'ahu the nickname,"The Gathering Place."

### Waikiki

Waikiki Beach stretches from the slopes of Diamond Head to Ala Moana and the Ala Wai Yacht Harbor. The beach itself is a great spot for the whole family. There is a near-shore break for the children, while the more experienced swimmers surf the waves.

The main thoroughfare of Waikiki is Kalakaua Boulevard. Most of the hotels, shops, and restaurants are gathered along this well-populated strip. The Royal Hawaiian Shopping Center is a must-stop for anyone who likes to shop. Dine onpho, sushi, fresh seafood or gourmet buffets at area restaurants. As for accommodations, Waikiki hotels are some of the best in the world. You can find everything from upscale, five-star establishments such as the Sheraton Moana Surfrider Hotel to lodgings for the budget traveler at places like the Honolulu Prince Hotel.

### Ala Moana

This diverse area is probably the first place business travelers will see, thanks to the presence of the enormous Hawai'i Convention Center. Be sure not to miss one of the largest open-air shopping centers in the country, Ala Moana Shopping Center, the Hawaiian Islands' premier shopping mall. Ala Moana Beach Park and Magic Island are beloved by locals and visitors alike. Restaurant Row, the stomping ground for the corporate lunch and Happy Hour crowd, is known as the"gateway" to downtown Honolulu.

### Chinatown

Chinatown is one of Honolulu's most colorful and exciting neighborhoods. The area has been a major gateway for immigrants to Hawai'i. Chinese medicine and Eastern religion have a huge presence, with Taoist, Buddhist and Shinto temples sandwiched between herbalists, shops, and restaurants. Highlights of Chinatown include Maunakea Marketplace, a local shopping plaza complete with its own ethnic food court, and the Chinese Cultural Plaza, a spacious open-air courtyard inhabited by jewelers, Asian restaurants and cultural organizations.

### Downtown/Waterfront

From the steely skyscrapers and luxury high rises that rise up along the waterfront to the restored palaces and fascinating museums on Beretania and Bernice Streets, the downtown area proves Honolulu to be much more than the glitzy tourist town that Waikiki would have us believe. Landmarks are numerous, but a few that can't be missed are the grand and graceful Aloha Tower, bustling Honolulu Harbor and stunning Iolani Palace. After the sun goes down, the Honolulu Symphony and Hawaii Opera Theatre offer entertainment to a cultured, affluent crowd. The Aloha Tower Marketplace probably throws more parties and festivals than any other place in Honolulu.

### Manoa Valley/Makiki

Manoa Valley, where the University of Hawaii is situated, is typical of the valleys resulting from the erosion caused by lava flows in Hawai'i. One of the best places to view Honolulu and the Ko'olau mountain range is from the Manoa Cliff Trail. The main attraction of the valley itself is the University of Hawaii, a research university founded in 1907 and the only one of its kind in the state.

Manoa and the nearby neighborhood of Makiki comprise one of the major cultural hot spots on the island. While this district isn't marketed or publicized as a cultural destination, it is home to several galleries, museums and theater companies. Among the hidden jewels in the area are The Contemporary Museum, one of the best art museums in Hawaii, and Manoa Valley Theatre, a spirited community theater group.

### East Honolulu—Diamond Head Kahala, Hawaii Kai

There are several major tourist attractions spread out through this area. Diamond Head is great for hikers. This peak can be seen from many vantage points in Honolulu, but for outdoor enthusiasts, there's no better way to experience it than by hiking to the summit and gazing down at the island below. Kahala Mall, Hawaii Kai Towne Center and the Hawaii Kai Golf Course are other area attractions.

Experts agree that Hanauma Bay, on the eastern tip of the island, offers some of the world's best snorkeling. However, if you prefer more privacy, try snorkeling or diving in Hawaii Kai. And if you'd prefer to view sea creatures from the safety of land, head over to Sea Life Park. **North Honolulu—Pearl Harbor, Pearl City, Ewa**

Aside from Waikiki, this district may be the one most often visited by tourists. Site of the infamous Pearl Harbor attack, it is among the most famous naval attractions in the country. Millions of people visit the Arizona Memorial, Bowfin Memorial Park and"Mighty Mo" each year, learning about or revisiting the horror — and the heroism — that made this place what it is. Locals and in-the-know tourists often bypass Ala Moana Center and the Royal Hawaiian Shopping Center in favor of Pearl City's famous Pearlridge Center.

### Windward O'ahu

If you visit Honolulu or even read about it, you'll likely find that the term"Windward" is tossed around quite a bit. Windward, to clarify, is the Eastern shore of the island. It's a quiet, laid-back place, devoid of all the glitz and noise of Honolulu. Most locals will also tell you that it's the best part of the island.

There are no major hotels or malls here, but there are plenty of restaurants and shops, and there seems to be a B&B tucked under every hillock and at the end of every street. Kailua Beach Park offers some of the world's best windsurfing, while Lanikai is simply one of the world's best beaches. Oh, and golfers...are you paying attention? Three words: Ko'olau Golf Club. It's the best on the island;Golf Digest said so.

### Leeward O'ahu& Central O'ahu

Like Windward O'ahu and East Honolulu, Leeward(that's Western to all you mainlanders) is a quieter district with a few outstanding visitor attractions. Smart tourists—at least, the ones who can afford it—pooh pooh the jam-packed hotels of Waikiki, knowing that true paradise awaits at JW Marriott Ihilani Resort& Spa at the serene Ko'olina Marina. Near Ko'olina is Hawaiian Waters, a water amusement park on a grand scale. At Makaha Beach Park,



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swimmers, surfers and sun-worshipers congregate every day in the spring and summer months. In winter, daredevil surfers test their skill against swells that reach 20 to 30 feet.

Central Honolulu isn't much of a visitor destination, although the famous Dole Plantation draws its fair share of tourists.

### North Shore

It seems like every Hawaiian island has its own North Shore, where surfers from around the world come to brave the big waves in winter time. It doesn't stop there: It has great beaches, famous parks and a mellow lifestyle. Waimea Valley Adventure Park is a great place to hike, ride horses and watch people dive off cliffs. There is also the Polynesian Cultural Center, which recreates seven Polynesian villages, each with their own activities and attractions. ©

## History

### Prehistoric Hawai'i

Hawai'i began 60 million years ago as what geologists call ahot spot: a bulge of hot, molten rock about 250 miles wide running down 1900 miles to our planet's iron core. It rose to the Pacific Ocean plate, where it melted the rock and turned to magma, breaking out of the Earth's crust as lava, and eventually turning to land. Today on Honolulu's home island, O'ahu, there are the remnants of two huge volcanoes, Waianae and Ko'olau.

### The World Discovers Hawai'i

The earliest inhabitants of these islands were likely royal navigators from the Marquesa Islands. They found their way to Hawai'i sometime around 900CE. Later came seafarers from New Zealand, Tahiti and other Pacific islands. When the navigators reached these islands, the Big Island's southern points were the first areas settled. British Captain James Cook started the"modern era" of Hawai'i on January 18, 1778. During the next 20 years, the Hawaiian Islands became a beacon for voyagers in an era of international imperialism. For the most part, Hawaiians welcomed the foreign crews, not knowing they brought diseases deadly to the native population. During the next 100 years, 80 percent of the native Hawaiian population succumbed to these illnesses. Tyrannic ruler Kamehameha the First died in May of 1819 just as the first of the American Christian missionaries proclaimed their goal of"raising up the people of Hawai'i to an elevated state of Christian civilization." The influx of missionaries over the next 40 years was to change the island chain forever.

### Honolulu Becomes a Pacific Hub

Foreigners created the village of Honolulu beside the tiny harbor of Kou in the first half of the 19th century. By 1850, Honolulu Harbor was full of masts with more than 150 whaling and merchant ships. This meant that more than 3000 seamen were ashore, looking for liquor and other entertainment. Honolulu's jails were always filled to capacity. The town, for better or worse, had become the hub of commerce for the entire northern and central Pacific. Sugar production took hold in the 1840s, and by 1884 production soared to 10 million pounds a year, transforming Hawai'i from a traditional, insular, agrarian and debt-ridden society into a city that was multicultural, cosmopolitan and prosperous. In the center of this world was Honolulu.

19th century super-powers England, France, and the United States were keenly aware of the Islands' and Honolulu's strategic importance. By the early 1840s, intrigues by British residents led Rear Admiral Richard Thomas, commander of the British Squadron in the Pacific, to send Lord George Paulet to Honolulu to protect British interests. He arrived in the winter of 1843 and issued a series of threatening ultimatums. King Kamehameha III had sent emissaries to Europe to resolve all disputes, but to no avail. The king was forced to yield to British guns on February 15, 1843. Protests mounted in the Islands. Since Great Britain had already recognized Hawaii's independence and France had promised to do likewise, the provisional cession to Paulet was received with concern in London, Paris and other foreign capitals. Admiral Thomas came to Honolulu on July 26 and declared Paulet's act to be unauthorized. On July 31, the Hawaiian flag was again raised.

### The Hawaiian Monarchy

In 62 years, there were to be five individuals that carried the Kamehameha title, with the last of the direct dynasty passing on in 1872. In 1887, several hundred foreigners formed a secret group called the Hawaiian League. By various means, they intimidated the current king, David Kalakaua(descended from a cousin of Kamehameha the Great), into accepting a new constitution, known as the Bayonet Constitution. It stripped him of many powers, making him a figurehead, and permitted only Caucasian foreigners to vote in elections. In 1889, a man named Robert Wilcox led an uprising against the new constitution. The uprising was put down by the king's troops, but Wilcox became a hero to native Hawaiians. An all-Hawaiian Jury at his conspiracy trial found him not guilty.

After David Kalakaua's death in 1891, his sister Lydia garnered the distinction of becoming the last Hawaiian monarch. Queen Liliuokalani, as she was known, was a courageous and intelligent woman and a strong nationalist. She tried to replace the Bayonet Constitution with one that would favor native Hawaiians, but was pressured into letting the old constitution stand.

### The Overthrow of the Monarchy

Hawaiian planters needed political help to keep their plantations profitable. Most of all, they needed a reciprocity treaty that gave them the ability to sell sugar in the United States without paying a tariff. Hawaiians opposed reciprocity, fearing it was the bait to give the United States exclusive use of Pearl Harbor. The Queen's attempt to create a constitution that would restore more power to the Hawaiian monarchy was the catalyst and the call to action for powerful Honolulu businessmen. On January 17, 1893, supported by U.S. Marines, they overthrew the Kingdom of Hawai'i. A provisional government was declared and immediately recognized by John Stevens, the American Minister to Hawai'i. Pineapple baron Sandford Dole was appointed President. This lasted until 1898, when the United States annexed Hawai'i and it became a territory of the United States. Once Hawai'i became a state in 1959, the Office of Hawaiian Affairs was created to manage native lands ceded during the overthrow and U.S. annexation.

### Honolulu Grows

During the pre-tourist years, sugar planters and pineapple growers ran the islands with impunity, and prospered. However, strong new cultural identities were emerging. The U.S. military was creating a strong presence in the Pacific. The Navy and Army both considered Honolulu, with its key asset of Pearl Harbor, as the most important



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place in the North Pacific. Unlike military bases on the mainland or in the Philippines, where military life was separated from civilians, Hawai'i and the military grew up together. Military officers were at the top of Honolulu society. Waikiki's first luxury-trade hotel, opened in 1901, the elegant Moana Surfrider, was an exclusive paradise mainly for the rich. The same held true for the Royal Hawaiian Hotel, which opened in 1919. This would change greatly during the next 20 years, as steamship companies, Hollywood and the Pan American Clipper discovered Honolulu.

In one of World War II's most historic events, Pearl Harbor was struck by forces of the Japanese navy on December 7, 1941. For America, World War II began here, although interestingly, Hawaii would not become a state until much later in 1959.

Honolulu is currently the permanent home to almost one million people of all races and cultural backgrounds. It is not only one of the largest cities in the US, hovering around the 10th or 11th spot on the census charts, but also one of the most popular destinations in the country for business and leisure. At any given time, there are about 100,000 visitors in Hawai'i. Nearly all of them travel through Honolulu,"The Queen of the Pacific."
©

## Hotel Insights

Five million people per year visit the island of O'ahu and the Pacific metropolis of Honolulu. It is no wonder that the island boasts some of the finest hotels in the world. It is the land of Aloha, and you'll find the famous Aloha Spirit in many of the fine area hotels.

### Waikiki

The two oldest hotels on the strand are the Sheraton Moana Surfrider Hotel, dating from the early 1900s, and the"Pink Lady of the Pacific," the Royal Hawaiian Hotel. Both of these great hotels are right on the beach and in the top tier of accommodations in Waikiki. The Halekulani is also considered by many people to be one of the top five hotels on the Islands. All three of these elegant options are expensive, but the accommodations, ambiance and service at each of them are of the highest quality. The Hilton Hawaiian Village Hotel at the start of the beach is a bit less expensive, but is still wonderful; it's one of the best choices for families. The Village has two high-rise towers, a lovely tropical shopping bazaar, many fine restaurants, three pools and a beachfront location.

Another famous chain, Outrigger, has several locations in Waikiki. Among them are the ideally situated Outrigger Reef on the Beach and flagship Outrigger Waikiki on the Beach. These are moderately priced hotels, but the quality of the rooms and service is very good. Aston is also well represented in Waikiki. The ResortQuest at the Waikiki Banyan and Aston Coral Reef Hotel provide excellent accommodations at moderate prices. Another reasonably priced choice for people who need to be right on the water is the Marc Waikiki Royal Suites. Every room is a suite and most overlook the beach.

There are many economy choices in this famous area. An excellent option is Waikiki Parkside. As the name suggests, it overlooks a beautiful park that marks the start of Waikiki. Family plans at this hotel are quite reasonable. The Castle Hotel group operates several Hawai'i hotels, all reasonably priced. One of the best is Queen Kapiolani Hotel.

Almost all of the hotels in Waikiki have Japanese speaking personnel, and the spirit of Aloha is very much alive throughout the hospitality industry.

### Ala Moana

As mentioned above, the Ala Moana district of Honolulu is the community that borders Waikiki; it is a very popular shopping and dining area. The Ala Moana Hotel sits right beside the shopping mall and is a moderately priced choice for accommodation. Nearby is the Westin Hawaii Prince Hotel. It is a bit pricier than its neighbors, but exceptionally well appointed. On the border of Ala Moana and Waikiki, Renaissance Ilikai Waikiki offers short- and long-term accommodations in a great setting overlooking the colorful Ala Wai Yacht Harbor. Discovery Bay(across the street from the Ilikai) offers long-term vacation condo rentals. The Pagoda Hotel on Rycroft Street, three blocks from the Ala Moana Shopping Center, is a favorite economy hotel of inter-island travelers and knowledgeable visitors from the mainland. There are also several hostelries in the Ala Moana area, but it is best to avoid them.

### Downtown and Airport Areas

Honolulu's central area is one of the nicest, prettiest and cleanest in the country. Here, you'll find the ResortQuest at the Executive Centre Hotel on Bishop Street. This luxurious business stopover features well-appointed suites and all necessities for conducting commerce.

Like most cities, Honolulu has a number of good lodging options near its busy international airport. The Honolulu Airport Hotel on Nimitz Highway offers comfortable rooms and is a favorite stopover for military personnel from nearby Pearl Harbor and Hickam Airforce Base. The hotel offers a free 24-hour airport shuttle service, as does Best Western Plaza Hotel next door.

### Outlying Areas

Kahala, lying just to the south of Waikiki and at the foot of Diamond Head Crater, boasts one of the best and most exotic hotels, the Kahala Mandarin Oriental Hotel. Like all of the Oriental hotels worldwide, this is a showplace. Set on the beach amid beautiful gardens and patios, it is also one of the most expensive places on the island.

The premier place to stay on Oahu's famous north shore, an hour and a half from downtown Honolulu, is the Turtle Bay Resort. It is a great place to get away from it all while relaxing in a low-rise, blissful Hawaiian setting. It is also a wonderful place to take in a sunset.

At secluded Ko Olina Marina is the lovely JW Marriott Ihilani Resort& Spa. Boasting a world-class golf course, the Azul restaurant, and an idyllic natural setting, this place appeals to the true escapist.

If smaller, more intimate lodgings appeal to you, there are many Bed and Breakfasts in Honolulu and on O'ahu. Bed& Breakfast Hawai'i at+1 800 733 1632(http://www.bandb-hawaii.com) can help you find a suitable place anywhere from Waikiki to the Manoa Valley to the North Shore.
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## Restaurants Insights

Honolulu is a city that is rich in dining and drinking choices. Cuisine from all cultures can be found here in abundance. The competition to capture part of the tourist market(5 million people annually) makes restaurants innovative and very conscious



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of quality. Whether you are in the mood for seafood, Chinese, Italian, French, Thai, Japanese, Korean, Vietnamese or good old American fare, Honolulu will not disappoint you.

### Waikiki

Hawaii's premier vacation destination, Waikiki, boasts every imaginable kind of dining establishment. Every large hotel has at least one restaurant and some boast five or six; most are very worthwhile. For great steak, your choices are many. Seafood places are also just about everywhere in Waikiki. At the Lobster& Crab House in the Royal Hawaiian Shopping Center, a large tank of live Maine lobsters is positioned at the entrance so that you may pick your clawed choice for dinner. La Mer, in the Halekulani Hotel, is a nouveau French seafood restaurant that is one of the top-rated establishments in Hawai'i.

Many residents and visitors consider Matteo's in the Marine Surf Hotel to be one of the finest Italian restaurants in Waikiki and Honolulu. The superb menu is served in an intimate setting. The wine list here is also one of the best in town. Duke's Restaurant& Barefoot Bar is also in a class all by itself, offering great food, live Hawaiian music and a fantastic beachfront location. This is the place to be on a Sunday afternoon after a refreshing dip in the blue Pacific. A Honolulu institution and an absolute"must" for any foodie is the original Chart House Restaurant overlooking the Ala Wai Yacht Harbor. The food, service and sunset are simply wonderful. For Japanese Teppan-yaki, try Tanaka of Tokyo, with three locations in Waikiki. A Japanese fast food favorite, the Ezogiku Noodle Café, also has several locations throughout the city.

### Chinatown

As might be expected, Honolulu's Chinatown features some of the best Chinese restaurants in the Pacific Basin. In addition to regional Chinese establishments, you'll find other authentic Asian eateries here. Vietnamese, Japanese, Korean and Indonesian food is available and in most cases, very reasonably priced. There are about ten restaurants in and around the Chinese Cultural Plaza on King Street. Enjoy buffets, dim sum, or inexpensive a la carte meals from all regions of China. One of the best known restaurants in the Plaza is Legend Seafood Restaurant. As the name suggests, seafood of all kinds is in the spotlight here. It's a noisy place reminiscent of modern-day Hong Kong. The dim sum lunch is not to be missed. Many excellent Vietnamese restaurants are in this district; the most famous is probably Pho 97 on Maunakea. It's easy to confuse them, but don't worry too much about it; the menus and prices are comparable. Anyone sampling Vietnamese cuisine for the first time should order a huge, steaming bowl ofPho, the ubiquitous Vietnamese soup.

### Downtown Honolulu

The center of this fascinating melting-pot city offers a wide choice of dining establishments. Straddling the border of downtown and Ala Moana is Restaurant Row on Ala Moana Boulevard. Among the restaurants found here is the trendy Sunset Grill. Several blocks away, the Aloha Tower Marketplace at the Port of Honolulu also boasts a number of excellent dining choices. Hong Kong Harbour View Seafood Restaurant offers authentic Cantonese dishes. Chai's Island Bistro is the place to go for upscale Hawaiian dishes and contemporary Pacific Basin cuisine.

Another gourmet hot spot is the Chef Mavro Restaurant. Under the stellar direction of the culinary wizard who was formerly executive chef at La Mer, this restaurant has garnered accolades from the likes ofGourmet Magazine andThe New York Times. In the center of Honolulu's old town, you'll find Murphy's Bar and Grill on Merchant Street. As might be expected, the corned beef and cabbage are great and there's plenty of Guinness on tap. Palomino Euro Bistro on Queen Street usually wins prizes for decor and cuisine every year. The Pavilion Cafe at Honolulu Academy of Arts is a wonderful place for lunch. Have a delicious, healthful meal and a glass of wine in a tropical courtyard, surrounded by many wonderful works of art.

On the Pearl Harbor side of Honolulu, you'll find Sam Choy's. This is a great place to have a hearty, stick-to-the-ribs meal prepared in contemporary Hawaiian style. The restaurant is open for breakfast, lunch and dinner.

### Ala Moana and Kaakako

There are some great places to dine on the stretch between downtown Honolulu and Waikiki. The two main thoroughfares that span this four-mile distance are Ala Moana and Kapiolani Boulevards. The many-sided Victoria Ward Centers on Ala Moana has some of the best spots in town. In the Ward Warehouse, you'll find cheap seafood at The Chowder House and pricey steaks at Stuart Anderson's. Across the street in the Ward Centre, visit Ryan's Grill, a great saloon with excellent food. This is a favorite watering hole for the downtown business crowd. One of the area's premier seafood restaurants is John Dominus on Ahui Street near Ward Centre.

Nearby the huge Ala Moana Shopping Center, you'll find the I Love Country Café. It is one of the best places in the area to sample inexpensive local cooking, with lots of Philippine and Thai accents. In the Ala Moana Center itself, there are over 30 choices for dining. Bubba Gump Shrimp Company on the second level serves up shrimp dishes of all kinds in a fun atmosphere. Delicious Italian food can be enjoyed in the contemporary setting of Assaggio's, easily distinguishable by the modern-art fountain out front. The Ala Moana Food Court, also known as the Makai Market, has over 20 stalls that serve American, Mexican, Thai, Vietnamese, Chinese and local cuisine. Singha Thai Cuisine, across from the Renaissance Ilikai on the Ala Moana/Waikiki border, is one of the best Thai places in Hawai'i. It's a large restaurant with excellent food and authentic Thai dancers performing twice every evening.

### East Honolulu(Kahala and Hawai'i Kai)

This upscale stretch of coastline features many dining opportunities. The elegant Kahala Mandarin Oriental Hotel hotel offers numerous dining choices, most notably Pan-Asian gourmet room Hoku's. The Kahala Mall at the end of the H1 freeway has several excellent choices.

Farther down the coast toward the beaches near Coco Head, the community of Hawai'i Kai boasts one of the best restaurants in Hawai'i, Roy's. The cuisine is a mixture of Continental, Japanese and local Hawaiian. It's very pricey, but well worth it.

### Manoa Valley

This lovely area is home to the University of Hawaii and is one of Honolulu's nicest suburban neighborhoods. In the center of the Valley, the Ala Manoa Shopping Center is a gathering place for students, professors



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and residents. The most unusual of the restaurants in the valley is Paesano, a top-notch Italian bistro owned and operated by a family from Laos. The comfortable eatery serves food to rival any Italian dining spot in town. It's located in the Center, on Woodlawn Drive.

These dining establishments represent just a small cross-section of the hundreds of great places in Honolulu and its home island of O'ahu. Wherever you turn in this Pacific metropolis, you'll find opportunities to enjoy wonderful cuisine. Bon Appetit!
©

## Nightlife Insights

As the geographical center of the Pacific, Honolulu is also the entertainment capital of this vast region. There is much to do and see in its many entertainment venues.

### Art

Hawai'i is home to many world-class artists, and Honolulu has multiple galleries displaying their work. The Arts of Paradise Gallery in Waikiki features the art of more than 40 of Hawaii's best artists.

Honolulu Academy of Arts, which opened its doors to the general public in 1927, was the dream of Anna Rice Cooke. Her goal, which became the goal of the Academy as an entity, was to create a place where, artistically,"East meets West." There is a large main exhibit area that is used for temporary special exhibits. In addition, there are several other permanent galleries along with a wonderful shop and a delightful restaurant, the Pavilion Cafe, set in a tropical courtyard.

### Cinema

In Honolulu's prestigious Restaurant Row near downtown, nine screens show first-run features. In the old Dole Cannery area on the other side of Honolulu's downtown area there is a 16-screen Signature Theatre.

### Music and Dance of Polynesia and Beyond

All the colorful islands of the Pacific are well represented in the music and dance of Honolulu. Two excellent production shows are The Magic of Polynesia and the legendary Don Ho Show, both at the Waikiki Beachcomber. The Polynesian Cultural Center on Oahu's North Shore also presents daily and nightly music and dance extravaganzas. Free entertainment is presented often throughout Waikiki. Two of the best free shows are the classic live hula show at the Waikiki Shell and Aloha Waikiki, at DFS Galleria.

Lovers of classical music should make a date with the The Honolulu Symphony. The highly reputed Symphony attracts some of the world's finest guest conductors and soloists. The Hawaii Opera Theatre has been entertaining lovers of the genre for years.

### Luau

One of the most popular forms of entertainment for the visitor to Hawai'i is theluau, a traditional Hawaiian festival party. Guests are served sumptuous food and drink and treated to a music and dance extravaganza. The Royal Hawaiian Hotel on the beach at Waikiki, offers the Royal Hawaiian Luau, one of the best around. Germaine's Luau is another favorite, as is the luau at Paradise Cove. On the North Shore, the Polynesian Cultural Center offers a luau that is widely praised for its authenticity and quality.

### Museums

Honolulu boasts one of the country's most interesting local history and cultural archives, the Bishop Museum. Located downtown, this fascinating place was founded in 1889 by Bernice Pauahi Bishop, a member of the Hawaiian royal family. The museum primarily focuses on the islands of the Pacific Basin, but it also houses a fascinating astronomy exhibit. Also downtown, the Mission Houses Museum allows one to step back in time to the early 19th century, when Honolulu was a bustling whaling port. In North Honolulu, Hawaii's Plantation Village recreates life on a sugar plantation through several decades.

For those interested in Military history, the island of O'ahu offers many choices. At the northern end of Waikiki, you'll find the historical Fort DeRussy. The mighty Battleship Missouri has been turned into a Navy and World War II museum at Pearl Harbor. Nearby, the Bowfin Memorial Park has many exhibits about undersea warfare in the last century.

### The Music Scene

The most popular venue for rock and pop concerts is the 9000-capacity Neal Blaisdell Arena, located between downtown Honolulu and Waikiki. Planet Hollywood and the Hard Rock Cafe Honolulu also do their share to entertain the rock and pop fans visiting Waikiki.

### Nightclubs

Honolulu, like most cities, has a wide variety of spots where nightlife flourishes. Most of these nightclubs are in the tourist area of Waikiki. In the Waikiki Trade Center you will find the large and luxurious Zanzabar Nightclub. Other night spots include the boisterous Pipeline Cafe, and Chai's Island Bistro in the Aloha Tower Marketplace, which features the best local Hawaiian performers. There are also countless karaoke and hostess-bars throughout Honolulu. Ala Moana is the main area for these establishments.

### Live Theater

The premier house for live theater is the Diamond Head Theatre in the shadow of the Diamond Head State Monument. Another place to see live theater is at the Manoa Valley Theater near the University of Hawai'i. The Honolulu Academy of Arts has the Doris Duke Theatre that sometimes presents plays and musical showcases.

### Golf

One of the main reasons visitors come to the Hawaiian Islands is the abundance of beautiful golf courses. Honolulu's home island of O'ahu has a number of great choices. Coral Creek is a favorite for its lush tropical landscaping, exotic coral formations and challenging par-72 course. On the North Shore you'll find the Links at Kuilima. The crowded Ala Wai Golf Course is a convenient and reasonably priced place to play. If saving a few dollars is important, Stand-by Golf can get you next-day and same-day tee times at discounted rates.

For information on all of Honolulu and Oahu's many activities, stop by a hotel activity desk, an activity broker or any airport kiosks. The most thorough source of information is the Convention& Visitor's Bureau(+1 800 464 2924/ http://www.gohawaii.com).
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## Things to Do Insights

Because Hawai'i, the island of O'ahu, and the city of Honolulu are all major tourist areas, tours and places to visit abound.



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A tourist could stay within the district of Waikiki, explore the most highly trafficked areas of Central Honolulu, or spend time hiking the hills, woods and beaches of the Windward Coast or the North Shore. **Tour One—Downtown History**

There is no better way to begin a tour of Honolulu than with a look at the famous Iolani Palace, a carefully restored 19th-century edifice that was home to Hawaii's last king and queen. The palace is located on King Street, and is a place that is full of mana(spirit). An interesting fact: the palace had electric lights before the White House.

Close to the Iolani Palace on King Street, you will find some of Hawaii's oldest structures, the original Mission Houses Museum. The cluster of buildings includes the Frame House, prefabricated and shipped from Boston in 1821. The grounds are well kept, and descendants of the original missionaries conduct tours on certain days.

After lunch in one of the many downtown restaurants, head to the Bishop Museum. Located on Bernice Street, this interesting place contains more than 20 million artifacts of Pacific history, making it the largest collection of its kind in the world. The museum also has a planetarium that features daily shows produced mostly by the Big Island of Hawaii's Keck Observatory.

**Tour Two—Downtown Shopping**
Honolulu's Chinatown district provides the perfect foil to its nostalgic downtown neighbor. While the historic buildings and museums are only blocks away, this part of town is a distinctly modern melange of cultures and lifestyles. You can start your tour of Chinatown with a quest for lunch. On Maunakea Street sits one of the best Vietnamese dining establishments in town, A Little Bit of Saigon. Other options include Legend Seafood and upscale Indigo. Afterward, browse the jewelry and craft shops around the Chinese Cultural Plaza and find some of the best bargains in Waikiki.

There are a couple of temples that are worthy of a visit: the Izumo Taishakyo Mission Cultural Hall on Nu'uanu Street and the Kuan Yin Temple on Vinyard Street. For a formal tour of Honolulu's Chinatown, choose between the Hawai'i Heritage Center or the Chinese Chamber of Commerce.

Just three blocks away from Chinatown is the lovely Aloha Tower. Built in 1926 to welcome Hawaii's burgeoning tourist industry, it has a 10-story spire meant to convey the Hawaiian tradition of"Aloha," meaning love, welcome, a fond good-bye, and a plea to come back. The observation tower at the top has fantastic views of Honolulu's harbor and waterfront. The Marketplace behind the tower has numerous fine restaurants, boutiques and gift shops.

**Tour Three—Pearl Harbor Memorials**
Home to the United States Pacific Fleet, Pearl Harbor is rich with sights and history. The main tour attractions are the Arizona Memorial, the Battleship Missouri Memorial and the Bowfin Memorial. All three memorials are a proud tribute to the US Navy and other armed forces that gave so much to protect the freedom of the Pacific during the middle of the 20th century.

You need to plan a full day to take in all three sights and a short tour of the Pearl Harbor base itself. See the Arizona Memorial first; the lines in the morning are shorter than the ones later in the day.

**Tour Four—Waikiki** Start at the"First Lady" of Waikiki, the graceful Sheraton Moana Surfrider Hotel. Operating since 1901, this grand old structure has aged beautifully. Continuing north on Kalakaua Avenue, Waikiki's main street, you can visit dozens of other hotels and shopping areas among them the International Marketplace and King's Village. Finally, you'll come to the other great lady of the strand, the Royal Hawaiian Hotel. Shoppers won't want to miss the adjacent Royal Hawaiian Shopping Center, a three-block paradise complete with every designer boutique and specialty retailer imaginable.

When the commercial bustle of Waikiki becomes altogether too overwhelming, make a trip to The Honolulu Zoo. Relax on a bench while listening to the huge variety of tropical birds and watching the antics of chimps in their large home. If you are traveling with children, this is the place to bring them if they tired of the beach. Close to the Zoo and opposite Kapiolani Park is the Waikiki Aquarium situated on a living reef. Founded in 1904, it is one of the three oldest aquariums in the United States. It's not large by mainland standards, but it is home to more than 2,000 sea dwellers representing 350 different species. As one might expect, the heaviest concentration of species is Pacific tropical fish.

**Tour Five—A Visit to Punchbowl Crater**
Above downtown Honolulu sits dramatic Punchbowl Crater, home to the National Cemetery of the Pacific. Native Hawaiians call this place Puowaina, which translates to"hill of sacrifice." The view from the rim of the crater is dramatic. Outward, you can take in a vista from Diamond Head on the right all the way to Barbers Point on the left. In between, you can see Waikiki, Ala Moana, the skyscrapers of downtown, the airport, Pearl Harbor and the beaches of the Ewa and Kapolei area of leeward O'ahu. In the crater is a verdant resting place for more than 25,000 victims of World War II, Korea and Vietnam. Most of the military personnel that perished in the Pearl Harbor attack in 1941 are buried here. The Court of the Missing is dedicated to those whose remains were never recovered from World War II. There is also a monument to Ellison Onizuka, the Hawaiian astronaut who perished in the Challenger space shuttle disaster in 1986. A visit to this impeccably maintained memorial is a moving experience.

**Tour Six—Around the Island** Hawaiian Escapades offers small activity-focused tours of various locations on the island. It is known for its LOST tours, which show locations used in the ABC television series. However, Hawaiian Escapades also provides several other tours, fitting anyone who wants to see more of the island.
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## Travel Tips

### Getting There:

### By Air:

Honolulu International Airport(HNL)(+1 808 836 6411/ http://www.state.hi.us/dot/airports/) is only three miles from downtown Honolulu. Its two terminals house the following airlines:

Air Canada(+1 800 776 3000/ http://www.aircanada.ca/) Continental(+1 800 525 0280/ http://www.continental.com/) Delta(+1 800 221 1212/ http://www.delta.com/) Hawaiian Airlines(+1 800 367 5320/ http://www.hawaiianair.com/) Island Air(+1 800 323 3345/ http://www.islandair.com/) Japan Airlines(+1 800 525 3663/ http://



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www.japanair.com/) Korean Air(+1 800 438 5000/ http://www.koreanair.com/) Northwest(+1 800 225 2525/ http://www.nwa.com/) Qantas(+1 604 279 6611/ http://www.qantas.com/) United(+1 800 241 6522/ http://www.ual.com/)

**Taxis companies include:**

AAA Hui/Koko Head Taxi(+1 808 396 6633) Airport Group Intl. Inc.(+1 808 836 1381) A-1 Airport Shuttle-Airport(+1 808 521 2121) Leeward Aaa Hui/Airport Express(+1 808 676 6996) Charley's Taxi& Tours

**Rental Car companies include:**

Avis(+1 800 831 2847/ http://www.avis.com/) Budget(+1 800 527 0700/ http://www.budget.com/) Hertz(+1 800 654 3131/ http://www.hertz.com/) National(+1 800 227 7368/ http://www.nationalcar.com/) Enterprise(+1 800 736 8227/ http://www.enterprise.com/) Hawaii Motorcycle Rentals(+1 888 451 5544/ http://www.lava.net/wikiwiki-wheels/)

**Limousine companies include:**

Garden State Limo Service(+1 800 323 4902) Limos.com(+1 800 660 7686)

**Getting Around:**

Island Express Transport(+1 808 944 1879/ http://www.islandexpresstransport.com/) The Bus Oahu Transit Services(+1 808 848 5555/ http://www.thebus.org/) The Boat(+1 808 848 5555)http://www.trytheboat.com/ Hawaii Superferry(+1 877 443 3779)http://www.hawaiisuperferry.com/

If traveling overseas, take the safety precaution of registering your trip athttps://travelregistration.state.gov and for helpful, practical advice about traveling technicalities and safety standards check outhttp://travel.state.gov/.
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## Fun Facts

**Honolulu State:** Hawaii **Country:** United States

**Honolulu by The Numbers:**

Population: 371,657 Elevation: 7 ft/ 2 m
Average Annual Rainfall: 21.6 in/ 54.9 cm
Average Jan. Temperature: 73°F/ 23°C
Average July Temperature: 80°F/ 27°C

**Quick Facts:**

Industries: Oil, electronics, computers, automobile manufacturing, aerospace industries, agriculture, telecommunications, chemicals, mining, processing and packaging Time Zone: GMT-10 Country Dialing Code: 1 Area Code: 808

**Did You Know?**

The bombing of Pearl Harbor on Dec. 7, 1941 by Japan triggered the entrance of the United States into World War II and the imposition of martial law until 1944. Pearl Harbor is today one of the most frequently visited tourist attractions in Hawaii. Interestingly, Pearl Harbor has as many visitors from Japan as it does from the United States.
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