

The HAWAIIANTM ISLANDS

Kaua'i • O'ahu • Moloka'i • Lāna'i • Maui • Hawai'i



OUTDOORS



how does Hawai‘i adventure?

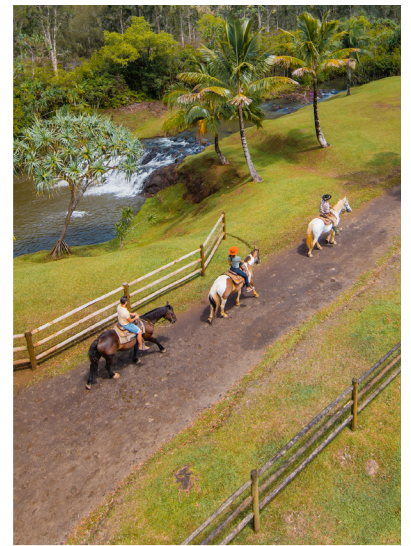
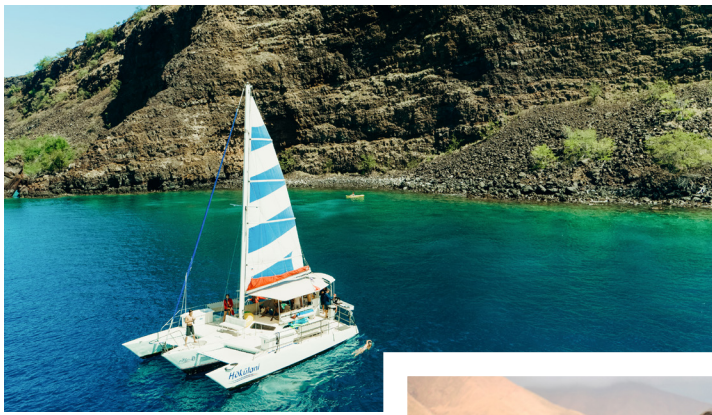


Ever since early Polynesian navigators first sailed centuries ago into the warm blue waters surrounding these islands, Hawai‘i has been a place of intimate bonds between people and nature.

For so many of us who call this place home today, connecting mindfully with the ‘āina from *ma uka* to *ma kai* (land from the mountains to the sea) is a source of inspiration. And whether it’s paddling on the ocean or surfing and fishing beyond the coral reef or hiking through the mountain’s forests, time spent outside grounds us with *kuleana* (responsibility) to *mālama* (care for) this special place.

Our personal ties to the natural majesty of these islands have, of course, inspired so many of us to protect and responsibly look after Hawai‘i’s extraordinary natural diversity, because in turn, it gives back to all of us.

Hawai‘i is home to astonishingly distinctive environments as well as plants and animals found nowhere else on the planet. And today, the destination is brimming with opportunities to explore this unique outdoor world, offering adventurers exceptional access to breathtaking beauty – respectfully and safely.



ON THE OCEAN

The ocean that surrounds our islands is what connects Hawai‘i to the world and is also very important to the ecosystem of all those that call it home. Visitors can dive deeper during their stay and become a part of the relationships - especially to place - by participating in give-back opportunities, like self-directed beach clean ups or habitat restoration, and help to *mālama* (care for) these islands.

When you *buli ka lima i lalo* (turn your hands to tend to the land/ocean), you’ll have a different appreciation when enjoying other ocean activities. Travelers who’ve always wanted to try surfing can, for example, take a lesson on any of the main islands, where Hawaiians pioneered the sport on these historic shores and legendary surf breaks centuries ago. Standup paddleboard instruction is also widely available across the state, as are ocean kayak excursions along with whale watching during winter months and sunset boat tours. Visitors can also join sailing adventures, deep-sea fishing charters or take part in ocean paddling experiences onboard traditional *wa‘a* (outrigger canoes).

ON LAND

Extending from the ocean are Hawai‘i’s shorelines, river valleys, and jagged green mountains that offer outdoor enthusiasts a rich assortment of natural diversity.

Vacationers can explore many of those unique environments on hiking trails tracing coastlines, traversing lava fields or meandering through lush rainforests that often shelter our biodiversity, including native plants and photogenic waterfalls. Each of Hawai‘i’s main islands also feature ziplining opportunities and the chance to go off roading on an ATV adventure or explore the backcountry

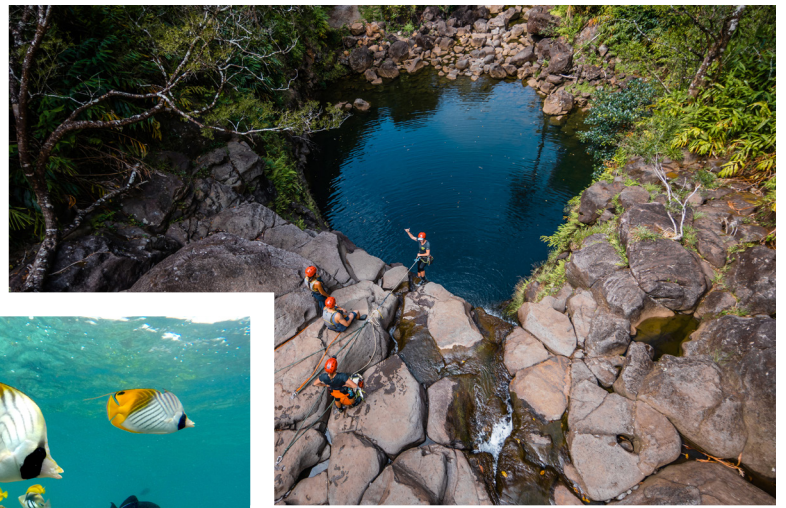
DID YOU KNOW?



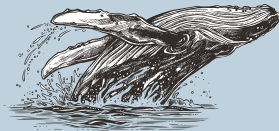
explore a volcano

Home to more than 150 miles of trails through volcanic craters, scorched lava rock deserts and native rainforests, Hawai‘i Volcanoes National Park on the island of Hawai‘i is one of the archipelago’s most wonderful destinations for avid hikers. Maui visitors, meanwhile, can hike along numerous trails on 10,023-ft Haleakalā, a dormant shield volcano which last erupted circa 1790. And as each of the Hawaiian Islands were formed by volcanic activity, countless trails crisscross the eroded remnant craters on Kaua‘i and O‘ahu.





DID YOU KNOW?



whale watching

From late November through May each year, the Hawaiian Islands host some of the world's most amazing and leviathan sea creatures. Frequently traveling more than 3,000 miles from Alaska, humpback whales – some more than 50 feet long and weighing up to 45 tons – make their annual migration to Hawai'i, where they give birth and mate. Known as *koholā* in Hawaiian, it's very common to see humpbacks breaching during migration visits, and for underwater enthusiasts who listen carefully, it's not uncommon to hear humpbacks singing beneath the waves. And while the island of Maui is a particularly popular destination for humpbacks, the extraordinary marine mammals can be seen around all of the Hawaiian Islands during whale season.



on a horseback riding excursion. Travelers can join bird watching and bicycling tours, take a yoga class with ocean views or dedicate their day instead to 18 holes on one of many championship, oceanfront golf courses.

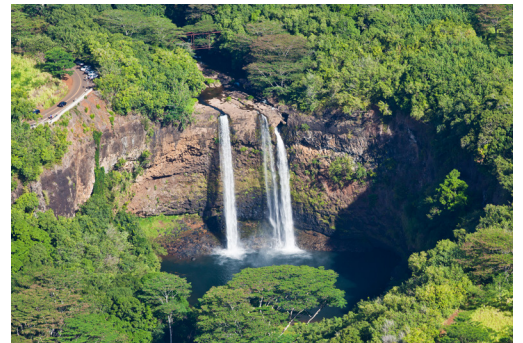
UNDERWATER

Any thorough examination of Hawai'i's natural beauty would be absolutely incomplete without some time exploring the islands' stunning underwater majesty.

Hawai'i's coral reef ecosystems are home to a rich collection of sea life, including vibrant tropical fish and *honu*, (Hawaiian green sea turtles) that should be viewed from a distance on snorkeling or scuba diving tours. Visitors can also swim with manta rays, and those fascinated by what's below the waves but not as keen to get wet can instead board submarines on O'ahu, Maui or the island of Hawai'i that set out daily to explore sunken boat wrecks and off-shore coral reef ecosystems.

IN THE AIR

Showstopping aerial views of the islands are also available to visitors interested in looking over the destination on a range of air tours. Each main island offers travelers an assortment of



helicopter and fixed-wing aircraft tours, providing otherwise unreachable vistas of Hawai'i's interior mountain ranges, coastlines, forests and waterfalls. The more adventuresome can try parasailing or choose instead to soar silently over beaches and green valleys aboard a glider plane.

YOU CAN DO WHAT?

The surprisingly unexpected is another distinguishing component of Hawai'i's outdoor activity portfolio, which features several once-in-a-lifetime experiences sure to envy up even your most adventuresome friends and neighbors back home.

Kaua'i visitors can standup paddle or kayak on the Wailua River, and kite surfing lessons are an option on several islands. Those interested in exploring Hawaii's many stunning waterfalls can also opt to rappel down the face of one on Kaua'i, Maui and the island of Hawai'i.



CELEBRATION OF SPORT

KAUA'I:

Kaua'i Marathon: Beginning in typically sunny Po'ipū, the Kaua'i Marathon and half marathon are scheduled in September, featuring a course that traces sections of the island's scenic coastline and offers participants views of everything from beaches to volcanic peaks and tropical rainforests as well as time in Kaua'i's iconic and century-old Tunnel of Trees. thekauaimarathon.com

O'AHU:

Vans Triple Crown of Surfing:

The three-event pro surfing contest series takes place during the winter-time. Big wave swells off O'ahu's north shore traditionally begins in November with the Hawaiian Pro at Ali'i Beach Park in Hale'iwa. The Vans World Cup is the second event at Sunset Beach (Paumalū), and the final contest is the Billabong Pipe Masters – the series' crown jewel which takes place in December at 'Ehukai Beach, also known as the legendary Banzai Pipeline. vanstriplecrownofsurfing.com

MAUI:

The Sentry: The Sentry tournament opens the PGA Tour season in January and has been played at the Kapalua Resort since 1999. Spectators will witness the world's top professional golfers take on a picturesque par 73



course in pursuit of a purse of millions. All competitors are winners of official PGA Tour events in the preceding calendar year and, as of 2023, the tournament also includes the top 30 qualifying players from the FedExCup Playoffs Points List. sentrytournamentofchampions.com

ISLAND OF HAWAII:

IRONMAN World Championship:

The 140.6-mile world championship event of the planet's most famous triathlon series takes place annually on the west coast of the island of Hawai'i, where athletes are subject to a grueling course taking them through the scorching lava fields outside of Kailua-Kona. ironman.com

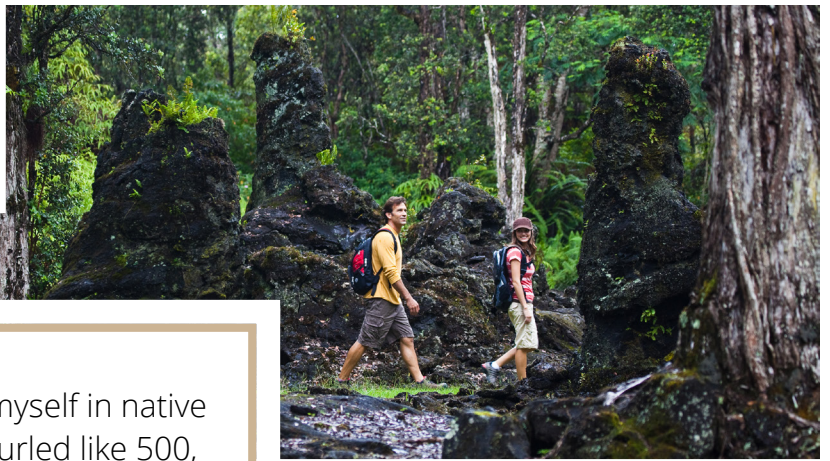
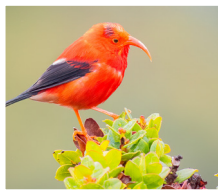
DID YOU KNOW?



surfing

Surfing literally began as a sport of kings in Hawai'i, when ancient Hawaiian chiefs would show off their skills on Waikīkī Beach and other surf spots throughout Hawai'i. In the early 20th century, legendary surfer, Olympic swimmer and Waikīkī native Duke Kahanamoku introduced the sport to the world. He was one of the pioneers of the Waikīkī Beach Boys, who earned their living teaching visitors how to surf and paddle outrigger canoes at Waikīkī Beach. In the 1950s, surfers started riding huge waves on the North Shore of O'ahu at Waimea Bay – now widely regarded as the birthplace of big wave surfing. But Maui, Kaua'i and the island of Hawai'i also have many opportunities for visitors to experience surfing today, either by watching pros ride big waves or by signing up for lessons on the gentler ones.





Visit gohawaii.com/malama for a variety of inspiring opportunities to *mālama* Hawai'i.

"When I find myself in native forests, I'm hurled like 500, 1,000 years into the past. ... And I tell people to pause and recognize that you're entering into a very special realm. Let your intentions be felt, and wait for a response."

—Sam 'Ōhu Gon III, Senior Scientist & Cultural Advisor for The Nature Conservancy of Hawai'i



A CHANCE TO MĀLAMA

KAUAI':

Lydgate Park: The Friends of Kamalani & Lydgate Park is a nonprofit organization dedicated to the preservation of Lydgate Beach Park, located on the east coast of Kaua'i. The group organizes a weekly beach cleanup where visitors are welcome to join resident volunteers every Saturday at the park. kamalanilus.wordpress.com

O'AHU:

Maunalua Bay: A community-based, non-profit organization committed to conserving and restoring Maunalua Bay – located east of Lē'ahi ("Diamond Head") on O'ahu's south shore – Mālama Maunalua enlists resident and vacationing volunteers to clear invasive algae and restore the bay's marine habitat with native seagrass and algae. Visitors are welcome to join locals in volunteer community *huki* (pull) events held on Saturdays. malamamaunalua.org

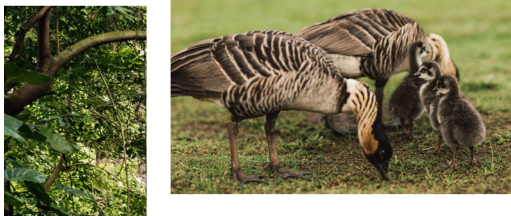
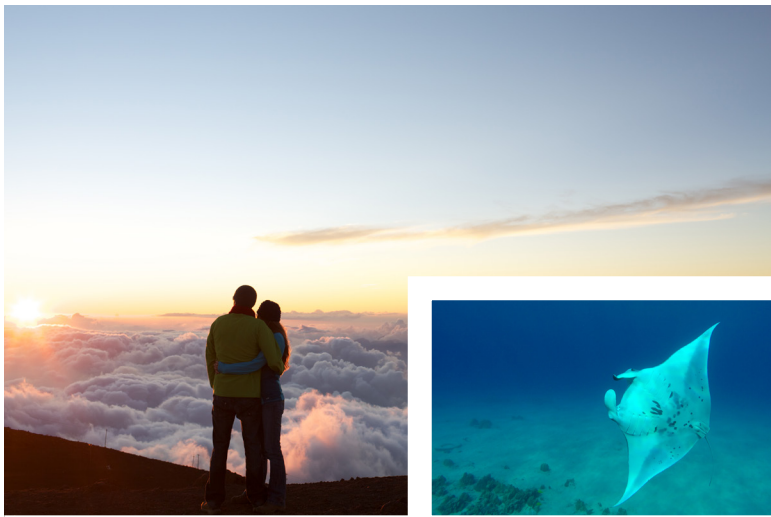
MAUI:

Pu'u Kukui Watershed: Help keep Maui pristine by lending a hand at Hawai'i's largest private nature preserve. Stretching across more than 9,000 acres, not only is this area home to some of the islands' rarest endangered flora and

fauna — it's a vital water source for the entire community of West Maui. Volunteers can support conservation efforts and cultural preservation through field work in the rainforest, beach cleanups, seed collection, and more. puukukui.org

ISLAND OF HAWAII':

Hawai'i Volcanoes National Park: The Stewardship at the Summit program offers visitors a chance to remove invasive plant species from the summit environment of Kilauea volcano. The region is home to native Hawaiian forest *kīpukapuauulu*, which are biologically diverse ecosystems providing habitat for many endemic trees. Volunteers work to clear out invasive plant species, allowing the forest's native and endemic understory plants to thrive. And working in the national park's forests also typically means visitors see and hear native 'apapane and 'ōma'ō birds. nps.gov/havo/planyourvisit/summit_stewardship.htm



HELP US PRESERVE THIS PLACE

The Hawaiian Islands are home to some of the planet's most unique environments along with plants and animals found nowhere else. Visiting with the spirit of *mālama* in mind, helps us to preserve and protect the places, biodiversity, and natural resources that make Hawai'i so special.

Ocean: Visitors exploring Hawai'i's oceans and coastlines should be sure to swim only at lifeguarded beaches, wear reef- and marine-safe sunscreen, keep a healthy distance from sea life, birds and marine mammals and be sure not to touch or step on coral reefs.

Land: Travelers adventuring on Hawai'i's hiking trails should also take care not to trespass on private land and take care to brush off the bottoms of shoes before starting and after finishing time out on trails to avoid transporting any invasive plant species and to help prevent the spread of plant diseases like Rapid 'Ōhi'a Death, a disease striking Hawai'i's native 'ōhi'a *lehua* trees. Hikers should always stay on the designated trails, taking great care not to stray from the path and, of course, be sure to carry out everything they came in with.



TOP HAWAII OUTDOOR EXPERIENCES

The Hawaiian Islands offer many wonderful outdoor adventures. Travelers will definitely want to make time for these terrific standouts.

Paraglide Maui: Lifting off the protected leeward slopes of Haleakalā at an elevation of 6,500 feet, Paraglide Maui treats clients to a 3,000-foot paragliding descent loaded with stunning panoramic views of the island and the Pacific. Tours take place in the mornings, when the wind is light, and typically run seven days a week. Tandem flights are offered for first-timers, as well as solo student instruction. paraglidemaui.com/fly-maui

Mountain Tubing: Visitors can join Kaua'i Backcountry Adventures' Mountain Tubing tour to float down a plantation irrigation system hand dug by Kaua'i plantation workers circa 1870. Participants float on inner tubes over gently flowing water through irrigation canals, flumes and five separate tunnels. A refreshing swim and picnic lunch take place after the tubing excitement. kauaibackcountry.com



Manta Ray Snorkel: Anelakai Adventures offers island of Hawai'i vacationers a guided nighttime manta ray tour aboard a traditional double-hull outrigger canoe. The motor-free, 90-minute experience focuses on small groups no larger than six, and offers participants a chance to snorkel with or just observe manta rays as they feed on plankton during nighttime hours off the island of Hawai'i's west coast. anelakaiadventures.com

Tour Movie Locations: Kualoa Ranch is a family-owned and managed 4,000-acre private nature reserve and working cattle ranch on the east coast of O'ahu, offering a breathtaking backdrop over the years for more than 50 movies and television shows – including “Jurassic World,” “LOST,” “50 First Dates” and “Godzilla,” among many others. First established in 1850, the ranch today offers visitors a wide range of outdoor adventures, featuring ziplining, e-mountain biking, movie-site tours, ATVs, horseback riding and ocean voyaging along with numerous voluntourism and cultural opportunities. kualoa.com

