

KAUAI

# Pocket Guide

# GARDEN ISLE GETAWAY

*Everything You Need to “Live Aloha” on Kauai*



GRAND PACIFIC RESORTS®



*Hanalei Bay*  
RESORT®



HANALEI BAY RESORT

LIHUE AIRPORT

KAUAI, HAWAII

KAUAI

# Pocket Guide



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# Your Personal Piece of Paradise



Beautiful Moments Await You at Hanalei Bay Resort

**Managed by Grand Pacific Resorts, Hanalei Bay Resort is where Aloha is a way of life!**

Enjoy a tropical atmosphere, complete with lush gardens, lava rock waterfalls and an award-winning pool, along with Kauai's only swim-up pool bar! Stroll the resort's scenic path that leads to a private beach, but all

you have to do is step outside your island-inspired condo, complete with full kitchen, to enjoy breathtaking views of the bay. This celebrated resort is only missing one thing – you!





@HanaleiBayResort



**STAY IN TOUCH**



@GrandPacificResorts




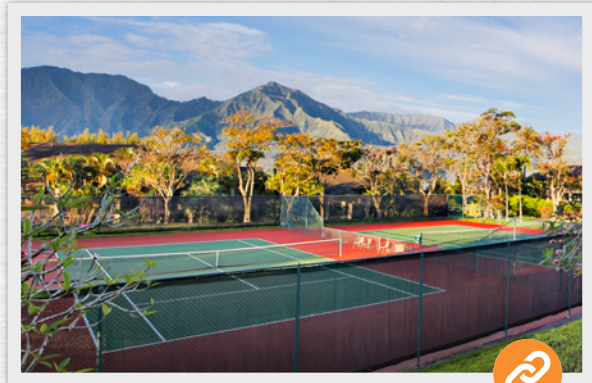
# Things to Do

AT HANAIEI BAY RESORT




## PLAY AT THE RESORT

 Weekly Activities to Explore while Staying at Hanalei Bay Resort




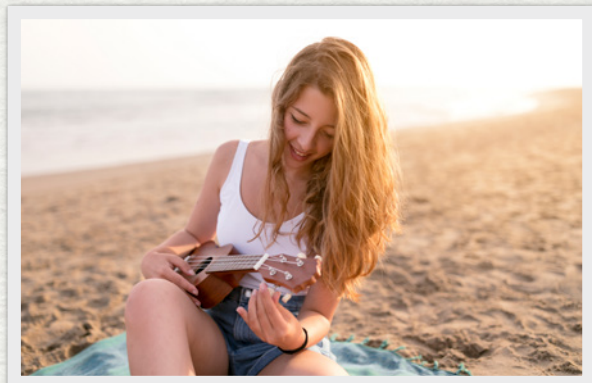
## TENNIS

 10 Reasons Tennis Players Love Staying at Hanalei Bay Resort




## UKULELE BAR


 Say Aloha to the New Ukulele Bar at Hanalei Bay Resort



## UKULELE LESSONS

 Check Out Hanalei Bay Resort's Sweetest Sounding Activity!

## PERSONAL CONCIERGE

 Did you know that if you stay at Hanalei Bay Resort, you have a personal concierge? Best Kauai Tours has access to exclusive rates, and is ready to customize your perfect Kauai itinerary.

# GARDEN ISLE GETAWAY

## — YOUR GUIDE TO KAUAI —

Ideal for adventurers and anyone who's feeling a little nostalgic, Kauai is the least developed of Hawaii's main islands. In fact, most of The Garden Isle can only be explored by boat, helicopter, or on foot.

Everywhere you go, you'll see lush hillsides and small towns reminiscent of Hawaii's early fishing villages. If you want to experience Hawaii as it was 50 years ago, this is the island for you.



## BEACHES

Kauai's shores are graced with miles of beautiful coastline, dotted with beaches that each offer you a unique experience.

Whether you're looking for safe swimming

areas for the family, snorkeling in search of tropical fish, or the best beach for surfing, you'll find it on the Garden Isle.

 **Top Beaches on Kauai**



## SNORKELING

On the tour, you see clear water and volcanic mountains normally experienced only through travel magazines. The waterfalls are abundant, and during the Na Pali Snorkel Adventure tour, you'll learn their history and see the coast's best hidden secrets.

In addition to the many sea caves, you'll also get to observe the majestic dry caves

including some in notable movies like *Pirates of the Caribbean*.

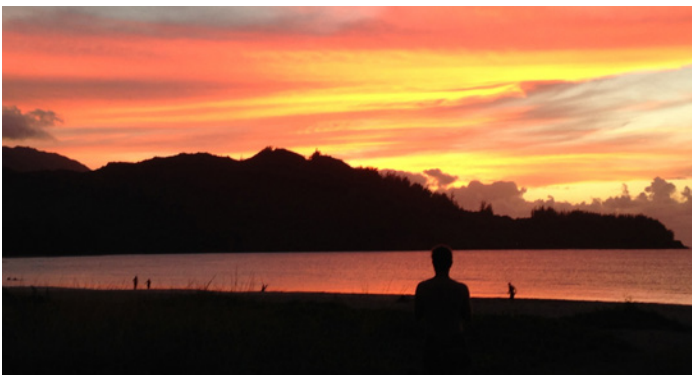
You'll also likely see an abundance of marine life, like parrot fish, trigger fish, and sea turtles. Snorkeling is great because the location does not have any water runoff from the main island, resulting in crystal clear water.



## LUAU

The Smith Family Garden Luau, found just beyond the Wailua River, is an excellent cultural experience and great for families with young children. The spacious garden offers a great area for exploration and the ability for your children to run out all their giggles instead of having to sit quietly in a chair for the evening.

Dinner includes Hawaiian favorites and the kalua pork unearthed in an imu ceremony. You'll also find other traditional dishes like beef teriyaki, chicken adobo, and mahi mahi. After dinner, you are escorted to the amphitheater where you see authentic performances from many different countries.



## GOLF & SUNSET TOUR

The Makai Club Course in Princeville offers breathtaking views of the water. Take the sunset golf cart tour around the course—perfect for golfers and non-golfers alike.



**Princeville's Romantic Sunset Golf Tour**



## SUGAR TUBING

Experience Kauai without getting out of your seat. Sugar tubing with Kauai Backcountry Adventures takes you on a unique and breathtaking journey down the historic irrigation system of the former Lihue Plantation.

 **Sugar Tubing: An Unforgettable Way to See Kauai**



## RAPPEL

Experience a rush of adrenaline as you strap in and rappel down a waterfall surrounded by tropical plants. This activity is perfect for families and is super close to Lihue.

 **Waterfall Rappelling near Lihue, Kauai**



## STAND UP PADDLE BOARDING

Kauai is the perfect place to stand up paddle board! This family of four took to the river during their stay. They enjoyed cruising along the water, observing wildlife and the lush green landscape.

 **What's SUP on Kauai?**



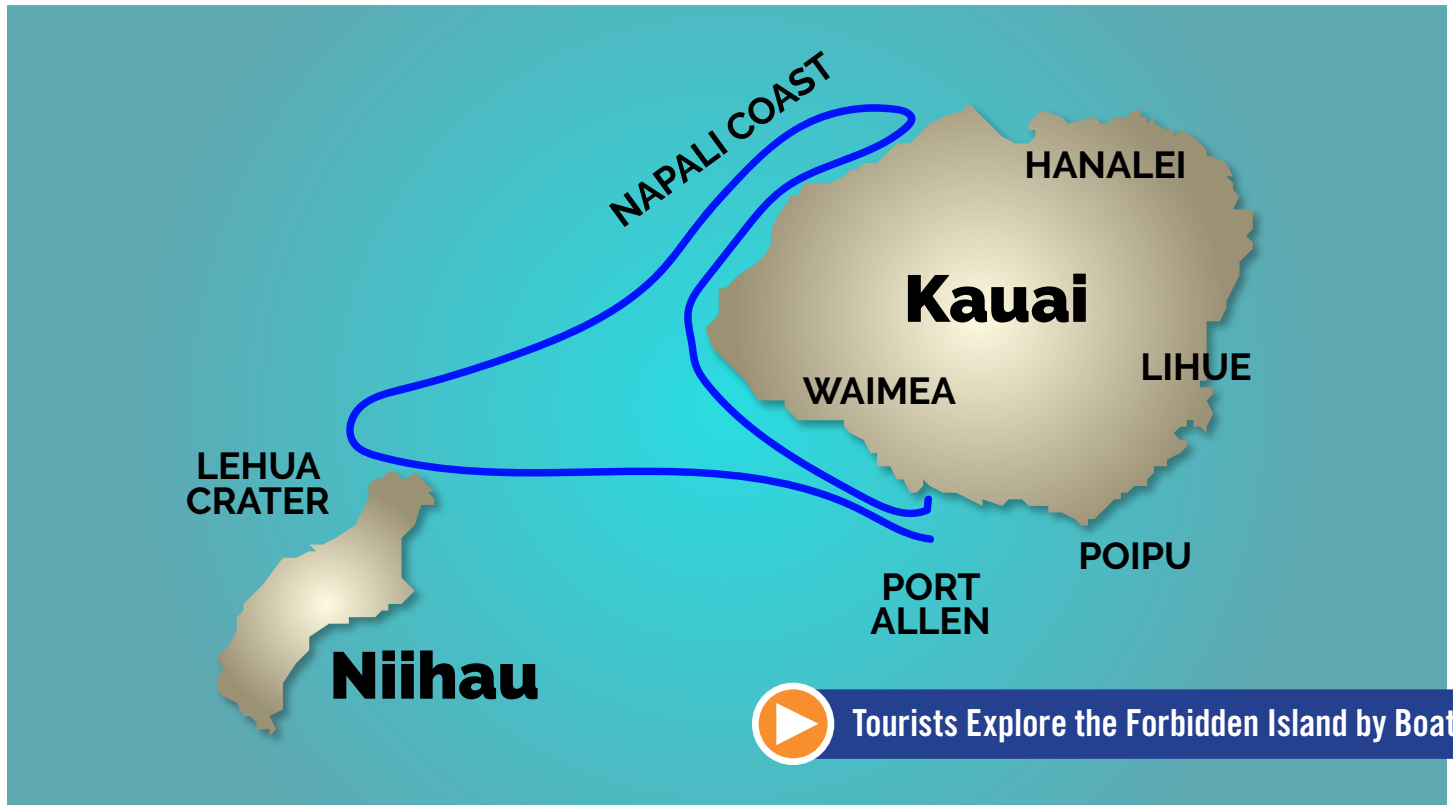
## ZIPLINING

Our guides at Princeville Ranch Adventures, Aaron and Miguel, helped us feel comfortable flying through the air above the tree tops. The last zip line on the tour – called “King Kong” – runs for 1,200 feet. It has side-by-side lines, so you can do it with your significant other while holding hands (and screaming for dear life). Very romantic!

 **Let's Zip Line! Soaring Sky High Over Kauai**

# TALES OF THE FORBIDDEN

JIM AND SHELLY HARRIS : [Instagram.com/DestinationGoodLife](https://www.instagram.com/DestinationGoodLife)



Holo Holo Charters is the only company that offers an amazing snorkel trip to Niihau daily. Your premiere tour aboard a 65' power catamaran begins with a continental breakfast as you head west and north to the majestic Na Pali Coast with waterfalls, lush valleys, and sea caves.

After sightseeing and hearing the history of the Na Pali Coast you'll head across the channel to the "Forbidden Island" of

Niihau. The island is privately owned by the Robinson family, and they limit access to the 130 native residents, U.S. government officials, and the occasional invited guest. The coast of Niihau has some of the best snorkeling in Hawaii—just don't get too close to the shore!

When you arrive at Niihau the experienced crew will choose your snorkel spot and instruct you in snorkeling—relax, float,

# N ISLAND



and watch the comings and goings of the aquatic world. No other place in Hawaii offers you such unique formations, and no other company provides you with the opportunity to see Niihau and Lehua.

After snorkeling, enjoy a gourmet deli-style buffet lunch. Choose from a variety of deli meats, cheeses, veggies, and breads to make your sandwich a work of art! Also included are pasta and fresh fruits.

Assorted soft drinks are served throughout the tour, with beer and wine served after snorkeling. While you're eating the crew share stories about the indigenous people and history of Niihau.

## TO BOOK YOUR TOUR

Holo Holo Charters  
[HoloHoloKauaiBoatTours.com](http://HoloHoloKauaiBoatTours.com)  
(800) 848-6130



*Two Fun,  
Short Hikes  
on Kauai*

## WAIMEA CANYON STATE PARK

Once you get to the main lookout for Waimea Canyon, you can continue up the road to another parking lot and find the Cliff/Canyon Trail. Cliff Trail is a .2 mile hike to a lookout point, and then it is a couple more miles along the Canyon Trail for those wanting more. It's downhill on a pleasant tree-lined trail to a lookout point—and even further to the top of Waipo'o Falls.

The real highlight of a visit to Waimea Canyon is the last lookout point in Koke'e State Park. All you have to do to find it is continue driving up the road, past the canyon, until the last stop. The view is one of the best in Hawaii and you should absolutely experience it.



## MAHA'ULEPU COASTAL TRAIL

This trail follows an undeveloped stretch of coast on the South Shore. It goes east from Shipwreck Beach for two miles. To find it, take the small road between the Grand Hyatt and the golf course, park at Shipwreck Beach, and look for the trail behind the large rock on the left side of the beach.

One nice feature of this trail is that sometimes there are at least a couple of paths that run parallel to each other, offering an alternative route if you want some variety. Most of the hike is easy, but some of the walking right along the shore involved brief climbing, so be aware of that if you bring kids—the trail that runs parallel just a little bit inland provides a safer option for kids.

# The Garden Isle: A Look Back in Time



Pretty Hula Girls, Honolulu, Hawaii. ca. 1901.  
Image retrieved from the Library Congress.

The island of Kauai, commonly referred to as the Garden Isle, is home to white sand beaches, dense rainforests with cascading waterfalls and jutting volcanoes, colorful flora and unique wildlife, and arguably some of the most spectacular sunsets.

This lush island retreat is so much more than just an exotic getaway for those in search of some much-needed R&R; it boasts a rich and dramatic history full of twists and turns that lead to it becoming one of the most photographed places on the planet.



## IN THE BEGINNING...

Formed by gradual volcanic overflow, Kauai is the oldest of the main Hawaiian Islands and is steeped in ancient mythology.

The first settlers to reach Kauai's shores were Polynesians who inhabited the island from the time of their arrival in 400 AD until the Tahitians conquered them nearly 600 years later.

The Royal Coconut Coast of Kauai was one

of the most sought out places among early settlers due to its fresh water sources and fertile land that was prime for growing crops.

Many of Kauai's people consider Kauai to have belonged to an entirely separate kingdom and history than its sister islands, a theory based on evidence that Kauai was once home to a formidable tribe of Polynesians known as the Menehune.



*Hanapepe Falls, Kauai, Hawaii. ca. 1911. Image retrieved from the Library of Congress.*



*Hanalei Pier, Hanalei Bay Off Weke Road, Hanalei, Kauai, County, HI. Documentation compiled after, 1968. Pdf. Image retrieved from the Library of Congress.*

The early societies in Kauai practiced a mana form of polytheism, meaning they believed their different deities could take on various forms, including animal or human in order to pass through society undetected.

Ancient places of worship known as heiau

were erected and some are still standing today.

Most legends and practices, including those of the Menehune, are kept alive through Hawaiian chants and songs, which are often performed in conjunction with the hula dance.

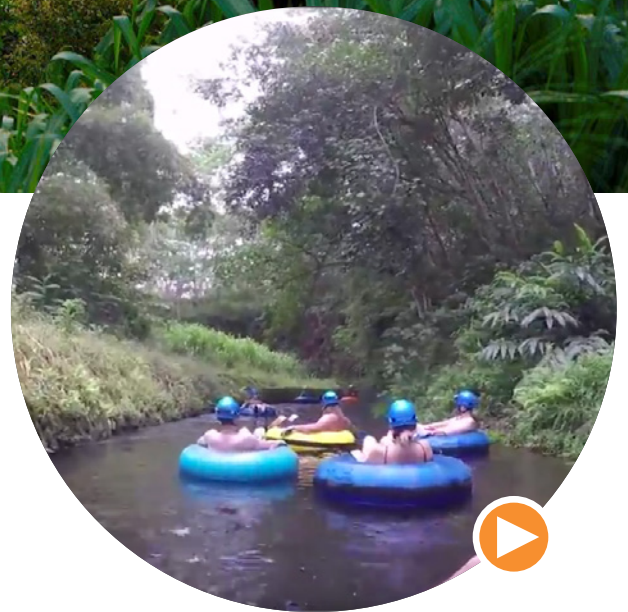


## SUGAR HIGHS...

The original Kauaians utilized the overabundance of sugar cane on the island for everything from medicinal purposes to love potions.

Natives would suck on sugar cane stalks to drink the sweet nectar inside but didn't know how to extract it to make sugar.

As soon as a process was discovered and perfected, sugar became a profitable crop, and numerous sugar plantations popped up all over the island, causing production to soar.



Kauai flourished under a prosperous economy from both the sugar and pineapple industries from the late 1800s until the late 1950s.

Now you can actually tour the sugar plantations by way of the water, through sugar tubing!



## HOLLYWOOD DOES HAWAII...

Elvis Presley was one of many celebrities who frequented the island during the 1960s, notably at the Coco Palms Resort, where several scenes from the movie *Blue Hawaii* were filmed.

Hollywood producers also found that Kauai was ideal for shooting movies due to its rugged, natural beauty that closely resembled multiple different places around the world, yet was close by the mainland and contained no actual predators lurking in its jungles.

### SOME POPULAR MOTION PICTURES FILMED ON KAUAI:

- South Pacific
- King Kong
- Raiders of the Lost Ark
- Jurassic Park
- Pirates of the Caribbean



**Interested in More History?**

*Read more about Kauai's history on page 23 of the Fall/Winter 2016 edition of Time Together.*

# WHAT'S WITH THE CHIC

*A Brief History of Kauai's Most Common Critters*



Wherever you go in Kauai, you're bound to see chickens. They hang out at beaches, beg for food from tourists, and forage through native forests. Without any natural predators, the feathered fowl have become a part of the Kauai landscape.

Local legend says that Kauai's chicken population descended from birds who escaped their coops during Hurricane Iwa in 1982 and Hurricane Iniki in 1992. The other Hawaiian Islands are home to egg-loving mongooses, but the carnivores were never brought to Kauai, giving chickens free reign to reproduce.

# KENS?



Chickens were first introduced to the island at least 800 years ago with the arrival of the Polynesians. A 2015 study detailed in *The New York Times* suggests that the Polynesian chickens laid fewer eggs than modern-day domestic ones, and they were contained to certain parts of Kauai.

However, the wild chickens began to mate with the escaped domestic chickens,

the population began to grow, and now you see them everywhere you go on the island. Interestingly, the new crossbreed more closely resembles their Polynesian ancestors, sporting a smaller body and comb.

Chickens aren't the only domesticated animal that has "gone wild." Kauai's wild pigs outnumber people five to one!

# Where to Eat

FOR A TASTE OF ISLAND LIFE

## EAT THE BEST

There are so many delicious restaurants to try on Kauai that it can be hard to choose where you're going to eat! Whether you're looking for the freshest seafood, the most succulent pork, or the richest coffee, this list will help you find exactly what you're craving.



Top 5 Restaurants on Kauai

## THREE COMMON MYTHS ABOUT HAWAIIAN FOOD

If your only experience with Hawaiian food is Canadian bacon and pineapple on a pizza, then you may be wondering what all the fuss is about. There's a whole lot more to Hawaiian food, especially on the island of Kauai!

That being said, there are some common myths about Hawaiian food, and we hope this clears those right up.



Three Common Myths about Hawaiian Food

# KAUAI FOOD THAT FITS YOUR MOOD

## POKE, PLEASE!

Foodland has a rotating selection of more than a dozen flavors of poke – and they're generous with samples! Eat your poke on a bowl of steaming white rice or by the pool with a bag of corn chips. The fish will keep for several days in the refrigerator.



## SMOKY GOODNESS

The barbecue chicken at Chicken in a Barrel is slow cooked in a custom drum barrel to ensure tender and flavorful meat. There are currently two locations: one on the North Shore in Hanalei and one on the Coconut Coast in Kapaa.



## BEST BURGER ON THE ISLAND

The Happy Talk Bar and Lounge is a highly sought out Princeville restaurant. Go early or make a reservation to avoid a wait. We suggest trying the burger and fries - they're absolutely delicious!

## WHAT'S THAT PURPLE STUFF?

For authentic poi that you'll actually enjoy, visit the Hanalei Taro & Juice Company. The Waipa Foundation also sponsors a community lunch once a week, which includes dishes from local vendors and of course, traditional poi.



## DINNER WITH A VIEW

Duke's Kauai has one of the best views on Kauai! Make sure to ask for a table on the patio looking out at the beach. The restaurant has two menus – one with simple bar food like tacos and pizza and another with steak, lobster, and fish entrees.

# Find a Souvenir for Everyone on Your List

Depending on where you're visiting, Princeville, Lihue, Kapaa, and Poipu all have plenty of shops to choose from. You'll find everything from chocolate-covered macadamia nuts to Hawaiian shirts.



## KIKO

Kiko is full of homemade gifts with an island twist. They sell crocheted bracelets, Hawaiian soaps, and even Hawaiian themed children's books.

## ABC STORES

We love to cook, and the Hawaiian Island Salt Company makes a variety of flavored salts to up your game in the kitchen. Try the red clay salt on fish and pork. You'll find it at any ABC store.



## SAND PEOPLE

Sand People is brimming with colorful, island inspired clothing, jewelry, and décor. The friendly staff will help you find the perfect gift.

## JEWEL OF PARADISE

Remember your special vacation forever with a pendant or ring from Jewel of Paradise. The store carries MarahLago pieces as well as authentic koa wood jewelry.







## STOP BY THE FARMERS MARKET!

If you're staying at Hanalei Bay Resort, you and your family have access to a full kitchen right inside your condo, which means you don't have to go out to eat for every meal of the day! And if you want to find the freshest fruits and vegetables to eat, look no further than Kauai's abundance of farmers markets. There's a different market every day, so no matter when you shop you'll be able to find something fresh for your family.

Before you go, however, here are some pro-tips:

- If you're looking for locally grown Hawaiian produce, make sure it has the Kauai Grown and Kauai Made logos.
- The most popular farmers market in Kauai is on the North Shore in Hanalei, which is very close to the resort! It was actually voted Top 5 farmers market in Hawaii magazine's Readers Choice Awards. That means it can get very busy, so make sure you arrive early for the best produce.
- If you're looking for dinner and a show, head to the Culinary Market at The Shops at Kukui'ula in Po'ipu! The market is from 4-6pm every Wednesday and has a Wine and Beer Garden where you can watch a local chef cook up food while you enjoy listening to live music.



## FIND SOMETHING NEW AT PRINCEVILLE NIGHT MARKET

If you're looking for something new to do while on the island, look no further than the Princeville Night Market. On the second Sunday of every month, you'll enjoy local artisans, live music and entertainment, and delicious cuisine.



**Connect With Local Artists at the Princeville Night Market**

# Photo Spots

## MUST STOP PHOTO OPS

One of the great things about Kauai is that you can easily drive from the North Shore to the South Shore in about an hour, and the time you spend in the car won't be wasted! Everywhere you go you'll see tropical foliage and wildlife. Be sure to stop at the incredible lookouts along the way, including the Hanalei Valley Lookout just outside of Princeville.



FIND THE PERFECT PHOTO SPOT



UP YOUR SELFIE GAME!

*If you want to take the best selfies, watch this tutorial by our friends Jim and Shelly Harris.*



## #MYGRANDMEMORIES

From beaches and poke to snorkeling and hiking, share your vacation photos with Grand Pacific Resorts for a chance to be featured!

Simply use #MyGrandMemories on Facebook or Instagram, or upload photos at:



[GRANDPACIFICRESORTS.COM/MYGRANDMEMORIES](https://www.grandpacificresorts.com/mygrandmemories)



# *There's More to Discover in Kauai...*

*Find all the insider tips you need to  
enjoy your vacation in Hawaii.*



## **RAINY DAY FUN**

You Can't Have a Rainbow Without a Little Rain! Rainy Day Things to do on Kauai



## **MAKE YOUR TRIP TO THE BEACH EVEN MORE FUN**

Tips for Having the Perfect Beach Day



## **DISCOVER THE VASTNESS OF KAUAI'S DIVERSE REGIONS**

The Ultimate Guide to Kauai's Diverse Regions

*May there always be warmth  
in your hale, fish in your net,  
and aloha in your heart.*

— HAWAIIAN BLESSING



Your concierge is standing by to help you get the most from your stay in Kauai.

SIMPLY CALL US AT (808) 826-6522 OR VISIT [HanaleiBayResort.com](http://HanaleiBayResort.com)