

Aloha Ka Milo, LLC
Vacation Home
Local Information

This packet descriptions of the following information:

Island of Hawaii	Resort Activities
Mauna Lani Resort	Nearest Sports Bars
Fairmont Orchid Resort	Local Whale Watching
Our Ka Milo Luxury Home	Beach Walks
Ka Milo Recreation Center	Lave Viewing
Mauna Lani Resort Activities/Amenities	Turtle Watching
Viewing Sunsets from Nearby Beaches	Local Historical Walks
Nearby Restaurants/HAPPY HOURS!	Local Beaches/Snorkling
Local Night Life	Local Water Sports
Closest Groceries	Manta Ray Dives!
Box Stores	Tour/Activity Concierge Service
Nearby “Shops”	Ocean Cruises
Nearby Farmer’s Markets	GOLF
Nearby Fish Markets	SPA’s
	Additional Useful Links

Island of Hawaii

Hawaii, the archipelago, is the most isolated group of islands on earth. The Island of Hawaii or the “Big Island” is the youngest and largest island in Hawaii, and hosts a variety of environments and unrivaled natural wonders. The Big Island arose from 3 volcanoes. Kilauea is the world’s most active volcano and the tallest sea mountain in the world at more than 33,000 feet – (taller than Everest) when measured from its sea floor base to its peak. Mauna Kea is the most massive mountain in the world. Mauna Loa hosts the largest park in the state, Hawaii Volcanoes National Park, and the always sunny Kohala Coast. You'll discover that it is possible to stroll down a beautiful black- or white-sand beach, ski on the snowcapped slopes of Mauna Kea and hike under rainbows in the lushness of a tropical rainforest or in a sunny volcanic desert - all in a single, perfect Big Island day.

Mauna Lani Resort

Kalahuipua'a, as the area is also known, has always been considered sacred land by the Hawaiian people. Kamehameha I, the great Hawaiian king who united the islands, was said to have had a small fishing village and canoe landing adjacent to the prized fish ponds. When Francis Hyde I'i Brown had completed his acquisition of the land in 1936, he took special care to ensure that Kalahuipua'a would remain a uniquely "Hawaiian" place forever. In the 1960's Brown, Hawaii's “Mr. Golf”, was joined by Noboru Gotoh, Chairman of Tokyu Corporation of Japan in developing the Resort. They shared a love for golf and a passion for the environment that would lay the foundation for a unique and visionary partnership. Their vision took shape as a resort that would reward its guests with a luxurious setting while preserving its history and Sense of Place. Hawaiian elders named this unique place Mauna Lani, “Mountain Reaching Heaven.”

Located on the sun drenched Kohala Coast region of the Big Island, the Mauna Lani Resort's crystalline white-sand beaches and glittering coves greet you. A stroll through the Resort's stone paths brings you back in time to an ancient petroglyph cave, to fishponds built for Hawaiian royalty and to various sites that reflect the exploits of King Kamehameha the Great. The Resort preserves these compelling traces of history as carefully as it tends to its 3,200 acres, lush with fragrant gardens, and as scrupulously as it protects the sea turtles that make their homes in the waters and beaches nearby.

Fairmont Orchid Resort

The Fairmont Orchid is a luxury resort located just a short walk (10-20 min depending upon pace) away from the Ka Milo entrance. For a list of hotel based activities, follow the link: www.fairmont.com/orchid/GuestServices/

Our Ka Milo Luxury Home

Ka Milo at the Mauna Lani Resort is a private, gated enclave containing a mix of single-family and paired homes. Ka Milo offers a luxurious resort lifestyle with open spaces, outdoor living, awe-inspiring landscapes, and a true sense of community. With a children's lagoon and lap pools, fitness center and a gathering hale, it offers all the amenities of a world class resort. This gorgeous 4 bedroom / 3.5 bath luxury resort home with just under 2,500 sq ft of living area plus 820 sq ft of covered lanai, provides large spacious living areas with a quality Hawaiian feel and high end furnishings. Spectacular, solid merbau pillars greet you at the front entry. Fully retractable pocket doors create open air living and merger of the indoor and outdoor spaces. The upstairs rooms boast vaulted ceilings with a woven-mat, treatment of the Great Room's ceiling. Solid granite counters with built in stainless steel Thermadore appliances grace the kitchen and a garden tub overlooks the master suite out to the beautiful outdoor paradise. This paired home with a two car garage has lanai beautiful sunrise views of the Mauna Loa and Mauna Kea mountains. The building is of superior quality and designed for people to enjoy a Big Island Hawaii Life!! Ceiling Fans, tropical Ratan® living and bed room furnishings, Tibetan Nepales silk rugs, high efficiency washer/dryer.

Ka Milo Recreation Center

The five-acre, state-of-the-art, Ka Milo Recreation Center is just across the street and is beautiful with a free form lagoon style pool with a shallow segment for children and separate adult lap pool just off the well-equipped fitness center with bathroom and shower equipped locker rooms. The owner's pavilion or gathering hale is spectacular with massive ohia posts and kitchen, which you can use while relaxing poolside. There are two jetted spas; one by the lagoon pool and one in the private courtyard of the fitness center. You will need our key for the entry gate.

Mauna Lani Resort Activities and Amenities

At the Mauna Lani Beach Club as guests at KaMilo, you can enjoy all the services and amenities the resort has to offer. The Owner's Beach Club, located on Makaiwa Bay, is a short (2 mi) drive from our home and has an open air restaurant (Napua) that serves very tasty and convenient daily lunch and dinners. You will need our membership card to enter the gated parking lot. See the description of the best walking route to the Owner's Beach in the beach walking section below.

[www.panoramicearth.com/902/Hawaii_Island/Beach_Club_Beach - Mauna Lani Resort](http://www.panoramicearth.com/902/Hawaii_Island/Beach_Club_Beach_-_Mauna_Lani_Resort)

Guests of Ka Milo have access to the Sports & Fitness Club for \$35/day (808 885-7765). The club features state-of-the-art equipment, a wide array of fitness classes, a lap pool and a professional, friendly team to assist you with your fitness goals. Ka Milo Guest Rates for Fitness classes (Yoga, Spinning, Body Sculpting, Pilates, Strength Fusion, Zumba, Turbo Kick Boxing) are \$16/class or \$70/5 classes or \$120/10 classes.

Tennis is available for \$20 per person. (808 885-7755)

Viewing Sunsets from Beaches at Mauna Lani

All beaches are open to the public in Hawaii and resorts must provide beach or shoreline access and parking. For the months of October through March, sunsets occur earlier and best viewed at the southwest facing Mauna Lani Bay Hotel beach and Holoholokai Public Beach (just north of Fairmont Orchid). For April to September, sunsets occur later and best viewed at the more northwest facing Fairmont Orchid and Owner's beaches. The Anaeho'omalua Beach or "A-Beach" at Waikoloa Beach Resort is very popular for year-round sunsets and has good parking. The A-Beach is reached by turning left just before you reach the Kings Landing. I like to take a chair and enjoy winter sunsets from the Holoholokai Public Beach, while my wife feeds the stray cats. There are several locals who feed the cats and try to make sure that they are all spayed. Stray cats that have been spayed have clipped ears.

Kohala Coast Luaus

Mauna Kea Luau: Tuesdays 6 - 8:30 p.m. (808) 882-5810

Sunset Luau: Waikoloa Beach Marriott's Royal Luau, Monday and Wednesdays 5 - 8 p.m. (808) 886-6789.

Legends of the Pacific Luau : Hilton Waikoloa Village, Friday 5:30 p.m. (808) 886-1234.

Gathering of the Kings Luau: Fairmont Orchid, Saturdays 5:30 p.m. (808) 885-2000 or (808) 326-4969.

Clambake: Mauna Kea, Saturdays 6 - 8 p.m. (808) 882-5810.

Nearby Restaurants and HAPPY HOURS!

kohala-sun.com/kohala-vacation/dining.html – Local restaurant info.

Shops at Mauna Lani's has 4 restaurants (5 min stroll), which include Under the Bodhi Tree (**Happy Hour 2–5 PM**), Monstera (Japanese pub food and sushi), Ruth's Chris Steak House

(**Happy Hour 5-6 PM**) and Tommy Bahama's Restaurant & Bar (**Happy Hour 4-6 PM**).

www.shopsatmaunalani.com

Fairmont Orchid Hotel's 7 restaurants (0.5 mi), which include Kahakai Oceanfront Bar, Hale Kai Restaurant, Brown's Beach House, Brown's Deli, Luana Lounge, Norio's Japanese Restaurant & Sushi Bar and the Orchid Court (gourmet breakfast buffet). They also feature the Gathering of the Kings Luau. The Luana Lounge has a **Happy Hour** at 5 to 6 PM. Click the link for details: <http://www.fairmont.com/orchid-hawaii/dining/>

Mauna Lani Bay Hotel and Bungalows's restaurants (1.5 mi), which include their signature Canoehouse, Bay Terrace, and Huli Sue's (at Francis H. I'i Brown Golf Course).

www.maunalani.com/d_de_overview.htm

Waikoloa Beach Resort (6 mi): Lava Lava Beach Club is a new ocean front lounge with weekend brunch (**Happy Hour 3-5 PM**). lavalavabeachclub.com/

Queen's Market Place has a Romano's Macaroni Grill, Arby's, Charley's Thai Cuisine, Dairy Queen Orange Julius, King's Kitchen, Marble Slab Creamery, Paradise Pizza & Grill, The Noodle House, Queen's Deli, Subway, Starbuck's and Sansei Seafood, Steak and Sushi Bar (**Early Bird Dinner Special daily, must be seated by 6 PM**)

Kings' Shops Eateries include: Blazin' Steaks, Island Fish & Chips, Jungles Edge Coffee, Merriman's Market Café, and Roy's Waikoloa Bar & Grill. **Waikoloa hotel restaurants:** Breakfast at Water's Edge, Boat Landing Pavilion, Hawaii Calls Restaurant, Imari Japanese Steak House, Kamuela Provision Company, and Kirin Chinese Restaurant.

www.queensmarketplace.net

www.waikoloabeachresort.com

Local Night Life

All of the major hotels (Marriott, Hilton, Mauna Lani, Fairmont Orchid) have lounges with live musicians but I am not aware of dance bands. Blue Dragon Coastal Cuisines & Musiquarium, Kawaihae; Dine and dance under the palms and stars! Voted North Hawaii's Best Live Music and Best Night Life year after year!

www.bluedragonhawaii.com (808) 882-7731

Closest Groceries

Foodland Farms (0.7 mi) gourmet market at The Shops at Mauna Lani. "There you'll find fresh island produce straight from local farmers and a variety of seafood from big island waters, choice cuts of meats or chef prepared ready-to-eat meals. Whether you're looking for gourmet, natural or everyday essentials, you're sure to find what you need and much more."

www.shopsatmaunalani.com

Island Gourmet Markets (6 mi - Queens' MarketPlace, Waikoloa) "offers a selection of delicious gourmet foods and fine wines, including imported delicacies and the opportunity to explore a variety of both locally produced and internationally imported organic and specialty foods, an extensive assortment of dry-aged beef, smoked seafood and more than 250 different artisan cheeses as well as in-store wine tasting rooms."

Waikoloa Village Market (9 mi - Waikoloa Village) KTA Superstore advertises full service meat, seafood, bakery, deli, Tsunami® sushi, locally grown produce.

Waimea Center (18 mi – Waimea AKA “Kamuela”) KTA Superstore advertises pharmacy and full service meat, seafood, bakery, deli, Tsunami® sushi, locally grown produce.

Box Stores

Costco is 3 mi south of airport and best site for family food and gasoline at mainland prices. Be sure to fill your rental car here before returning it to the airport. K-Mart, Wal-Mart and Target also have stores in Kailua-Kona. Hilo has Sears and JC Penny’s.

Nearby “Shops”

The Shops at Mauna Lani have several fashion & lifestyle boutiques including a Tommy Bahama Store, two galleries, several jewelry stores, and a Juice and a coffee shop.

www.shopsatmaunalani.com

At the Queens’ MarketPlace and Kings’ Shops (Waikoloa Beach Resort) there is an artful collection of shops, boutiques and galleries. www.waikoloabeachresort.com/index.php/big-island-shopping

Big Island Artisans at Mauna Kea Hotel (Pavilion Level), 1st & 3rd Sunday monthly, 9 am – 2 pm

Nearby Farmer’s Markets

Kohala

Hawaiian Homestead Farmer’s Markets: Kuhio Hale Bldg, 64-759 Kahilu Rd, Waimea, Saturday, 7 am- noon

I Ka Pono Farmer’s Markets: Parker School, at I Ka Pono Community Garden, Waimea, Saturday, 7:30 am - noon

"Under the Banyans" FM, Hawi, Saturday, 7:30 am-1 pm

North Kona

Ali’i Garden FM, Ali’i Drive, 2 mi south of Kailua Pier, Kona, Wednesday-Sunday, 9 am-5 pm

Kailua Village FM, Across from Hale Halawai, Kailua-Kona, Thursday, Friday, Saturday, Sunday

Kona FM, Old Industrial Park, Kaiwi Square, Kona, Saturday & Sunday, 8 am-2:30 pm

Nearby Fish Markets

Fish markets located at Kawaihae & Honokohau Harbors sell freshly caught fish, taken right off the nearby fishing boats at reasonable prices. The Kawaihae fish market is the small, yellow building set back on the right just after you take the right towards Hawi. It is the closest and has the best prices on freshly caught fish and poke. While they are open every day but Sunday, Monday from 10-2 is the best time to buy fresh weekend fisherman catches. The “Bite Me” fish market in Honokohau Bay is at the far end of the “Bite Me” restaurant, which is at the **far end** of the Honokohau Marina. If you are shopping in Kailua-Kona, this would be more convenient. It

is a little more costly than the fish market in Kawaihae. Sometimes the local grocery stores (see list above) stock fresh local fish. Most groceries and deli's sell poke, a local favorite dish of raw fish (like sushi) with spicy flavorings.

Resort Activities

Nearby Entertainment

Each month on the Saturday closest to the full moon, the Mauna Lani hosts an evening of Hawaiian stories, hula, music and fun, called Kalahuipua'a Twilight - Talk Time or Story Time. This is held on the grounds of the Eva Woods Parker Cottage, which is walking distance from the Mauna Lani Beach Club. This event is open to anyone, so you're likely to mingle with local folks with lawn chairs, coolers, big smiles and open hearts. It is probably best to get there an hour to hour and half before sunset for it can be very crowded. They say that, "Watching the moonrise over Mauna Kea is a sight you will never forget."

Click Events tab on Mauna Lani Bay Hotel's Facebook for entertainment events:

www.maunalani.com

The Shops at Mauna Lani hosts The Great 4-D Movie Ride Theater and occasional free musical performances. Check their monthly event calendar from the Entertainment Page of their website! www.shopsatmaunalani.com

Check out the calendar for daily activities at the nearby Waikoloa Beach Resort!

www.waikoloabeachresort.com/index.php/monthly-calendar#prettyPhoto

Nearest Sports Bar

To view nationally televised games not shown on our Cable TV, either go to the Hilton Hotel's Sport's Bar (6 mi to south in Waikoloa Beach Resort) or to the Oceans Sports Bar & Grill (10 mi to north in Kawaihae).

Local Whale Watching

http://hawaiihumpbackwhale.noaa.gov/explore/humpback_whale.html

After spending the summer months feeding in the waters of southeastern Alaska, thousands of North Pacific humpback whales make a 3,000-mile journey south to various winter breeding areas to mate, give birth, and nurse. Fortunately, for Hawaii residents and visitors, our islands have traditionally attracted the majority of the seasonal humpback whale population—as many as 10,000 per season. The whales usually return in early- to mid-November. Peak viewing months are from Christmas to March. The last remaining mothers and calves usually leave our Hawaiian waters for Alaska by early May. Whales often provide quite a show for those who kayak just off shore. During the migration season, one may see whales as you walk from Holoholokai Beach to the Owner's Beach, see route below. Some guidebooks recommend two nearby parks for whale watching, which are along Highway 270 (Akoni Pule Hwy) north of Kawaihae. Lapakahi State Historical Park is at mi marker 14 on Hwy 270. Park is 100 yards past gate at top of the hill, approximately 1/2 mi from shore line. Restrooms are available however no shade or public

facilities. Not handicapped accessible. Hot, bring umbrella! Kapaa Beach Park is at mi marker 16 on Hwy 270. Park is located at the end of the road. Public restrooms (portable) and shaded areas are available. Handicapped accessible. Covered picnic pavilions are available. Hiking trails lead off the site. Whale behaviors to look for include: Spouting or blowing is the explosive exhale of air through a whale's blowhole, which occurs when whales rise to surface to breathe. Adult whales surface approximately every 10 to 15 minutes and calves every 3 to 5 minutes. Pec and tail flaps are the slapping of a whale's pectoral or tail fins against the water's surface. Breaching is the most visually spectacular of all whale behaviors. Breaching occurs when whales launch themselves out of the water, and fall dramatically back into the sea with a huge splash. Humpbacks are known to be prodigious jumpers so breaching is a common sight seen from shore.

Beach Walks

The most scenic and shortest walking route to the Owner's Beach club is to walk to Holoholokai Beach Park, which is just to the right or north of the Fairmont Orchid Hotel. Then follow the path across the Holoholokai Beach shoreline southward across the Fairmont Orchid beachfront, across the Mauna Lani beachfront, past the Mauna Lani canoe house, past the Eva Parker Woods Cottage Museum, thru the King's Fishponds to the Owner's Beach Club. Those who want to walk further can continue to walk south beyond the Owner's Beach Club along the beach past the Capes at Mauna Lani, past the historic preserve, past Mediation Rock, past Anchialine pools (www.hawaiilifeofluxury.com/anchialine-ponds-on-the-big-island/), across the Black Sand Beach, and even further south along the coast if desired. Alternately, you could head northward from the parking lot at Holoholokai Beach toward the south end of Puako Beach Drive to join the beachfront residences watching sunsets and sea turtles coming ashore. There are small coves along this rocky shoreline where you may see green sea turtles when the surf is calm.

The Ala Kahakai Trail ("trail by the sea") was established as a National Historic Trail by Congress in 2000 for the preservation of Hawaiian resources. Ala Kahakai Trail traverses the Hawaii coastline in various segments and goes through important cultural sites. You can access it in several different areas, such as the wooded entrance to the right of the Puako boat ramp, or at the south end of Spencer Beach. An unpaved path runs for miles through shallow forests, grassy lava fields and, at times, narrow passageways along cliffs. From Puako Beach Drive turn right at the shoreline access road that has the boat loading dock.

Anaeho'omalua Beach Trail is an unpaved, rocky coastline path that travels for miles to the south of Anaeho'omalua Bay (A-Bay) as part of the Big Island's Ala Kahakai Trail. It runs into several quiet lagoons worth exploring. Green sea turtles occasionally come out to bask along this stretch. The trail also connects A-Bay to the Hilton Waikoloa Village just to the north, passing by tide pools and protected Anchialine ponds. Weather on this part of the coast is usually warm

and stable. Parking is available at various shoreline access points along Waikoloa Beach Drive, including the end of Naupaka Kai Place. The trail is open from 6 a.m. to 8 p.m.

Lava Viewing

When there is lava flowing at Kilauea volcano, it is usually spectacular to view. (There are 5-7 volcanoes on Big Island but only Kilauea is active.) One recent renter said that they really enjoyed a boat excursion to see the lava flowing into the ocean. On 2 occasions, the cliff, over which the lava was flowing, crumbled into the ocean creating a big wave and scary moment for tourists in the boats. Fortunately, no one was injured. During our first visit to Big Island, one could walk out to the spot where lava was flowing into the ocean. My wife turned back when she got spooked walking on warm lava flows. We haven't had a chance to see it since then and have been to the Big Island many times since then. You have to search for these tours online because they are not regular businesses. See link below for various options:

www.lovebigisland.com/big-island-lava-viewing/#61g

Turtle Watching

Two of the best sites on the island are very close, Mauna Lani Bay Hotel and Bungalows and Hapuna Prince Hotel. Every July 4, the Mauna Lani Bay Hotel and Bungalows has their Turtle Independence Day. Ever since 1989, the hotel has received 3-5 month old juvenile turtles to raise from Sea Life Park on Oahu. For 2-3 years they reside in the saltwater ponds of the resort before the community celebrates the release of Honu into the open ocean with a traditional Hawaiian ceremony. Turtles Cove is in front of the Hapuna Prince Hotel. You can reach it without stepping on hotel property. Go to Hapuna Beach and walk as far as you can on the hotel side of the public beach. Get in the ocean and swim around the rocks into the cove. You won't be disappointed with the number of Hawaiian Sea Turtles you find. It has some of the best Hawaii snorkeling too. Other Big Island turtle watching beaches include: Anaehoomalu Bay, Honaunau, Kahalu'u Beach, Kahuwai Bay, Kuki'o Beach, and Punaluu Black Sand Beach.

Local Historical Walks

Kalahuihua'a Historical Park Trail

Hundreds of years ago Native Hawaiians lived and fished along the South Kohala coast, including a village called Kalahuihua. The Mauna Lani Resort preserved a number of sites of historical and archaeological interest on the resort grounds as Kalahuihua Historical Park. In this very civilized park, visitors can easily stroll along a paved path across a lava field, across a segment of an old paved Hawaiian footpath, and visit wonderfully scenic tropical royal fishponds that are still in use. The Kalahuihua Trail features various archeological treasures such as petroglyphs, burial sites, shelter caves, old stepping stone trails, and fishponds. The ponds are active with awa, Hawaiian milkfish, and are surrounded by native milo trees and coconut palms. Finches, cardinals, francolin and other birds are drawn to the tropical flora. The trailhead begins across from the Mauna Lani Spa on Pauoa Road.

Malama Trail Through Pauko Petroglyph Fields

From the Holoholokai Beach Park parking lot, take the 1.4-mi Malama Trail through kiawe forest to the large Pauko Petroglyph fields. It starts with a loosely defined path through a secluded Keawe forest, past a lava cave, and then up a hill to an open lava rock field. There you will see an abundance of mysterious symbols carved into volcanic dome rocks. The largely stick-figure images are believed to be from 200 to 1000 years old. This is one of the State's largest collections of ancient lava carvings. The trail is open daily from 6 a.m. to 6:30 p.m.

King's Trail

A narrow, one-mile section of the Honokohau National Historical Park, also known as Mamalahoa Trail, which stretches across most of the island. King's Trail marks the region of a Hawaiian village that thrived here until the early 19th century. Along the trail are thousands of inscriptions carved into rocks by ancient Hawaiian tribes. Images of canoes, honus and suns have been spotted along with the human figures. Informational plaques along the way help explain how Hawaiians possibly used these pictures to communicate centuries ago. Guided tours of the Waikoloa Petroglyph Preserve are accessible Thursday through Sunday at 10:30 a.m. starting at the central stage in the Kings' Shops on Waikoloa Beach Drive.

Kohola Heiau National Historical

The majestic, stone Puukohola Heiau can be seen off the road, just north of the resorts of the Kohala Coast. This National Historic Site is home to one of the largest restored heiau (temple), which was a sacred places of worship for Native Hawaiians. The fortress-like Puukohola heiau was constructed between 1790 and 1791. This massive stone temple was built without the use of mortar and the lava rocks used to build the structure were passed hand-by-hand in a human chain all the way from Pololu Valley, 25 miles away. It is believed to be one of the last sacred structures built in the Hawaiian Islands before western influence. A new Visitor Center features videos, fascinating exhibits and a small museum. Puukohola means “hill of the whale” in Hawaiian. Puukohola Heiau is a scenic spot to look for humpback whales off the Kohala Coast from December to March.

www.nps.gov/puhe/index.htm

Local Beaches/Snorkling

You can sunbath and swim at the beautiful **beaches of the Mauna Lani Bay Hotel, the Fairmont Orchid or the Owner’s Beach Club**. The best snorkeling at Mauna Lani is at the **Black Sand Beach**, on the southern edge of Honoka’opie Bay. However Black Sand Beach has a significant drop off a short way into the surf and IS NOT RECOMMENDED FOR CHILDREN OR NON SWIMMERS! It is reached by driving on S. Kaniku Drive (toward the Owner’s Beach Club) and turning left onto the gated Honoka’opie Place and drive to the end of the road to the Black Sand. (At the gate house, tell them that you are going to Black Sand Beach.) The beach at **Holoholokai Beach Park** (turn right just before entrance to Fairmont Orchid) is very rocky, not suitable for swimming but good for sunset beach picnics. Heading north, the best snorkeling/dive spot in nearby Pauko is accessed near telephone pole #120, kitty corner from church. The water is 175 ft away from the road. Snorkel out to edge of reef, 50 yds off shore, then head north along the edge of the reef. **Waialea Beach** (formerly “Beach 69” located at what used to telephone pole #69 but now #71 on Old Pauko Rd) is a local favorite with an unofficial nude beach at the northern end. **Hapuna Beach**, reached by road at mile marker 69 on Hwy-19, is consistently voted one of the most beautiful beaches in America. **Kauna’oa Beach**, reached through entrance to Mauna Kea Beach Hotel, is one of the most pristine beaches in Hawaii. There is parking but with a limited number of visitor passes issued at a time, and usually requires arrival before 9 am to get a pass. Kauna’oa was named one of the U.S.’s top ten best beaches by Traveler magazine. **Spencer Beach** Park is reached by a road ½ mile north of intersection of Hwys 19 and 270. It has shaded picnic areas with barbeque grills, a covered party pavilion with electricity, good-sized restrooms and showers. A large reef protects the beach from strong surf. It’s ideal for swimming, diving or snorkeling. Sea turtles may be spotted among coral reefs in the far northwest portion of the water by adventurous snorkelers.

Further north along Hwy 270 are several more remote snorkeling areas (with no beaches).

Kaiholena (Sapphire) Cove is reached by a dirt (AWD only) road, just south of mile marker 12

on Hwy 270, which leads to a parking lot 750 ft from the cove. Abundant fish here but insect repellent is recommended. Lapakahi State Historical Park has “exceptional” snorkeling in the clear water of **Koai’e Cove**, between historical sites 11 and 7. Snorkeling is permitted but not encouraged by park rangers. **Mahukona Beach Park**, reached by a paved road just south of mile marker 15 on Hwy 270, is an abandoned sugar company harbor very popular with locals with easy water access, crystal clear water and large variety of fish. **Kapa’a Beach Park**, reached by a paved road at mile marker 16 on Hwy 270, has exceptionally clear water with large variety of fish. For a map with more details about each beach, see link below:

www.lovebigisland.com/big-island-beaches/

Local Water Sports

Snorkel Bob’s (Shops at Mauna Lani) has cheap snorkel rentals. www.snorkelbob.com

Kohala Dive Shop (Kawaihae, 10 mi north), has cheap snorkel, scuba and kayak rentals and affordable dive trips! www.kohaladivers.com

Mauna Lani Sea Adventures (Boat House at the Owner’s Beach Club) rents paddle and surf boards, kayaks, snorkel, scuba and snuba gear and introductory, advanced or refresher diving courses. In whale season (December to March), the whales sometimes give kayakers an extraordinary, close-up show! www.hawaiiiseadventures.com

Manta Ray Dives

<https://youtu.be/yfgJx-ShRGI>

The manta ray is one of the largest fishes in the ocean with wingspans of up to 8 meters. The largest in our waters has a 16 foot wingspan. As intimidating as these otherworldly mantas look, they are actually quite friendly to humans and like to show off for snorkelers and divers. They do not have stingers and use their large (bushel basket size), gaping mouths to filter feed on microscopic plankton, small fish and squid. The very best way to experience manta rays in Hawaii is to go on a night dive boat tour. The best tours depart from Honokohau Harbor just south of airport, near Costco’s. Tour companies set up lights in spots where mantas frequent. Scuba divers and snorkelers are treated to an amazing show as giant mantas glide and somersault within inches. Getting this close to these beautiful creatures is truly an **experience of a lifetime**. Manta ray tours are held year round, but during the busiest times on the island, the tours can be full so book early. On any given night you may see anywhere from a couple of mantas to more than a dozen. My favorite manta ray tour company is www.neptunecharlies.com/ where you can book online.

Tour/Activity Concierge Service

Tom’s Bare Foot Tour Service has a variety of offerings that they can book for you.

<https://www.tombarefoot.com/>

Ocean Cruises

Mauna Lani Sea Adventures offers Sunset, Snorkel, Scuba or Whale Watching sails. Board the Winona at Boat House at Owner's Beach Club. (808) 885-7883 www.hawaiiseaadventures.com

Red Sail Sports offers a Waikoloa Dinner Sail that includes a fresh island entree and cocktails. Board the catamaran Kaimaka at Anaeho'omalua Beach just behind the Waikoloa Beach Marriott. (808) 886-2876 www.redsail.com

Ocean Sports offers a Champagne Sunset Sail with island buffet and open bar. Board the sailboat Alala at the Kawaihae Harbor. (888) 724-5924 x103 www.hawaii oceansports.com

Golf

Mauna Lani Resort's two championship golf courses, the Francis H. I'i Brown North and South were constructed on vast fields of dark black lava. The original 18 hole course was opened in 1981 and is a visually spectacular golf course that featured one par-3 hole crossing a wide Pacific inlet, another par-3 playing into a coliseum of lava, and many holes whose primary challenge was to hit the bright green fairways and greens, avoiding the lava formations in the landing areas and on both sides of the fairways. Both courses offer a challenging experience to novice and professional golf enthusiasts alike. As my guest, you get the resort guest rate for golf at Mauna Lani. The staff at the Mauna Lani Pro Shop (808 885-6655) said on 6/21/15 that the resort guest rates vary from \$130 to \$165 depending upon the time of day. They said that I don't need to register you as my guest because they will just ask you where you are staying. Answer: "Ka Milo" Their usual rates are \$145 to \$225.

There are 15 public and 1 private golf courses on the Big Island. The Hualalai course is private (restricted to their residents and Four Seasons Resort guests.) Eight public courses are in or adjacent to the Kohala Coast: Mauna Lani Resort's North and South, Mauna Kea Resort, Hapuna Resort, Waikoloa Resort's Kings and Beach, Waikoloa Village, and Waimea Country Club (CC). Waikoloa Village is 7 miles inland and not nearly as nice as the two Waikoloa Resort courses. Waikoloa Village's and Waimea CC courses are non resort golf courses, which are less expensive. This link provides a nice overview of each course and a map of their locations: www.gohawaii.com/big-island/experiences/golf

Two of the best discount golf websites are:

www.golfnow.com

GolfNow.com offers reservations up to 30 days in advance at 9 of the 17 public courses. Their last-minute rates are a little cheaper than those made 30 days in advance. They charge a transaction fee of \$1.99 for each reservation. If you reserve more than 10 times in one year (anywhere in their network), you are eligible for their Frequent Golfer program with no transaction fees. Their cheapest visitor rate for Mauna Kea is \$125 and for Hapuna is \$75 per player for afternoon or twilight tee times. These prices include a shared golf cart. Rates are cheaper for residents and seniors. They do NOT offer reservations at Mauna Lani's or Waikoloa's Resort courses.

www.hawaiigolfdeals.com

Every player must be a Hawaii Golf Deal member to get the discount. Membership costs \$60 per person for a 6 month period. They have an online form to request a group discount quote. At first their discounts only seem to be a little better than those available through golfnow.com. However, their prices are for any available tee times including prime times. (It can be very hot for afternoon or twilight tee times on the Big Island.) You may reserve tee times up to 90 days in advance. Their rates include UNLIMITED GOLF (free, same-course/same-day unlimited golf, subject to availability. They request that you check-in with the pro shop or starter before playing additional holes.) Their rates include a shared golf cart and at most locations, complimentary range balls and discounts on pro shop apparel. Hawaii Golf Deals offers discounts at Mauna Kea, Hapuna and both of Waikoloa Resort's courses but NOT Mauna Lani courses. Golf reservations can be made online or by phone after you become a member of HawaiiGolfDeals. If you book a prime time tee time, you may save more than the cost of the membership, the first time that you use it! Hawaii Golf Deals Japanese website:

www.hawaiigolfdeals.com/shop/index.php?language=jp&osCsid=c745e67b572fdcd71a8d7c6788a678af

Spas

The Mauna Lani Spa is a uniquely Hawaiian retreat ranked one of the "World's Best Spas" by Travel & Leisure magazine. The spa resembles a Hawaiian village with thatched hale for treatments, two natural lava saunas, a meditation pavilion and a watsu pool. Treatments include traditional Hawaiian therapies, baths body treatments and massage therapy. The Mauna Lani Salon is located adjacent to the Mauna Lani Spa. Relax with a pampering Spa treatment then visit the Salon for a pedicure, manicure or the latest hairstyle. For Spa or Salon appointments, call 808-881-7922 or email spa@maunalani.com

Fairmont Orchid's award-winning Spa Without Walls offers treatments that integrate the Big Island's natural therapeutic environment with ancient Hawaiian healing arts. Choose from 8 outdoor waterfall hale (hut) or 5 oceanfront cabana to begin your escape. Perhaps the Awa (ah-vah) Earth & Fire signature treatment will resonate with you as the long, rhythmic strokes of the therapist's hands and forearms awaken you in a Hawaiian lomilomi massage and foot wrap followed by a compress of specially blended Hawaiian herbs. Consider their signature Kona Coffee/Ka'u Orange/Vanilla exfoliation treatment using local products. (808) 885-2000.

Additional Useful Links:

www.gohawaii.com/big-island/regions-neighborhoods/kohala-coast

Go Hawaii / Big Island – One of the best information websites!

www.kohalacoastresorts.com

Provides useful information on each Kohala Coast resort's location, dining, spas, golf, etc.

kohala-sun.com/kohala-vacation/activities.html

A very good index of Big Island Activities

www.kohalacoastweb.com/kohala_coast_activities.htm

A hodge podge of information on the Kohala Coast.

www.hawaiiweb.com/hawaii/html/sites/default.htm

Info on Interesting Big Island Sites

www.hawaiiweb.com/hawaii/html/beaches/default.htm

Info on Big Island Beaches