A visit to Hawai‘i will most likely begin and end with a friendly ‘Aloha’, but it is far more than just a greeting. Aloha is a way of life and a spirit that embodies love, compassion and grace. It’s contained in the people, the history and the land itself.

This guide will bring to life some of the main islands that make up Hawai‘i, their unique identities and offer our favourite recommendations for essential experiences, places to eat and where to stay. It’s here that you’ll find your client’s ideal Hawai‘i escape, and hopefully a bit of that famous Aloha Spirit.

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O‘AHU

ABOUT O‘AHU

Home to pristine beaches, historic monuments, world class eateries and a plethora of outdoor activities, it’s no wonder that O‘ahu is known as the “Heart of Hawai‘i”. Whether you’re chasing an adventurous trip for the whole family or a relaxing solo getaway, O‘ahu is the perfect choice.

Get a taste of Honolulu’s local culture with a trip to the foodie hub Chinatown, or venture off the beaten track and check out the ancient Valley of the Temples. For a day of fun in the sun, hit iconic Waikiki beach or get your blood pumping with a hike to the Makapuu Lighthouse. In O‘ahu there is no shortage of beaches, history and adventure.

Be it your first visit or one of many, O‘ahu’s endless natural wonders, rich history, ever-changing foodie scene and vibrant shopping precincts are guaranteed to keep you coming back.

ESSENTIAL EXPERIENCES

Diamond Head Trail
This 300,000 year old crater is the perfect challenge for the avid hiker and families alike, and the panoramic views from the top are unmissable.

Learn to Surf
Dive headfirst into the island lifestyle with a surf lesson at White Plains Beach, it’s perfect for beginners.

USS Arizona
Explore the visitor centre before boarding the boat to view the sunken battleship - this Pearl Harbor Landmark is one for the whole family.

Sample Poké
Poké is a culinary staple in Hawaiian cuisine and trying a classic ahi poké served with raw tuna is a necessary part of any visit.

Ziplining
Soar through the treetops of the Ka‘a‘wa Valley at Kualoa Ranch Nature Reserve on a tandem zip line - its perfect for first-timers and thrill seekers.

WHERE TO EAT

Leonard’s Bakery
Famous for its fluffy golden brown malasadas (Portuguese doughnuts).

Arvo
This hip little cafe serves Aussie breakfast favourites and a great cup of coffee.

The Pig and The Lady
Known for delicious Vietnamese fusion, a vibrant atmosphere and great service.

WHERE TO STAY

Hilton Hawaiian Village Waikiki Beach Resort

The Kahala Hotel & Resort

Turtle Bay Resort

The Modern Honolulu

FAMOUS FOR

Being the birthplace of modern surfing, introduced to the world by Duke Kahanamoku “The Duke”, ambassador of the Aloha spirit and father of modern surfing.
ABOUT MAUI

Boasting some of the world's most famous beaches, Maui is the go-to destination for all the sun, sand and seawater that your beach-loving heart could desire. As well as offering the ultimate aquatic playground the island has no shortage of scenic hiking trails, sprawling national parks and cascading waterfalls making it the ideal destination for romantic escapes, fun-filled family holidays and solo getaways alike.

With so many things to see and do, hire a car and tick off the major monuments at your own pace. From the winding roads and breathtaking vistas of the islands east coast to the stunning beaches and picturesque sunsets in the islands west, and the hidden treasures of the islands central district, it's easy to see why Maui is a must on every traveller's bucket list.

WHERE TO EAT

- **Mama's Fish House**
  Famous for its delicious award-winning food and friendly service.

- **The Mill House**
  Farm to table restaurant serving the best of Maui's fresh produce.

- **Fleetwood's on Front St.**
  Upscale waterfront bar and eatery owned by Fleetwood Mac's Mick Fleetwood.

WHERE TO STAY

- **Andaz Maui at Wailea Resort - A Concept by Hyatt**
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- **Royal Lahaina Resort**
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- **Kaanapali Beach Hotel**
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- **Sheraton Maui Resort & Spa**
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ESSENTIAL EXPERIENCES

- **Haleakala Volcano**
  Embark on an early hike to the summit and enjoy panoramic views of the sunrise from above the clouds – reservations are required to secure a spot!

- **Road to Hana**
  Offering stunning ocean vistas, roadside waterfalls and plenty of swimming holes, Hana Highway will be one of the best road trips you ever take.

- **Molokini Crater**
  Just a short trip by boat will get you to the crater where you can explore the vibrant sea life and flourishing corals below the surface.

- **Old Lahaina Luau**
  Enjoy an evening of authentic island life with traditional music and dance and a buffet feast showcasing regional cuisine.

- **Paia Town**
  Bag some one-off boutique treasures and trinkets at the many antique stores in the eclectic and charming town.

FAMOUS FOR

While it may be nicknamed the 'Valley Isle', Maui boasts the most beaches of all of the Hawaiian islands with a whopping 80 in total.
KAUA’I

FAMOUS FOR

Famous for its jaw dropping scenery, the “Garden Isle” has been the backdrop for several Hollywood movies including Jurassic Park, Pirates of the Caribbean, The Descendants and many more.

ABOUT KAUA’I

While Kauai may be famous for its dramatic cliffs and rich green tropical rainforests, it also boasts some of the most postcard-worthy beaches in the Central Pacific.

But beyond the beaches, the Hawaiian island also boasts a rich sense of history and culture, and is the perfect place for an adventure or two. From the picturesque paradise of the south shore to the awe-inspiring vistas of the Napali Coast, Kauai is filled with endless wildlife, waterfalls and monuments that are just waiting to be explored. The impressive variety of outdoor activities means that you’ll never run out of things to do. As most of the island is inaccessible by car, it still retains a wild and untouched energy.

It’s the dream destination for an off the grid escape - just don’t forget the hiking shoes!

WHERE TO EAT

Kilauea Fish Market
Cottage-style eatery serving freshly-caught seafood, perfect for a casual lunch.

Marks Place
Serves fresh salads, bento boxes and traditional Hawaiian cuisine.

JO2 Natural Cuisine
Get comfortable in a booth seat and enjoy modern Hawaiian cuisine with a twist.

WHERE TO STAY

Grand Hyatt Kauai Resort & Spa

The Westin Princeville Ocean Resort Villas

Waipouli Beach Resorts & Spa Kauai By Outrigger

Kauai Shores Hotel

ESSENTIAL EXPERIENCES

Waimea Canyon
As well as being a scenic treasure, the colourful gorge offers over 70 kilometres of nature trails and spectacular views.

Napali Coast Kayaking
Spend the day kayaking along the Napali Coast exploring sea caves, waterfalls, and taking in the amazing scenery.

Mountain Tubing, Lihue
Grab a tube and a headlight and ride the gentle current of these ancient waterways through a maze of canals and tunnels.

Helicopter Ride
Enjoy breathtaking views of Kauai’s rugged Napali coast line and sweeping Hanapepe Valley from above.

Kalalau Coastal Trail
Whilst challenging, the 11 mile trail along the famous Napali coast is well worth the hike offering postcard views at every bend.

FAMOUS FOR

Famous for its jaw dropping scenery, the “Garden Isle” has been the backdrop for several Hollywood movies including Jurassic Park, Pirates of the Caribbean, The Descendants and many more.
FAMOUS FOR
All things big! As well as being the largest of the Hawaiian Islands, it’s also larger than all the other islands put together and home to the tallest sea mountain in the world.

ABOUT ISLAND OF HAWAI’I
The largest of all the Hawaiian islands, the Island of Hawai’i is nicknamed the “Big Island”.

Nearly twice as big as all of the other Hawaiian Islands combined, it’s jam-packed with amazing sights to see and activities to do. Nowhere else in Hawai’i can you dive with manta rays at night in crystal clear black water, see an active volcano oozing lava, step foot on a black beach, and get up close to one of the world’s most beautiful waterfalls. The Big Island takes natural beauty to a whole new level.

When it comes time to visit, the summer months are perfect for swimming and exploring the endless sights, whilst winter is the perfect time to watch the humpback whales migrate from Alaska. Every day on the Island of Hawai’i promises something new and exciting!

WHERE TO EAT
Island Lava Java
Gourmet restaurant and cafe serving local coffee and delicious breakfast.

Da Poke Shack
Serves fresh poke bowls to go – the secret is in the sauce!

Pahoa Fresh Fish and Chips
One of the best spots for fish and chips on the island.

WHERE TO STAY
Hilton Waikoloa Village

Four Seasons Resort Hualalai

Sheraton Kona Resort And Spa At Keauhou Bay

Waikoloa Beach Marriott Resort & Spa

ESSENTIAL EXPERIENCES
Farmers Markets
Fill a basket with fresh fruits, vegetables and locally made arts and crafts at one of the Islands many farmers markets.

Keauhou Bay
The sparkling blue bay in the Kona District is the perfect place to spend the day swimming, kayaking or simply enjoying the stunning views.

Coffee ‘cupping’ in Kona
Become a coffee connoisseur with a coffee tasting at Greenwell Farms, one of the island’s oldest and most trusted coffee farms.

Night Dive
Take a thrilling night dive with the gentle Manta Rays of Kona, as they group nightly to feed on local plankton.

Punalu’u Beach
One of the most famous black sand beaches in the world, this is an experience that will make for some great photos!
MOLOKA‘I

ABOUT MOLOKA‘I

Far from the glitz and glamour of its neighbouring islands, Moloka‘i offers a totally unique experience. Unimpeded by traffic lights, shopping malls or the hustle and bustle of big city life, the island’s rich untouchecl scenery, historic culture and authentic beauty shines through and there’s always a friendly local to remind you to ‘Slow down’ and take it in.

While taking it easy is highly recommended, there are also plenty of adventures to be had. Take a step back in time with a visit to the only post office that lets you post-a-nut to a friend, discover the island’s diverse culture with a visit to the farmers markets or venture into Kaunakakai town and pick up a local souvenir. Whether you’re staying for a day or a week, the towering coconut trees, welcoming people and stunning landscape make Moloka‘i one of the best kept secrets in Hawai‘i.

WHERE TO EAT

Kanemitsu’s Bakery
A cosy bakery and cafe serving, breakfast, lunch and fresh pastries.

Kualapu‘u Cookhouse
The sweet and savoury dishes are the heroes at this family-friendly eatery.

Molokai Burger
Open for breakfast, lunch and dinner, the perfect spot for a meal on the go.

Hiro’s ‘Ohana Grill
This open air beachfront setting and seafood menu makes this place hard to beat.

WHERE TO STAY

Hotel Molokai
Overlooking the exotic Kamiloloa Beach, which is home to the island’s famous barrier reef, the hotel’s unique location offers a truly authentic Hawaiian experience. The bungalow-style rooms range offer a private balcony, air conditioning and Wifi, and guests also have access to the on-site restaurant, dining room and bar, and the nearby shopping hub Kaunakakai city.

ESSENTIAL EXPERIENCES

Barrier Reef
The pristine stretch of reef is the longest in Hawaii and a natural aquarium brimming with sea life and corals. Keep your eyes peeled for turtles.

Farmers Market
Open every Saturday, the Farmers Market on Ala Malama offers the freshest produce and affordable local arts and crafts.

Halawa Beach
Relax on the secluded Halawa Beach, swimming, whale spotting and taking in the sweeping views of the surrounding Halawa Valley.

Kalaupapa National Park
Discover the island’s rich history with a trip to the remote settlement. Accessible only by foot or mule – the journey is half the fun.

Papohaku Beach
With BBQ facilities, picnic tables and pristine water, the popular beach is also a great spot to witness a magic sunset.

FAMOUS FOR

Moloka‘i is home to some of highest sea cliffs in the world and one of the longest continuous barrier reefs.
LĀNA‘I

FAMOUS FOR
Known as the “Pineapple Island” Lanai was once home to a plantation that produced 75% of the world’s pineapples.

ABOUT LĀNA‘I
Unleash your inner adventurer and escape the mainstream with a trip to Lāna‘i. Wild, pure and largely untouched, the island offers sweeping expanses of landscape just waiting to be explored.

Venture off the paved roads to discover the rugged desert-like terrain of the Garden of the Gods, marvel at the thriving underwater sea life with a dive at Hulopoe Bay marine preserve or simply enjoy the peace and serenity of the idyllic tropical hideaway. Whether you’re exploring by land, sea or air, the island’s beauty is endless, so be sure to pack a camera, as capturing it is mandatory.

Just a short boat ride from Maui, it’s never been easier to beat the crowds, forget the worries and soak up the calming atmosphere of this one-of-a-kind oasis.

WHERE TO EAT

Blue Ginger Cafe
Enjoy freshly baked pastries and local coffee in a no fuss, low key atmosphere.

Lāna‘i City Bar and Grille
Serves fresh seasonal cuisine and is open Tuesday to Sunday for dinner.

One Forty at the Four Seasons
Offering ocean views and a world-class menu from a beachfront location.

Nobu Lāna‘i
World-class restaurant serving fresh Japanese cuisine and tropical cocktails.

WHERE TO STAY

Four Seasons Lanai
Offering designer rooms and luxury amenities, a stay at Four Seasons Lanai is the ultimate indulgence. The beautiful beachfront location and range of high end services including nine bars and restaurants, championship golf course, multiple pools, day spas and shopping boutiques mean you’ll never have to leave the comfort of your own private paradise.

ESSENTIAL EXPERIENCES

Keahiakawelo
Nicknamed ‘Garden of the Gods’, the stark red landscape and otherworldly rock formations are a visual wonder. Go at sunset for a truly enchanting sight.

First Cathedral Underwater Caves
Explore the underwater wonderland of vibrant sea life and ancient lava tubes on a guided snorkelling tour of the famous site.

Sweetheart Rock
Believed to be the resting place of Maui princess Puu Pehe, the 80ft. sea tower is an enchanting and iconic landmark.

Shipwreck Beach
Spanning almost 10 kilometres, this stretch of coastline is home to over six shipwrecks, making it a great spot for treasure hunting.

Munro Trail
Take a self-guided hike along the popular 11 kilometre trail that leads to Lāna‘i’s highest peak and catch a glimpse of all five islands at the same time.

FAMOUS FOR
Known as the “Pineapple Island” Lanai was once home to a plantation that produced 75% of the world’s pineapples.
ACTIVITIES

Day at Pearl Harbor Tour, O‘ahu
Deluxe Makena Kayak Turtle Snorkel Tour, Maui
Big Island Parasailing Experience, Hawai‘i
Na Pali Sunset Dinner Cruise, Kauai
North Shore Surfing Lesson
Sunset Helicopter Flight: Maui, Molokai and Lanai

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