

# Contents

INTRODUCTION . . . . .	1
Aloha! . . . . .	1
10 Things Not to Miss . . . . .	3
Climate . . . . .	5
Culture . . . . .	6
The Hawaiian Language . . . . .	6
Hawaiian Words . . . . .	6
Phrases You'll Hear . . . . .	8
Da Pidgin Guide . . . . .	8
The People . . . . .	10
History . . . . .	11
Marine Life . . . . .	12
Flora & Fauna . . . . .	17
Pests in Paradise . . . . .	18
■ Trip Planning . . . . .	21
Getting Here . . . . .	21
By Air . . . . .	21
By Ferry . . . . .	25
By Cruise Ship . . . . .	26
Package Vacations . . . . .	27
Getting Around . . . . .	27
Rental Car Companies . . . . .	27
Taxi Service/Shuttles . . . . .	29
Public Transportation . . . . .	29
Tours by Bus . . . . .	29
Limousines . . . . .	29
Planning Resources . . . . .	29
Activity Centers . . . . .	29
Adventure Travel Sources . . . . .	30
When to Go . . . . .	32
What to Bring . . . . .	32
Getting Married . . . . .	32
■ Food & Drink . . . . .	34
Traditional Dishes . . . . .	34
Dining . . . . .	38
Libations . . . . .	39
Farmers Markets . . . . .	41
Made in Maui . . . . .	41
■ Spas . . . . .	43
■ Accommodations . . . . .	43
Kid-friendly Options . . . . .	43
Prices . . . . .	47
■ Practical Information . . . . .	48
Useful Contacts . . . . .	48
Times Zones . . . . .	48

Media . . . . .	48
Communications . . . . .	49
Internet Access . . . . .	49
Cell Phones . . . . .	50
Stores . . . . .	50
Beach Safety . . . . .	50
Holidays & Festivals . . . . .	42
<b>CENTRAL MAUI . . . . .</b>	<b>57</b>
<i>Kahului</i> . . . . .	57
Internet Access . . . . .	59
Shopping . . . . .	59
Stocking Up on the Basics . . . . .	59
Swap Meet . . . . .	60
Adventure Gear . . . . .	60
Shops Toward Kahului & Wailuku . . . . .	60
Shops Toward Lahaina, Kihei & Wailea . . . . .	61
Sightseeing . . . . .	63
Kanaha Pond State Wildlife Sanctuary . . . . .	63
Alexander & Baldwin Sugar Museum . . . . .	64
Kahului Harbor . . . . .	65
Maui Arts & Cultural Center . . . . .	65
Kanaha Beach Park . . . . .	65
Adventures in the Air . . . . .	66
Helicopter Tours . . . . .	66
Adventures on Foot . . . . .	69
Golf . . . . .	69
Adventures on Water . . . . .	69
Kiteboarding . . . . .	69
Stand-up Paddle Surfing . . . . .	70
Windsurfing . . . . .	70
Where to Eat . . . . .	71
Where to Stay . . . . .	75
<i>Wailuku</i> . . . . .	76
History . . . . .	77
Shopping . . . . .	78
Market Street . . . . .	78
Sightseeing . . . . .	79
Bailey House Museum . . . . .	79
Ka`ahumanu Church . . . . .	80
Wailuku Public Library . . . . .	81
`Iao Theater . . . . .	81
Haleki`i-Pihana Heiau State Monument . . . . .	81
`Iao Valley . . . . .	81
Kepaniwai Park & Heritage Garden . . . . .	83
Where to Eat . . . . .	83
Where to Stay . . . . .	87
<i>Waipaku</i> . . . . .	88
Sightseeing . . . . .	88
Adventures on Foot . . . . .	89
Where to Eat . . . . .	89

<i>Pa`ia</i> . . . . .	89
Internet Access . . . . .	90
History . . . . .	91
Shopping . . . . .	91
Sightseeing . . . . .	94
Sugar Cove Beach . . . . .	94
Baby Baldwin Beach . . . . .	95
H.A. Baldwin Beach Park . . . . .	95
Where to Eat . . . . .	96
Nightlife . . . . .	100
Where to Stay . . . . .	100
<b>WEST MAUI</b> . . . . .	<b>103</b>
<i>Olowalu</i> . . . . .	105
History . . . . .	105
Sightseeing . . . . .	105
Beaches & Parks . . . . .	105
Where to Eat . . . . .	107
Where to Stay . . . . .	107
<i>Lahaina</i> . . . . .	108
Orientation . . . . .	108
Internet Access . . . . .	109
Getting Here . . . . .	109
Getting Around . . . . .	110
History . . . . .	112
Shopping . . . . .	112
Front Street . . . . .	112
Art Galleries . . . . .	116
Sightseeing . . . . .	116
The Banyan Tree . . . . .	117
The Brick Palace . . . . .	118
Pioneer Inn . . . . .	118
Baldwin Home . . . . .	119
Masters' Reading Room . . . . .	119
Hale Pa`aheo . . . . .	119
Lahainaluna School . . . . .	120
Churches & Temples . . . . .	120
Parks . . . . .	122
Beaches . . . . .	123
Adventures on Water . . . . .	124
Boating . . . . .	124
Snorkeling Tours . . . . .	124
Whale-Watching . . . . .	125
Ocean Rafting . . . . .	127
Sailing . . . . .	128
Submarine Rides . . . . .	128
Surfing . . . . .	129
Adventures on Foot . . . . .	130
Hiking . . . . .	130
Where to Eat . . . . .	130
Luau . . . . .	143

Nightlife . . . . .	144
Where to Stay . . . . .	146
<i>Ka`anapali</i> . . . . .	150
Getting Around . . . . .	150
History . . . . .	152
Shopping . . . . .	153
Whalers Village . . . . .	153
Sightseeing . . . . .	154
Whalers Village Whale Museum . . . . .	154
Beaches & Parks . . . . .	155
Adventures on Foot . . . . .	156
Beach Walk . . . . .	156
Golf . . . . .	157
Spas . . . . .	157
Adventures on Water . . . . .	157
Boat Cruises . . . . .	157
Jet-Skiing . . . . .	158
Parasailing . . . . .	158
Scuba . . . . .	158
Snorkeling . . . . .	160
Adventures in the Air . . . . .	160
Ziplining . . . . .	160
Where to Eat . . . . .	161
Luaus . . . . .	168
Nightlife . . . . .	168
Where to Stay . . . . .	169
<i>Honokowai</i> . . . . .	176
Shopping . . . . .	176
Sightseeing . . . . .	177
Where to Eat . . . . .	177
Where to Stay . . . . .	179
<i>Kahana</i> . . . . .	179
Where to Eat . . . . .	179
Where to Stay . . . . .	181
<i>Napili</i> . . . . .	183
Shopping . . . . .	183
Adventures on Horseback . . . . .	183
Where to Eat . . . . .	183
Where to Stay . . . . .	185
<i>Kapalua</i> . . . . .	187
History . . . . .	187
Shopping . . . . .	188
Art Classes . . . . .	188
Sightseeing . . . . .	188
Kapalua Bay . . . . .	189
Honokahua Burial Site . . . . .	189
Beaches . . . . .	189
Adventures on Foot . . . . .	190
Golf . . . . .	190
Tennis . . . . .	191
Adventures on Water . . . . .	191

Kayaking . . . . .	191
Snorkeling . . . . .	191
Scuba . . . . .	191
Where to Eat . . . . .	192
Nightlife . . . . .	195
Where to Stay . . . . .	195
<i>The Back Side of West Maui</i> . . . . .	196
Information . . . . .	197
Sightseeing . . . . .	197
Waihe'e . . . . .	197
Kahakuloa Head . . . . .	197
Kahakuloa . . . . .	198
Bellstone . . . . .	198
Nakalele Blowhole . . . . .	198
<b>SOUTH MAUI . . . . .</b>	<b>199</b>
<i>Ma'alaea</i> . . . . .	199
Shopping . . . . .	201
Sightseeing . . . . .	202
Maui Ocean Center . . . . .	202
Kealia Pond National Wildlife Preserve . . . . .	204
Adventures on Foot . . . . .	204
Miniature Golf & More . . . . .	204
Adventures on Water . . . . .	205
Scuba . . . . .	205
Boat Cruises . . . . .	206
Where to Eat . . . . .	209
Where to Stay . . . . .	211
<i>Kihei</i> . . . . .	211
Internet Access . . . . .	213
Getting Around . . . . .	213
Shopping . . . . .	214
Sightseeing . . . . .	217
Hawaiian Island Humpback Whale National Marine Sanctuary . . . . .	217
Beaches & Parks . . . . .	217
Adventures on Foot . . . . .	218
Golf . . . . .	218
In-line Skating . . . . .	219
Adventures on Water . . . . .	219
Canoeing . . . . .	219
Rafting . . . . .	220
Snorkeling . . . . .	220
Surfing . . . . .	220
Where to Eat . . . . .	220
Nightlife . . . . .	232
Where to Stay . . . . .	233
<i>Wailea</i> . . . . .	237
Getting Around . . . . .	237
History . . . . .	237
Shopping . . . . .	237
Beaches . . . . .	239

Adventures on Foot .....	240
Golf .....	240
Tennis .....	241
Footpath .....	241
Adventures on Water .....	241
Scuba .....	241
Where to Eat .....	241
Luau .....	246
Nightlife .....	246
Where to Stay .....	247
<i>Makena</i> .....	252
Sightseeing .....	252
Keawala i Church .....	252
Maluaka Beach .....	252
Oneloa Beach .....	252
Little Beach .....	253
Molokini .....	253
`Ahihi-Kina`u Natural Preserve .....	253
La Perouse Bay .....	254
Adventures on Land .....	254
Golf .....	254
Horseback Riding .....	254
Tennis .....	255
Adventures on Water .....	255
Ocean Kayaking .....	255
Scuba .....	255
Snorkeling .....	255
Where to Eat .....	256
Nightlife .....	256
Where to Stay .....	257
<b>HALEAKALA &amp; UPCOUNTRY .....</b>	<b>259</b>
<i>Pukalani</i> .....	259
Shopping .....	260
Adventures on Foot .....	261
Golf .....	261
Where to Eat .....	261
<i>Kula</i> .....	262
Shopping .....	262
Art Galleries .....	262
Sightseeing .....	264
Kula Botanical Gardens/Enchanting Floral Gardens .....	264
Holy Ghost Catholic Church .....	266
Adventures in Air .....	266
Paragliding .....	266
Adventures on Foot .....	266
Hiking .....	266
Where to Eat .....	267
Where to Stay .....	269
<i>Makawao</i> .....	271
Events .....	272

Shopping .....	272
Along Baldwin Avenue.....	272
Art Galleries .....	273
Sightseeing.....	274
Hui No`eau Visual Arts Center .....	274
Adventures on Horseback.....	274
Adventures in the Air .....	275
Where to Eat .....	275
Where to Stay .....	278
<i>Haiku</i> .....	279
Shopping .....	279
Spa Treatment .....	280
Where to Eat .....	280
Where to Stay .....	282
<i>Hali`imaile</i> .....	282
Where to Eat .....	283
Where to Stay .....	284
<i>Ulupalakua Ranch</i> .....	284
Sightseeing.....	284
Keokea .....	284
Where to Eat .....	286
<i>Haleakala National Park</i> .....	286
Getting Here .....	287
Camping.....	288
Cabins .....	290
Campsites .....	291
Sightseeing.....	291
Adventures on Wheels.....	292
Biking.....	292
ATV Tours .....	294
Adventures on Foot .....	294
Hiking .....	294
Adventures on Horseback.....	295
Adventures in the Air .....	296
<b>THE ROAD TO HANA.....</b>	<b>297</b>
<i>Hana</i> .....	300
Getting Here .....	302
Getting Around.....	302
History .....	302
Shopping .....	304
Sightseeing.....	305
Ho`okipa Beach .....	305
Twin Falls .....	306
Kaulanapueo Church .....	307
Waikamoi Ridge Trail.....	308
Puohokamoa Falls .....	308
Garden of Eden .....	308
Kaumahina State Wayside Park .....	308
Honomanu Bay .....	309
Ke`anae Arboretum.....	310

Ke`anae . . . . .	310
Waikani Falls . . . . .	310
Ka`eleku Caverns. . . . .	311
Kahanu Gardens/Pi`ilanihale Heiau . . . . .	311
Wai`anapanapa State Park . . . . .	314
Hana Beach County Park . . . . .	314
Red Sand Beach . . . . .	315
Spa Treatments . . . . .	315
Adventures in Air. . . . .	316
Hang-Gliding . . . . .	316
Adventures on Foot . . . . .	316
Hiking . . . . .	316
Spelunking . . . . .	317
Tennis . . . . .	318
Adventures on Water . . . . .	318
Ocean Kayaking. . . . .	318
Surfing. . . . .	318
Where to Eat . . . . .	318
Where to Stay . . . . .	319
<i>East Maui (Beyond the Road to Hana)</i> . . . . .	326
Sightseeing. . . . .	326
Koki Beach . . . . .	326
Hamoia Beach . . . . .	326
Wailua Falls . . . . .	327
Kipahulu . . . . .	327
Adventures on Foot . . . . .	328
Hiking . . . . .	328
Adventures on Horseback. . . . .	329
Where to Stay . . . . .	330
<b>LANA`I. . . . .</b>	<b>331</b>
History . . . . .	334
Information. . . . .	335
Contacts . . . . .	335
Getting Here . . . . .	336
By Air. . . . .	336
By Ferry. . . . .	336
Getting Around. . . . .	337
Car Rental . . . . .	338
Tours . . . . .	338
Shopping. . . . .	339
Lana`i City. . . . .	339
Sightseeing . . . . .	341
Lana`i City . . . . .	341
Lana`i Jail . . . . .	343
Ka Lokahi o Ka Malamalama Church. . . . .	343
Island-Wide . . . . .	343
Garden of the Gods (Keahikawelo). . . . .	343
Munro Trail. . . . .	344
Luahiwa Petroglyph Field . . . . .	345
Kaunolu Village . . . . .	346

Beaches & Parks . . . . .	347
Hulopo`e Beach Park . . . . .	347
Shipwreck Beach (Kaiolohi`a Bay) . . . . .	348
Lopa . . . . .	349
Polihua Beach . . . . .	349
Adventures on Water . . . . .	349
Boogie Boarding . . . . .	349
Ocean Kayaking . . . . .	350
Scuba . . . . .	350
Snorkeling . . . . .	351
Sport Fishing . . . . .	351
Whale-Watching . . . . .	352
Adventures on Wheels . . . . .	352
Biking . . . . .	352
Adventures on Foot . . . . .	353
Croquet . . . . .	353
Golf . . . . .	353
Hiking . . . . .	354
Hunting . . . . .	354
Sporting Clays . . . . .	354
Tennis . . . . .	354
Adventures On Horseback . . . . .	355
Where to Eat . . . . .	355
Nightlife . . . . .	358
Where to Stay . . . . .	358
<b>MOLOKA`I . . . . .</b>	<b>363</b>
History . . . . .	365
Information . . . . .	366
Contacts . . . . .	366
Tour Operators . . . . .	367
Getting Here . . . . .	367
By Air . . . . .	367
By Ferry . . . . .	369
Getting Around . . . . .	369
Car Rental . . . . .	369
By Taxi . . . . .	371
Tours . . . . .	371
<i>Kaunakakai</i> . . . . .	371
Shopping . . . . .	372
Sightseeing . . . . .	374
Church Row . . . . .	374
Moloka`i Wharf . . . . .	374
Beaches & Parks . . . . .	374
Adventures on Water . . . . .	374
Sailing . . . . .	375
Ocean Kayaking . . . . .	375
Scuba . . . . .	376
Sport Fishing . . . . .	376
Adventures on Wheels . . . . .	376
Biking . . . . .	376

Adventures in Air . . . . .	377
Air Shuttle Tours . . . . .	377
Helicopter Rides . . . . .	377
Where to Eat . . . . .	378
Nightlife . . . . .	380
Where to Stay . . . . .	380
<i>Kalaupapa</i> . . . . .	382
Information . . . . .	382
Adventures on Horseback . . . . .	383
Mule Ride to Kalaupapa . . . . .	383
Adventures on Foot . . . . .	385
Hike to Kalaupapa . . . . .	385
<i>Maunaloa</i> . . . . .	387
Shopping . . . . .	388
<i>Kaluako`i</i> . . . . .	388
Beaches . . . . .	389
Adventures on Foot . . . . .	389
Golf . . . . .	389
Where to Stay . . . . .	390
<i>Ho`olehua</i> . . . . .	390
Sightseeing . . . . .	390
Purdy's Mac Nut Farm . . . . .	390
Coffees of Hawai`i . . . . .	391
Pala`au State Park . . . . .	391
Moloka`i Museum & Cultural Center & R.W. Meyer Sugar Mill . . . . .	392
Adventures on Foot . . . . .	392
Golf . . . . .	392
Where to Eat . . . . .	392
Where to Stay . . . . .	392
<i>The Road to Halawa</i> . . . . .	393
Sightseeing . . . . .	393
Fish Ponds . . . . .	393
St Joseph's Church . . . . .	394
Smith & Bronte Landing Site . . . . .	394
Our Lady of Seven Sorrows Church . . . . .	394
Kalua`aha Church . . . . .	394
`Ili`ili`opae Heiau . . . . .	394
Halawa Valley/Halawa Bay . . . . .	395
Moa`ula Falls & Hipuapua Falls . . . . .	395
Beaches & Parks . . . . .	395
Adventures on Foot . . . . .	396
Hiking . . . . .	396
Adventures on Horseback . . . . .	396
Adventures on Water . . . . .	397
Surfing . . . . .	397
Where to Stay . . . . .	397
INDEX . . . . .	399

## ■ MAPS

Maui Regions . . . . .	inside front cover
Hawaiian Islands . . . . .	23
Maui . . . . .	28
Central Maui . . . . .	58
Kahului . . . . .	10
West Maui . . . . .	104
Lahaina . . . . .	111
Ka`anapali . . . . .	151
Kapalua . . . . .	187
South Maui . . . . .	200
Kihei . . . . .	213
Wailea . . . . .	230
Haleakala & Upcountry . . . . .	260
Haleakala National Park . . . . .	289
The Road to Hana . . . . .	298
Hana . . . . .	303
Paia to Hana . . . . .	305
Kailua to Nahiku . . . . .	309
Nahiku to Hana . . . . .	312
Lana`i . . . . .	279
Moloka`i . . . . .	312