

Hawaii Island Hopping

Tour Style: Worldwide walking holidays

Destinations: USA & Hawaii

Trip code: HAWHW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

The Hawaiian Islands are a smouldering lava-strewn landscape, sculpted by the summits of ancient volcanoes rooted 20,000ft below the Pacific Ocean. Embark on an epic adventure to the aptly named Big Island to hike around the dazzling lake of fire that is Kilauea Iki crater rim, trek through tropical rainforests, and visit Akaka Falls which thunders down over 440ft. Over in Kauai, a pristine landscape of vivid green jungle, waterfalls, and paradise-like beaches awaits. Here you'll explore the colourful Waimea Canyon, soak up a picture-perfect Hawaiian sunset, and enjoy a traditional Luau dinner to celebrate your time in America's 50th state.

WHAT'S INCLUDED

- Return flights from London Heathrow including baggage and transfers
- Guided walks and sightseeing with local leaders
- 11 nights' touring accommodation on Big Island & Kauai
- 11 breakfasts, 10 lunches & 7 dinners
- A traditional Luau dinner
- All tips, sightseeing, and entrance fees (as per itinerary)
- All in-destination transport and internal flights

HOLIDAY HIGHLIGHTS

- Exploring Kaloko-Honokohau National Historical Park
- Discovering the traditional way of life of native Hawaiians
- Hiking in Volcanoes National Park
- Looking out for endangered species such as nene (Hawaiian goose)
- Walking to Waimea Canyon, the so-called Grand Canyon of the Pacific
- A more personalised experience thanks to small group sizes



ITINERARY

Day 1: Arrive On Big Island

Fly to Big Island via mainland USA then transfer to the hotel.

Day 2: Kaloko-Honokohau National Historical Park

Distance: 3 miles (5km)

Ascent/descent: 165ft (50m)

Our first day sees us explore Kaloko-Honokohau National Historical Park, home to sacred temples (heiau), ancient fishponds, and glorious beaches. We'll start our walk at the small ship harbour and follow the path to the end of the park to see traditional mountain to sea land divisions and hopefully spot green sea turtles on the shore. Afterwards, we'll visit Lapakahi State Park and its ancient Hawaiian fishing village. On our way back, we'll stop by the glorious Lava Lava Beach Club for a welcome drink and dinner.

Day 3: Volcanoes National Park - Punalu'u Beach

Duration: 3-4 hours

Distance: 3-5 miles (5-8 km)

Ascent/descent: 165ft (50m)

Today we'll visit Volcanoes National Park. But first, we'll head south to the Place of Refuge, Pu'uuhonua o Honaunau, a sacred Hawaiian ceremonial site. We'll stroll through the ancient village built on lava cliffs, before continuing to the southernmost point of Hawaii – Papakolea green sand beach, of which there are only four in the world. Afterwards, we'll stop at the stunning black sand beach of Punalu'u Beach where turtles rest on the sand.

Day 4: Volcanoes National Park - Kilauea Iki Trail & Crater Rim Trail

Distance: 3.2 miles (5km) loop

Ascent/descent: 820ft (250m)

Volcanoes National Park is famous for endemic flora and fauna and the sublime volcanic landscape of one of the world's largest shield volcanoes. Kilauea is the youngest of Hawaii's volcanoes and has been erupting continuously since 1983. Molten lava regularly flows down the lower flanks of the crater and our walks will depend on volcanic activity.

Depending on the movement of the lava in the late afternoon, we'll walk the Kilauea Iki Trail and Crater Rim Trail to the crater's rim to view the lava flows (distance 3 miles/5km).

Day 5: Volcanoes National Park - Napau Trail

Distance: 2.5 miles (4km)/ and optional 6 miles (9.5km)

Ascent/descent: 2575ft (785m)

We'll hike via Napau Crater Trail to Pu'u Huluhulu and back. If you're up for the challenge (and if the trail is in good condition), you can continue up to Nauru crater, too. We'll then visit macadamia farms on our way to Hilo.

Day 6: Waterfall Hike, Akaka Falls State Park

Distance: 0.5 miles (1km)

Duration: 1 hour

Soak up the views on a self-guided hike through the wonderful Hawaiian tropical bioreserve and garden at Akaka Falls State Park. Marvel at the cascading Kahuna Falls and Akaka Falls which plummet 442ft down into a gorge.

Day 7: Farmers' Market And Pu'u Huluhulu

Duration: 1-2 hours

Ascent/descent: 330ft (100m)

Spend the morning browsing the famous farmer's market followed by lunch. In the afternoon, we'll drive over the saddle road and hike around the volcanic cone in Pu'u Huluhulu (meaning hairy hill).

Day 8: Travel To Kauai

Enjoy the morning at leisure before an afternoon flight to Kauai.

Day 9: Waimea Canyon State Park

Duration: up to 5 hours

Distance: 9.5 miles (15km)

Ascent/descent: 1,640ft (500m)

Today we'll walk through Waimea Canyon State Park. Along the way, look out for nene, Hawaiian geese, and other endangered species and native plants. We'll have far-reaching views into the colourful Waimea Canyon, too, which Mark Twain named 'the Grand Canyon of the Pacific'.

Day 10: Kilauea Point National Wildlife Refuge

Distance: 1 mile (1.5km)

Duration: 1-2 hours

We'll explore the north shore today and keep a lookout for rare birds as we walk to Kilauea Point National Wildlife Refuge, a lava peninsula that attracts migrating seabirds. Then you'll get to wander round Limahuli botanical gardens, set on picturesque lava rock terraces leading up to the mountains. Watching the sunset in Princeville rounds off our day.

Day 11: Poipu Cliffs & Mahaulepu Heritage Trail

Distance: 5.3 miles (8.5km)

Ascent/descent: 500ft (150m)

We'll walk to see the shipwreck at Gillin's Beach before following the Mahaulepu Heritage Trail across sea cliffs. A farewell Luau dinner then completes our Hawaiian adventure.

Day 12 - 13: Departure Day

Transfer to airport for flights back to UK via Honolulu and mainland USA.

ACCOMMODATION

Royal Kona Resort, Kailua-Kona, Big Island

There's nothing quite like the setting of Royal Kona Resort, perched on lava rocks overlooking the Pacific. From your newly-renovated guest room, you'll be able to hear the waves crashing into shore. Inside, the atmosphere is classy and laid-back with light wood, modern, and coastal-inspired décor. Outside, you can explore its lush gardens and sip cocktails on a cabana by the pool. There's also an oceanfront restaurant and bar as well as a spa offering restorative treatments.

Volcano House Hotel, Big Island

Waking up and looking over Kilauea crater, Volcano House Hotel puts you at the heart of Mother Nature's most impressive show. This historical hotel first opened in 1846 and has welcomed illustrious guests throughout the years, including Mark Twain who remarked "the surprise of finding a good hotel at such an outlandish spot startled me, considerably more than the volcano did". Nowadays it features comfortable rooms with rustic touches, two restaurants, and a gift shop selling local, handmade crafts.

Hilo Hawaiian Hotel, Hilo, Big Island

This oceanfront resort in Hilo boasts views over the bay and comfortable, modern rooms with air-conditioning and private balconies for most. There's also a bar, restaurant, and a freshwater pool to relax by.

Kauai Shores Hotel, Kapaa, Kauai

With direct access to Royal Coconut Coast, Kauai Shores Hotel treats you to mesmerising ocean views. Rooms are contemporary in style with air conditioning, plus there's a pool, tropical gardens, and regular beach yoga sessions. You'll be within walking distance of Lava Lava Beach Club for food and live music, too.

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Useful Information

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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