



# QP

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# TRAVEL DISCOVER KAUAI

## Dramatic Cliffs, Tropical Rainforests and Pristine Beaches

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*There are many beautiful places to visit in Hawaii, but if you're looking for a more authentic, natural scenery of the islands you might want to visit the pristine island of Kauai. It's the perfect combination of tropical rainforests, emerald valleys, dramatic cliffs, and relaxing beaches.*



ALL PHOTOS PROVIDED BY EMILIA TANEVA













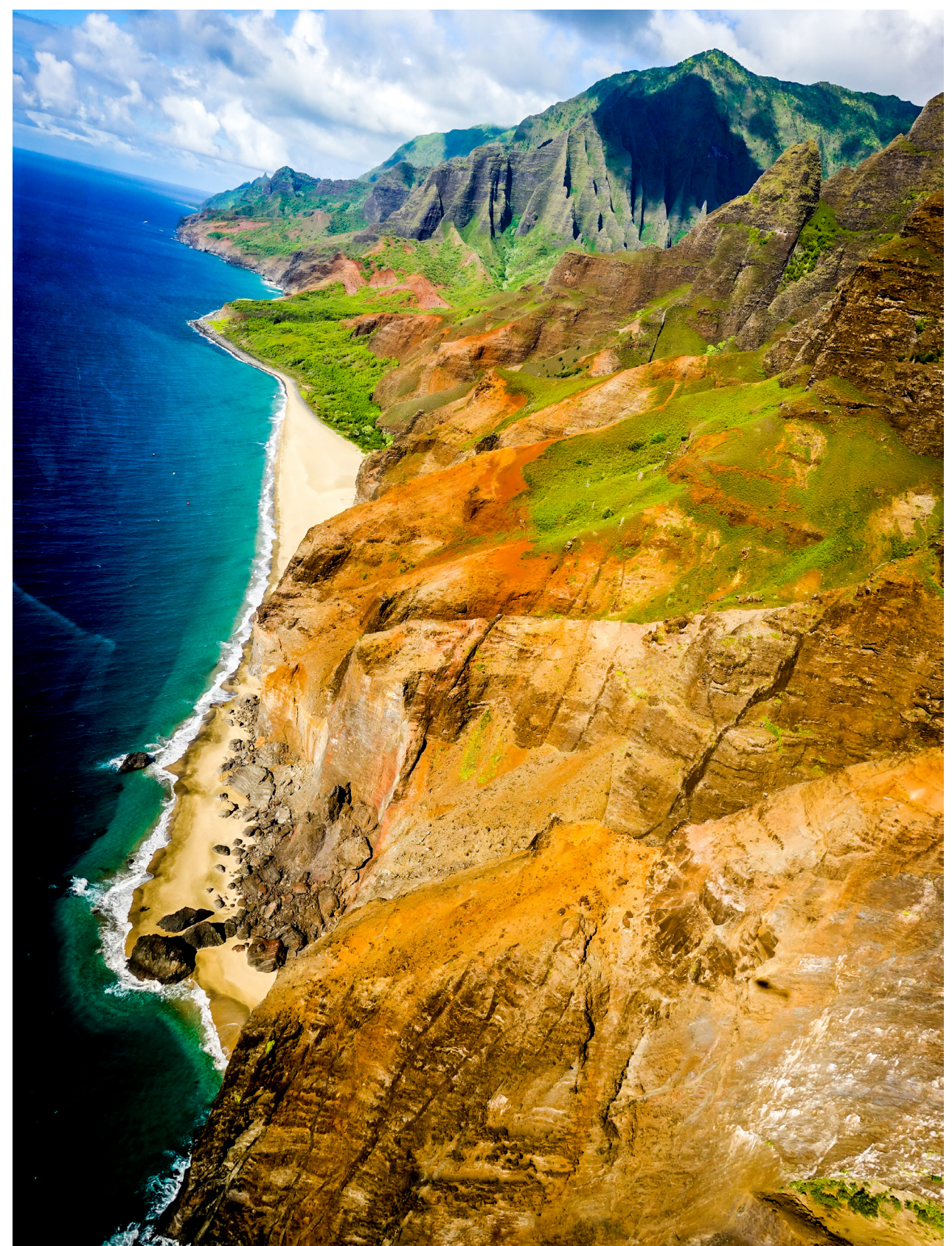
*Nicknamed “The Garden Isle,” Kauai is the least populated and commercially developed of all the Hawaiian Islands—a real slice of paradise! It’s not even so off the beaten path; you can easily get a connecting flight from Honolulu, or even a direct flight right from the continental U.S. into Lihue Airport. combination of tropical rainforests, emerald valleys, dramatic cliffs, and relaxing beaches.*

## Did you know?

*You may not believe it, but the Russians once built a fort on the island. They were welcomed by the natives, who were trying to resist the efforts of King Kamehameha to unify the islands.*

## When to Go to Kauai

*The best time to visit Kauai is anytime between April and June. The weather is nice, and the hotel and airfare rates are lower. Though December through March is actually Kauai’s rainy season, that doesn’t seem to keep people away, and that’s when rooms and tickets are the priciest. Summertime may also see high prices because of vacationing families, but prices fall slightly in the fall, while the temperature starts to dip into the low eighties—though it starts to rain a little more.*





# 6 THINGS TO DISCOVER IN KAUAI

*There are a number of fun things to do on Kauai, whether you like to hit up the beach, take a hike, swing a golf club, or enjoy some unique foods. Here are just a few...*

## 1 NA PALI COAST

*If you want to feel what it was like for the first settlers to arrive in Kauai, you won't want to miss Na Pali Coast State Park. It's inaccessible to vehicles, so you'll have to hike, helicopter, or kayak your way in. If you're looking for a less-adventurous entry into this scenic tropical wonderland, you can take a boat tour from Port Allen or Hanalei. Despite its modern-day inaccessibility, Na Pali was actually the first place ancient Polynesians landed when they arrived—and you may recognize it as the coastline of the island from the JURASSIC PARK movies.*

## 2 KALALAU HIKING TRAIL

*If you are up for the adventure, you could walk along the Kalalau Trail into Na Pali, which has been called one of the most epicly stunning—and dangerous—trails in the world. It offers incredible views of jungle valleys and waterfalls, and ends at the beautifully secluded Kalalau Beach. You can camp on the beach, or at the halfway mark of the 11-mile trail (Hanakoa Valley), but either place requires a camping permit. If you're a strong hiker, you may be able to do the 22-mile round trip in one day, but most people will need at least two days for the journey.*

## 3 WAIMEA CANYON

*This incredible 10-mile canyon has been called the “Grand Canyon of the Pacific.” The canyon was formed by the erosion of the Waimea River and the epic collapse of the volcano that formed Kauai—resulting in the dramatic landscape of a 3,000-foot deep fissure. Green jungle foliage dots the red soil of the canyon's walls, creating a memorably vista you can take in from the numerous hiking trails, or from the comfort of a lookout just off State Road 550. There are two small hotels and a handful of shops and restaurants in the nearby town of Waimea if you need to break for lunch or dinner.*

## 4 SHIPWRECK BEACH

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## 5 POIPU BEACH

*Poipu Beach has been named one of the 10 Best Beaches in Hawaii by the Travel Channel, and it's easy to see why. The beach is formed from a pair of sand crescents, creating awesome spaces for snorkeling, swimming, wading, surfing, and boogie-boarding—just about something for everyone; there is also a lifeguard on duty, making this beach a more comfortable bet for families. Adjacent to the beach is Poipu Beach Park, offering green spaces for eating, walking, and sports. Across the street there is a restaurant and surf shop, and the Marriott is nearby—along with a handful of other small hotels.*

## 6 GOLF

*If you like to play golf, Kauai won't disappoint you. Most of the courses are clustered around Poipu on the southern part of the island, Hanalei on the North, and Lihue on the Western shore. Wailua and Poipu Bay are right on the water, so if ocean scenery is something you like as a putting backdrop, you'll want to check these courses out. Another interesting course is inland: Kukuiolono Park & Golf Course. Once a sugar plantation, it now features 9-holes, a Japanese Garden, and lava sculptures. If family golf is part of your trip, there's Kauai Miniature Golf and Botanical Gardens—with a chocolate factory next door.*













# What to Eat

*The Hawaiian Islands are home to a cultural blend of American, Asian, and Polynesian influences, and that definitely shows up in the food. Pineapples and macadamia nuts are two Hawaii staples, so whether you're getting a smoothie, iced coffee, or French toast, anything on the menu with those flavors is a unique taste of Kauai. Other Hawaiian favorites include Poke, which is a diced salad of raw fish, and Poi, a sort of pudding made from taro roots.*

*Shaved ice is also a popular island treat, and it's great on a hot day—especially when it comes with toppings...so check out the clever menu at The Fresh Shave. If you're able to take a drink with the sunset, there are a number of unique Hawaiian specialties like the Blue Hawaii.*

# Conclusion

*Kauai is an incredible place to visit, especially if you want a more relaxing tropical vacation. Considering the number of five-star resorts on the island, you also won't have to sacrifice any luxury to obtain a natural view of Hawaii with a lot more aloha. From swimming to golfing to dining on exotic fare, this island paradise has something for every traveler—and you can get there directly from the mainland.*

