

A Beginners Guide To Hiking & Dining

Got active clients heading to Hawaii Island who are also keen to explore Hawaii's culinary scene? Hawaiian Airlines has compiled the best hikes across the islands and where to grab a bite afterwards.

In Hilo, send clients chasing waterfalls at Akaka Falls (pictured) which is a paved loop trail that's less than a kilometre long, exploring tropical forest and two waterfalls. Instagram friendly? Most definitely. Afterwards, clients can head to the heart of Hilo to Restaurant Kenichi, which offers a variety of ramen dashi and local classics. The must try is the



char-grilled yuzu-miso butterfish, and the lilikoi chiffon pie.

Hiking through Hawaii Volcanoes National Park is a popular choice for many Kiwis on Hawaii Island, with the top pick for the seasoned hiker being the 5.3km Kilauea Iki loop, which visits the site of a 1959 eruption. Afterwards, have clients treat themselves at Café Ono at Volcano Garden Arts, which specialises in homemade organic dishes that are all vegetarian.

Next is the Kau Coast, home to the 9.8km Punaluu to Kamehame Beach hike. The trail passes by petroglyphs and a sacred heiau, with Honu (turtle) also seen during breeding season (Jun-Nov). For a post-hike bite, there's Punaluu Bake Shop in nearby Naalehu, which offers malasadas, turnovers, pastries and pies.

Wrapping up the list is Kona's Puuhonua o Honaunau National Historical Park, where clients will find a 3.2km 1871 Trail, which journeys past remains of heiau (temples), lava tubes and the ancient fishing village of Kiilae.

End the day at Umekes Fish Market Bar & Grill, which boasts creative dishes like poke nachos, luau oyster, tempura ahi belly, and seven flavours of poke, including a vegan one.

Adopt A Goose



NPS, Tyler R Stephens

Clients looking to fully embrace the Malama spirit on their next trip to Hawaii can adopt a goose. The Nene, Hawaii's state bird, is the only wild goose found within the neighbour Islands and is currently endangered. The Adopt a Nene programme is helping re-introduce the birds to Maui, and prevent their extinction. Adoption starts from USD30 and includes adoption papers and certificate, information about your Nene, and more. See [HERE](#).

Maui Food Line-up



Maui-bound clients are advised that the Kapalua Wine and Food Festival will be held on the island 08-11 Jun.

One of Hawaii's longest-running culinary events, it brings together world-renowned winemakers, sommeliers and chefs for themed tastings, wine seminars, cooking demonstrations, and lunches, with evening gala culinary events to also feature.

Tickets are on sale now, with accommodation packages available with host hotel, The Ritz-Carlton Maui. See details [HERE](#).

Children's Festival

Families travelling to Oahu in May are recommended to add the the seventh Annual Ko Olina Children's Festival, on the 20th, to their itinerary.

A benefit for the Kapi'olani Medical Center for Women & Children, the festival will feature arts and crafts, fun family activities, food and snack booths, live performances, and a feature film on the beach at sunset.

Special room rates at Aulani, A Disney Resort & Spa in Ko Olina are available for 2023 Children's Festival ticket holders. See more details on the festival and the event programme [HERE](#).



Apr Merrie Monarch



Hilo will celebrate the 60th annual Merrie Monarch Festival 09-15 Apr. Highlights include a three-day hula competition, which features some of the best halau hula (hula schools) from Hawai'i and the continental US, as well as a town parade and arts and craft fair.

Tickets for the hula competition often sell out months in advance, but clients can watch the event live on-line, and the festival's other events on-line are open to the public. See [HERE](#).

Free Hula Shows

Princeville Shopping Centre on Kauai features free Hula performances every Sat 1330-1430. The shows, by Auntie Bev's Hula Halau, take place at the open-air Food Court, behind the Post Office.

Art At Kona Beach



Courtyard King Kamehameha's Kona Beach Resort has opened the recently renovated Herb Kane Gallery, home to an extensive collection of artwork and artefacts created by the late renowned Native Hawaiian artist and historian Herb Kawainui. See details [HERE](#).

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