

Hawaii Island Hopping

Trip style: Small group holidays

Destination: 📍 USA

Trip code: HAW11-WHW10

Grades: 1, 2

Carbon Footprint: 🌳 3877kg CO2



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 YOU'LL LOVE

- 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 (maximum 11 people)

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

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 bioserve 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.

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.

Passport & Visa information for Hawaii

Passports Passports must be valid for the duration of the trip Visas You will need to get a visa or an Electronic System for Travel Authorisation (ESTA) visa waiver to enter or transit the USA as a visitor for business or leisure purposes. You should consult the US State Department website to determine which you will need. The ESTA allows a stay of up to 90 days for British Citizens and a number of other nationalities. Please check the ESTA website above for the full list of countries and to submit your application at least 72 hours before you travel. Please note that this is the only official ESTA website. There are third-party companies that operate websites which look like the ESTA application site, but which charge a processing fee on top of the official fees. You should be aware that if you have travelled to or have been in Cuba, or have travelled to or been in Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 1 March 2011, you are normally not eligible for an ESTA visa waiver and will need to apply for a US visa. Again, you should consult the US State Department website to determine which you will need. The US Embassy advise that travellers who come under the following categories should not attempt to travel on an ESTA and should instead

apply for a visa: those who have been arrested (even if the arrest didn't result in a criminal conviction) those who have a criminal record those who have been refused admission into, or have been deported from the USA those who have previously overstayed an ESTA Further details can be found on the US Embassy website. If you're arriving by air or sea you should provide details online as soon as possible and at least 72 hours before travel. This is known as an Electronic System for Travel Authorisation or ESTA. Getting an ESTA is a separate process to providing your airline with advance passenger information (details of your passport, country of residence, address of your first night's accommodation in the US etc). For more information, and to apply online, visit the official ESTA website. Please note that this is the only official ESTA website. There are third-party companies that operate websites which look like the ESTA application site, but which charge a processing fee on top of the official fees.

Packing list - Overseas Guided Walking

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 (excluding Bhutan, Georgia and India)
