

# Exploring Hawaii's Big Island

## Adventures in Good Company's General Information

Welcome to Adventures in Good Company's Hawaiian adventure and the beauty of the islands! We have compiled some information that may be helpful as you prepare for your journey.

### Emergency contact information

The Adventures in Good Company office number is probably the best number to leave (877/439-4042). Cell phone reception is generally good on the Big Island although there may be places where it doesn't work.

### Getting there:

You will fly into Kailua-Kona airport (KOA) Most flights connect in Honolulu, HI, though there are some direct flights from San Francisco (SFO). You are free to come in anytime on the 28<sup>th</sup>.

### Conditioning

Additional aerobic conditioning is unnecessary for anyone who already exercises regularly. If you don't, you will probably find that you have more energy during the trip if you start a moderate exercise program a couple of months before your trip. For example, you might start walking 3 or 4 times a week for half an hour, at a pace that is brisk enough to make you breathe deeply. Hills are good for this. Other options are working out at a health club on a stairmaster or treadmill, aerobics classes, or any activity that makes you breathe deeply.

Weight training with lightweights can also be useful. Focus on building endurance rather than strength, meaning that more repetitions with light weights is preferable to fewer with heavy weights. Give us a call if you need more specific guidance.

### Weather

Hawaii weather is stable pretty much all year round. The average high at this time of year is usually in the 70s and the nighttime temperatures in the 60s. However, the weather on the Big Island also depends on what area we are visiting. It could be warm, dry and sunny with zero rainfall; humid and warm with chance of rain showers, or cool as we get up in elevation on some of the volcanoes. Please come prepared for all possibilities.

### Money

Your trip fee covers all your expenses from dinner on October 28 through lunch on November 2. You will need money for all bar beverages, guide gratuities and any other personal expenses. You may need money for the taxi from the airport to the hotel, depending on your arrival time.

### Tipping Guidelines

Tipping at the end of the trip is completely optional. If you feel your guide(s) did an outstanding job and would like to reward them for their efforts, a suggested rule of thumb is US \$5-\$10 per person, per day. Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it to the guides at the last shared meal.

**Some pre-trip reading:** The following provides some fun and diverse reading about the area.

**Hawaii Volcanoes: The Story Behind the Scenery** by Janet L Babb. Tells a compelling story through the eyes of an experienced interpreter whose writing reflects true enthusiasm for the Volcanoes National park. Complete with running text and interpretive captions, accompanied by abundant full-color photographs

**Hawaii Volcanoes National Park: Fire from Beneath the Sea** by Barbara Decker. Specializing in natural history, Barbara Decker is a science writer who has witnessed some of the most spectacular volcanic activity in the world in recent years.

**Travelers' Tales Hawai'i: True Stories** by Rick and Marcie Carroll. The book features personal stories from new voices and literary stars. They include veteran travel writers, first-time visitors, Kamaaina residents, and native Hawaiians. These stories reveal Hawaii in a way no ordinary travel book could, shedding light on why millions have traveled — and continue to travel — to these remote islands in search of paradise.

**Hawaii** by James Michener. An excellent introduction to Hawaii's history, through expert and very accurate storytelling by one of America's favorite authors.

**Six Months in the Sandwich Islands** by Isabella Bird. Isabella is a fascinating woman. Under the guise of "traveling for her health" she traveled alone all over the world. This book, a series of letters to her sister, provides fascinating insight into 19<sup>th</sup> century Hawai'i. Both informative and entertaining, it is well worth a read.

**Hawaii the Big Island Revealed: the Ultimate Guidebook** by Doughty and Friedman. They include basic facts about the history and geology, language and pronunciation, sights, beaches, activities, adventures, dining, and lodging. Each of these topics is discussed in detail for each of seven divisions of the big island.

### Some Useful Web sites:

<http://www.konaweb.com>  
An on-line community of people who love the Big Island

<http://www.hawaiitravelnewsletter.com/big-island/>  
Great resource for the Big Island, includes photos and detailed descriptions of many elements of the island

<http://www.nps.gov/havo>  
The official web site for Hawaii Volcanoes National Park