



## Trip Summary

# Exploring Hawaii's Big Island

### TRIP AT-A-GLANCE

Dates: January 22-30, 2011  
Location: Big Island  
Cost: \$ \*2245  
Rating: 2  
Activities: hiking, kayaking,  
snorkeling, horseback riding

Meeting  
Place: Kona airport or our hotel  
Arrive: by 5 pm January 22  
Depart: evening flight, January 30th

\* Deduct 5 % for being one of the first 5 to register (by 09/22/10) and 3% of the entire trip fee when the balance is paid by check.

#### WHAT'S INCLUDED

- experienced guides
- eight nights accommodation in condos, hotels, and houses
- all meals from dinner on Saturday to lunch the following Sunday
- transportation during the trip
- all activities on the itinerary: hiking, kayaking, horseback riding, snorkeling

#### WHAT'S NOT INCLUDED

- air travel to/from Kona
- alcoholic beverages
- guide gratuities
- any activities not on the itinerary

### Trip Highlights

- Viewing an active volcano and hiking through a volcanic landscape
- Kayaking on a phenomenal bay and being visited (we hope) by Hawaiian spinner dolphins
- Walking along black sand beaches and seeing Hawaiian Sea Turtles close up
- Hiking through lush Hawaiian landscapes
- Snorkeling on beautiful reefs with spectacularly colorful fish
- Learning about Hawaiian history, customs, and culture

### Trip Overview

The Big Island of Hawaii is known both for its active volcano and its exceptional natural diversity. Since some parts of the island get 5 inches of rain and other parts get 200 inches, its not surprising to learn that 11 of the 13 world's climatic zones can be found here. We'll see it all as we circumnavigate the entire island, stopping frequently to sample the best it has to offer. We'll hike in an extinct crater, horseback ride in a valley with a long and fascinating history, snorkel among brightly colored fish and relax on white sand beaches.

### Our Itinerary

#### Itinerary:

Like all itineraries on adventure vacations, we may follow it exactly or we may modify it based on weather or group interests. In particular it may be altered by where and whether lava is flowing.

**Saturday:** Arrive anytime today. Our trip officially starts at 5 pm. We will schedule two airport pick-ups depending on participants' arrival times, and women who are arriving either significantly earlier or later can take a taxi into town. If you do arrive early, you can explore this charming and touristy town. Once we're all gathered, we'll meet for introductions and then go to dinner at a restaurant with some of the freshest seafood in town that opens directly on to the bay. Since most of us will be suffering a bit of jet

## CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip	Refund
90 + days	All but \$50
90 – 61 days	50% of deposit
60 – 30 days	50% of trip fee
29 days or less	No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

## TIPPING GUIDELINES

Tipping at the end of the trip is 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 \$7 to \$12 per person, per day.

Oftentimes, trip members organize a group envelope (this makes it anonymous) and present it at the last shared meal.

## Our Itinerary Continued

lag, bedtime will undoubtedly be early. Overnight Kona

**Sunday:** Today a short drive takes us to a state park with an exquisite white sandy beach, reached by a 1/2 mile hike across lava. We'll spend the morning swimming and sunbathing, enjoy a refreshing dip in the "queen's bath" and then share a picnic lunch. In the afternoon we'll go to a completely different beach, a more protected one that is known for good snorkeling and a large green turtle population. This evening we will attend that most Hawaiian of all events, a luau. While it is definitely a tourist event, it also showcases and explains what is a truly Hawaiian custom. Overnight Kona

**Monday:** Today we Leave Kona behind us as we drive across the island to the northern tip and the Waipio Valley. This rugged beautiful steep valley looks as if someone carved out a slice of land and lifted it out. Its fascinating human history has been shaped by periodic tsunamis that have scoured the valley floor, and at various times it has been occupied by kings, farmers, and hippies. We'll go for a guided horseback ride, the best way to get a sense of what the valley floor is truly like. After the ride you'll have the option to spend some time on the beach at the valley's mouth. Although definitely not a place to swim, it is stunningly beautiful. We'll spend the night in a funky hotel, [Hotel Honoka'a](#), in the funky town of Honoka'a. Originally built as a club for plantation managers who oversaw sugar cane production that later became the social center for the Japanese workers, today it is a testament to the Hawaii that exists beyond the tourist path.

**Tuesday:** This morning we drive down the rugged west coast of the Island (read Isabelle Bird's account of her journey- at least we have roads!) to Volcano National Park, stopping on the way to see Akaka Falls, one of the most beautiful waterfalls in all Hawaii. With a brief stop in Hilo for shopping, we continue to Volcano Village and our three adjoining vacation homes about 10 minutes outside of the National Park. After taking time to get settled, we'll head for Volcano National Park. Our first stop is at the visitor center, where a ranger orientation will introduce us to this amazing place. Then we'll head down the Chain Of Craters road and, depending on our time, take a couple of short hikes. Our last hike is out to Pu'u Huluhulu Cinder Cone (shaggy hill), the best place for seeing the glow of lava reflected in the nighttime sky (at least it has been- but that's the thing about this volcano, you just never know where its going to start flowing). We'll have a picnic supper atop the hilltop as we watch the sun set and the lava glow begin. Hiking back by flashlight, we'll return to relax in our lovely houses. Overnight Volcano Village

## Our Itinerary Continued

**Wednesday:** Today we'll spend a full day at Volcano National Park. We may start with a couple of ranger talks and then do the classic park hike: the Kilauea Iki trail, that goes through rainforest and over an old volcanic crater that still has steam coming out. As part of the loop trail, we'll take a short detour to Thurston Lava Tube, the largest accessible lava tube in the park. We'll also drive the Crater Rim, stopping at the Jagger Museum and the Halema'uama'u Crater, known as Pele's home. There are some other great hikes we could do and whenever we've had enough, we'll return to our peaceful lodging for a hearty dinner. Overnight Volcano Village.

**Thursday:** We pack up this morning and head back to the sunny side of the island. Along the way we'll stop at a true black sand beach where sea turtles are often seen. Our destination for the day is Pu'uuhonua o Honaunau National Historic Park, formerly (and incorrectly) known as City of Refuge. The park preserves the site where Hawaiians who broke a "kapu", or one of the ancient laws against the gods, could go to avoid certain death. This is the best preserved archeological site in Hawaii and a must see. It is also adjacent to some good snorkeling! Following a hike and a swim, we head to Kailua and our condo homes for the next 3 nights. Overnight Kailua

**Friday:** Kealakekua Bay is the site of Captain Cook's first landing in Hawaii. The largest sheltered natural bay on the island of Hawaii, the bay is a spectacular marine environment with an abundance of colorful tropical fish, a variety of beautiful coral reefs, and visibility often to 100 feet. Its calm, protected waters, extensive coral reef, and sunny skies provide superior snorkeling and kayaking and that is how we'll spend the day. We'll kayak across to the Captain Cook Monument and then enjoy excellent snorkeling in the shallow waters there. The bay is also known for a pod of Hawaiian Spinner dolphins that frequently visit the bay to rest and feed. On the way to the Bay we'll stop for a tour of a coffee farm. After all, this is the home of Kona coffee! We'll also pick up fresh fish to grill when we get back to the condos. Yum!!

**Saturday:** During the winter months, Hawaiian waters are host to the breathtaking humpback whales. Traveling more than 3,500 miles from the frigid Arctic, the whales arrive here to congregate, breed, calve, nurse and teach their young. We'll take a three hour cruise on a boat staffed with a marine naturalist who can answer our questions about the humpbacks and any other marine life we may encounter. Returning to our condos in the early afternoon, we leave the rest of the day for just relaxing. Our condos are located right across a road from the ocean and adjacent to White Sands State Park so whether you want to walk on the beach, go for a swim in the ocean, or simply relax, its up to you. Overnight Kailua.

**Sunday:** We'll pack up this morning and return to Kona. Along the way we'll stop at an [exotic animal sanctuary](#), a non-profit organization whose purpose is to care for injured animals, provide a home for abandoned animals, and teach Hawaiian children about the fragile ecosystem. The woman who started the sanctuary is absolutely amazing with a wealth of information about animal behavior. We'll be back in Kona with time for last minute shopping, exploring, and sharing a final farewell lunch. Depending on everyone's flight schedules, we'll arrange a couple of drop off times at the airport. Most flights leave late in the day so we will be back at the Kona airport by 5 pm on January 30 (exact timing will depend on flight schedules). If you plan to fly out earlier, please check with us before making your reservation.

## Packing List

Temperatures are typically in the low 70s during the day, while it may be in the 60s at night. Rain is not uncommon this time of year, so we need to be prepared for all variables. We recommend packing your clothing in a soft-sided suitcase or duffel bag to make transport easier. Pack at least one small carry-on bag with the "bare essentials" for the first night. Please call us if you have any questions about any of the items on this list.

### FOOTWEAR:

- 1 pair Teva/Chaco sandals or river shoes for kayaking, walking on the beaches, etc
- 1 pair of comfortable hiking shoes: lightweight hiking boots, athletic shoes, trail shoes
- 1 pair comfortable shoes for walking in town, evenings, etc (your water shoes or hikers may work for this)
- 2 - 3 pair socks: wool or synthetic equivalent (Thorlo, Smartwool, running socks, etc.)
- 1-2 pair liner socks (Optional but some people do prefer to hike with sock liners)

### CLOTHING

- 1 pair lightweight pants: Supplex, or nylon/polyester/spandex blend
  - 1-2 lightweight long-sleeved shirts
  - 1 lightweight raincoat and rain pants - good quality "waterproof" PVC coated nylon, e-vent, or Gore-Tex.
  - 2 pairs of shorts: Quick drying nylon is recommended
  - 3-4 t-shirts or short-sleeved shirts (synthetic or lightweight wool recommended for hiking and kayaking)
  - 1 wind jacket (your rain jacket may work for this layer)
  - 1 wide-brimmed hat, for rain, sun and high fashion
  - 1 lightweight fleece jacket or fleece sweatshirt
  - underwear/sleepwear
  - 1-2 bathing suits (nylon shorts and a running bra also work as swimwear)
  - 1-2 sets comfortable clothing to wear in town and at our lodging
- Optional: 1 long-sleeved lycra surfing shirt (called a "rash guard") for snorkeling is a great addition

### ESSENTIALS

- 1 one-quart water bottle/hydration system
- 100% UV sunglasses with case and retention strap
- sunscreen and lip protection with an SPF of 30 or greater
- flashlight or headlamp (for nighttime hiking on the lava flows)
- 1 day pack, lined with a garbage bag, large enough to hold your supplies for the day (water, sunscreen, camera, rain gear, snacks, etc.)
- camera, film/memory card, and an extra camera battery (optional but the Big Island is beautiful!)
- Plastic sandwich box (i.e. a reusable square plastic container)
- trekking poles (recommended)
- Insect repellent
- bandana

### TOILETRIES (small everything)

- medium-sized beach towel (something like a PakTowel is quick drying and packs small)
- tampons or pads in ziplock bags
- toothbrush, paste, dental floss, lotion, extra contact lenses/glasses. Please minimize the amount of lotions, shampoo and soap you bring.
- personal "patch kit": bandaids, moleskin, ibuprofen, car/seasick medication (if tendency to motion sickness), and personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician.

### OPTIONAL PERSONAL GEAR

- binoculars
- pocket knife
- journal and pen
- gloves for paddling
- your favorite snack (we will also provide group snacks periodically during the day)
- snorkeling equipment (mask, snorkel and fins – this is provided but you can bring your own if you prefer)
- book
- orienteering compass
- extra sunglasses
- wrist watch or travel clock
- ear plugs (for a good night's sleep)
- underwater camera (for snorkeling)

## Notes on the Packing List

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. Because we stay indoors every night, you may be tempted to skimp on the warm clothes. Don't. It is better to not use everything you bring than to not have something you need.

**Daypacks:** We recommend a daypack with space for all of your items. Before you leave home check to be sure that your daypack is comfortable to wear all day. Having a daypack with a hip belt and padded shoulder straps will provide for much more comfortable hiking.

**Personal First Aid Kit:** Small first aid kit with familiar medicine you might need for personal use: blister or foot remedies like moleskin, blister bandages or similar. Other suggestions: remedies for respiratory ailments? Stomach ailments? Sore muscles or joints? We will have a first aid kit too, but if you already know what works for you it's better to have it with you than experiment on a trip.

**Clothing:** Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. Synthetic or lightweight wool materials are also often specified on the packing list. They tend to dry more quickly and also keep you warm even when damp or wet.

**Footwear:** Well-fitting, sturdy boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general trekking, lightweight cordura or leather boots work well. If you have weak ankles or are recovering from an ankle injury, boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. You will also want a pair of shoes that you can get wet for kayaking, like reef booties, sandals or aqua socks.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

**Hydration:** It is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and Gregory bladder bags, which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Some models are designed to attach to the outside of your pack. Bladder bags can hold 40-100oz. of water.

Items on your packing list can be purchased through a number of outdoor outfitters including:

Recreational Equip. Inc (REI)  
800-426-4840  
www.rei.com

Eastern Mountain Sports (EMS)  
603-924-7231  
www.ems.com

Sierra Trading Post  
800-713-4534  
www.SierraTradingPost.com

Also check out the websites on the Affiliate page of our website (under Resources)

## Additional Trip Preparations

### HELPFUL WEBSITES

<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

### 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.

### 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.

### 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.

### RECOMMENDED PRE-TRIP READING

**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.

## Getting There

### OUR TRAVEL AGENT

If you need assistance with making your travel plans, call Sara Schuitemaker at Scan East West Travel. Her toll-free number is 800-727-2157 and her email is [sara@scaneastwest.com](mailto:sara@scaneastwest.com).

### TRAVEL INSURANCE

We highly recommend travel insurance. We know that women never want to cancel their trips, and the reasons for doing so are always excellent. Occasionally it's a sudden illness; even more frequently it's the illness of someone they care about. Trip insurance at least minimizes the disappointment and expense during what is often a difficult time. In addition insurance covers the cost of lost baggage; medical expenses during your trip, including emergencies, repatriation, and evacuation; and trip delay. If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance. Call 1-800-228-9792 or visit [www.travelexinsurance.com](http://www.travelexinsurance.com). The location code is 20-0016.

### TRAVEL

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 before 5pm on the 22nd.

### WHAT TO DO

Your trip fee covers all your expenses from dinner on January 22nd through lunch on January 30th. 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.

### LODGING

If you have any gambling spirit, the cheapest way to find a hotel room is to go through Priceline ([www.priceline.com](http://www.priceline.com)). Downtown Kailua Kona is about 6 miles from the airport.

If you prefer to know what you're getting into, we will be staying at **King Kamehama's Kona Beach Hotel** the first couple nights in Kona. Prices were current at the time, but may have changed, and do not include taxes. Let us know if you're interested in finding someone on the trip to share a room with and we'll try to hook you up.

If you come early and want to stay there, the contact information is:

75-5660 Palani Road  
Kailua-Kona, Hawaii, 96740  
Phone: 808/331-6389  
Website: <http://www.konabeachhotel.com/>  
E-Mail: [reservations@konabeachhotel.com](mailto:reservations@konabeachhotel.com)  
Rate: \$129-\$149

