

Aloha Fridays Favorites/Visitor Tips

ACTIVITIES

West Shore (Hanapepe, Waimea, Kekaha)

- Waimea Canyon & Kokee – Various Hikes (Awaawapuhi Trail), Kalalau Lookout, Sugi Grove for Swimming
- SOME SPOTS WE DO KEEP SECRET – Let's just say this beach requires 4 wheel drive and is the farthest beach on the West side. HEAVEN ON EARTH!! If you know, you know.
- Friday Night Art Night in Hanapepe Town – Great spot to experience local vendors, musicians and artists from all over the island.
- Blue Ocean Adventures - <https://www.instagram.com/goblueadventures/>
One of the best ways to see Kauai is by boat and in this case, by Zodiac! I love the option of a Zodiac for its smooth ride, its ability to explore the sea caves going up to the Na Pali Coast and this crew of Na Pali Explorer is top notch!
- Holo Holo Charters - <https://www.holoholokauaiboattours.com/>
If you prefer to explore the sea by boat, do it Catamaran Style with Holo Holo Charters! Awesome group rates and amazing views for the entire group!

South Shore (Kalaheo, Lawai, Koloa, Poipu)

- Mahaulepu Beach – beautiful beach past the Grand Hyatt Kauai. Normally, you don't need 4 wheel drive, but there are some spots where you do need it. Just like Polihale, going in the early morning is best to avoid the wind.
- Spouting Horn – natural blow horn/spout
- National Tropical Botanical Gardens – Beautiful garden tour
- Shipwreck's Beach – for the dare devils, you can actually hike up this cliff (easy walk up) and jump off into the ocean! About a 40' drop. Shore break can get gnarly here, so as they say, "when in doubt, don't go out."
- Kauai ATV - <https://kauaiatv.com/>
If you're feeling a little dirty, try Kauai ATV for the best off roading tours!

East Shore (Lihue, Kapaa, Anahola)

- Smith's Tropical Paradise – For a more authentic Luau, Smith's is probably your best bet!
- Fern Grotto – You can ride a boat to this location where the ferns are growing wildly along the cliffside
- Waimea Falls and Opaeka'a Falls – beautiful waterfalls that are easy to drive to
- Kauai Farmers Markets – local produce, local food, fresh & fun! See schedule here <https://www.kauai.com/kauai-farmers-markets>
- Kauai Rum Safari - <https://www.kauaisafaris.com/>
This tour is SO fun for a group of your friends, maybe even for your Welcome Party or Rehearsal Dinner option! It takes you through a tour of the grounds at Kilohana Plantation where you can feed the wild pigs and stop at two locations to try out the legendary Koloa Rum.
- Sleeping Giant Hike – wake up early and catch sunrise!

- Kauai Backcountry Adventures – Hawaii’s ONLY Tubing tour through Kauai’s sugarcane canals. They also offer ziplining!

North Shore (Kilauea, Hanalei, Haena)

- Hanalei Beach, Tunnels Beach, Ke’e Beach – Beautiful North Shore! Hanalei has the picturesque mountains in the background with cascading waterfalls in the distance. Jump off the pier and into the cool waters! Tunnels Beach & Ke’e Beach are amazing for snorkeling and crystal clear waters!
- Kalalau Trail and Hanakapiai Trail - https://www.hawaii-guide.com/kauai/hiking-trails/the_hanakapiai_falls_trail
For your adventure seekers and hikers, this is the trail for you! You can go the distance and take the infamous Kalalau trail all the way in (11 miles in) or you can do Hanakapiai which is 2 miles in, the first waterfall on the Kalalau Trail.

RESTAURANTS & LOCAL SPOTS

West Shore – More Local, dry side of the island

- Kokee Lodge – Great for Breakfast/Lunch while you’re in Waimea Canyon
- Midnight Bear Breads – Hanapepe Town – the most delicious pastries!
- Ku’ulei’s Gourmet – Hanapepe Town – Local plate lunch with a Mediterranean feel.
- Japanese Grandmas Café – Hanapepe Town - Super cute spot for Sushi & Rolls

South Shore – Major tourist spot

- Pacos Tacos Kauai – Kalaheo & Poipu Locations – The BEST Micheladas (Your choice of Mexican Beer and “Bloody Mary” mixture) and Beer Battered Fish Tacos
- The Tasting Room – Koloa – Craving a wine flight? This is your spot! Try small pours of wines, paired with small bites/tapas to start off your evening!
- Kiawe Roots – Located in Lawai, next to 7/11, this small eatery serves a killer Brunch and Dinner! Don’t let the small space fool you, they’ve got game!
- Kalaheo Café – The Local’s Breakfast spot! If you know, you know! Also served yummy dinner and no reservations needed!
- Friendly Waves – Koloa Village – a New Sports Bar in Koloa Town!
- La Spezia – Koloa – Right next to The Tasting Room! You can have your delicious Italian meal here!
- Koa Kea Bar (Red Salt Restaurant) – Poipu – For a more high scale, boutique vibe, this is a chic place to go on island!
- Eating House 1849 – A spin off Roy’s Restaurant, they have a legit menu and great service. Blackened Ahi as a Pupu option and the Potstickers are a fave!
- The Fresh Shave – for the Best Shave Ice on island, this is A MUST!! All natural flavors & toppings, this is a cool treat you have to try!
- Kauai Juice Co – Koloa Village – They have several locations across the island (Kapaa & Kilauea also). If you have a juice or kombucha fix, stop here! The most fresh & delicious juices, plus super cute merch gear!

- Aloha Exchange – Kalaheo – Super cute, locally owned surf shop – great gifts and souvenirs! Also one located on the North Shore in Kilauea.
- Warehouse 3540 – Lawai – For more gifts, shopping, food trucks and souvenirs, check out this old warehouse turned into The Cutest attraction, off the main road!
- Lawai Market – A stop for a quick bite, coffee, snacks and local goodies.

East Shore

- Pono Market – Kapaa – local plate lunch spot! Yummy fried chicken!
- Java Kai – Kapaa - For your caffeine fix, this place is SOOOOO good! They also have breakfast/lunch available!
- Wailua Shave Ice – Kapaa - also a fresh & delish shave ice spot!
- JO2 – Kapaa - For a nice dinner, tapas style plates, check out this restaurant! Beautifully plated dishes popping with flavor!
- Mark’s Place – Located in Puhi, across from the Kauai Community College, this is another favorite, local spot for plate lunches.

North Shore

- Holey Grail Donuts – Hanalei – Donuts made of Taro! (New Kapaa Location as well)
- Bar Acuda – Hanalei – My favorite restaurant on the entire island! Again, more Tapas style, but INCREDIBLE taste and presentation.
- The One Hotel Hanalei Bay – If you’re looking for gorgeous views with a boujee feel, this new Hotel is Kauai’s latest hot spot! Valet only. Be prepared to drop some coin.

VISITOR TIPS

1. Do NOT touch the wildlife – especially the Sea Turtles and the Monk Seals.
 - a) Sea Turtles – Stay at least 10’ away
 - b) Monk Seals – Stay at least 50’ away
2. The Chickens are wild and there’s A LOT of them on the island. You will hear them all day, every day.
3. What you bring in, you bring out – this means trash, rubbish, cans, food containers, sunscreen, toys, diapers....whatever you bring with you, make sure you bring it home with you as well.
4. If you see trash on the beach or on the ground, pick it up and throw it away.
5. We’re on Kauai, it will Rain. This is a tropical destination with many micro climates. It could be raining at one part of town and on the other side of the same town, it’s sunny! Most rain showers are passing and will clear in a few minutes. Rainy season is normally November-March.
6. Be Respectful to the island, the culture and her people – remember, we are ALL visitors on this beautiful land and are lucky to be able to enjoy Kauai as much as she allows us. Respect the Land and she will Respect You.
7. Go with the Flow – This is not the mainland. Island pace is much slower. Learn to go with the flow.
8. There will be Traffic – There is a ton of road work right now and along with the increase of cars on the road, you will most likely hit traffic, especially in the Kapaa area.