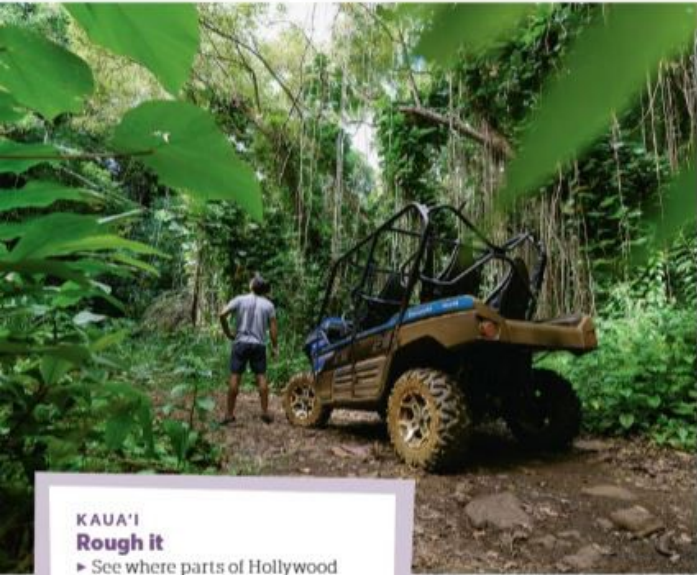


# Adventure

From surfing, snorkelling and swimming, to hiking, horseback riding and helicopter tours, the Hawaiian Islands have endless options for thrill-seekers.



## KAUA'I Rough it

► See where parts of Hollywood blockbuster *Jurassic Park* were filmed while riding an all-terrain vehicle at Kipu Ranch (kiputours.com). You will rumble over dirt paths, wind your way through Hule'ia jungle valley roads and pop up to the Haupa Mountain for views over Kaua'i's splendour.

## MOLOKA'I Make friends with a mule

► Head to this small island and clamber aboard a sure-footed mule to descend 500 metres via five kilometres of switchbacks on a narrow, muddy trail and you will arrive at the former leper colony of Kalaupapa, now a touching cultural site with historical tours. (muleride.com)

## MAUI Zip into action

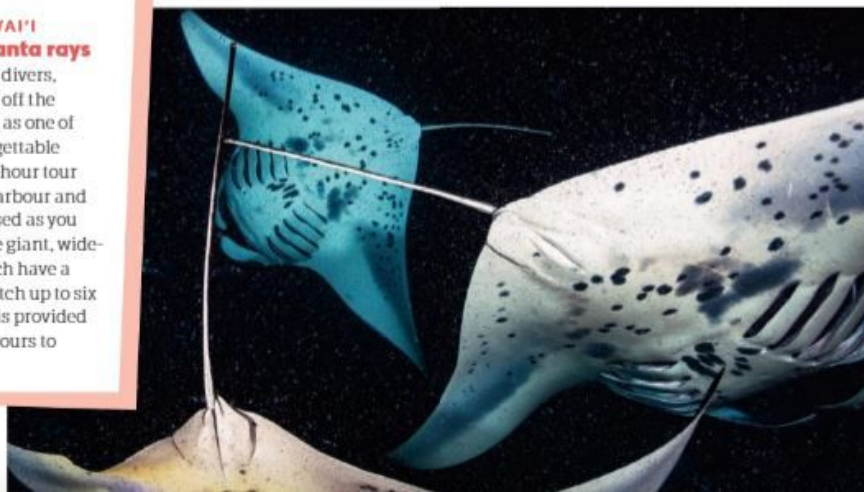
► Soar like an eagle over the jungles of Maui on a thrilling course of 11 zip-lines with Skyline Eco Adventures (zipline.com). Epic ocean views over the Ka'anapali coast will calm your nerves while you glide from platform to platform—as will the banter of the cheeky and informative guide. Feeling competitive? Challenge your travel buddy to a side-by-side race down the Ka'anapali double line.

## KAUA'I Get on the trail

► Punctuating Kaua'i's north-western edge, with moss-covered spires and jaw-dropping cliffs, the Nāpali Coast is among the most stunning shorelines on the planet. The Kalalau Trail affords unobstructed views of the pristine wilderness, but the 35-kilometre round-trip hike requires a camping permit (camping.ehawaii.gov) and good fitness levels. For a more accessible peek at the panorama, Hanakāpī'ai Falls is a comfortable four-hour hike.

## THE ISLAND OF HAWAII' Night dive with manta rays

► Even for experienced divers, this nightly procession off the Kona Coast is regarded as one of the world's most unforgettable adventures. Join a two-hour tour (viator.com) from the harbour and prepare to be mesmerised as you snorkel alongside these giant, wide-mouthed marvels, which have a wingspan that can stretch up to six metres. All equipment is provided and the memories are yours to keep for a lifetime.



## O'AHU Catch some waves

► O'ahu's Waikiki Beach has been a mecca for surfing since legendary Duke Kahanamoku showed off his skills there in the 1920s. Today, the steady, gentle waves are an ideal place to get started yourself. Many local operators such as Ty Gurney Surf School (tygurneysurfschool.com) provide lessons.

## THE ISLAND OF HAWAII' Have fun with fitness

► Hawai'i holds the annual Ironman Triathlon World Championships (ironman.com) and you can test your mettle swimming, running and biking a similar course to the pros in the Kailua-Kona area. Caution: biking and running on sun-baked roads through the lava fields is not for the faint-hearted but the swim in Kailua Bay—sometimes with dolphins playing nearby—is fun on calm days.

## O'AHU Discover marine life

► With its waters largely protected from ocean waves, O'ahu's Kūilima Cove is a captivating spot for snorkelling. Take your time to explore this colourful underwater world and you will spy plenty of parrotfish, fantail filefish and butterflyfish flitting through the coral there.

## MAUI

### Try pedal power

► Think riding a bike downhill is a laid-back activity? Descending from near the 3055-metre summit of Maui's Haleakala Crater—it has been dormant for centuries—on a 37-kilometre path of thrilling switchbacks is anything but. You will have earned your Maui beach time. (blkemaui.com)

## KAUA'I

### 'Copter over Kaua'i

► The towering ocean-side cliffs of the Nāpali Coast, the thick jungles, and the deep river gorges of the Waimea Valley make this an ideal island to tour by helicopter to appreciate its full majesty. (bluehawaiian.com)

## MAUI

### Sail into the sunset

► Wind will whip through your hair, ice will clink in your mai tai as Sail Trilogy's (sailtrilogy.com) catamaran cruises through offshore waves on this sunset tour off the shores of Maui's Ka'anapali. Relax as you behold the marmalade light of the sunset.

## THE ISLAND OF HAWAII' Venture the volcanoes

► You could spend weeks exploring the craters, lava tubes, steam holes, jungle and mountains of the Island of Hawai'i's 13,000-square kilometre Hawai'i Volcanoes National Park. For a one-day experience, hike the 6.4-kilometre Kilauea Iki Trail into the volcano's quiet crater to see the aftermath of its 1959 eruption. (nps.gov)



**O'AHU****Enjoy a big day out**

► O'ahu's Kualoa Ranch Private Nature Reserve ([kualoa.com](http://kualoa.com)) is a one-stop adventure centre and the location for Hollywood films and TV shows including *Jurassic Park*, *King Kong* and *Lost*. You can take a movie-site tour, ride a zip-line, drive an all-terrain vehicle and even kayak from the reserve's private beach.

**THE ISLAND OF HAWAII****Go with the flow**

► To appreciate the power of the volcanoes that created the Hawaiian Islands, take a doors-off helicopter ride with Paradise Helicopters ([paradisecopters.com](http://paradisecopters.com)). While an eruption stoppage in 2018 means you will not see any lava, you will be amazed as you swoop over expansive cooled lava flows and hissing steam pits.

**LĀNA'I****Stroll your own way**

► The sleepy island of Lāna'i is best explored at a slow pace, so hike the eight-kilometre red-dirt Koloiki Ridge Trail at your leisure, marvelling at the eucalyptus groves and fog-drinking Norfolk pines. Some sections are a bit steep but on a clear day you will be rewarded with great views of Moloka'i and Maui. ([alltrails.com](http://alltrails.com))

**THE ISLAND OF HAWAII**  
**Horse around**

► Make like a paniolo (Hawaiian cowboy) and ride over the open range, enjoying sweeping views of the Pacific at The PonoHolo Ranch ([panioloadventures.com](http://panioloadventures.com)) on Kohala Mountain.

**KAUAI**  
**Take the tube**

► For a unique and fun adventure, ride on an inner tube in sugar cane-field irrigation canals from the 1870s with Kauai Backcountry Adventures ([kauaibackcountry.com](http://kauaibackcountry.com)). You will move at a lazy pace down the mountains, over the scenic landscape and through a 1.6km tunnel lit only by your headlamps.

**MAUI****Tackle the terrain**

► Maui's Piipiwai Trail offers an abundance of natural sights, including two sets of waterfalls, mango trees, guava patches and views over deep gorges and cliffs. Be prepared for a challenge: this two-hour, 6.5-kilometre hike tackles steep, sometimes muddy terrain. ([pipiwaitrail.com](http://pipiwaitrail.com))



A hike deep into the heart of Kauai's Waimea Canyon gives Bill Fink the ultimate reward – of finding his own slice of paradise.

# Wild life

► I am lying in a hammock strung from trees, surrounded by a dozen square kilometres of beautiful wilderness in Waimea Canyon. My pack and hiking boots sit on rocks nearby, a reminder of the exhausting five-hour trek through jungle that brought me here. A waterfall feeding the pond in front of me lands with a whoosh that cools the air. Birds chirp, the stream bubbles and, with not another human being in sight, I finally realise what I have stumbled upon – paradise.

Dubbed the "Grand Canyon of the Pacific", this majestic landscape of red-clay rock cliffs and lush forest runs for some 15 kilometres through the west-central highlands of the island of Kauai. Just a day ago, I was standing at a lookout above it all, permit in hand and a backpack stuffed with sleeping bag, tent, food and cooking gear, ready for a three-day hike deep into the island's backcountry, an area most people only see from a scenic helicopter.

As I carefully descend the steep, dusty, rocky trail into the canyon, mountain goats gallop over the crumbling cliff faces like they're mocking



me. With each step down, the temperature and humidity go up, drenching me in sweat. Is it the heat or nerves? Even as an experienced hiker, a little voice in my head is beginning to question the wisdom of my plan.

Not for long though. I finally reach the valley floor, a leafy idyll cooled by a fast-moving stream where sounds of the outside world are muted by a moss-covered landscape. I follow a winding trail beside the stream, alone but for songbirds and ribbiting toads. Hoof marks in the brush and dug-out mud pits by the water signal the presence of wild boar. Through the trees I glimpse the red rock cliffs of the canyon. Its majesty makes me feel very small.

By mid-afternoon I have reached Lonomea campground, the furthest site in the canyon. I drop my pack, unlace my boots, strip off my sweaty clothes and dive in, looking up as I do at the tiny touring helicopter hovering overhead. I can't help feeling a tiny bit smug – I am immersed in nature, not just watching it from above. And I couldn't be more content.

