

Kauai Sea Tours "Lucky Lady" catamaran and Raft adventures explore the majestic Na Pali Coast. (see back cover)

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Kauai's Beaches

By Joan Conrow

auai is internationally known for its beautiful beaches. You'll find beaches of all lengths, from tiny, crescentshaped hideaways to some stretching for several miles. The sand comes in a range of colors, too, including white, buff, brown, green and even black.

Some have coral reefs offshore, offering protection from the waves and opportunities for snorkeling. Others face the open ocean, making them more suitable for surfing and boogey boarding. Each beach has its own personality, and they often change dramatically during the summer and winter months, depending on where the surf is breaking and how the winds are blowing.



Many of Kauai's beaches do not have lifeguards on duty, so it's important to exercise caution. Never turn your back on the water, because waves can come up unexpectedly. When visiting beaches on north - and east - facing shores, be careful even in the shallows: dangerous riptides can pull even an experienced swimmer away from shore in just seconds.

Don't swim or snorkel in rough waters, always wear fins when boogey boarding and don't trust water-wings and other flotation devices to protect children in the sea. Sharks aren't much of a problem, but stay out of murky water, especially after rainfalls. Avoid stepping on coral reefs when snorkeling, as this damages the slow-growing, living coral.

Snorkelers and divers will have a chance to see some of the approximately 680 species of fish in our island waters. About 30 percent of these fish are endemic, meaning they are found in only Hawaii. Some good examples to look for are the Hawaiian Cleaner Wrasse and the Milletseed Butterfly fish. It's not advisable to feed fish, as these are wild creatures and feeding encourages dependence and also can upset their digestive systems.

And if you happen to see fishermen with a pole or net, give them plenty of room and never walk between them and the ocean, as you can scare away the fish that they depend on for food.

Some of the best beaches to visit are Poipu Beach Park, a shallow protected bay on the southside with excellent snorkeling. It's great for families, with its lifeguard, showers and bathroom facilities.

Salt Pond Beach Park, on the westside, offers generally safe swimming year round. The beach is partially protected by a reef, and a toddlers' bathing pool was created by rocks that form a small lagoon. Park facilities include a lifeguard tower, picnic pavilions, restrooms, showers and a camping area. It's also a great spot for sunsets.

Lydgate Park, located between Lihue and Wailua on the eastside, has fine picnic grounds, a fabulous playground, an excellent swimming area for the kids and a wonderful stretch of beach for sunning or a stroll. Two man-made pools were created in the ocean, one large and the other small and shallow, and these are good for swimming and snorkeling most any time of year.

Hanalei Bay is a beautiful place, with a two-mile shoreline excellent for walking. In the summer, it's great for swimming and boogey boarding, but in the winter, it can be dangerous because of high surf. Lifeguards, restroom facilities and other amenities are found in the small beach parks that dot the bay.

Ke'e Beach is one of the most popular snorkeling sites on Kaua'i's north shore, but this is during summer months only. In winter, it can have high surf and dangerous currents. It's also very scenic, marking the entrance to Na Pali Coast.

Given the variety and accessibility of Kauai's beaches, it's easy to find just the perfect stretch of sand and sea to enjoy your favorite water sport. So put on your hat and sunscreen, grab a towel and enjoy.





AYAK WA

Kayaking on the Wailua River and hiking into the Wailua River Valley rain forest to Secret Falls has become one of the most popular activities on the Garden Island of Kauai. This outstanding adventure offers a perfect blend of paddling, hiking, swimming, B.Y.O. picnicking, and photo taking for the whole family. Kayak Wailua is known for its knowledgeable and friendly guides, quality equipment, and unmatched service. We are family owned and operated and have lived on the Wailua River since 1974; We love sharing this wonderful experience with everyone. We have

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by Christiana Bisquera

Tips on enjoying Hawaii's amazing beaches and underwater world — safely.

The Hawaiian Islands are home to some of the most beautiful shorelines and breathtaking underwater scenery in the world. Whether exploring coral reefs brimming with rainbow-hued fish, bodysurfing in the waves or simply relaxing on the sand, a trip to the beach can be a memorable stop on your itinerary. While many of Hawai'i's beaches are visitor-friendly, it's important to take a few safety precautions anytime you venture into- or under- the water. Here are a few tips for enjoying all the ocean has to offer while avoiding harm's way. See you at the beach!

Eyes on the Water: If at all possible, swim/snorkel only at beaches with lifeguards present. Lifeguards, or Ocean Safety Officers, are a wealth of knowledge about weather conditions as well as any hidden rocks or reefs that may be close to shore. Lifeguards can also be very helpful in answering any questions you might have, so don't be afraid to stop by the tower and ask!

Whatever the Weather: It's helpful to be prepared for weather conditions that can change on a dime. Bring high-SPF sunscreen for both sunny and overcast days- it's painfully easy to get a mean sunburn on a cloudy day! An umbrella can shield you from both the sun and rain, just in case you're blessed with a sprinkling of Hawai'i's famous liquid sunshine. Check the local forecast before heading out, and keep in mind that on most days, the tradewinds pick up before noon. Thus, the best ocean conditions occur in the morning or in the later evening when the trades settle down.

Attention, Please! Anytime you're in the water, it's vital to be aware of your surroundings. Changes in tides, wind, waves and currents can be dangerous, so don't venture too far from shore and watch for any shifts in ocean conditions. Rip currents sometimes occur when a section of water moves quickly away from shore. If you are caught in a rip current, don't swim against the current. Instead, swim parallel to shore and around the fast-moving water. It's also wise to stay out of the water if it's murky, especially after heavy rains when both debris and marine predators can be present. For the same reason, pay attention to any blood that may be in the water if you have any open cuts or if spearfishing or shoreline fishing is taking place nearby.

Protect the Sealife (and Yourself!):

In shallow water it may be tempting to stand on an outcropping of coral to rest while swimming. However, coral is not rock: it is a living colony of many thousands of tiny polyps that construct their own hardened home around them. To help keep the islands' reefs healthy, please avoid standing or stepping on the coral. If you're planning on snorkeling farther out to explore the reef, familiarize yourself with any sea creatures that may reside there. It's also a good idea to skip feeding fish- for their own health and yours- and keep your hands to yourself if they get too close.

Two by Two: Be sure to use the buddy system both in and out of the water. When going in for a swim or playing on shore, have someone with you at all times. Keep a close eye on children and never allow them to swim alone. Teens eager to venture out on surfboards, boogie boards, standup paddle boards or kayaks should also be taught to use the buddy system; the same goes for snorkelers and SCUBA divers of all ages.

Better Safe than Sorry: Even as you're admiring the scenic beauty both above water and below the surface, it's important to keep a close eye on your belongings at all times. If at all possible, do not bring valuables to the beach— and do not leave them in the car. If you must, ask a trusted person to watch them or use other safeguards such as secure bags for the shore or waterproof pouches to bring smaller items with you into the water.

D I N I N G L I S T I N G S

RESTAURANT	LOCATION		PHONE	SERVING	CUISINE CI	redit cari	ds cost
Port Allen Sunset Grill & Bar	Ele`ele	4353 WAIALO RD, 7A	335-3188	LD	Pacific Rim	VMADDCJ	\$-\$\$\$
Bar Acuda	Hanalei	Hanalei Center, 5-5161 Kuhio Hwy	826-7081	D	Tapas	VMA	\$\$\$
Hanalei Dolphin	Hanalei	5-5016 Kuhio Hwy, Rte 56	826-6113	LD	Seafood/Steak/Sushi	VMA	\$\$\$
Kalypso Restaurant	Hanalei	5-5156 Киню Нwy	826-9700	BLD	Pacific Island	VMAD	\$\$\$
Tahiti Nui	Hanalei	5-5134 Киню Нwy, Rte 56	826-6277	LD	Hawaiian, Pizza	VMD	\$\$-\$\$\$
TROPICAL TACO	Hanalei	5-5088 Киню Hwy	827-8226	BLD	Mexican	VMD	\$
Brick Oven Pizza	Kalaheo	2488-A Kaumuali`i Hwy.	332-8561	LD	Italian	VMAD	\$-\$\$
Kalaheo Café & Coffee Co	Kalaheo	2-2560 Kaumuali`i Hwy	332-5858	BLD	American	VMAD	\$-\$\$\$
Kalaheo Steak & Ribs	Kalaheo	4444 Papalina Rd	332-4444	D	Seafood/steak	VM	\$\$\$
Brick Oven Pizza	Kapa`a	4-4361 Киню Нwy	823-8561	LD	Italian	VMAD	\$-\$\$
Bubba Burgers	Kapa`a	4-1421 Киню Нwy.	823-0069	LD	American	VM	\$
Kintaro Japanese Restaurant	Kapa`a	4-370 Киню Нwy	822-3341	D	Japanese	VMADCDJ	\$\$
Shrimp Station	Kapa`a	4-985 Киню Нwy	821-0192	LD	Seafood	VM	\$\$
Sukhothai	Kapa`a	4-1105 Киню Нwy.	821-1224	LD	Тнаі	VMAD	\$-\$\$
The Bistro Kilaeua	Kilaeua	Kong Lung Center, 2484 Keneke St	828-0480	LD	Pacific Rim/European Fusion	i vm	\$\$\$
Beach House Restaurant	Koloa	5022 Lawai Road	742-1424	LD	Pacific Rim	VMADCDJ	\$\$-\$\$\$\$\$
BRENNECKE'S BEACH BROILER	Koloa	2100 Ho`one Rd	742-7588	LD	Seafood/Steak	VMAD	\$\$-\$\$\$\$
Bubba Burgers	Koloa	2829 Ala Kalanikaumaka Rd	742-6900	LD	American	VMD	\$
Eating House 1849 – by Roy Yamaguchi	Koloa	2829 Ala Kalanikaumaka	742-5000	D	PLANTATION CUISINE	VMADCDJ	\$\$\$-\$\$\$\$\$
Kalapaki Joes	Koloa	1941 Poipu Rd.	742-6366	BLD	American Sports Bar	VMAD	\$\$
Keoki's Paradise	Koloa	2360 Kiahuna Plantation Dr	742-7534	LD	Seafood/Steak	VMADCDJ	\$\$\$-\$\$\$\$\$
Tide Pools @ Hyatt Kauai Resort	Koloa	1571 Poipu Rd	742-1234	D	Surf & Turf	VMADCDJ	\$\$\$\$\$
The Dolphin Poipu	Koloa	2829 Ala Kalanikaumaka St.	742-1414	LD	Seafood/Steak/Sushi	VMA	\$\$\$
Cafe Portofino	Lihue	3481 Ho`olaulea Wy	245-2121	D	Italian	VMAD	\$\$\$
Duke's Canoe Club @ Kauai Marriott Resort	Lihue	3610 Rice St	246-9599	LD	Seafood/Steak	VMAD	\$\$\$-\$\$\$\$\$
Gaylord's	Lihue	3-2087 Kaumuali`i Hwy	245-9593	LD	American/Asian Fusion	VMADJ	\$-\$\$\$
Ho's Chinese Kitchen	Lihue	3-2600 Kaumuali`i Hwy	245-5255	BLD	Chinese	VMD	\$
JJ's Broiler	Lihue	3416 Rice St, #101	246-4422	LD	Seafood/Steak	VMD	\$\$-\$\$\$\$
Kalapaki Joes	Lihue	3-2600 Kaumuali`i Hwy	245-6366	BLD	American Sports Bar	VMAD	\$\$
Mariachi's	Lihue	3501 Rice St, #205	246-1570	BLD	Mexican	VMAD	\$-\$\$
Kauai Grill @ St Regis Princeville Resort	Princeville	ST. REGIS PRINCEVILLE RESOR	т 826-9644	D	Steakhouse	VMADCDJ	\$\$\$-\$\$\$\$\$\$\$
Makana Terrace @ St Regis Princeville Resort	Princeville	ST. REGIS PRINCEVILLE RESOR	т 826-9644	BD	Island Cuisine	VMADCDJ	\$-\$\$\$\$\$\$
Τικι Ινικι	Princeville	5-4280 Киню Нwy	431–4242	BLD	Farm/Boat to Table – Vintage Pupu's	VMA	\$\$\$
CAFFE COCO	WAILUA	4-369 Киню Нwy	822-7990	D	Vegan	VMAD	\$\$\$
Island Taco	Waimea	9643 Kaumuali`i Hwy	338-9895	L	Island Cuisine	VMAD	\$
Shrimp Station	WAIMEA	9652 Kaumuali`i Hwy	338-1242	L	Seafood	VM	\$\$

Credit Cards: v = Visa; m= MasterCard; a= American Express; d= Discover; dc=Diner's Club; j=JCB. Costs: each \$ sign is equivalent to approximately \$10.00 per person. This listing was accurate at press time, but listings may change without notice.

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june - november 2019 volume 17 issue 1 www.AlohaVisitorGuides.com

4 kauai's beaches

Internationally known for its beautiful beaches, come discover them for yourself!

6 playing it safe

Tips on enjoying Hawaii's amazing beaches and underwater world — safely.

Peruse our restaurant listings from around the island.

10 sea cave review

The Na Pali Coast sea caves are unique and magical.

on the cover Kauai Sea Tours

"Lucky Lady" catamaran and Raft adventures explore



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Sea cave R E V I E W

by Na Pali Riders' Captain Chris Turner

WA'IAHUAKUA SEA CAVE

Bottom-line, the best sea cave in Hawaiiknown to most as the Double Door cave. Entering through the back door with a trickling waterfall above, a large room appears. To the left is a narrow channel between the cave wall on the left and the Death Rock. The channel at first appears to go nowhere. Then turning hard left, look down a long dark hallway with a distant light at the end. As your eyes start to adjust to the darkness, you are pleasantly surprised with a waterfall inside the hallway, and when the afternoon summer light comes through the hole of the waterfall cave, an erie spotlight appears in the cave hallway, like a multi colored glass window. Calcium deposits rise through the spot-light appearing like ghosts. The beam of light is further high-lighted by the mist from the waterfall, appearing like a scene from Star Trek. Looking at the waterfall, one almost expects to see mermaids sitting and combing their hair. This cave goes beyond any expectation.

Wa'iahuakua Sea Cave

THE CALM SPRING AND SUMMER CONDITIONS FOUND ALONG THE NAPALI COAST ALLOWS NA PALI RIDERS THE BEST CHANCE TO ENTER THE SEA CAVES AND ARCHES FOUND THERE.



Their eyes beam with excitement as we enter a cave, drinking in its allure, its mystery—this magical and unique world that leaves most people momentarily spellbound. Most will admit to never having seen anything like it before.

Then the excitement triggers the questions that fire at me like a machine gun. "How did this form"? "What makes that heavenly Windex blue color to glow on the cave's open ceiling?" "Are those ghosts in the spotlight of the Double Door cave?" "How did that waterfall get in there?" "What is that purple and blood red color along the cave's tideline?" "What kind of birds are nesting in there?" "What movies were filmed here?" I think I need to have a tranquilizer gun just to slow down the onslaught of questions, but the truth is I am just as excited as they are, and it never gets old. You can't get into the sea caves every day, but when you do, it is always a new experience. Like the Open Ceiling cave, which can be with or without mid morning sunbeams, but like two different caves to be experienced.

The Napali Coast caves can give the best day of your vacation as well as of your life. Let us describe in detail the caves and arches you will be visiting.

OPEN CEILING CAVE. As our raft enters on the left side, look for the electric blue glow of the water that contrasts with the shadowed black ledge that looks like beaten metal. Sunbeams entering the cave can penetrate through the summertime calm and crystal-clear water and reflect off the white sand bottom, giving forth the heavenly blue color. The feeling imparted is surreal, leaving most people speechless, and with a deep calming peace, like in a relaxed trance. Some call it a healing color, I think, as it temporarily, at least, relieves stress and its ailments. This cave alone under the right conditions will justify your Hawaii vacation, as you leave more relaxed than ever.









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