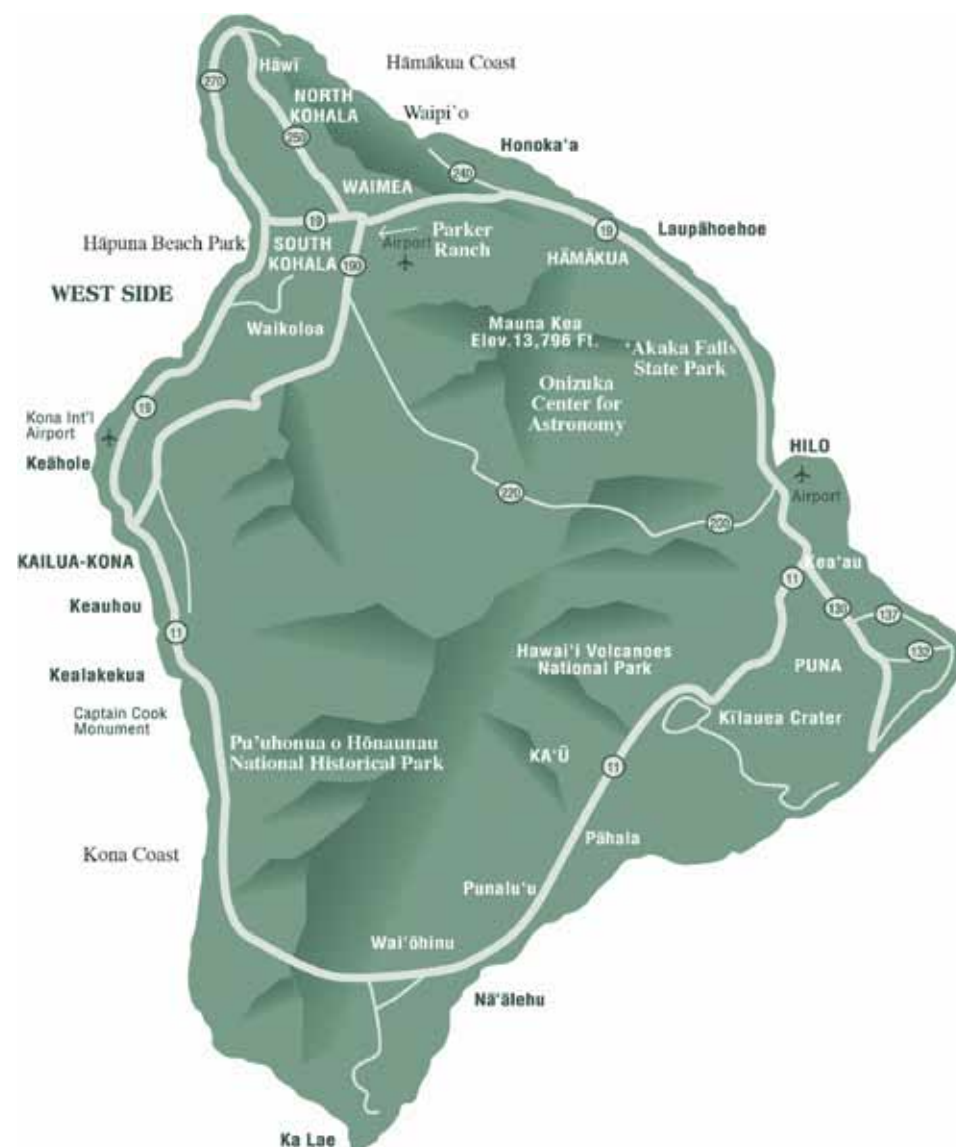


# Big Island

## Hawai'i's Island of Adventure

### Feel the Mana (power and spirit)

Recognised for centuries as a place of healing, Hawai'i's Big Island is the place to go for re-energising and rejuvenation. You'll discover the full range of treatments – from natural volcanic warm-water ponds to luxury resorts offering full service spa therapies, massage, Reiki life energy healing, acupuncture and herbal remedies. Using exotic Hawaiian plants, several up-market spas also offer treatments using coffee exfoliation, papaya skin therapies, sugarcane scrubs, lehua honey rubs and ti leaf body wraps designed to purify and tone the skin.



### FAST FACTS

- \* **SIZE** – 150km long and 122km wide
- \* **WEATHER** – 22° to 25°C; 14° to 17°C at Volcanoes National Park; 17° to 19° C at elevated Waimea. Rainfall variable.
- \* **ACTIVITIES** – snorkelling, scuba diving, sailing, stargazing, hiking, horse riding, tennis, golfing, ocean kayaking, historic site visits and agricultural tourism (Kona coffee, botanical gardens, farms).

### DRIVING TIMES

#### Kona International Airport (KOA) to:

'Akaka Falls State Park:	2hrs, 10 min
Hāpuna Beach Park:	30 min
Hawai'i Volcanoes National Park:	3 hrs, 15 min
Kailua-Kona:	15 min
Kealahou Bay:	45 min
Keauhou:	25 min
Onizuka Center for Astronomy, Mauna Kea:	2 hrs
Pu'uhoonua o Honaunau Historical Park:	1 hr

Waimea:	45 min
Waipi'o Bay:	1 hr, 30 min
<b>From Hilo International Airport (ITO) to:</b>	
'Akaka Falls State Park:	30 min
Hapuna Beach Park:	1 hr, 45 min
Hawai'i Volcanoes National Park:	45 min
Kailua-Kona:	2 hrs, 30 min
Onizuka Center for Astronomy, Mauna Kea:	1 hr

### Celebrate

Ecologically diverse and of epic scale, Hawai'i's Big Island encompasses desert plains through to rainforests and the snow-capped Mauna Kea, and is also home to Hawai'i's highest lake, Lake Waiau; longest sheer drop waterfall, 'Akaka Falls; and tallest mountain, Mauna Kea (4,205m above sea level). You'll discover romantic settings of every scope and size on Hawai'i's Big Island.

### THE PERFECT BACKDROP

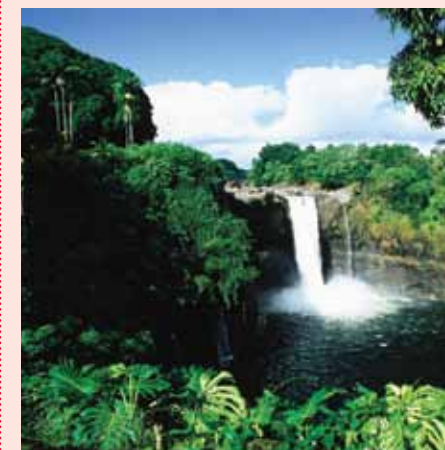
From a barefoot sunset beach ceremony on the Kona or Kohala coasts, to the serene pagodas of Hilo's Lili'uokalani Gardens with Mauna Kea towering in the background, Big Island romance offers an endless array of remarkable settings that nearly always come with adventure.

Here are some suggestions:

- a sublime five-star Kohala Coast resort
- under candlelight on a secluded, white-sand beach
- a misty rainforest among beautiful tropical foliage
- one of Hawai'i's oldest Christian churches, stunning Mokuiaikaua
- on horseback in the lush scenic uplands of Waimea or through beautiful Waipi'o Valley
- one of the many sensational golf courses with breathtaking views
- a luxurious catamaran sailing offshore at sunset along the dramatic coastline.

### Rainbow Falls, Wailuku River State Park

Hawaii Tourism Authority (HTA) / Kirk Lee Aeder



### Unwind

DISCOVER why stargazing atop Mauna Kea is such a remarkable and romantic experience. Take a 4WD to the top for an intimate summit celebration.

WALK hand-in-hand through the lively seaside town of Kailua and then hit one or more favourite hot spots after dark.

CRUISE the boardwalk in the hip township of Puna, then drive along the dramatic coastal Highway 137, stopping to explore volcanically heated hot ponds and watch glowing streams of lava burst into the sea.

SWIM with the largest and most spectacular of all the rays, the manta ray, on an unforgettable night tour.

STEP back to an ancient time in the sacred 73-hectare Pu'uhoonua o Hōnaunau National Historical Park. Hundreds of years old yet beautifully restored, the park is magical at sunset.

HEAD for the beach for a relaxing and sensuous side-by-side massage.

FROLIC in Kealahou Bay on the Kona Coast. This Marine Conservation District is home to spinner dolphins and is ideal for snorkelling and scuba diving.



TAKE in historic Hilo, with quaint shops and cultural sites including the Pacific Tsunami Museum. And then meander hand-in-hand among the ferns at Rainbow Falls.

INDULGE the senses with a malasada (Portuguese sweet treat and local favourite) and Kona coffee plantation tour – the high elevation and constant cloud cover create perfect conditions for high quality coffee. For mouth-

### A symbol of love

The Hawaiian lei or garland of flowers is part of Hawai'i's romantic culture. The tradition of lei giving signifies a warm welcome or gesture of love. The most popular lei are made with the sweet-smelling, intoxicating blossoms of plumeria (frangipani), delicate jasmine, white ginger, rose buds and orchids. Hawaiian men often wear a leafy lei draped untied around the neck made from the glossy maile vine. In traditional Hawaiian weddings, the bride and groom, as well as guests and attendants, wear lei.



images: Hawaii Tourism Authority (HTA)/Tor Johnson