



the ISLAND of
HAWAII™
One of the HAWAIIAN ISLANDS



Halema'uma'u Crater, Kīlauea Caldera
Hawai'i Volcanoes National Park



Pu'uhonua o Hōnaunau National Historical Park

Welcome

The inspiring island of Hawai'i is a true paradise nestled in the heart of the Pacific Ocean. Known for its diverse landscapes, the largest island in the Hawaiian archipelago is a captivating blend of lush rainforests, volcanic craters, golden beaches and tropical gardens.

Immerse yourself in the rich Hawaiian culture and history, taste the delicious local cuisine and experience the warm hospitality of the island's residents. Whether you seek adventure, relaxation or a deeper connection with nature, the island of Hawai'i is sure to captivate your heart and soul.

FACTS ABOUT HAWAI'I ISLAND

Hawai'i Island is home to two of the world's most active volcanoes, Maunaloa and Kīlauea, which constantly shape and reshape the island's terrain, creating a dynamic and ever-changing landscape. During most eruptions, visitors can marvel at the fiery glow, witness steam rising from steam vents and explore unique volcanic formations.

In contrast to its volcanic side, Hawai'i Island also boasts great beaches with pristine white or black sands. From the luxurious resorts of the Kohala Coast to the laid-back vibes of Historic Kailua-Kona and Hilo town, the island offers a wide range of experiences.

History & Culture

Hawai'i Island is a place rich in history and culture. The island's history dates back thousands of years and is filled with tales of ancient Hawaiian settlements, kings and battles. It is home to significant archaeological sites such as Pu'ukoholā Heiau, a temple built by King Kamehameha the Great, as well as the petroglyph fields of Pu'uhonua o Hōnaunau National Historical Park.

The culture of Hawai'i Island is deeply rooted in the traditions of the Hawaiian people. *Hula*, chanting and storytelling are all integral parts of daily life. The island is also known for its vibrant arts scene, with traditional crafts such as quilting, weaving and *kapa* (bark cloth) making still practiced by local artisans.

One of the most iconic aspects of the island's culture is its connection to the *'āina* (land). The island is known for its stunning natural beauty, from the snow-capped peaks of Maunakea to the lush rainforests of Volcano Village. Hawaiians have a deep respect for the environment and believe that it is a source of life and sustenance.

The island's culture is also heavily influenced by its diverse population. In addition to Native Hawaiians, the island is home to people of Japanese, Filipino, Portuguese and other ethnic backgrounds. This melting pot of cultures has created a unique fusion of traditions and customs that can be seen in everything from the island's cuisine to its festivals.

The island's history and culture are celebrated through various events and festivals throughout the year. From the Merrie Monarch Festival, which showcases the art of *hula*, to the Kona Coffee Cultural Festival, which pays tribute to the island's famed coffee industry, there are plenty of opportunities for visitors to immerse themselves in the island's unique heritage.

Whether you're exploring ancient temples, watching a traditional Hawaiian performance or simply soaking in the island's natural beauty, there's no shortage of ways to experience the rich tapestry of traditions that make up life on Hawai'i Island.

Know Before You Go

DRIVE WITH ALOHA

A smile or wave goes a long way when you extend a courtesy on the highway. Please remember to return the favor. Pay attention to speed limits and other signs. Seatbelts are mandatory. No handheld electronic devices.

RESPECT WILDLIFE

Hawai'i is known as the "endangered species capital of the world." Please appreciate wildlife from a legal viewing distance.

bit.ly/noaa-wildlife-viewing

Mālama

To *mālama* is to take care of, protect and preserve. We all carry the *kuleana* (responsibility) to *mālama* the island of Hawai'i.

- Be safe — heed signage, rules and weather advisories.
- Remain a respectful distance from wildlife.
- Support local — buy locally-made products, attend a festival, event or farmers market.
- Protect our natural resources by using only reef-safe sunscreen, leaving your area clean and supporting environmentally-friendly businesses.

Give back and get back by volunteering.
Learn more at gohawaii.com/voluntourism.

Support Local

Hawai'i Island is a haven for those seeking fresh, locally-sourced food. With a rich agricultural history and a commitment to sustainability, eating local is more than just a trend – it's a way of life.

Residents and visitors alike can help preserve unique tastes and traditions while enjoying fresh, flavorful products. Whether you're shopping at a farmers' market, dining at a farm-to-table restaurant or having tropical flowers shipped, this experience nourishes both body and soul.

NEIGHBORHOODS WITH LOCAL FLAVOR

Explore vibrant farmers markets, where you can find produce grown right on the island. From juicy papayas and creamy avocados to exotic dragonfruit and sweet pineapple, there's plenty to tantalize the taste buds.

Seek out farm-to-table restaurants where chefs take pride in sourcing their ingredients locally, creating dishes that celebrate the flavors of Hawai'i while supporting the community.

You'll also find floriculture, coffee, chocolate, macadamia nut and other agricultural industries that thrive on the island's fertile volcanic soil and tropical climate.



Mochi (Japanese Rice Cake)

Activities

Whether you're seeking adventure or relaxation, this vast and dynamic island has something for everyone. From outdoor excursions to cultural immersion, this diverse array of experiences will leave you with lasting memories of this enchanting destination.

OUTDOOR ADVENTURES

For nature enthusiasts, the island boasts stunning natural landscapes waiting to be explored. From the volcanic terrain of Hawai'i Volcanoes National Park to the waterfalls of the North Hilo Coast, hiking trails offer a chance to witness unique ecological diversity up close.

THRILL-SEEKING

Zipline through a canopy of trees, horseback along scenic trails or bike/ATV through rugged landscapes for an adrenaline rush.

OCEAN ADVENTURES

Snorkel, dive, and whale-watch abound along pristine coastlines, experiencing unforgettable encounters with marine life in crystal-clear waters.

WATER SPORTS

Paddleboarding, outrigger canoe paddling, scuba diving and deep-sea fishing are just a few of the activities available for those looking to make a splash.

ARTS AND CULTURE

Engage with local artisans at farmers markets and craft fairs, or immerse yourself in traditional *hula* performances and *lei*-making workshops.

HISTORICAL EXPERIENCES

Tour historic sites such as Hulihe'e Palace, Lyman Museum and Lapakahi State Park.

LŪ'AU

Feast on *kālua* pig (pork cooked in traditional underground oven), fresh *poi* (pounded taro) and other delicacies.



'Akaka Falls State Park



Hāpuna Beach State Recreation Area

Regions of Hawai'i Island

KA'Ū

Visit the Kahuku Unit, part of Hawai'i Volcanoes National Park — on the slopes of Maunaloa.

KONA

Explore the quaint coastal towns of Kona, with its hotels, shops and restaurants.

KOHALA

Hawai'i Island is often called the "Golf Capital of Hawai'i" because of the renowned courses found along the Kohala Coast.

HĀMĀKUA

Be sure to stop and explore some of its hidden gems including Waipi'o Valley Lookout, farms, a heritage center and eateries.

HILO

Visit local shops, a famous farmers market and incredible waterfalls.

PUNA

See dramatic features created by nature at Lava Trees State Park.



Resort Areas

1 KOHALA COAST

- Renowned golf courses
- Beaches and water activities

2 HISTORIC KAILUA VILLAGE (KAILUA-KONA)

- Seaside town
- Shopping and dining

3 KEAUHOU

- Ocean sports
- Dramatic coastlines

4 HILO

- Waterfalls
- Shopping and dining



Staying Safe

LAND SAFETY TIPS

- Stay on the trail to avoid trail damage — keep yourself and others safe.
- Do not trespass or park illegally to get to trailheads.
- Brush shoes off before & after hiking to avoid spreading invasive species.

For more info, visit hawaiitrails.hawaii.gov/trails.

OCEAN SAFETY TIPS

- Don't step on or damage coral reefs.
- Use reef-safe mineral sunscreen.
- Never turn your back on the ocean.
- Swim only at beaches with lifeguards.
- Heed all posted warning signs.

For more info, visit hioceansafety.com and bit.ly/HI-beachsafety.

Essentials

CLIMATE

The island of Hawai'i features all but four of the world's climate sub zones*. Coastal areas are warm year-round, while higher elevations can be cooler and wetter. The east side tends to be wetter due to trade winds, while the west side is drier. Visitors can expect temperatures averaging in the 70s and 80s Fahrenheit, making it an ideal destination for outdoor activities throughout the year. **Original Köppen Classification System*

TIME ZONES

Hawai'i Standard Time (GMT-10 hours), five hours behind the U.S. East Coast and six hours behind during Daylight Saving Time.

TRANSPORTATION

Travel to Ellison Onizuka Kona International Airport (KOA) to the west or Hilo International Airport (ITO) to the east. Most visitors fly into KOA, which enjoys non-stop transpacific service and interisland. Alternatively, fly into Honolulu's Daniel K. Inouye International Airport (HNL) on O'ahu first, then take a short, 40–50 minute flight to the island of Hawai'i. Because the island is large, consider arriving on one side and departing from the other.

Contact

For visitors: gohawaii.com/island-of-hawaii
For travel agents: agents.gohawaii.com

 facebook.com/islandofhawaii

 instagram.com/theislandofhawaii

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DOWNLOAD FOR INFO ON THE GO

GoHawaii App for travel advice — hvcb.org/app

Hawaiian Language Toolkit — Help represent and honor Hawai'i and its language, 'Ōlelo Hawai'i, 'āina (land) and community in a pono (correct) way. Learn how at bit.ly/maemaetoolkit.