

Know Before You Go

Whether you're securing accommodations (including camping permits), activities, dinner reservations or entry permits, please be sure to plan ahead. Ask for guidance about our beaches and /or hiking trails. The following now require advanced-paid reservations:

Entry to Hā'ena State Park includes the Kalalau Trail and Hanakāp'āi Falls Trail [gohaena.com](#)

Entry to the Kīlauea Point National Wildlife Refuge & Daniel K. Inouye Kīlauea Lighthouse [recreation.gov](#)

Please note: visitors need to pay for parking at Waimea Canyon and Kōke'e State Parks.

DRIVE WITH ALOHA

Show *aloha* on the road. Wave or shaka thanks when let into lanes to show appreciation. Only park in designated areas.

SUSTAINABLE TRAVEL

The Kaua'i Chapter of the Surfrider Foundation created the Ocean Friendly Visitors program to provide simple yet effective “best behaviors” to be an Ocean Friendly Visitor (OFV).

RESPECT WILDLIFE

Hawai'i is known as the “endangered species capital of the world.” Please respect all wildlife and enjoy them from a legal viewing distance. [bit.ly/noaa-wildlife-viewing](#)

Support Local

Discover local artisans who create unique foods, art, clothing and crafts. Each reflects the island's unique blend of cultures and influences, from the first Polynesian settlers to whalers and missionaries to plantation workers from around the world.

Mālama

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



Kīlauea Point National Wildlife Refuge



Kalalau Valley

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 [hawaiiitrails.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 [safebeachday.com/county/kauai/](#).

Essentials

CLIMATE

Kaua'i's weather is ideal year-round, with daytime temperatures ranging from the mid-70s to mid-80s Fahrenheit and northeast trade winds providing a refreshing breeze. Rain showers fall predominantly over the mountain ranges. The ocean temperature is 68 degrees to 75 degrees.

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

A 25-minute flight from Honolulu, Kaua'i is regularly serviced by more than 20 daily flights into Līhu'e Airport (LIH), with nonstop service from key North American carriers and cities. Ground transportation includes hotel shuttles, taxi cabs, limousines, rental car companies and rideshare services. Several tour companies provide guided tours aboard motor coaches, mini-buses, vans and luxury sedans.

SHORT-TERM RENTALS

Illegal short-term rentals are a community concern. We ask visitors to be sensitive to our residential communities and ask rental hosts for the property's TVNC (Transient Vacation Non-Conforming) number to make sure it is operating legally. This ensures that the property is located within a designated area and protects visitors from falling victim to illegal operations.

Contact

For visitors: [gohawaii.com/kauai](#)
For travel agents: [agents.gohawaii.com](#)

- facebook.com/kauaivisitorsbureau
- @kauaidiscovery

#VisitKaua'i

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, *ʻŌlelo Hawai'i*, *ʻāina* (land) and community in a *pono* (correct) way. Learn how at [bit.ly/maemaetoolkit](#).



Nāpali Coast

KAUAI™

One of the HAWAIIAN ISLANDS



Princeville

Welcome

When you close your eyes and picture tropical paradise, the place you imagine is probably very much like Kauaʻi. Incredible beaches are here for you, of course, but also emerald valleys, verdant rainforests, awe-inspiring cliffs and mountain spires. Add to all this the *aloha* spirit and a rich culture. The Garden Island is a dream come true.

FACTS ABOUT KAUAʻI

Kauaʻi is famous for its diverse and scenic wonders, such as the 3,567-foot deep Waimea Canyon, which stretches 14 miles across the western end of the island — as well as the 3,000-foot high mountain cliffs that rise from the ocean floor to the magnificent, unspoiled Nāpali Coast. A number of qualities make Kauaʻi unique:

- No structure can be built more than four stories high, the height of a mature coconut palm tree.
- Kauaʻi has been the location for many popular movies, including *South Pacific*, *Blue Hawaii*, *Raiders of the Lost Ark*, *Jurassic Park*, *Tropic Thunder*, *Pirates of the Caribbean: On Stranger Tides*, *The Descendants*, *Jurassic World*, *Hobbs & Shaw* and *Disney's Jungle Cruise*.
- Kauaʻi is home to three of the top 15 golf courses in Hawaiʻi.
- 62% of Hawaiʻi's taro production is grown on 200 acres in the North Shore community of Hanalei.
- The National Tropical Botanical Garden is headquartered on Kauaʻi. Its goal is to advance scientific research, public education and plant conservation.

History & Culture

Geologically, Kauaʻi is the oldest of the six main Hawaiian islands. Kauaʻi's distant past is filled with legends — the most well-known tells of the Menehune, a mythical group of small people talented in construction and engineering, who created Kauaʻi's aqueducts and fishponds, often in a single night.

Kauaʻi was introduced to the Western world by Captain James Cook after he landed in Waimea Bay in 1778. During this era of Western discovery, King Kamehameha I was attempting to unify all the Hawaiian Islands under his rule. Kauaʻi and Niʻihau

(a small, neighboring island) were the only islands to deter his efforts. Later, Kauaʻi's reigning king, King Kaumualiʻi, united peacefully with King Kamehameha I in 1810.

Today, Kauaʻi's fertile soil provides excellent conditions for *kalo* (taro) cultivation. When pounded, the plant's edible roots create *poi*, a staple in the diet of the native population. You can find verdant fields of green, heart-shaped *kalo* leaves in plantations scattered across the island.

Activities

AERIAL TOURS

See lush valleys and towering waterfalls.

AGRICULTURAL TOURS

Visit taro farms, coffee plantations and chocolate farms.

ATV TOURS

See the backcountry with easy-to-use All-Terrain Vehicles.

BOAT TOURS

Ocean and river, power or sail.

CULTURAL AND/OR CRAFT EXHIBITS

Enjoy local art.

ECO ADVENTURES

Sail, hike and bike.

ENTERTAINMENT

See Polynesian shows, concerts, plays and cultural events.

FISHING

Deep-sea or freshwater bass.

FOOD TOURS

Get a taste of the different flavors Kauaʻi has to offer while supporting local.

FARMERS MARKETS

Explore different local produce and goods.

GARDEN TOURS

Walk through a variety of botanical and sculpture gardens.

MINI GOLF

Putt along 18 holes in a beautiful natural setting.

GOLF/TENNIS

Major resort areas offer lessons and clinics.

HORSEBACK RIDING

Trail rides along coastal paths and vistas.

LAND TOURS

Enjoy land tours that take you through Kauaʻi's backcountry.

MOUNTAIN TUBING ADVENTURES

Ride through tunnels and flumes in an experience unique to Kauaʻi.

MUSEUM TOURS

Learn about the unique history and culture.

PHOTO & MOVIE TOURS

See the island in a comfortable vehicle while learning about movies or photography.

PLANTATION TOURS

Tour one of Kauaʻi's historical plantations.

SPAS & FITNESS CENTERS

Located islandwide in major resorts and select locations.

SPECTATOR SPORTS

These include the Kauaʻi Marathon, outrigger canoe races and rodeos.

WATER SPORTS

Enjoy snorkeling, scuba, water skiing, surfing, windsurfing, standup paddleboarding (SUP), boogie boarding and kayaking.

ZIPLINE TOURS

Soar above trees and across valleys.



Po'ipū Beach



Waipo'o Falls



Kayaking Wailua River



NTBG's Allerton Garden

Regions & Resort Areas of Kauaʻi

1 NORTH SHORE

Following a scenic 45-minute drive from Lihue Airport, you will come upon Princeville and Hanalei. This idyllic setting is highlighted by majestic mountains, wide-open pasturelands, quaint communities and the beautiful Hanalei Bay.

2 EAST SIDE

The Royal Coconut Coast runs 10 miles along this side and was once the favored area of Hawaiian royalty. Today, it is home to one of the largest variety of accommodations, shops and historical sites on the island.

3 LĪHU'E

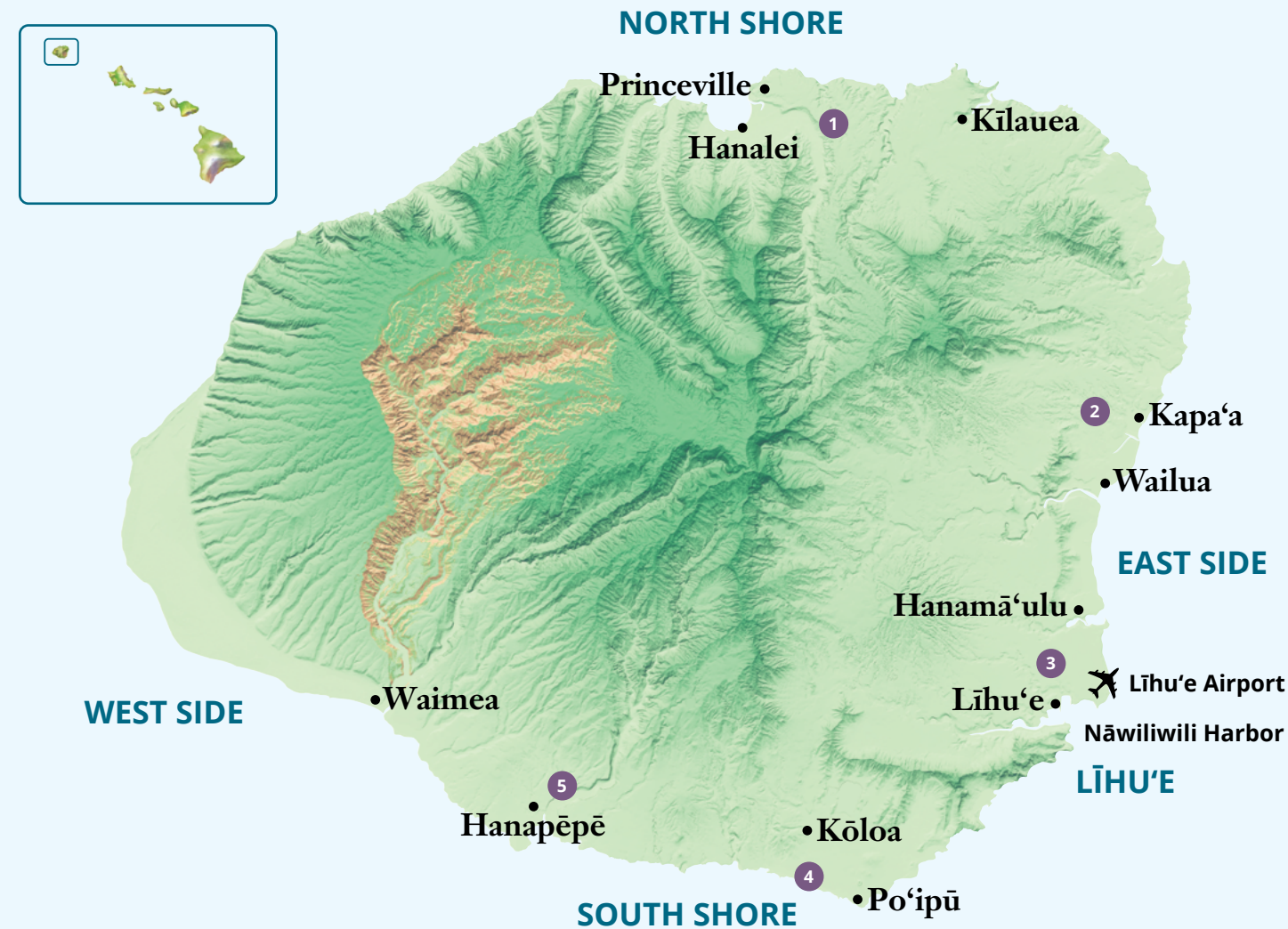
Kauaʻi's gateway city overlooks the island's major seaport, Nāwiliwili Harbor. It is also home to Wailua Falls and is close to museums, shopping centers, Kalapakī Beach and Lihue Airport.

4 SOUTH SHORE

Po'ipū Beach boasts some of the most spectacular snorkeling and other watersport sites on Kauaʻi. Old Kōloa Town offers a glimpse of the island's sugar plantation history and is filled with eclectic shops.

5 WEST SIDE

This side is home to old-fashioned plantation-style towns that used to dominate the island. Waimea and Hanapēpē are charming towns with an affinity for art. You will also find Waimea Canyon, Kalalau Valley and the stunning Nāpali Coast.



ACCOMMODATIONS

These range from luxurious resort hotels to spacious condominiums, cozy cottages, bed and breakfasts and vacation rentals. Prices and locations are equally varied, with most properties located along the coastline.

The major resorts offer on-site restaurants and shops, as well as pool and beach facilities, tennis courts, golf courses and often a spa or fitness center.

Several of the condominium complexes provide hotel-quality services, such as on-site restaurants, housekeeping, guest activities and entertainment.