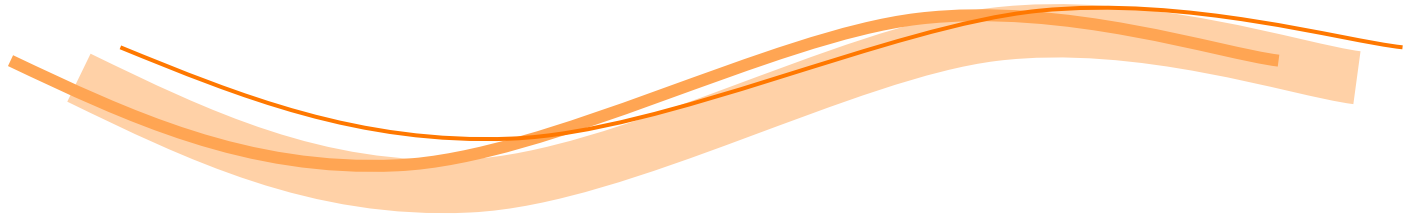




HAWAI'I





HAWAII	
Location	The Hawaiian archipelago is located 3,200 km southwest of the contiguous United States. Hawaii is the southernmost U.S. state and the second westernmost after Alaska. Hawaii, along with Alaska, does not border any other U.S. state. It is the only U.S. state that is not geographically located in North America, the only state completely surrounded by water and that is entirely an archipelago.
Geography	The state encompasses nearly the entire volcanic Hawaiian archipelago, which comprises hundreds of islands spread over 2,400 km. At the southeastern end of the archipelago, the eight main islands are—in order from northwest to southeast: Niʻihau, Kauaʻi, Oʻahu, Molokaʻi, Lānaʻi, Kahoʻolawe, Maui, and the Island of Hawaiʻi. The last is the largest island in the group; it is often called the "Big Island" or "Hawaiʻi Island" to avoid confusion with the state or archipelago. In addition to the eight main islands, the state has many smaller islands and islets. Kaʻula is a small island near Niʻihau. The Northwest Hawaiian Islands is a group of nine small, older islands to the northwest of Kauaʻi that extend from Nihoa to Kure Atoll; these are remnants of once much larger volcanic mountains. Across the archipelago are around 130 small rocks and islets, such as Molokini, which are either volcanic, marine sedimentary or erosional in origin. Hawaii's tallest mountain Mauna Kea is 13,796 ft (4,205 m) above mean sea level; it is taller than Mount Everest if measured from the base of the mountain, which lies on the floor of the Pacific Ocean and rises about 33,500 feet (10,200 m)
Name	Hawaii derives its name from the name of its largest island, Hawaiʻi. A common Hawaiian explanation of the name of Hawaiʻi is that was named for Hawaiʻiloa, a legendary figure from Hawaiian myth, who is said to have discovered the islands when they were first settled.
Population	The populations of the six main islands are: Oahu: 953,000 Hawaii: 185,000 Maui: 144,000 Kauai: 67,000 Molokai: 7,400 Lanai: 3,100
Language	English and Hawaiian
Currency	US Dollar. Currently \$1 Canadian = 79 cents US as at October 2017.
Tipping	Tipping is expected: 15% where appropriate
Government	Democracy
Documentation	Canadians need a Passport to fly to Hawaii, but no visa.
Time zone	Hawaii is five hours behind Eastern Standard Time in Toronto and Montreal and six hours behind during Daylight Saving Time, March

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	through November.
Health	Fine medical facilities - but take travel insurance as medical treatment in the US can be very expensive.
Safety tips	Normal caution whilst travelling. Hawaii is one of the safest of the US states by all the numbers.

CLIMATE	
General climate	<p>Hawaii's climate is typical for the tropics, although temperatures and humidity tend to be less extreme because of near-constant trade winds from the east. Summer highs usually reach around 31 °C during the day, with the temperature reaching a low of 24 °C at night. Winter day temperatures are usually around 28 °C; at low elevation they seldom dip below 18 °C at night. Snow, not usually associated with the tropics, falls at 13,800 feet (4,200 m) on Mauna Kea and Mauna Loa on Hawaii Island in some winter months. Snow rarely falls on Haleakalā. Mount Wai'ale'ale on Kaua'i has the second-highest average annual rainfall on Earth, about 460 inches (12,000 mm) per year.</p> <p>Climates vary considerably on each island; they can be divided into windward and leeward (ko'olau and kona, respectively) areas based upon location relative to the higher mountains. Windward sides face cloud cover.</p>
Today's weather	Today in Honolulu (18 Oct 2017) it is 31 C and sunny.
Best time to visit	Most of Hawaii experiences only two seasons; the dry season runs from May to October and the wet season is from October to April.

GETTING AROUND	
Getting There	Air Canada fly direct from Toronto to Honolulu in the winter months. Both Air Canada and WestJet fly to Hawaii from Western Canada with easy connections from Montreal and Toronto.
Getting Around	Honolulu International Airport, which shares runways with the adjacent Hickam Field, is the major commercial aviation hub of Hawaii. The commercial aviation airport offers intercontinental service to North America, Asia, Australia and Oceania. Hawaiian Airlines, Mokulele Airlines and go! use jets to provide services between the large airports in Honolulu, Līhu'e, Kahului, Kona and Hilo. Island Air and Pacific Wings serve smaller airports. These airlines also provide air freight services between the islands. On May 30, 2017, the airport was officially renamed as the Daniel K. Inouye International Airport, after U.S. Senator Daniel K. Inouye.
Hawaii	The island of Hawai'i is the youngest and largest island in the Hawaiian chain. Nearly twice as big as all of the other Hawaiian Islands combined (hence, its nickname, "Big Island"), its sheer size is awe-inspiring. You can travel through all but four of the world's different climate zones

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



there, ranging from Wet Tropical to Polar Tundra, a result of the shielding effect and elevations of the massive volcanoes Maunakea and Maunaloa. From the molten magma flowing at Hawai'i Volcanoes National Park to the snow-capped heights of Maunakea; from the lush valleys of the Hamakua Coast to the jet-black sands of Punaluu Beach, the island of Hawai'i is an unrivaled expression of the power of nature.

Hamakua Coast: If you're driving along the Hamakua Coast be sure to stop to explore some of its hidden gems, including taro farms, black sand beaches, splendid waterfalls and more.

Hilo: The perfect place to explore local shops, a famous farmers market, beautiful beaches and dramatic waterfalls. Located just north of Hilo on the northeastern side of the island of Hawai'i, the Hamakua Coast is one of the most beautiful stretches of scenery on the island. With nearly 84 inches of rainfall a year, the region boasts lush tropical rainforests, stunning waterfalls and tranquil green valleys.

During most of the 19th and 20th centuries, the Hamakua Coast was covered with sugar cane. Today, communities can still be found where small farmers grow kalo (taro), hearts of palm, vegetables and tropical fruit. Small towns like Honokaa also feature specialty shops and boutiques with their own local flavor.

For a memorable drive, take the Hamakua Heritage Corridor from Hilo to Waipio Valley Lookout. As you drive along the scenic coast, you'll see deep water-carved gulches, thick with tropical foliage. Stop and tour gardens full of exotic plants, including the Hawai'i Tropical Botanical Garden and World Botanical Gardens with its triple-tiered Umauma Falls.

Puna: See dramatic features such as lava trees and molds at Lava Trees State Park and swim in volcanically heated tide pools.

Kau: See an active volcano at Hawai'i Volcanoes National park and learn how the Hawaiian Islands were formed. Experience some of nature's most awe-inspiring wonders at Hawai'i Volcanoes National Park. It is a chance to witness the primal process of creation and destruction makes it one of the most popular visitor attractions in Hawai'i and a sacred place. Hawai'i Volcanoes National Park encompasses 333,000 acres from the summit of Maunaloa to the sea. Discover 150 miles of hiking trails through volcanic craters, scalded deserts and rainforests, as well as a museum, petroglyphs, a walk-in lava tube and two active volcanoes: Maunaloa, which last erupted in

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



1984 and Kilauea which has been erupting since January 3, 1983. Kilauea is one of the most active volcanoes on earth. The Volcano goddess Pele.

Because of constant volcanic activity, you'll find white sands and black sands on the island of Hawai'i. Located on the southeastern Kau coast, Punaluu Black Sand Beach is one of the most famous black sand beaches in Hawai'i.

Located between the towns of Pahala and Naalehu in Kau, Punaluu Black Sand Beach's jet black shores are an unforgettable sight. Coconut palms fringe the upper edge of sand and you may also discover large honu, (Hawaiian Green Sea Turtles), basking on the beach.

Kona: Bright blue water, abundant resorts, coffee tastings, and unique historical and cultural landmarks — your options are plentiful. The sunny Kona District stretches almost two-thirds of the entire West side of the island of Hawai'i—from just south of Anaehoomalu Bay (Waikoloa Beach Resort) to Manuka Park (Kau). Along this expansive area, you'll find everything from coffee farms to historic Hawaiian landmarks.

Other significant historic places include Kealahou Bay to the south, where Captain James Cook first set foot on the island in 1778 and where he was eventually killed. South of Kealahou Bay is Puuhonua o Honaunau National Historical Park, a well-restored Hawaiian "place of refuge." North of Kailua-Kona is the Kaloko-Honokohau National Historic Park, a 1160-acre park that lets you explore early heiau (temples), fishponds and petroglyphs.

Kohala: The island of Hawai'i is often called the "Golf Capital of Hawai'i" because of the renowned courses found along the Kohala Coast. Nestled amongst the jet-black and rust-red lava rock fields, a result of eruptions from the island's volcanoes centuries ago, are green oases full of world-class accommodations, fine dining and some of Hawai'i's best golf courses. The sun-drenched Kohala Coast sees an annual average rainfall of only nine inches, so soak in the sun and relax at Hapuna Beach State Park, one of the island of Hawai'i's largest white sand beaches, indulge at local restaurants or recharge at a local spa.

Volcanoes National Park, Sea kayaking, Whale Watching, Snorkeling and Diving, Swimming with Manta rays, Atlantis Submarine, Drive around the island – one of national Geographic's Ultimate Road Trips, 13 Golf Courses, Romance – glowing volcano lava and stars at night.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Art galleries, Farmers markets, Hawai'i Yoga Festival and Kona Coffee Festival.</p>
<p>Maui</p>	<p>Maui, known also as “The Valley Isle,” is the second largest Hawaiian island. The island beloved for its world-famous beaches, the sacred Iao Valley, views of migrating humpback whales (during winter months), farm-to-table cuisine and the magnificent sunrise and sunset from Haleakala. It’s not surprising Maui has been voted "Best Island in the U.S." by Condé Nast Traveler readers for more than 20 years.</p> <p>With 120 miles of coastline, Maui boasts over 30 miles of beautiful beaches. On these world famous shores you’ll find white, black and red sand beaches, renowned surfing and windsurfing spots as well as some of the best beaches in the world to simply swim, snorkel and sunbathe. Many are easily accessible beach parks with lifeguards, picnic facilities and restrooms. Others are undeveloped, "secret spots" found off the beaten path. Discover Maui’s world-famous beaches below.</p> <p>The waters surrounding Maui are the stage for some of the best whale watching in the world. Each winter (December through May), thousands of kohola (humpback whales) travel to Hawai'i from colder waters to breed, calve and nurse their young. The whales are drawn to the area’s shallow waters, especially the Auau Channel between Maui, Molokai and Lanai, making Maui an ideal jumping-off spot for your whale-watching voyage.</p> <p>Central Maui: Kahului is home to the island’s main airport and interesting attractions. Head to Wailuku for mom-and-pop shops and eateries along the way to the Iao Valley State Park. The top attraction in Central Maui is peaceful Iao Valley State Park, with fog-shrouded forests, lush valleys and burbling streams. Take an easy hike on a paved trail to view one of Maui’s most iconic landmarks, the 1,200-foot Iao Needle.</p> <p>East Maui: Visitors who brave the Hana Highway’s signature hairpin turns and narrow bridges are rewarded with out-of-this-world views of lush rainforests, gorgeous waterfalls and exotic beaches. When your mind imagines Maui, it probably looks a lot like the island’s epic east side: cascading waterfall pools hidden in lush rainforests, roadside pineapple stands, hairpin turns around plunging sea cliffs. It’s all here, along the legendary Road to Hana—one big reason why East Maui is a must-see on any traveler’s list.</p> <p>South Maui: Escape to the tropical beaches of Kihei, Makena and Wailea; relax and unwind at a world-class resort or tee off at one of the 13 world-renowned golf courses. You’ll find the sunniest, driest area of</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Maui on the peaceful southwestern coast. Maui's southwestern shores are home to many extraordinary beaches, including Makena Beach, also known as "Big Beach" and considered one of the island's best. This is one of the largest beaches on Maui, with 1.5 miles of golden sand stretching as wide as 100 feet in places. Visitors can swim or snorkel in the pristine water.</p> <p>West Maui: One of Maui's most famous stretches of coastline, Kaanapali Beach offers three miles of paradise where ocean adventures and total relaxation await. The sunny northwest coast of Maui was once a retreat for Hawaiian royalty and the capitol of the Hawaiian Kingdom. Today, West Maui is home to spectacular resorts, shopping, restaurants, a wealth of activities and some of the most amazing sunsets in the world. The Honoapiilani Highway takes you from one sun-kissed resort to the next, each with its own personality.</p> <p>Upcountry Maui: Watch the sunrise from the peak of Haleakala, see ancient Hawai'i's desert landscapes and discover unique, locally grown food. Towering over the island of Maui and visible from just about any point, Haleakala Crater is a force of nature in every sense. At 10,023 feet above sea level, this dormant volcano is the stage for a breathtaking range of landscapes—and skylscapes. Haleakala means "house of the sun" in Hawaiian, and legend goes that the demigod Maui lassoed the sun from its journey across the sky as he stood on the volcano's summit, slowing its descent to make the day last longer.</p> <p>Spanning more than 30,000 acres of public land, the stunning landscapes range from Mars-like red deserts and rock gardens near the summit to lush waterfalls and streams in the park's coastal Kipahulu section, near Hana and the beautiful Pools of Oheo. On the lower slopes of Haleakala are the famous Pools of Oheo in Oheo Gulch. Here you'll discover beautifully tiered pools leading to the sea fed by waterfalls. Weather permitting, you can take a dip in the tranquil waters, fed by streams starting 2 miles inland.</p> <p>Glass bottomed boats, sea kayaking, snorkeling and scuba, Atlantis submarine, Molokini crater, hike, bike, zipline, 12 golf courses, Made in Maui County Festival in November www.madeinmauicountyfestival.com (arts and crafts, jewelry, fashions, gifts, food trucks)</p>
Oahu	<p>Sometimes called "The Gathering Place," Oahu certainly lives up to its name. The third largest Hawaiian island is home to the majority of Hawai'i's diverse population, a fusion of East and West cultures rooted in the values and traditions of the Native Hawaiian people. It's this fundamental contrast between the ancient and the modern that makes</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



discovering Oahu — from bustling city life to laidback surf towns — so enjoyable. You'll find plenty of different options for exploring Oahu's different regions, the island's many activities, its eclectic restaurants and accommodations.

Honolulu: The state capital and largest city in Hawai'i, Honolulu is a unique combination of tropical glamour and buzzing international metropolis, where sandy shores meet city streets. If Oahu is the heart of Hawai'i, then Honolulu is its racing pulse. In this cosmopolitan capital city, you'll find everything from historic landmarks to fine dining to world-class shopping. Home to the majority of Oahu's population, Honolulu stretches across the southeastern shores of the island, from Pearl Harbor to Makapuu Point, encompassing world-famous Waikiki Beach along the way.

Located on the south shore of Honolulu, the world-famous neighborhood of Waikiki was once a playground for Hawaiian royalty. Known in Hawaiian as "spouting waters," Waikiki was introduced to the world when its first hotel, the Moana Surfrider, was built on its shores in 1901. Today, Waikiki is Oahu's main hotel and resort area and a vibrant gathering place for visitors from around the world. Along the main strip of Kalakaua Avenue you'll find world-class shopping, dining, entertainment, activities and resorts.

Central Oahu: Gain a unique perspective on World War II with a visit to Pearl Harbor, or explore the island's agricultural traditions at the Dole pineapple plantation. The most important landmark in Central Oahu sits to the south in historic Pearl Harbor, the largest natural harbor in Hawai'i. This active naval base is home to five Pearl Harbor Historic Sites that you can visit: The Pacific Historic Parks, the USS Battleship Missouri Memorial, the USS Bowfin Submarine Museum & Park, the Pacific Aviation Museum and the USS Oklahoma Memorial. These special monuments commemorate the historic events that changed the course of history during World War II.

Leeward Coast: This area on Oahu's west side is home to rural towns, off-the-beaten-path beaches and one luxurious resort area, Ko Olina. If you plan to stay on the Leeward Coast, you'll have two major resorts to choose from in the beautiful Ko Olina resort area. Home to the luxurious Four Seasons Oahu and Aulani, A Disney Resort & Spa, this 43-acre marina offers stretches of postcard-worthy shoreline with ample opportunities for water sports and championship golf. Other fun and family-friendly attractions in the area include the Paradise Cove Luau and the Wet n' Wild Hawai'i water park. Local beaches include Makaha

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Beach, one of the first spots where surfers began big wave surfing, and Yokohama Bay.</p> <p>North Shore: Rub shoulders with champion surfers and laid-back locals on Oahu's North Shore, the big wave surfing capital of the world. If the perfect wave exists, you'll find it on Oahu's North Shore. The towering, glassy winter waves of this legendary surf mecca draw the best surfers in the world, while smaller and gentler summer waves are better for beginners. Stretching for more than 7 miles, the beaches of the North Shore host the world's premier surfing competitions during the peak winter months, including the biggest of them all, the Vans Triple Crown of Surfing (November - December).</p> <p>Windward Coast: It's only a short drive from Honolulu to enjoy the highlights of Oahu's lush Windward Coast, including the peaceful Byodo-in Temple and adventurous Kualoa Ranch. As you drive over the sloping Pali Highway, skyscrapers and the sprawling city of Honolulu give way to lush valleys and country landscapes. A trip to the Windward Coast reveals a slower-paced side of Oahu, and some of the most stunning natural beauty anywhere in Hawai'i. A day exploring the Windward Coast as it winds lazily around the island toward the North Shore, offers interesting stops along the way, like the serene Valley of the Temples, which is home to a stunning Japanese Buddhist temple.</p> <p>16+ golf courses. Fishing for Blue Marlin, 'abi, Wahoo. Scenic flights, Surfing. Atlantis Submarine Waikiki. Shopping – local crafts to international brands. Dining – food trucks including world famous "Shrimp trucks" with Kahuku shrimp or "Shave Ice" snow cones. "Malasadas" – Portuguese deep fried pastries. Hawai'i food and wine festival in November. www.HawaiiFoodandWineFestival.com</p>
<p>Kauai</p>	<p>The oldest and northernmost island in the Hawaiian chain is draped in emerald valleys, sharp mountain spires and jagged cliffs aged by time and the elements. It is the fourth largest island and is sometimes called the "Garden Island" Centuries of growth have formed tropical rainforests, forking rivers and cascading waterfalls. Some parts of Kauai are only accessible by sea or air, revealing views beyond your imagination. More than just dramatic beauty, the island is home to a variety of outdoor activities. You can kayak the Wailua River, snorkel on Poipu Beach, hike the trails of Kokee State Park, or go ziplining above Kauai's lush valleys. But, it is the island's laid-back atmosphere and rich culture found in its small towns that make it truly timeless. Make your escape to Kauai and discover the undeniable allure of the island.</p> <p>7 distinct microclimates from the desert-like West Side to the tropical</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



rain forest interior. Kaua'i's light trade winds blow away the humidity.

North Shore: Home to dramatic natural beauty like the cliffs of the Napali Coast, this area is an outdoor lovers paradise.

East Side (Coconut Coast): Kauai's East Side is sometimes called the Coconut Coast for the groves of coconut palms that grow there.

Lihue: The island's government and commercial center is surrounded by natural wonders like Wailua Falls.

South Shore: You'll find sites with cultural, historical, and geological significance alongside beautiful beaches.

West Side: Discover the charming, art-filled Hanapepe Town, the scenic vistas of Kokee State Park, and much more.

Safari Helicopters. Snorkeling. Scuba Diving. Golf. Weddings, honeymoons, vow renewal, romance. Spas, gardens, sunsets, Lu'au, Slack Key Guitar Festival www.slackkeyfestival.com in November.

While Kauai is famous for its dramatic cliffs, canyons and rainforests, it's also home to some of Hawai'i's most picturesque beaches. The island is surrounded by 50 miles of shimmering white-sand coast where you can enjoy jaw-droppingly beautiful unspoiled views and a low-key atmosphere away from the crowds. Find activities for both daring and more relaxed travelers, from surfing Hanalei Bay's waves in the North Shore to spotting whales and sea turtles at Poipu Beach Park in the south.

Poipu Beach Park is one of Kauai's most popular beaches, with its crystal-clear waters and occasional Hawaiian monk seal appearances. Poipu also has a natural wading pool for young swimmers. Lifeguards, picnic facilities, showers and pavilions make this South Shore beach a great day trip for families.

Spread over 4,345 acres on a plateau 3,200 to 4,200 feet above sea level, Kokee State Park is covered in forest, wild flowers and hiking trails making it an excellent spot to see native plants and colorful endemic Hawaiian forest birds like the apapane, iwi and moa. The park also offers roughly 45 miles of the state's finest hiking trails. Some trails lead to views of Waimea Canyon, others wind through wet forests with sweeping views of valleys opening up to the North Shore.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Kauai is home to the only navigable rivers in Hawai'i, so kayaking is an integral part of a unique Kauai vacation. Relax and take in the exquisite scenery as you paddle down the Wailua River. This popular river for kayaking weaves by lush, jungle landscapes along with island's East Side.</p>
<p>Lana'i</p>	<p>The smallest inhabited island in Hawaii, Lana'i offers big enticements to its visitors. Only 15kms from Maui yet a world away, Lana'i can feel like two places. The first is found in luxurious resorts where visitors can indulge in world-class amenities and championship-level golf. The other is found bouncing along the island's rugged back roads in a 4-wheel-drive vehicle to explore off-the-beaten-path treasures. You're sure to find serenity, adventure and privacy on Lana'i.</p> <p>Central Lana'i Hike among native ohia lehua trees or go on a horseback riding adventure amongst lush valleys and ironwood forests, plus see heritage sites and more on guided UTV tours. Wide open plains dotted with Cook pine trees give Central Lana'i a more rustic feel than the other Hawaiian Islands. The higher elevations of Central Lana'i also make for cooler temperatures similar to Upcountry Maui.</p> <p>North Lana'i Stunning beaches and rugged nature preserves offer the perfect mix of relaxation and adventure on the north side of the island. Only 30 miles of road in Lana'i are paved, leaving 400 miles of dirt road to explore by 4-wheel drive, much of which is in North Lana'i.</p> <p>South Lana'i You won't want to miss visiting the spectacular Hulopoe Bay for snorkeling and sunbathing, or a picnic overlooking Puu Pehe (Sweetheart Rock). Sunny South Lana'i is where you'll find a mix of luxury and tranquility. Here you'll find Hulopoe Bay and Manele Bay, a beautiful marine life conservation area where spinner dolphins can frequently be spotted soaring from the sea.</p>
<p>Molokai</p>	<p>Hawaii's fifth largest island, Moloka'i is only 70 kms long and 17 kms across at its widest point and is home to the highest sea cliffs in the world and the longest continuous fringing reef. Moloka'i remains true to its island roots, with a high percentage of its population being of Native Hawaiian ancestry who continue to preserve their rural lifestyle thanks to their love of the land.</p> <p>Central Moloka'i Take a journey along 2,000-foot sea cliffs amid dazzling seascapes to visit one of the most remote settlements in The Hawaiian Islands.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>West Moloka'i Escape to west Moloka'i for a quiet retreat. Relax on some of the state's largest and least crowded beaches, including the sweeping white sand expanse of Papohaku Beach and peaceful Kapukahehu Beach (also known as Dixie Maru Beach), a perfect spot to snorkel or gaze at a romantic Moloka'i sunset. Enjoy unique shopping and museums in the charming town of Manaloa.</p> <p>East Moloka'i Undiscovered country and natural wonders abound on Molokai's East End. Take a drive along Kamehameha V Highway, where Kamakou, Molokai's highest mountain, is on your left and Hawaii's longest continuous fringing reef is on your right. Take a guided tour through the magnificent tropical paradise of Kamakou Preserve whose breathtaking, natural beauty will renew you.</p>
Distances	The entire volcanic Hawaiian archipelago, which comprises hundreds of islands, is spread over 2,400 kms
Ferries	<p>Currently there are passenger ferry services in Maui County between Moloka'i and Maui, and between Lana'i and Maui, though neither of these take vehicles. The Expeditions ferry service from Maui to Lanai takes just 45 minutes.</p> <p>One week cruises are available with the Norwegian Cruise Line's Pride of America and are a good way of seeing multiple Hawaiian islands in a relaxed fashion.</p>
Trains	<p>At one time Hawaii had a network of railroads on each of the larger islands that transported farm commodities and passengers. Most were 3 ft (914 mm) narrow gauge systems but there were some 2 ft 6 in (762 mm) gauge on some of the smaller islands. The standard gauge in the U.S. is 4 ft 8 1/2 in (1,435 mm). By far the largest railroad was the Oahu Railway and Land Company (OR&L) that ran lines from Honolulu across the western and northern part of Oahu.</p> <p>The OR&L was important for moving troops and goods during World War II. The main line was officially abandoned in 1947, although part of it was bought by the U.S. Navy and operated until 1970. 21 km of track remain; preservationists occasionally run trains over a portion of this line. The Honolulu High-Capacity Transit Corridor Project aims to add elevated passenger rail on Oahu to relieve highway congestion.</p>
Car Rental	<p>All the international car rental companies are available on the islands and a rental car is a fine way of touring the sights.</p> <p>Some accommodation packages offer free and included car rental.</p>
Buses	Bus service is available on all the islands and is a fine way to meet the friendly locals.

ACCOMMODATION	There are accommodations of all types on the main islands ranging
----------------------	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



TYPES	from the simple and modest to the top end of luxury. Hawaii is not the destination for all-inclusive resorts – instead, visitors are encouraged to eat locally and experience the Hawaiian culture extensively.
--------------	---

LIFESTYLE GROUPS Kids	<p>This destination is ideal for children. From snorkeling and sandcastle building on sun-soaked beaches to exploring aquariums and fishponds, there's seemingly endless ways to connect with the family in the Hawaiian Islands. Here's a look at some of the sights and activities that await you and your family on each island:</p> <p>Kauai Learn about Kauai's fascinating natural environment at the Kokee Natural History Museum in Kokee State Park. Let the little ones snorkel in the shallow tide pools at Poipu Beach on the South Shore. Catch the hula show at the Smith Family Garden Luau, or head to Lydgate State Park to climb on the wooden play structure. Don't forget a ride on the Kauai Plantation Railway in the Kilohana Estate, an excursion bound to bring a smile to your child's face.</p> <p>Oahu Explore the inside of a real submarine at Pearl Harbor and pet a dolphin at Sea Life Park. Ogle the fish at the Waikiki Aquarium or get a bird's-eye view of a giraffe at the Honolulu Zoo. Explore Hawaiian artifacts in the Bishop Museum or get lost together in the 1.7-mile garden maze at the Dole Plantation. Play authentic Hawaiian games and experience a luau feast at Polynesian Cultural Center.</p> <p>Maui Walk through a tunnel surrounded by a 750,000-gallon water tank as manta rays and sharks swim overhead at Maui Ocean Center. Turn your 7-to-12-year-olds into Junior Rangers at the Haleakala Visitor Center, or get them involved in hands-on exhibits at the Hawaii Nature Center in Wailuku. If you're staying in a hotel or resort, take advantage of keiki (children's) programs that includes everything from lei making to hula lessons.</p> <p>Molokai Spend the afternoon at Big Wind Kite Factory in Maunaloa, where little ones can be their own flight captains and pilot their ships on the trade winds. Soak up the sun on Papohaku Beach, one of Hawaii's largest white-sand beaches; tour a macademia nut farm or send a real coconut from Central Molokai's Hoolehua Post Office.</p>
--	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Island of Hawaii Pose for a lovely family photo set against the Japanese bridges in Liliuokalani Gardens. See them discover ancient petroglyphs carved into the rocks at sites along the Kohala Coast, or take a closer look at the underwater world with a snorkeling trip on the Kona Coast. Let them explore the planetarium and interactive exhibits at the Imliloa Astronomy Center of Hawaii and lava fields at Hawaii Volcanoes National Park together.</p> <p>Lanai Spend the days lazily exploring the island's rustic backroads and serene beaches. Have a picnic in Dole Park in the middle of Lanai City. Go for a horseback ride to get a unique perspective of Lanai's vast terrain. Build a sandcastle and explore the tide pools of Hulopoe Bay. Or simply splash in the pool and take part in the many activities at Lanai's fine resorts.</p>
<p>Romance</p>	<p>The Hawaiian Islands are without doubt one of the most romantic destinations on the planet. They are a perfect honeymoon destination and many accommodations have both wedding and honeymoon programs. For the ultimate romantic moment on The Big Island, try the new Maunakea Sunrise Experience: watch the sun rise from the 9,200 foot elevation Maunakea Visitor Information Station, followed by Hawaiian breakfast and a guided excursion of the Maunakea silversword plant enclosure.</p>
<p>Zoomers</p>	<p>Zoomers will love the cultural aspects of this friendly destination. Everything about the place is perfect for easy-paced, leisurely tours and experiences. There are splendid resorts, marvelous restaurants and plenty of organized opportunities to see the sights. And for the more active Zoomers: the soft adventure opportunities are endless!</p>
<p>UNIQUES</p>	<p>The highest sea cliffs in the world are in Kalaupapa Historical Park on Moloka'i Island – they are 1,700 feet high rising sheer from the Pacific Ocean.</p>
<p>Surprising</p>	<p>Some 50 kms west of Hilo on The Big Island, Hawaii Volcanoes National Park is the home of Kilauea Volcano, one of the most active on the planet. It's one of the very few places where you stand a good chance of seeing a volcanic eruption...in safety!</p>
<p>History</p>	<p>Hawaii is one of four U.S. states—apart from the original thirteen, along with the Vermont Republic (1791), the Republic of Texas (1845), and the California Republic (1846)—that were independent nations prior to statehood. Along with Texas, Hawaii had formal, international diplomatic recognition as a nation. The Kingdom of Hawai'i was sovereign from 1810 until 1893 when the monarchy was overthrown by resident American and European capitalists and landholders. Hawaii</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



was an independent republic from 1894 until August 12, 1898, when it officially became a territory of the United States. Hawaii was admitted as a U.S. state on August 21, 1959.

First human settlement – Ancient Hawai'i (800–1778)

Based on archaeological evidence, the earliest habitation of the Hawaiian Islands dates to around 300 CE, probably by Polynesian settlers from the Marquesas Islands. A second wave of migration from Raiatea and Bora Bora took place in the 11th century. The date of the human discovery and habitation of the Hawaiian Islands is the subject of academic debate. Some archaeologists and historians think it was a later wave of immigrants from Tahiti around 1000 CE who introduced a new line of high chiefs, the kapu system, the practice of human sacrifice, and the building of heiau. This later immigration is detailed in Hawaiian mythology (mo'olelo) about Pa'ao. The history of the islands is marked by a slow, steady growth in population and the size of the chiefdoms, which grew to encompass whole islands. Local chiefs, called ali'i, ruled their settlements, and launched wars to extend their influence and defend their communities from predatory rivals. Ancient Hawaii was a caste-based society, much like that of Hindus in India.

European arrival

Drawing of single-masted sailboat with one spinnaker-shaped sail, carrying dozens of men, accompanied by at least four other canoes. Kalani'ōpu'u, King of Hawai'i, brings presents to Captain Cook. It is possible that Spanish explorers arrived in the Hawaiian Islands in the 16th century—200 years before Captain James Cook's first documented visit in 1778.

The 1778 arrival of British explorer James Cook was the first documented contact by a European explorer with Hawaii. Cook named the archipelago as the Sandwich Islands in honor of his sponsor John Montagu, 4th Earl of Sandwich. Cook published the islands' location and rendered the native name as Owyhee. This spelling lives on in Owyhee County, Idaho. It was named after three native Hawaiian members of a trapping party who went missing in that area. The Owyhee Mountains were also named for them.

Cook visited the Hawaiian Islands twice. As he prepared for departure after his second visit in 1779, a quarrel ensued as Cook took temple idols and fencing as "firewood", and a minor chief and his men took a ship's boat. Cook abducted the King of Hawai'i Island, Kalani'ōpu'u, and held him for ransom aboard his ship in order to gain return of Cook's boat. This tactic had worked in Tahiti and other islands Instead,

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Kalani'ōpu'u's supporters fought back, killing Cook and four marines as Cook's party retreated along the beach to their ship. They departed without the ship's boat.

After Cook's visit and the publication of several books relating his voyages, the Hawaiian islands attracted many European visitors: explorers, traders, and eventually whalers, who found the islands to be a convenient harbour and source of supplies. Early British influence can be seen in the design of the flag of Hawai'i, which bears the Union Jack in the top-left corner. These visitors introduced diseases to the once-isolated islands, causing the Hawaiian population to drop precipitously. Native Hawaiians had no resistance to Eurasian diseases, such as influenza, smallpox and measles. By 1820, disease, famine and wars between the chiefs killed more than half of the Native Hawaiian population. During the 1850s, measles killed a fifth of Hawaii's people.

Historical records indicated the earliest Chinese immigrants to Hawaii originated from Guangdong Province; a few sailors arrived in 1778 with Captain Cook's journey and more arrived in 1789 with an American trader, who settled in Hawaii in the late 18th century. It appears that leprosy was introduced by Chinese workers by 1830; as with the other new infectious diseases, it proved damaging to the Hawaiians.

Kingdom of Hawai'i

Kamehameha I conquered the Hawaiian Islands and established a unified monarchy across the archipelago.

During the 1780s and 1790s, chiefs often fought for power. After a series of battles that ended in 1795, all inhabited islands were subjugated under a single ruler, who became known as King Kamehameha the Great. He established the House of Kamehameha, a dynasty that ruled the kingdom until 1872.

After Kamehameha II inherited the throne in 1819, American Protestant missionaries to Hawaii converted many Hawaiians to Christianity. They used their influence to end many traditional practices of the people. During the reign of King Kamehameha III, Hawai'i turned into a Christian monarchy with the signing of the 1840 Constitution. Hiram Bingham I, a prominent Protestant missionary, was a trusted adviser to the monarchy during this period. Other missionaries and their descendants became active in commercial and political affairs, leading to conflicts between the monarchy and its restive American subjects. Catholic and Mormon missionaries were also active in the kingdom, but they converted a minority of the Native Hawaiian population. Missionaries from each major group administered to the leper colony at Kalaupapa on Moloka'i,

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



which was established in 1866 and operated well into the 20th century.

The death of the bachelor King Kamehameha V—who did not name an heir—resulted in the popular election of Lunalilo over Kalākaua. Lunalilo died the next year, also without naming an heir. In 1874, the election was contested within the legislature between Kalākaua and Emma, Queen Consort of Kamehameha IV. After riots broke out, the United States and Britain landed troops on the islands to restore order. King Kalākaua was chosen as monarch by the Legislative Assembly

1887 Constitution and overthrow preparations

In 1887, Kalākaua was forced to sign the 1887 Constitution of the Kingdom of Hawaii. Drafted by white businessmen and lawyers, the document stripped the king of much of his authority. It established a property qualification for voting that effectively disenfranchised most Hawaiians and immigrant laborers and favored the wealthier, white elite. Resident whites were allowed to vote but resident Asians were not. As the 1887 Constitution was signed under threat of violence, it is known as the Bayonet Constitution. King Kalākaua, reduced to a figurehead, reigned until his death in 1891. His sister, Queen Lili'uokalani, succeeded him; she was the last monarch of Hawai'i.

In 1893, Queen Lili'uokalani announced plans for a new constitution to proclaim herself an absolute monarch. On January 14, 1893, a group of mostly Euro-American business leaders and residents formed the Committee of Safety to stage a coup d'état against the kingdom and seek annexation by the United States. United States Government Minister John L. Stevens, responding to a request from the Committee of Safety, summoned a company of U.S. Marines. The Queen's soldiers did not resist.

Overthrow of 1893 – the Republic of Hawaii (1894–1898)

In January 1893, Queen Lili'uokalani was overthrown and replaced by a provisional government composed of members of the Committee of Safety. Lawyer Sanford B. Dole, a citizen of Hawaii, became President of the Republic when the Provisional Government of Hawaii ended on July 4, 1894. Controversy ensued in the following years as the Queen tried to regain her throne. The administration of President Grover Cleveland commissioned the Blount Report, which concluded that the removal of Lili'uokalani had been illegal. The U.S. government first demanded that Queen Lili'uokalani be reinstated, but the Provisional Government refused.

Congress conducted an independent investigation, and on February 26,

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



1894, submitted the Morgan Report, which found all parties, including Minister Stevens—with the exception of the Queen—"not guilty" and not responsible for the coup. Partisans on both sides of the debate questioned the accuracy and impartiality of both the Blount and Morgan reports over the events of 1893.

In 1993, the US Congress passed a joint Apology Resolution regarding the overthrow; it was signed by President Bill Clinton. The resolution did not apologize and did not say the overthrow was illegal. It "acknowledges that the overthrow of the Kingdom of Hawaii occurred with the active participation of agents and citizens of the United States and further acknowledges that the Native Hawaiian people never directly relinquished to the United States their claims to their inherent sovereignty as a people over their national lands, either through the Kingdom of Hawaii or through a plebiscite or referendum".

Annexation – the Territory of Hawaii (1898–1959)

After William McKinley won the 1896 U.S. presidential election, advocates pressed to annex the Republic of Hawaii. The previous president, Grover Cleveland, was a friend of Queen Lili'uokalani. McKinley was open to persuasion by U.S. expansionists and by annexationists from Hawai'i. He met with three annexationists: Lorrin A. Thurston, Francis March Hatch and William Ansel Kinney. After negotiations in June 1897, Secretary of State John Sherman agreed to a treaty of annexation with these representatives of the Republic of Hawaii. The U.S. Senate never ratified the treaty. Despite the opposition of most native Hawaiians, the Newlands Resolution was used to annex the Republic to the U.S.; it became the Territory of Hawaii.

In 1900, Hawaii was granted self-governance and retained 'Iolani Palace as the territorial capitol building. Despite several attempts to become a state, Hawaii remained a territory for sixty years. Plantation owners and capitalists, who maintained control through financial institutions such as the Big Five, found territorial status convenient because they remained able to import cheap, foreign labor. Such immigration and labor practices were prohibited in many states.

O'ahu was the target of a surprise attack on Pearl Harbor by Imperial Japan on December 7, 1941. The attack on Pearl Harbor and other military and naval installations, carried out by aircraft and by midget submarines, brought the United States into World War II.

Political changes of 1954 – the State of Hawaii (1959–present)

In the 1950s, the power of the plantation owners was broken by the

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>descendants of immigrant laborers, who were born in Hawaii and were U.S. citizens. They voted against the Hawaii Republican Party, strongly supported by plantation owners. The new majority voted for the Democratic Party of Hawaii, which dominated territorial and state politics for more than 40 years. Eager to gain full representation in Congress and the Electoral College, residents actively campaigned for statehood. In Washington there was talk that Hawaii would be a Republican Party stronghold so it was matched with the admission of Alaska, seen as a Democratic Party stronghold. These predictions turned out to be inaccurate; today, Hawaii votes Democratic predominately, and Alaska votes Republican.</p> <p>In March 1959, Congress passed the Hawaii Admission Act, which U.S. President Dwight D. Eisenhower signed into law. The act excluded Palmyra Atoll from statehood; it had been part of the Kingdom and Territory of Hawaii. On June 27, 1959, a referendum asked residents of Hawaii to vote on the statehood bill; 94.3% voted in favor of statehood and 5.7% opposed it.</p> <p>After attaining statehood, Hawaii quickly modernized through construction and a rapidly growing tourism economy. Later, state programs promoted Hawaiian culture. The Hawaii State Constitutional Convention of 1978 created institutions such as the Office of Hawaiian Affairs to promote indigenous language and culture.</p>
<p>Recommended Reading</p>	<p>My go-to guide book source is Lonely Planet. They have excellent guide books on each of the main Hawaiian islands: Oahu, Kauai, The Big Island and Maui.</p> <p>https://shop.lonelyplanet.com/north-america/</p>
<p>1000 Places to See Before You Die</p>	<p>Patricia Schultz' USA and Canada edition has many entries for Hawaii: here are my selections...</p> <ul style="list-style-type: none"> Hawaii Volcanoes National Park – volcanism writ large Hilo Farmers Market – a cornucopia of exotic food Merrie Monarch Hula Festival – the Olympics of island dance Pearl Harbor – in remembrance North Shore Surfing – big waves, big kahunas Polynesian Cultural Center – a one stop trip around the Pacific Waikiki Beach – the world's most famous city shoreline The Mauna Kea Summit – where the Hawaiian gods dwell Waipio Valley – birthplace of kings on the Big Island Kauai by helicopter – a birds eye view of the Garden Isle The Lanai Coast – from pineapples to posh hotels Hana Highway – Hawaii's most famous byway Humpback Whale National Marine Sanctuary The Friendly Island of Molokai – timeless Hawaii

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Must Sees	For me, the essence of Hawaii is the wonderful Polynesian culture of the Hawaiian people... Go to one of the many cultural events on the islands and enjoy the warmth and exuberance of the people.
------------------	---

SPORTS ACTIVITIES Golf	<p>With breathtaking scenery, one-of-a-kind signature holes and championship-calibre course designs, Hawaii attracts golfers of every level from around the world. Discover a variety of unforgettable courses throughout the islands—from greens lined with black volcanic rough to stunning seaside water hazards. And with more than 70 golf courses at your fingertips, it won't be difficult to find the perfect course for you.</p> <p>Island of Hawaii You'll find a superb array of resort and public courses on the island of Hawaii. Lush, cliffside fairways that slope through prehistoric lava fields make these courses both uniquely challenging and visually stunning. The world-renowned Kohala Coast resorts of Waikoloa, Mauna Lani and Mauna Kea feature courses that will linger in your memory long after the game.</p> <p>Oahu Hawaii's most populous island is home to many of the state's top-ranked and historic courses. Among them is Hawaii's first golf course, the semi-private Moanalua Golf Club built in 1898. There are also luxurious golf resorts that play host to the PGA, like Turtle Bay Resort on Oahu's famed North Shore; Ko Olina Golf Club, which curves along the Leeward Coast; and the Greg Norman-designed Royal Hawaiian Golf Club, located 20 minutes from Waikiki in a valley so lush it has been nicknamed "Jurassic Park."</p> <p>Maui Maui is beloved for its beauty, and so are its golf courses. Maui has two distinct areas where the bulk of accommodations and golf resorts are situated. West Maui, centered around the historic whaling village of Lahaina, offers 36 holes at both the Kaanapali Beach Resort and Kapalua Resort. South Maui is home to Wailea Golf Club, and you'll find four other courses between Wailuku and Pukalani.</p> <p>Kauai Unspoiled wilderness meets world-class golf on the Garden Isle. You'll find everything from independent daily-fee golf courses (like Kukuilono, Kiahuna and Puakea) to exquisite resort courses that have hosted the PGA Grand Slam of Golf. Three areas dominate the Kauai golf landscape: Princeville on the North Shore, which offers 45 holes at</p>
---	--

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>two locations; Kauai Lagoons near the Lihue Airport; and the 18-hole Poipu Bay Golf Course on Kauai's South Shore.</p> <p>Lanai On this intimate island, you'll find one of the best-ranked golf courses in the world. The 18-hole Manele Golf Course at Four Seasons Lanai is one of Jack Nicklaus's crowning masterpieces. With three holes built into seaside cliffs, this target-style course roams across natural lava outcroppings on Lanai's South Shore, delighting players with dazzling views of the Pacific Ocean.</p> <p>Molokai The golf on Molokai is as relaxed as you might expect it to be. At the lovely Ironwood Hills Golf Course, it's okay to just show up for a tee time. There are no golf pros—not even a clubhouse—just 3,088 yards of upcountry pasture with splendid views.</p>
Fishing	<p>Deep sea fishing is very popular here. Try Humdinger Sportfishing which offers fishing charters on The Big Island from just \$399US Call Captain Jeff Fay to book your charter (808) 800-2303 or visit the website at https://HumdingerSportfishing.com</p>
Horse riding	<p>All the islands offer horseback riding opportunities in spectacular scenery. Try Ho'omau Ranch: 89-1074 Old Mamalahoa Highway Captain Cook, HI 96704-9998 Local Phone: (808) 392-0621 Email: keala@hoomauranch.com</p>
Hiking	<p>Books have been written about all the hiking in Hawaii! There is so much to do on all the islands – here is a summary for just one of the islands:</p> <p>Hiking on Kauai</p> <p>Since 90% of Kauai is inaccessible by road, hiking is a great way to see the island's natural splendor first-hand. On the West Side, Waimea Canyon and Kokee State Park offer some of the best hiking trails on the island. Spread over 4,325 acres, Kokee State Park features trails leading to scenic lookouts (like the Awaawapuhi Trail) and hikes for the family (Cliff Canyon and Black Pipe Trail). Visit the Kokee Natural History Museum to plan your hike and to speak to knowledgeable staff members.</p> <p>There are numerous trails to explore but the most famous hike on Kauai is the challenging 11-mile Kalalau trail along the Napali Coast. Beginning at the end of the road at Kee Beach, most people hike in and stay at least one night before returning. Others limit their hike to the first two miles, which leads to Hanakapiai Beach. Either way, you'll be treated to amazing views of Kauai's North Shore. Permits are required</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>for camping and day hikes past Hanakapiai Valley in the park and may be obtained through the Hawaii State Parks Division.</p>
<p>Cycling</p>	<p>Perhaps one of the most spectacular bike rides anywhere in the world awaits visitors to Maui: Experience a Maui sunrise from the top of Mount Haleakala. Then bike down to sea level through the world's most spectacular scenery. Your journey begins with a panoramic sunrise view of Haleakala Crater, in the Haleakala National Park, a once in a lifetime experience. After sunrise, coast down from 6,500 feet to the historic town of Makawao (Paniolo Country), on paved roads with only 400 metres of peddling. You won't believe it, you won't forget it. Bike it Maui, 1009 Lower Kimo Drive, Kula, HI 96790 Toll Free: (866) 776-2453 Website: http://www.bikeitmaui.com/</p>
<p>Diving</p>	<p>Explore Hawaii's underwater world...</p> <p>On Molokai With over 2,000 kms of coral reef fringing the Hawaiian Islands, snorkeling and scuba diving are two of the island's most popular water activities. The South Shore of Molokai is home to Hawaii's longest barrier reef. These lush underwater gardens are teeming with green sea turtles, spotted eagle rays and a variety of tropical fish.</p> <p>On Oahu Don't let the name scare you away from Shark's Cove on the North Shore of Oahu—this rocky bay with clear, shallow waters is one of the top snorkeling and shore-diving locales in the world (and no, sharks aren't common here).</p> <p>On Kauai Lydgate Beach Park is protected by a rock barrier, making its calm waters perfect for keiki (kids).</p> <p>On Maui World-class snorkeling and diving can be found just off the shore of Maui at Molokini Crater, where crystal-clear waters support an exceptional diversity of marine life.</p> <p>On Lanai The tide pools near Hulopoe Bay are your best bet for snorkeling, while the lava caverns of Lanai Cathedrals are a spectacular destination for a boat dive.</p> <p>On the Island of Hawaii With more miles of coastline than any other Hawaiian Island, the island</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>of Hawaii is a haven for marine life. Locals and visitors alike flock to the gentle shores of Kealakekua Bay and Honaunau Bay on the Kona Coast.</p>
<p>Surfing</p>	<p>Surfing was born in Hawaii and is deeply intertwined with its history and culture. If you dream of riding the waves, there's no better place to learn how to surf and truly commune with the ocean. Learn about the origins of surfing in Hawaii and find out where you can watch the pros or take a surfing lesson on your visit.</p> <p>The History of Surfing The earliest written account of surfing, or hee nalu in Hawaiian, was by Lieutenant James King in 1779 just months after Captain Cook's death. He described Native Hawaiians riding a wood plank on the swells of Kealakekua Bay on the island of Hawaii. Even he could see how fun the sport was, writing, "... they seem to feel a great pleasure in the motion that this exercise gives."</p> <p>Surfing is believed to have originated long ago in ancient Polynesia, but later thrived in Hawaii. It was once a sport only reserved for alii (Hawaiian royalty), which is why surfing is often called the "sport of kings." King Kamehameha I himself was known for his surfing ability. With the end of the Hawaiian kapu (taboo) system in 1819, commoners were allowed to freely participate in the sport. However, when western missionaries arrived in the 1800s, they discouraged Hawaiian customs like hula and surfing.</p> <p>In the late 1800s, the "Merrie Monarch" King Kalakaua, one of the last reigning monarchs of the Hawaiian Kingdom, revived the hula, signaling the return of Hawaiian cultural pride. Then in the early 1900s, surfing was revitalized on Waikiki Beach. During this era, Duke Kahanamoku, who grew up surfing the south shore waves, was a Waikiki Beach Boy who taught visitors how to surf and canoe. Duke later won multiple Olympic gold medals for swimming, and eventually became known as the "father of modern surfing." Today, a bronze statue of Duke welcomes visitors to Waikiki, where first-time surfers are still catching their first waves.</p> <p>When and Where to Watch Surfing In the '50s, surfers began to ride the big and powerful winter waves of Makaha on Oahu's west shore and Waimea Bay on the North Shore. Big wave season in Hawaii happens roughly between November and February on Hawaii's north shores. You can watch surfers on every island, but some of the best surfing competitions in the world are held on Oahu's North Shore in November and December, including the</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>biggest them of all, the Vans Triple Crown of Surfing. If you're planning to watch the pros in action during these events, be sure to get to the North Shore early because traffic can be heavy.</p> <p>During the winter, the islands' north shores generate big swells, while in the summer, the south shores enjoy a bump in size. Oahu's North Shore is a legendary surf spot featuring viewer-friendly beaches at Waimea Bay, Sunset Beach and the Banzai Pipeline.</p> <p>Take a Surfing Lesson Almost every island offers surfing lessons where you can learn the basics of the sport. Lessons run from one to two hours and are taught by experienced surfers in gentle breaks. Longboards are used to make it even easier for first-timers to learn, and a push from your instructor will help you get started. Waikiki Beach is still one of the best spots in Hawaii to get on your feet and ride your first wave.</p> <p>Stand-Up Paddle Boarding Stand-up paddle boarding is a variation on surfing that is becoming very popular Hawaii. In stand-up paddle boarding (SUP), riders stand upright on wider, longer boards and use a paddle to maneuver. Great for a core muscle workout, SUP is often used more for fitness rather than for riding waves. Lessons are highly recommended for your safety and for the safety of your fellow beachgoers and surfers.</p>
--	--

CULTURE	
Arts	<p>Observe the work of Hawaii's artists and you'll see and feel the poetry of the Islands expressed in colour, light, and shadow – painted, printed, sculpted, etched, photographed, and filmed. Artisans and craftspeople, create masterpieces that are both timeless and timely – every one infused with the generous spirit of aloha that's as much a part of the Hawaii nature as the sun itself. The art experience – and the products of that experience – varies from island to island. The lush, natural landscape of Kauai inspires painting and crafts that are as sophisticated as they are direct. Painters, sculptors, and crafts-people thrive on Maui where the whaler's art of carving on ivory is still quite popular. Oahu's art scene is both steeped in tradition and wildly contemporary. And it shouldn't surprise you that creativity on Hawaii, the Big Island, can be fiery indeed. Best of all, no matter where you go in the islands, you'll find that artists are just as accessible as the art they create.</p>
Music	<p>The music of Hawaii includes traditional and popular styles, ranging from native Hawaiian folk music to modern rock and hip hop. Hawaii's musical contributions to the music of the United States are out of proportion to the state's small size. Styles such as slack-key guitar are</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>well-known worldwide, while Hawaiian-tinged music is a frequent part of Hollywood soundtracks. Hawaii also made a major contribution to country music with the introduction of the steel guitar. Traditional Hawaiian folk music is a major part of the state's musical heritage. The Hawaiian people have inhabited the islands for centuries and have retained much of their traditional musical knowledge. Their music is largely religious in nature, and includes chanting and dance music. Hawaiian music has had an enormous impact on the music of other Polynesian islands; according to Peter Manuel, the influence of Hawaiian music a "unifying factor in the development of modern Pacific musics". Native Hawaiian musician and Hawaiian sovereignty activist Israel Kamakawiwo'ole, famous for his medley of "Somewhere Over the Rainbow/What a Wonderful World", was named "The Voice of Hawaii" by NPR in 2010 in its 50 great voices series.</p>
<p>Film</p>	<p>Hawaii contributes its vast natural resources to the art of film, providing settings and backdrops that are truly beyond compare. More than 60 box office features – including "South Pacific", "King Kong", and "Jurassic Park" – have been shot on the island of Kauai alone and Oahu has been the setting for the re-born "Hawaii 5-0", "Hunger Games 2: Catching Fire" and many more. No matter where you travel in the islands, you're likely to see film crews, actors, and actresses, and in several cases, it's possible to take tours of famous locations.</p>
<p>Museums</p>	<p>Hawaii has more than its share of museums, celebrating everything from Hawaii's history and culture to its contemporary art. The Bishop Museum on Oahu is the largest museum in Hawaii dedicated to studying and preserving the state's history and is also considered the premier natural and cultural history institution in the Pacific. At the Lahaina Heritage Museum, visitors can literally feel the historical and cultural, vitality of Maui's legendary whaling town. And at the Kauai Museum, it's possible to view galleries showcasing the work of multi-cultural artists, sculptors and craftsmen as well as learn about the geological formation of the Hawaiian Islands, early Native Hawaiian life, and the Hawaiian Monarchy.</p> <p>On the other side of the spectrum, the Honolulu Museum of Art overlooking Honolulu has an awesome display of cutting-edge painting and sculpture. And for those interested in seeing the future, Hilo's Imliloa Astronomy Center features a variety of space-age, interactive exhibits as well as a theatre.</p>
<p>Festivals</p>	<p>Throughout the islands of Hawai'i there is a special intangible feeling often referred to as aloha. This is what gives the State of Hawai'i its nickname "The State of Aloha". It is often heard as a greeting but the meaning of Aloha goes deeper. It means love, kindness, compassion. It can also mean mercy, sympathy, sentiment, grace and charity.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>A Lei is a garland or wreath. The most popular concept of a lei in Hawaiian culture is a wreath of flowers presented upon arriving or leaving as a symbol of affection. Lei should never be thrown away casually, or tossed into the trash. Traditionally they should be returned to the place they were gathered, or if that is not possible, they should be returned to the earth by hanging in a tree, burying, or burning. A lei represents love, and to throw one away represents throwing away the love of the giver.</p> <p>In ancient Hawai'i, a time when a written language did not exist, hula and its chants played an important role in keeping history, genealogy, mythology and culture alive. With each movement – a hand gesture, step of foot, swaying of hips – a story would unfold. Through the hula, the Native Hawaiians were connected with their land and their gods.</p> <p>For many years following the arrival of missionaries, the hula as well as the Hawaiian language and music were suppressed. The hula, specifically, was even outlawed. It wasn't until King David Kalakaua came to the throne in 1874 that Hawaiian cultural traditions were restored. Public performances of hula flourished and by the early 1900s, the hula had evolved with modern times.</p> <p>Today, this unique art form, deeply rooted in culture, has become a worldwide symbol of Hawaiian culture, and one that you can experience on your trip to the islands.</p> <p>In ancient Hawai'i, a feast to celebrate special occasions was called an ahaaina – aha meaning gathering and aina meaning meal. Over time the word luau became the more commonly used term for these special parties. Luau, which refers to the taro leaf, was frequently served as well as a number of other dishes.</p>
--	--

ATTRACTIONS	
Beaches	<p>The beaches of Hawaii are of course world famous, starting with perhaps the most famous beach of all, Waikiki on Oahu. So here are some lesser known beaches on The Big Island:</p> <p>The island of Hawaii features some of the most picturesque and varied beach landscapes in the world. From white sand, to black sand beaches (and a few other colours in-between), visitors can see first-hand how volcanic activity has shaped and influenced the beauty of Hawaii. From beautiful resort beaches, to rugged, off-the-beaten-path sands that are wild, remote and rewarding — there is much to explore.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Onekahakaha Beach Park A favorite with locals, this small, shallow sand-bottomed ocean pool just east of the Hilo Airport is one the safest swimming areas along the Hilo coast, with tide pools and inlets. Perfect for family snorkeling, it also offers lovely views of Hilo Bay. The shallow bay fronting Richardson Ocean Center is the most popular snorkeling site on the east side of the island. The centre, which is 3kms south down Kalaniana'ole Avenue from Onekahakaha Beach, has picnic pavilions, restrooms, parking and showers.</p> <p>Kolekole Beach Park Near Hilo, you'll find this jungle garden by the ocean, with a nearby stream lined with smooth lava rocks and a waterfall. A banyan tree leans over the river with a rope swing. Kau Beaches</p> <p>Punaluu Black Sand Beach Fifty kilometres south of Hawaii Volcanoes National Park is the island of Hawaii's famous black sand beach and a great place to see honu (Hawaiian green sea turtles) basking on the shore. An adjacent campground is popular with local families and fisherman.</p> <p>Anaehoomalu Beach This stretch of Kohala Coast beach next to the Waikoloa Beach Marriott is a place to rent kayaks, hydro bikes and body boards or to snorkel, scuba dive or sunbathe. There is ample parking, along with picnic facilities and restrooms. A historic Hawaiian fishpond also hugs the beach.</p> <p>Hapuna Beach The largest white sand beach on the island of Hawaii, this world-renowned beach is located adjacent to the Hapuna Beach Prince Hotel. There is ample parking with restroom and picnic facilities.</p> <p>Kaunaoa Beach This near-perfect crescent of sand leading to calm water has been voted among the Top 10 beaches in the U.S. by Conde Nast's Traveler magazine. Adjacent to the Mauna Kea Beach Hotel, parking spaces are limited, so it's good to arrive early. Ohaiula (Samuel Spencer Beach Park)</p>
<p>Nature</p>	<p>Whale Watching The warm and shallow waters surrounding the Hawaiian Islands are a favorite destination for kohola, or humpback whales. Scientists estimate that two-thirds of the entire North Pacific humpback whale population</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



return to Hawaii to breed, calve and nurse their young. They race more than 5,000 kms from the Gulf of Alaska to Hawaii, then stay for a lengthy vacation, frolicking just off shore and delighting spectators from December through May.

Adult males range from 40 to 52 feet and can weigh up to 45 tons. Despite their size, humpback whales are graceful acrobats. Keep your eye on the ocean and you might see one breach, propelling up to 40 percent of its body out of the water and landing on its side with a spectacular splash.

Cultural Significance of Whales in Hawaii

Whales have great cultural significance for Native Hawaiians. They play a large role in Hawaiian legend—including one creation story—and appear in ancient petroglyphs on several islands. The return of the kohola (humpback whale) is considered more of a homecoming than a visit. Humpback whales are born in Hawaiian waters, making them kamaaina (native born). Some Native Hawaiians also believe the whales are aumakua (family guardians), so these gentle giants are treated with great respect.

Although humpback whales can be seen from all of the Hawaiian Islands, the shallow Auau Channel between Maui, Molokai and Lanai is one of the best whale-watching destinations in the world. You may also spot kohola from the southern shores of Oahu, especially at Makapuu Lighthouse and along the seaside overlooks near Leahi (Diamond Head).

Kauai offers a range of whale-viewing opportunities, including Poipu Beach on the South Shore, Kilauea Lighthouse on the North Shore and Kapaa Overlook on the island's Coconut Coast.

On the island of Hawaii, whales are often seen along the shores of the Kohala Coast, as well as Hilo Bay on the east side of the island. The Puukohola Heiau National Historic Site is another great viewing spot, with its sweeping, elevated views near Kawaihae Harbor. In fact, Puukohola literally means "hill of the whale" in Hawaiian.

Boat tours may be your best option for viewing whales up close. Hawaii has dozens of tour operators, including a few that lead kayak excursions—a thrilling way to experience these majestic mammals.

In respect for the kohola and the safety of sightseers, all watercraft must stay a minimum of 100 yards from the whales, but you'll be surprised how close you feel when a 45-ton behemoth lunges out of the sea. If a boat tour is not for you, the whales' impressive acrobatic displays are often visible from miles away. If you're on land, keep a pair of binoculars handy because you never know when you'll see a humpback's spout (which can be 10–20 feet tall).

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Parks

Hawaii is home to several national parks and 50 state parks that pay tribute to the islands' unique beauty and native culture. From the awe-inspiring natural wonders of Hawaii Volcanoes National Park to the poignant beauty of Kalaupapa National Historical Park on Molokai, there are a variety of experiences and adventures waiting to be discovered: 90% of the 1,000 species found in Hawaii's parks are found nowhere else on earth!

National Parks of Hawaii

Hawaii Volcanoes National Park, Island of Hawaii

Peer into a boiling caldera, hike across black lava fields and come face to face with one of the most active volcanoes on earth, Kilauea.

Haleakala National Park, Maui

At 10,023 feet, this dormant volcano is the stage for a breathtaking range of landscapes, endangered species and sunrises that Mark Twain called "the sublimest spectacle I ever saw."

Kalaupapa National Historical Park

Take a thrilling mule ride down the world's tallest sea cliffs to reach the remote settlement of Kalaupapa on Molokai, once a Hansen's disease (leprosy) colony.

Waimea Canyon

Nicknamed "the Grand Canyon of the Pacific," Waimea Canyon stretches 14 miles long and more than 3,600 feet deep, offering views of Kauai's dramatic interior.

Pearl Harbor

Five historic sites, including the USS Arizona and Battleship Missouri memorials, commemorate the infamous site where a Japanese air attack plunged the U.S. into World War II.

Puuhonua o Honaunau

Immerse yourself in Hawaiian culture at this 180-acre national historic park, which was once the home of royal grounds and a place of refuge for ancient Hawaiian lawbreakers.

Makena Beach

Known as the "big beach," this 1.5-mile stretch of sand on Maui's southern coast has little shade, but lots of space to spread out and play in the sun.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Waimea Canyon Nicknamed "the Grand Canyon of the Pacific," Waimea Canyon stretches 25 kilometres long and more than 3,600 feet deep, offering views of Kauai's dramatic interior.</p>
<p>Gardens</p>	<p>Hawaii Tropical Botanical Garden Often acclaimed as the most beautiful area in Hawaii, this garden is a photographer's and nature lover's paradise. Featuring over 2,500 species of tropical plants from around the globe, an orchid garden, macaw aviary and oceanfront walk.</p> <p>Allerton Garden Named one of "50 Places of a Lifetime in America" by National Geographic Traveler. Allerton Garden is a botanical garden and landscape architecture masterpiece filled with tropical plants, water features and sculpture and part of the network of National Tropical Botanical Garden on Kauai.</p> <p>Na `Aina Kai Botanical Gardens, Kauai Spanning 240 acres, Na 'Aina Kai is a living mosaic of diverse gardens, a hardwood plantation, a moss- and fern-draped canyon, a tranquil meadow and pristine sandy beach. Gracing the gardens and wild areas are more than 160 bronze sculptures.</p>
<p>Historical Sites</p>	<p>Each island has its share of sites from Hawaii's rich history. Here are some suggestions:</p> <p>Lahaina Historic Trail Lahaina is a town of major historical significance. Once the first capital of the Kingdom of Hawaii, a busy whaling port and a plantation settlement, you can follow the Lahaina Historic Trail (Ala Moolelo O Lahaina) to walk in the footsteps of Lahaina's past. This self-guided tour takes you to significant sites throughout 55 acres of Lahaina, many of which have been designated National Historic Landmarks. Members of the Lahaina Restoration Foundation have worked for three decades to create the trail and preserve many of the buildings along it. They've also labeled dozens of historic sites with informative bronze plaques, each providing explanations about an important point of interest from Lahaina's past. Look for them around and about Front Street. You'll see a fascinating blend of influences covering Hawaiian history, the whaling era, the missionaries and immigrant plantation life. The Baldwin Home was the two-story house of Protestant missionaries in the mid-1830s. Hale Paahao, the "stuck-in-irons house," was a jail for rowdy sailors in the 1850s. Structures like the Wo Hing Temple and the Lahaina Jodo Mission highlight the influences of Chinese and Japanese</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



immigrants in Maui.
To get a historical walking guide highlighting all 62 historic sites, visit the Lahaina Visitor Center in the Old Lahaina Courthouse located between the Banyan Tree and Lahaina Harbor.

Pearl Harbor

Five Pearl Harbor Historic Sites honor this National Historic Landmark with amazing memorials and living museums. WWII Valor in the Pacific National Monument is where the attack on Pearl Harbor took place on December 7, 1941, marking the beginning of U.S. involvement in World War II.

Best known for the USS Arizona Memorial, there are four other Pearl Harbor Historic Sites to experience, including the Battleship Missouri Memorial, the USS Bowfin Submarine Museum & Park, the Pacific Aviation Museum and the USS Oklahoma Memorial.

Today, you can also walk in the footsteps of Hawaii’s rich military past at locations throughout Oahu. In Waikiki, the U.S. Army Museum of Hawaii chronicles the history of warfare in Hawaii from King Kamehameha to today. Two of Waikiki’s most historic hotels, the Moana Surfrider and the Royal Hawaiian Hotel were popular rest and recreation stops for soldiers during WWII. Even iconic Leahi (Diamond Head) was used for the coastal defense of Oahu. A total of five military batteries were built atop Diamond Head State Monument between 1910 and 1943, the remains of which are still visible.

National Memorial Cemetery of the Pacific

Located at Punchbowl Crater, this is one of the nation’s most prominent national cemeteries, with more than 49,000 internments — including more than 13,000 soldiers and sailors who died during World War II. Over 5 million visitors come to pay their respects here each year. The memorial lookouts also offer panoramic views of Honolulu.

Iolani Palace State Monument

King Kalakaua, also known as the Merrie Monarch, built the majestic Iolani Palace in Downtown Honolulu. Dedicated in 1882, it is the only official state residence of royalty in the United States. The palace’s grounds and galleries are now open to the public as a museum. The iconic King Kamehameha I statue stands just across the street.

OTHER ACTIVITIES	
Shopping	<p>Take an extra suitcase! Here are some recommendations:</p> <p>The Shops at Kukui'ula, Kauai's newest Shopping & Dining Experience, is home to more than 25 restaurants, shops and galleries</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>including: Tommy Bahama, Merriman's Kauai, Living Foods Market & Cafe, Quiksilver, Josselin's Tapas Bar & Grill, Palm Palm, Bubba Burgers, Bungalow 9, gallerie 103 and Lappert's Ice Cream & Coffee. Open every day 10am - 9pm.</p> <p>Every Wednesday experience the Kaua`i Culinary Market, the island's premiere gourmet farmer's market, hosted in partnership with the Kauai County Farm Bureau. Shop from 20 local growers and vendors and taste the best of what Kaua`i has to offer. Watch the Chef Demonstration at 5pm, listen to live island style music and enjoy a cocktail in the Wine & Beer Garden.</p> <p>Kings' Shops is Hawaii Island's premier shopping and dining destination. Located in the heart of the Kohala Coast, this 71,000 square-foot lakeside shopping centre offers a great collection of brand name stores such as Michael Kors, Tiffany & Co., Tommy Bahama, Macy's Resort Store and Tori Richard along with island favorites and fine art galleries.</p> <p>Kings' Shops has an excellent selection of dining options from fine dining and award-winning Hawaiian fusion cuisine at Roy's Waikoloa Bar & Grill to casual outdoor dining at A-Bay's Island Grill, and local favourite The Koa Table by Chef Ippy, as well as on-the-go fare. Live Hawaiian entertainment, guided petroglyph tours and a Farmer's Market are just a few of the weekly events available free to guests in addition to year-round entertainment. Kings' Shops is located 20-minutes north of Kona International Airport within the Waikoloa Beach Resort. Open daily from 9:30 a.m. to 9:30 p.m.</p> <p>The Mahinalani Gift Shop is part of the Polynesian Cultural Center's new shopping experience. Come and take a piece of ancient Polynesian culture home with you. The store has great gift items including fine jewelry and high-end Hawaiian-style apparel by Tommy Bahama. In addition Mahinalani offers souvenir caps and t-shirts for men, women and children. As well as items such as key chains, pencils, and mugs to remind visitors of their island experience. Located on the way to the Polynesian Cultural Center's island villages, you can also pick up snack items and suntan lotion to help start and sustain your day of exploration. The Polynesian Cultural Center is open Monday through Saturday from 11:45 a.m. to 9 p.m.</p>
<p>Markets</p>	<p>Farmers markets have been around for almost as long as farms themselves, and on the island of Oahu, they're more abundant than ever. Several times a week, in a variety of locations, food producers and local culinary stars gather in parks and parking lots to sell fresh produce and other agricultural products. It's the perfect opportunity for residents and visitors alike to enjoy locally grown Oahu products, including</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>aqua-cultured seafood, North Shore beef, Manoa honey, Kahuku corn, Waialua chocolate and Waimanalo greens (that's just for starters). As you mingle with locals and talk with farmers, you'll also have a chance to sample Oahu-style snacks and recipes from food booths that serve everything from Sweet Bread French toast and lilikoi (passion fruit) mochi to gourmet plate lunches and Hawaii Regional Cuisine bites. You can also buy fresh flowers and a variety of handmade products at most Oahu farmers markets, and a few even provide entertainment.</p>
Nightlife	<p>The fun doesn't stop when the sun sets on Maui. Dine under the stars in Wailea. Dance the night away in the bars and restaurants of Lahaina and Kihei. Listen to live music fronting Kaanapali Beach at Whalers Village. And of course the nightlife around Waikiki is renowned!</p>
Casinos	<p>Hawaii is only one of two states that has no legalized gambling of any kind...so no worries about losing your vacation money here!</p>

CUISINE	<p>Popular Luau Dishes</p> <ul style="list-style-type: none"> • Poi: Pounded taro plant root; a starch meant to be eaten with everything. • Kalua Pig: Pork prepared in an imu or underground oven and shredded. • Chicken Long Rice: A chicken noodle soup-like dish with bean thread noodles and ginger. • Lau Lau: Meat wrapped in luau (taro) leaves and steamed. Traditionally, this is prepared in an underground oven called an imu. • Lomilomi Salmon: A side dish made from salmon, tomatoes, onion and crushed ice. • Haupia: Coconut pudding. • Poke: The term literally means "to slice cross-wise into pieces" and commonly features raw fish served with a variety of condiments such as shoyu (soy sauce), green onions, kukui nut (candlenut) and limu (seaweed). However, the dish isn't exclusively fish-based and there are other variations as well.
Food	<p>The cuisine of Hawaii is a fusion of many foods brought by immigrants to the Hawaiian Islands, including the earliest Polynesians and Native Hawaiian cuisine, and American, Chinese, Filipino, Japanese, Korean, Polynesian and Portuguese origins. Plant and animal food sources are imported from around the world for agricultural use in Hawaii. Poi, a starch made by pounding taro, is one of the traditional foods of the islands. Many local restaurants serve the ubiquitous plate lunch, which features two scoops of rice, a simplified version of American macaroni salad and a variety of toppings including hamburger patties, a fried egg, and gravy of a loco moco, Japanese style tonkatsu or the traditional lū'au favorites, including kālua pork and laulau. Spam musubi is an</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>example of the fusion of ethnic cuisine that developed on the islands among the mix of immigrant groups and military personnel. In the 1990s, a group of chefs developed Hawaii regional cuisine as a contemporary fusion cuisine.</p>
Drink	<p>Kona Brewing Company Hawaii's largest craft brewery, with restaurants on Big Island and Oahu serving craft beer and innovative, local cuisine. 74-5612 Pawai Pl, Kailua-Kona, HI 96740 Phone: (808) 334-1133 http://konabrewingco.com/ Hawaii's largest craft brewery is an oasis of tasty craft beers and gourmet food. Within the lineup of a dozen handcrafted ales and lagers are several with a tropical twist. For example, Wailua Wheat Ale is made with passionfruit and Pipeline Porter is brewed with 100% Kona coffee. Two pubs - one on the Big Island and one on Oahu - serve fresh food featuring local beef, fish and produce: gourmet pizzas, sandwiches, pupus, salads and more. The menu is filled with locally-grown products, including greens, herbs, tomatoes and cheeses. Extensive retail areas sell T-shirts, hats, glassware and more. Free brewery tours at Kona pub at 10:30 a.m. and 3 p.m. daily. Both pubs open daily, with live music certain evenings.</p>
Restaurants	<p>It's almost impossible to single out a handful of restaurants from the many hundreds dotted throughout the islands. A good place to start your search is on the Hawaiian Tourism website here: https://www.gohawaii.com/experiences/culinary</p>
FOR MORE INFO	<p>Hawaii Tourism Canada Phone: 416-935-1896 ext. 229 Email: HTCanada@voxtm.ca Website: https://www.gohawaii.com/ Facebook: https://www.facebook.com/gohawaiiica Twitter: https://twitter.com/gohawaii</p>
CHRIS' PERSONAL EXPERIENCES	<p>My most memorable snorkeling experience ever was in Maui at dawn off Kaanapali Beach where I found myself surrounded by turtles one day and by graceful manta rays the next. Simply magical...</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.