



Spotlight on *Kaua'i*

Hawai'i's greenest island, with its dramatic cliffs and sparkling shorelines, is a film star.

Christened the "Garden Island", Kaua'i, Hawai'i's northernmost island, is one of Mother Nature's cleverly orchestrated creations. Flanked with forested crevices, jagged peaks and shores touched by chiffon-like waves, Kaua'i is the definition of aloha – being in the presence of and sharing the essence of life.

Engage ... in island culture

Learn about Kaua'i's incredible past by attending a local lū'au – a traditional Hawaiian feast often featuring hula; the more authentic the better. Considered a paganistic ritual, hula was banned by missionaries in Hawai'i during the early 1800s. Harsh laws, hefty fines and the threat of imprisonment forced dancers underground until some 40 years later

when restrictions were lifted so they could again perform. Thankfully, joyful lū'au are now performed all over Kaua'i. It's a must-see experience; the ancient chants alone will sate your soul.

Cruise ... the magnificent Nāpali Coast

Famous as a dramatic backdrop to various Hollywood blockbusters, the otherworldly Nāpali Coast State Wilderness Park hugs the island's northwest coastline in a blanket of untouched jungle. It's where swashbucklers pillaged the shores in *Pirates of the Caribbean*, and King Kong

loomed larger than life, protecting Mother Nature. Captains of catamaran cruises departing Port Allen give you all the movie intel as you sip-and-click your way past majestic mountains reaching 900m. The landscape is so breathtaking you'll gasp in tune with fellow passengers.

Spend ... a day town-hopping

Kaua'i is peppered with plantation towns established during the early 1800s when sugar mills commenced. Migrants who came to work the fields set down roots, building townships which today reflect an eclectic mix of Hawaiian, Asian and American influences. A stroll through charming Old Kōloa Town with its surrounding Heritage Trail highlights the then lucrative sugarcane era. Visit old-worldly Hanapēpē Town's Friday night art markets and sing along to rock'n'roll favourites

resurrected by hippy bands as you browse stalls selling homemade mementos and tasty treats.

Rejuvenate ... near the ocean

For a luxury experience, 1 Hotel Hanalei Bay in Kaua'i's prestigious North Shore has been developed to blend seamlessly with the natural environment. Fashioned as part of a forested hillside, the sustainable resort leads to a Pacific Ocean basin where sunset rituals take place and waves languidly roll to shore in a sanctuary set to nature's

soundtrack. The resort's signature experiences – transformative wellness, cultural experiences and farm-to-table dining – leave no stone unturned for an ultimate restorative retreat. **AWW** More at gohawaii.com

Must-try island foods

- * **Poke:** A popular dish of diced raw tuna fish or octopus.
- * **Poi:** A traditional island staple made from the taro plant.
- * **Hula Pie:** A decadent ice-cream pie with cookie crust.



Need to know *Hawaiian, Virgin Australia (partners with Hawaiian), QANTAS and Jetstar fly to Honolulu; Hawaiian and Southwest Airlines connect to Kaua'i. Rooms at 1 Hotel Hanalei Bay start at around \$2424 per night for two people. Visit lhotels.com/hanalei-bay*