



TABLE OF CONTENTS

Lāna`i Fact Sheet	2
The Island of Lāna`i – At Last, a Place of Infinite Rewards	3
The Island of Lāna`i – Getting There is Half the Fun	5
The Island of Lāna`i – Staying There is Even Better	7
The Island of Lāna`i – Adventures in an All Terrain Paradise	10
Earth, Wind and Fire – Lāna`i's Natural and Cultural Highlights	14
Down Home Dining in Lāna`i City	16
Gifts, Go-Aheads, and Gear for All Seasons on Lāna`i	18



Lāna`i Fact Sheet

SIZE: 141 square miles. Lāna`i is 13 miles wide by 18 miles long.

LOCATION: 9 miles off Maui's west coast

POPULATION: 3,200

MAJOR TOWN: Lāna`i City (one and only populated town)

MAJOR INDUSTRIES: Tourism

AVERAGE TEMPERATURE: 60-80 degrees Fahrenheit

HIGHEST PEAK: Lāna`ihale (3,370 feet above sea level)

MARINE SANCTUARY: Hulopo`e Bay, Mānele Bay, and Nānāhoa

HOTELS: Four Seasons Resort Lāna`i, The Lodge at Kō`ele; Four Seasons Resort Lāna`i at Mānele Bay and Hotel Lāna`i. Collectively, they offer approximate 350 guest rooms and suites.

GOLF COURSES: Experience at Kō`ele, Challenge at Mānele and Cavendish (Municipal course)

ACTIVITIES: The Spa at Four Seasons Resort Lāna`i at Mānele Bay, sporting clays, air rifle gallery, archery range, horseback riding, tennis, croquet, lawn bowling, snorkeling, scuba diving, blue water adventure rafting, hiking, mountain biking, island tours, 4x4 exploration, beachcombing, tide pool exploration, golf, hunting, sports fishing and many more.

MOST POPULAR VISITOR ATTRACTIONS: Keahiakawelo (Garden of the Gods), Kaiolohia (Shipwreck beach), Hulopo`e Bay (Marine Sanctuary), Pu`u Pehe (Sweetheart Rock), Lāna`ihale and Kānepu`u Preserve (Dryland forest).

AIRPORT: Lāna`i Airport (LNY)

AIRLINES: Island Air and Mokulele Airline/go! Express. Charter flights also available.

PASSENGER FERRY: Expeditions (Lāhaina and Mā`alaea on Maui to the Mānele Small Boat Harbor on Lāna`i)

(pau/end)



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The Island of Lāna`i: At Last, a Place of Infinite Rewards

The experience of Lāna`i begins before you land. From air or sea, you can see the sheer cliffs of western Lāna`i loom high above Kaumālapa`u Harbor like purple-green ramparts rising from the sea. Across the channels, the islands of Kaho`olawe, Moloka`i and Maui – with Mount Haleakalā’s crest visible above a lei of clouds – extend their welcome to Hawai`i’s most enticing island.

You will land on an airstrip in the middle of the Pālāwai Basin, a large crater in the heart of Lāna`i. There are no jet ways or tunnels at Lāna`i Airport, just a vast openness of warm, sweet air and a peace that immediately envelopes you. By the time you step off the ramp and your first footsteps fall on Lāna`i, you will feel stress and urgency slipping away with the life you’ve left willingly behind.

Here, at last, is a place quiet enough to peruse that novel you’ve wanted to read for years. Here, at last, is a well-earned reward for your hard work in the front lines of achievement and competition: a place of pampering and excellence, where the service recognizes your personal uniqueness and the physical surroundings are a doorway to new realms of beauty.

The shuttle to the Four Seasons Resort Lāna`i, The Lodge at Kō`ele – 1,700 feet high in the central highlands – winds through Lāna`i City, the island’s sole populated town, its small town square surrounded by colorful plantation homes. Prim yards are ablaze with flowers. Lovingly tended fruit trees droop with the weight of papayas and lemons. The street signs are friendly too, built at eye level, and the Cook pines are old and tall, lending shade and coolness to the air.

There are no traffic lights or beeping horns, just the quiet, intimate rhythms of unhurried exploration. Drivers wave to nearly every vehicle that passes. Past Lāna`i City, horses graze in golden pastures behind split rail fences. At the Four Seasons Resort Lāna`i, The Lodge at Kō`ele, the Cook pines look like majestic sentinels watching over manicured English gardens. In the cool mountain air, with views in every direction, luxurious accommodations and world-renowned service, you have arrived in a special paradise.

Guests arriving at the Four Seasons Resort Lāna`i at Mānele Bay travel through the Pālāwai Basin, a crater once covered with pineapple plants and today a vast open field flanked on one side by Lāna`ihale, the highest point on the island, and on the other by the sea cliffs of south

Lāna`i. The drive through the arid landscape ends at sea level, where the Four Seasons Resort Lāna`i at Mānele Bay emerges like an oasis. The most beautiful beach on the island, Hulopo`e, greets you with warm air and a wide white sand beach between two lava outcroppings. Look seaward for spinner dolphins, which love Hulopo`e as much as you will. Relax at the beach or pool with your long-awaited novel, hearing this silent refrain: At last, Lāna`i.

(pau/end)



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The Island of Lānaʻi– Getting There is Half the Fun

From Maui across the ʻAuʻau Channel, the island of Lānaʻi appears as a rounded hump, like a whale cradled in a calm and gentle sea. From Lānaʻi, the West Maui Mountains are powerful and purple, an extension of itself nine miles of ocean away. In prehistoric times, Lānaʻi was one of several islands joined to Maui. Now it's a small, graceful, sparsely populated destination with its own strong identity: Hawaiʻi's most enticing island.

Forgotten by time, an anachronism in modern Hawaiʻi, Lānaʻi is a singular escape, a former pineapple plantation that has evolved seamlessly into the ultimate vacation destination. Instead of high-rises, stoplights, traffic jams and shopping centers, there is one small town square and easygoing people whose way of life is centered outdoors. On Lānaʻi, 89,600 acres of countryside invite fishing, swimming, diving, hiking, hunting and riding horseback.

This means adventure coming and going, a journey of discovery even before you set foot on the island. You can fly a jet, take a ferry, or sail to Lānaʻi by catamaran. You can stay a day or a long time. However you choose to arrive, you'll find that getting there is half the fun, and staying there is a grand adventure.

Island Air and Mokulele Airlines collectively offer several flights daily between Lānaʻi and Maui or Oʻahu. On the ocean, the Expeditions ferry, certified by the U.S. Coast Guard, makes five 45-minute trips daily between Lānaʻi's Mānele Small Boat Harbor and Maui's Lāhaina Harbor, and two 75-minute trips daily between Lānaʻi and Maui's Māʻalaea Harbor. These trips are fun and purposeful, with thrilling views of humpback whales in the winter and spinner dolphins all year round—and behind Kahoʻolawe, the summit of Mauna Kea peeking through the clouds from Hawaiʻi's Big Island. On land or sea, Trilogy Excursions, Lānaʻi's premier recreation activities operator and Maui's oldest sailing company, offers a full menu of snorkel and scuba sails, plus land tours, private charters and special wedding sails in the waters between Maui and Lānaʻi.

Once you arrive, the adventures expand exponentially. Will it be golf, sporting clays, archery, the spa, meandering around town, water sports, or exploring the remote beaches and abandoned villages in a 4-wheel drive? Scheduled shuttle service is available between Lānaʻi Airport, the ferry terminal at Mānele Bay, the upland Four Seasons Resort Lānaʻi, The Lodge at Kōʻele and the seaside Four Seasons Resort Lānaʻi at Mānele Bay. An inter-hotel shuttle, for Four Seasons guests, runs every half-hour between the two resorts, stopping on the way at

Hotel Lāna`i in Lāna`i City.

If you plan to venture off the beaten path, Lāna`i City Service, an affiliate of Dollar Car Rental and Adventure EcoCentre Lāna`i offer either 4-wheel-drive Wrangler Jeeps or mini vans. Because Lāna`i has only 30 miles of paved road, 4-wheel drive vehicles provide the opportunity to explore the back roads, abandoned villages, and out-of-the-way points that are the historic landmarks of the island. And of course, there's nothing like a horseback ride, bicycles, mountain bikes, and a sturdy pair of walking shoes to help you hit the trails.

Everything in Lāna`i City is in walking distance, bringing a remarkable feeling of accessibility to the luxury of seclusion. Customized tours to the far corners of the island, such as Polihua Beach, Keōmuku village, Kaiolohia, and the historic Kaunolū, can be arranged through private tour companies with knowledgeable guides who enlighten you with fascinating history and culture.

(pau/end)



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The Island of Lāna`i– Staying There is Even Better

While getting to Lāna`i evokes the joy of the journey, staying there is even better. On this island of perfect balance, the open spaces and rugged trails are as approachable as they are spectacular, inviting exploration at any pace you choose. Seclusion and intimacy go hand in hand on Lāna`i, and the comforts of home are never far away. With two luxury hotels – one in the uplands and the other at the beach – and an 11-room lodge between them, the island offers the full range of accommodations for the discerning and adventurous traveler.

The low-rise, 102-room Four Seasons Resort Lāna`i, The Lodge at Kō`ele stands in the cool hills above Lāna`i City, 1,700 feet above sea level, with views of unending pastures and sunsets that linger in the golden upland light. Some of the tallest and oldest Cook pines on the island surround the Lodge, imbuing it with a stately elegance and the flavor of an English manor. Shaded by banyan and eucalyptus trees, and jacarandas that dust the lawns lavender each spring, the Four Seasons Resort Lāna`i, The Lodge at Kō`ele is a modern sanctuary on an island lost in time. You can play croquet along formal English gardens, sit in the whirlpool, lounge poolside, play an executive putting course, or sink into the plush, velvety-soft leather chairs in the library and watch the mists roll in from the uplands. Water fountains and quiet paths lead to gazebos and a greenhouse of orchids. A self-guided tour through tropical gardens leads to gardens of fragrant fruit, citrus groves, banana and taro.

Kō`ele was the focal point of the island's paniolo (cowboy) life in the early 1900s, when Hawaiians rode horseback to the tops of hills and green ridgelines and steep gulches appeared to them like magic. Today you can sit on the veranda of the Lodge and watch horses graze behind split-rail fences, in pastures that sprawl to the sunset. While horse-drawn carriages lumbered along the rough roads of Kō`ele 100 years ago, today fine dining, impeccable service, and luxury accommodations prevail.

The Great Hall, 35 feet in height, is flanked on each side by massive stone fireplaces. Sip afternoon tea or order from a special hot chocolate menu, and discover the Music Room with its grand piano and built-in audio equipment. Throughout The Lodge, chocolate eucalyptus floors, Oriental rugs, and walls stenciled with local flora impart a sense of place with a touch of the international.

The guest rooms at the Lodge have window seats, two-poster beds, and terraces looking out over English gardens. The Dining Room, with its rustic wood-burning fireplace, serves avant-garde dishes prepared with classic culinary techniques in a setting akin to an estate living room. The nearby Terrace restaurant serves casual American fare for breakfast, lunch and dinner.

For fitness-minded guests, two whirlpools, a pool and fitness room help melt away urban stress. Massage therapists offer an array of ancient and modern massage techniques, from Aromatherapy and Reflexology to the Hawaiian Lomi lomi.

Sporting clays, horseback riding, croquet, lawn bowling, tennis and executive putting are among the activities offered. The Experience at Kō`ele golf course, designed by Greg Norman and Ted Robinson, is a world-renowned 18-hole, par-72 mountain course with dramatic views and drops in elevation. The Experience at Kō`ele Clubhouse is a good luncheon spot for light American fare prepared with island influences.

Twenty minutes away, on Lāna`i's south shore, the 21 suites and 215 guest room Four Seasons Resort Lāna`i at Mānele Bay is the coastal counterpart to the Four Seasons Resort Lāna`i, The Lodge at Kō`ele, set on the slopes above Hulopo`e Bay. Guests are greeted with views of the bay, the island of Kaho`olawe, and the island's southern coast. The luxurious guest rooms take full advantage of the lushly landscaped gardens and sweeping panoramas of the bay, where humpback whales cavort in the winter and spinner dolphins are seen frequently. Hulopo`e is dotted with tide pools that invite exploration. A wide crescent of golden sand set between lava outcroppings, Hulopo`e is a marine sanctuary, and there are park, picnic and camping facilities.

A graceful melding of Mediterranean, Asian, Polynesian and European architecture, the hotel has soaring ceilings in its lobby and wide terraces that bring in the ocean views. The Hawaiian roofline and open verandas and terraces give it the feeling of a grand kama`āina estate. Asian, European and Mediterranean artifacts, and modern and antique art by local artists are tastefully displayed throughout the hotel. Ponds, waterfalls and five ethnic gardens reflect the multicultural theme in a setting evocative of a gracious plantation home.

Breakfast and dinner are served in the Hulopo`e Court, where guests can dine al fresco and enjoy Hawai`i Regional Cuisine over sweeping ocean views. The `Ihiani Italian restaurant features an acclaimed Italian dining menu, served in an atmosphere of restrained elegance. For fresh local seafood with Asian influences, the Ocean Grill is a great bet for lunch or dinner.

A 5-minute shuttle ride from the hotel, the Challenge at Mānele Clubhouse offers casual and light fare for lunch and afternoon refreshment, plus some of the best views on the island. The island of Kaho`olawe seems a stone's throw away, and Maui's Haleakalā towers in the distance. On a clear day, the peaks of Mauna Kea and Mauna Loa greet the eyes from Hawai`i Island, and dolphins may be leaping in Hulopo`e Bay below.

The Spa at the Four Seasons Resort Lāna`i at Mānele Bay offers the full complement of services, with red cedar saunas and eucalyptus steam rooms, body and facial treatments, hairstyling, manicure and massage. Back facials, massage, body scrubs, reflexology, and tension relievers are among the services of the 6,000-square-foot spa.

Activities include tennis, water sports, and the 18-hole, par-72 Challenge at Mānele golf course, designed by Jack Nicklaus. Among the ocean views and dry seaside terrain you'll find some of the most challenging golf in Hawai`i, such as the 444-yard 17th hole, across cliffs and a narrow fairway.

Although only 9 miles from each other and equally luxurious, the Four Seasons Resort Lāna`i, The Lodge at Kō`ele and Four Seasons Resort Lāna`i at Mānele Bay are worlds apart in ambience, providing the best of both worlds.

Located on a tree-shaded knoll in Lāna`i City between Mānele and Kō`ele, the island's oldest hotel, the 11-room Hotel Lāna`i, has welcomed guests since 1923. Its wooden veranda, looking out through stands of Cook pines, has been the town's gathering place for several generations. The modestly priced country inn is also the site of the delightful Lāna`i City Grille, whose menu of Pacific-fusion fare was designed by celebrated chef Bev Gannon of Maui. The excellent, Hawai`i regional cuisine is served in a rustic dining room with a fireplace, honey-colored wooden floors, and tables outdoors in the cool Lāna`i air.

(pau/end)



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The Island of Lānaʻi: Adventures in an All Terrain Paradise

“Dolphin!” The cry is heard frequently on Lānaʻi, from its shoreline, boats, kayaks, cars, bicycles and hotel rooms. Like their mammal cousins the koholā (humpback whales), the naiʻa (spinner dolphins) love the warm waters of Lānaʻi and consider them their personal playground. And what a playground it is: the best snorkeling and scuba diving in Hawaiʻi, miles of deserted coastline, reefs full of fish and landmarks rich with legend.

Lānaʻi’s 89,600 acres of countryside invite hiking, mountain biking and sightseeing. From its highest point you can see up to five neighbor islands across the channels and steep gorges below. Fishing, sailing, swimming, snorkeling, scuba diving and world-class golf in mountain and oceanfront settings – these are the adventures that await you on Hawaiʻi’s most enticing island.

By land, sea, and everything in between, Lānaʻi strikes the perfect balance of wildness and accessibility. It is rugged but approachable, isolated but generously comfortable. Since 1990, when the island’s first luxury hotel opened in the hills of Kōʻele, the curtains have been parted on the island’s hidden wonders. With only 30 miles of paved road on Lānaʻi’s 141 square miles, its life off the beaten track brims with rich rewards.

The two luxury hotels, the Four Seasons Resort Lānaʻi, The Lodge at Kōʻele and the Four Seasons Resort Lānaʻi at Mānele Bay, and the 11-room Hotel Lānaʻi are ideal base camps for exploring the far-flung corners of the island. A four-wheel-drive vehicle, rented from Lānaʻi City Service or an activity operator, and a map, available from the hotels, are the basics for a self-guided excursion. Although hikers need no more than a sturdy pair of hiking shoes and a well honed mental compass, there are several operations that offer the full range of Lānaʻi based activities and authentic island experiences.

Snorkeling, Scuba, Sailing and Charter Tours

Scuba divers the world over know that Cathedrals is one of the premier dive spots in the world. And it’s in Lānaʻi waters, just off the southern shore where underwater caverns and clear waters are a scuba diver’s delight. Skin Diver magazine has rated Lānaʻi one of the top 10 snorkel and scuba sites in the world.

Lānaʻi’s ocean activities companies have experienced skippers and dive instructors who can

spot a dolphin from a distance, identify rare tropical fish in the waters of Kaunolū, and coax an octopus off its rock so you can see it up close. They will teach you to snorkel and lead you on ocean rafting expeditions. Departing from the south shore, Trilogy Excursions operates the full range of watercraft: Zodiacs, and custom-made sailing catamarans 54-, 55- and 64-foot long. The catamarans come with all the amenities and equipment for snorkel, sail and scuba tours to Cathedrals and other sites. Lava tubes, sea cliffs 1,000 feet high, and staggering underwater lava tubes are among the adventurer's rewards. Trilogy's Adventure Center shop outfits beachgoers and divers with appropriate gear for endless fun in the sun.

Fishing

With plentiful reefs and 47 miles of shoreline, fishing is a major part of the Lāna`i lifestyle and a source of recreation. Lāna`i residents are expert fishermen. A morning or afternoon expedition on the 36-foot Twin-Vee Fish-N-Tips – successor to its well known predecessor the Fish-N-Chips – will test your angling skills against giant fish and leave you with a magnificent Hawaiian sunset. They provide gear, bait, tackle and soft drinks, and take you sport fishing, light tackle fishing, or bottom fishing in Lāna`i waters. Anglers aim for ono (wahoo), mahi mahi, and marlin, and, where the seabirds are circling and diving, schools of aku (skipjack tuna) and `ahi (yellowfin tuna).

Swimming

A fishing village dating back to 900 A.D., the marine preserve called Hulopo`e Bay is the center of Lāna`i's beach activities. The wide, white-sand crescent, lined at each end with dramatic lava outcroppings, invites swimming, snorkeling and tide pool exploration. As habitués love the beach, so do the schools of spinner dolphins that leap and dive in the bay. From November through early May they are joined by their gregarious relatives, the leaping, breaching humpback whales. At Hulopo`e there are barbecue grills, restrooms, picnic tables, camping facilities—and showers with water warmed by the sun.

Located around the corner from Hulopo`e, Mānele Bay is also a marine preserve with the only public boat harbor on the island. All south shore ocean tours originate at Mānele Harbor: fishing boats, yachts, the Expeditions ferry, whale watching, snorkel sails, scuba diving and ocean rafting.

Hiking

The Munro Trail is one of Lāna`i's terrestrial highlights, a trail for advanced hikers that traverses the 3,370-foot Lāna`ihale. The trail is a challenge, continuing for 16 miles roundtrip and accessible by foot, bicycle and 4-wheel drive. Astounding views unfold of steep gulches below and at least three, and sometimes five, of the neighboring islands: Maui, Moloka`i, Kaho`olawe, Hawai`i and O`ahu. Named after George Munro, a botanist and ranch manager from New Zealand, the trail is lined with sky-high Cook pines and eucalyptus stands that flourish among native plants. Munro planted the trees in the 1930s as part of a reforestation effort, to draw moisture from the clouds and create a watershed. Today Munro Trail is the greenest part of Lāna`i, winding above Kō`ele through mountain grasslands and forests of bamboo and koa where ancient taro terraces lie hidden.

Hiking along the northern and eastern shoreline is a beachcomber's paradise. You can walk the wild, windswept strand for miles and look for abandoned boats and the wreckage of the World War II ship that gave the beach its nickname: Shipwreck. It is actually Kaiolohia,

meaning “tranquil sea.” The wild, windswept coastline stretches for miles along the Kalohi Channel between Lāna`i and Moloka`i. Eight miles north is the beach called Polihua, favored by nesting turtles. Near the island’s easternmost point, an old wooden church recalls the days when Keōmoku was a sugar settlement and, years later, the headquarters for a sheep and cattle ranch. Along the shoreline, turtles frequent the inshore reefs, and monk seal like the beach for napping.

Mountain biking

The 6.5-mile downhill slope from Kō`ele to Kaiolohia is paradise for mountain bikers. Or, rent a bicycle for a leisurely ride around Lāna`i City’s Dole Park – its small, shady and charming, with a restaurant or shop every few feet.

Golf

You don’t have to choose between the mountains and the seashore. Savvy golfers often choose both. The Experience at Kō`ele is a spectacular 18-hole championship course spread high over a plateau and the rolling hills of central Lāna`i. Designed by Greg Norman and Ted Robinson, the 7,014-yard, par-72 course is set nearly 2,000 feet above sea level, with views of Maui and Moloka`i directly across the channel.

At sea level, the Challenge at Mānele is built on hundreds of acres of lava fields and dry, desert-like terrain that present their ultimate challenge at the ocean: three holes built on the bluffs above Hulopo`e Bay, where the Pacific Ocean is the world’s largest water hazard. The 7,039-yard, par-72 course was designed by Jack Nicklaus and features panoramic ocean views from all 18 holes.

Horseback Riding

Directly across from the Four Seasons Resort Lāna`i, The Lodge at Kō`ele at the 1,700-foot elevation, the Stables at Kō`ele are the equestrian center of the island, offering an alternative way to explore the wooded valleys and trails of the extraordinary upland terrain. Ride along open pasturelands to a plateau in the Mahana area, or in the central ridgelines of Lāna`i along a section of the Munro Trail. Maui and Moloka`i scroll into view across the `Au`au Channel. Those new to riding can take lessons from expert instructors.

Lāna`i Pine Sporting Clays and Archery Range

One of the fastest growing sports in the country has found its perfect setting: the northwestern hills of Lāna`i, two miles from the Four Seasons Resort Lāna`i, The Lodge at Kō`ele. The 15-acre Lāna`i Pine Sporting Clays and Archery Range offers multiple target shooting disciplines with a bonus: views of Maui and Moloka`i across the channel. Masterful instruction and top-quality equipment are presented for shooters of all levels, whether they choose wobble trap, skeet, compact sporting, air rifle or sporting clays. The 14-station sporting clay course meanders through old ironwood forests and groves of Australian eucalyptus trees, presenting challenges of varying terrains and targets. The clay targets, mimicking traditional game such as flushed pheasants and rabbits, are launched in random patterns. Certified instructors are available for all levels of skill.

For a soundless kind of target practice, aim for the pineapple bull’s eye in the adjacent archery range. Instructors teach all ages and levels on first-rate equipment: 15-pound bows for children and 20- and 25-pound bows for adults, for both right- and left-handed archers. Even

beginners discover that the bull's eye – 5, 10, 15, and 20 yards away – is not so far after all.

(pau/end)



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Earth, Wind and Fire: Lāna`i's Natural and Cultural Highlights

Lāna`i's Cathedrals lie underwater or in the purity of a windblown landscape. At the dive site called Cathedrals, an underwater grotto glows with light and the human hand is absent. At Keahiakawelo in northwestern Lāna`i, wind and time have carved a temple in a canyon of eroded land. In the mountains and at the shoreline, in the vast open spaces of a tiny, secluded island, time has moved slowly and the whispers of the past can be heard.

Lāna`i's natural and cultural attractions are spread out over 141 square miles, down roads more bumpy than paved, through rainforest and pineapple lands and arid, windswept plains. There are only 30 miles of paved road. Four-wheel-drive vehicles are the norm. In Lāna`i's rhythm and scale, it may take an hour to go 12 miles, but the landscape is part of the journey. From its summit at Lāna`ihale to its 47 miles of coastline, Lāna`i is a museum without walls. About 5 miles from Lāna`i City, Kānepu`u Preserve is the largest remnant of the dryland forest that scientists believe once covered the medium elevations of all the islands of Hawai`i. The 590-acre preserve is one of Hawai`i's most significant; a critical, carefully tended habitat for precious Lama (native ebony), Olopua (native olive), Lāna`i sandalwood, nā`ū (native gardenia) and 46 other species of native Hawaiian plants. Kānepu`u is the last dryland forest of its kind in the world, a nature lover's jewel 1,700 feet above sea level in the quiet central uplands of Lāna`i. The area is gated to prevent wild deer and mouflon sheep from disturbing the endangered plants, but visits are allowed.

Keahiakawelo

A mile and a half northwest of the Kānepu`u Preserve, the bumpy road leads to Keahiakawelo, the haunting geological wonder also known as Garden of the Gods. From an eerie lunar landscape emerge spires, buttes and rock formations in all shades of purple and red, the handiwork of the wind gods. Centuries of wind erosion have created these natural formations. Brown, ocher, sienna, umber, lavender – these words come to mind as the shifting light makes a painter's palette of the earth. The story is told of two chiefs from Lāna`i and Moloka`i who each burned a fire on opposite sides of the channel to see whose flame would last longer. The fire of Kawelo burned in this desolate region after the last flicker of Moloka`i's flame.

Kaunolū

It is said that somewhere in this pre-contact Hawaiian village is a shrine to Kamehameha's fish god, hidden there by order of the Hawaiian king in the 18th century. A registered National

Historic Landmark, Kaunolū is a cultural treasure of old Hawaiian ruins, remnants of what was once a thriving fishing village. The heiau (pre-western temple), house sites, petroglyphs, terraces, and a network of archaeological remains still bear a striking majesty. The setting: a bluff 1,000 feet above the ocean on the southwestern shore, atop Lāna`i's highest sea cliffs. Below, lava arches and a spectacular shoreline cradle a black pebble beach.

Kaiolohia

An 8-mile drive from Kō`ele – with views of Maui and Moloka`i nearly all the way – leads to Kaiolohia, a long, windswept beach also known as Shipwreck Beach. The rusted hulk of a wrecked World War II cargo ship lies abandoned in the channel, one of the major thoroughfares for the wintering humpback whales. The sandy road winds among ghostly kiawe trees. Flotsam, jetsam and driftwood line the beach, where precious glass fishing balls occasionally wash ashore. Inland there are Hawaiian petroglyphs, and eight miles north along the shore, Polihua Beach, dangerous for swimming, but the favored nesting grounds of turtles.

(pau/end)



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Down Home Dining in Lāna`i City

The kitchens of Lāna`i are busy. Good food comes easily here because Lāna`i people love to cook. They start with beautiful gardens that produce fresh herbs and greens for the table. They love to visit over morning coffee. They honor the important things in life, like an old-fashioned homemade burger and a daily helping of fried rice. New York-style pizza, chocolate-dipped bananas, down-home ethnic favorites and pasta – they are all equally important, and readily available in a single, small, tree-lined square in a village named Lāna`i City.

Dining out in “the city” is as comfortable and rewarding as going to a good friend’s home. The painted blue clapboard with the early-morning crowd is called Blue Ginger Café, where the three-egg omelets, fried saimin (a locally adored noodle dish) and roast pork are as famous as pigs-in-the-blanket. Some people dine here breakfast, lunch and dinner, then return bright and early the next day.

Canoes Lāna`i, is also a popular option. Serving breakfast and lunch, “must orders” include the fried rice, wok fried menpachi and the grilled mahi mahi sandwich. Reminiscent of the old time saimin stands of days gone by, Canoes Lāna`i is noted for its hearty homemade burgers, its `ohana (family) style atmosphere, as well as local favorites for both kama`āina and visitors alike.

Nearby is Lāna`i’s java central, Lāna`i Coffee Works – the only coffee house on the island, serving Kona fancy, Kona pea berry, Jamaican Blue Mountain, and a full menu of gourmet coffees, blends, flavored coffees, espresso and cappuccino. Formerly a plantation home, it has a wide, welcoming wooden deck shaded by umbrellas. You can order ice cream, pastry, gift items, and inexpensive T-shirts too, and sit on the deck and watch the light change through the Cook pines across the street.

Across the shaded town square called Dole Park, in the Hotel Lāna`i, the Lāna`i City Grille is a popular gathering place for dinner. The setting is the dining room of a 1923 country inn – a rustic American ambience of knotty pine, red brick, a courtyard and a fireplace. Created by one of Hawai`i’s most renowned chefs, Bev Gannon of Hāli`imaile General Store fame, the menu offers a delightful mix of island-fresh ingredients, each course abundant with vibrant flavors and colors. Anticipate generously portioned entrees that range from locally caught fish to prime rib and the Grille’s signature rotisserie-roasted chicken. With a high variety of food at a great value, a well stocked bar and ample wine selection, there are sure to be items to please

every palate.

A few storefronts away on Dole Park, you can spot Pele's Other Garden by its cheerful yellow veranda, corrugated iron roof, and turquoise trim. A haven for diners with sophisticated tastes, it started as a New York-style deli and has only gotten better. Excellent gourmet pizzas, organic salads, smoked turkey and other made-to-order sandwiches, hearty soups and tasty burritos draw loyal lunchtime fans. They make box lunches and picnic lunches to go, and in the evening, out come the candles and tablecloths for the pastas and bistro fare. It's also the only eatery on the island outside of the hotels where you can order beer on tap, a glass of premium wine or a mai tai.

Another Lāna`i favorite is Café 565. From scrumptious pizzas, to hearty cal-zones and made-to-order sub sandwiches, this island dining spot is well known for its Filipino cuisine. The pansit (noodles) are always a hit along with traditional lumpia or Filipino-style egg rolls, plus local favorites like chicken katsu (breaded, fried chicken). Visiting Café 565 is like going to "Auntie's House" for lunch or dinner. The ambiance is unpretentious and comfortable, and the fare is as delicious as it gets.

One of Lāna`i's newer delights is the Sweetest Days Ice Cream and Candy Shoppe, a pint-sized Dole Park delight. Everything they scoop is Roselani Ice Cream, a premium brand homegrown on Maui – Kona Mud Pie is one of their most popular flavors. You can also splurge with a banana split, smoothie, or chocolate-dipped bananas.

At Four Seasons Resort Lāna`i at Mānele Bay on Hulopo`e Bay, Hulopo`e Court serves such delightful Pacific Rim cuisine as Hawaiian waffles with coconut tapioca and caramelized bananas in the morning, and miso-marinated mahi mahi in the evening. Mānele's signature `Ihilani is renowned for its romantic dinner ambiance and Italian fare, and the Challenge at Mānele Clubhouse for its mid-day gourmet salads and sandwiches for lunch.

The Four Seasons Resort Lāna`i, The Lodge at Kō`ele's Dining Room continues to win accolades with its intimate ambiance and sumptuous meals served in a formal octagonal dining room. Its contemporary creations are prepared with classic culinary techniques and local estate-grown ingredients.

Dining overlooking Mānele Small Boat Harbor is also a viable lunch option. Open daily, Harbor Café is conveniently located aside the Trilogy Pavilion. A small, but varied menu offers healthy salads, refreshing sandwiches, local plate lunches and boxed lunches to go. The Lāna`i sun can be scorching at the harbor making shaved ice and ice cream popular treats.

(pau/end)



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Gifts, Go-Aheads, and Gear for All Seasons on Lāna`i

A shopping spree in Lāna`i City can yield top drawer aloha shirts, locally made soaps, oil paintings, rubber zoris, hats, fishing lures, children's books and gourmet jellies. The neatly rectangular Dole Park, where the handful of Lāna`i's shops is located, is the antithesis of a shopping mall yet deceptively full of possibilities.

At Gifts With Aloha, a wide-ranging selection of clothing, Hawaiian music CDs, jewelry and gift items impart a sense of Hawai`i. You'll find products made on Lāna`i, including bath and body products and scented candle. Owner Kimberly Dupree has also amassed an impressive selection of hats, pareaus, toys and Hawai`i-themed books that make marvelous gifts to go.

Around the corner a few feet away, The Local Gentry is the island's center of stylish aloha shirts and casual men's and women's wear, with a little bit of everything to suit every taste. Owner Jenna Majkus has a keen eye for fashion suited to Lāna`i and offers a little bit of everything, from souvenir t-shirts and casual island wear to aloha shirts for men and outfits perfect for a dinner out.

Across Dole Park, Richard's Market is actually an old-fashioned general store, originally run by the Tamashiro family since 1946. The building was completed in the 1920s and is presumed to be the oldest wooden structure in the town square. You can find the full gamut of daily necessities, such as cosmetics, school supplies, kitchen appliances, wine and clothing, as well as meats, produce and other groceries.

The nearby Pine Isle Market is also a local landmark that sells everything from groceries and fresh fish to paint, hardware, fishing supplies and electronic games. Nearby International Food & Clothing is similarly diverse and utilitarian, an emporium for the basics: hunting and fishing supplies, T-shirts and food items, including a large candy section.

Next to the Lāna`i Playhouse is the Mike Carroll Gallery Lāna`i Fine Art. The gallery highlights the works of more than 20 artists, most who live on Lāna`i or in Hawai`i. Stop by and you can chat with Mike Carroll as he works at his easel.

The Lāna`i Art Center gallery carries paintings, hand-turned wood bowls, and other artistic creations by local residents. The Center also offers seasonal art classes and retail art supplies.

If you're looking for a place to purchase hair products, stop in at one of Lāna`i City's two full-service beauty salons and supply stores. Come in after a day of meandering around Lāna`i City and let the ladies treat you to a soothing pedicure, a well-deserved manicure or add highlights to your hair that will accent your already adventurous personality.

(pau/end)