



Born and raised in Hawaii, *Marisa Howden* provides an insider's guide to the must-do activities and best-kept secrets of the islands.

haring a similar culture and climate, Hawaii is Papua New Guinea's Polynesian neighbour to the north, approximately 6900 kilometres away. Many people don't realise that Hawaii is made up of a chain of 137 islands, with Hawaii (Big Island), Maui, Oahu, Kauai, Lanai, Molokai, Kahoolawe and Niiahu making up the eight main islands.

Being from Hawaii, I'm often asked if I surf. Sadly, I have to say no, but there's so much more to do in Hawaii. Here are 12 suggestions.

If I could make only one suggestion it would be to visit one of the islands other than the popular Oahu (home to Honolulu and Waikiki). The islands are unique in their own way, offering diverse backdrops, stunning scenery and an endless number of activities. Kauai, Molokai and the Big Island are great for vivid landscapes and laid-back vibes, while Maui and Lanai have beautiful beaches and luxurious resorts.

With four locations across the islands, Merriman's restaurants are a local favourite and well worth visiting when on Big Island, Maui or Kauai. Chef Peter Merriman offers a contemporary take on classic Hawaiian dishes – such as kalua pork, teriyaki chicken and ahi poke – while using the freshest local ingredients.

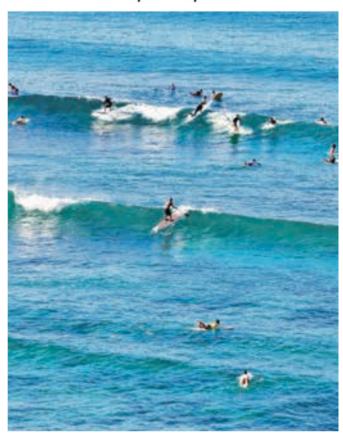
See merrimanshawaii.com.



Aloha: 12 Hawaiian essentials

There's no better way to see Hawaii's varying landscape than from up in the air. Blue Hawaiian and Paradise Helicopters are two reputable companies, offering tours of all the islands, be it the dramatic Napali coastline on Kauai or the billowing Kilauea volcano on the Big Island.

See bluehawaiian.com or paradisecopters.com.







A date that will live in infamy is December 7, 1941. It's the day the Japanese attacked Pearl Harbor, resulting in 2403 deaths and marking the USA's entrance into World War 2. Today, the attacks are remembered at the Pearl Harbor memorial on Oahu, which provides an insightful look into the attacks while touring the USS Arizona and Battleship Missouri.

See pearlharboroahu.com.

Shopping is a must in Waikiki, whether you want fashion brands like Victoria's Secret and Forever 21, or designer goods such as Gucci, Chanel and Dior. The action is at the main strip on Kalakaua Avenue and at the Ala Moana Centre. There are good discount outlets at Waikele.

See alamoanacenter.com.

If visiting between December and April, I recommend getting out on the ocean for some whale watching from Maui, which is considered the gateway to the best whale watching in the world.

See mauicharters.com, pacificwhale.org >

Surf's up ... waves rolling in at Waikiki (left); Pearl Harbour (top); Waikiki entertainment (above).



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Hawaii is the perfect place for viewing the Pacific's abundant marine life, with great snorkelling and dive spots across all of the islands. Kealakekua Bay on the Big Island (site of Captain Cook's first arrival) is a sheltered marine sanctuary ideal for snorkelling, while Hanauma Bay on Oahu is one of Hawaii's most popular snorkelling destinations.

See hawaiisnorkelingguide.com.

Watching the sunset while sipping a mai tai cocktail is one of my favourite pastimes and one of the best places to do it is at a bar called Dukes. An institution among locals and tourists, Dukes pays tribute to famed surfer Duke Kahanamoku, serving some of Hawaii's best cocktails with a picture-perfect view over Waikiki Beach.

See dukeswaikiki.com.



Whether you're in the hustle and bustle of Waikiki or enjoying the luxury resorts on Maui, it's worth getting out of your hotel and going for a drive around the island. Only 90 minutes outside Honolulu, the north shore of Oahu is home to big-wave surf spots like Pipeline, while the road to Hana (on Maui) offers a stunning drive through lush rainforest, soaring waterfalls and black-sand beaches. Rental cars are available through various companies.

If you'd like to immerse yourself in Polynesian food and culture, I'd recommend a luau (a Hawaiian feast). The Old Lahaina Luau and Feast at Lele on Maui are two of the best, presenting a celebration of Hawaiian, Samoan and Tahitian culture through traditional food, music and dance. The Polynesian Cultural Centre on Oahu is home to Hawaii's most popular luau.

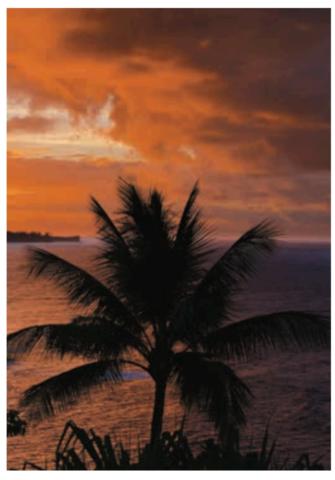
See feastatlele.com, polynesia.com.

Just because I don't do it, doesn't mean you shouldn't partake in Hawaii's most famous sport, surfing. Most of the islands offer lessons and rentals, usually within sheltered beaches with small waves. Stand-up paddleboard lessons are also available.

See hawaiiansurfingadventures.com, konabovs.com. Snorkelling paradise ... underwater at Kailua-Kona (left); fit for a feast (inset); paddle boarding at Waikiki (above); an iconic Hawaiian sunset (opposite page).



Aloha: 12 Hawaiian essentials



Air Niugini flies from Port Moresby to Sydney and Brisbane, where passengers can pick up a connection to Honolulu. See airniugini.com.pg.

OAHU

LANAI

KAHOOLAWE

HAWAII

MOLOKAI

200

MAUI

Honolulu • Waikiki

KAUAI

NIIAHU

Hawaii has some incredible hiking, from the Big Island's Mars-like lava fields, to Kauai's sweeping Napali coast. If you want to get off the beaten track, head to Molokai, known for its steep trek down to Father Damien's century old leper colony in Kalaupapa National Park.

See molokai-outdoors.com.



