Jan 18			**YYZ–HNL > 5:30p–10:35p (Air Canada AC589, CYWCMB/CYXWJO)**
Jan 19	**Oahu**	**S**	**Waikiki Beach** (Plan-B: add uber to Diamond Head) ***A relaxing day. Explore; shops; beach; swim*.***
Jan 20	**Oahu**	**N**	**Dole, Haleiwa, Waimea Falls, Toa Luau @3pm.** ***Car trip north with 2 stops; short trail to falls; luau dinner / show.***
Jan 21	**Oahu**	**C**	**Manua Falls, Punchbowl Lookout, Pearl H @12pm, Ka Olina** ***Car trip; short walks to views; Pearl H (no bags); lagoon swim****
Jan 22	**Oahu**	**E**	**Diamond Head @6 am; Makapuu Lighthouse Trail; Kailua** ***Trails (moderate) up mountain & hill; spectacular views; swim*.***
Jan 23			**HNL–LIH > 1:15p–2:05p (Southwest WN1792, ADJEJJ)**
Jan 24	**Kauai**	**E**	**Wailua River & Secret Falls Tandem Kayak @9:15am** ***J&H tandem kayak; walk to falls. S&H drive to kayak and back.***
Jan 25	**Kauai**	**E**	**Helicopter @8:15am, Wailua Falls, Lydgate Park** ***Air tour around island; visit falls (no trail); walk / swim* in park.***
Jan 26	**Kauai**	**W**	**Na Pali Coast Catamaran & Snorkel @7:15am** ***Drive west to Port Allen; sail north; swim/snorkel*; lunch/drinks.***
Jan 27	**Kauai**	**C**	**Waimea Canyon** ***Road trip along canyon with numerous lookout stops.***
Jan 28	**Kauai**	**N**	**Kuhio Highway, Kilauea Lighthouse, Hanalei, Hanalei Bay** ***Drive hugging the east shore to the surf-famous north shore.***
Jan 29 **Jan 29** **Jan 29** **Jan 30** **Feb 10**			**LIH–HNL > 11:45a–12:30p (Southwest WN2414, ADJEJJ)** **HNL–YYZ > 11:55p–1:34p+ (Air Canada AC588, *CYWCMB*)** **LIH–HNL > 11:45a–12:30p (Southwest WN2414, ADJEJJ)** **HNL–SEA > 08:00a–3:43p (Hawaiian HA990/AS8014, B77I7R)** **SEA–YYZ > 07:55a–3:35p (Alaska AS385, *SOCMGS*)**

**Public showers available; keep swim and foot ware and towels in car.*

WHAT TO EAT

SAVOURY

- **Poke**: Cubed raw fish, often ahi tuna, marinated and served with seasonings like green onions, seaweed, sesame seeds.
- **Loco Moco**: A hearty dish of a hamburger patty and fried egg over rice, topped with brown gravy.
- **Kalua Pig**: A whole pig slow roasted in an underground oven, resulting in smoky, tender, and shredded meat.
- **Laulau**: Pork or fish wrapped in taro leaves and steamed, often served in a set with other traditional dishes.
- **Saimin**: A Hawaiian noodle soup with a dashi-based broth, topped with spam, kamaboko, green onions.
- **Huli Huli Chicken**: Chicken marinated in a sweet and savory sauce, then grilled and often served with rice.

SNACKS & SWEETS

- **Spam Musubi**: Grilled or fried Spam on a bed of rice, wrapped in a slice of nori (seaweed).
- **Shave Ice**: Finely shaved ice topped with sweet syrups. Can add a scoop of ice cream or azuki beans at the bottom.
- **Malasadas**: Portuguese-style donuts, often coated in sugar and sometimes filled with creams or custards.

ICONIC COCKTAILS

- **Mai Tai**: The quintessential Hawaiian cocktail. Rum-based mixed with orange liqueur, orgeat syrup, and lime juice.
- **Blue Hawaii**: Invented in 1957. Signature color from Blue Curaçao. Made with rum, pineapple juice, sweet/ sour mix.
- **Lava Flow**: Frozen strawberry daiquiri with Piña Colada. Rum, coconut cream, pineapple juice, strawberries or banana.
- **Piña Colada**: Not from Hawaii. Classic blend of rum, pineapple juice, and coconut cream is a beloved tropical escape.
- **Chi Chi**: A twist on Piña Colada but vodka (not rum) with keeping pineapple juice and coconut cream.

WHERE TO EAT, O'AHU

GENERAL

- **Liliha Bakery**: Offers a classic local bakery experience, popular for breakfast, comfort food, and coco puffs.
- **Kona Coffee Purveyors**: Stylish (Waikiki) offering Kona coffee and patisserie baked goods.
- **Giovanni**: Chain offering pizza in Waikiki and Shrimp (N).
- **Duke's Waikiki**: Popular "fancy" lively spot right on the beach with a casual atmosphere and ocean views.
- **Steak Shack**: Next to Outrigger Reef / Lookout. Good reviews for steak / chicken with rice and greens. Casual.
- **Kahuku Food Trucks**: Addictive, generous (to share) Huli Huli Chicken, juicy / flavorful; a wide range of choices from burgers to Brazilian and Thai cuisine. (*Bring hand wipes / sanitizer.)*

AUTHENTIC

- **Helena's Hawaiian Food**: A classic spot for authentic Hawaiian cuisine, including kalua pig and laulau.
- **Ono Hawaiian Foods**: Known for traditional Hawaiian dishes.
- **Rainbow Drive-In**: A popular local spot for classic plat lunches.
- **Musubi Cafe IYASUME**: A go-to for a variety of musubi options.
- **Ono Seafood**: Highly recommended for its fresh, made-to-order poke. *(~30-min walk from the Hyatt.)*

JAPANESE

- **Restaurant Suntory**: Iconic for traditional multi-course meals & teppanyaki.
- **Yanagi Sushi**: Long-standing local favorite for fresh sushi.
- **Tanaka of Tokyo**: Teppanyaki / sushi.
- **Marugame Udon**: Casual.
- **Don Quijote**: Supermarket in Honolulu and Pearl City with takeout sushi / prepared food.

WHERE TO EAT, KAUAI

- **AMA Restaurant**: Asian fusion especially ramen & ceviche (**N**), casual-chic, beautiful mountain/tropical views.
- **Hanalei Bread Co**: Ideal for breakfast or brunch up north (**N**).
- **Chicken in a Barrel**: No frill walk-up barrel-smoked chicken, pork, beef, ribs (**NE & N**), outdoor seating.
- **Smiley Local Grinds**: Modest eatery (**Lihue**) with Hawaiian style meat (like lau lau) and Japanese Teriyaki.
- **Kauai Sushi Station**: A brand-new sushi place (**Lihue**) across from The Costco gas station exit.
- **Kauai Bakery**: Simple (**Lihue**) selling treats like cream-filled malasades, cakes, cookies …
- **The Musubi Truck Kapaa**: Poke bowls, and sweet island treats (**E**).
- **Koloa Fish Market**: Family owned (N. of **Poipu**) with Hawaiian/American plate lunches to go.
- **Puka Dog**: Hawaiian Style Hot Dog (**Poipu**) with Polish sausages.