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Call **SNORKEL TOURS**
306-8068 or 391-4300

There are many other snorkel spots on O`ahu. Try Kailua Beach Park on Tuesdays when Hanauma is closed. Shark's Cove on the North Shore, between Hale`iwa and Pupukea, is another good spot. (Contrary to the name, no sharks have been spotted there.) Malaekahana Beach Park, just north of La`ie town, and Kuilima Cove at Turtle Bay are also good choices.

Snorkeling is an inexpensive pastime that is easier to learn than surfing or scuba diving and can be done either by booking a cruise or finding a good spot on a beach. If you book a cruise, expect gear, lunch and other amenities to be provided.

Gear can be rented or purchased from the companies listed below. In either case, all you'll need is a mask, a snorkel and some fins. Gear comes in many sizes and shapes. A good fit is what's important. If the mask doesn't fit properly expect to experience some leakage of water in the mask. If in doubt, consult the following experts for help.

101's Top Picks

- Kailua Sailboards & Kayaks 262-2555
- Bike and Sail 734-4214
- AAA Watersports-955-2583
- Hawaii Travel Network 888-349-7888
- Snorkfin Rentals 256-9010
- Snorkel Bob's 735-7944

33 Meet A Green Sea Turtle



Photo by cbabbitt / istockphoto

The gentle, lumbering Pacific Green Sea Turtle makes its home in Hawaiian waters. These huge, endangered creatures, which can grow to 4 feet and weigh up to 400 pounds, feed on seaweed called limu that grows on the rocks in shallow areas. Called honu in Hawaiian, the turtles are referred to as green not for the color of the algae growing on

their backs, but for the color of their meat. Yep, it's green.

Since 1979, the turtles have been protected by the Endangered Species Act and it is against the law to harass them in any way, including touching.

It is believed that Hawaiian Green Sea Turtles can live up to 80 years and most don't reach sexual maturity until they are about 25 years old, sometimes taking twice that long. Turtles, like salmon, return to the place they were hatched to lay their eggs. Every second or third year, turtles migrate hundreds of miles to nest. Each female will lay two or three clutches of 100 to 110 eggs before swimming back to its favorite resting and feeding area in the protected waters of the inshore reef.

It is common to see green sea turtles in O`ahu waters, but if you see one, be mindful that they are endangered creatures and protected by law. If you come across a sea turtle when snorkeling, give it 10 to 15 feet of space and allow room for the animal to surface and breathe. It is against the law to approach, chase, surround, touch or swim with any protected marine mammal. To report suspected violations, call the NOAA Enforcement Hotline at 1-800-853-1964

101's Top Picks

- Amazing Waterfall Tours 375-3137
- Kailua Sailboards & Kayaks 262-2555

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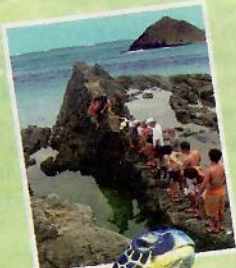
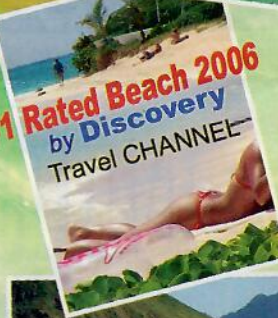
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16 Go Waterfall Hunting

If you're looking for an off-the-grid adventure, try Amazing Waterfall Tours. These hikes to hidden waterfalls have been mapped by the company to help visitors find their way to places usually seen only by local residents. The map comes with a package that includes directions to the trailhead. Tour guides can be arranged, but no need if you'd rather set out on your own.

These hikes, which range from strenuous to fairly easy, will take you to a variety of waterfalls. There's a hike leading to a three-tiered waterfall that drops about 30 feet into a large pool filled with sparkling turquoise water. You'll hike about 90 minutes to get there. A longer hike takes you deep into the forest and another waterfall. A less strenuous hike has been designed for the less ambitious. The flume ride is something else. Hikers swim into a tunnel and are propelled by the surge of the tide into a large swimming pool.

And then there's the company's turtle adventures and scenic night tours, obviously designed to keep hikers off the beaten path.

IOI's Top Picks

- Amazing Waterfall Tours 375-3137

17 Surf With The Wind

Windsurfing, the inventive marriage of sailing and surfing, has found the perfect honeymoon spot in Hawai'i. This island state is a mecca for windsurfing enthusiasts and O'ahu, boasting some world-class sailing spots, is a good place to learn the sport.

Try Kailua Bay on O'ahu's Windward side. Most of the bay's floor is covered with sand and the few coral heads and reefs are easy to spot. Winds are onshore 90 percent of the time, which helps the novice avoid being carried out to sea. Lessons typically include time onshore with a simulator, and time on the water with an instructor close at hand. Several Kailua companies rent equipment and offer single and group lessons.

IOI's Top Picks

- Kailua Sailboards & Kayaks 262-2555

18 Take A Private Tour

O'ahu isn't a large island. Its landmass measures 608 square miles, most of that outside the island's teeming visitor Mecca of Honolulu and Waikiki. But there's another world beyond the city lights, and if you want to see it in style, call a private guide. Sure it'll cost you a few bucks, but if you do the math you're going to discover that the fare is comparable to group tours and you'll be riding with your own guide in a private SUV.

Private tours generally take scenic back roads, stopping along the way for photos, lunch, snacks, swimming and sightseeing.

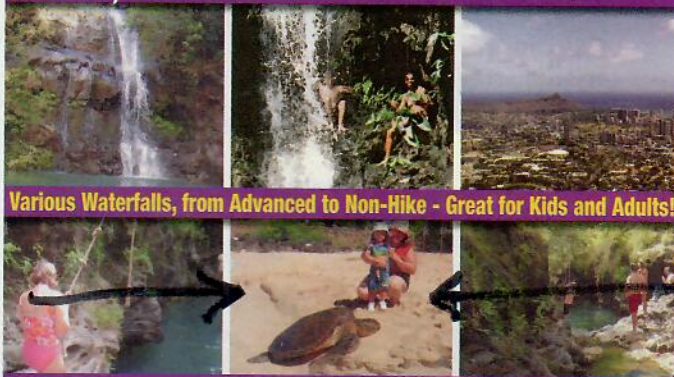
Key stops might include the North Shore, where in winter months you can expect to see professional surfing contests at some of the world's most famous surf breaks; the quaint North Shore town of Hale'iwa, its main street lined with colorful boutiques and unique souvenir stores; Dole Pineapple Plantation; Pearl Harbor's USS Arizona Memorial and Battleship Missouri; Chinatown; and 'Iolani Palace, the seat of the Royal Hawaiian monarchy.

IOI's Top Picks

- Carey Chauffered Services 1-888-563-2888

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19 Get Acquainted With Dolphins



Photo by istockphoto

It's easy to romanticize any encounter with dolphins. Inherently playful creatures, they are often seen skimming the surface of the ocean, spinning and leaping like Olympic gymnasts. Cheerful dolphin smiles spread across their faces, these graceful mammals go clicking and whistling through the water, beckoning the adventurous to come along.

But swimming with dolphins in the wild is illegal. Though not considered endangered, dolphins are protected by the Marine Mammal Protection Act, which dictates that humans and vessels maintain a distance of at least 50 yards. It is not illegal for dolphins to approach you, but it is against the law to approach, chase, surround, touch or swim with them.

There are ways to get close to a dolphin without breaking the law. One of the easiest is to find your way to the ground level of the Kahala Mandarin Oriental Hawaii hotel and head for the lagoon. There you might find a trio of Atlantic Bottlenose dolphins engaged in what looks like a bottlenose version of volleyball. The dolphins are the stars of an organization called Dolphin Quest, a marine research and education program based at the Kahala Mandarin on O'ahu and the Hilton Waikoloa Village on the Big Island.

At the Kahala Mandarin, the staff works with a small pod of dolphins training them, among other things, to interact with people. "They're just like Golden Retrievers," says one staffer. "They love meeting new people."

Dolphin Quest conducts programs for children and adults designed to promote interaction between dolphins and people. While guests become acquainted with the Kahala dolphins in the shallow waters, the Dolphin Quest trainers share information about these animals and the environmental issues affecting them in the wild.

Sea Life Park offers interactive dolphin experiences as well. Dolphin Adventures is a deep-water experience that allows participants to swim with dolphins. You'll get a personal lesson from Sea Life Park trainers and get a chance to view dolphins underwater and up close. Sea Life Park is located at 41-202 Kalaniana'ole Highway, 15 miles from Waikiki near Makapu'u Beach.

Hawai'i is home to eight different species of dolphin but the most famous and instantly recognizable are the bottlenose. Atlantic Bottlenose dolphins can reach up to 10 feet in length and are easily identified by their rounded forehead, or melon, and amicable expression. Usually seen in small groups or singly, they spend most of their time in the channels between the islands but will sometimes approach passing boats.

- 101's Top Picks**
- Dolphin Quest 1-800-248-3316
 - Sea Life Park 259-7933



What's In a Name?

Kukae'ohiki, modern-day Laniakea.

BY IAN MASTERSON

WHEN FRED AND PETER VAN DYKE, BUD BROWNE, BUZZY TRENT, GEORGE DOWNING AND WALLY FROISETH had just surfed the break now

known as Laniakea for the first time, they decided upon a name for the new break. The place name was figured based on a sign that read "Laniakea" fronting a house on the point known as *Pu'u Nenuē* (Pohakuloa Way), to the north of the break, at the spot where Browne had been shooting from an old observation tower (Clark, 2004). We now know from the work of John R.K. Clark that the name for the beach fronting the surf break Laniakea was originally *Kukae'ohiki*, or "sand crab excrement" as it were. Admittedly, the small doo-doo balls left behind by the crabs incessant digging are still visible on a daily basis at dawn before the many surfers and tourists stomp on through them without a care, believing that sand is sand is sand. So does that make these pioneers wrong, or off a bit? Not at all, for the name Laniakea, in reality the name of a spring located amongst the rocks inside Jocko's to the north of the point, is a historical reminder of these great pioneers on an adventure way back in November of 1955—awesome footage that can be seen in Bud Browne's "Surfing the 50's!"

Visually, crabs in their crouched stance could be likened to a human in a squatting position. Even the best surfers grab rail when they need to set the inside edge while flying into a barrel, and the double-hand grab that I employ to set the rail on my single fin has caused me to endure much rousing from my friends for my "crab-grab" stylee. Yet, that's what keyed me into the visual metaphor of a crab as a surfer: imagine a Hawaiian streaking across the inside west

bowl at Laniakea on a 16-plus-foot long 200-plus pound *papa 'olo* with no fin—it just might take a double-grab to accomplish such a feat.

There are traditional legends in which crabs are metaphors for surfers in ancient Hawai'i, but how do we know that ancient Hawaiians were surfing at Laniakea? It is written in stone under our feet and all that sand. At the beginning of the winter when the summer trade winds have moved all the sand along the shoreline towards Papailoa, the shelf seen at the north end of the beach most of the year is then exposed all the way past the first few houses after the bridge. One early fall morning I was surprised to see a petroglyph of a rainbow man staring at me. I passed another carving of a man holding a paddle over his head and another of two men facing each other in a boxing position. Further, at the spot where almost every surfer jumps in to paddle out through the channel, was another rather large petroglyph of a man on what appears to be a short surfboard!

The images are consistent with the ritual athletics that are part of the annual *Makahiki* festival in ancient Hawai'i, a festival that could easily be likened to the Olympics in ancient and modern times. These games, associated with annual tribute to the *ali'i* (chief) and a time period freed from the normally strict *kapu* (taboo) system, are presided over by the god of rain in one of his many forms, *Lono-i-ka-makahiki*. The rainbow is a symbol of *Lono*, and there are rainbow man petroglyphs elsewhere in the Islands.

The rainbow man petroglyphs suggest that *Kukae'ohiki* was a site where the *Makahiki* games occurred. That brings to life an active metaphor of a Hawaiian streaking across a Laniakea peeler, grabbing both rails to hold in

that edge and 200 pounds of solid wood from plunging to the reef below in an attempt to surf the wave through the inside break and pass the *pua* (buoy) inside the shelf to win the contest—meanwhile the spectators along shore are chuckling at how the surfer looked like he was using one form or another of *lua* (bathroom), or like a crab scuttling on the reef.

So herein lies a theory presenting a deeper meaning that might hide the disdain I felt over my favorite surf spot being originally named for crab poop. But hey, what's in a name anyway? Laniakea translates to "wide sky" literally, probably also relating to the heavenly sky father, *Wakea*, who is a progenitor of the Hawaiian race. Either way, it definitely applies to the broad visual display spanning from Ka'ena to Ke Iki Points embracing a curved horizon. Really, the way to realize the *mana* (power or divine spirit) of a place name is to experience the place. All of us who have dawn patrolled there and seen the morning rainbows fronting massive cloud bands along the horizon with the sun rising behind the plains of Lauhulu have felt the *mana* of Laniakea, and we have all given thanks for that feeling. Everyone else, well, they're probably just seeing turtles!



Sources: Beckwith, Martha. *Hawaiian Mythology*. University of Hawai'i Press, Honolulu, HI 1970. Beckwith, Martha. *The Kumulipo: A Hawaiian Creation Chant*. University of Hawai'i Press, Honolulu, HI 1977. Clark, John R.K. *The Beaches of O'ahu*. University of Hawai'i Press, Honolulu, HI, 1977. Finney, Ben and Houston, James. *Surfing, A History of the Ancient Sport*. Pomgranate Artbooks, Ronherth Park, CA, 1996. F Mary Kawena, and Elbert, Samuel. *Placenames of Hawai'i*. University of Hawai'i Press, Honolulu, HI 1977. Westervelt, W.D. *Myths and Legends of Hawai'i*. Mutual Publishing Company, Honolulu, HI, 1987.

NĀ HONU: SURVIVING THE RUSH

BY JENNY VOORHEIS AND THE STUDENTS OF KE KUMU ALAKA'I

SEA TURTLES HAVE SURVIVED CHANGES ON EARTH FOR MORE THAN 200,000 YEARS. Known as *honu* in Hawaiian, green sea turtles are a very important part of Hawaiian culture and represent family, strength, longevity and protection. Honu were plentiful in ancient Hawai'i and although they were used for ceremonial purposes by *ali'i* (chiefs), it wasn't until the 20th century that their numbers began to dramatically decrease due to commercial hunting for their meat and shells. Green sea turtles were placed on the Endangered Species List in 1978. With the recent influx of visitors and beachgoers, sea debris and disease, Hawaiian sea turtles are facing some of their toughest challenges yet.

Efforts to protect and care for green sea turtles continue today, especially at Laniakea Beach on the North Shore of O'ahu where many honu come to eat and bask in the safety of the cove. Laniakea, a once quiet and sparsely visited beach has, in just a few years, become a popular destination for literally hundreds of visitors and beachgoers each day. While most of these visitors respect the turtles and have an amazing, up-close experience, some cannot resist the urge to crowd, touch and even feed the turtles.

Recently, Ke Kumu Alaka'i-Lā'ie, a group of sixth and seventh graders, decided to help in the efforts to protect the turtles at Laniakea. Ke Kumu Alaka'i (teaching leaders) is part of the Pacific American Foundation and teaches children leadership skills through fun and exciting Hawaiian cultural activities and excursions. One of Ke Kumu Alaka'i's goals is environmental stewardship and for their summer project, the students decided to focus on sea turtles and Laniakea beach.

Through their research the children learned that Marine Biologist George Balazs (who was instrumental in getting honu on the Endangered Species List to begin with) has created a campaign called "Show Turtles Aloha." The campaign's objective is to enhance public appreciation and conservation of the recovering Hawaiian green sea turtle population through respectful wildlife viewing that promotes the spirit of aloha to both sea turtles and people. Balazs or a volunteer representative has been at Laniakea every day since July 7, 2005, monitoring the honu and helping to educate beachgoers about the respectful and proper way to view the sea turtles.

The students of Ke Kumu Alaka'i visited Laniakea and were lucky enough to meet up with George Balazs. They had a remarkable experience with the turtles and actually learned more from "Uncle George" than they ever would from a textbook. They have volunteered twice at Laniakea and have conducted two beach clean-ups there since. "It was really cool to meet Uncle George," said Emmalani, a student in the Ke Kumu Alaka'i program. "He knows everything about the turtles and now that I've learned so much, I want to do more."

While George Balazs and many more community volunteers continue to go out of their way to help protect and care for the turtles at Laniakea, there are still things we can all do to help make a difference.

Sources: George Balazs and www.turtles.org.



The students of Ke Kumu Alaka'i. Photo: Voorheis

HELP THE HONU AT LANIAKEA

Tips From Ke Kumu Alaka'i Students

- Don't touch, handle, crowd or feed the honu.
Sterling, 6th grade
- Never pour water on a resting turtle.
Brookelynn, 7th grade
- Don't leave rubbish on the beach, especially cigarette butts!
Reyna, 6th grade
- Don't walk on the reef with your shoes: it kills the honu's food!
Bubba, 6th grade
- Help educate others about how to respectfully view the turtles.
Mikayla, 6th grade
- Don't block the honu's path in and out of the water!
Kalei, 6th grade
- Read the information posted at the beach and stay behind the red rope.
Aaron, 6th grade

DID YOU KNOW

Hawaiian Green Sea Turtles....

- can reach a shell length of 40" and weigh up to 400 pounds
- live to be an estimated 60-70 years old
- can swim in short bursts up to 20 mph
- feed primarily on seaweed and sea grass
- have no teeth, but a serrated jaw that can inflict a serious bite
- can eat and swallow only while under water
- are not green on the outside but get their name from the color of the internal body fat
- crawl ashore to warm their bodies (to bask), usually for several hours
- migrate more than 1,000 miles roundtrip from Laniakea to French Frigate Shoals in the Northwestern Hawaiian Islands to mate and nest
- have been basking ashore at Laniakea beach since 1999—most likely because of the abundance of natural food and safety of the cove

RESOLVE

If you should find a sick, injured or stranded turtle please call the Turtle Stranding hotline at NOAA Fisheries, Pacific Islands Fishery Science Center at (808) 983-5730 or toll-free (800) 853-1964.