



Gotta-Try Island Treats & Goodies

All of the touring can make a visitor hungry. Well, as we say, “no worries.” There are wonderful places to stop for a snack. We made our picks. What do you think?

1. Guri Guri (Kahului) – Family secret frozen sherbet / ice cream desserts. Shhh.
2. Akamai Coffee Drive-Thru (Kahului) – Try the top award-winning Maui Mokka.
3. Maui Sugar Shop (Lahaina) – 100% gluten-free organic, gourmet baked treats.
4. Ululani’s Shave Ice (Lahaina) – And ice cream, and frozen yogurt, and desserts.
5. Leoda’s Kitchen and Pie Shop (Lahaina) – Handmade yum. Hint: banana bread.
6. Baya Bowls Food Truck (Lahaina) – Insane fresh fruit acai bowls and smoothies.
7. 4 Sisters Bakery (Wailuku) – Malasadas, manapua, and mango bread, oh my!
8. Nagasako General Store (Lahaina) – THE place for spam musubi. And more.
9. Zippy’s (Kahului) – Open 24/7 for custard or haupia-filled malasadas anytime.
10. Mango Mochi Ice Cream – Get it at local grocery markets. Just get it.
11. Dried Li Hing Mui Mango – Sweet, salty and fruity. Try the Jade brand.
12. Maui Onion Chips – No better place to get them than Maui!

Fun Facts

Common Hawaiian Words & Meanings:
 Aloha – Hello, Goodbye, Love
 Mahalo – Thank you
 Wahine – Woman
 Kane – Man
 Keiki – Child; Children
 E komo mai – Welcome
 A hui hou – Until we meet again
 Kapu – Forbidden (no trespassing)
 Pupus – Snacks; Appetizers
 Pau – Done; Finished
 Hana Hou – Encore; Do it again
 Kamaaina – Of the land; Long-term resident
 Mauka – Toward the mountains
 Makai – Toward the sea

Hawaii State Stuff:
 State Flower: Yellow Hawaiian Hibiscus
 State Bird: Nene (“nay-nay”) or Hawaiian Goose
 State Tree: Kukui Nut Tree or Candlenut
 State Fish: Humuhumunukunukuapuaa
 State Nickname: The Aloha State

Insider Tips:

- Look for free hula shows and local entertainment in the area.
- When you ask a local for directions, be ready to take note of landmarks, not street names.
- You’ll like poi better if you dip into it with pork or beef, or add milk and sugar.
- Shave ice is best with Kauai Cream on top!
- Fresh pineapple is sweeter with salt, but even better with li hing mui powder (a tart pickled plum skin powder).
- Local plate lunches are typically big. Share them and save money.
- When you wear a flower in your ear, the right side means you’re single. The left side means you’re taken. An easy way to remember this is that your wedding ring side means you’re taken.

The Deeper Meaning of Aloha:
 The joyful (oha) sharing (alo) of life energy (ha) in the present (alo).
 As you share aloha, you discover the secret to good health and happiness.
 That is our wish for you during your stay.



A Recreational Guide to Local BY THE EXPERTS



Dramatic. Exciting. Experience Maui.

Maui has been coined an assortment of names as diverse as the island itself. It’s called the “Valley Isle” for its vast valleys carved into the mountains, now dormant volcanoes. It’s also referred to as the “Magic Isle” for its enchanting bamboo forests, rainforests, waterfalls, whales, sea turtles, taro fields, and dramatic sea cliffs like those on the Road to Hana. According to Hawaiian legend, the island was named after the demigod Maui, who pulled up the eight Hawaiian Islands while fishing. Quite a catch! And the earlier name for the island was ‘Ihikapalaumaewa. But you can call it Maui.

Before we share our island secrets, we must first share a bit about ourselves.

Beyond the beauty and the magic, there is something else very special about this island. You may have noticed it the moment you arrived. It’s aloha. “Aloha” not only means hello and goodbye. It also means respect, love, and generosity. Aloha is to give without

expecting anything in return. To be the person you would like to see in others. Aloha spirit is the attitude of friendliness and kindness for which the Hawaiian people are so famous. But it’s something we’re all capable of... with an act of compassion, a kind gesture, or something as simple as a smile.

Once you know what aloha really means, you get a better understanding of the Hawaiian culture. Family (ohana) and the connections of the heart are the most important parts of our culture. We welcome you with aloha and invite you to be a part of our ohana. To experience the wonders of Maui from a local’s perspective. From our perspective. Many of us have lived here for most of our lives. So our team has put together personal recommendations just for you.

They are the things we enjoy most about our island. And we hope you do, too.



Maui has so much to offer.
Here's what our local experts like best.

Favorite Beaches

There are so many wonderful beaches on Maui. In fact, there are more miles of swimmable beaches than any other island in Hawaii. So how are you going to decide where to go? Listen to the locals.

1. Napili Bay (NW)– Great snorkeling. If it's calm, snorkel around to Honokeana Cove, a bay just south of the beach. You're sure to see Hawaiian green sea turtles.
2. Kapalua Bay (NW) – Protected from winds and currents. Its calm waters are great for snorkeling, swimming and kayaking. Take in the view and a sunset.
3. Chang's Beach (Wailea) – A small cove beach where the locals boogieboard. The reef offshore is populated with fish, so when the water's calm, it's a great snorkeling spot not a lot of tourists know about.
4. Baby Beach (Lahaina) - Perfect for kids under 5 yrs. because there's a protected lagoon. Adults who are into snorkeling or standup paddleboarding like it, too.
5. Honokowai Beach Park (Lahaina) - Close to Honua Kai, you'll find this beach and park, with monkey bars and beach amenities, perfect for kids under 3 years old.



KAPALUA BAY

6. Old Airport Beach, Kahekili (Lahaina) – A nice, sandy beach within walking distance of Honua Kai! Enjoy watersports or a sunset dinner from a picnic table.
7. Big Beach, Makena (South, near Wailea) – Big beach lives up to its name with plenty of soft, white sand. Here, experienced swimmers bodysurf, skimboard and surf. The gates close after sunset, so don't get locked in. And if you're with kids, don't mistake it for "Little Beach" just adjacent. It's clothing optional!
8. Olowalu Beach (South of Lahaina) - Take a guided kayak snorkel tour with Kayak Olowalu to fully appreciate the crystal clear water here teeming with colorful fish and other sea life. Tip: Just don't get your car stuck in the sand!
9. Kaanapali Beach (North of Lahaina) – Yes, it's the 3-mile stretch of beautiful, gold sand beach where all the hotels are, but our recommendation is to snorkel near Black Rock where you'll see tons of radiant tropical fish.

NAPILI BAY



Best Places To Eat (Grind)

Here in Hawaii, we love our *Kaukau* (cow-cow), or food. And here on Maui, there is an assortment of *ono* (delicious) restaurants to choose from, from fine dining to casual to food truck. Here are our faves.

1. Kobe Japanese Steak House (Lahaina) – Plus, a sushi bar and lounge.
2. Monkey Pod (Wailea) - A locally sourced, farm-to-table eatery and bar.
3. Leoda's Kitchen and Pie Shop (Lahaina) – Farm-fresh comfort food Maui-style.
4. Food Trucks (near Costco in Kahului) - Mexican, Poke, Thai, Hawaiian, etc.
5. Isana for Sushi (Kihei) – Serving Korean BBQ, sushi and sunsets. Karaoke anyone?
6. Tamura's (Wailuku) – Fish fresh from the auction. Try the fresh fish and poi.
7. Tin Roof (Kahului) – A top chef making plate lunch bowls is a recipe for success.
8. Star Noodle (Lahaina) – Fresh house-made noodles and Asian shared plates.
9. Honokowai Okazuya Deli (Lahaina) – Asian take-out. The lemon caper is *ono*.
10. Cow Pig Bun (Kihei) – They call it "burgers & bourbon," but it's much more.

Must-Sees

Here, a day's adventure can lead you from waterfalls to lava fields, or on a timeless journey through plantations, old Hawaiian villages, or ancient churches.

When you're ready to "holoholo" (that's Hawaiian pidgin slang for "go out and about" on a pleasure trip), be sure to check out some of the "local-approved" places below. And wherever to you go, remember, don't leave valuables in your car (not everyone has the aloha spirit we told you about). Lastly, very important, bring your camera!

1. Baldwin House (Lahaina) – The oldest house on Maui. Built in 1834.
2. Haleakala Sunrise (East) – Leave early. It can take up to two hours to drive to the summit, depending. But it's worth it. Seeing the sunrise from 10,000 feet above sea level is a sight you'll remember forever. (But bring your camera, just in case.)
3. Nakalele Blowhole (West) – From a good distance, behold geyser-like water spew as high as 100 feet in the air. And snap a shot by the heart-shaped lava rock.
4. Alii Kula Lavender Farm (Upcountry) – Sprawling fields of 45 different varieties of lavender. Be sure to browse through the gift shop and pick up lavender bath and body products, candles, sachets, apparel and other products, even delicious locally-made lavender products. Try the honey! Insider info: They also just opened a new retail store in Paia town.

SUNRISE AT HALEAKALA



NAKALELE BLOWHOLE

5. MauiGrown Coffee Company Store; Formerly Pioneer Mill Smokestack & Coffee Store (Lahaina) – Sip a world-class cup of joe and pay homage to the historic Pioneer Mill smokestack that still stands nearby.
6. Iao Needle (Central) – This verdant, needle-like mountain is a wonderful and historic backdrop for a picnic. There's also a stream and walking paths.
7. Olowalu General Store (Lahaina) – A family-owned landmark since 1932. Stop in for souvenirs, Maui-made apparel and jewelry, yummy hot dogs, homemade spam musubi, plate lunches, smoothies, and locally-famous Roselani Ice Cream.
8. Lahaina Banyan Court Park & Lahaina Harbor Lighthouse (Lahaina) – This public park was capital of the Kingdom of Hawaii from 1820 to 1845, and is currently home to the largest banyan tree in the U.S. Across the street, you'll find the lighthouse, Pioneer Inn, and Lahaina Heritage Museum in Old Lahaina Courthouse.
9. Tadeschi Winery (Kula) – Sample fine wines at Hawaii's oldest, most famous winery on the rolling slopes of Haleakala.
10. Paia Town (North) – A funky, bohemian beach town of quaint shops, great restaurants and the best natural food store on the island.

*These recommendations are for entertainment purposes only. We recommend you stop by our concierge desk located in the lobby for more information, professional advice and directions. Please go at your own risk. Honua Kai Resort & Spa does not take responsibility for any injuries, personal damages, or lost or stolen items.