

MOLOKAI

"The Friendly Isle"

Molokai is Hawaii's "Friendly Isle" — for the outdoorsman, adventurer, nature lover. It was one of the first of the Hawaiian islands to be inhabited, yet remains largely untouched by the rigors of development, with only one small resort, Kaluakoi, near the northwest corner of the island. It also offers great variety — ideal, again, for the outdoor enthusiast — from the lush, green Halawa Valley in the east to the arid slopes of the Maunaloa mountain in the west, from the friendly, natural harbors along the southeast shore, at Kaunakakai and Kamalo, to the isolated, yet beautiful, Kalaupapa Peninsula at the north end of the island, situated at the bottom of 2,000-foot-high sea cliffs. Besides which, the island also boasts some of the best, uncluttered beaches in Hawaii — on its west coast — as well as hiking trails through a pristine, nature wonderland, the 2,774-acre Kamakou Preserve.

Molokai is the fifth largest island in the Hawaiian chain, some 38 miles long and 10 miles wide, more or less rectangle- or slipper-shaped. It comprises, primarily, two land masses — East Molokai and West Molokai — created by the volcanoes, Mt. Kamakou (elevation, 4,970 feet) and Maunaloa (elevation, 1,381 feet), respectively, and joined together by a dry plain, which makes up Central Molokai. In East Molokai are the ancient Halawa Valley and Molokai's principal population center, Kaunakakai; in West Molokai lie the town of Maunaloa — birthplace of the hula — and the Kaluakoi Resort; and in Central Molokai, the community of Hoolehua and a macadamia nut farm that welcomes visitors. A separate tour takes in the remote Kalaupapa Peninsula, at the north end of the island.

Molokai is situated roughly 9 miles north of Lanai, or 8½ miles northwest of Maui; from Oahu, it is approximately 25 miles distant, lying just to the southeast. The island can be reached by ferry from Maui, or on inter-island flights from Maui, Lanai or Oahu. Molokai's main airport, the Molokai Airport, is located at Hoolehua, in Central Molokai.

Kaunakakai

Kaunakakai is Molokai's principal town, and an ideal base from which to explore the rest of the island. It is situated on the south coast of the island, some 7 miles southeast of the Molokai Airport in Hoolehua, more or less equidistant from the remote east and west coasts of the island. It also has in it most of the island's shops, restaurants and other amenities, including a handful of deli-cum-markets and local eateries, a gift shop, a sporting goods store, an art gallery, and even a bakery, the Kanemitsu Bakery, which sells freshly-baked "Molokai Bread" — all strung along a three-block section of the town's main street, Ala Malama. The town, besides, has some good accommodations — the Pau Hana Inn and Molokai Hotel, both modest hotels with dining facilities, entertainment, and swimming pools, situated just to the south of the Kamehameha V Highway (450), fronting on the ocean; and Molokai Shores, a condominium complex, and a relatively new addition to Kaunakakai's accommodations, also oceanfront, situated just off the highway.

Kaunakakai also has a notable harbor, the Kaunakakai Harbor — Molokai's only deep-water port — located just to the southwest of town, off Kaunakakai Road. The Kaunakakai Harbor originally provided a landing for early-day canoes, when native Hawaiians journeyed here for the plentiful fish found in the area; it is, however, now a commercial port, where ferries and commuter boats to and from the neighboring island of Maui depart and arrive, and from where the island's honey, cattle, watermelons and other produce are shipped. The harbor is also home to fishing and charter boats, with some of them offering deep-sea fishing, diving, snorkeling, and even whale-watching excursions.

Kaunakakai, we might add, also has its associations with King Kamehameha V, ruler of Hawaii, who once maintained a vacation home here, the platform of which can still be seen, located near the beach, on the west side of Kaunakakai Road, just above the wharf. Interestingly, the beach fronting the Kamehameha home site was once used exclusively by the *ali'i* — or chiefs — for sunbathing.

Of interest, too, a mile or so west of the center of Kaunakakai, off the highway (460), is Kapuaiwa, one of the last surviving royal coconut groves on the island, planted in the 1860s for Kamehameha V; and directly across from there, on the opposite side of the highway, is Church Row, with its small section of quaint, box-like churches — one for almost every denomination.

From Kaunakakai, of course, the Kamehameha V Highway (450) journeys east along the coast to the Halawa Valley, and the Maunaloa Highway (460) heads out northwestward to the town of Maunaloa, and farther to the remote west coast of the island. From Kaunakakai, too, you can explore Central Molokai, just to the north, or continue farther, northward on Highways 460 and 470, to the sea cliffs above Kalaupapa.

East Molokai

East Molokai, for the purposes of our tour, comprises largely the area extending eastward from Kaunakakai, some 30 miles, along the southeast coast of the island, to the Halawa Valley. The area, of course, was once the most densely populated on the island, dotted with more than 50 fishponds — an ancient form of Hawaiian aquaculture — many of them dating from the 13th century, the remnants of some of which can still be seen along the coast here, mainly between Kaunakakai and Puko'o. Typically, a fishpond consisted of a narrow, encircling or straight wall, built from stone or coral, connecting two points of the shore, with small openings placed at intervals in the wall, to allow the water to circulate. The pond was then stocked with fish, which were harvested as needed. A good example of this early form of Hawaiian ingenuity is the Kaloko'eli Fishpond, located directly behind the Molokai Shores condominiums, a little over a mile from the center of Kaunakakai. Another fishpond, easily viewed, is the Ali'i Fishpond, near the Oneali'i Beach Park, off the highway (450), some 3 miles from Kaunakakai.

In any event, East Molokai, besides its fishponds, has more to offer the visitor. Some 5 or 6 miles from Kaunakakai, for instance, eastward on the Kamehameha V Highway (450), lies Kawela, a small village, notable as the site of King Kamehameha I's invasion of Molokai in the late 1700s, in which Kamehameha defeated and conquered the island, in his quest for domination over all the Hawaiian islands. At Kawela, too, just off the highway, are the Kakahai'a Beach Park and National Wildlife Refuge, the latter a sanctuary for rare endemic birds. Another place of note here is a *pu'ukaua* — or fortress — which served as a place of refuge for those escaping capture or death. The *pu'ukaua*, however, is situated in the steep Kawela Gulch, and is virtually inaccessible to most visitors.

Another 4 miles or so — 10 miles east of Kaunakakai — and we are at Kamalo, one of Molokai's few natural harbors, which, before the island's commerce was diverted to Kaunakakai, was an important landing spot for canoes, and even small ships. At Kamalo, too, you can search out the small, wood-frame St. Joseph Church, built by Father Damien in 1876, located on the *makai* side of the highway, three-quarters of a mile past mile marker 10. There is a statue of Father Damien at the front of the church.

A mile or so past the St. Joseph Church in Kamalo, alongside Highway 450, is the site of the Smith and Bronte Landing, where, on July 14, 1927, as students of aviation history will recall, Ernest Smith and Emory Bronte crash-landed their airplane, upon successful completion of their historic flight from California — the first civilian transpacific flight — which took all of 25½ hours. The site of the landing, now overgrown with brush and *kiawe* trees, is marked with a wooden sign.

Farther still, another mile or so — at mile marker 13 — lies the village of Ualapu'e, which has in it a general store, and the ocean-front Wavecrest Condominiums, with rental units, a swimming pool

and tennis courts; and one and one-half miles east of there is Kalua'aha, another small village, which, at one time, was the chief population center of Molokai. In Kalua'aha, of course, you can visit the Kalua'aha Church, the oldest Christian church on Molokai, and, quite possibly, also one of the largest western-style churches on the islands, built in 1844 by Reverend Harvey Hitchcock and his wife, who, incidentally, were the first Protestant missionaries to arrive in Kalua'aha.

Nearby, too, a little to the east of the Kalua'aha Church, and also worth visiting, is Our Lady of Sorrows Church, another church built by Father Damien. The wood-frame church was originally built in 1874, and rebuilt in 1966.

Also of interest, three quarters of a mile farther, is the Ili'iliopae Heiau, Molokai's oldest and largest *heiau* (temple), reached by way of a foot trail which goes north off the highway, briefly, crossing over a creek bed, to the base of the *heiau*. The *heiau* — which, according to local lore, was built in a single night, by Hawaii's legendary *menehune* people, who carried the stones for the building from the ocean near the Wailau Valley, over the mountains, some 7 miles! — has an 87-foot-wide and 286-foot-long platform, which, originally, is believed to have been nearly 920 feet long. The *heiau*, however, we must point out, is located on private property, and permission must be obtained, from Destination Molokai Association, by calling (808) 553-3876; alternatively, you can arrange to tour the *heiau* with Molokai Trail and Wagon Ride (808-558-8380), who also tour the lush, surrounding countryside, including a visit to one of the world's largest mango groves.

In any case, the Ili'iliopae Heiau, besides being a place of worship, was once also a site for human sacrifices, and legend has it that a man once lived in the vicinity of the *heiau*, who had ten sons, nine of whom were sacrificed at the *heiau* by evil priests. Seeking to avenge the sacrifices, he sought out Kauhuhu, the shark god, who dwelled in a cave along Molokai's north coast. Kauhuhu agreed to avenge the deaths of the man's sons, and sent a flood of water through the valley, destroying the *heiau* and washing the evil priests out to sea, where, quite appropriately, they were eaten up by sharks.

A little way from the Ili'iliopae Heiau, however, a half mile or so — some 16 miles east of Kaunakakai — lies Puko'o, which, during the 1900s, before the ascendancy of Kaunakakai as Molokai's commercial hub, was the seat of the island's government, with a courthouse, jail, and a hotel located there. Puko'o is now a sleepy little village, with only a small grocery store and snack bar. It is, nevertheless, also the last place to replenish supplies before journeying farther east, to the Halawa Valley.

Eastward still, some 4 miles, just before mile marker 20, on the *mauka* — inland — side of the highway, you can see the ruins of the Moanui Sugar Mill, originally built in the 1870s by plantation owner E. Baldwin, and destroyed by fire, some years later, in the 1880s; and just to the east of there, another quarter mile, at mile marker 20, is the Murphey's Beach Park — a small, sandy beach, protected by a reef, and with good picnicking and swimming possibilities. The

beach, incidentally, is named for George Murphey, former owner of the Pu'u O Hoku Ranch, and who, in fact, deeded the land for the park to the state. There are good views of Maui from here, across the Pailolo Channel, and also of Kanaha Rock and Moku Ho'oniki Island — both bird sanctuaries, and the latter also the site of a bombing range during World War II — just to the northeast.

A mile past Murphey's Beach, where the road turns sharply to the left, around a huge rock, is Rock Point, one of Molokai's only surf breaks; and a little farther, past mile marker 22, after the highway begins to head inland, climbing, northward, lies the Pu'u O Hoku Ranch, with its green pastures, dotted with grazing horses. The Pu'u O Hoku Ranch, of course, was once owned by millionaire Paul Fagan, who later moved from Molokai to Hana, Maui, where he established the celebrated Hana Ranch. Interestingly, too, a famous prophet of Molokai, Lanikaula, is buried at the Pu'u O Hoku Ranch, in a sacred *kukui* grove. Lanikaula, we are told, lived on the eastern part of the island during the latter part of the 16th century, and his fame is largely derived from a momentous occasion, when the king of Maui, Kamalalwalu, was preparing to invade the nearby island of Hawaii, and all the other prophets and priests offered the king flattering prophecies, while Lanikaula warned Kamalalwalu of imminent danger in the battle. Kamalalwalu, needless to say, was rather displeased with Lanikaula, and vowed to kill him upon his return. However, as it turned out, Kamalalwalu was slain in battle on Hawaii, true to Lanikaula's prophecy, and his vow to put Lanikaula to death was left unfulfilled.

In any event, beyond the Pu'u O Hoku Ranch, the highway begins its descent, into the lush, green Halawa Valley, passing by an overlook, roughly a mile past mile marker 25, from where you can view the picturesque Moa'ula and Hipuapua falls, cascading hundreds of feet down the verdant hills above the valley; and a mile farther — some 27 miles east of Kaunakakai — the highway (450) finally ends, in the Halawa Valley, site of the first recorded settlement on Molokai, dating from 650 A.D. The Halawa Valley, in fact, was once inhabited by hundreds of families, and covered with *taro* patches, supplying much of the island with its *taro*, the Hawaiian staple. Indeed, as late as 1836, the population of Halawa Valley was around 500. However, in 1946, a *tsunami* — tidal wave — devoured much of the valley — farms and dwellings — and only a handful of families returned in the following years to live in the valley.

In the Halawa Valley, of course, at the end of the highway lies the Halawa Beach Park, situated along the Halawa Bay, at the mouth of the Halawa River, and frequented, primarily, by fishermen and vacationing families. Interestingly, the Halawa Bay was once also a well-regarded surfing spot, where the island's chiefs practiced the sport; and it continues to attract dedicated surfers even today.

The Halawa Valley's main attractions, however — and few, if any, would argue otherwise — are the Moa'ula and Hipuapua waterfalls, 250 feet and 500 feet high, respectively. The first of these, the Moa'ula Falls, can be reached by way of a 2½-mile trail that dashes off the highway (450), westward, roughly a quarter mile south of the

Halawa Beach Park, passing by rows of banana, papaya and guava trees. A quarter mile or so from the highway turnoff, the trail crosses over two streams and heads north, alongside another freshwater stream, some 2 miles, to the foot of the waterfalls, where there is a refreshing, natural pool, ideal for swimming. But a word of caution: in this icy pool, according to ancient legend, lives a *mo'o* — or lizard — and visitors must seek its permission before plunging in: drop a *ti* leaf into the pool; if it floats, you may enjoy the pool without further ado; if not, beware, danger lurks!

At any rate, there are also trails leading to the Upper Moa'ula and Hipuapua falls, more difficult than the Moa'ula Falls trail, but well worth the effort, especially for outdoor enthusiasts. Both trails branch off the Moa'ula Falls trail, a hundred yards or so before reaching the Moa'ula Falls. The Upper Moa'ula Falls trail, however, we must point out, is especially treacherous, narrowing at one point to a mere ledge along a sheer mountainside, with only a cable, bolted into the side of the mountain, for support. The trail, of course, goes west off the Moa'ula Falls trail; and the pool at the base of the waterfalls, needless to say, offers a degree of solitude unattainable elsewhere, with picnicking and swimming, besides. There are also spectacular views of the valley below, tumbling down toward the ocean.

The Hipuapua Falls trail, however, is not quite as difficult or hair-raising as the one leading to the Upper Moa'ula Falls, but neither is it easy to find, covered with rocks and foliage, and seldom trodden. Nevertheless, for the persevering types, we suggest hiking down from the Moa'ula Falls trail, past the Upper Moa'ula Falls trail turnoff, to the Hipuapua Stream, and following it upstream more or less directly to the falls. The Hipuapua Falls are magnificent, 500-foot waterfalls, where few, if any, venture, leaving it for the fortunate few to enjoy.

West Molokai

West Molokai lies largely between the 1,381-foot Pu'u Nana peak and the ocean, on the slopes of the volcanic Maunaloa mountain. It comprises, for the most part, dry, arid land, with Maunaloa, situated more or less at the center of West Molokai, as its chief town. It is also, we might add, notable as the birthplace of the *hula*, the traditional Hawaiian dance, and where, according to local lore, the goddess Laka learned the dance from her sister, Kapo, then traveled to all the other islands, teaching this traditional dance of storytelling.

Maunaloa itself is a small, rustic, one-road town, formerly a plantation town, built in 1923 by Libby, McNeil & Libby, to house the company's pineapple plantation workers, and located some 17 miles west of Kaunakakai, at the end of the Maunaloa Highway (460). The town has a general store, one or two eateries, and a handful of interesting little shops, notable among them, approximately at the center of town, the Big Wind Kite Factory, with its assortment of colorful, handcrafted kites, and where the staff also offer factory tours and kite flying lessons, besides. Worth visiting,

too, adjacent to the Big Wind Kite Factory, is Jojo's Cafe, a popular, local eatery, which has in it an antique wooden bar. Jojo's, typically, serves hamburgers, hot dogs, fish, and soup, including a Hawaiian noodle soup and a hearty Portuguese bean soup.

West Molokai, we must also point out, is largely owned by the Molokai Ranch Company, the island's largest landholder, which owns more than 60,000 acres here, devoted primarily to cattle ranching. This, however, in all fairness, also has its negative aspect: access to the public beaches on the west and southwest part of the island — of which there are a handful — is restricted, with permission required from the company, incurring fees and deposits, at least a week in advance. For detailed information, we suggest you call the company at (808) 552-2741.

Here, too, at the Molokai Ranch, is the Molokai Ranch Wildlife Park, a 1,000-acre, African safari-type wild animal park, where more than 800 exotic animals, mainly African and Asian, roam freely — including giraffes, barbary sheep, greater kudu, oryx, sable antelope, rhea, eland and zebra — which can be seen on guided, 1½-hour van tours of the park, departing from the nearby Kaluakoi Resort. It is, however, advisable to call ahead for tour reservations, at (808) 552-2741.

Kaluakoi

The Kaluakoi Resort is situated along a stretch of white-sand beach on the island's northwest shore, reached on Kaluakoi Road, which goes off the Maunaloa Highway (450), some 15 miles west of Kaunakakai. Kaluakoi is in fact Molokai's only resort development, with a single hotel, the Kaluakoi Hotel and Golf Club, formerly the Sheraton Molokai, originally developed in 1977. The hotel consists primarily of two-story redwood structures, with 290 guest rooms — most with ocean views — fronting on Kepuhi Beach, a long, sandy beach, with some swimming possibilities in the summer months, when the ocean is calm. The hotel has two well-appointed restaurants, a freshwater swimming pool, tennis courts, and an 18-hole, championship golf course. There are also two condominium developments here, Ke Nani Kai and the 77-unit Paniolo Hale, the latter with private lanais with hot tubs, and a swimming pool. The condominium complexes are also quite close to the beach.

Also of interest here, just to the south of Kepuhi Beach, separated from the latter by the Kaiak Rock, a 110-foot cinder cone, is the Papohaku Beach, one of Hawaii's largest white-sand beaches, some 3 miles long and, at places, nearly a hundred yards wide, bordered by *kiawe* trees. There are three access points to the beach: the first, off Kaluakoi Road, a mile or so south of the Kaluakoi Resort, leads to a developed beach park with showers and restrooms and some camping possibilities; the second, a little over a half-mile farther to the south, is by way of Lauhue Road, which goes off Kaluakoi Road; and the last, another three-quarters of a mile southward, is off Kulua

Road, which goes off Papapa Place, which, in turn, goes off Kaluakoi Road. The last two beach accesses, by the way, lead to essentially undeveloped beach parks, with the latter bordered by rocky outcroppings at its southern end, where, incidentally, Papohaku Beach finally ends.

There are, of course, other beaches along the coast here as well. South from Papohaku Beach, for instance, some 2 miles — reached on Kaluakoi Road and Poha Kuloa Road — lies the Kapukahehu Beach, popularly known as the “Dixie Maru Beach,” named for the *Dixie Maru*, a sampan that wrecked just off the rocky coast here, in the 1920s. The beach, however, is small, crescent-shaped, and sandy, with good swimming possibilities.

Another beach here, north of the Kepuhi Beach — which fronts the Kaluakoi Resort — is the Pohaku Mauiuli Beach, a small, secluded, crescent-shaped white-sand beach, also known as Make Horse — or “Dead Horse” — Beach, named, evidently, for the fact that a horse once fell of a cliff here, and died. The beach, nevertheless, is an excellent place for picnicking, although swimming is not encouraged, due to the strong ocean currents, making it rather unsafe for the sport. The beach, of course, can be reached by way of Kaluakoi Road, some 4½ miles from the Highway 450 intersection, then Kakaako Road northward — at the Paniolo Hale Condominiums — another quarter mile, and Leo Place west off Kakaaho Road, a half mile or so, directly to the beach.

Also try to visit the Kawakiu Beach, situated at the head of Kawakiu Nui Bay, a half mile or so north of Pohaku Mauiuli Beach (Make Horse Beach), and reached on Kaluakoi Road, northwest from Highway 450, then Kakaaho Road directly northward, until the paved portion of the road ends, from where a dirt trail leads another half mile, roughly, to the beach. Kawakiu Beach, interestingly, was the starting point for the celebrated Molokai-to-Oahu Canoe Race for several years, beginning in 1952, until the race was finally moved to the Hale O Lono harbor, along the southwest coast of the island, in 1963; and in 1975, it was also the scene of a peaceful demonstration by the Hui Alaloa, a group of Hawaiian activists, demanding public access to the beach, which was then granted by the Molokai Ranch Company. The beach, in any case, is one of Molokai’s most beautiful beaches, sandy, secluded, and with excellent swimming possibilities during the summer months. It is also a good place for snorkeling, in calm seas, especially along the northern end of the cove, with its crystal clear waters and abundant coral.

Central Molokai

Central Molokai comprises primarily the vast dry plain connecting the island’s two land masses, East Molokai and West Molokai. At the heart of it lies Hoolehua, a small town with only a post office — and with the Hoolehua Airport located just to the southwest of it — surrounded by 40-acre parcels of agricultural land, which were

made available to native Hawaiians by the Hawaiian Homes Commission, beginning in 1932. Hoolehua, however, has one or two places of visitor interest quite close to it. Just to the east, for instance, about a mile from Highway 470 on Farrington Avenue, westward, then northwestward on Lihi Pali Avenue another half-mile or so, is Purdy's Macadamia Nut Farm, one of the island's foremost attractions, situated on a 1½-acre Hawaiian homestead, and with a 60-year-old grove of some 45 macadamia nut trees. Here you can tour the orchard, and also learn all about the nuts — how they are grown, harvested, and processed, all naturally. Here, too, you can sample the nuts — both raw and roasted — as well as some delicious coconut and macadamia honey. Purdy's is open to the public Monday to Saturday, 9-1.

Also of interest, some 3½ miles northwest of Hoolehua, reached on Farrington Avenue and Mo'omomi Road northwestward, and a short walk west along the shoreline, is Mo'omomi Beach, an essentially undeveloped stretch of beaches, bordering Mo'omomi Bay, and frequented primarily by fishermen. The Mo'omomi Beach area offers some beachcombing possibilities, although swimming and sunbathing are not recommended, due to the unsafe ocean conditions and strong afternoon tradewinds. However, some 2 miles to the west of Mo'omomi Bay, you can visit the island's only sand dunes, at a remote area known as Keonelele, or "flying sands, frequently also referred to as the "Desert Strip."

Yet another place of interest, situated just to the east of Hoolehua, at the intersection of Highways 470 and 480, is Kualapu'u, a small town with a plantation-era grid-style layout, and which has on its outskirts the world's largest rubber-lined reservoir — with a water capacity of 1.4 billion gallons! — built in the 1960s to supply water to central and west Molokai. In Kualapu'u itself, there is a market and restaurant, and a service station.

In any case, northwest from Kualapuu on Highway 470, some 2½ miles, sits the village of Kalae, which has in it the R.W. Meyers Sugar Mill, an authentically restored mill, originally built in 1878 by Rudolf W. Meyers, a German immigrant who arrived in Molokai in 1850, married the high chieftainess, Kalama Waha, and had eleven children by her. Meyers managed the Molokai Ranch lands for King Kamehameha V, and also the Kalaupapa settlement just to the north, and successfully operated his sugar mill from 1878 until 1889. At the mill, of course, you can learn all about sugar production — from the crushing of the sugarcane to the heating, evaporating and cooling process, which produces a crystallized form of sugar and molasses, which is then placed in a centrifuge — powered by a steam engine — which separates the molasses from the final product — raw sugar. The mill museum also has several artifacts on display, centered, again, on sugar production. The mill is open to the public daily, 10 a.m.-12 noon.

North from the Meyers Sugar Mill, roughly a mile on Highway 470, lies the Palaa State Park, a splendid 234-acre park, at an elevation of approximately 1,600 feet, and which has in it forests of

ironwood and eucalyptus, and good, abundant opportunities for picnicking and hiking. At the park, you can also visit the Kalaupapa Lookout, which has commanding views of the Kalaupapa Peninsula below, as well as interpretive displays, identifying and describing the various landmarks of the peninsula, among them the old lighthouse, built in 1909, at the northern tip of the peninsula, and the Kalaupapa settlement, the Kalaupapa Airfield, and the Kauhako Crater, along the southeast end of the peninsula. From here it is also easy to see how the 2,000-foot-high cliffs formed a natural barrier between Kalaupapa and the rest of Molokai. Near the park, too, are the Molokai Mule Ride stables, from where you can take a mule ride down to the Kalaupapa Peninsula, descending nearly 1,600 feet, zig-zagging along a narrow, 3-mile trail, with some 26 switchbacks.

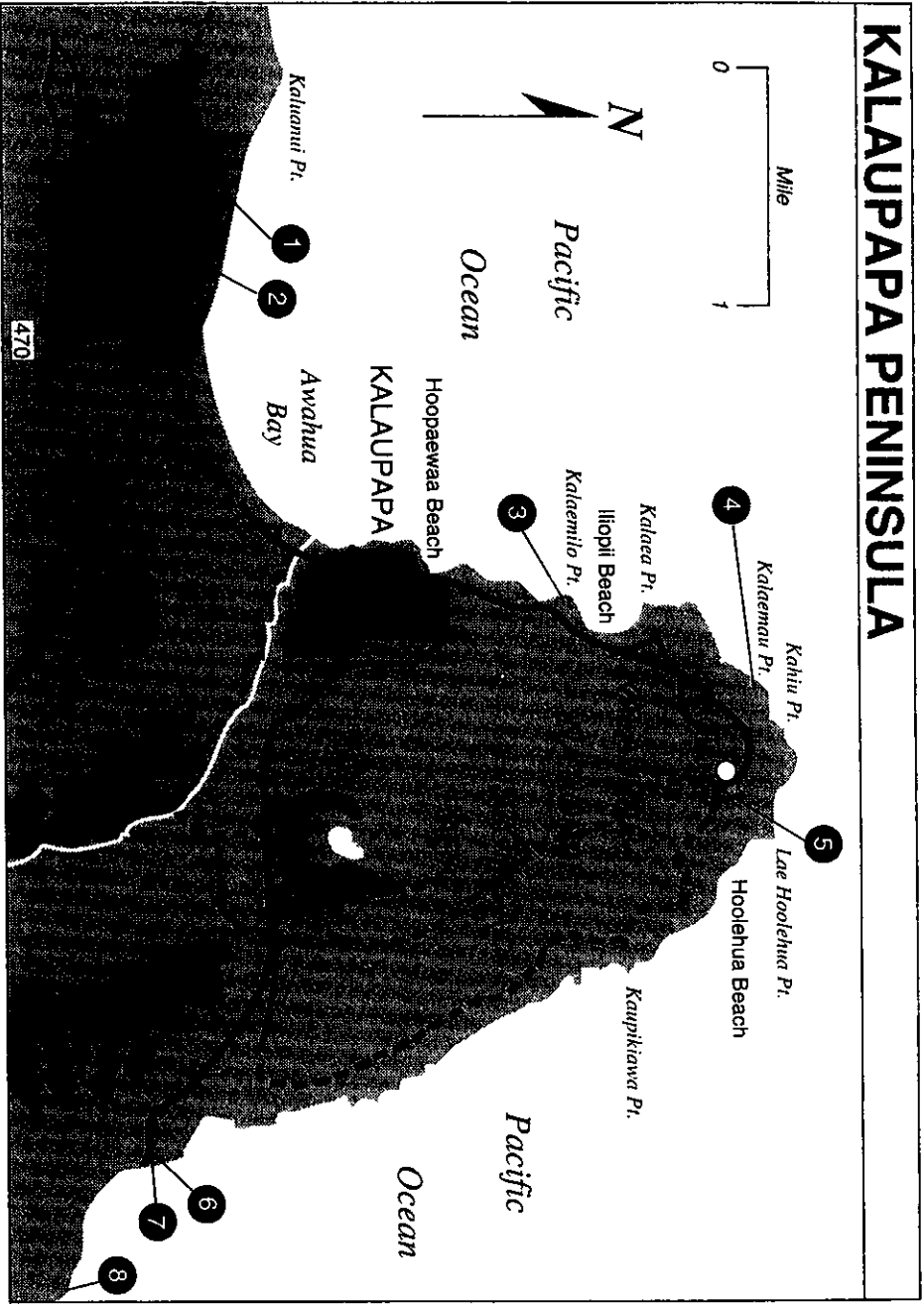
Also at the Palaau State Park, a trail leads through groves of ironwood to Kaule O Nanahoa, or Phallic Rock, which, yes, resembles, in many ways, the male organ. Phallic Rock, of course, has its associations to a man named Nanahoa and his wife, Kawahuna, who, we are told, lived on this hill a long, long time ago. One day, however, according to legend, Nanahoa gazed and smiled upon a beautiful young girl who was looking at her reflection in a pool of water nearby. Kawahuna, quite understandably, became jealous, and grabbed the young girl by her hair. At which point, Nanahoa, outraged by his wife, struck her in anger and sent her tumbling down the hillside, where she turned to stone. But, as it turned out, Nanahoa, too, was turned to stone, but in the form of a phallus — hence the name, Phallic Rock. The rock, however, locals will tell you, is bestowed with magical powers of fertility, where childless women have spent the night and returned home, soon to conceive.

Kalaupapa

The Kalaupapa Peninsula is situated along the central part of Molokai's rugged north shore, surrounded on three sides by ocean, and on the fourth by 2,000-foot-high sea cliffs — some of the highest in the world. The peninsula, of course, was created by the Kauhako volcano, the crater of which can be seen at the southeast end of the peninsular tract.

The Kalaupapa Peninsula, tragically, is the site of Hawaii's infamous leper colony. Beginning in 1866, victims of the disease of leprosy were banished by the Hawaiian monarchy to this desolate corner of the island — a natural prison — frequently taken from their families and transported by ship to Kalawao, on the eastern side of the peninsula, where they were thrown overboard and left to fend for themselves. In 1873, however, Father Damien de Veuster, a Belgian priest, arrived at Kalaupapa, devoting himself to the care of the patients, who lived in great misery, without adequate food or shelter; but in 1884, he, too, contracted the disease, and five years later, in 1889, he died, at the age of 49. Father Damien's good work, nevertheless, was continued by Mother Marianne, who arrived at Kalaupapa in 1888, and lived and worked here tirelessly for the next

KALAUAPAPA PENINSULA



1. Kalaupapa Overlook
2. Phallic Rock
3. Ocean View Pavilion
4. Kalaupapa Airfield
5. Molokai Lighthouse
6. St. Philomena Church
7. Father Damien Monument
8. Judd Park

30 years, improving the health and living conditions of the patients at Kalaupapa, until her death at the age of 80. By the 1940s, of course, the discovery and introduction of sulfone drugs had rendered leprosy — or Hansen's Disease, as it had come to be known — a curable disease that was no longer contagious, and some years later, the inhabitants of Kalaupapa were cured and free to leave at their choosing. Most, however, chose to stay, for Kalaupapa was the only home they had known for much of their lives.

Kalaupapa is now a National Historical Park, where, however, the public is not permitted to wander unsupervised, for some 80 former patients still live there. Visitors, nevertheless, can take guided van tours of the settlement and the peninsula, taking in the Kalaupapa buildings, including a 1900s store and one or two dispensaries, and the white, steepled St. Philomena Church, built by Father Damien in 1872. On the tour you can also see other churches — Catholic, Protestant, Mormon — mostly dating from the 19th century, and visit the grassy Kalawao Park on the east side of the peninsula, overlooking the ocean and the north coast of the island, as well as the Kalaupapa museum-cum-bookstore, which has old photos recounting the history of Kalaupapa and its inhabitants, and books on Father Damien, Mother Marianne, and Kalaupapa.

Kalaupapa, by the way, can be reached on foot, by hiking down from the Palaau State Park, some 1,600 feet, which takes approximately an hour, and one and one-half hours back up; or on a scheduled flight directly to the Kalaupapa Airfield.

Waikolu Lookout and Kamakou Preserve

There remains yet another area to explore on Molokai. Northwestward from Kaunakakai on Highway 460, some 4 miles, the rugged Maunahui Road — the main forest road — dashes off into the wild, mountainous terrain to the east, climbing more than 3,000 feet, to the Waikolu Lookout, and passing by, some 9 miles from the highway turnoff, Lua Na Moku 'Iliahi — the Sandalwood Measuring Pit — where you can still see the eroded pit in the clearing, originally dug out in the 1800s to duplicate, in shape and size, a ship's hold. The pit, of course, was used as a measure during the days of the sandalwood trade. Typically, the sandalwood pit would be filled with sandalwood logs, representing a ship load, and at the end of negotiations between the island's chiefs and the ships' captains, the sandalwood would be transferred to the ships waiting just off shore.

In any case, a mile or so past the Sandalwood Measuring Pit is the Wailoku Lookout, at an elevation of 3,700 feet, from where you can see the lush, amphitheater-like Wailoku Valley, frequently rain-soaked and dotted with waterfalls and streams. From the Wailoku Valley, interestingly, a 5½-mile water tunnel, bored through the valley itself, channels rainwater into the Kualapuu Reservoir, at Kualapuu. At the Wailoku Lookout, too, there is a grassy picnic area, as well as some camping possibilities.

Finally, just to the east of the Wailoku Lookout lies the expansive, 2,774-acre Kamakou Preserve, which has in it, more or less at its center, the lofty Mt. Kamakou, the highest peak on Molokai, at an elevation of 4,970 feet. The Kamakou Preserve, of course, originally established in 1982 by the Nature Conservancy of Hawaii, is a nature wonderland of sorts, filled with rain forests and lush, rain-soaked valleys, and home to no fewer than five endangered species of birds, including two that are found only on Molokai, the Molokai Creeper and Molokai Thrush. There are several species of native Hawaiian plants and ferns here as well, and also some groves of rare Hawaiian sandalwood trees. Besides which, the area has a fair number of hiking trails, meandering, quite enchantingly, through the lush wilderness. It is, however, a good idea, we might suggest, to contact the Nature Conservancy of Hawaii, at (808) 553-5236, for current information on the trails, before striking out on foot into the misty wilderness.

PRACTICAL INFORMATION FOR MOLOKAI

HOW TO GET THERE

Molokai lies roughly 8½ miles northwest of Maui, with Lanai directly to its south, some 9 miles, and with Oahu 25 miles to the northwest. It can be reached from the U.S. mainland by way of Maui, either on a scheduled commercial flight or by ferry boat; or by way of Honolulu, Oahu, which is serviced by several different domestic as well as international airlines. Commercial flights to and from Molokai arrive and depart at the island's main airport, the *Molokai Airport*, located at Hoolehua, in central Molokai; while ferries ply between Lahaina, Maui, and Molokai's *Kaunakakai Harbor*. There is also a small commuter airfield, the *Kalaupapa Airfield*, located on the Kalaupapa Peninsula, on the island's north shore.

By Air

Direct flights to Molokai from Kahului, Maui, and Honolulu, Oahu, are available on the following airlines: *Air Molokai* (808) 877-0026; *Aloha Airlines* (808) 244-9071; *Aloha IslandAir* (800) 652-6541; and *Hawaiian Airlines* (800) 882-8811. For schedules and fare information, contact the respective airlines. (For flights from the U.S. mainland to Maui and Honolulu, Oahu, see *How To Get There* in the *Maui* section.)

By Ferry

Ferry services are available daily between Kaunakakai, Molokai, and Lahaina, Maui, on board the *Maui Princess*. One-way adult fare is \$25.00. For departure and arrival times and more information, contact *Maui Princess*, 505 Front St., Room 225, Lahaina; (808) 661-8397/(800) 833-5800.

TOURIST INFORMATION

Hawaii Visitors Bureau (HVB). Waikiki Business Plaza, 2270 Kalakaua Ave., Suite 808, Honolulu, HI 96815. Offers a wealth of tourist information, including directory of accommodations and restaurants and a calendar of events. Also maps, and a tourist publication, *The Islands of Hawaii: A Vacation Planner*, covering places of interest on the islands, recreation and tours. The Hawaii Visitors Bureau also maintains an office on Maui, for visitors arriving in Molokai from Maui; *Maui Visitors Bureau*, 250 Alamaha St., Kahului, HI 96733; (808) 871-8691.

Destination Molokai Association. P.O. Box 960, Kaunakakai, HI 96748; (808) 553-3876/(800) 367-ISLE. Also offers visitor information, for accommodations, restaurants, tours and events on Molokai.

Maui County Department of Parks and Recreation (Molokai Office). P.O. Box 526, Kaunakakai, HI 96748; (808) 553-3204. Information and permits for camping in county park areas in Molokai.

HOW TO GET AROUND

By Car. Rental cars are available from a half-dozen or so different car rental agencies on the island, most of them located at the Molokai Airport in Hoolehua. Rental rates for sub-compacts to larger luxury cars range from \$18-\$70 per day to \$180-\$320 per week. Most of the companies also offer four-wheel-drive vehicles, especially useful if you plan to visit some of the more remote parts of the island. For rentals, availability and more information, contact any of the following: *Avis* (800) 831-8000, *Budget* (808) 244-4721, *Dollar* (800) 342-7398/(808) 567-6156, *Sunshine Rent A Car* (808) 567-6118, or *USA Rent A Car* (808) 567-6118.

By Taxi. The following taxi companies service the island: *Friendly Isle Tours & Transportation*, (808) 567-6177; *Kukui Tours & Limo*, (808) 553-5133; *Molokai Off-Road Tours & Taxi*, (808) 553-3369; and *T.E.E.M. Cab Molokai*, (808) 553-3433. For fares and service areas, contact the respective companies.

ACCOMMODATIONS

Colony's Kaluakoi Hotel & Golf Club. \$90-\$200. Kaluakoi Rd. (off Hwy. 460), Maunaloa; (808) 552-2555/(800) 777-1700. Oceanfront resort hotel, with 177 rooms and suites. TV, phones, some kitchens; also swimming pool, tennis courts, golf course, restaurant and cocktail lounge, and meeting rooms on premises.

Paniolo Hale. \$95-\$160. Kaluakoi Rd. (off Hwy. 460), Maunaloa; (808) 552-2731/(800) 367-2984. 39 condominium units, with TV, phones, ceiling fans, and kitchens; also private lanais with hot tubs. Swimming pool, and paddle court. Weekly maid service. Minimum stay: 3 nights.

Hotel Molokai. \$55-\$100. Kamehameha V Hwy. (450), Kaunakakai; (808) 553-5347/(800) 423-MOLO. 55 oceanfront condominium units; private baths, and lanais. Swimming pool and restaurant and cocktail lounge on premises.

Kaluakoi Villas. \$45-\$75. Kephui Beach, Maunaloa; (808) 552-2721/(800) 225-7978/(800) 525-1470. 300-unit beachfront condominium complex with studios and 1-bedroom units. TV, phones; swimming, restaurant and cocktail lounge.

Ke Nani Kai. \$105-\$150. Maunaloa; (808) 552-2761/(800) 888-2791. 120 one- and two-bedroom condominium units in West Molokai, with TV and phones; some ocean views. Also swimming pool, and tennis courts.

Molokai Shores. \$85-\$125. Kamehameha V Hwy. (450), Kaunakakai; (808) 553-5954/(800) 535-0085. 42 1- and 2-bedroom units in oceanfront condominium complex. TV, and kitchens. Also swimming pool, putting green and barbeque area.

Pau Hana Inn. \$45-\$90. Oki St., Kaunakakai; (808) 553-5342/(800) 423-MOLO. Beachfront hotel with 40 units. Swimming pool, restaurant and cocktail lounge. Live entertainment on Fridays and Saturdays.

Wavecrest Resort. \$60-\$90. Star Route 155, Kaunakakai; (808) 558-8103. Oceanfront condominium complex, with 21 units with TV and kitchens, located 13 miles east of Kaunakakai. Swimming pool and tennis courts on premises. Minimum stay, 3 nights.

SEASONAL EVENTS

January

Fourth Weekend. *Ka Molokai Makahiki.* Held at the Kaunakakai Baseball Field in Kaunakakai. Ancient Hawaiian holiday, devoted to sports, games and celebration of life. Variety of music, food, and traditional Hawaiian games, including spear throwing and Hawaiian wrestling. For a schedule of events, call (808) 553-3876.

March

Fourth Weekend. *Prince Kuhio Day.* Celebration honoring Prince Kuhio, Hawaii's first delegate to the U.S. Congress; held in Kaunakakai.

Features entertainment, and food concessions. For more information, call Destination Molokai at (808) 553-3876.

April

First Weekend. *Buddha Day.* Celebration of the birth of Buddha, with Buddhist festivities, including flower pageants, staged at Buddhist temples throughout the islands. For more information, call (808) 536-7044.

May

Third Weekend. *Molokai Ka Hula Piko.* At the Papohaku Beach in Kaluakoi. Celebration of the birth of the hula, drawing a crowd of approximately 2,000 people. Features traditional Hawaiian arts and crafts, music, and local foods. For more information, call Destination Molokai at (808) 553-3876 or (800) 800-6367 in Oahu. *Bankoh Kayak Challenge.* 38-mile kayak race, beginning at Laau Point, at Colony's Kaluakoi Hotel & Golf Club in Molokai, and ending at the Koko Marina, at Hawaii Kai, on Oahu. (808) 254-5055.

July

First Weekend. *4th of July.* Independence day parade held in Kaunakakai, and fireworks display at Oneali'i Beach Park, 3 miles east of Kaunakakai.

September

Fourth Weekend. *Bankoh Na Wahine o Ke Kai.* Women's 40.8-mile Molokai-to-Oahu outrigger canoe race, beginning at Hale o Lono Harbor in Molokai, and finishing at Duke Kahanamoku Beach, Waikiki. For more information, call (808) 262-7567. *Molokai Music Festival.* Held at the Meyer Sugar Mill in Kalae. Features live music, presented by local Molokai performers; also hula dancing and demonstrations of traditional arts and crafts, and food concessions. For more information, call (808) 567-6436/(800) 553-0404.

October

First Week. *Aloha Week.* Week-long festival, with events staged throughout the island. Features a variety of Hawaiian pageantry and demonstrations in lei making, poi pounding, coconut husking and coconut weaving. Also parades, arts and crafts, food, island fruit tasting, and entertainment — including original Hawaiian music and hula dancers. For a schedule of events, locations, and more information, call (808) 944-8857.

Second Weekend. *Bankoh Molokai Hoe.* Men's 40.8-mile Molokai-to-Oahu outrigger canoe race, beginning at Hale o Lono Harbor in Molokai, and finishing at Fort DeRussy Beach in Waikiki. (808) 261-6614.

December

First Weekend. Bodhi Day. Traditional Buddhist celebrations at temples throughout the islands, marking the Buddhist Day of Enlightenment. For more information, call (808) 536-7044.

PLACES OF INTEREST

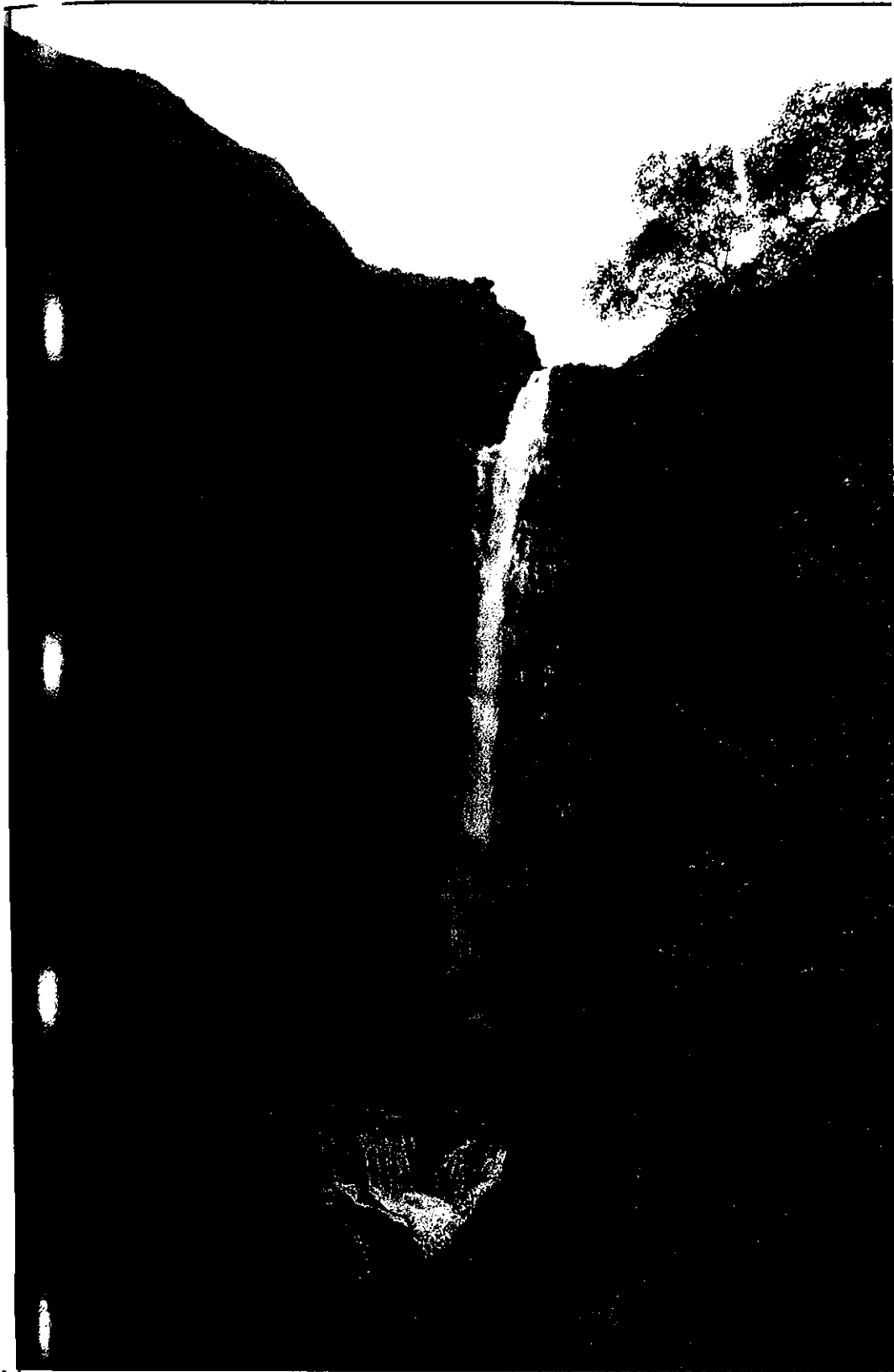
Big Wind Kite Factory. 120 Maunaloa Hwy., Maunaloa; (808) 552-2364. Unique specialty store, offering an assortment of colorful, handcrafted kites; also kite flying lessons, and factory tours. Open daily.

Purdy's Natural Macadamia Nut Farm. Located Lihi Pali Ave. (which goes off Farrington Ave., which, in turn, goes off Hwy. 470), in Hoolehua; (808) 567-6601/(808) 567-6495. This is one of Molokai's foremost attractions, situated on a 1½-acre Hawaiian homestead, with a 60-year-old grove of some 45 macadamia nut trees. Offers a tour of the orchard, explaining all about the nuts — how they are grown, harvested and processed, all naturally. Also sampling of nuts, both raw and roasted, as well as delicious coconut and macadamia honey. Open Mon.-Sat., 9 a.m.-2 p.m. Free admission.

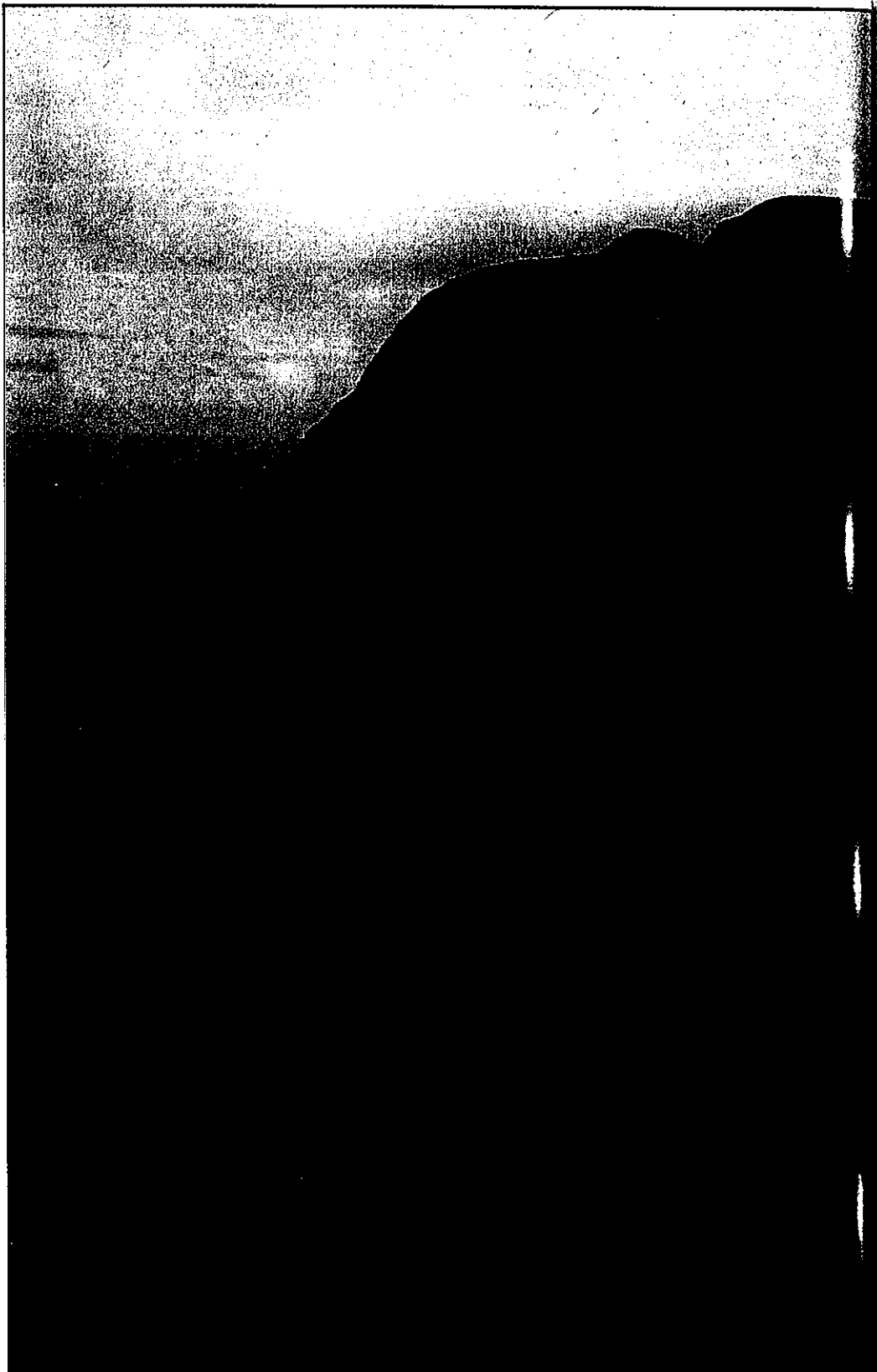
R. W. Meyer Sugar Mill. Located on Hwy. 470, 4 miles north of intersection of Hwy. 460, in Kalae; (808) 567-6436. Authentically restored sugar mill, originally built in 1878. Now a museum and cultural center, featuring several artifacts of interest, centered around the sugar industry. Also exhibits and tour describing the entire sugar-making process. Open 10-12 daily. Admission fee: \$2.50.

Ili'iliopae Heiau. Located off Kamehameha V Hwy. (450), approximately 15½ miles of Kaunakakai; reached by way of a dirt road which goes north off the highway, a ½ mile past mile marker 15, then onto the Wailau Trail which leads directly to the *heiau*. The *heiau* is on private property; permission to visit the *heiau* may be obtained from *Destination Molokai Association*, (808) 553-3876, or *Molokai Trail and Wagon Ride*, (808) 558-8380. The Ili'iliopae Heiau is Molokai's oldest and largest *heiau*, with an 87-foot-wide and 286-foot-long platform, which is originally believed to have been 920 feet long. In ancient times, the *heiau* was both a place of worship and human sacrifice.

Kalaupapa Peninsula. Situated on Molokai's remote north shore, beneath 2,000-foot cliffs, and reached by way of a steep, narrow 3-mile hiking trail with 26 switchbacks, or by air. The peninsula itself, isolated from the rest of the island, was once the site of a leper colony, established in 1866, and finally abandoned in the 1940s. It is now preserved as the *Kalaupapa National Historical Park*, with tours of the area available to visitors. Tours take in the Kalaupapa settlement and its buildings, including a 1900s store, one or two dispensaries, the white, steepled St. Philomena Church, built by Father Damien in 1872, and the 19th-century Catholic, Protestant and Mormon churches. Also included on the tour are a visit to the Kalawao Park, on the east side of the peninsula, and the Kalaupapa museum-cum-bookstore, which has old photos recounting the history of Kalaupapa and its inhabitants, as well as books on Father Damien, Mother Marianne, and Kalaupapa. For touring information and visitor permits (which are required to visit the peninsula), contact *Father Damien Tours* at (808) 567-6171.



Upper Moa'ula Falls, cascading over 250 feet, in the Halawa Valley,
Molokai



Pali (cliffs) above the Kalaupapa Peninsula in Molokai

Halawa Valley. Located at the east end of the island, approximately 27 miles from Kaunakakai, reached more or less directly on Kamehameha V Hwy. (450). Lush, green valley, site of the first recorded settlement on Molokai, dating from 650 A.D. The valley has in it, as its chief attractions, the *Halawa Beach Park*, situated along Halawa Bay, at the mouth of the Halawa River; and the *Moa'ula* and *Hipuapua* waterfalls, 250 feet and 500 feet, respectively, located farther upriver. The Moa'ula Falls can be reached by way of a rugged, 2½-mile hiking trail that goes off the highway (450), roughly a quarter mile south of the Halawa Beach Park; and the Hipuapua Falls Trail branches off the Moa'ula Falls trail, just before reaching the Moa'ula Falls. There is also a rather difficult trail leading to the Upper Moa'ula Falls, which, too, branches off the Moa'ula Falls trail, a hundred yards or so before reaching the latter.

Palaau State Park. At the end of Kalae Hwy. (470), approximately a mile north of Kalae (or 3½ miles northeast of Hoolehua). 234-acre state park, at an elevation of 1,600 feet, overlooking the Kalaupapa Peninsula. Good picnicking and hiking possibilities, with trails leading through groves of ironwood and eucalyptus, to the Kalaupapa Lookout and the legendary Phallic Rock. The park is open to the public daily.

Molokai Ranch Wildlife Park. Off Kaluakoi Rd. (which goes off Hwy. 460), Maunaloa; (808) 552-2741. 1,000-acre, African safari-type wild animal park, where more than 800 exotic animals, mainly African and Asian, roam freely — including giraffes, barbary sheep, greater kudu, oryx, sable antelope, rhea, eland and zebra — which can be seen on guided, 1½-hour van tours of the park. Tours depart from the nearby Kaluakoi Resort. Call for tour schedule and reservations.

Kamakou Preserve. Northeast of Kaunakakai, approximately 8 miles; reached by way of Hwy. 460 northwestward some 4 miles, then the mountainous Maunahui Rd. directly east another 8 miles to the reserve. Large, 2,774-acre preserve, which has in it Mt. Kamakou, the highest peak on the island, at an elevation of 4,970 feet. The park itself is a nature wonderland of sorts, filled with rain-forests and lush valleys, and home to at least five endangered species of birds, including the Molokai Creeper and Molokai Thrush. The park also has in it several species of native Hawaiian plants and ferns, and some groves of rare Hawaiian sandalwood trees. Good hiking possibilities; for wilderness trail information, contact the Nature Conservancy of Hawaii, at (808) 553-5236.

BEACHES

Oneali'i Beach Park. Located 3 miles east of Kaunakakai, off Kamehameha V Hwy. (450). Narrow, sandy beach, with shallow water, ideal for swimming for children. Facilities include a pavilion, restrooms and ballpark. There is also an ancient fishpond at the beach.

Murphey's Beach Park. Off Kamehameha V Hwy. (450), 20 miles east of Kaunakakai. Sandy beach, protected by a reef just offshore, offering safe swimming conditions for children. Views of Moku Ho'oniki Island and Kanaha Rock to the northeast. No beach facilities.

Halawa Beach Park. At the end of Kamehameha V Hwy. (450), approximately 27 miles east of Kaunakakai. The beach park is situated inside along Halawa Bay, and is generally safe for swimming, except during high

TOURS

Friendly Isle Tours & Transportation. Kaunakakai; (808) 553-9046. Offers full-day and half-day scenic tours of the island. Tour cost: \$20.00-\$50.00 per person.

Kukui Tours & Limousine. 855 Palapalai Pl., Kaunakakai; (808) 553-5133. Half-day and full-day sightseeing tours of west and central Molokai; also tours of east Molokai. Cost of tours: Half-day, \$20.00; full-day, \$37.00.

Molokai Charters. P.O. Box 1207, Kaunakakai, HI 96748; (808) 553-5852. Sailing charters of varying lengths, from 2 hours to half-day and full-day. The full-day trips include snorkeling and lunch at Lanai. Cost: 2-hour tour, \$35.00; Half-day tour, \$50.00; and full-day tour, \$85.00.

Father Damien Tours. Kalaupapa; (808) 567-6171. Offers guided van tours of the Kalaupapa Peninsula, with pick-up points at the bottom of the Pali trail and at the Kalaupapa Airport. Tours include all the points of interest on Kalaupapa, including the historic St. Philomena Church, built by Father Damien in 1872, and the Kalaupapa museum-cum-bookstore, which has old, historic photos on display, as well as a good selection of books on Kalaupapa. Tour cost: \$25.00 per person (must be 16 years of age or older). Advance reservations and permits required.

Molokai Ranch Wildlife Park. Maunaloa; (808) 552-2741/552-2555. Guided, 1½-hour van tours of 1,000-acre, African safari-type wild animal park, where more than 800 exotic wild animals can be seen, including giraffes, barbary sheep, greater kudu, oryx, sable antelope, rhea, eland and zebra. Tours depart from the Kaluakoi Resort at Maunaloa; reservations advisable. Tour cost: \$35.00 adults, \$25.00 children 5-12, \$10.00 under 5.

Molokai Trail and Wagon Ride. P.O. Box 56, Hoolehua, HI 96729; (808) 558-8380. Tour of Mapulehu Valley, as well as mango orchards and the ancient Ii'iiliopae Heiau. Tours depart at 10.30 a.m. daily (except Sundays), and include lunch at Hotel Molokai in Kaunakakai. Cost of tours: \$29.00-\$40.00 per person.

Fishing Charters. The following fishing boats are available for full-day and half-day charters: *Shon-A-Lei II*, (808) 553-5242; and *The Alyce C*, (808) 558-8377. Rates range from \$225.00 for half-day trips to \$425.00 for full-day charters.

RESTAURANTS

(Restaurant prices — based on full-course dinner, excluding drinks, tax and tips — are categorized as follows: *Deluxe*, over \$30; *Expensive*, \$20-\$30; *Moderate*, \$10-\$20; *Inexpensive*, under \$10.)

Holoholo Kai. *Moderate.* At the Hotel Molokai, Kamehameha V Hwy. (450), Kaunakakai; (808) 553-5347. Open-air setting; overlooking the ocean and with views of the island of Lanai. Fresh local seafood, steaks and poultry dishes; also salad bar. Entertainment. Open for breakfast, lunch and dinner.

Jojo's Cafe. *Inexpensive.* Maunaloa Hwy. (460), Maunaloa; (808) 552-2803. Specialties here are fish and burgers, and a hearty Portuguese bean soup. Open for lunch and dinner (closed Wed. and Sun.).

Kanemitsu Bakery & Restaurant. *Inexpensive.* Ala Malama, Kau-

nakakai; (808) 553-5855. Famous for its freshly-baked "Molokai Bread." Also burgers and plate lunches. Open for breakfast, lunch and dinner.

Kualapuu Cook House. *Inexpensive.* Kualapuu; (808) 567-6185. Fresh fish, chicken and beef, served with a variety of sauces, with rice. Also burgers, chili, and a variety of pies. Open for breakfast, lunch and dinner, Mon.-Sat.

Molokai Drive Inn. *Inexpensive.* Kaunakakai; (808) 553-5655. Hamburgers, hot dogs, chili and salads; also chicken stew, shrimp, fried saimin, and ice cream. Plate lunches. Open for breakfast, lunch and dinner daily.

Ohia Lodge Restaurant. *Moderate.* At Colony's Kaluakoi Hotel & Golf Club, Kaluakoi Rd., Maunaloa; (808) 552-2555. Spectacular sunsets, and views of Oahu. Serves primarily Continental cuisine, including prime rib and fresh seafood. Entertainment and dancing. Open for breakfast, lunch and dinner. Reservations suggested.

Outpost Natural Foods. *Inexpensive.* Kaunakakai; (808) 553-3377. Offers a variety of natural foods, including sandwiches, burritos and fruit smoothies. Open for lunch, Mon.-Sat.

Oviedo's Lunch Counter. *Inexpensive.* Puali Rd., Kaunakakai; (808) 553-5014. Home-style Filipino food. House specialty is pork adobo. Lunch daily.

Pau Hana Inn. *Inexpensive-Moderate.* Seaside Pl., Kaunakakai; (808) 553-5342. Fresh seafood, beef and poultry dishes. Open for breakfast, lunch and dinner.

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