

The Puamana Nani Guide
to your perfect vacation





Welcome to The Puamana Nani Vacation Home

... our (new) beloved Maui hideaway/retreat. It's a house we have been enjoying for a couple years now, and we're so happy to share it with you, and hope that you enjoy it half as much as we do. After living on Maui for over 15 years, we're just discovering how much we love this side of the island, and it's wonderfully new and fresh to us. This house has been our base of happy operations. It can be for you too.

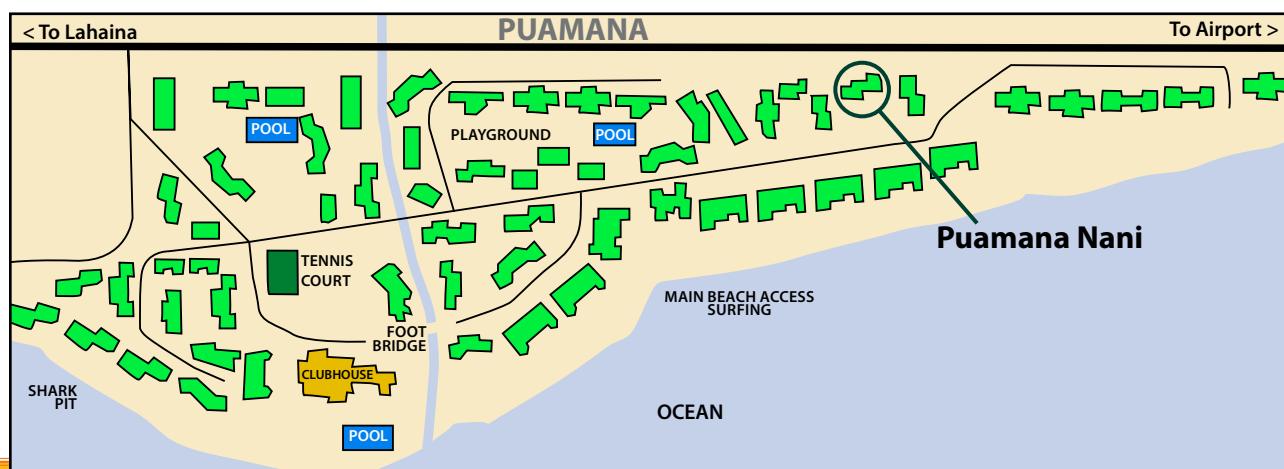
As a little extra to help you get the most out of your visit, we've put this book together to guide and inspire you to make the most of this wonderful island. In it, we share our local knowledge of a region that we continue to explore and enjoy. There is no end to the discoveries awaiting you, whether you take to the road, or just keep it local. Lots I could say about Puamana Nani, but instead I'll share a review from a recent guest:

"Three reasons my wife and I love Puamana Nani and will definitely be returning: location & new feel ... and the owner!"

1. Location - *It is steps to a private beach and great south shore surfing. The private beach fronting the unit is amazing (look for bike racks). Also, longer walk (or quick bike ride) to Front Street shops and restaurants. Our goal on this vacation was to hit beach, not worry about driving /parking and to just chill. This was the place to do it. (Side note - my wife was worried about the highway and potential for noise. Landscaping is thick. And with doors shut and ac running, hwy noise is hard to notice.)*

2. New Feel - *We've known the Puamana complex to be an older development, were a little worried about this. Puamana Nani's remodel is amazing. It feels brand new inside with upgraded appliances and furniture. Futuristic dishwasher actually made me WANT to do dishes (wife was shocked). Also, we loved the euro coffee press AND the keurig coffee maker. Tough decisions!*

3. Owner - *Annie. She was amazing, gave us all required details way ahead of time, was super responsive, and offered great (accurate) suggestions on local attractions. Everything in the unit is finely tuned, all the little details tended to. You quickly get the feeling the Annie has done this before. She's excellent at what she does."*

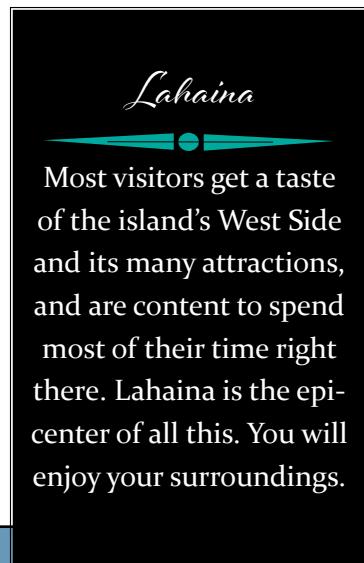


And Thanks To ...

Mitch McNeil (mitchmcneil.carbonmade.com) for his advertising genius, and getting the word out there in style! My mother for instilling ambition and perseverance to overcome all odds. My husband, Chris, for his constant support, love and enthusiasm.



Lahaina Restaurants



WHY LAHAINA AND THE WEST SIDE?

Maui features several regions that are all worth lots of your time discovering. But to spend quality time in all of them would require a visit of serious length. There's the wild & windy North Shore, and the myriad pleasures of Up Country, and then the drive to Hana yields all manner of remote wonder. Some are content to spend their time on the South Shore, with its golf courses and long beaches. Puamana puts your vacation solidly in the heart of the West Side, and you could spend your entire visit here with no complaints at all. From where you're staying, a short walk puts you in Lahaina; the center of this side of the island. We love many of the restaurants, and we'll briefly list and describe them here, as one might encounter them walking from south to north. (*And walking is a good idea!*)



SURFSIDE WOODFIRE PIZZA KITCHEN 505 Front St (<http://surfsidepizzamaui.com>) This is the establishment closest to Puamana, and if you make it through a week at Puamana without giving in to the Surfside pizza temptation, I'll be mighty surprised. Some declare this the best pie on the island. We urge YOU to be the judge. We love it.

PRISON ST PIZZA 133C Prison St (<http://prisonspizza.com>) We don't recommend too many pizza joints on this page, but this place makes the grade when you're in the mood (and they DELIVER to Puamana!) Plenty of specialty pies to choose from, along with the tried-and-true toppings. Their crust is rather memorable in a chewy way. Yum.

PAIA FISH MARKET 632 Front St (<http://paiafishmarket.com>) This seafood destination is not only our favorite (from all our time spent in Paia over the years – where the original location is), but also the closest to Puamana ... which means you'll probably end up giving it a try. You will not be disappointed! (Walking there is such a good idea, especially when you attempt to find parking in Lahaina.) Counter service (yes, there'll be a line), reasonable prices, and outstanding (fresh) fish. Tip: You'll probably want to divide your group in two: one group to hang in the line and order, the other group to be on the lookout for tables (indoors and out) opening up. You'll wait a bit longer for your meal at this super busy place ... but it is well worth it.

KOBE STEAK HOUSE 136 Dickenson St (<http://kobemaui.com>) Longtime fixture on the Lahaina restaurant scene, it's no longer the exotic superstar sensation like it was, but there'll always be an audience for the high-flying, knife-wielding tableside chef, prepping your order inches away, flames shooting to the ceiling. Bam! If sushi is your thing, make an effort to sit at their sushi bar and witness THAT action close up. If you don't like to be with an army of tourists, and wait a long time for a table, you might want to go elsewhere.

LAHAINA PIZZA CO 730 Front St (<http://lahainapizzaco.com>) In a tourist town like Lahaina, one might be reconciled to sadly-conceived, overpriced pizza. And that's often the case. This place confounds that trend, in spades. Their pies are creatively assembled (Sweet Pig?) and awesomely prepared. You'll want to try them all. Great items *other* than pizza include Toasted Ravioli, Sesame Chicken Salad, Mai Tais, and an ocean view.

FLEETWOODS 744 Front St (<http://fleetwoodsonfrontst.com>) The fish you'll eat here is a fresh catch, straight off the morning boat. 1st class burgers, Crab Fritters, Calamari, Ahi Ahi Nachos. Love that Lime-In-The-Coconut cocktail long time. Tip: As the sun goes down, sit on the roof - you may hear bagpipes! (*What else would you expect from an eatery created by Mick Fleetwood?*)

KOA 839 Front St (<http://koa156.com>) Looking for a little Sonoma-County-organic in your dining experience? (NorCal lingo, sorry) This place has all that, plus that blue-chip ocean view that you may be starting to figure out is a regular feature along Front St. Meanwhile, some will claim this is the best seafood in town. Let the debate begin ... with Ginger Salmon, Macadamia Mahi Mahi, Kauai Prawns, Seared Divers Scallops. Fresh Fruit & Sorbet to finish ... and you will be won over.

Lahaina Restaurants

KIMO'S 845 Front St (<http://kimosmaui.com>) Pull up a ringside seat to look at ... the Pacific Ocean. Can you handle that? Start out with Lahaina's best bread basket, then on to Caesar Salads, then entrees of all stripes: Parmesan-Crusted Ono, Prime Rib, Kalua Pork Ribs, Coconut Shrimp, and then some Hula Pie to finish things off. People LOVE this place, and if you're lucky, you'll find out why.

SALE PEPE 878 Front St (<http://salepepemaui.com>) Fresh, local Italian food, right in the heart of Old Lahaina Town (You may have to remind yourself that you're NOT in Italy!). A giant pizza oven sits center stage amid the bustle, churning out charred, bubbling pies with aplomb. Home made pasta. Fantastic wine list. Caprese. Squid Ink Pasta. Tiramisu. Clams clams clams. Have I got your attention?

LONGHI'S 888 Front St (<http://longhis.com>) This italian eatery is our numero uno breakfast hideaway of the entire Lahaina food landscape - and maybe for the entire island. Maybe. The selection runs classic breakfast fare of eggs/french toast/pancakes/fruit/etc out of the kitchen, but they do it well – which is harder to find than you might imagine, especially in a tropical tourist paradise.

CHOICE HEALTH BAR 1087 Limahana Pl Suite 1A (<http://choicehealthbar.com>) It wouldn't be Maui without your local smoothie/juice/organic/vegan/probiotic/raw food source for the healthy lifestyle. Think: après-yoga cool down tissue restorative. Their most popular items, smoothies aside, are their abundant Acai Bowls, of all varieties. You'll also feast on Kale Salad, Kale Chips, Quinoa, various nut butters to add on top of everything, great sweets, and every kind of fruit/vegetable juice. If this is your thing (it's certainly ours), this is your place.

ALOHA MIXED PLATE 1285 Front St (<http://alohamixedplate.com>) For those wishing to dive adventurously into a more local style cuisine – with nods to native/Filipino/Asian rim influences – this is your place. Comes complete with a ringside view of the ocean. Wanna go authentic local? Ever wished you'd been invited to a luau? Try the Loco Moco: a traditional Hawaiian plate consisting of eggs, two hamburger patties with bbq sauce, gravy, rice and macaroni salad. Other tasty favorites are Saimin Noodles, Shoyu Chicken, Teriyaki Rib-eye, Pork Lau Lau, and Lomi Lomi Salmon, to name a few. And, yes, they have a spam appetizer on the menu.

FRIDA'S BEACH HOUSE 1287 Front St (<http://fridasmaui.com>) Didn't know that Frida Kahlo was in the restaurant biz? Ha. Her place is more than a standard-issue Mexican restaurant: local flair + tropical ingredients = a unique fusion. Get started with the signature cocktail, the Frida Margarita. The standard tacos-burritos-enchiladas are all solid choices, the go for Ceviche Tostados. Ahi Aguachile appetizer. Chiles Relleno. Grilled Spanish Octopus. Tiger Prawn Majo de Ajo. Plenty of options for vegetarians too.

HONU 1259 Front St (<http://honumaui.com>) This seafood and pizza destination is ideally situated to gaze longingly at the Mala Wharf's water environs. As good as the food is, the view might be better! (Just don't be surprised when you get rained on if you choose to sit outside by the water!) Crab cakes, Ahi Bruschetta, Oyster Shooters, Mahi Mahi, Dungeness Crab Mac&Cheese, Burrata Salad, Kale Salad (best on the island!), Edamame Hummus appetizer ... and don't me started on the cocktails. Mmm ... maybe Lahaina's best, depending on who you ask. Same people who run this joint also run Frida's. They know what they're doing.

MALA OCEAN TAVERN 1307 Front St (<http://maloceantavern.com>) If you require fancy surroundings to enjoy top-notch cuisine, then ... this is not your place. It has a slightly raffish seaside charm that belies the excellence of their Kobe Burgers, Ahi Bruschetta, Ceviche, Paka Paka, Coconut Shrimp, Seafood Pasta, Teddy's Loco Moco, etc. Being a tavern, they'd better offer you something to wet your whistle ... and they do, with a full complement of tasty cocktail selections (Try a Hibiscus Flower Mimosa!), plus wine and beer. They also offer a first class breakfast. And, oh, did I mention the spectacular location, right near the waterfront?

STAR NOODLE 286 Kupuohi St (<http://starnoodle.com>) There has to be at least ONE go-to for ramen. This is it. And their ramen does not disappoint. Also try their Vietnamese Crepe, Hot and Sour Soup, Cold Soba, Pad Thai, and the Garlic Noodles. One of my favorite small plates is the Miso Eggplant. The only way this place could be better is if it was right on the water.

LEODAS 820 Olowalu Village Rd (<http://leodas.com>) Olowalu's a few miles S of Puamana (five to be exact), in case you're feeling adventurous to head that direction. (Yes, there is life to the south!) Of all the eateries on the island, we hit this place the most. Their pies keep us coming back - again and again. If the timing is right, we make this our breakfast destination (Coconut French Toast! Frittata! Homemade biscuits!) Their lunch and dinners are great too. Casual, family-style joint with a more local feel ... low key compared to the touristy hub bub of most places. Take it from us! A mere 27 minute bike ride.



HONU



SALE PEPE



KIMO'S



Kaanapali & Kapalua Restaurants

Kaanapali & Kapalua

There Are Some Great Spots Just Up The Coast A Ways. Kaanapali & Kapalua Are Day Trip Destinations Where You May Be Interested In Making A Night Of It!



KAANAPALI (about 4 miles north of Lahaina)

HULA GRILL 2435 Kaanapali Pkwy (hulagrillkaanapali.com)

Another of our Whaler's Village favorites for sure. Yeah, it's touristy around there, we know, but look where you are! If you want the feeling that you never left the beach, this is the place. We recommend starting with a cocktail to better enjoy the live music. Mango Lava Flow, World Famous Woo-Woo, fresh squeezed Mai Tai, For appetizers, the Fish Ceviche with Taro Chips, then Grilled Ahi Steak with stir fry Saimin Noodles, or the Pan Seared Snapper with Pumpkin Risotto and Tomato Lomi-Lomi. Best fish sandwich on the west side. So much to choose from!

JAPENG 200 Nohea Kai Dr (<http://japengomaui.com>)

Some swear this is the island's finest sushi. Maybe it's the freshest, locally grown products coupled with exotic ingredients from Pacific Rim countries. Located in Hyatt's lobby level, guests can enjoy Japengo's indoor and outdoor patio seating overlooking resorts waterfalls and famed Ka'anapali Beach, or watch as creative sushi is rolled to order in the chic Sushi Lounge.

LEILANI'S 2435 Kaanapali Pkwy (<http://leilanis.com>) When you're at Kaanapali beach, lost in tourist world, having a great time, snorkeling Black Rock, you may eventually wander over to Whaler's Village to shop and seek sustenance. (Spending your day at the beach makes you hungry!) Leilani's is our choice for great food there. The good news? You're still "on the beach!" Steaks, seafood, vegetables, fish tacos, some Hawaiian fare, Hula pie. Real nice selection.

MONKEYPOD KITCHEN 2435 Kaanapali Pkwy

(<http://monkeypodkitchen.com>) Another fine establishment in the Whaler's Village near Black Rock. And it's good to know because they have the best Mai Tai's around. (Happy Hour here *rules!*) Their pizzas get rave reviews too. Poke Tacos, Potstickers! Fun fun fun.

DUKE'S BEACH HOUSE 130 Kai Malina Pkwy

(<http://dukesmaui.com>) Duke's Beach House honors renowned surfer and Hawaii's most famous son, Duke Kahanamoku: Olympic swimmer (gold medal) and the father of modern day surfing. Here just steps from the sand, you are treated to sweeping ocean views framed by the islands of Molokai and Lanai. Good for a meal, or drinks/appetizers. Some highlights are: Korean Sticky Ribs, Crunchy Coconut Shrimp, Poke Tacos, Crab Wonton, Loco Moco, Thai Grilled Fish, plus Hula Pie and other outstanding desserts. They also do a big breakfast/brunch. Aloha from Duke is always good.

KAPALUA (about 11 miles north of Lahaina)

MERRIMAN'S One Bay Club Place (<http://merrimanshawaii.com/kapalua>) Dine at a truly breathtaking oceanfront setting in Kapalua Resort. Pete Merriman Chef/Restauranteur has brought his unique style of Hawaii Regional Cuisine to Maui. A pioneer in the "Farm to Table" concept, Peter serves only the freshest products, 90% of which are locally grown or caught, using only sustainable methods. Can you say Macadamia Encrusted Mahi?

SENSEI 600 Office Rd (<http://senseihawaii.com>) If sushi's your thing, then odds are you'll somehow end up here ... and be better off for it. Panko Crusted Fresh Ahi Sashimi, Ahi Tuna wrapped with Arugula and Spinach, Spicy Tuna and Cucumber Roll, Miso Cod, and plenty of veggie rolls. Cocktail heaven, too. Beware: Karaoke starts at 10pm.

TAVERNA 2000 Village Rd (<http://tavernamaui.com>) Classic Italian cuisine in a beautiful setting (Kapalua golf course), this is a meal you won't forget. Great wine list. Some of the house favorites are Caesar Salad, Caprese Salad with Balsamic Reduction, Frittato Misto (shrimp & calamari), Taverna Lasagna, Spaghetti Carbonara, Bruschetta al Tonno, Linguini con Vongole, Carpaccio. Amid all the sushi/seafood/steak places, Taverna really stands out. You will not be disappointed.

PLANTATION HOUSE 5315 Lower Honoapiilani Rd (<http://cohnrestaurants.com/theplantationhouse>) The resident eatery of the Plantation Golf Course. Posh setting, for sure. Sturdy seafood selections of all stripes, plus they do a pretty darn good breakfast. A lovely and magical place to be, all in all.

GAZEBO 5315 Lower Honoapiilani Rd (808-669-5621) Breakfast is important - especially to those like us who have often put in a big adventure/workout at dawn somewhere on the island. Or maybe you just like breakfast sans workout. Gazebo is one of our go-to's for the morning feast. (And a lot of other folks too -- expect a line -- and plan accordingly) How does Macadamia Nut Pancakes while sitting ocean side sound? Like omelettes? They're spectacular. French Toast to end all others. What a treat!

SEA HOUSE 5900 Lower Honoapiilani Rd (<http://seahousemaui.com>) Farther on up the road to the North is the Napili Kai Beach Resort, and the resident eatery at the resort is worth the trip. Acclaimed Maui chef Alex Stanislaw is now at the helm of the Sea House. His career spans more than 30 years at some of Maui's top restaurants, and he's thrilled to back on the bay, overlooking one of the island's beloved beaches. We love hitting the place for lunch. Favorites include: Coconut Shrimp, Crispy Kapalua Roll, Kalua Pork Tacos, Loco Moko, Poke Nachos, and Calamari. Mmm.

Health & Healing

SALTY COCONUTS PERSONAL TRAINING

All of our guests come to Maui to relax, but for many of you, being active is the perfect way to relax and get tuned up physically. What if you had a quick and easy resource for structured workouts during your time on the island? I gotta give some props to my new personal trainer Jodi Ottman, and her Salty Coconuts training business. Jodi is proving to be the perfect answer to my ever-present question: Who can I possibly work with? She's fun, and makes the tough work easier to get through. Her workouts are tailored to your needs and can take place at her home facility, or Baldwin Beach, or Makawao Forest. She's inspiring me to push harder. Though quiet about her accomplishments, she's 100% badass (a real triathlete).

Jodi is a certified personal trainer and group exercise instructor. She believes working out is really just an opportunity for adults to PLAY, and thereby tap into a healthier/happier life. Contact her by email at jodi@saltycoconuts.com



MINIT MEDICAL: MAUI'S NEW WALK IN CLINIC

The island has a new walk-in, urgent care clinic system that should make life a little better/easier for everyone on the island; Minit Medical. With locations in Lahaina and Kahului, there'll be a new way for residents and visitors to experience affordable, accessible healthcare in a very spontaneous manner - and avoid the E.R.

Open seven days a week, the clinic can handle appointments, or simply walk in if necessary. They specialize in treating injuries, cosmetic services, pediatric care (vaccinations too), x-rays, and physicals. Whether you have surfer's ear, a sea urchin sting, stomach disorder, a bad case of sunburn, or an unfortunate run in with a coral reef, the clinic is well-equipped to help. For locations and more info, visit them online at:

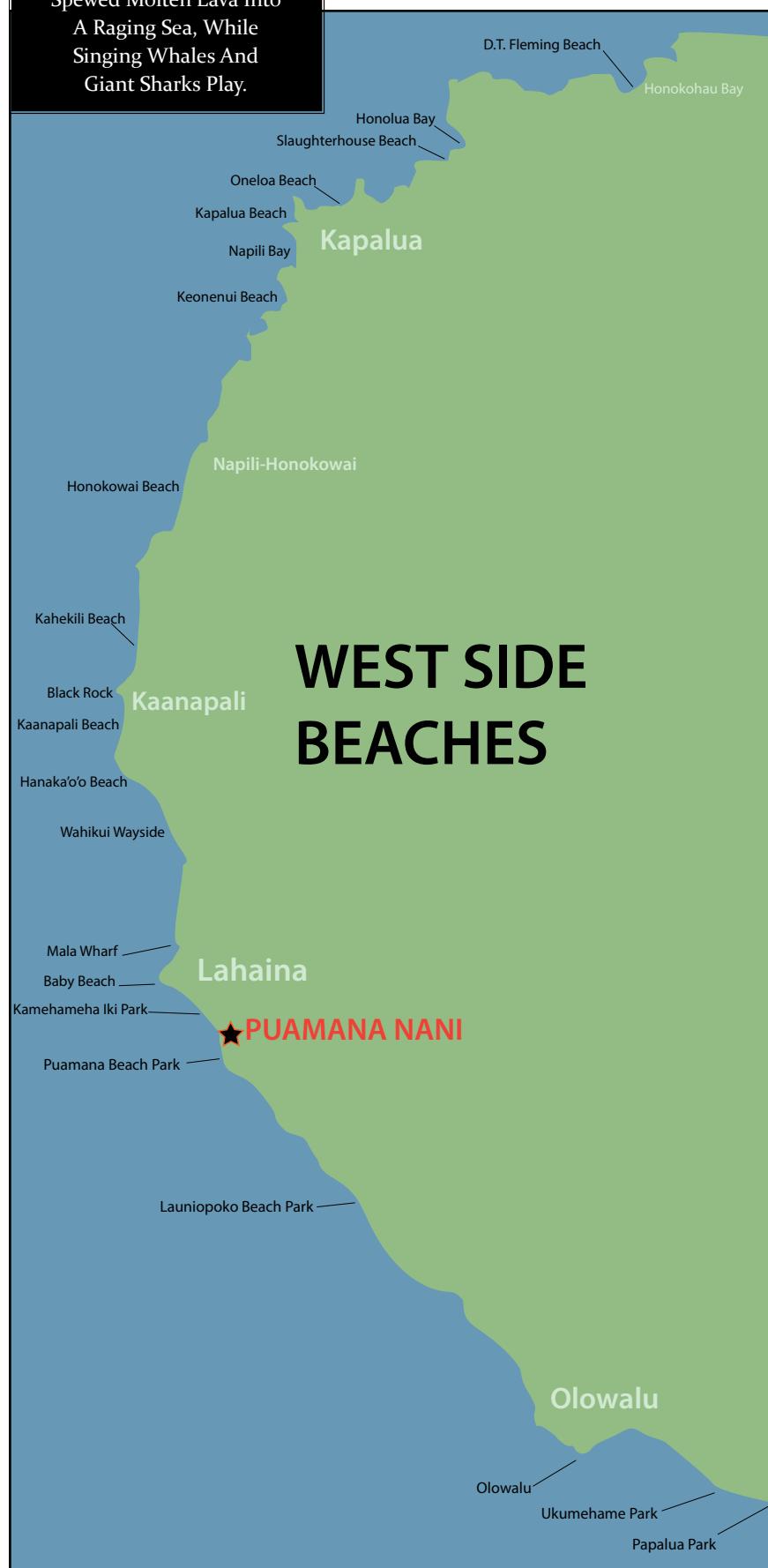
<http://minitmed.com>



Beaches - West Side

Maui Beaches

Playground Of The Gods
- Epic Volcanos Once
Spewed Molten Lava Into
A Raging Sea, While
Singing Whales And
Giant Sharks Play.



WEST SIDE BEACHES

Of all the Hawaiian islands, Maui probably has the most user-friendly beaches. For calm conditions year round, regardless of the tradewinds, being on the west side is a good move. Here you will find calm swimming conditions, and water that's clear. Stay plugged into the local conditions and forecast, and make your decision accordingly. Call 871-5054 for weather, 877-3611 for surf. We'll list the beaches going from north on the map toward the south.

D.T. FLEMING BEACH

Located in Honokohau Bay, this long, sandy (sometimes crowded) beach is relatively undeveloped, and has a nice stand of Ironwood trees (shade!) away from the water. Catches a north swell, and can be windy.

HONOLUA BAY

Renowned surfing break also serves up world class snorkeling and scuba (along its west side) during flat periods. Not really known for its beach features (sand, etc), but a lovely spot that is also a marine sanctuary. If you can handle a rocky beach, and swim out a little, it's great.

SLAUGHTERHOUSE BEACH

Named after the long-gone slaughterhouse/tannery that conveniently set up on the adjoining cliff. Nice sandy beach to relax on. Also a marine sanctuary, so ... good snorkeling. Winter brings waves, so, surfing and bodysurfing are big attractions. Summer brings smaller waves to play on.

ONELOA BEACH

This out-of-the-way beach runs about 500 yards long, is very sandy and uncrowded. There's a super shallow reef that fronts most of this stretch. You'll want to flank that to get out to deeper water and experience some good snorkeling. Located along the Kapalua Coastal Trail.

KAPALUA BEACH

Located in a super-protected cove, this place is really just a picturesque, salt water swimming pool that has a nice sandy beach and fair-to-decent snorkeling. The bay features a bottom that is quite rocky, so watch out for your toes.

NAPILI BAY

This beach fronts a modest, family-oriented resort development, nestled in a nice little cove. Kind of old school, with resort amenities a short walk away. Great sandy beach, and ocean bottom, with decent snorkeling during glassy periods. Waves can get big at times.

KEONENUI BEACH

Sweet little beach located inside a sheltered cove which has mistakenly been claimed by the Kahana Sunset development as "private" (it's not). Can have some decent snorkeling. Act like you own the joint.

HONOKOWAI BEACH

Nice little oceanside park that features shallow, protected "pools" in close (great for kids) and pretty decent snorkeling out beyond the rocky shelf. Local restaurants feature affordable take out fare, which makes this a great picnic spot, with tables, playground. Fun for the whole family!

KAHEKILI BEACH

This is the quintessential, drive-up, made-to-order, snorkeling beach, as the reef awaits you just a few yards from the beach. Great for inexperienced swimmers, as everything is so close to shore. And the snorkeling is pretty darn good, as conditions are usually mild-to-glassy. Great spot!

BLACK ROCK

Personal favorite. Sitting on the north end of resort-laden Kaanapali Beach, this protected cove features mellow snorkeling and the big attraction - cliff jumping for those who don't mind clambering up on vertical rocks. One of Maui's iconic natural attractions, for sure. Black Rock has it all.

Beaches - West Side

KAANAPALI BEACH

A spectacular, mile-long beach (anchored by Black Rock at its N. end) is marked by one massive resort after another (seven, all told), which means lots of resort amenities at your disposal. The swimming/snorkeling off the beach is really fine, though. This is the ultimate Hawaiian stretch of sand.



BLACK ROCK / KAAHAPALI

HANAKA'O'O BEACH

Stretching south of Kaanapali is this less touristy beach (favored more by locals), which has nice sandy beach, good swimming, but not really a snorkeling destination. Great for long walks. Picnic tables. Easier to find parking down this way than Kaanapali (which is pretty tough).



KAMEHAMEHA IKI

WAHIKULI WAYSIDE

Another roadside county park that has picnic tables, bathrooms, a police station across the highway, and a mostly-rocky shoreline. It's known mostly as a good dive spot, as it gets deep rather quickly. So, if you want a classic sandy beach afternoon, this is not the place.

MALA WHARF

Legendary long board spot for locals (on those days when it's breaking on a south swell). Days like that are best for spectating some of Maui's finest surfing. Otherwise, considered a top spot for snorkeling. Park in the public parking area and cross over to where the pier meets the sand. From here, it's a kick out to where the pier drops into the water. All sorts of things to look at.



LAUNIUPOKO

BABY BEACH

This spot is noteworthy for its protective, offshore reef that renders the close in shallows very safe for young swimmers. Otherwise, nothing very remarkable to find here. Decent sand beach. Serious swimmers/divers will go elsewhere in a hurry.



BABY BEACH

KAMEHAMEHA IKI PARK

Once the province of native royalty, this beach is now home to a pretty cool cultural renaissance of local traditions. The coral here is mostly dead, unfortunately. But it's still a nice beach, with surf breaks at either end (Shark Pit, Lahaina Breakwall) for those who can handle those ocean waves.

PUAMANA BEACH PARK

Easy walk south from where you're staying, to a coded pedestrian gate, leading to a series of tasty surf breaks such as Puamana and Guardrails. Many surfers and SUPs.

LAUNIOPOKO BEACH PARK

Popular hangout for Maui locals, this beach park is perfect for a quick swim or surf session (longboards rule!). Because of a natural pool with surrounding lava rock wall, small children will enjoy swimming in the shallows. Restrooms, bbq grill, picnic tables, and some grassy shade, but no lifeguards.

OLOWALU

A very narrow strip of beach, with lots of shallow reef features. It has three surf breaks relatively close to the shoreline where you will find many shortboarders, and groms. Reef sharks like this spot.

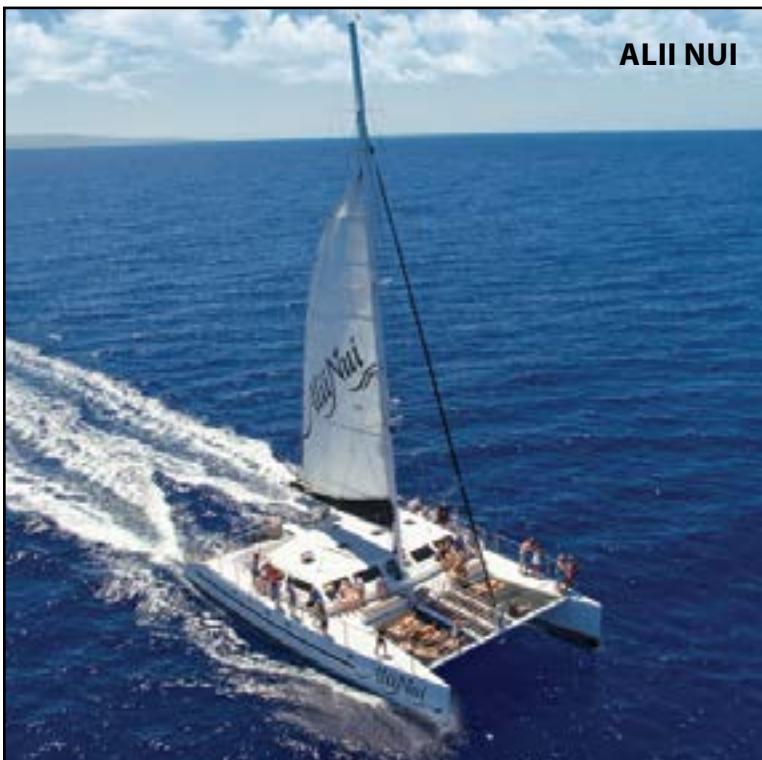
UKUMEHAME PARK

Classic roadside county park, with a very narrow, rocky beach. Picnic tables. Attracts mostly surfers, SUPers, and snorkelers, not tourists. Where you park is almost the shoulder of the highway. We love these places.

PAPALUA PARK

Just past Pali. Has a surf break called Grandma's. Nice little wave, perfect for beginners. This one features camping. The Kiawe trees provide shade (and crazy thorns! - be careful where you sit.)

Island Adventures



Being out in the ocean is the one activity that unites just about everybody who visits Maui. Warm, clear water ... incredible sea life ... spectacular destinations. We've made a couple selections for boat adventures based on our years on the island. Also listed here are some other outdoor activities (SUP/yoga, snorkeling, ATV, zipline) that folks love to do when they're here. Lahaina is your base of operations for getting going.

ALII NUI is a custom built, one of a kind, luxury sailing catamaran. Measuring an impressive 65' from stem to stern and 36' port to starboard, it is truly the premiere sailing catamaran on Maui. The Alii Nui has always provided us with great service, great food and drink. The folks who run it are super friendly, and every time we've been out it's been great fun, whether snorkeling, just sailing, or a dinner cruise. There's easy access into the water from the bow and stern with crew members there to assist. They offer **SNORKEL SAIL TRIPS** to two destinations: MOLOKINI or TURTLE POINT. (coral reefs abounding with colorful fish). As part of a guided "snorkel safari", you may see the Green Sea Turtle, Octopus, Manta Ray, and White Tip Reef Shark. All snorkeling gear is provided complimentary. Instruction is provided if necessary. (*Tip: morning trips feature better visibility*) Also offered is the **SCUBA** version of this trip, (whether you are certified or not). As if that weren't enough, Alii Nui has a boat trip devoted to **WHALE WATCHING**, in which adventurers hop aboard each afternoon and take off for the deep blue to observe the playful habits of Maui's most consistent return visitor - the Humpback Whale. The waters off West Maui have long been the favored vacation spot of these massive marine mammals. (You can hear their eerie songs echoing through the undersea canyons while you're snorkeling or with a listening device up top - an unforgettable audio phenomenon.) Finally, there's the **SUNSET CRUISE**, a boat ride where you'll chase the sun as it sinks into the distant horizon of the azure waters while enjoying delicious appetizers, and refreshing beverages. Pure relaxation and enjoyment. Did we say romantic?

800-542-3483 Ext. 1 • <http://aliinuimaui.com>

TRILOGY offers much of the same luxury catamaran experience as Alii Nui, with the same high level of customer enjoyment and satisfaction. Boats are clean, and well-staffed, with top-notch amenities, great food, plenty of room for everyone on board, thorough safety features, competent and informative guides. They have a catamaran fleet of six, and, aside from the snorkel tours to Molokini, have adventure sails to Lenai, Kaanapali, and Olowalu (that also include snorkel sessions in carefully selected coves and beach locations), plus the requisite Sunset Dinner tour, (our favorite) which departs from Kaanapali Beach (you'll get a little wet), and heads up the coast toward Kapalua. The food/drinks are really good. If you prefer NOT to get wet, there is the harbor departure/entry from Lahaina too. Departs from Lahaina, Kaanapali, and Maalaea.

808 874 5649 • <http://redesign.trilogy.com>

MAUI SUP YOGA provides a unique opportunity to improve your focus and balance while practicing yoga on the ocean. You'll begin your training on shore before heading out onto the ocean where the gentle lapping of water on board adds to the powerful, healing aspects the session. The beautiful combination of yoga, and the ocean, provides you with the perfect opportunity to commune with land and ocean, mind and body for a full spirit and sense of well-being. This is a uniquely Hawaiian experience, ideal for those looking for new ways to explore the beauty of the island in a genuinely spiritual way. We invite you to embrace the healing spirit of Maui while challenging your physical abilities and discovering a new found appreciation for your core strength.

401-225-9063 • <http://mauisupyoga.com>

Island Adventures

BOSS FROG SNOKELING is our choice for snorkel gear rental. And they have a location in Lahaina, just to make things perfect. Once you have the gear (\$10/day, generally), you'll be supplied with the information you need to make the right call about where to go. And they also offer free afternoon guided tours of Molokini crater on certain days with your gear rental (!) Boss Frog will help you analyze the conditions, school you on basic safety, and guide you toward the right type of gear – good folks to know when planning water adventures.

808-861-3333 • <http://bossfrog.com>

SWELLWOMEN offers, among other things, SURF LESSONS! If you gals ever wondered about experiencing the thrill of standing up on a board and flying over the water, this is your chance. Their instructors will get you up and riding. (Mellow Maui waves are an important ingredient in this recipe.) SwellWomen creates life transforming experiences for women all across the world, focusing also on yoga, cuisine, and all details of your surf vacation. If you're up for an exciting, fun-filled surf (& wellness) adventure masquerading as a vacation, then experience the 'aloha' of SwellWomen. We love what they do.

800-399-6284 • <http://swellwomen.com>

MAUI SURFER GIRLS is also in the business of teaching you how to get up on a surfboard and make like Neptune. Surf instruction is their sole focus, and they do it quite well. Their lessons (& surf camps) are open to women AND men, and teens, and children. In other words – fun for the entire family. Students are gathered at a spot where "beginner waves" occur almost daily, and then learn the basics of handling a board, paddling, wave recognition technique, standing up (and staying up), and other safety tips. These folks are totally awesome.

808-201-6109 • <http://mauisurfergirls.com>

SKYLINE ZIPLINE will help you soar over beauteous West Side peaks and valleys with stupendous ocean views throughout the experience. This could be the ultimate adrenaline-charged island experience for the bucket list. Customized seat harness, equipment, helmet & service ensure safety. Their HQ is in Lahaina.

808-518-4189 • <http://zipline.com/kaanapali>

KAHOMA RANCH ATV TOURS provides the ultimate terrestrial, pulse-quickenning excitement and outdoor adventure. Drive your own ATV through an active cattle ranch on private dirt roads and trails (covering 600 acres), inaccessible to the general public. Enjoy the breathtaking views of the island and surrounding waters. Ride on your own 2-person Polaris ATV. We had a blast!

808-667-1978 • <http://kahomaranch.com>

OLD LAHAINA LUAU invites you to relax under stately palms with gorgeous ocean views as a backdrop. Tiki torches light the way, thatched roofs take one back in time, and you may even sit on the ground on mats for traditional Luau dining. The Old Lahaina Lüyau takes great pride in presenting an authentic evening of traditional Hawaiian food, music, dance and crafts. Sure to be a singularly memorable experience of your visit to Maui.

800-248-5828 • <http://oldlahainaluau.com>

WAILELE LUAU AT THE WESTIN offers another great option for a total Luau experience – this one comes with some pyro, if that's your thing. Food is buffet style. (You're not really there for the food.) The dance/music/fire spectacle is why you're there, and it delivers the goods. Unforgettable.

800-661-2992 • <http://westinmauiluau.com>



MOLOKINI



MOLOKINI



SWELLWOMEN

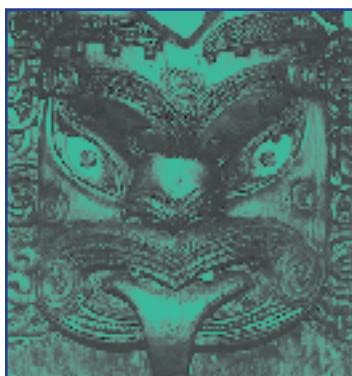


SKYLINE ZIPLINE

Island History

Island History

This incredible island you're on can be thought of as the far eastern rim of the Polynesian culture that spread throughout the Pacific archipelagoes. The more you learn its history, the better your adventure.

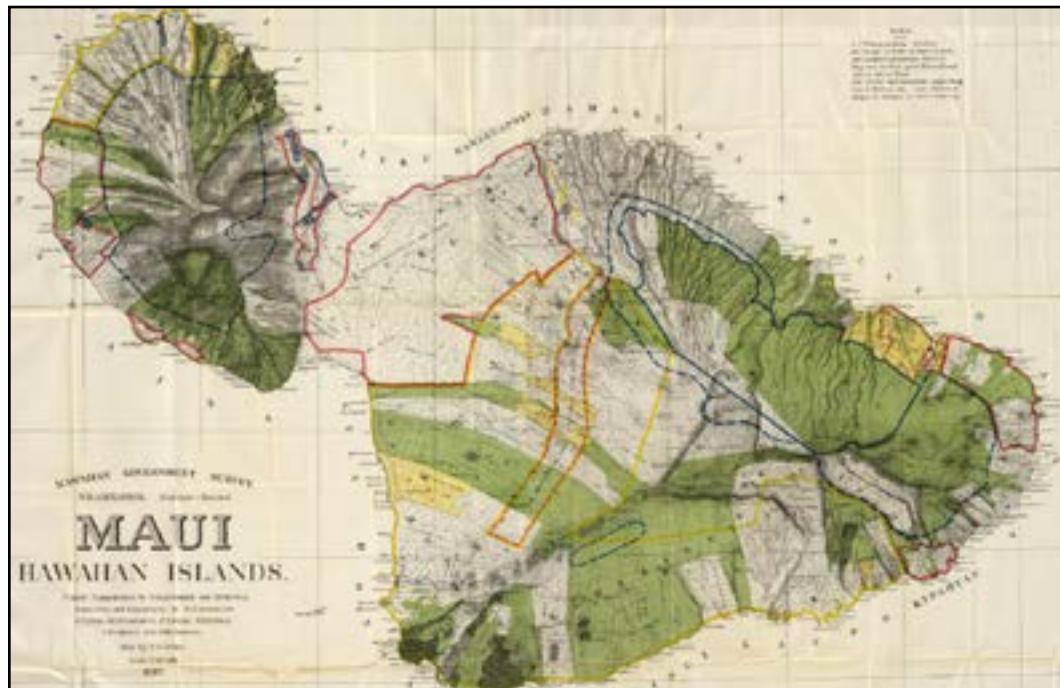


Maui, from Polynesian roots to modernity

Maui's history is a rich, interesting, and sometimes tragic, but instructive account of a sophisticated pre-contact Polynesian society, western explorers, missionaries, entrepreneurialism, immigrant laborers from diverse cultures, and the modern era of flourishing tourism, real estate development, and dramatic population growth. The island's history is defined by distinct stages, initiated by key events or decisions, which have converged to form present day Maui. The history is also closely tied to the island's abundant natural resources and phenomenal scenic beauty. Beginning with the Hawaiian's deep connection to the land, followed by large-scale agricultural planting and irrigation, and concluding with natural resource and scenic beauty based tourism; Maui's history and landscapes have been, and will continue to be, impacted by the interaction between humans and the natural environment. Its dramatic physical beauty, blended culture, traditional arts, pleasant climate, and spirit of aloha, make it special. However, in this rapidly changing, and increasingly homogenous, world, trying to preserve the island's special charms while allowing for the many thousands of visitors and the forces of change and development is the great challenge.

Maui's original inhabitants traveled from the southern islands of Polynesia (first Marquesas, then Tahiti) some 1500 years ago, for reasons unknown, across treacherous seas, to settle a new home that they could not have known existed across 2500 miles of open water. They found an island devoid of edible plants, subsisting on fish and taro exclusively. The island's only mammal at the time was a species of bat. The newcomers brought their own domesticated animals (pigs, dogs, fowl). This first wave of settlers, about which little is known, the *Menehune*, live mostly in the realm of legend now. A 2nd wave of explorer/settlers, the *Tahitians*, arriving 500 years later, subdued and decimated (see: *genocide*) them quickly. The Menehune fled deep into the interior to hide in the forest shadows. These Tahitians were a far more aggressive, warlike culture, implementing the *kapu* system; a strict social order, based on religious taboos, that affected all aspects of life, and became the core of Hawaiian culture. Break a taboo and you, and possibly your whole family, were clubbed or strangled to death, or burned at the stake - strong incentives to walk straight! For instance, if your shadow crossed the shadow of a priest or ruler, you were toast.

The natives developed a successful and sophisticated society that thrived for hundreds of years prior to western contact. The various chiefs, or *ali'i*, ruled absolutely, and made war among one another frequently. Human sacrifice and torture was common also. Hawaiian's did not believe in the private ownership of land. A unique system, utilized throughout Hawaii, divided land into *ahupuaa*, land divisions running from the mountains to the sea. Hawaiian society was separated into distinct classes, from chief to laborer, each with their defined duties and responsibilities within each ahupuaa. Commoners paid continual material tribute to the *ali'i* – if they knew what was good for them. The 1% ruled.



EUROPEAN CONTACT: While Captain James Cook is noted as discovering the Hawaiian Islands for the Western World, it was Captain Jean Francois de Galaup de La Perouse, in 1786, who was the first outsider to set foot on Maui's shore and interact

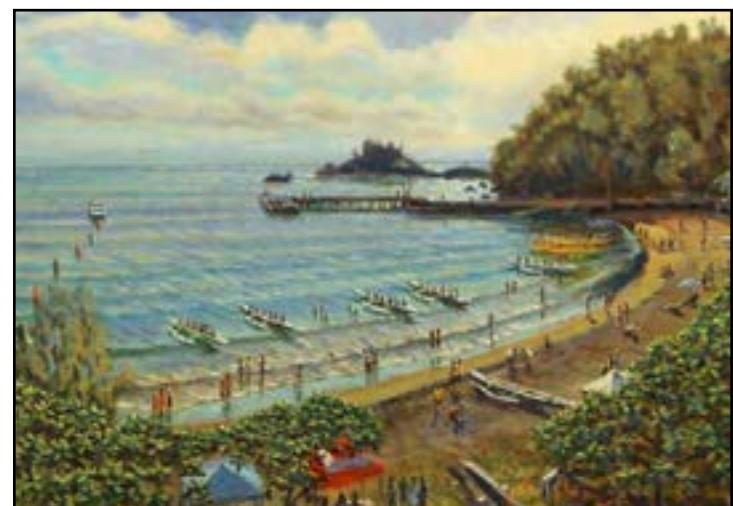
Island History

with the Hawaiians. In any case, the natives first considered them visiting gods, with point heads (tri-corner hats), and breathing fire (smoking pipes). Cook knew that the effects of contact between these cultures would be severe, but unavoidable, and went to great lengths to prevent sailors infected with venereal disease from leaving the ship (but they snuck ashore anyway and spread the disease quickly). Anyhow, the explorations of these two captains signified the beginning of Hawaii's introduction to the Western world. In the following years, missionary work, the whaling industry, and flourishing trade of diverse goods brought American and European immigrants to the island.

The first christian missionary arrived on maui from New England in 1821, built a house in Lahaina and began teaching the natives. They believed they were "civilizing" Hawaiians. They tried to help Hawaiians become literate in their own language and English, and decrease drunkenness, sexual promiscuity, infanticide, gambling, theft, and murder. They attempted to replace Hawaiians' own religion with basic Protestant Christianity. They also introduced American notions about customs involving clothing, food, language, entertainment, education, hygiene and economy. So, just as happened in the lower 48, European gifts to native cultures amounted to the Big Four: God/Guns/VD/Whiskey. Yawn. And please cover up those tits.

In late May 1823 MISSIONARIES built a stone house on the present site of Campbell Park in downtown Lahaina. Their efforts resulted in the first classes for commoners on Maui and within a few year thousands of Hawaiians had been schooled. The missionaries set up a printing shop and began printing bibles and educational materials which supplied schools throughout the islands. The first stone church was built in 1828 at Lahaina called Waiola Church. The churchyard there contains the remains of many early foreigners and Hawaiians, among them, Queen Ke'polani, the first royalty converted to Christianity, and Queen Ka'ahumanu.

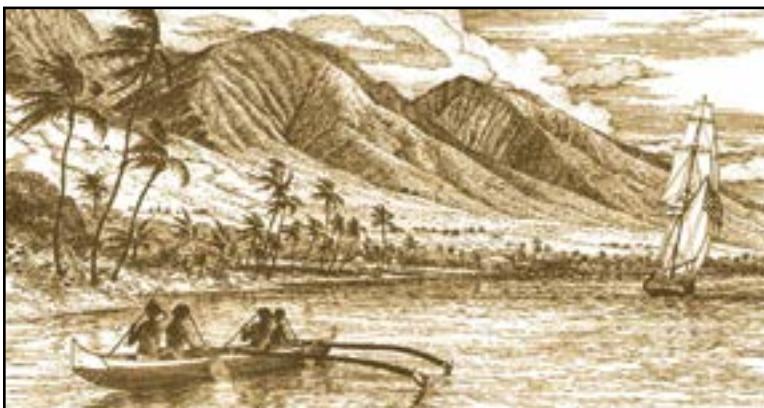
The whaling industry was the primary source of income, and Lahaina was the center of all that action. In the early 19th century, during the industrial revolution, whale oil was used to provide heat, in oil lamps for lighting, and powering equipment, while baleen strips from the whale's upper jaw were needed for making corsets, skirt hoops, umbrellas, and buggy whips. American, European, and Asian ships would hunt for whales in the Japan Sea, South Pacific, Arctic, and Hawaiian waters. The calm harbor of Lahaina was an optimal place to replenish supplies. The first whaling ships arrived in 1819 and steadily continued over the next four decades, with over 100 ships stopping in Hawaiian ports in 1824 and a record 736 whaling ships recorded in 1846. The arrival of the whalers not only fueled the economy but greatly impacted the cultural climate of Hawaii. Sailors wanted fresh fruit and vegetables, meat, potatoes, and sugar instead of the Hawaiian staples of fish and poi, so changes occurred to meet these needs. A variety of new crops were planted, and businesses catering to the whalers were opened – including shops, bakeries, sailmakers, carpenters, and blacksmiths. Along with new foods, plants, and animals, sailors also brought along diseases and perpetuated bad habits such as gambling and prostitution. Bad boys. In 1859, petroleum oil was discovered, and the writing was on the wall for the whale oil industry - luckily for the planet's whales. (Sugarcane would the next economic engine for the island.) The old Lahaina fort on Prison Rd, converted eventually into a prison, is a remnant from that era.



Island History

Island History

This incredible island you're on can be thought of as the far eastern rim of the Polynesian culture that spread throughout the archipelagoes of the Pacific. The more you learn about its history, the better your adventure.



With much of the island arid and inhospitable, the towns of Hana, Makawao, Wailuku, and Lahaina housed the majority of the population. Diversified agriculture rapidly expanded during the 1840's and 1850's to support the transient and resident population. Cultivated crops included taro, potatoes, vegetables, native and foreign fruits, wheat, corn, and sugar.

Having no resistance to introduced Western diseases, the Hawaiian population suffered significantly with the arrival of foreigners. When the people of Maui came into contact with diseases for which they had no immunity and no effective treatment, they began to die in vast numbers. Smallpox, measles, influenza, tuberculosis, cholera, typhus, typhoid fever and sexually transmitted diseases decimated the population. Estimates range from 30% to 50% of the population died within a generation. The effect was catastrophic on the culture of Maui. To further complete the destruction of a people, add to this the loss of their language, as well as their entire established economic system, (communal in nature, based on sharing/bartering, sustenance - not acquisition). The Hawaiians were no match for the rigid (alien) codes of puritan capitalism, and thus were characterized as lazy and undependable workers. Their way of life, based on fishing, hunting, gathering, and growing their own food, did not prepare them for the new system of forced labor and penal servitude. Devastated on every level, the Hawaiian social system fell apart, and outsiders filled the power vacuum. Regardless of the influx of new groups of people, the population steadily decreased. During a 50-year time span in the mid 19th century, the population plummeted from 35,000 to only 12,000. Today, the island's population has swelled to 12x that amount (144,000).

In 1860 there was a significant increase in leprosy (Hansen's Disease) cases. Citizens became alarmed at what they thought might be an epidemic. A doctor in Hana told the Board of Health that in Canada and the patients were isolated from the general population, provided with food and clothing until they recovered or died. It was suggested a place such as a box canyon be found where lepers could be quarantined. After a temporary solution on Oahu, property was purchased on the isolated north coast of Moloka'i at Kalaupapa, where lepers would have no outside contact. By December 1865 the "Leper Colony" was ready. Once the colony was established, those determined to have leprosy were forced to move there. The resettlement was complicated because ships could not get close to the beach. Patients were initially shuttled to shore by whaleboats, which was dangerous and terrifying to infectees who had already suffered separation by force from friends and families. Eventually, they were forced over the side at gunpoint to swim through the surf. Really? The blighted newcomers were then marched across the peninsula to Kalawao where they found huts and tiny cottages purchased for them in near ruin. Oh well ... at least the view was nice.

The concept of land ownership was introduced by Westerners who recognized a great opportunity in the vast Hawaiian Islands and were becoming increasingly frustrated with the land tenure system. In 1848, Kamehameha III, under immense pressure from foreigners, set into motion a series of events that dramatically altered the distribution of land in Hawaii.

Living for hundreds of years with the self-sufficient ahupuaa land tenure system and communal subsistence economy, Hawaiians, particularly commoners, were drasti-

Island History

cally unaccustomed to the concept of fee simple ownership of land. This unfamiliarity with a new concept of landownership, coupled with numerous legal and logistical constraints, led to foreign acquisition of lands intended for native Hawaiians on an unprecedented scale.

The Great Mahele, or land division, established a land commission and provided the means whereby land claims could be presented to the commission and adjudicated. As part of the Great Mahele, the Kuleana Act of 1850 allowed the Land Commission to award small parcels of land to commoners for subsistence. The intent of the Great Mahele and the Kuleana Act was to protect lands from foreign acquisition and provide native Hawaiians with the security of landownership. However, there existed a vast disconnect between the king's intentions and the actual events that ensued as a result of the Great Mahele.

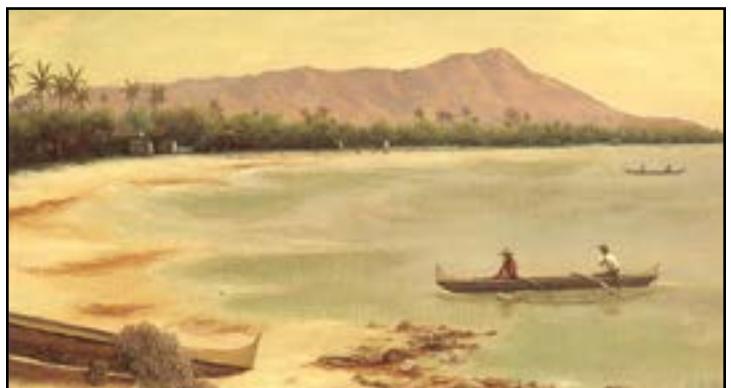
Many Hawaiian families were required to leave lands they had cultivated for generations and were forced to move to populated towns such as Wailuku and Lahaina. Separated from the land and traditional subsistence lifestyle, displaced Hawaiians for the first time had to find employment in order to buy food and goods.

SUGAR, PINEAPPLE & CATTLE: Following the events of the Great Mahele, Hawaiian land became available for private ownership and capitalist development. Between 1836 and 1861 there was an initial flurry of sugar planting and refining throughout Hawaii; however lack of capital and an adequate market forced many planters out of business. Also, failure to convert the Hawaiian commoner into a western-oriented labor force left sugar plantations with few options for labor supply. In 1850, an indentured labor system was established through the Masters and Servants Act which supplied plantation workers from foreign markets: Japan, China, Philippines, Korea, Spain, Portugal and Puerto Rico.

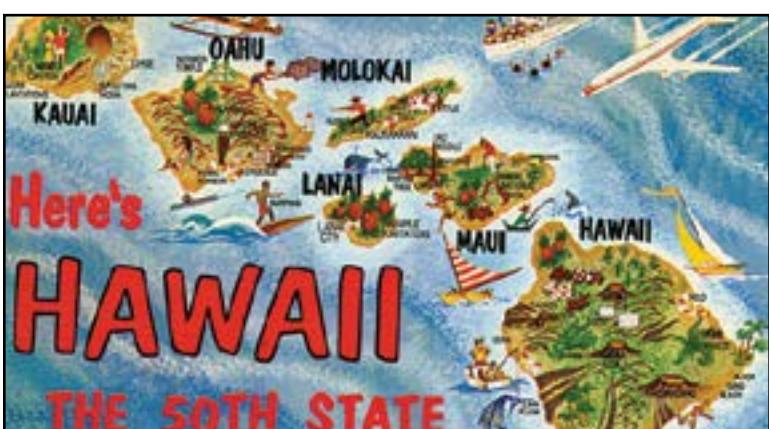
In 1876, with the signing of the Hawaiian Reciprocity Treaty, the islands received the final catalyst necessary to drive the Hawaiian sugar industry into the future. The treaty with the United States allowed for duty free admission of Hawaiian sugar, resulting in a substantial increase of profits for island growers. With this economic boost, growers immediately began increasing cultivation of sugarcane. On Maui, acres cultivated in sugarcane expanded from 5,080 in 1867 to 12,000 in 1880, an increase of 136 percent. Maui's sugar history experienced many stages, beginning with numerous small operations and evolving into a few large plantations. Sugar cultivation on Maui is inextricably linked with the names of certain entrepreneurs, like Alexander, Baldwin, and Spreckels.

The plantations were enormous, self-contained towns unto themselves, with populations up near 8000, divided into "camps" that were organized along ethnicity. The camps had their own schools, stores, churches, and medical centers. This organization of camps along ethnic lines influenced the social and cultural development of Maui to this day.

THE GOLDEN PINEAPPLE: Historically Maui's second largest industry, pineapple cultivation has also played a large role in forming Maui's modern day landscape. The pineapple industry began on Maui in 1890 with Dwight D. Baldwin's Haiku Fruit and Packing Company on the northeast side of the island. West Maui was also culti-



Island History



vated with pineapple in the early 1900's by Baldwin Packers. Within just thirty years the pineapple industry grew steadily, and by 1930 over 28 percent of Maui's cultivated lands were dedicated to pineapple.

CATTLE RANCHING: Although the American cowboy is most often associated with places such as Wyoming and Texas, Hawaii also has a strong historical connection to cattle ranching when, in 1793, Captain Vancouver brought cattle from California as a gift for King Kamehameha I. The animals were then allowed to run wild and populate the islands. *Talk about an invasive species!* Horses were also given as a gift to the king in 1803.

By 1830, King Kamehameha III recognized that the large populations of cattle were out of control, prompting him to summon vaqueros of Mexican, Indian, and Spanish descent from Vera Cruz to teach the Hawaiians how to handle horses and herd cattle. These island cowboys, or *paniolo*, learned herding techniques quickly. As the cattle ranching industry grew on Maui, multiple ranches dominated the less-fertile upper elevation (up country) lands that were left uncultivated. Cattle ranching eventually grew into Maui's third largest industry next to sugar and pineapple. Some of the cattle operations from Maui's history persist to present day.

World War II signified a transition period for Maui, bringing new immigrants and, most importantly, rapid investment in infrastructure to serve the military. Roads, harbors, and airports were built, dramatically altering the character of Maui and paving the way for future events. As private automobiles became more affordable, they also became more prevalent on Maui's expanding road network and allowed for easier access to previously isolated areas. During the war years, the military population on Maui reached approximately 200,000, resulting in soldiers, sailors, and marines outnumbering local residents four to one. *Hey missionaries - good luck policing that!* The military presence stretched across the island from the Navy's Demolition Training Station in Kihei to the Fourth Marine Division's Camp Maui in the Kokomo area. Remnants of Maui's military past still dot the present day landscape. The end of the war brought about significant change for the sugar and pineapple industries. With rapid mechanization of these industries, rise of unionization, plantation camps became a thing of the past.

RISE OF TOURISM: With the decline of the sugar and pineapple industries, Maui lost 24 percent of its population from 1940 to 1960. As a result of affordable air transportation and extensive marketing, local business and political leaders began to plan Maui's tourism future. The identified need for additional visitor facilities gave birth to the concept of the *resort destination area*, and in 1961 Kaanapali became the first of its kind in Hawaii. With numerous amenities (hotels, restaurants, a shopping center, and a golf course), Kaanapali set a precedent for tourism development statewide. This trend continued to grow on Maui with the subsequent development of Wailea and Kapalua.

With this new and vibrant industry, Maui's population and economy began to rebound. Resorts and other visitor services provided employment for Maui's population and attracted new residents. Tourism quickly became the island's strongest industry, having a notable impact on Maui's population, culture, economics, infrastructure, and land use patterns. Keeping this boom at a healthy, manageable level, while retaining Maui's low-key charm and natural, unspoiled beauty, is the goal for the future. If ever a place was in danger of being "loved to death", well then, Maui certainly fits the bill. As you enjoy the island, try to respect it, and leave it at least as clean and unspoiled as you found it.

Wedding Planning

SUGAR BEACH EVENTS can pave the way for your wedding event spectacular. Think of it; *a wedding ... in Maui* ... the combination of two sublime notions, with their help, can result in the event of a lifetime. Just the name 'Sugar Beach' invokes thoughts of white sands nestled on the azure blue waters of the Pacific. Every wedding they create captures the ambiance and romance of this tropical oasis.

Their unique ocean-side venue offers water front dining, spectacular Hawaiian sunsets, full-service event planning, exceptional catering options, great entertainment, upscale rentals, professional wait staff and bar service, delivered with the aloha spirit to make your event memorable.

Working with one of their designers can make your vision happen. With attention to detail, and years of experience in planning, their professional and creative coordinators will help ensure your party is fun, creative and memorable. If you have a coordinator from their approved vendor list, they will work with them as a team to see that your dream is realized.

Catering? Their specialty ... the unique Sugar Beach culinary vision comes from Chef Lee Anderson and her passion for cuisine. They love creating seasonal and locally-inspired menus, which are custom made for each of their clients. If you happen to choose one of the other lovely venues on Maui, don't worry, they can still cater the same amazing food provided by a truly superior service staff.

Services? Whether it's a wedding, corporate event, gala fund raiser, or school function, Sugar Beach guides you through the event planning process expertly, with plenty of ideas about decor, entertainment, set design, vendor negotiations, logistics, tents, lighting, A/V, fabric, props ... they do it all, and do it in such a way that you'll be endlessly impressed (and relieved that *someone* knows what they're doing!). And they know each of the many steps, sequences, and protocols, that go into a great wedding. Quite simply: they do it all.

808-870-1879 • <http://SugarBeachEventsHawaii.com>



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