

**August 2026 - Information is believed but not guaranteed to be accurate.**

### **HIKING**

- Awa'awapuhi Trail (Koke'e)
- Kalalau Trail (Na Pali Coast — permit required past Hanakapi'ai)
- Kuilau Ridge Trail (Wailua)
- Maha'ulepu Heritage Trail (South Shore)
- Nounou Mountain Trail / Sleeping Giant (Central)
- Waimea Canyon Cliff & Canyon Trails

### **WATERFALLS**

- Hanakapi'ai Falls (via Kalalau Trail)
- Ho'opi'i Falls (Kapa'a)
- Opaeka'a Falls (Wailua)
- Uluwehi / "Secret" Falls (Wailua River, kayak-in)
- Wailua Falls

### **SNORKELING**

- Ke'e Beach (North Shore)
- Koloa Landing (South Shore)
- Lawai Beach (South Shore)
- Poipu Beach Park (South Shore)
- Tunnels Beach / Makua (North Shore)

### **NA PALI COAST TOURS**

- Capt Andy's Sailing Adventures — catamaran, snorkel & sunset dinner options  
Phone: (808) 335-6833 | Website: [napali.com](http://napali.com)
- Kauai Sea Tours — catamaran & raft tours, snorkeling  
Phone: (808) 335-5309 | Website: [kauaiseatours.com](http://kauaiseatours.com)
- Makana Charters — catamaran snorkel tours, departs Kekaha  
Phone: (808) 338-9980 | Website: [makanacharters.com](http://makanacharters.com)
- Napali Coast Tours — departs Hanalei or Kekaha  
Phone: (808) 826-6114 | Website: [napalitours.com](http://napalitours.com)

### **TUBING**

- Kauai Backcountry Adventures — float through historic plantation irrigation ditches & tunnels (Lihue)  
Phone: (808) 245-2506 | Website: [kuaibackcountry.com](http://kuaibackcountry.com)

### **ZIP LINING**

- Kauai Backcountry Adventures (east side, near Wai'ale'ale)  
Phone: (808) 245-2506 | Website: [kuaibackcountry.com](http://kuaibackcountry.com)
- Koloa Zipline (South Shore, 8 lines on former sugar plantation)  
Phone: (808) 742-2734 | Website: [koloazipline.com](http://koloazipline.com)
- Outfitters Kauai — home of the FlyLine, Hawaii's longest zipline (Kipu Ranch)  
Phone: (888) 742-9887 | Website: [outfitterskauai.com](http://outfitterskauai.com)
- Skyline Eco-Adventures Poipu  
Phone: (808) 878-8400 | Website: [zipline.com](http://zipline.com)

*Note: Princeville Ranch Adventures has permanently discontinued its zipline and off-road tours — it now offers horseback riding only (see Horseback Riding below).*

### **ATV**

- Kipu Ranch Adventures — ATV/UTV waterfall trail tours (Kipu Ranch)  
Phone: (808) 246-9288 | Website: [kiputours.com](http://kiputours.com)

## **HORSEBACK RIDING**

- CJM Country Stables (South Shore beach rides)  
Phone: (808) 742-6096 | Website: [cjmstables.com](http://cjmstables.com)
- Princeville Ranch (North Shore lessons & trail rides — zipline/off-road discontinued)  
Phone: (808) 855-0064 | Website: [princevillerranch.com](http://princevillerranch.com)
- Silver Falls Ranch (North Shore, waterfall swim ride)  
Phone: (808) 828-6718 — sources conflict on current operating status; confirm before booking

## **GOLF**

- Kiahuna Golf Club (Koloa, public — 18 holes, par 70, weaves past ancient Hawaiian ruins)  
Phone: (808) 742-9595 | Website: [kiahunagolf.com](http://kiahunagolf.com)
- Kukuilono Golf Club (Kalaheo, public — 9 holes, opened 1928, budget-friendly; no tee times, call directly)  
Phone: (808) 332-9151
- Poipu Bay Golf Course (Koloa, resort — Robert Trent Jones Jr., former host of the PGA Grand Slam of Golf)  
Phone: (808) 742-8711 | Website: [poipubaygolf.com](http://poipubaygolf.com)
- Princeville Makai Golf Club (Princeville, resort — Robert Trent Jones Jr., ocean views of Hanalei Bay & Bali Hai)  
Phone: (808) 826-1912 | Website: [makaigolf.com](http://makaigolf.com)
- Puakea Golf Course (Lihue, public — Robin Nelson design through dramatic ravines)  
Phone: (808) 245-8756 | Website: [puakeagolf.com](http://puakeagolf.com)
- The Club at Kukui'ula (Koloa, private — members/guests only)  
Phone: (808) 742-8000 | Website: [lodgeatkukuiula.com](http://lodgeatkukuiula.com)
- The Ocean Course at Hokuala (Lihue, resort — Jack Nicklaus signature design)  
Phone: (808) 241-6000 | Website: [hokualakauai.com](http://hokualakauai.com)
- Wailua Golf Course (Lihue, public/municipal — oceanfront, frequently ranked among the best munis in the U.S.)  
Phone: (808) 241-6666 | Website: [kauai.gov](http://kauai.gov)

## **FISHING**

- Blue Water Fishing Kauai (deep sea, Nawiliwili)  
Phone: (808) 634-8916 | Website: [bluewaterfishingkauai.com](http://bluewaterfishingkauai.com)
- Captain J's Deep Sea Fishing (Port Allen/southwest side)  
Phone: (808) 977-2075 | Website: [deepseafishingkauai.com](http://deepseafishingkauai.com)
- Go Fish Kauai (Nawiliwili Small Boat Harbor)  
Phone: (808) 652-4556 | Website: [gofishkauai.com](http://gofishkauai.com)
- Hunt Fish Kauai (Port Allen/Eleele — also offers a shallow, guaranteed-catch trip good for young kids)  
Phone: (808) 212-7446 | Website: [huntfishkauai.com](http://huntfishkauai.com)

## **FARM-TO-TABLE & CHEF'S TABLE RESTAURANTS**

- Hualani's (Timbers Kauai) — oceanfront farm-to-table  
Phone: (808) 320-7399 | Website: [timberskauai.com/eat-drink/hualanis](http://timberskauai.com/eat-drink/hualanis)
- JO2 Natural Cuisine (Kapa'a) — Chef Jean-Marie Josselin's French-Japanese-Hawaiian tasting menu  
Phone: (808) 212-1627 | Website: [jotwo.com](http://jotwo.com)
- Kauai Grill (St. Regis Princeville)  
Phone: (808) 826-9644 | Website: [stregisprinceville.com](http://stregisprinceville.com)

- Merriman's Poipu — Chef Peter Merriman, pioneer of Hawaii Regional/farm-to-table cuisine  
Phone: (808) 742-8385 | Website: [merrimanshawaii.com/location/kauai](http://merrimanshawaii.com/location/kauai)
- The Plantation House by Gaylords (Kilohana) — sourced from its own 67-acre working farm  
Phone: (808) 245-5608 | Website: [kilohanakauai.com](http://kilohanakauai.com)

### **BEST TURTLE VIEWING**

- Ke'e Beach
- Koloa Landing
- Lawai Beach
- Na Pali Coast (by boat or kayak)
- Poipu Beach Park

### **ZOOS & ANIMAL ENCOUNTERS**

- Kauai Animal Education Center (KAEC/KAEP) — rescue petting farm; feed goats and meet rescued native & farm animals; by appointment only  
Phone: (808) 822-0881 | Website: [sites.google.com/view/kauaianimaleducationfarm](http://sites.google.com/view/kauaianimaleducationfarm)
- Kilohana Plantation Train Ride — stops to feed horses, pigs, and alpacas along the route  
Phone: (808) 245-5608 | Website: [kilohanakauai.com](http://kilohanakauai.com)

### **KAUAI HUMANE SOCIETY — TAKE A DOG FOR THE DAY**

- Sign up for a "Field Trip" and take a shelter dog out for the day — great paired with a beach walk or easy hike
- Book online or walk in; pickup 10:00am-12:00pm (except Thursdays), return by 5:00pm
- \$40 minimum donation; dog comes with a backpack (water, bowl, treats, poop bags) and wears an "Adopt Me" vest
- Location: 3-825 Kaumualii Hwy, Lihue — about 10 minutes from Lihue Airport
- Phone: (808) 632-0610 | Website: [kauaihumane.org](http://kauaihumane.org)

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### **FOR THE KEIKI (KID-FRIENDLY DAY)**

- CJM Country Stables — horseback riding for kids 8+  
Phone: (808) 742-6096 | Website: [cjmstables.com](http://cjmstables.com)
- Kauai Animal Education Center (KAEC) — petting zoo, feed baby goats  
Phone: (808) 822-0881 | Website: [sites.google.com/view/kauaianimaleducationfarm](http://sites.google.com/view/kauaianimaleducationfarm)
- Kilohana Plantation Train Ride — farm animal stops, plus Koloa Rum tasting for the adults  
Phone: (808) 245-5608 | Website: [kilohanakauai.com](http://kilohanakauai.com)
- Koloa Zipline — kids 7+ can ride (7-17 must be with an adult)  
Phone: (808) 742-2734 | Website: [koloazipline.com](http://koloazipline.com)
- Luau Kalamaku (Kilohana Plantation) — family-friendly Hawaiian feast & Polynesian show  
Phone: (808) 245-9591 | Website: [luaukalamaku.com](http://luaukalamaku.com)
- Lydgate Beach Park — lifeguarded, two protected keiki swimming pools plus easy snorkeling and a playground
- Wailua River — gentle kayak or riverboat ride to Uluwehi (Secret) Falls or Fern Grotto