

ALOHA!

Ævintýri á Hawaii haustið 2022!

Ásdis Guðmundsdóttir hefur milligöngu um ferð til Hawaii í samstarfi við ferðaskrifstofuna AltruVistas (https://altruvistas.com/).

Ferðaskrifstofan sérhæfir sig í ferðum sem byggja á sjálfbærni og virðingu fyrir menningu og umhverfi þeirra landa sem heimsótt eru.

Altruvistas var tilnefnd til verðlauna árið 2019 hjá AFAR Traveler's Choice Awards í flokknum "Ferðir sem breyta heiminum". Sjá má nánar hinar ýmsu ferðir sem skipulagðar eru á vegum Altruvistas á heimasíðunni (sjá hlekk).

Um er að ræða 13 nátta ferð dagana 27.október - 9.nóvember.

Ferðin kostar **3.800 USD** pr.mann miðað við 2 manna herbergi.

Ef pantað er eins manns herbergi bætist við 1.300 USD. Hótel sem gist verður á eru 3-4 stjörnu.

ATH: Takmarkaður fjöldi! Aðeins komast 12-13 manns í ferðina!

Innifalið

13 nætur á hóteli með morgunmat

Allar ferðir þegar komið er til Hawaii (akstur til og frá áfangastaða ásamt flugi til og frá Hilo (Big Island).

Aðgangseyrir í söfn og aðra staði nema þá daga þegar val er um hvað gert er.

Hádegisverðir alla daga nema dag nr. 5, 6, 12 og 13.

Kvöldverðir dag 1 og 13 (welcome dinner og farewell dinner) en kveðjumáltíðin er hlaðborð og skemmtun að hætti Hawaii búa.

Ekki innifalið

Flug og gisting til og frá Hawaii (Gista þarf eina nótt á leið út og heim)

Ferðatilhögun

Eins og áður segir þá er fólk að fara á eigin vegum. Eftir ferðalagaskort síðustu tveggja ára eiga margir ferðapunkta sem hægt er að nota og/eða inneignir hjá flugfélögum og því var ákveðið að ferðin yrði farin á eigin vegum en ekki íslenskrar ferðaskrifstofu. Einnig gefur það tækifæri til að lengja dvölina eða tengja við aðrar ferðir ef vill. Ef áhugi er fyrir því að framlengja dvöl er ferðaskrifstofan tilbúin aðstoða við skipulagninguna.

Þar sem ferðin er farin á eigin vegum sjá þá sjá ferðalangar sjálfir um að bóka flugfar og gistingu á leiðinni til Hawaii og heim og **er það ekki innifalið í verðinu.**

Ef komið er frá Íslandi er hentugast að fljúga í gegnum Seattle með Icelandair þar sem gist er eina nótt og þaðan með Hawaian Airlines til Honolulu. Þannig þarf að bóka flug þann 26.10, gista eina nótt og fljúga svo þann 27.10 til Honolulu.

Það sama gildir er farið er frá Hawaii, síðasti dagur ferðar er 9.11, þá er flogið frá Honolulu til Seattle, gist þar eina nótt og svo flogið til Íslands þann 10.11.

Mikilvægt: Ferðalangar þurfa að huga vel að ferðatryggingum.

Greiðslur

Þegar ferð er staðfest þá þarf að greiða 500 USD sem staðfestingargjald til AltruVistas sem er óafturkræft. Afgangur af greiðslunni þarf að berast ferðaskrifstofunni 45 dögum fyrir ferð og er þá óafturkræft. Hinsvegar er hægt að færa ferð yfir á aðra ef hætta þarf við ferð af einhverjum ástæðum.

Hér má finna skilmála ferðaskrifstofunnar ásamt greiðsluupplýsingum en einnig er hægt að greiða inn á bankareikning eða með Visa. Nánari upplýsingar verða sendar til þeirra sem staðfesta ferð.

https://altruvistas.com/forms-payments/

Ferðalýsing

Hér að neðan má sjá nákvæma ferðalýsingu á ensku ásamt hlekkjum á hótel og þá staði sem heimsóttir verða. Fararstjóri verður Malia Everette, sem er eigandi ferðaskrifstofunnar en Malia kom til Íslands með hópi árið 2019.

Hún er tilbúin að hitta hópinn á Zoom til að kynna dagskrá og veita nánari upplýsingar ef með þarf.

Útbúinn verður Facebook hópur fyrir ferðalanga þar sem upplýsingar munu verða settar inn.

Hawai'i Eco Retreat

27.10.-9.11.2022 Itinerary

DAY #1 27.10. (D)

14:00-14:30 Arrival to Honolulu, Daniel K. Inouye International **Airport** (HNL) is the largest **airport** in the State of **Hawaii** and is located in **Honolulu** on the island of O'ahu.

14:30-15:30 Transfer to hotel Kaimana

<u>https://www.kaimana.com</u> Located at the far end of the Waikiki strip it is a wonderful location close to the park, beaches and plenty of restaurants.

15:30-16:30 Check In – Room and Freshen Up!

17:30-19:30 Welcome Circle with a traditional Mai Tai and Lei welcoming.

We will be joined here with a Hawaiian educator and elder.

19:30-21:00 Welcome Dinner at Hau Hau



Waikiki strip at night

DAY #2 28.10 (B L)

07:00-08:00 Breakfast

9:00-11:00 An interactive, place-based & celestial orientation mapping experience with Ho Mai Ka Pono with brother Tom this will be at the Kapiolani Park just a few minutes' walk from our hotel.

11:30- 13:00 Enjoy a city tour of Honolulu to understand the unique history of the islands. We start at Iolani Palace: "The 'Iolani Palace was the royal residence of the rulers of the Kingdom of Hawaii beginning with Kamehameha III under the Kamehameha Dynasty and ending with Queen Lili'uokalani under the Kalākaua Dynasty, founded by her brother, King David Kalākaua. https://www.iolanipalace.org/visit/

13:00-14:30 Lunch reservation to be made at Side Street Café.

15:00 Return to hotel and enjoy time to Swim and Hike.

Dinner and evenings are free for local dining though we will make recommendations and reservations.

19:00 Reservation to be made at Dukes of Hawaii

https://www.dukeswaikiki.com



Iolani Palace



Kapiolani park

Day # 3 29.10. (B,L)

7:00-08:00 Breakfast

9:00-12:00 Pearl Harbor Excursion day! Today we leave for Pearl Harbor where we will meet with educator, historian and activist Kyle Kajihiro for a unique overview and history of this historic place. We will walk through the memorial, visit the exhibitions and museum. We will try to bid on tickets for the Arizona memorial the day before our visit. https://www.nps.gov/perl/index.html

13:00 Lunch reservation at 604.

14:30- 16:30 Learn about the ancient fishpond system, as we visit and volunteer time at Loko i'a Pā'aiau. This is an exciting new restoration project in Pearl Harbor.

16:30 Return to Hotel.

19:30 Dinner and evening are free for local dining. Optional, a group reservation to be made at Uncle Bo's https://www.unclebosrestaurant.com



Pearl Harbor Memorial

| Day #4 30.10 | (B,L) | |
|---|--|----------|
| 7:00-08:00 | Breakfast | |
| 8:00 | Depart for Ka'ala Cultural Learning Center on the West Side | of |
| | Oahu. | |
| 09:00-11:30 | Huaka'i (journey) Hike to Sacred Sights with Practitioner/Ku | ımu to |
| gain a local and unique understanding of the history of Oahu. | | |
| 12:00-13:00 | Lunch reservation | |
| 13:30-15:00 | Ka'ala Cultural Immersion and Lo'i Experience. A loi is a trac | litional |
| | Hawaiian agricultural plot to cultivate kalo/taro (a root vege | etable) |
| 15:00-16:30 | Transfer to Makaha Beach (snacks with us) and beach time | to |



swim.

Nanakuli High students prepare and pound kalo that was grown on the farm.

DAY #5 31.11. (B)

07:00-8:00 Breakfast

09:00-14:00 Travel to the east of Oahu. If the weather is good we will stop at the Nu'uanu Pali Lookout and enjoy a group photo.

Today you will have options and time for lunch on your own.

1. Enjoy free time for Golf. You can walk and book at the Ala Wai golf course https://www.honolulu.gov/des/golf/alawai.html close to the hotel in Waikiki, or we can drop you off on the eastside at the Mid Pacific Country Club.

https://www.mpcchi.org/Default.aspx?p=dynamicmodule&pageid=284&ssid=10 0431&vnf=1#

- 2. Enjoy beautiful Kailua Beach with an option to rent Kayaks. https://www.kailuabeachadventures.com
- Enjoy the famous Kualoa Ranch (home to many Hollywood Movies such as Jurassic park and Jumaji) to enjoy ecotourism activities. You can book online (ATV, Horseback riding, and Ziplining) https://www.kualoa.com/kualoa-tours-activities/

15:00-16:30 Visit with Ho'oula Aina. Here, communities unite creating a land based foundation for community health called Ho'oulu 'Aina. Children, families, and elders of all cultures join to restore this land to health and in return are healed. Through multiple programs, they aim to address the health needs of Kalihi Valley by fostering the connection between people and land.

16:30-17:30 Travel back to through Waimanalo with another stunning view and group photo moment at Makapu'u Point Lookout over the Healing Tide Pools 19:00-20:30 Dinner is on your own, though reservations will be made. Reservations tonight at Moku Kitchen.



Ala Wai 18 hole Golf Course



Kualoa Ranch





Getting your feet dirty in Ho'oula Aina!!

DAY #6 1.11 (B)

07:00-08:00 Breakfast

08:30-10:00 This morning we learn about Wayfairing as we have a member of the Polynesian Voyage Society share about this ancient craft and the Hokulea.

http://www.hokulea.com/moananuiakea/

11:00am Free time to enjoy the beach and shops at Waikiki. Another local option to indulge in....surfing! You can book Surf lessons and Hans Hedemann Surf shop on Waikiki.

https://hhsurf.com

14:30pm We will meet up to exchange with local cultural practitioners and enjoy a Hula class and Lei making class at the Wai Wai collective. http://waiwaicollective.com
17:00pm Return back to Hotel - Refresh/Rest, swim in ocean or we can enjoy an optional hike to Diamond Head. https://www.aloha-hawaii.com/oahu/diamond-head/
19:30-21:00 Farewell Oahu Dinner Reservation (at own cost) at 1849 (about a 30 min walk) in International Market place.



Hula Dance



Traditional Lai

DAY #7 2.11 (B,L)

07:00-08:00 Breakfast

9:00- Check out of hotel

10:00 Transfer to Airport and flight to Hilo, Hawaii

Check into the Naniloa Doubletree hotel https://www.hilton.com/en/hotels/itohndt-

grand-naniloa-hotel-hilo/?SEO id=GMB-DT-

ITOHNDT&y source=1 MzgzNTk5OC03MTUtbG9jYXRpb24uZ29vZ2xlX3dlYnNpdGVfb3Zl

cnJpZGU%3D

13:00 pm Lunch enjoy typical LauLaus or lunch plates (try the Loco Moco) at

the Kuhio Café where we have a reservation.

3:00pm Hike the waterfall at Akaka Falls

https://dlnr.hawaii.gov/dsp/parks/hawaii/akaka-falls-state-park/

Then enjoy a visit to a local goat farm. https://www.honomugoatdairy.com

18:00pm Return to hotel and time to rest.

Reservations tonight at the Hilo Bay Café a close walk from the hotel.



Traditional Laulau with Salt butterfish, pork and chicken



Akaka fall

DAY #8 3.11 (B,L)

07:00-08:30 Breakfast

8:30-12:30pm Visit to the Volcano National Park! There are many hikes to enjoy here. We will drive the remarkable Chain of Craters drive and hike the easy (a little over 2 km) Pu'u Loa Petroglyphs

https://www.nps.gov/havo/learn/historyculture/puuloa.htm

For those that want an intensive hike we can drop you off to hike the Kilauea Ike Crater hike.

1:00pm Lunch reservation at the historic Volcano House

https://hawaiivolcanohouse.com/?page_id=913

There is also a gallery with local Hawaiian artist we can stop at with the visitors center. https://volcanohouse.wpengine.com/wp-content/uploads/2021/01/All-Day-Menu-1.pdf

2:30pm Thurston Lava Tube and group picture at Crater look out.

3:30 pm Leave for Hilo with a pit stop to our hosts homestead. Malia lives on 3

acres and will have some pupus (snacks) and refreshment for us.

Return to hotel and time to rest. Evening free to explore down town Hilo.



Volcano National Park



Pu'u Loa Petroglype

DAY #9 4.11 (B,L)

07:00-08:00 Breakfast

8:00am Check out of Hotel.

9:00am Enjoy a brief visit to the famous Hilo Farmers Market. Then we are off to the Hamakua Coast. We will be hosted by Bird and Bee Hawaii and learn about local bee keeping efforts on the island. After we will make a pit stop at the famous Tex's for local Malasadas! From there we drive to the beautiful look out of the Valley of the Kings (Waipio Valley) Lookout. The views are breathtaking.

For those that would like to indulge in traditional shave ice we will enjoy a https://www.tropicaldreamsicecream.com ice cream break then drive to Kailua Kona and check-in at the Royal Kona Resort hotel. We will make a pit stop in Waimea to stretch our legs.

17:00 pm Drop off at hotel and time to rest.

Evening free to explore a plethora of local dining and night life.



Hilo Farmers Market



Traditional Malasadas



Fun Bees!!

DAY #10 5.11 (B,L)

07:00-08:00 Breakfast

8:00-12:00 Enjoy a Private Sail and Snorkel!

http://Kaimanaoceansafari.com/

12:30 Lunch

13:30-14:30 Explore this importance of Kona Coffee at the Living Museum.

15:00-16:30 Enjoy the beauty of Kealakekua Bay State Historical Park. We will learn more about the history of Hawaii here at the Captain James Cook Monument and enjoy time to swim, or snorkel.

17:00 Rest at hotel.

18:00 We have a special guest at the hotel tonight to share with us. We will learn about Kapu Aloha and the struggle at Mauna Kea over the TMT.

18:30-20:30 Dinner reservation at Papa Kona's and for those that would like, we will have a reservation at Gertrude's for live music.





Kaimana Ocean Safari Snorkeling

DAY #11 6.11 (B,L)

07:00-08:00 Breakfast

9:30 -12:00 Hike the beautiful Pololu Valley and enjoy the black sand beach. https://www.lovebigisland.com/pololu-valley/

The distance from the overlook point to the valley floor is 490ft (150m). From here you have a magnificent view over Pololu Valley and the impressive sea cliffs that slowly crumble into the ocean. If you are visiting in the winter months (from ~December to ~March) this is a great place to try and see humpback whales migrating! 12:30-16:00
Lunch reservation at a local farm located on the northern tip of the Big Island of Hawai'i, about 15 minutes from historic Hawi Town. Exchange with Native Hawaiian conservationist. Contribute to your carbon offset and support Hawaii's climate change call by planting trees for the Hawai'l Green Belt Alliance. With Auntie Maile, Nany and Noemi.

16:00 Return to hotel in Kona

18:00 Optional visit to Mauna Kea Visitors center and sunset on the Mauna. (Malia can drive and bring some people if not too tired).

*Optional Summit night time tours for those that want to add on. https://www.lovebigisland.com/stargazing/



Black Sand Beach

DAY #12 7.11 (B)

07:00- Breakfast

8:30am -13:30 We are off to the southern most place in the USA! We will stop at our famous local bakery https://www.bakeshophawaii.com You can get snacks here for our hike today.

Our highlight today is to hike Papakolea, or the Green Sands Beach- 1 of only 4 in the world.

This green sand beach provides hiking trails, scenic bay views & swimming. The trail takes us along the Pacific ocean to a beach carved into the side of Pu'u Mahana a 50,000 year old cinder cone from the Mauna Loa volcano. The unique green sand here is created by emerald hued olivine, a mineral commonly found in Big Island Lava, which stays deposited on this beach because of its relatively heavy weight. It was formed during an eruption 49.000 years ago.

For those that may not be able to hike this far, you can plan on \$20 to get a ride in to the beach over the sand dunes.

Stop off for lunch at a local food truck after.

2:00-3:00 Explore the importance Hawaiian chocolate.

https://www.ohcf.us/shop.html

4:00pm Drop people off that want this . Optional Excursion! Manta Night Dive/snorkel https://konahonudivers.com/diving-tours/1-tank-manta-dive-snorkel/ (this is an additional \$119-139). A boxed Dinner is \$15 each.

19:30pm Dinner reservation



Green Sand Beach

DAY #13 8.11 (B, D)

07:00-08:00 Breakfast

Lunch and morning are fee for local shopping and exploration on Alii Drive. https://www.thisweekhawaii.com/2020/03/27/highlights-along-konas-alii-drive/Optional activities:

- 1. Kayak! https://oceansafariskayaks.com Enjoy Kayaking the waters off Kailua Kona
- 2. Ocean Rider Seahorse Farm https://seahorse.com/product/oceanrider-seahorse-farm-tour-tickets/
- 3. Relax at the hotel's pool.

15:00 Wrap up circle with Lala Nuss about the sustainable future of Hawaii in Climate Change and Awa ceremony with our local Kumu and your organizer Asdis!

17:00 Farewell dinner Luau at the resort. Luau was originally known as Aha'aina. It's a word that refers to the edible taro leaves that food was traditionally wrapped in before being cooked in an underground oven known as an imu. The Aha'aina, or luau, was a celebration; a way for the village to come together to commemorate a special occasion. The ancient Hawaiians celebrated the birth of children, successful battles and even abundant harvests.



DAY #14 9.11 Aloha (B)

07:00-08:00 Breakfast

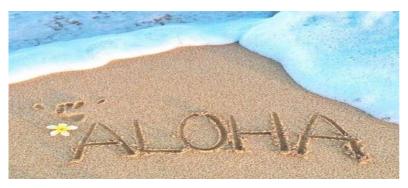
9:00 Check out and transfer to the airport to Honolulu, or stay longer and enjoy a few days at the beach and more tropical cocktails!



Cocktails!



Beaches!



 $a {\cdot} lo {\cdot} ha \hspace{0.2cm} \text{Hawaiian word used when greeting or parting from someone}$