



Hawaii Culture, Conservation, and Cuisine

A FAMILY ECO-WELLNESS RETREAT

DATES: April 12 – 19, 2025 (7 Nights/8 Days)

ARRIVAL: Hilo, Hawaii

DEPARTURE: Kailua-Kona, Hawaii

DAY 1: HILO

- **At a glance:** Upon arrival to the Hilo International Airport, you will transfer to our hotel and enjoy a warm lei welcome. Meet with your group at a brief orientation meeting. We will learn about important Hawaiian values such as pule (a prayer or blessing used for protection, healing, and daily guidance) and aloha 'āina (everything in this world is interconnected). Enjoy a welcome dinner and an evening to relax.
- **Meals Included:** Dinner
- **Accommodations:** Naniloa Grand Hilton

DAY 2: VOLCANOES NATIONAL PARK

- **At a glance:** In the morning, we'll visit an award-winning slow coffee cafe and a local bakery for breakfast. Then, we'll have a guided tour by a scientist at Volcanoes National Park, followed by a pizza lunch at Volcano House. We'll explore the park's natural wonders like Nāhuku (Thurston Lava Tube) and have free time for shopping at Volcano Gallery. On our way back, we'll stop at a local home for pupus.
- **Meals Included:** Breakfast, Lunch
- **Accommodations:** Naniloa Grand Hilton

DAY 3: AKAKA FALLS / OLI CHANT WORKSHOP

- **At a glance:** Today, we will experience a fun and breathtaking hike at Akaka Falls State Park. We will delve deeper into Hawaiian culture with a goat farm visit and oli chanting workshop (in oli chanting we learn a bit of Olelo, the Hawaiian language, while simultaneously learning a bit of Hawaiian history, legends, and values). For dinner, we will eat laulau, often considered to be the best “Hawaiian soul food”.
 - **Meals Included:** Breakfast, Dinner
 - **Accommodations:** Naniloa Grand Hilton
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DAY 4: COFFEE, CACAO, AND CUISINE

- **At a glance:** We begin the day at the Hilo Farmer’s Market and stroll around the Queen Kapiolani Garden. Then, we will learn about Polynesian navigation and the mysteries of the universe at the ‘Imiloa Planetarium. After a tasty lunch of seasonal, and fresh fish and chips, we will visit a coffee and cacao farm. Enjoy an evening on your own.
 - **Meals Included:** Breakfast, Lunch
 - **Accommodations:** Naniloa Grand Hilton
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DAY 5: WAIPIO VALLEY / LEI-MAKING AND HULA LESSONS / KONA

- **At a glance:** This morning, enjoy fun lei-making and hula lessons. After checking out of our hotel, we head to the west side of the island. We will stop for lunch at a popular diner to further experience Hawaiian fare (such as malasadas). We will revel in breathtaking views at the Waipio Valley Lookout and visit an organization working on innovative, sustainable projects to vitalize the region’s rural economy.
 - **Meals Included:** Breakfast, Lunch
 - **Accommodations:** Royal Kona Resort
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DAY 6: EXPLORATIONS ON THE WAY TO KAILUA-KONA

- **At a glance:** We check out of our hotel and make our way to the west side of the island. On our way, we will make several stops for food, sightseeing, and activities. One stop includes a visit with a Hawaiian elder to learn about indigenous healing and culture. We will also explore Pololu Valley and Black Sand Beach. After lunch, we will visit the Kukui Farm, which has been in the Nani family for 700 years. You can tour the farm and do 30 minutes of gardening and volunteer work.
 - **Meals Included:** Breakfast, Lunch
 - **Accommodations:** Royal Kona Resort
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DAY 7: SNORKELING AND SACRED SITES

- **At a glance:** Today we will enjoy the popular snorkeling spot, commonly referred to as “Two Step” as well as visit the sacred grounds of Pu’uhonua o Hōnaunau National Historical Park. The evening is free for you to explore or rest.
 - **Meals Included:** Breakfast, Lunch
 - **Accommodations:** Royal Kona Resort
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DAY 8: SEAHORSES / VANILLA FARM / FAREWELL LUAU DINNER

- **At a glance:** You and your kids will love our final day together! We will learn about marine conservation and get close to seahorses at an aqua farm. Then, we will visit a vanilla farm. After lunch, we will explore the harbor to see if we can spot any sea turtles. The trip concludes with a farewell luau dinner.
 - **Meals Included:** Breakfast, Dinner
 - **Accommodations:** Royal Kona Resort
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DAY 9: RETURN HOME / ALOHA!

Today, we will check out of our hotel and transfer to the Kona International Airport to fly home. Or, feel free to extend your stay in Hawaii on your own.



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