

# HAWAII FROM THE INSIDE

Haena, Kaua'i

HAWAII TOURISM JAPAN (HTJ)

Though guidebooks are a great starting point for canvassing the Hawaiian Islands prior to a visit, sometimes travelers want extra knowledge that can't be found on the pages of a tome. The best way to learn about the culture and activities that await — from Hawai'i residents who've made certain cultural elements of the islands not only their passion, but part of their lifestyle.



Keiki girls dancing hula

HAWAII TOURISM AUTHORITY (HTA)/JOE SOLEM

## LEARNING ABOUT LAVA ON HAWAII ISLAND

Growing up on Hawai'i Island, Warren Costa considered Hawai'i Volcanoes National Park his backyard. "The volcanoes are so varied in terms of natural resources, whether it's their

biology and geology or their cultural and spiritual aspects," he says. "They change your worldview and how you interact with nature."

Costa, who's worked as an archaeologist and Natural Resources Manager at the Park and a ranger on Mauna Kea, now leads private hikes through his company, Native Guide Hawai'i, to share his love of the area. "People are expecting to see a homogenous mass of black lava," he says. "They're surprised to find it's very rich, colorful and beautiful, and has varied land forms and features."

Currently, a new lava flow that's a continuation of the 1983 eruption lets visitors experience history unfolding. "In Hawaiian culture, we say it's the work of our ancestor, the Goddess Pele," says Costa. "It's not something that's happening from the outside. It's all part of the whole." ([www.nativeguidehawaii.com](http://www.nativeguidehawaii.com), 808-982-7575)

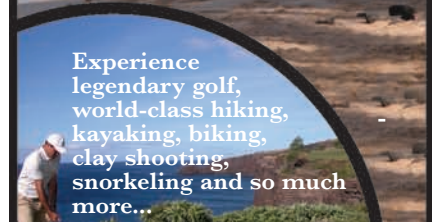
## THE SLACK KEY SOUNDS OF KAUAI

In the 1800s, Mexican and Spanish vaqueros came to Hawai'i to teach the locals cowboy skills. Not only did Hawai'i's *paniolo*, or cowboys, emerge during this time, but so did the distinctive sounds of the *ki ho'alu*, or slack key guitar, an instrument first played around the campfire.

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For husband and wife Doug and Sandy McMaster, the music is a family tradition. Through slack key guitar's finger-plucked stylings, Doug says listeners can hear everything from the soothing surf to raindrops dripping on Ti leaves. The McMaster's perform at the Hanalei Community Center on Kaua'i on Fridays and Sundays. Says Sandy, "Our audiences experience the true meaning of *aloha* as they listen to real, old-style slack key guitar and *'ukulele* music with the tradewinds blowing through the building, the geckos chirping and the birds singing." ([www.mcmasterslackkey.com/liveshows.html](http://www.mcmasterslackkey.com/liveshows.html), 808-826-1469)

### THE ART OF LĀNA'I

The island of Lāna'i so captivated Mike Carroll and his wife during a visit, they made "Hawai'i's Most Enticing Isle" their home. Carroll spread his artistic wings by painting his new inspiration — the people, places and particularly the quaint village of Lāna'i. "The city



Sea Turtles at Maui Ocean Center in Maalaea, Maui

HAWAII TOURISM AUTHORITY (HTA)/RON DAHLQUIST

artists are on view at the Lāna'i Art Center's gallery, where, inspired like Carroll, visitors can take workshops and classes.

([www.mikecarrollgallery.com](http://www.mikecarrollgallery.com), 808-565-7122; [www.lanaiart.org](http://www.lanaiart.org), 808-565-7503)

### CONNECTING WITH NATURE ON MAUI

"We want guests to connect with the elements," says Iokepa Naeole, director of the Ritz-Carlton, Kapalua's Jean-Michel Cousteau's Ambassadors of the Environment program (AOTE). Through AOTE, participants gain a deeper understanding of Hawai'i's environment through the eyes of locals. "Culturally, Hawaiians believe we're part of the ocean, as much as we're part of the land," says Naeole. "It's more than just a place to enjoy for recreation; it's our fish market, our playground, our church, and we're part of the ecosystem."

Both children and adults can enjoy

has retained the charm of old Hawai'i with plantation homes with tin roofs, tongue and groove, board and batten," he says.

Today, the Mike Carroll Gallery is located in just such a structure in Dole Park where, beyond Carroll's paintings, the works of 25 local and nationally known artists are on display. A few doors down, the works of community



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AOTE's hands-on activities that range from snorkeling in a Green Sea Turtle habitat to underwater digital photography. Says Naeole, "It's our hope these experiences will create memories that will be long-lasting and life-changing." ([www.ritzcarlton.com](http://www.ritzcarlton.com), 808-665-7292 or via email [ambassadors.kapalua@ritzcarlton.com](mailto:ambassadors.kapalua@ritzcarlton.com))

**PADDLING ON MOLOKA'I**

Outrigger canoeing has been integral to the Hawaiian culture since the Polynesians first landed on the islands over 1000 years ago. "It's all about camaraderie and working in unison," says Maria Holmes of the State's official sport.

A paddler residing on Moloka'i, Holmes loves the long distance channel crossing races that span the 26 miles from Maui to Moloka'i and others that stretch the 41 miles between Moloka'i and O'ahu. "They're a huge production," she says. "Days ahead of the races you can see the rigging of the canoes, the arrival of escort boats

and crews getting prepared."

Check Moloka'i's calendar to schedule a visit that coincides with a race at [www.visitMolokai.com/evnt.html](http://www.visitMolokai.com/evnt.html). Or get in some paddling through a Moloka'i Fish and Dive kayaking expedition. ([www.molokaifishanddive.com](http://www.molokaifishanddive.com), 808-553-5926)

**THE MULTIFACETED SIDES OF HULA ON O'AHU**

"There's a misconception that in *hula* the hands tell the story," says Manu Boyd. "The fact of the matter is, the story tells the story." After 19 years of training and undergoing 'uniki rites, Boyd became a *kuma hula* or *hula* master and opened his own *hula* school, to pass along this element of Hawai'i's culture. "*Hula* offers a way for Hawaiians to reclaim our heritage and maintain the presence of our ancestors in contemporary times."

For visitors to O'ahu who want to experience *hula*, Boyd, who is also the

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Kayaking in Hulopoe, Lāna'i

Director of the Royal Hawaiian Center, recommends attending performances (6:30 p.m.; Tuesday – Friday) by different artists at the Center's Royal Grove. Complimentary, hour-long introductory *hula* classes (11 a.m. Tuesdays, 4 p.m. Thursdays) are offered at the Royal Grove as well.

"Our culture, history, genealogy and folklore were preserved through chants and oral tradition," he says. "*Hula* is the physical embodiment of that oral tradition." ([www.royalhawaiiancenter.com](http://www.royalhawaiiancenter.com), 808-922-2299)



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