

ACTIVITIES

Most of this is fairly accurate and up to date but there may be some numbers that are out of date as many things seem to change on this island without people telling me.

GOLF

Ironwood Hills Golf Course: Located mid-island up Hwy 470 and off to the left near the top in the tree line. This is an executive course (9 holes) previously used by the Libby Pineapple staff in days gone by.

If no one is at the clubhouse (trailer) to take your money just leave it where directed and tee off. I think it is about \$15 for nine holes. ph: 567-6000

BIKING

Bikes can be rented in downtown Kaunakakai at **Molokai Bicycle** ph: 553-3931. They should be able to direct you to the best routes to take. But remember, when biking or hiking be careful of straying on to private property especially near the east end of the island - if you see a sign to keep out - obey.

HIKING

Halawa Valley on the extreme east end is beautiful - green cliffs, beaches, waterfalls etc. but you need to get permission and possibly a guide - it is private property. Call Pu'u O Hoku Ranch ph: 558-8109 (they can also arrange horseback rides). Even if you don't hike, the trip is worth it. However, the road gets very narrow near the end. Slow way down on the curves.

For cultural hikes, **Molokai Fish and Dive** offers a number of cultural hikes. These are guided hikes taking you to historical places on Molokai including Kalaupapa, Halawa Valley, Moalua Falls, Nai'iaw Sea Cliffs and other sacred Hawaiian monuments and sites. Ph: 553-5926

Top of Molokai - hike to the top of Molokai, trail head is across from Alii Beach Park - 3 miles east of Kaunakakai or so.

BEACHES

Papohaku Beach - the longest beach in Hawaii and can be seen from the lanai. This is a beautiful beach and has very few people on it at any one time. It is great for a stroll, watch the sunset and in the winter whale watching but we would caution any swimming especially in the wintertime - the undertow can be dangerous.

West End Beaches

Dixie Beach is a good beach for snorkeling and swimming and if the surf is good, boogie boarding and surfing - it is protected by a bar so it should be quite safe throughout the year.

Kaunalo Bay Beach is just a short hike south of **Dixie Beach**. It is a protected and is a good swimming, snorkeling, and surfing beach. Directions: Park at the Dixie Beach public parking lot and walk south through the Kiawe trees. You will find the trail at the south end of Dixie Beach - follow it over a fence (with steps for your convenience) to this very secluded beach.

Kepuhi Beach - Swimming in the summer time is generally fine depending on the wind conditions. For weaker swimmers and children, there are safer beaches. Surfing and boogie boarding can be great here but higher waves are for experts only. This beach is located just west of the golf course and north of the old hotel. It is a favorite boogie boarding and surfing beach by the locals. This area is where the paddlers and canoe races to Oahu usually embark from.

Make Horse Beach (pron: "Mawkie Horse") is located just north of Kepuhi Beach. To access you can walk from Kepuhi Beach or you can drive towards Paniolo Hale Condos and turn to the right along a dirt road. There should be a sign indicating where the beach is. Parking is available at the end of a short drive. Walk across the fairway and either go down to one beach or veer to the right and go up a trail and down to another beach. Safe swimming conditions are seasonal.

Kaupoa Beach - located just south of Dixie Maru Beach via a short trail heading south - good swimming and surfing.

Kawakiu Nui Beach - this is a very nice secluded beach north of the Kaluakoi Resort. It is about a 40 minute hike – you can't drive to it because the roads are bad. To get there take Kakaako Gulch Rd to the Paniolo Hale Condominiums (just north of the turn off to Ke Nani Kai Resort & Kaluakoi Golf Course) follow this asphalt road until just before the entry to the condos. If you are in a car, park it near the 13th hole - walk straight through and follow the dirt road (sometimes it is a stretch to call it a road) keep bearing toward the ocean up and down a ravine until you happen upon it. It is worth the hike.

WEST END BEACHES CONTINUED

Sandy Cove is located just east of **Hale O Lono Harbor** - which is a small harbor on the southwest end of the island. The beach is sandy and is good for swimming and snorkeling. The harbor provides good fishing from the jetty. You get there by going south through **Maunaloa Town** south on sometimes bumpy but passable dirt roads. It is about 6 or 7 miles down the hill from Maunaloa Town. Parking is available at the bottom.

East End Beaches

Murphy's Beach Park - this beach is said to have good snorkeling I have not snorkeled there but they say it is good swimming and snorkeling and is especially good for small children. It is located 20 miles east of Kaunakakai on Hwy 450 at "mile post 20" (even though it is the same road Hwy 460 changes to Hwy 450 past Kaunakakai going east). Don't ask why.

Halawa Beach County Park- this beach is located at the very end of the road going east (Hwy 450) This area is very lush and beautiful. Not sure how good the swimming is but the drive is "interesting".

OFF SHORE FISHING/SNORKELING/WHALE WATCHING/KAYAKING

You can fish for reef fish off the rocks of many of the above beaches: however, I would leave this sport to the locals. Your best bet for fishing is to charter a fishing boat at the wharf in Kaunakakai. You and 4 to 5 other people can charter a boat for 4, 6 or 8 hours and be pretty sure of catching some fish. If fishing isn't your thing, these same charters could take you to some beautiful spots for snorkeling or just cruising looking for whales.

I would recommend **Mike Holmes** at: 567-6789 he is a good guy and good skipper and has his own boat. I have been fishing with him a number of times and scored every time. I think he can take up to 5 or 6 people - his rates are about \$400 for half a day. Mention our name (Rod and Teresa Graham) and maybe he will give a discount. Call for rates and reservations. Mike provides all the fishing gear but not diving equipment.

For diving, a better option is **Molokai Fish and Dive** at: 553-5926 they are located in downtown Kaunakakai and have regular boat trips out to the reef for snorkeling amongst the coral heads. On the same trip, they stop by a sea turtle area where you can swim with the giant turtles - it is pretty cool. They leave early in the morning and usually are back by 11 AM costs run about \$69/person. Included is all the equipment you need (snorkels, masks and fins) including wet suit tops if you want.

DINING OUT

RESTAURANTS

There are not too many restaurants on Molokai and some of those have a tendency to come and go without to much notice.

Probably the nicest one for a romantic evening out is **Hotel Molokai Restaurant**. It is located a few miles east of Kaunakakai on Hwy. 460 (the only highway going east) this is basically covered open-air restaurant right on the beach with great views of the Island of Lanai. The food is good and service is Hawaiian style - great. Every Friday afternoon between 4 and 6 there is a Happy Hour with a group of local Kapunas (old ladies) playing ukuleles and some dancing. Try to make this, it is really a neat thing.

Paddler's Inn – in Kaunakakai right off the main road just east of the wharf road. Inside and outside dining / entertainment, western fare. Ph: 553-5256

Another great option is **Kualapu'u Cookhouse** located in Central Molokai in Kualapu'u, Ph: 567 9655 informal, good food, bring your own alcoholic beverages, there is no corkage fee. The specialty is prime rib on Thursdays. Dining is family style outside mainly in a covered area. You sit at picnic tables and may share one with your new best friend. Entertainment sometimes by Benny Boy Sr. and his ukulele. This is a true Hawaiian experience. No reservations. Head north on Hwy 470 toward Kualapu'u turn left at **Coffees of Hawaii** on Farrington Ave. and head west - it is not too far on your right hand side right next to Kualapuu General Store.

SMALLER VENUES

Molokai Pizza Cafe Local spot in Kaunakakai call: 553-3288

Subway in Kaunakakai on the right hand side of Hwy 460 going east as it passes the central part of Kaunakakai Ph: 553-4432

Rawlins Chevron Station at the corner of Hwy. 460 and the main intersection to Kaunakakai you can get hamburgers, maunapua, TV sets, sometimes fresh caught fish and gasoline or propane.

Kaunakakai Bakery - Located on left hand side on the main strip in Kaunakakai it also has a small restaurant for breakfasts Hawaiian style - spam and rice. Hours: not sure.

SHOPPING

Here is where Molokai is unique to all the other islands - it is difficult to spend money on anything you don't need. These stores are geared for the residents of Molokai and not the tourists; therefore most items for sale are for useful purposes. However there are some very interesting stores in Kaunakakai and they deserve a walkthrough if for no other reason than to experience what life is like without the presence of modern day chain stores like WalMart, Target and Home Depot. However if you must buy something to take back there are a few shops that will fit the bill. Most of these shops are in Kaunakakai. One especially nice shop is right next to the Subway shop on Hwy 460 in Kaunakakai. There is also a book store that recently opened at the west end of the main drag in Kaunakakai run by a very nice gal - Terri Waros: **Kalele Bookstore and Divine Expressions**. Check it out.

Hoolehua: To the east of Hwy 470 at the juncture of Farmington Rd (and opposite Coffees of Hawaii) there is a small shopping strip consisting of a used clothing shop and furniture store. They are worth a visit.

On the West End in Maunaloa there is the **Kite Shop** and an **asian import shop** located next to the Post Office which is worth look see. They are next to each other across from the Maunaloa **General Store**.

For things you need:

DRUG STORE

There is a drug store at the east end of a small strip mall just SE of Friendly Market in Downtown Kaunakakai. Besides a pharmacy they carry books, assorted supplies, grooming aids, stationary and nice ukuleles.

ICE CREAM STORE (you need ice cream)

At the other end of the Drug Store is **Dave's Ice Cream** shop - pretty cool literally. Supposedly by their own admission, the best ice cream in Hawaii.

WINE and SPIRITS

All grocery stores sell beer, wine and hard liquor but for the best selection the "**Wine and Spirits**" store on the north side of the main drag in Kaunakakai has the best selection. They are open 7 days a week.

HARDWARE STORES

"Atlas Building Supply" (Ace Hardware) located just off Hwy 460 on the left hand side in Kaunakakai

"Takes" (pron. Talkies) just down the street from Ace on the left hand side

GROCERIES

(hours may change without notice)

Kaunakakai

There are no Safeways, Ralphs Vons or Krogers but the best place to stock up on food is "**Friendly Market**". It is located at the east end of the main drag through town on the right hand side. Hours: Mon-Friday 8:30 am - 8:30 pm; Sat. 8:30am - 6:30pm; Sun. Closed

Another grocery store is "**Misaki's**". It is good too but a bit down scale from Friendly Market. It is located on the main drag through town a block west of Friendly Market. Hours: Mon - Fri. 8:30 am - 8:30 pm; Sat. 8:30am - 6:30pm; Sun. 9:00am - 12 noon.

Kualupu General Store -In Hoolehua located next to *Kualapu'u Cookhouse* on Farmington Rd. This store has a pretty good selection of food and serves the local community of Hoolehua.

Outpost Natural Foods in Kaunakakai Ph: 553-3377. This place has a lot of natural and organic foods grown locally on Molokai.

Mini Mart this is located on a side street between the main drag and Hwy 460 across from Takes Hardware Store. It is open early and stays open late. Has basic items that a 7/11 has plus fax machine and internet access. Hours: 7 am - 11 pm every day

Farmers' Market - Every Saturday morning in downtown Kaunakakai, there is an outdoor market where you can get locally grown fruit, veggies, coconuts etc. as well as sundry clothing and souvenirs. Saturday 8am - 11am

Mini Farmers' Market - On Hwy 460 on the north side are about 3 or 4 stalls that sell fresh locally grown veggies and fruit. They are open on Tues, Thurs and Fridays. However these days may have changed and not sure of the hours.

West End

On the west end, the only spot to shop for food is the **General Store** in Maunaloa. It is located on the main drag just up the hill from the cinema. This is good for basic items but is very limited stock and few veggies. Hours: 10:00am - 5:00pm Mon thru Sat. Closed Sun.

There is a convenience store with even more limited items located in the courtyard of the old **Kaluakoi Hotel**. This is for emergencies only - they don't have much but they do have newspapers however. Hours: 8:00am to 5:00pm most days however the hours may not be strickly adhered to.

THINGS OF INTEREST

Coffee Plantation - Need an espresso hit? Go up Hwy 470 - **Coffees of Hawaii** is located at the corner of Hwy 470 and Farrington Rd. They also provide tours of the Plantation on a mule drawn wagon. Call for information, rates, times etc. Ph: 567-9490 ext. 26 or 27

Purdy's Macadamia Nut Farm in Kaulapuu, Ph: 567-6601

Molokai Museum - RW Meyer Sugar Mill in Kala'e Ph: 567-6436

Kalaupapa - a visit to Father Damien's historic leper colony can be made by mule, by foot or by plane - visitors must arrange to be met by a guide before you embark. It is about a 1500 foot almost vertical decent with a switch back trail down a pretty shear cliff - spectacular, but you would never catch me doing it. Call: Molokai Rentals and Tours to make reservations 553 5663 FYI, Father Damien is due to be canonized as a Saint in Feb. 2009. It will be America's first saint, although he actually came from Belgium.

Kalaupapa Lookout - For those who don't want to make the trip all the way down, this lookout provides a fantastic view from 1500 feet above down to Father Damien's Kalauapapa Peninsula. Take Hwy 470 to the top - it will dead end into a parking lot and take a short trail through the trees to the cliff edge. There will be historical narrative at various points along the cliff edge. Don't miss the **Phallic Rock** nearby - from the pre-Viagra age. The trail to the Phallic Rock is off to the left of the trail to the cliff top and is a bit of a longer hike.

Farmers Market - Every Saturday morning in downtown Kaunakakai, there is an outdoor market where you can get locally grown fruit, veggies, coconuts etc. as well as sundry clothing and souvenirs.

Northshore Cliffs - see the highest sea cliffs in the world by boat. contact Walter Naki Ph: 558-8184

Day Trip to Maui If things get too quiet on Molokai, you and/or your children can take the Molokai Princess to Lahina, Maui for a day trip to remind you why you came to Molokai in the first place. It leaves very early in the morning and returns late afternoon. Depending on the weather, it can be quite rough at times, I would call ahead to find out. During the winter, you may see some whales breach. Ph: 667-6165

Sail to Lanai with Molokai Charters: Ph: 553-5852

Other things to do: Read a book, rest, talk to your best friend, look at the diamonds in the sky at night, go to bed early, get up early and have some coffee, go for a walk and watch the Hawaiian sunrise, rest up and prepare for another hectic day in paradise.