

Kauai Activities Guide

Aloha and welcome to Aqualani Resort Services!

Please call (808) 742-4442 to reserve your activities in advance. Guests in-house at the Marriott's Waiohai Beach Club can reach Aqualani at ext. 4442.



Visit our website to book your activities now!

Scan the code

or go to www.aqualanikauai.com/

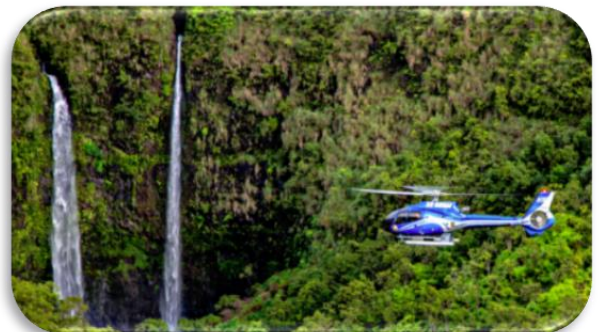
MASSAGE

Renewal for the mind, body, and spirit. Let the massage therapists of Waiohai Beach Club help you start off your vacation with a relaxing in-room massage.

SKY VIEWS OF KAUAI

HELICOPTER TOURS

The #1 activity on Kauai takes you soaring over the remarkable and breathtaking landscape of the Garden Isle in an incredible 55-minute tour. Explore the majestic Hanapepe Valley and Manawaiopuna Falls, Olokele Canyon, Waimea Canyon, the spectacular Na Pali, the North Shore, Hanalei Valley, Mt. Waialeale's crater, and Wailua Falls. Each tour flown by experienced pilots will provide knowledge about Kauai's history, geology, native ecosystems, and legends. It provides guests with an understanding of how unique and special Kauai really is. Choose from tour upgrades including luxury helicopters, first class seating, and thrilling doors off.



SEA TOURS

NA PALI RAFT TOUR



Seize the adventure! A Na Pali Raft tour begins with a 30-foot zodiac rigid-hull inflatable raft. Along the way you will be treated to playful pods of Hawaiian spinner Dolphins and/or bottlenose dolphins. You may even see Hawaiian Green Sea Turtles and occasional endangered Hawaiian Monk Seals. You will be treated to incredible scenery including magnificent beaches, towering cliffs, verdant valleys, thundering waterfalls, and mysterious sea caves. For those who can swim in the ocean, there will be ample time for snorkeling in a pristine bay (conditions permitting.) Light snacks and beverages are served towards the end of the tour.

NA PALI COAST SUNSET TOUR

Take in breathtaking views as you cruise along the westside with the dolphins and fish that swim along the side of the boat. After reaching the farthest point on Na Pali coast, you'll then turn around and sail back as the sun is setting while enjoying a wonderful buffet style dinner and explore the coastline while the crew keeps you entertained with local stories about the sights on the way. The afternoon lighting is unforgettable as it streams into the valleys of the Na Pali Coast and don't miss out on our "Titanic" photo opportunity. Your tour finishes with the beauty of the Kauai sun sinking into the ocean along with a champagne toast at sunset.



NA PALI COAST MORNING TOUR

Explore Kauai's Famous Na Pali coastline in a 5-1/2-hour excursion. You'll see spectacular sea cliffs, enchanting waterfalls, wildlife sea animals and lava tubes. Enjoy a large, shaded cabin area, a stable ride, restrooms, freshwater showers, and continental breakfast with a picnic lunch, beer, wine, and mai tais. Snorkel gear and instructions are provided.

SEA TOURS (CONTINUED)

SCUBA DIVING

The diving on Kauai is unsurpassed in beauty and adventure. With each dive, you will be amazed at the ever-changing world down there. The more advanced dives include cave exploration and lava tubes.

Experience everything from beginner to advanced dives – from shore or on a boat. Certified and introductory divers are welcomed.



DEEP SEA FISHING

Take a shared or private charter boat out of Nawiliwili Harbor to the ocean with some of the best fisherman on our beautiful island of Kauai. Within minutes of leaving the harbor, you will already have lines casted in the water, waiting for the bite. The captain and his crew are very skilled and will use their many techniques to help you get the grand prize.



ON LAND TOURS

MOUNTAIN TUBING

Explore the amazing tropical rain forests and breathtaking mountain views while tubing through miles of ditches, tunnels, and flumes. Travel through an old sugar cane plantation into Kauai's pristine interior and enjoy breathtaking vistas and spectacular scenery. Witness Kauai's spectacular engineering feats as you float down the tropical waterway consisting of open ditches and tunnels. At the end of your tubing adventure, you will be guided to an enchanted picnic area complete with a natural mountain swimming hole



SURF & STAND-UP PADDLEBOARD LESSONS

The surf is always up in Kauai. Guaranteed to get you surfing your first lesson. This activity is fun, exciting, safe, and easy to learn. All ages are encouraged to learn Hawaii's most popular sport. The lesson is 1.5 hours long. Private instructors are available upon request.



ON LAND TOURS (CONTINUED)

POLYNESIAN LUAUS



A luau is a feast of life. It can be held at a family's home or a park in form of a huge family gathering, with lots of traditional luau foods and games. If you're visiting Hawaii and don't have a big ohana (family) here, you can visit one of our organized luaus, held for visitors and locals alike. Each luau is a little different. Call us at 808-742-4465 to discuss your options.

ZIPLINING

Zip over the tropical canopy and soar alongside a friend across the spectacular panoramic views. Have a blast while you learn about the ecology, natural history, Hawaiian culture, folklore, and legends of Kauai from your attentive guides. With several options to choose from, courses range from 8 lines to 1 line – you choose what length and level of difficulty is best for you!



ROAD TRIP TO WAIMEA CANYON

This Kauai adventure will take you on a scenic trip around the Waimea Canyon State Park. The canyon is over 10 miles long, over 3,000 feet deep, and a mile wide. Often referred to as “The Grand Canyon of the Pacific”, it was formed by erosion and the collapse of the volcano that formed the beautiful island of Kauai.

OFF-ROAD ATVS

Atv adventures take you through historic plantation lands, traverse off-road trails including amazing panoramic views, famous movie sites, lush Hawaiian jungle. You can ride up 950 feet to the famous lookout of Kipu Ridge or rejuvenate with a dip in the waterfall on top an inactive volcanic crater.



ON LAND TOURS(CONTINUED)

GARDEN STROLLS

Take a guided tour or meander on your own, through the Hawaiian flora that have been collected from regions around the world. We also have a sunset dinner option, near a historic Hawaiian home surrounded by the lush tropical plants on a secluded beach.



RIVER TOURS

RIVER KAYAKING

Paddle your tandem kayak deep into the heart of Kauai on Hawaii's largest tropical river, deep into the rainforest. Land your kayak and step back in time as you hike past remains of ancient Hawaiian sites, leading to a breathtaking 100-foot waterfall that you can swim in!

Lunch and beverages are optional.



FERN GROTTTO RIVER CRUISE

Sharing the legends and heritage of the historic Wailua River Valley and the Fern Grotto. This place has been Smith's family tradition for almost 70 years! During the two-mile river journey, you'll hear songs and stories of ancient Hawaii ~ like The King's Highway, Sacred Mount Kapu and the First Hau Tree.



FERN GROTTTO CAVE

At the Boat Landing, enjoy a nature walk through the rainforest to the lush Fern Grotto. At the viewing area, Smith's family will share the history of the cave and surrounding area and perform the Smith Family's rendition of the "Hawaiian Wedding Song."

