

Post Trip #1 Kohala Coast

This is what the Kohala Coast Resort Association (KCRA) can provide as a post-trip. You have to apply directly to Lori Michimoto <lori@michimotopr.com> and she will determine who and how many she accepts. It could be zero to 4. We do not know as this is totally Lori's decision.†

Arrive Kohala Coast from Honolulu: May 27, 2013

Depart Kohala Coast to Honolulu: May 31, 2013

Journalists:0-4

Qualification: Full clearance to review/approve all journalists interested/selected for the Kohala Coast post-trip. Send IFWTWA profile as well as any other clips and where you plan to publish.

Fee: \$0 Journalist

Includes: r/t coach inter-island air between HNL-KOA; 2 nights at The Fairmont Orchid, Hawaii (rate/tax only); 2 nights at Waikoloa Beach Marriott Resort & Spa (rate/tax only); airport-hotel ground transportation with group; ground transportation throughout week with group; daily breakfast at host hotel; nightly dinner with group; Internet at host hotel; select activities with group

Fee: \$220 Spouse

Includes: r/t coach interisland air between HNL-KOA; 2 nights at The Fairmont Orchid, Hawaii (rate/tax only; same room as Journalist); 2 nights at Waikoloa Beach Marriott Resort & Spa (rate/tax only; same room as Journalist); airport-hotel ground transportation with group; ground transportation throughout week with group; daily breakfast at host hotel; nightly dinner with group; Internet at host hotel.

Notes:

Registration fee for Spouses will increase if interisland air is not booked in a timely matter since the fee is based on current airfares.

- Spouses will pay any activities not comp'd directly to the outfitter on-site.
- Everyone will be booked on the same interisland flights.
- Everyone stays at the same hotel on same nights.
- Ground transportation runs on one schedule including airport transfers.
- Gratuities on own including bellman (\$1-2/bag), housekeeping (\$4-5/night) and activities (10-15%).
- Schedule to include one resort per day with selection of optional activities.
- Spouses must take part in the same optional activity as their Journalist.

Activities in the area:



Press

- Optional Activities -

(as of March 18, 2011)

Snorkel in King's Pond, Four Seasons Resort Hualālai

Inspired by historic anchialine ponds, this 1.8 million gallon lava rock "aquarium" is carved out of ancient lava flows and home to about 4,000 tropical fish including a Spotted Eagle Ray. Explore this unique facility with snorkel equipment and waterproof fish identification cards.

Activity length: at leisure

Bring/wear: swimsuit under clothes, sunscreen

Tennis, Hualālai Tennis Club

Take a private lesson with a USPTA/PTR tennis professional at Hualālai Tennis Club, home to 8 Rebound Ace-surfaced courts (two lit for night play). Or, take the "Play the Pro" challenge, which waives the fee if you beat the pro. Tennis clinics are also available covering volleys/overheads, serve/return and workout drills.

Activity length: 1 hour, 30 minutes (private lesson); 1 hour (clinics)

Bring/wear: tennis clothing, non-marking shoes, sunscreen

Climbing Wall, Hualālai Sports Club & Spa

Climbing is one of the fastest growing sports today and provides a fun, exciting experience for everyone. Try our specially-designed 24-foot high outdoor climbing monolith and challenge your physical and mental prowess!

Activity length: 25 minutes or 50 minutes

Bring/wear: comfortable clothing

Jack Nicklaus Signature Hualālai Golf Course

Home of the PGA TOUR Champions Tour Mitsubishi Electric Championship since 1997 (formerly the MasterCard Championship), the Jack Nicklaus Signature Hualālai Golf Course at Hualālai Resort is designed with a sense of place. This carefully groomed course is a study in the artistry of golf course design and maintenance. The advantage is yours with a very extensive practice facility, nine-acre driving range with 27,000 square foot short game practice area and complimentary

clinics. 18 holes. Par 72. Four sets of Tee Boxes from 5,374 yards (men's 66.3 rating, women's 70.4 rating) to 7,117 yards (73.7 rating)

Bring/wear: golf attire, spikeless shoes

Ka'ūpūlehu Cultural Center, Four Seasons Resort Hualālai

Take a personalized tour of Ka'ūpūlehu Cultural Center, an interpretive center that provides an opportunity to further understand, appreciate and respect all things Hawaiian. Cultural values, practices, heritage, tradition, and arts are shared through inter-active experiences. An inlaid wooden floor includes a map of the Polynesian triangle. Display cases exhibit replicas of tools used for various tasks such as making *kapa* (bark cloth), pounding *poi*, canoe building, drum-making, fishing, and weaving.

Activity length: 1 hour

Treatment at Hualālai Spa

Completely transformed, the Hualālai Spa integrates tropical gardens with refreshing interiors and a distinctively Hawaiian atmosphere. Enjoy complimentary pre-treatment rituals, relaxing by a quiet stream in the open-air Waiea or "Water of Life" garden. Or savor the lap pool, whirlpools, saunas, steam rooms and cold plunges – all set amidst lush greenery. Skincare and massage treatments may be enjoyed outdoors in the secluded new *hale* for privacy. The Spa's Apothecary was influenced by Kūpuna (island elders) who shared their healing traditions and knowledge of native plants and minerals. Choose from more than 20 local natural ingredients – from Hawaiian sea salt to crushed macadamia nuts – which are custom-blended to create unique personalized treatments.

Garden Tour, Four Seasons Resort Hualālai

How many coconut trees are there in Hualālai Resort? Why were certain plants selected over others? What are some of the native plants? Take a personalized tour and learn from the expert - Landscape Director Erin Lee provides a personal tour of the property highlighting the fun facts of landscaping.

Activity length: 1 hour

Bring/wear: comfortable walking shoes, hat, sunscreen

Pond Tour, Four Seasons Resort Hualālai

Take a personalized tour of the award-winning Lake Pūnāwai, a testament to the synergy of ancient and modern aquaculture practices. Lake Pūnāwai resides on the 5th hole of the exclusive Ke'olu Golf Course at Hualālai Resort at its "water feature." This serene pond is a thriving 3-million-gallon man-made pond that uses phytoremediation - the treatment of environmental problems using plants, and is a recipient of an award from the Environmental Protection Agency

in 2005. Includes a tour of Waiakauhi Pond (natural fishpond), and King's Pond (man-made, snorkeling pond).

Activity length: 1 hour

Bring/wear: comfortable walking shoes, hat, sunscreen

Residential Development Tour, Hualālai Resort: Take a personalized tour of the residential communities of Hualālai.

Activity length: 2 hours

Bring/wear: comfortable clothing

Pool Pampering, Four Seasons Resort Hualālai

Relax at one or all five of the resort's five swimming facilities: *Beach Tree*, a quiet, heated traditional rectangular pool located oceanfront; the infinity-edged *Sea Shell* family pool with adjacent sand-bottom kids pool; the adults-only oceanside *Palm Grove* pool; the 25-meter Olympic-style outdoor heated *Lap Pool* at Hualālai Sports Club & Spa; and *King's Pond*, a man-made 1.8-million gallon lava rock "aquarium" open to snorkeling (open 10a-4p). Poolside food, beverage and refreshing Evian spritz services offered at the *Beach Tree* and *Sea Shell* pools.

Activity length: at leisure

Bring/wear: swimsuit under clothes, hat, sunscreen

Black Sand Snorkel Adventure with Ocean Sports

Hosted by Waikoloa Beach Marriott Resort & Spa and Hilton Waikoloa Village, enjoy a luxurious catamaran sail to a remote black sand beach created by ancient lava flows where few ever go. Snorkel with marine naturalists among colorful reefs, exotic tropical fish, and endangered green sea turtles. This tour includes a delicious deli style picnic lunch. An open bar is set up after snorkeling. Ocean Sports is a water sports and activity company on the Kohala Coast.

Activity length: 4 hours

Bring/wear: shoes that can get wet, swimsuit under clothes, hat, sunscreen, light sweatshirt or jacket, dramamine

Glass Bottom Boat Excursions with Ocean Sports

Hosted by Waikoloa Beach Marriott Resort & Spa, take an excursion off 'Anaeho'omalū Bay where you can view different marine life. The highlight of the trip is seeing the turtle cleaning station along the protected reef and a multitude of colorful fish. Ocean Sports is a water sports and activity company on the Kohala Coast.

Activity length: 30 minutes

Bring/wear: comfortable clothing

Champagne Sunset Sail with Ocean Sports

Hosted by Hilton Waikoloa Village, sail into the Kohala Coast sunset. You may see the legendary green flash or dolphins and whales as they playfully escort our sailing catamarans. Dine from an award-winning seasonal buffet with open bar. Ocean Sports is a water sports and activity company on the Kohala Coast.

Activity length: 2 hours

Bring/wear: casual attire, sunglasses, cover-ups, Dramamine

Dolphin Quest Encounter, Hilton Waikoloa Village

Interact with the resident Atlantic bottlenose dolphins at Dolphin Quest! Guided by marine mammal experts, come face to face with one of the ocean's most amazing and intelligent creatures. Learn about the dolphins' fascinating abilities and gain a personal appreciation for the importance of preserving the world's oceans and its inhabitants for future generations.

Activity length: 30 minutes

Bring/wear: swimsuit under clothes, sunscreen

Private Tennis Lesson, Kohala Tennis at Hilton Waikoloa Village

Enjoy a private tennis lesson at Kohala Tennis, Hilton Waikoloa Village. An USPTR Certified Tennis Professional will teach you the basics or refine your skills, depending on your level of experience. Beginners welcome! Kohala Tennis features eight plexicushion hard tennis courts including a 432-seat stadium court that hosts USTA tournaments.

Activity length: 30 minutes

Bring/wear: comfortable clothing, hat, sunscreen

Kings' Course, Waikoloa Beach Resort

The Tom Weiskopf and Jay Morrish designed Kings' Course offers golfers the best of two worlds; golf in an island paradise, on a course that more closely resembles a layout along the coast of Scotland. 18 holes. Par 72. Four sets of tee locations from 5,459 yards (66.3 rating) – 7,074 yards (73.4 rating).

Beach Course, Waikoloa Beach Resort

The Robert Trent Jones Jr. designed Beach Course was literally carved from the lava flow along the picturesque 'Anaeho'omalu Bay. A very scenic resort course with elevation changes and dramatic ocean holes. 18 holes. Par 70. Three sets of tee locations from 5,122 yards (70.0 rating) – 6,566 yards (71.6 rating)

Pacific Art Tour, Hilton Waikoloa Village

The largest art museum on the island is Hilton Waikoloa Village's mile-long museum walkway valued at more than \$7 million and lined with 1,800 pieces of art from Asian, Western, and Oceanic cultures including a white, marble Buddha measuring 100 feet tall, a life-sized bronze royal Thai chariot, and a hand-sewn feather lei collection that took a period of seven years and more than 3,000 hours to produce. Take a tour of the Pacific Art collection.

Activity length: 30-45 minutes

Bring/wear: comfortable walking shoes

Hawaiian Cultural Activities, Waikoloa Beach Marriott Resort & Spa

Tihati Productions, the largest and longest running entertainment company in Hawaii, leads thrice-weekly Hawaiian cultural activities. Limited class sizes for lei-making and ukulele and hula lessons offer personalized attention.

Activity length: 1 hour

Bring/wear: comfortable clothing

Lomi Lomi Massage at Mandara Spa, Waikoloa Beach Marriott Resort & Spa

Experience an authentic Hawaiian lomi lomi massage treatment at the new Mandara Spa at Waikoloa Beach Marriott Resort & Spa. The 50-minute massage soothes away tension and stress and leaves you feeling rejuvenated.

Treatment at Kohala Spa, Hilton Waikoloa Village

The Kohala Spa is rich in tradition and known as a place of healing relaxation. Travelers from all over come together to experience this calming spirit, a key to wellness. Select from time honored treatments that immerse guests into Hawaiian "Ho'oponopono," a therapeutic dimension or feeling that inspires healing of body and mind. These treatments include: Signature Naupaka White Flower Ritual, Orchid Aromatherapy Massage, Lehua Sugar Honey Scrub and Wrap, Hawaiian Coffee Fruit Facial, Lomi Lomi Massage, Island Pedicure and Manicure and Chi Kung (Quigong)

Back of the House Tour, Hilton Waikoloa Village

To understand the inner workings of the 62-acre resort, guests are invited to join the “Back-of-the-House.” This tour takes place in Keala Nui (Royal Pathway), the 1.4 mile tunnel running beneath Hilton Waikoloa Village. Stretching from Lagoon Tower to Ocean Tower, the underground tunnel has access to almost all areas of the property. Employees zoom by on motorized vehicles, abiding to the stop signs of course, and luggage is sorted and delivered via an airport-style baggage conveyer belt.

Activity length: 30-45 minutes

Bring/wear: comfortable walking shoes

Snorkeling Adventure, The Fairmont Orchid, Hawaii

This fascinating snorkel adventure brings you up close with a multitude of marine life along the reef fronting The Fairmont Orchid, Hawaii including our Hawaiian *honu* (sea turtle). A talented and skilled Orchid Beachboy will lead you on a walk south along the coast to “Peaks” (a local surf spot). After you suit up in your gear, you’ll snorkel back along the reef shelf exploring both the reef and open ocean sea life to Pauoa Bay that fronts the hotel. Life vests and boogie boards available. Snorkeling experience required.

Activity length: 1 hour

Bring/wear: swimsuit under clothes, sunscreen

Hawaiian Outrigger Canoe Paddling, The Fairmont Orchid, Hawaii

Learn the techniques that will help you master Hawai‘i’s number one sport taught by our champion Orchid Beachboys (The Fairmont’s water experts). Many local paddlers learn and train under their tutelage. An invigorating way to enjoy being out on the water.

Activity length: 2 hours

Bring/wear: swimsuit under clothes, hat, sunscreen

Stand Up Paddleboarding, The Fairmont Orchid, Hawaii

There’s more than one way to surf! The Fairmont Orchid, Hawaii has caught the wave with Stand Up Surfing offering lessons and equipment to stand atop the surfboard and paddle across the body for a total workout with our Orchid Beachboys.

Activity length: 1 hour

Bring/wear: swimsuit under clothes, hat, sunscreen

Private Tennis Lesson, Tennis Pavilion at The Fairmont Orchid, Hawaii

Enjoy a private tennis lesson on the stadium center court with a tennis pro at the expansive 10-court Tennis Pavilion. There's no better place than Hawai'i to play this life-long game of fun and recreation. All equipment provided.

Activity Length: 1 hour

Bring/wear: comfortable clothing, sunscreen

Francis H. I'i Brown North Course, Mauna Lani Resort

Mauna Lani Resort's North Course is characterized by rolling fairways and *kiawe* (mesquite) forests, which often come into play. Also a masterpiece of design, the North Course is a bit more difficult than the South and features a par-3 (No. 17) tucked into a natural lava amphitheater and a 230-acre protected archaeological district at its northern boundary. Robin Nelson designed course. 18 holes. Par 72. Four tees ranging from 5,307 yards (70.6 rating) – 6,913 yards (74.0 rating).

Francis H. I'i Brown South Course, Mauna Lani Resort

Home to the annual Senior Skins Games from 1990-2000, the South Course snakes through stark, rugged lava, offering a panorama of ocean and mountain views. The South Course features one of the most photographed golf holes in the world, the dramatic, over-the-Pacific No. 15. Robin Nelson designed course. 18 holes. Par 72. Four tees ranging from 5,128 yards (69.6 rating) – 6,938 yards (72.8 rating).

Keiki Course, Mauna Lani Resort's Francis H. I'i Brown Golf Courses

Tour Hawai'i's only Keiki (kids) Course, located at Mauna Lani's Francis H. I'i Brown Golf Courses. This course features nine holes designed especially for junior golfers and children ages 18 years and younger.

Activity length: 1 hour

Bring/wear: comfortable clothing, hat, sunscreen

Mauna Lani Historic Tour

Join Mauna Lani's cultural historian Danny Akaka on a tour of historic Kalāhuipua'a. Visit nearby lava tubes used by ancient Hawaiians for shelter and working, areas where tools were made using pahoehoe lava, and

learn about rare and unique plants and trees. You'll also see trails created by Kamehameha I and a replica of a canoe hale built near the canoe landing at Keawanui Bay, where Kamehameha I landed in the late 1700s.

Activity length: 2 hours

Bring/wear: comfortable walking shoes, hat, sunscreen

Puako Petroglyphs, The Fairmont Orchid, Hawaii

This hike will explore the largest Petroglyph field on the Island of Hawai'i. On a difficulty scale of 0-10, with 10 high, this hike is a 5 considering the distances and diverse terrain, from sidewalks to uneven ground such as walking over Kiawe tree roots, rocks and lava. Your guide will take you into the past through these magnificent messages left by our ancestors.

Activity length: 2 hours

Bring/wear: comfortable walking shoes, hat, sunscreen, water

Historical Kalāhuipua'a, The Fairmont Orchid, Hawaii

This hike does go off the beaten path a bit, walking on grass, gravel, rocks and sand. On a hiking difficulty scale of 0 to 10, with 10 high, this hike is a 4 when considering the walking paths and distance. Hikers will explore historic Kalāhuipua'a and have a glimpse into the past when venturing into the ancient shelter caves, fishponds and other Hawaiian points of interests along the way.

Activity length: 2 hours

Bring/wear: comfortable walking shoes, hat, sunscreen, water

Na Mea Waiwai O Milokukahi, The Fairmont Orchid, Hawaii

This tour stays on the hotel grounds exploring all of the "treasures" within. *Na Mea Waiwai O Milokukahi* translates to, The Treasures of the Milo Tree. Hikers will explore the remnants of ancient fishponds, anchialine ponds, tidal pools, honu, petroglyphs and more, ending the hike with a very special moment at our *ahu*, (rock shrine) *Ahuakupuna* (shrine of the elders). This hike will not go too far off the beaten path.

Activity length: 1 hour, 30 minutes

Bring/wear: comfortable walking shoes, hat, sunscreen, water

Fish-Feeding Tour, The Mauna Lani Bay Hotel & Bungalows

Pi'i Laeha, Mauna Lani's Loko I'a (Fishpond) Manager offers fish-feeding tours of the salt-water fishponds, where you learn about Hawaiian methods of aquaculture and join in feeding the hotel's Hawaiian reef fish. Each tour provides a deeper understanding of Hawaiian history, legends and beliefs.

Activity length: 1 hour, 30 minutes

Bring/wear: comfortable walking shoes, hat, sunscreen

Hawaiian Arts and Crafts, The Fairmont Orchid, Hawaii

String a fresh flower lei, learn to weave a bowl, basket, fish or other souvenir from coconut fronds and pandanus leaves alongside a skilled Orchid Beach Boy who will 'talk story' about the history of the craft and how skills were used in village life.

Activity length: 1 hour

Bring/wear: comfortable clothing

Treatment at Mauna Lani Spa

Mauna Lani Spa is rated the #1 Spa in Hawai'i by *Islands* magazine and *Hawai'i* magazine (2009). The unique setting, wide array of treatments and genuine aloha spirit are just some of the reasons Mauna Lani received this prestigious accolade. Mauna Lani Spa treatments include: Lava Sauna Experience, Hawaiian Experience, Aquatic Experiences, Bath & Vichy Experiences, Body Treatments, Massage Therapy and Skin Care.

Lomilomi Massage at Spa Without Walls, The Fairmont Orchid, Hawaii

Lomilomi originated in the islands to restore the *mana* (power) within. Long, gliding rhythmic movements with the forearms and hands ease tension and relax muscles. Your choice of a range of essential oils. This 50 minute massage is offered oceanfront or next to a waterfall in your private cabana.

Tour of Mauna Lani Spa

Tour Mauna Lani Spa at Mauna Lani Bay Hotel & Bungalows and see its outdoor treatment area, which features *hale* resembling a Hawaiian village, a naturally heated lava rock sauna, a one of a kind lava rock watsu and the *La'au* (healing) Garden. All of Mauna Lani's therapies are based on traditional Hawaiian healing methods and the rich healing elements of the land.

Activity length: 30 minutes

Bring/wear: comfortable clothing

Guided Snorkeling at Hapuna Beach, Hapuna Beach Prince Hotel

Venture just a few steps into the ocean off Hapuna Beach and you'll find an expanse of marine life. Colorful tropical fish surround many varieties of coral. A turtle may join in on the fun as well so keep an eye out for all sorts of activity. Join the resort's

guide as he takes you to some breathtaking spots where the activity is booming or snorkel at your own leisure pace.

Activity length: at leisure (30 minutes with guide)

Bring/Wear: swimsuit under clothes, sunscreen

Guided Snorkeling at Kauna'oa Bay, Mauna Kea Beach Hotel

Adventure underwater at the perfect crescent natural white-sand beach and be mesmerized by the beauty of Hawai'i's coral reefs, tropical fish, the bounty of sea urchin varieties and a chance encounter with large sea turtles. Continue exploring on your own after your guided tour.

Activity length: at leisure (30 minutes with guide)

Bring/Wear: swimsuit under clothes, sunscreen

Hapuna Golf Course

This Arnold Palmer/Ed Seay-designed 18-hole championship course is nestled into the dramatic natural contours of the land from the shoreline to about 700 feet above sea level. This beautiful course features spectacular views of the Kohala Coast and the Pacific, with snow-capped Mauna Kea volcano as a backdrop. Hapuna's challenging play and environmental sensitivity make it one of Hawai'i's most unique golf courses. 18 holes. Par 72. Four tees from 5,067 yards (68.9 rating) – 6,875 yards (73.3 rating).

Mauna Kea Golf Course

Mauna Kea Golf Course, carved out of ancient lava flows by Robert Trent Jones, Sr., is consistently ranked among the top 10 in the world. This course, which emulates the legend of Hawai'i as a golfer's paradise, boasts the famed 3rd hole, where surging blue inlet waves thunder against a rocky black shoreline for an experience you'll remember forever. Without changing the essential character of his father's design, Rees Jones completed a tee-to-green renovation in the fall of 2008. 18 Holes. Par 72.

Mauna Kea Art Tour, Mauna Kea Beach Hotel

With local historian Patty Cook, learn about Laurance S. Rockefeller's 1,600 piece art collection from Asia and the Pacific. The most artistically treasured piece in the collection is the pink granite Buddha, sculpted in seventh-century India.

Hear stories about the art, architecture and Island history. If you would rather go on your own, a self-guided booklet is available.

Activity length: 1 hour, 30 minutes

Bring/wear: comfortable walking shoes

Hawaiian Cultural Experiences and Activities, Mauna Kea Beach Hotel

Each day of the week offers guests a different cultural adventure. Practice hula and learn to tell a graceful story with your hands. Immerse into the culture by creating handcrafts such as lei and ti-leaf skirts. And strum the “little guitar” or ukulele. Specifically for children are weekly treasure hunts for beach items such as fins, red coconut and strands of the kaunaoa vine.

Activity length: 1 hour

Bring/wear: comfortable clothing

Fitness Classes, Mauna Kea Resort

Take part in a Zumba or yoga class at Hapuna Beach Prince Hotel or Mauna Kea Beach Hotel. Zumba features exotic rhythms set to high-energy Latin and international beats. It’s easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. Or develop your strength and flexibility at a beachfront yoga class.

Activity length: 1 hour

Bring/wear: appropriate workout attire