

Island Experiences

Aloha and Welcome to The Royal Sonesta Kauai Resort Lihue! Call for Availability (808) 246-5166

Kauai by Sea & River

Na Pali Raft Tour

Seize the adventure! A Na Pali Coast Raft tour begins aboard a 30-foot zodiac rigid-hull inflatable raft. As you sight see along the Island of Kauai, you will be treated to playful pods of Hawaiian Spinner Dolphins. You may even see Hawaiian Green Sea Turtles and endangered Hawaiian Monk Seals. You will be treated to incredible scenery including magnificent beaches, towering sea cliffs, verdant valleys, thundering waterfalls, and mysterious sea caves. For the swimmers, there will be ample time for snorkeling in a pristine bay (conditions permitting.) Light snacks and beverages are served as you ride back to the boat harbor.



Scuba Diving

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



lava tubes. Experience Hawaii's ocean and marine life from shore or on a boat dive. Certified or beginner introductory dives are offered.

Sunset Dinner Tours

Take in breathtaking views as you cruise along Kauai's westside joined by dolphins and fish that swim along the side of the catamaran. Explore the coastline while the crew keeps you entertained with local stories about the sights on the way. After reaching the farthest point on the Na Pali Coast, you'll sail back while enjoying a wonderful buffet style dinner. The afternoon lighting is unforgettable as it streams into the valleys of the Na Pali Coast and don't miss out on the "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 Coast in a 5-1/2-hour catamaran cruise. You'll see spectacular sea cliffs, enchanting waterfalls, sea animals and lava tubes along this remote coastline. Enjoy a spacious boat with a shaded cabin, on-board restrooms, and freshwater showers. After exploring Na Pali, jump in the ocean for an adventurous snorkel with brightly colored tropical fish and coral reef. A continental breakfast and a picnic lunch with beer, wine, and mai tais are offered. Upgrade your tour by adding a trip off the coast of Niihau for a 7-hour excursion.



Deep Sea Fishing

Take a shared or private charter boat out of Nawiliwili Harbor to the open ocean with some of the best fisherman on Kauai. Within minutes of leaving the harbor, you'll have already casted lines in the water, waiting for the bite. The captain and his crew will use their many skills and techniques to help you get the prized catch. Will it be an ahi, mahi-mahi, or sailfish?



Kauai by Sea and River continued



Surf 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. Ages 8+ are encouraged to learn

Hawaii's most popular sport. The lesson is 1.5 hours. Private instructors are available upon request.

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 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 to enjoy your picnic style lunch.

River Kayaking

Paddle your tandem kayak into the heart of Kauai on Hawaii's largest tropical river. After paddling two miles 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 included on most tours.



Fern Grotto River Cruise

Sharing the legends and heritage of the historic Wailua River Valley and the Fern Grotto, this special 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 Grotto Cave

Once at the boat landing, enjoy a nature walk through the Kauai rainforest to the lush Fern Grotto. At the viewing area, the Smith's family will share the history of the cave and surrounding area then perform the Smith Family's rendition of the "Hawaiian Wedding Song." The Fern Grotto was made famous as the sight of Elvis' wedding ceremony.



Kauai by Land

Off-Road ATVs

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



Road Trip to Waimea Canyon

This day-long Kauai adventure will take you on a scenic trip around the Waimea Canyon State Park, and other outstanding sights on the west side of the island.



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. Get picked up at your hotel and travel in an air-conditioned bus with a friendly, expert guide.

Zip-Lining

One of the most thrilling adventures on Kauai. Fly over lush valleys and forest canopies while screaming and laughing along some of Hawaii’s longest ziplines. With a variety of tours to pick from, you can test out your aerobic skills, zip into a freshwater jungle pond, over a reservoir flyin’ Kauaian-style, or tackle the longest zipline in the state. All this with fun-loving yet safety-conscious guides who will entertain you with stories and facts about these scenic private properties.



Luau

A luau is a feast of life. In Hawaii, the feast comes with a show! Enjoy the flavors of Kauai at an all-you-can-eat luau buffet with delicious Kalua pork, fresh fish, and many more local staples.



Each luau has a unique show with traditional hula and a spectacular theatrical-style production. Ancient stories expressed through song and dance are the most authentic form of Hawaiian entertainment. After the beauty and grace of the main performance, the luau culminates with a daring fire show! Open bar included for guests 21 and older.



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, at a historic Hawaiian home surrounded by lush tropical plants on a secluded beach.



Kauai Movie Tour

Kauai is a place that sets the imagination soaring. Her extraordinary beauty and charm have been immortalized in dozens of Hollywood films and television shows and yet, there’s nothing like seeing the real thing. The Hawaii Movie Tour on Kauai is a unique opportunity to experience the island through the filmmaker’s lens on an incredible guided tour. The fun-filled & expertly narrated tour is aboard an air-conditioned minibus that will stop at Kauai’s iconic movie locations while also viewing film clips of some of Hollywood’s most notable movies filmed on the island.



Kauai by Air



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 Coast, the North Shore, Hanalei Valley, Mt. Waialeale's crater, and Wailua Falls. Tours are flown by experienced pilots who will provide knowledge about Kauai's history, geology, native ecosystems, and legends. Each tour 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.



Neighbor Island Tours

TERALANI SUNSET COCKTAIL OR DINNER SAIL

Depart Ka'anapali Beach barefoot on a 65' catamaran with a tropical drink in hand for a magnificent sunset sail off the West coast of Maui.

- 2-hour Cocktail Sail with appetizers.
- 2.5-hour Dinner Sail with 3-courses.

*Ask about Private sails



TERALANI PREMIER SNORKEL - WEST MAUI

Depart beachfront for a 5-hour underwater search for marine life hidden in the reef, accompanied by Hawaii's Green Sea Turtles along the coast of Maui, with continental breakfast, BBQ lunch, & bar.

PEARL HARBOR HEROES

Experience history's most courageous heroes while you take a guided tour of the Arizona, USS Missouri, USS Bowfin Sub and Pacific Aviation Museum.



PEARL HARBOR COMPLETE

Extend your stay and travel to downtown Honolulu to see Iolani Palace, Statue of King Kamehameha, with lunch at famous Waikiki Beach, then head to the Punchbowl National Cemetery.

BIG ISLAND

Experience the Circle of Fire with the powerful Kilauea Shield Volcano. Hot Lava vents gush steam into the sky from the crater and if you are lucky red LAVA!



The
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SONESTA

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