

Hawaii's Must Try Comfort Foods

Because Carbs don't count when you're on holiday, Hawaii Tourism has released its list of must try comfort foods for Hawaii-bound clients —from ramen style noodles through to classics such as poke.

The mixed-plate lunch is an absolute favourite in the islands, with two



styles to choose from; the original mixed plate lunch features two scoops of sticky semi sweet rice, a scoop of cold macaroni salad and your choice of protein, with chicken katsu and roast pork the favourites. Meanwhile, the Hawaiian mixed food plate features semi sticky rice, steamed poi (taro root) and salted lomi salmon with sides such as ahi poke or savory chicken long rice and a main of kalua pork or pork laulau. Both dishes can be found pretty much everywhere in Hawaii.

Saimin, though similar it is not to be confused with ramen. Born in the kitchens of sugar labourers during Hawaii's plantation era, saimin includes curly egg noodles in bonito, shrimp and/or seaweed-flavoured broth, often garnished with sweet Chinese roast pork, Spam, cooked egg, green onions or fishcake.

Portuguese bean soup is a dish which originated in the kitchens of Portuguese sugar plantation labourers and can be found at fairs and fundraisers around the islands.

Oxtail soup is the next highlighted Hawaiian comfort meal.

Rounding up the list is the hugely popular loco moco, a bowl based combination of hot rice, hamburger patty and fried egg, though high-end restaurants also offer a take on this featuring alii mushroom risotto, prime rib and quail egg.



Lesser-known Parks

Hawaii Tourism is a popular destination for Kiwi hikers thanks to its numerous hiking trails.

As tourism increases, the STO is encouraging clients to venture further out and explore its lesser known parks.

Polipoli Springs State Recreation Area in Maui is home to the island's 'coolest hiking trails' with Hawaii Tourism recommending the loop trail which combines Polipoli, Haleakala Ridge, Plum and Redwood trail.

For a coastal adventure Kekaha Kai State Park on the Island of Hawaii (pictured) is highlighted, with a coastal trail on offer which explores Mahaiula Beach, Makalawena Beach, Kua Bay and more. Keaiwa State Recreation Area in Oahu's Aiea Loop Trail is the final recommendation from Hawaii Tourism, as it explores the island's rainforest. See gohawaii.com

Timbers Grand Opening

Timbers Kauai'i at Hokuala has officially opened in the Garden Island. Tourism Hawaii says the luxury resort features oceanfront residences with panoramic views, an award winning golf course, two-tiered infinity-edge oceanfront pool, the Houala Spa, cultural and adventure activities and more. See hokualakauai.com



Art Matters

Kahilu Theatre in Waimea is welcoming guests to its 38th season under the theme *Art Matters*. The theme sees the museum feature native Hawaiian artists, hula schools and international performers on its stage. See kahilutheatre.org

Montage Re-Opens

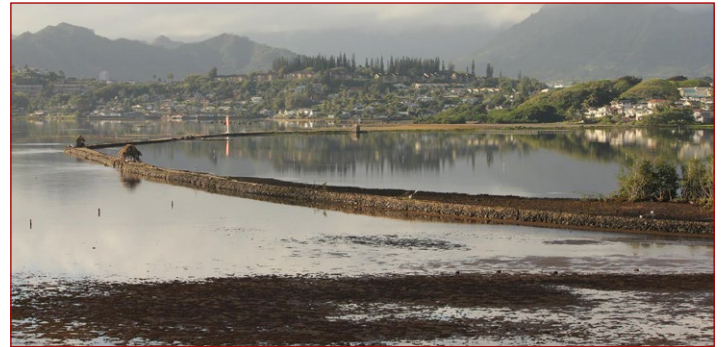
Montage Kapalua Resort in west Maui has refurbished and re-opened 50 of its residential style accommodations, advises Hawaii Tourism. The residences feature new décor and a design inspired by ahupua'a with references to Hawaii and Maui. See montagehotels.com/kapaluabay

A New Mauna Lani

Hawaii Island's Mauna Lani Bay Hotel & Bungalows are undergoing a USD100 million transformation, re-opening as the Mauna Lani, Auberge Resorts Collection in late 2019, advises Hawaii Tourism. Renovations will begin 01 Oct, and will see the property redesigned and revitalized. See maunalani.com

New Private Charters

Four Seasons Resort Lanai is offering guests private daily air charter services ex Honolulu to Lanai, advises Hawaii Tourism. The service is operated by Mokulele Airlines on one of two Pilatus PC-12 Lanai Air two-pilot aircraft. One-way fares are priced from USD500 per couple, minimum two people, and a maximum of eight. See lanaiair.com



Paepae O Heeia Give Back In Hawaii

Non-profit Paepae O Heeia is dedicated to restoring and caring the ancient Heeia Fishponds, once used by Hawaiians to ensure fish was available even when the oceans were rough, says Hawaii Tourism. On the second and fourth Sat of every month 0830-1200 and on Fri mornings 0800-1200 travellers can volunteer to assist Paepae O Heeia in the restoration. The non-profit also offers one-hour guided walking tours that educated clients on Hawaii's history and ahupua'a system and three hour guided field trips that include a fishpond tour, service learning project and related lesson. See paepaeoheeia.org

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