Aloha,

Four Seasons Resort Hualalai and Hualalai Resort offers over two hundred activities, many that can only be found here.

The Voyages activity guide was designed with you in mind: your trip, your family, your experience.

Turn the page... plan your voyage.

Take the Voyage. Know Your Element.
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Activities are organized into four element segments:

- Wind and Wave
- Mauka to Makai
- Sky and Mountain
- Fire and Earth

Look for the following icons throughout the guide for recommended family programs and fun-filled activities your kids or teens will enjoy discovering.

- Toddler (under 5 years of age)
- Kids (ages 5 to 12)
- Teens (ages 13 to 18)
- Families

**Ultimate Elements** located at the beginning of each section are available exclusively for Four Seasons Resort Hualalai hotel guests and Hualalai Resort residents.

Journey with us in these unique one-of-a-kind adventures.

Coffee Tours - Kona coffee is unmatched in quality and considered the best coffee in the world. Take a coffee tasting tour and see how these farms grow and produce world famous Kona coffee.

Boat Sea Fishing Voyages - The Hawai`i Island is famous for Big Game Fishing because the waters off the coast drop to great depths quickly. Take your chances at fishing for marlin, tuna and more, just don’t say you’re going fishing, say “I’m going holoholo” for good luck. We can arrange for a special meal created with your own catch.

Dolphin and Manta Ray Voyages - Snorkel and swim for an encounter with playful dolphins or gentle but giant Manta Rays.

Helicopter Voyages - Helicopter tours are available offering close-up views of the active Pu`u O'o vent at Volcano National Park, the Kohala Coast, and the many amazing ocean cliffs and mountain valleys.

Horseback Voyages - Accessible only by horseback, adventure into the lush pasture lands, ancient Hawaiian sites, breathtaking waterfalls and travel along taro patches experiencing old Hawai`i.

Akaka Falls State Park, Hilo - One of the natural resources of Hawai`i Island, enjoy a hike through the park and 1/2 mile rainforest. At 440 ft. high, this is one of two falls located in the park.

Big Island Zipline, Hāwī - Experience a feeling like no other. Soar in the Pololū Valley on a zipline that will send your blood rushing. Enjoy the beauty of this valley and nature at its best.

Holualoa Village - Drive up the winding Hualalai Road to the cool, quiet town of Holualoa and you can see a little bit of old Hawai`i. Park your car and voyage through the many shops and galleries featuring unique and impressive work from local artisans and crafts people. Discover great Kona coffee and a cafe serving local organic produce.

'Imiloa Astronomy Center of Hawai`i - Visit this 12,000 square foot exhibition hall with more than 100 individual exhibits. These exhibits weave astronomy and Hawaiian culture into a compelling story of human exploration and voyaging. Have you ever listened to the Kumulipo Chant, the creation of the islands and the birth of the Hawaiian people? Or would you like to fly through the Universe in their state-of-the-art, full dome planetarium. These are only a few of the exciting activities the whole family can participate in.
Wind & Wave

To the Polynesian voyager, the ocean was a source of life. It brought recreation, food, discovery, knowledge and unspeakable joy. The voyager learned from the ocean and regarded its gods with appreciation and respect.

The Alaka’i Nalu of Hualalai Resort live these values and perpetuate them daily as stewards of the ocean.

The Ultimate Alaka’i Nalu Adventure is a voyager’s dream: a private tour of the Ka’ūpūlehu coast by canoe or Ribcraft for groups or families. You can paddle, snorkel or look for whales and dolphins. Along the shore, marine life thrives in the tide pools. Children, tweens and teens can become Ocean Life Explorers and collect tiny fish and organisms from an educational touch tank.

Test your skill or learn a skill, it’s all about the journey.
Alaka`i Nalu Adventures

The Ultimate Alaka`i Nalu Adventure - Ribcraft or Canoe
A private tour created by you. You decide where the Alaka`i Nalu take you and what you do. Explore a secluded beach, secret spots along the coast north or south...you give directions to our “Leaders of the Waves.”

Voyaging on the Makali`i * (annually)
Polynesian navigators were guided by the stars as they sailed. Join us and listen to stories from the crew of Makali`i. Hear how they lived on the Pacific Ocean and sailed to new destinations using non-instrument navigation.

*This program is offered annually. Please contact us at ext. 8062 for confirmed dates.

2-Man Outrigger Canoe
Improve your paddling skills or just increase your strength and endurance while on the water. Expert instruction will help you get to the next level. Ages 12 and up.

6-Man and 4-Man Outrigger Canoe
Explore the west coast of Hawai`i while experiencing first hand the revival of the tradition of the ancient Polynesian 6-man outrigger canoe. A wonderful family or small group adventure!

Keiki Canoe
Spend time in a 4-man outrigger canoe with the Alaka`i Nalu and learn or improve your paddling skill. The outrigger canoe which traditionally was used for transportation and a means to fish is now used for canoe racing and pleasure.

Coconut Wireless: Did you know that "aloha" means hello, goodbye or a feeling or spirit of love, affection or kindness?
Alaka`i Nalu Adventures

Ribcraft Snorkel Adventure Cruise
Hop aboard our 30’ Ribcraft with the Alaka`i Nalu. You’ll explore the beautiful North Kona Kohala Coast, snorkel in secluded spots swimming with tropical fish. You never know what you might see, a dolphin, a ray? Take the adventure.

Scooter Snorkel
Power snorkel with an underwater scooter. Skim the surface while snorkeling or effortlessly free dive to view the reefs and marine life up close. A Hawaiian James Bond 007! Ages 12 and up.

Snorkeling
The staff at King’s Pond provide you with mask, fins and snorkel for you to explore the man-made aquarium at King’s Pond. Swim up close and personal with tropical fish, spotted eagle ray and a sting ray. Or if you are more adventurous check-out the reef at Kūki’o Bay, next to the Hualālai Canoe Club. This is definitely a once-in-a-lifetime experience!

Stand Up Paddle Board (SUP)
Try the latest ocean craze! Our Alaka`i Nalu can train you for everything from fitness paddling to leisure paddling, enjoying the views above and below. Ages 12 and up.

Teen Activity Cruise, “No Adults Allowed” (Seasonal)
No one over 19 allowed on this teen only boat cruise. Guide this adventure on the water. Tell the Alaka`i Nalu what you want to do and enjoy the trip.

Whale Watch
Watch as humpback whales migrate to the warm Hawaiian waters. They come here each winter to have their babies and play. Hear their calls while on your adventure.

Coconut Wireless: Did you know it took approximately 35 days to sail a double hulled canoe from Hawai`i to the South Pacific? It was proven in 1975. 2014 is the year that Hokule`a will travel around the world.
Marine Life Adventures

Fish Circus Training
A Hualalai Resort exclusive. Have fun assisting us in training our King’s Pond fish to perform circus tricks. To be healthy and happy our fish need to use their brains! We’ll give you the skills to train them and any other pets you may have, even your little brother! Ages 6 and up. 🐠️ 🐠️ 🐠️

Catch and Release Hualalai Fishing
Try your luck battling and landing elusive hard fighting Hawaiian game fish (Awa and `Ama`Ama). Walk away with a prize for the largest fish. No luck fishing? If you and your team do not hook a fish, the activity is free for you and your team! Ages 7 and up. 🐠️ 🐠️ 🐠️

Ocean Life Exploration
Youth will enjoy getting up close and personal with the Hualalai Resort’s fascinating marine life and unusual habitats. Participants will explore our ocean world with professional Marine biologists and get creative with unique projects that can be taken home. A truly fun and educational experience. Ages 7-13. 🐠️ 🐠️ 🐠️

Anchialine Pond Tour
Get informed about our unique anchialine ponds on the Hualalai Resort property. In the United States these types of ponds are only found in Hawai’i. Learn about the unique ecosystem and marine life. The tour also includes our aquaculture operations, and historic Hawaiian fishpond culture. 🐠️ 🐠️ 🐠️

Behind The Scenes Tour
Take a closer look into how we operate our saltwater systems, maintain the health of our fish and learn more about ecology and habitats at Hualalai Resort on a guided tour with our marine biologist staff. 🐠️ 🐠️ 🐠️

Eagle Ray Feeding
Don’t shy away from this amazing experience! Join Hualalai’s spotted eagle ray for lunch. Hihimanu, their Hawaiian name meaning elegant and magnificent, is a perfect description for this friendly ray. Be ready to get wet while hand feeding him. 🐠️ 🐠️ 🐠️

Coconut Wireless: Did you know the Alaka’i Nalu logo incorporates the Ha’uke ‘uke (sea urchin) which is valued as medicine and a food source?
Marine Life Adventures

Fish Feeding
The King’s Pond has over 4,000 fish and more than 90 different species. Now you can help us feed them and see how many you can identify! This is an amazing way to see the variety of reef fish featured in Hawaiian waters.

Jr. Marine Biologist
Dreaming of becoming a marine biologist? Make those dreams come true by spending part of your day with Hualalai Resort marine biologist. Participants will learn how to collect and record data about Hawai’i’s unique underwater world. Great for kids that love science and investigating ocean life. (Reef shoes and water clothes recommended).

Ocean Art Days
Let the ocean inspire you to create some unique artwork while learning a few new things about the ocean environment. Youth and adults will enjoy creating a piece of art that will be directly connected to a short and easy lesson about ocean creatures or the ocean environment. Ages 5 - 7.

Private Eagle Ray Encounter
A family or group of five can have their own private encounter with a friendly ray. Be ready to get wet while hand feeding him.

Shark Adventures
Experience the fascinating world of sharks! Explore the biology, behavior, and cultural significance of sharks in Hawai’i. Learn about these important predators through fun activities, and get up close and personal while feeding our sharks. Shark feeding available only when shark rehabilitation is occurring.

Shark Feeding
Sharks are very important to a healthy ocean ecosystem! Come down to Ho`onanea to observe a feeding frenzy with our sharks. One of our staff marine biologists will discuss the fascinating mysteries about these sharks. Shark feeding available only when shark rehabilitation is occurring. All ages.

Tidepool Exploration
Staff Marine Biologist will teach you the techniques of tide pooling and show you what marine creatures to look for. Tide pools are home to a variety of species: shelled creatures like opihi and cowry cling tightly to the rocks, brittle sea stars and hermit crabs scuttle away to hide, juvenile fish are safe from larger fish, and sea cucumbers and octopi are masters at camouflage. Discover something new every time you tidepool!

Touch Tank Talk
Meet some of our fascinating reef life up close and personal.
Coconut Wireless: Did you know Ke’olu’s 5th-hole water feature, Pūnāwai, is also a thriving aquaculture pond that won an award from the Environmental Protection Agency?

Hualālai Golf
Caddie Program
Experience the golf tradition of a personal caddie. Your caddie manages your clubs while you walk or ride the course and gives advice on how to play. Advance notice is needed to arrange for a caddie.

Night Golf
Enjoy an entertaining and private evening on Hualālai’s Nicklaus Course. Our golf professionals will organize a glow-in-the-dark “scramble,” personalized for your group.

Night “Miniature” Golf
Our golf professionals will create a putting course complete with challenging obstacles for a fun and entertaining evening for your group. Personalize your evening with an assortment of your favorite food and beverage.

Putts, Pupus, Drives and Drinks
Watch the afternoon sunset enjoying a 9-hole shotgun golf outing. Three pupu and drink stations are set up on the course to keep your group going.

Pro-Am Scramble
Play with Hualālai Golf Professionals in this nine-hole “scramble” event. Customize your experience with prizes, food and beverage of your choice.

Mauka to Makai
Mauka to Makai

Life on the ahupua’a (a land division extending from the mountain to the sea) depended a lot on the many trails that led from Mauka to Makai (mountain to ocean). This was how Hawaiians supported life by using the rich foliage from the mountains to adorn themselves and build their homes and nourish their families with food from the ocean. These gifts from the ʻāina (land) maintained their lifestyle.

Come to the Kaʻapulehu Cultural Center and learn about the lifestyle that sustained the Hawaiian people. You will have the opportunity to learn skills which helped them survive in traditional Hawai’i and are still practiced today.

Feather art, ʻukulele lessons, hula lessons and learning the Hawaiian language are only a few of the many arts of the Hawaiian culture that are available to guests of Hualalai Resort.

E Komo Mai!
Cultural Activities

Star Navigation

Learn how the crew members of Hokule`a, the first double-hulled canoe that sailed over the Pacific Ocean to Tahiti, navigated by the stars. Hear from our Cultural Specialist the art of ocean voyaging without instruments, using only the natural elements.

Feather Art *

Feathers were used to decorate the cloaks and helmets for the Ali`i (chief). This hands-on activity teaches an intricate Hawaiian art, helping you create a flower from colored feathers. Ages 4 and up.

Hawaiian Language Classes

Come and join our mea ho`okipa (host) and learn the Hawaiian alphabets and pronunciation of some common words and phrases. Ages 8 and up.

Hawaiian Quilting

We have the tools to help you complete a patchwork...the Hawaiian way. We`ll also share some history of the evolution and development of Hawaiian quilting.

Hula `Auana

Express yourself with modern hula moves accompanied by songs, `ukulele and other instruments. Ages 7 and up.

Keiki Lei Making *

We`ll show you how to string a flower lei. Share it with a loved one as a gesture of “aloha,” customary to the Hawaiian way.

Kupuna Program *

Join our kupuna (elders) as they teach the arts and crafts of Hawai`i. From lei making to `ukulele playing, you will be touched by their knowledge and the stories they share.

Coconut Wireless: Did you know Hualalai’s summit is named Hainoa, and is 8,271 feet high?
**Cultural Activities**

**Hula Kahiko**
You’ll experience how every movement in hula has a specific meaning. This traditional style is always accompanied by expressive chants and percussion. Ages 12 and up.

**Lauhala Weaving**
Our mea ho`okipa (host) will show you how to weave a bracelet to take home and show your family and friends. Ages 12 and up.

**`Ohe Kāpala (stamping)**
Learn about this traditional bamboo stamping technique at the Cultural Center. Make a bookmark for yourself or to give as a souvenir gift.

**Oral History of Ka`ūpulehu * **
Join us and learn about this ahupua`a (land division) of Ka`ūpulehu. You will learn how the Hawaiians sustained life using only marine life from the ocean and the fruits and vegetation from this region.

**Shell Crafts * **
Join the mea ho`okipa (host) at the Ka`ūpulehu Cultural Center and enjoy the art of shell crafting.

**Ti Leaf Lei Making * **
Ti leaf leis are made in the wili style or braiding technique. To give a Hawaiian ti leaf lei to someone is to wish them good luck! Ages 6 and up.

**`Ukulele Lessons**
Learn simple `ukulele chords and play a Hawaiian tune - from the 1950's to present day. Ages 12 and up.

*All children under 7 years of age must be accompanied by an adult.*

Coconut Wireless: Did you know Hawai`i Island was created by 7 volcanoes? Two of the seven, Ninole and Kulani, are hardly ever spoken of.
To the voyager, the mountain first appears as a tiny speck on the horizon, the intersection of sky and earth. Closer, it becomes an island, and closer still, a mountain. The bay, beach and sand become landfall, and a new voyage begins.

Today the mountain named Hualalai adds new dimensions to the joys of exploration.

Sky and Mountain is the portal to the lofty heights of the island. Above the ground, the Big Island Zipline gives wings to the voyager’s spirit on the other side of the mountain. Hikers blaze trails and mountain bikers ride them. View the legend of Hawai‘i and its creation and how the stars guided the first Polynesian settlers to Hawai‘i at the ‘Imiloa Astronomy Center.

Once red with eruption and fire, the mauka lands are fertile soil for respectful exploration. Journey to the uplands with us.
Hualālai Sports Club

Hiking

Hike and Explore Photographic Journey
Explore the extraordinary beauty of Hawai`i, while capturing dynamic and compelling images of your experience on film! Join a professional nature photographer for a fun, educational and inspiring photo hike. On this 4 hour journey you will receive individual attention that will broaden your technical skills and sharpen your personal vision, as you discover volcanic spatter cones and unique landscapes.

Hualālai Group Hike
A gem on our doorstep! ‘In the Lee of Hualālai’, hike moderate to difficult terrain. The 3 hour experience shows you a seldom seen or visited region of Hawai`i Island that is steeped in history and legend. Explore Hualālai Volcano’s last spectacular eruption and lava tube caves. (Private hikes are customized to your interests and abilities and run for 3 hours or more, including transportation time).

Coconut Wireless: Did you know the State fish of Hawai`i is the humuhumunukunukuapua’a?
Voyages Beyond Hualālai

Big Island Zipline, Hāwī
Experience a feeling like no other. Soar in the Pololū Valley on a zipline that will send your blood rushing. Enjoy the beauty of this Valley and nature at its best.

ʻImiloa Astronomy Center
Experience the World’s first 3D Planetarium. ʻImiloa’s digital full-dome planetarium system and 5.1 audio surround sound create a spectacular immersive audio-visual experience! Every presentation includes a live sky lecture featuring the sky as viewed from Maunakea. There are hands on exhibits, enrichment activities on wayfinding and navigating by using the stars. For information, please contact our concierge.

Maunakea
Maunakea is the home of the ancient snow goddess, Poliahu. Drive to her summit and you can experience the perspective of being in the clouds. Experience an incredible sunset that reveals the constellations and vast galaxy that guided the Polynesians on their voyage to Hawaiʻi. For more information regarding Maunakea’s Visitor Center, please contact the concierge.

Pololū Lookout & Kamehameha Rock, Hāwī
Rain and wind have eroded away the northeastern part of the island, creating the dramatic Pololū Valley and distant islets. Experienced hikers might venture down the trail to the black sand beach, but take note: it can get knee-high muddy. Between mile marker 25 & 26, watch for Kamehameha Rock on the east-side of the road. It was carried out of Pololū Valley by King Kamehameha I, to the end of Route 270.

Volcano National Park
Explore the many trails at Volcano National Park. Spend a full day viewing a live volcano and learn about the history of Kīlauea. Include a hike through a rainforest, take a dip in the champagne ponds, traverse across a crater, and walk through a lava tube. As the sun sets, your voyage can end the way the creation of the Hawaiian Islands began - watching lava flow into the ocean in a spectacular scene of steam and lights.

For more Voyages Beyond Hualālai refer to pages 43 to 44.

Coconut Wireless: Did you know the Hawaiian Vanilla Farm located here on Hawaiʻi Island is the only vanilla bean farm located in the United States?
Fire & Earth

Look around at sea level. The Hawaiian chiefs desired these lands, and it’s easy to see why. Fiery sunsets. Tidepools and freshwater springs. With golf, tennis, fitness, music, spa and children’s programs, the Fire and Earth menu brims with unique adventures.

In Fire and Earth, fun and fitness rule. You can reach for a racquet and join the Tennis Club’s (Magic Tennis Worlds) where the tennis court is transformed into a whimsical world.

At the Hualalai Sports Club choose yoga, Pilates, ocean jogs or spinning classes. The pampering knows no limit at the Hualalai Spa where you can make creative choices in massage and apothecary treatments, create the most radiant you. On the fairways, unleash your inner golfer at the Hualalai Golf Course. Time for teens? They can have their fling too, at Night Miniature Golf on the Hualalai driving range.

Create your memories that you can take home and share with friends and family.
Hualalai Spa

Hawaiians traveled to seek new beginnings for their `ohana (family) and trusted the elements to be their guides. They used the elements from the earth to connect to the wahi (place), this element, ‘Fire and Earth’ will connect you to this wahi (place).

At the Hualalai Spa we’ve created a unique experience at The Apothecary. Choose elements of Hawai’i to soothe your needs. It’s here that you will share your treatment intentions and desired benefits with your service provider. You’ll be offered an abundance of Hawaiian ingredients at The Apothecary; a variety of salt including black lava salt, hibiscus and crushed macadamia nuts. You will be invited to choose your preferred scented oil and advised which botanicals and herbs are best suited for your treatment needs.

The Apothecary is an unique place where Hawaiian ingredients from the Earth are chosen and mixed especially for you.

Our open air Waiea Garden (Water of Life) is a sanctuary of natural beauty which invites you to relax and re-connect.

Listen to the soothing sounds of the waterfall, take in the fragrance of our tropical garden and treat your feet to reflexology in the cool stream.

At Hualalai Spa, we honor the healing traditions of Hawai’i through a full complement of salon services, skin care, body treatments and massage therapies.
Hualalai Spa

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Coconut Wireless: Did you know the indigenous beach morning glory is called pōhuehue?

Apothecary Treatments

Apothecary Mud & Clay Mosaic
Volcanic Mud and Deep Sea Clay are freshly mixed and infused with pure, therapeutic essential oils that will tone and stimulate your skin. The blend is then warmed and applied to specific areas of the body to draw out toxins and ease inflammation. This therapy is also beneficial for those with problematic skin conditions.

Hulali (Sparkle) Treatment
For radiant skin, we suggest that you experience a unique Hawaiian body scrub created at the Apothecary. During your consultation, a personalized blend of local ingredients will be created and then used in treatment to exfoliate your skin leaving it feeling fresh and glowing.

Wawali (Smooth) Treatment
Using indigenous ingredients, a body mask is custom blended to meet your individual needs for moisturizing, mineralizing, cleansing or softening. You will be cocooned in warm linens while enjoying a face, neck and scalp massage.

Linohau (Perfection) Treatment
Our most luxurious and decadent offering that includes a personal consultation to help you create both the Hulali (scrub) and Wawali (mask & wrap) followed by an extended massage period.
Hualālai Spa

Water Cures

All 50 minute Water Cures include skin brushing, scalp and foot massage and bath plus an herbal infusion. All 80 minute Water Cures include skin brushing, a 30 minute massage and bath plus an herbal infusion.

Aphrodisiac
Soak yourself into euphoria! Hawaiian Island salts are combined with pure essential oils to create an experience that is sedative and tranquilizing.

Deep Renewal Detox
A stimulating and renewing Water Cure supports the cleansing of over-burdened lymphatic or digestive systems. Active ingredients are absorbed by the body promoting the removal of toxins.

Exotic Hibiscus & Moisturizing Coconut Milk
The sweet nectar of hibiscus flowers, combined with moisturizing vitamin-rich coconut milk is softening and replenishing. The exotic fragrance alone will inspire you to slow down and reconnect. Immerse yourself in pure bliss.

Coconut Wireless: Did you know our new spa garden is named Waiea, which translates to Wai (fresh water) and Ea (spirit, the breath of life) = Water of Life?
Fire & Earth

Hualalai Spa

Massage Therapies

Aromatherapy Massage
The purest essential oils combined with gentle massage techniques stimulate the body’s own self-healing and inspire true replenishment.

Ashiatsu
Inspired by Eastern massage techniques and adapted from ancient forms of barefoot massage, Ashiatsu (“Ashi” means foot and “atsu” means pressure). Our therapist, supported by parallel bars suspended from the ceiling, applies deep foot pressure to strategic points along the spine and body to achieve maximum muscle compression. One and two-footed strokes distribute pressure evenly over a large area of the body, thereby providing deep, relaxing massage.

Ashi-Thai
Ashi-Thai is an expression of traditional Thai techniques and exercises that have been modified to use with parallel bars from the ceiling. This flowing and rhythmic approach can revitalize energy lines and leave a profound affect by relieving muscular tension and improving range of motion. Performed with loose clothing.

Craniosacral Therapy
This light touch therapy helps release restrictions in the central nervous system that surrounds the brain and spinal cord. Beneficial for headache, TMJ syndrome, dizziness, chronic fatigue, hormonal imbalance, pregnancy and much more. (Loose clothing recommended)

Duet Massage
Relax and enjoy the benefits of massage, side by side in our couples hale (house). Each person may select the service of their choice from our menu of massage therapies.

Deep Tissue
Experience a “new” technique at Hualalai Spa that focuses on work with the deeper layers of the body by sinking through superficial layers. Your therapist will vertically engage the muscle until the layer of tension is recognized and then moves obliquely to lengthen short muscle and fascia. This massage does not engage intense pressure but will allow for the body to experience slow release of tension.

Hapai (Pregnancy) Massage
Our therapist’s gentle and soothing touch reduces stress, promotes relaxation, increases circulation, and nurtures and honors you in this special time.

Hualalai Island Stone Massage
Powerful restorative, energy balancing and grounding treatment. Hot and cold stones are placed on and under the body to open the body’s energy centers to promote circulation. Cold stones are also used to decrease areas of inflammation. Massage is incorporated to take advantage of the increased circulation and promote a feeling of balance, rejuvenation and relaxation.
**Hualalai Spa**

**Massage Therapies**

**Lomi Lomi**
This traditional Hawaiian massage is a sacred healing art handed down from generation to generation by Kupuna (elders). Techniques are rhythmic and unique to each therapist, integrating use of palms and forearms, an excellent full body wellness massage.

**Reiki**
“Reiki” that Japanese word meaning “universal life force energy”. Hands are placed on the body to channel energy into the body to release blockage and stimulate energy. Assists in relieving stress leaving you feeling calm and relaxed.

**Shiatsu**
An ancient form of therapy “shi” meaning finger and “atsu” meaning pressure. Application of pressure to specific regions of the body along energy meridians. The goal is to restore healthy flow of energy throughout the body. Traditionally performed on a mat with loose clothing.

**Sports & Fitness Massage**
Designed to enhance the athletic performance and recovery. A sport specific massage that includes stretching, cross fiber friction and range of motion techniques.

**Swedish Massage**
A classic general and relaxing full body wellness massage utilizing the five traditional Swedish strokes.

**Sweet Dreams**
A quartz crystal bowl sings sweetly, colors and lights are visualized and invoked to harmonize, sending waves of calm throughout the entire body. A massage and anointment to your face, neck and feet relieves tension and transports the spirit. A sublime body massage with Sweet Heart oil is the final touch for this journey that will lull you into the place of sweet dreams.

**Thai Massage**
A full body treatment that involves passive yoga like stretching and pressure point massage along the body’s major energy channels to release blocked energy, relieve tension, help align the skeletal structure and increase flexibility. Traditionally performed on a mat, with loose clothing.

**Tension Reliever Massage**
This efficient 20 minute massage incorporates bodywork that reaches the tension retaining areas of muscle tissue such as neck, shoulders, back and feet.

**En-Suite Massage**
Select massage, hairstyling and nail care services are available in the privacy of your guest suite by appointment. Additional fees may apply. Please contact our Spa Concierge for more detailed information.
**Body Treatments**

**Coffee Mocha Scrub**
Indulge your body with the sweet smell of coffee and chocolate. Coffee infused salt, cacao nibs, dried island hibiscus flowers and cocoa butter will invigorate, tighten, smooth and moisturize your skin. Excellent for dry tired skin leaving you with a bright and healthy glow.

**Citrus Pa’akai (salt) Scrub**
Cleanse, detoxify and energize your body with the invigorating citrus scents of lemon and orange. Organically infused local lemon salt, lemon and orange peel together with a divine blend of botanical extracts will exfoliate and invigorate your skin. An application of our lemon body butter soothes and moisturizes your skin.

**Green Tea Water Cure & Wrap**
Stimulates circulation and lymphatic system with a dry brush exfoliation followed by a green tea, lavender and peppermint infused bath followed with a green tea oil massage and wrap and while enveloped receive a face, neck, scalp and foot massage. Your body will absorb the antioxidants and moisturizing properties of the green tea oil.

**Hau‘oli Wāwae (Foot , Neck and Scalp Treatment)**
“Take care of your soul” while you enjoy this divine foot treatment, followed by a healing and balancing foot massage to calm and reduce stress in the body, mind and spirit. A luxurious face, scalp and neck massage included. Excellent for expectant mothers. Note: this treatment is only available indoors.

**Island Glow**
This natural blend of sugar cane, coconut oil and island honey, hand mixed with locally grown organic vanilla beans and fragrant cinnamon is an aromatic exfoliating experience. Leaves skin feeling velvety smooth and soft.

**Polynesian Niu (Coconut) Scrub**
Our deliciously scented, luxuriously tropical treatment combines coconut with other luscious island ingredients to gently polish and hydrate your skin. This service may be enjoyed as either a 50 minute Scrub or an 80 minute Scrub and Wrap combination.

**Sun Relief Ti Leaf Wrap**
Calm and soothe sunburned skin with a cooling, protective blend of aloe, lavender and green tea extract. Using locally grown ti-leaves enhance the therapeutic effects of this treatment by drawing heat from the body and providing soothing relief.

An additional 20 minutes may be added onto any treatment for $90 with the exception of any 105 minute service or pregnancy massage.

Coconut Wireless: Did you know the Merrie Monarch Festival started in 1962 by the Hawai‘i Island Chamber of Commerce?
Hualālai Spa

Skin Care

Hualālai Spa is pleased to use Epicuren Discovery and Eminence Organic Skin Care the most unique and effective products, offering treatments and products designed to produce a fundamental improvement in the health of your skin while providing the most advanced and effective anti-aging systems available using luxurious natural ingredients.

Anti-Aging
This dramatic treatment is the perfect balance between science & nature. We begin with a deep cleansing followed by exfoliation and light extractions. A 5% enzyme peel is applied to the skin, followed by 2 masques that are designed to lift and tighten. Serums are applied to leave the skin feeling soft, youthful and balanced. 80 minutes

Custom
This indulgent treatment is custom designed for your particular skin condition to deeply cleanse & rejuvenate the skin. You will discuss specific concerns and your esthetician will design a treatment to suit your specific needs. 80 minutes

Deep Cleansing
This is a thorough, deep cleansing facial designed to improve the look of the pores, minimize breakouts and soften the skin. Ideal for congested or acne skins. Impurities are removed and extractions are performed, followed by custom masques. You will leave feeling clean and refreshed. 80 minutes

Hualālai Signature Facial
This facial offers you the ultimate in relaxation. We will use the finest ingredients and latest technology for hydration & revitalization. You will be indulged with an eye and lip treatment as well as extended face, shoulder, neck, hand, arm, foot & leg massage. 80 minutes

Coconut Wireless: Did you know sea salt (pa`akai), was a trading item and natural resource of Ka`u`pulehu?
Hualālai Spa

Skincare

**Classic**
This facial addresses a variety of skin concerns such as premature aging, wrinkling, sun damage and loss of vitality. The cure comes from nature. Let the aromas treat your senses and the natural ingredients of herbs and fruits impart health and beauty to your skin. 50 or 80 minutes

**Express**
When time is of the essence, this facial will revitalize your skin leaving it healthy, cleansed and toned. 25 Minutes

**Kane (Men’s) Facial**
This is a deep pore cleansing facial; followed by steam, exfoliation, extractions and a custom masque to help rebalance and revitalize the skin. Formulated to help calm the effects of sun, sports, shaving and harsh abrasives. 50 or 80 Minutes

**Liquid Lift Peptide**
This unique facial uses peptides to add volume to the skin and increase firmness and tissue repair while phyto serum is used to stimulate cellular turnover. This facial will help improve fine lines, wrinkles and puffiness. The ingredients will also increase moisture levels and invigorate the skin. 50 Minutes

Intraceuticals

**Clarity Infusion®**
Soothing botanicals naturally help reduce bacteria to calm inflammation and redness. Helps control excessive cellular build-up and oil production while clarifying and refining the skin. Results are not only instant but continue to improve in the following days.

**Opulence Infusion®**
Super concentrated vitamin C and natural plant extracts safely and naturally treat the cause of uneven skin tone while revealing newfound luminosity and radiance. Your skin will emerge deeply hydrated, balanced and glowing with health and vitality. Results are not only instant but continue to improve in the following days.

**Rejuvenate Infusion®**
Oxygen under pressure is applied directly to the skin’s surface cooling and calming the skin while restoring skin’s natural vitality and glow. This skin quenching treatment deeply infuses a cocktail of vitamins and antioxidants. Your skin will emerge deeply hydrated, youthful and glowing with a noticeable reduction in fine lines and wrinkles and a visible lift. Safe for all skin types even the most sensitive or stressed skin. Results are not only instant but continue to improve in the following days.

Coconut Wireless: Did you know Kamehameha, upset at the impending loss of his fishponds, appeased Pele and stopped the 1801 Hualālai eruption with an offering of a pig and a lock of his hair?
Coconut Wireless: Did you know the 'ukulele is not a Hawaiian instrument? It was introduced by the Portuguese when they came to Hawai'i in the 1800’s.
Coconut Wireless: Did you know before 1975, there was no north-south highway along the North Kona Kohala coast?
Coconut Wireless: Did you know ancient Hawaiians gathered drinking water by holding an empty gourd over freshwater springs in the ocean? Kahuwai Bay’s Waiokāne is such a spring.

Hualalai Spa

Wellness Services

Acupuncture
Acupuncture, the ancient Chinese healing art, employs the use of hair-fine needles along the body’s meridians, the continuous circulatory channels carrying the body’s life force energy, to restore balance.

Physical Therapy
Our licensed physical therapist will evaluate your injury and determine the best course of treatment to assist in the body’s healing process. The therapist will develop an exercise program specifically designed for you addressing flexibility, strength, balance, range of motion, asymmetry, muscle imbalances and functional limitations.

Sound/Energy Healing
Refresh your energy! A real treat for those interested in sound/energy healing, a holistic experience to rejuvenate and relax the body and mind. This is great for jet lag, chakra balancing or simply enjoying the healing effects of sound. Music, quartz crystal bowls, Tibetan singing bowls, and chimes create a vortex of energy and sound. This relaxing meditation-style class is so soothing and uplifting!

Yoga Therapy
Research has shown that Yoga is beneficial for our health and well being in many ways. Yoga Therapy is the adaptation of yoga practices for people with specific conditions to help increase immune function, decrease stress and alleviate symptoms. From chronic pain to cancer treatment, physical injuries, autoimmune diseases, and/or mental and emotional imbalances: Yoga Therapy offers a wide variety of techniques such as stretching, structural alignment, breathing exercises, and guided relaxation.

*Receive a complementary Hawaiian Healing Yoga® DVD for home practice with initial session.
Hualālai Spa

Spa Packages

Detox Escape
Our Detox Escape can help renew your body’s ability to maintain optimum health by removing and eliminating toxins from the outside in. Our Detox Escape begins with a skin brushing, is followed by an 80 minute Sea Clay and Volcanic Mud Wrap, 80 minute Detox Water Cure and 50 minute Stimulating Massage.

The Huakilai Experience
Immerse yourself in Hawai‘i by indulging yourself with our 50 minute Polynesian Niu Scrub, a 50 minute Hawaiian Lomi Lomi Massage, and 50 minute Kane Facial or Classic Facial. Start or end your day with complete relaxation.

Romance Escape
Our Romance Escape allows you to connect and renew. Find balance, relieve tension and stress, energize and revitalize yourselves – physically and emotionally. The scene is set for total harmony and tranquility. Includes a heavenly soak with our 50 minute Aphrodisiac Bath in our Hinoki tub, healing and soothing 80 minute Island Glow Body Scrub, 80 minute Aromatherapy massage with our Signature Romance oil or lotion.
Hualālai Sports Club

Continue your lifestyle regime here at Hualalai, we offer our open-air strength and cardio gyms, 25 meter lap pool, 24 foot rock climbing wall, half court basketball area, fitness, yoga and Pilates reformer studios.

A personal lifestyle and wellness program can be created just for you with our certified Personal Trainers, Wellness and Swim Instructors.

Enjoy our private training and some of our classic fitness and wellness offerings. We offer new innovated classes throughout the year. Contact our Spa Concierge for weekly class schedules or to book a private training session. These special training sessions include:

Private & Semi-Private Personal Training
Private & Semi-Private Pilates Reformer Training
Private & Semi-Private Swim Lessons
Private Group Training & Classes
Private & Semi-Private Yoga Instruction

Coconut Wireless: Did you know Maunakea is 13,796 feet high, and in the winter the summit is often covered in snow down to the 10,000 feet level?
Hualālai Sports Club

Fitness Classes

Adult Swim
Instructor will put you through a lap workout and stroke assessment in this 50-minute session. Swimmers with experience welcome.

Aqua Fitness
Using the Sports Club lap pool, you will experience a variety of deep water and shallow water exercises to give both a cardio and a restorative aspect to your body.

Barre Fusion
You want “barre” work? You got it! Contouring and chiseling your physique using light dumbbells, the Bender Ball™ and your own body weight, your muscles are targeted to the point of fatigue then stretched for relief.

Bikram Yoga
Bikram method hot yoga is a 26-posture yoga sequence with 2 breathing exercises, done in a heated room.

Personal Training
Trained and certified through the National Academy of Sports Medicine as well as ACSM, ACE, and AFFA our Personal Trainers share expertise in weight loss, muscle gain, post-rehabilitation, fitness competitions, and sports performance for athletes including triathlon training.

Pilates Mat
The Pilates Method is based on the principals of Joseph H. Pilates. Pilates training enhances strength, flexibility, balance, posture and coordination and is suitable for a wide range of people.

Pilates Yoga
Experience the blending of core, postural and spine strengthening of Pilates with the mindfulness and flexibility poses of yoga.
**Fitness Classes**

**Pilates Reformer Training**
This training incorporates equipment including the Pilate’s reformer, wall unit, stability chair, ladder barrel and mat. It is fully equipped with Pilates apparatus and props including wall unit, reformers, barrels and chairs.

**Private Group Training**
We offer private, semi-private and private group training from all our fitness class offerings.

**Spinning**
Riding with a multi-terrain format, including hills, flat roads, bumps, jumps, interval and recovery modalities; RPM, Rate of Perceived Exertion and Heart Rate Zones will be your tools.

**Strength & Flexibility**
Whether it’s Barre Fusion Training, Sports Pump, TRX, Pilates or yoga, we offer new innovated classes throughout the year to challenge your fitness levels.

**Swim Lessons**
We offer swim instruction from infants in our Mommy, Daddy and Me program to the elite athletes.

**Yoga**
Hualalai’s yoga program offers Bikram, Vinyasa, Yoga for Strength and Flexibility, Gentle Yoga, Pilates Yoga and Yoga Intensives, designed to build endurance, increase flexibility, balance and awareness.

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**Coconut Wireless:** Did you know the old style of hula, or hula kahiko, consists of chants and is accompanied by percussion only?
Tennis

Private Lessons
Get the one-on-one attention that your game needs. We offer private and semi-private half hour and hour lessons. Let us schedule a time that works for you.

Instructional Clinics
These clinics are held daily on the basics of the game. Each clinic has a specific theme such as ground-strokes, volleys, overheads and serve and returns. Talk a little strategy. Get back into the game or practice your skills.

Play the Pro
A unique Hualalai experience. Challenge a pro on the court. If you win the set, you play for free.

Magic Tennis Worlds
Magic Tennis Worlds is a new unique junior tennis development program offered for children ages 4-12. The tennis court is magically transformed into a whimsical world with colorful cartoon characters. Children run and laugh their way through the stimulating maze that is “Magic Tennis Worlds” while hitting balls and targets and maneuvering around obstacles. Children will earn gold coins for hitting the inflatable targets and characters which they can collect and redeem for a wonderful array of prizes. Magic Tennis Worlds is a challenging, interactive and visually stimulating program which will encourage and grow the game of tennis for our youth at Hualalai Resort.

Coconut Wireless: Did you know ‘a’a is the slow-moving, crumbly lava and pahoehoe is the smooth, fast-moving lava?
**Tennis**

**Night Doubles**
Join our social mixer where a partner is rotated after each round. Our tennis staff run the event ensuring a fun and engaging time. It’s a great way to enjoy the evening and meet other people at Hualalai.

**Ball Machine**
Need to practice your ground-strokes? Sign-up to use the ball machine. Repetition is a player’s best practice.

**Find A Game**
You’re on vacation. Let our tennis staff arrange singles, mixed doubles and doubles matches based on your level of play.

**Round Robin Tournaments**
These tournaments are designed with your specific group in mind. Call ahead and work with a pro to schedule a Round Robin tournament. The special needs of your group can be taken into account to make this a memorable experience.

**Exhibitions**
Seasonal exhibitions are held to showcase the best of tournament tennis. Join us for pupus and cocktails following the match. Ask our pros for more information.

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**Coconut Wireless:** Did you know Hawai‘i Island is home to the largest mountain in the world in volume (Mauna Loa) and the tallest mountain in the world as measured from its base on the sea floor to its peak (Maunakea)?
Climbing Wall

Family/Group Climb
Bring the whole family or a group of up to 8 friends and enjoy the fun, camaraderie and bonding that can only be shared by supporting each other.

Keiki Climb Class
A gentle and confidence building introduction to bouldering and climbing with 2 to 3 roped climbs for children ages 5 to 12.

One Person Climb
Learn by example. Personal one-on-one instruction while you climb a variety of different “routes” with your instructor.

Two Person Climb
You and a friend will enjoy a fun filled climbing experience as you challenge and support one another with the expertise of your own personal instructor.

Coconut Wireless: Did you know the Ala hele (trails that go from the mountain to the sea) trails were used by people living on any ahupua’a (land division) on every island?
**Cultural Activities**

Learn how the crew members of Hokule`a, the first double-hulled canoe that sailed over the Pacific Ocean to Tahiti, navigated by the stars. Hear from our Cultural Specialist the art of ocean voyaging without instruments, using only the natural elements.

**Feather Art**

This hands-on activity teaches an intricate Hawaiian art, helping you create a flower from colored feathers. Ages 4 and up.

**Hawaiian Language Classes**

Come and join our mea ho`okipa (host) and learn the Hawaiian alphabets and pronunciation of some common words and phrases. Ages 8 and up.

**Hawaiian Quilting**

We have the tools to help you complete a patchwork. . . the Hawaiian way. We’ll also share some history of the evolution and development of Hawaiian quilting.

**Hula `Auana**

Express yourself with modern hula moves accompanied by songs, `ukulele and other instruments. Ages 7 and up.

**Keiki Lei Making**

We’ll show you how to string a flower lei. Share it with a loved one as a gesture of “aloha,” customary to the Hawaiian way.

**Kupuna Program**

Join our kupuna (elders) as they teach the arts and crafts of Hawai’i. From lei making to ‘ukulele playing, you will be touched by their knowledge and the stories they share.

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**Kids For All Seasons**

**Kids For All Seasons Program**

Let the Four Seasons take care of your kids (ages 5 to 12) in a daily fun-filled, educational complimentary program. This program is designed to experience the resort’s tropical environment and “old Hawai’i” feel. A keiki’s (child’s) typical day is filled with exciting adventures, which may include Hawaiian music, canoe lessons, sand sculpting, swimming, eagle ray feeding, fish fishing, rock wall climbing and even volcano building. And yes, true to the volcano goddess Pele, the volcano actually erupts. Lunch is optional.

**Coconut:Tween Program**

This adventure-filled program kicks off with an opportunity to sample many of our activities such as hula, henna, snorkeling, tide pooling and yoga as well as many other activities such as soccer, flag football and much more. Sign up for a few or all!

**Hale Kula Game Room**

Be sure to visit our family activity center. Featuring Wii, PlayStation 3, X-Box 360, Billiards, Foosball, Ping Pong and Board Games.

**Outdoor Movie Nights**

Watch movies under the stars at the outdoor Hōkū Amphitheatre. Children under 5 years of age must be accompanied by an adult.

**Four Seasons Theme Nights**

Keiki from ages 5 to 12 are invited to join us for dinner, games and outdoor adventures. Keiki under 5 years are welcome when space is available and must be accompanied by an adult.

*This program is offered seasonally. Please contact us at ext. 8800 to see if it is in season.*

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Coconut Wireless: Did you know the Hawaiian alphabet has only twelve letters. Five vowels; a,e,i,o, and u as well as seven consonants; h, k, l, m, n, p and w?
Mauka to Makai

Life on the ahupua’a (a land division extending from the mountain to the sea) depended a lot on the many trails that led from Mauka to Makai (mountain to ocean). This was how Hawaiians supported life by using the rich foliage from the mountains to adorn themselves and build their homes and nourish their families with food from the ocean. These gifts from the `āina (land) maintained their lifestyle.

Come to the Ka`ūpūlehu Cultural Center and learn about the lifestyle that sustained the Hawaiian people. You will have the opportunity to learn skills which helped them survive in traditional Hawai`i and are still practiced today. Feather art, `ukulele lessons, hula lessons and learning the Hawaiian language are only a few of the many arts of the Hawaiian culture that are available to guests of Hualālai Resort.

Coconut Wireless: Did you know Kona Airport is built on a peninsula that was created by the 1801 lava flow from Hualālai?
Coconut Wireless: Did you know Ke’olu’s 5th-hole water feature, Pūnāwai, is also a thriving aquaculture pond that won an award from the Environmental Protection Agency?

Hualālai Golf

Caddie Program
Experience the golf tradition of a personal caddie. Your caddie manages your clubs while you walk or ride the course and gives advice on how to play. Advance notice is needed to arrange for a caddie.

Night Golf
Enjoy an entertaining and private evening on Hualalai’s Nicklaus Course. Our golf professionals will organize a glow-in-the-dark “scramble,” personalized for your group.

Night “Miniature” Golf
Our golf professionals will create a putting course complete with challenging obstacles for a fun and entertaining evening for your group. Personalize your evening with an assortment of your favorite food and beverage.

Putts, Pupus, Drives and Drinks
Watch the afternoon sunset enjoying a 9-hole shotgun golf outing. Three pupu and drink stations are set up on the course to keep your group going.

Pro-Am Scramble
Play with Hualalai Golf Professionals in this nine-hole “scramble” event. Customize your experience with prizes, food and beverage of your choice.
Shopping at Hualālai

Whether you are looking for the perfect gift, a one of a kind piece of jewelry, athletic apparel, or even to just fill your cooler with delicious island treats, you will find it here at Hualālai Resort. Our concepts are designed to provide each guest with something special from their experience at Hualālai.

Seaside Luxe
The true definition of resort luxury can be found directly below the hotel lobby, inside Seaside Luxe Boutique. The world’s most premiere fashion lines that are currently featured in Seaside Luxe range from Missoni Dresses and Pucci Swimsuits to the precious gems of Irene Neuwirth and exclusive diamond bezel geodes from Kimberly McDonald. Seaside Luxe is filled with high-fashion Pedro Garcia flats, chic Lanvin sandals and numerous other leading footwear designers. This one of a kind boutique concept complements the breezy Hualālai Resort aesthetic while incorporating the latest trends from Paris Fashion Week to one of a kind accessories in India.

Within Seaside Luxe, is our children’s boutique full of girls Letarte bikinis, trendy boys swim trunks and accessories for all ages. Hualālai’s exclusive James Perse ocean rash guards and cute kids footwear are just a small selection of what you can find!

Seaside Beach
Sometimes it’s necessary to break from the sun and wrap yourself in poolside Tori Burch tunics and Letarte bikinis and cover ups! Seaside Beach is a one of a kind boutique concept that offers fresh new resort wear every week for men and women that are essential for every wardrobe. Whether you need the latest in athletic apparel before hitting the gym, stylish totes and sunglasses for the beach or relaxing spa products to rejuvenate, Seaside Beach Boutique has absolutely everything you need.

The Club Shop
The Club Shop, located on the first level of the Hualālai Golf Clubhouse, is a one-stop shop for men’s and women’s golf apparel. The most current and comfortable styles of sportswear beautifully matched with hats, footwear and golf gear can all be found in Hualālai’s Club Shop.

The Tennis Shop
The Tennis Shop is located inside the Tennis Pavilion along the courts, where you will find tennis apparel for men, women and kids, as well as tennis footwear, rackets, and accessories to jump-start your game to the next level of excellence.

Hualālai Trading Company
The Hualālai Trading Company is an authentic one-stop shop and offers everything under the sun... freshly prepared salads, sandwiches and local dishes, refreshing popsicles and drinks, fine wines and locally grown coffee beans, sunscreen and other personal items, Hawaiian crafts, and Hualālai branded gifts.

Hildgund Jewelry of Hawai’i
Founded in 1873, is the ultimate in fine custom designs and handcrafted jewelry. Exclusive collections from local and global designers including all types of gems and diamond creations never seen before. “Leading designs, lasting impressions.”
Dining at Hualalai

Revitalize your senses with fresh island flavors. From the daily catch straight from Hawai‘i waters to organic produce from the fields of Waimea. For your convenience food & beverage also available at all Four Seasons pools.

Beach Tree

Featuring Italian and Mediterranean cuisine with California and tropical influences. Specialty dishes such as gnocchi with oxtail ragout; seafood paella; and fontina pizza. Offering over 60 wines and don't miss the Beach Tree Smash, or Tom's Pink Shirt, made with fresh Waimea strawberries and house-made sweet and sour.

Beach Tree Bar and Lounge

The Beach Tree’s bar and lounge are ideal locations to enjoy our awe-inspiring sunsets with a selection of customized cocktails. The menu features small plates meant for sharing. Guests are encouraged to linger with loved ones and new friends as they share memories of our island.

Hualalai Coffee Company

The Coffee Company is conveniently located adjacent to the Hualalai Trading Company in an attractive garden setting. It offers a wide variety of coffee drinks featuring our locally grown Kona coffee, fine teas, fruit juices and smoothies. A selection of pastries, bagels, yogurt, breakfast burritos, fresh fruit and quiche are offered for breakfast; nutrition bars, sandwiches, wrap, cookies and snacks are available throughout the day.

Hualalai Grille

This American Steakhouse with island-infused flavors offer Prime steaks with hand crafted traditional sides, island Fresh Fish favorites, local Hamakua Mushrooms, and Macadamia Nut Toffee Ice Cream pie are just some of the house favorites. Enjoy the sunset in a casual yet contemporary setting.

‘ULU Ocean Grille

The culinary team presents “R.S.A. - Regional, Seasonal and Artisanal” cuisine to Hawai‘i’s most beautiful setting alongside the surf and under the stars. Working with more than 160 farmers and fishermen on the island, ‘ULU, features cuisine that is 75% from Hawai‘i Island. Casual, friendly and knowledgeable servers guide guests through an innovative ocean-to-table menu with playful tableside presentation; oven roasted, flame grilled and wok fired. Signature dishes include Oven Roasted Whole Fish, Lobster Wonton Soup and Tableside Ahi Poke. An extensive wine list including boutique wines are also available.

‘ULU Sushi Lounge

The modern sushi lounge and 10-seat ocean view bar feature the Island’s freshest sushi as well as craft cocktails, sake and Japanese beers. Signature dishes include Fire and Ice Crab Roll, Crunchy Shrimp Roll and Kampachi Sashimi. Pair these with a signature craft cocktail such as the Kona Kaffir, a cocktail made entirely from ingredients harvested within 100 miles of the Resort.

Exclusive Dinners Under the Stars

For a romantic celebration perfect for a couple or an exclusive dinner perfect for 3-12 guests, oceanfront dining on the beach presents a great way to experience the Resort’s unique locations. Breathtaking dining settings include Kumukkea Beach, Palm Grove Beach and more. Space is limited and reservations are required. Menu selections are required to confirm your reservation. Cancellation fees do apply.

Residents’ Beach House

Nested just beyond the Waikakuhi Pond and 18th tee box of the Hualalai Golf Course, is the Residents’ Beach House. With casual lanai dining and menu of simply prepared seafood, this is a great venue to whale watch, take in an amazing sunset, or relax and sip on any signature “Big Daddy” drinks. Resort guests are welcome to join the residents of Hualalai at lunch and pupus till 5:30 p.m.
In this index are suggested Voyages for specific age groups and needs. May we also recommend several of our most popular activities for adults and duets? Looking for kids activities? You’ll find a variety on these pages. The teens want their own activities? Find activities geared for them. See a list of activities for your family adventure together. Ask about the Hualalai App for your iphone with detailed information at your fingertips.

**DUETS/ADULTS ONLY**

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- Instructional Tennis Clinic  p. 32
- Oral History of Ka’ūpulehu  p. 11
- PilatesYoga  p. 31
- Ribcraft Snorkel Adventure Cruise  p. 5
- Romance Escape  p. 28
- Scooter Snorkel  p. 5
- Spinning  p. 31
- Stand Up Paddle Board  p. 5
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**TODDLERS (under 5 years of age)**

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- Four Seasons Theme Nights  p. 35
- Magic Tennis Worlds Gold Coin Program  p. 32
- Keiki Lei Making  p. 10
- Private Tennis Lessons  p. 32
- Shell Crafts  p. 11

**KIDS (ages 5 to 12)**

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- Fish Feeding at King’s Pond*  p. 7
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TEENS (Ages 13 to 18)

Challenge your limits in ocean activities on our canoes, scooter snorkel, stand-up paddle boards and snorkel in underwater explorations. Back on land, test your skills on the climbing wall, hike up the lava fields or across black sand beaches.

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6-Man Outrigger Canoe p. 4
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Eagle Ray Feeding* p. 6
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Stand Up Paddle Board p. 5
Teen Activity Cruise (seasonal) p. 5
’Ukulele Lessons p. 11
Yoga Classes (ages 14 and up) p. 30-31

*Activities that are exclusive to Hualalai
Our family activities range from tennis and golf to ocean activities. Hike and explore the makai shoreline to Mt. Hualalai. Learn about the Hawaiian culture, marine biology, and environmental conservation while fostering exciting and new experiences together as a family.

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*Activities that are exclusive to Hualalai
HAWAI`I ISLAND VOYAGES

Here are suggested Hawai`i Island favorite activities for you and your family or group to enjoy. Four Seasons guest please contact the concierge at ext 8135. Residents, home guests and rental guests please contact ext. 8450 for more information.

Coffee Tours - Kona coffee is unmatched in quality and considered the best coffee in the world. Take a coffee tasting tour and see how these farms grow and produce world famous Kona coffee.

Boat Sea Fishing Voyages - The Hawai`i Island is famous for Big Game Fishing because the waters off the coast drop to great depths quickly. Take your chances at fishing for marlin, tuna and more, just don’t say you’re going fishing, say “I’m going holoholo” for good luck. We can arrange for a special meal created with your own catch.

Dolphin and Manta Ray Voyages - Snorkel and swim for an encounter with playful dolphins or gentle but giant Manta Rays.

Helicopter Voyages - Helicopter tours are available offering close-up views of the active Pu`u O`o vent at Volcano National Park, the Kohala Coast, and the many amazing ocean cliffs and mountain valleys.

Horseback Voyages - Accessible only by horseback, adventure into the lush pasture lands, ancient Hawaiian sites, breathtaking waterfalls and travel along taro patches experiencing old Hawai`i.

Akaka Falls State Park, Hilo
One of the natural resources of Hawai`i Island, enjoy a hike through the park and 1/2 mile rainforest. At 440 ft. high, this is one of two falls located in the park.

Big Island Zipline, Hāwi
Experience a feeling like no other. Soar in the Pololū Valley on a zipline that will send your blood rushing. Enjoy the beauty of this valley and nature at its best.

Holualoa Village
Drive up the winding Hualalai Road to the cool, quiet town of Holualoa and you can see a little bit of old Hawai`i. Park your car and voyage through the many shops and galleries featuring unique and impressive work from local artisans and crafts people. Discover great Kona coffee and a cafe serving local organic produce.

‘Imiloa Astronomy Center of Hawai`i
Visit this 12,000 square foot exhibition hall with more than 100 individual exhibits. These exhibits weave astronomy and Hawaiian culture into a compelling story of human exploration and voyaging. Have you ever listened to the Kumulipo Chant, the creation of the islands and the birth of the Hawaiian people? Or would you like to fly through the Universe in their state-of-the-art, full dome planetarium. These are only a few of the exciting activities the whole family can participate in.
Kīholo, Kohala Coast
A black sand beach on a saltwater bay whose waters are a mixture of fresh ocean and mountain water, the bottom is filled with small round lava pebbles. The bay is a favorite hang out for turtles, and is a cool, refreshing place for swimming, snorkeling and surfing. Rinse off in a lava tube filled with fresh spring water.

Lapakahi State Historical Park, Hāwaii
Travel back in time to an ancient fishing village. Situated on the Kohala coast, you can often see Haleakalā on the island of Maui, and seldom hear anything but the wind and the waves.

Maunakea Visitor’s Center
Maunakea is the home of the ancient snow goddess, Poliahu. Climb to her summit and you can experience the perspective of being in the clouds. Experience an incredible sunset that reveals the constellations and vast galaxy that guided the Polynesians on their voyage to Hawai`i.

Pololū Lookout & Kamehameha Rock, Hāwaii
Rain and wind have eroded away the northeastern part of the island, creating the dramatic Pololū Valley and distant islets. Experienced hikers might venture down the trail to the black sand beach, but take note: it can get knee-high muddy. Between mile marker 25 & 26, watch for Kamehameha Rock on the east-side of the road. It was carried out of Pololū Valley by King Kamehameha I, to the end of Route 270.

Pu‘ukoholo Heiau National Historic Site, Kohala
This heiau (shrine) was built for the war god Kukā‘ilimoku by King Kamehameha I which he was told by a prophet that if built, he would conquer the islands. The result is an impressive rock structure that was dedicated in 1791 with human sacrifices. It remains standing today after the fulfillment of the prophecy over 200 years ago. An information center is open daily from 7:30 AM - 4:00 PM.

Pu‘u‘onona o Hōnaunau
Hawaiian houses, temples, petroglyphs, and wood carvings of gods are all part of this peaceful and tranquil voyage where, in ancient times, law breakers of the kapu (taboo) system could find refuge, if you made it there by escaping those hunting you with clubs!

Volcano National Park
Explore the many trails at Volcano National Park. Spend a full day viewing a live volcano and learn about the history of Kīlauea. Include a hike through a rainforest, take a dip in the champagne ponds, traverse across a crater, and through a lava tube. As the sun sets, your voyage can end the way the creation of the Hawaiian Islands began - watching lava flow into the ocean in a spectacular scene of steam and lights.

Volcano Winery
While visiting Hawai`i Volcanoes National Park, enjoy wine tasting at the world’s most unique winery. Home of tropical Hawaiian wines such as half grape-half tropical fruit wines called tropical fruit blends and tropical honey wines (no grapes).
General Information

Hours of Operation
Open from 8:30 a.m. to 4:00 p.m. Monday through Friday.
The Center is located on the ocean side of The Club Shop.

Reservations
Please contact us at (808) 325-8520 (in-house, dial 47) for information and to reconfirm complimentary programs.

The Kaʻūpūlehu Cultural Center programs are designed to be interactive, fun, and educational for the entire family. Please join our mea hoʻokipa (host) as they share the Hawaiian culture and teach you to make crafts that you will be able to take home and share. Talk story with Uncle Earl and our kupuna (elders). Make this your first stop during your Voyage here at Hualalai.

Children under the age of 12 must be accompanied by an adult.
Feather Art  
Mon  
10:00 a.m. to 11:00 a.m. Ages 4 and up

Hawaiian Language Classes  
Thurs  
2:30 p.m. to 3:30 p.m. Ages 8 and up

Hawaiian Quilting  
Tues  
10:00 a.m. to 12:00 p.m. Ages 12 and up

Hula 'Auana  
Mon  
2:30 p.m. to 3:30 p.m. All ages  
Thurs  
11:30 a.m. to 12:30 p.m. All ages

Hula Kahiko  
Tues  
2:00 p.m. to 3:00 p.m. All ages

Kani Le'a - Enjoy Hawaii's Music with Uncle Earl & Kaumana  
Thurs  
2:30 p.m. to 3:30 p.m. All ages

Keiki Lei Making  
Thurs  
10:00 a.m. to 11:00 a.m. Ages 12 and under

Kupuna Program  
Call for schedule All ages

Lauhala Weaving  
Wed  
10:00 a.m. to 12:00 p.m. Ages 12 and up

'Ohe Kapala (stamping)  
Wed (Classes every 30 minutes)  
2:00 p.m. to 3:30 p.m. All ages

Oral History of Ka'ūpūlehu  
Mon to Fri All ages

Shell Crafts  
Mon to Fri  
8:30 a.m. to 9:00 a.m. All ages

Star Navigation  
(Meet at the Kūkulu o Kalani (Star Compass) next to the cart path in front of Beach Tree lawn.  
Fri  
10:00 a.m. to 10:30 a.m. All ages

Ti Leaf Lei Making  
Fri  
2:30 p.m. to 3:30 p.m. Ages 6 and up

'Ukulele  
Mon & Fri  
12:00 p.m. to 1:00 p.m. Ages 12 and up
General Information

**Hualalai Coffee Company**
Open daily from 6:30 a.m. - 2:00 p.m.
Peak Season 6:30 a.m. - 4:00 p.m.

**The Residents’ Beach House**
Lunch 11:30 a.m. to 2:30 p.m.
Bar Menu 11:30 a.m. to 5:30 p.m.
Four Seasons guest welcomed if dining reservations available evening of request after 3:00 p.m. (during non-festive season)

**Hualalai Grille**
(Wednesday to Monday, closed Tuesday)
5:30 p.m. to 8:30 p.m.

**In-Room Dining**
Breakfast 6:00 a.m. to 11:30 a.m.
All-Day Dining 11:30 a.m. to 10:00 p.m.
Overnight Menu 10:00 p.m. to 6:00 a.m.

**Beach Tree**
Lunch 11:30 a.m. to 3:00 p.m.
Limited Lunch 3:00 p.m. to 5:30 p.m.
Dinner 5:30 p.m. to 8:30 p.m.
Bar and Lounge 11:30 a.m. to 10:00 p.m.
Reservations recommended for dinner only.

**’ULU Ocean Grill**
Buffet 6:30 a.m. to 11:00 a.m.
Ala Carte 6:30 a.m. to 11:00 a.m.
Dinner 5:30 p.m. to 9:00 p.m.
Farm to Table Dinner 5:30 p.m. to 8:30 p.m.
(every Saturday)
Reservations recommended for dinner

**’ULU Sushi Lounge**
Nightly 5:30 p.m. to 9:00 p.m.

**Exclusive Dinners Under the Stars**
For more information on our signature dining services under the stars, and to make reservations, please contact Special Events for availability at (808) 325-8244.

For dining reservations, please contact Concierge at (808) 325-8333 (in-house, dial 55).
Resort dress code is resort casual; shirts, bathing suit cover-ups and footwear required.
All of our restaurants are non-smoking. Hours subject to change seasonally, please call the Concierge for information.
As a courtesy, please call the Concierge to cancel your reservation.
General Information

**Seaside Luxe**
10:00 a.m. to 6:00 p.m. daily
9:00 a.m. to 7:00 p.m. peak season
Ph: (808) 325-8549 (in-house, dial 8549)

**Seaside Beach**
8:00 a.m. to 7:00 p.m. daily
8:00 a.m. to 8:00 p.m. peak season
Ph: (808) 325-4765 (in-house, dial 4765)

**The Club Shop**
7:00 a.m. to 5:00 p.m. daily
Ph: (808) 325-8483 (in-house, dial 8483)

**The Tennis Shop**
7:00 a.m. to 6:30 p.m. daily
Ph: (808) 325-8460 (in-house, dial 8460)

**Hualalai Trading Company**
7:00 a.m. to 7:00 p.m. daily
7:00 a.m. to 8:00 p.m. peak season
Ph: (808) 325-8515 (in-house, dial 8515)

*Store hours subject to change seasonally.*

**Special Services**

**Seaside Luxe**
To bring customer service to a Five Diamond level, guests will be able to schedule a complimentary, private shopping rendezvous. This highly personalized service with one of our fashion and style experts will include a selection of your preferred designer styles, a private fitting, accompanied by champagne. This exclusive shopping-by-appointment service is available in-store or en-suite. Alterations and shipping services are available upon request.

**Seaside Beach**
For the ultimate pampering after you enjoy a relaxing spa treatment, come visit Seaside Beach where a specialist can meet with you and advise how you can continue your wellness experience with our Kawili spa products. Our personal shopper can assemble a gift bag of your favorite infused body scrubs, nourishing face creams, perfumes, and island inspired products to take home. Alterations and shipping services are available upon request.

**Annual Events**

**Seaside Luxe**
Spring Break, Summer and Holiday Festive trunk shows with selected designers.

**Seaside Beach**
Spring Break, Summer and Holiday Festive trunk shows with selected designers.

**The Club Shop**
Spring Break, Summer and Holiday Festive trunk shows with selected designers.
General Information

The Kids For All Seasons Program is designed to be a fun camp-like facility which also incorporates the education and preservation of our unique Hawaiian culture.

What You Need To Know

We are licensed by the Hawai’i Department of Human Services enabling us to care for children between the ages of 5 to 12. Children under 5 years old are welcome to participate but must be accompanied by an adult guardian.

It is recommended that parents travel with their child’s birth certificate as proof of age especially if your child has just turned 5 years old.

On the first day of enrolling your child into Kids For All Seasons please allow yourself 10 extra minutes as we get to know your child and have you fill out a waiver form.

Lunch can be ordered daily before 11:00 a.m. through our counselors and charged to your room. Lunch will be served at noon in Kids For All Seasons.

Please be sure that your child arrives to Kids For All Seasons with a swimsuit and sunscreen (already applied), a change of clothing and comfortable shoes as required for the daily activities.

Hours of Operation

Our program operates daily from 8:00 a.m. to 5:00 p.m.

Your child can be dropped off or picked up at anytime throughout the day. However, when the keiki are outdoors the Kids For All Seasons Room is locked. In this case, we post a sign on our window to let you know exactly where we can be found.

Reservations

Please contact us at (808) 325-8000, ext. 8800 (in-house, dial 8800) for information.

Babysitting Services

With 24 hours notice, babysitting services may be arranged for your little ones. We will do anything possible to accommodate requests with shorter notice. Please note that there is an hourly fee for this service. For more information, please contact the Concierge at extension 8135 or touch 55.
Kids For All Seasons Activities

Registered Four Seasons Guests .......................Complimentary Program (some optional paid activities are also available)

Residential charge (for a half day - under 5 hours) ................................................................. $40 per child

Residential charge (for a full day - over 5 hours). ................................................................. $70 per child

Hale Kula Game Room.................................................................8:00 a.m. to 9:00 p.m. daily

Seasonal Activities (Movie Nights, Theme Nights) and Coconut Tween Program ............... call 8800 for more details

Typical Kids For All Seasons daily schedule

Outdoor Activity .........................8:00 a.m.
Arts & Crafts .........................9:30 a.m.
Activity/Lessons .........................10:30 a.m.
Lunch .........................12:00 p.m.
Eagle Ray Feeding .........................1:30 p.m.
Swimming .........................1:45 p.m./2:00 p.m.
Hale Kula Game Room .................4:00 p.m.
Aloha .........................5:00 p.m.
General Information

Hours of Operation

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Reservations

Tee time reservations and lessons may be booked up to one (1) week in advance by calling the Club Shop at (808) 325-8480 (in-house dial 45).

Tee time reservations may be booked up to ninety (90) days in advance can be made by calling (808) 325-8108 or (808) 325-8135 (in-house dial 55).

Please note that services, hours and prices may be subject to change with or without notification.

Golf Club Guidelines

Hualalai Golf Club Access Policy

Hualalai Golf Club is a private resort golf club. Golf course is limited to Hualalai members, guests of members and registered guests of the Four Seasons Resort Hualalai.

Dress Code

Proper golf attire must be worn by golfers and guests on the course and practice area, as well as in the clubhouse. Men, please wear slacks or proper length shorts, and shirts with sleeves. Tank tops, sweat pants, blue jeans, cut-offs and bathing suits are not appropriate attire.

Women, please wear dresses, skirts, slacks or golf shorts, and blouses or golf shirts. Halter tops and swim wear are not appropriate attire.

Our Facilities

Hualalai’s Jack Nicklaus Signature Course, one of two incomparable golf experiences at the resort, is Nicklaus’ first Hawaii design. The par-72 layout weaves through the Big Island’s challenging lavascape, taking full advantage of spectacular ocean views and dramatic shoreline vistas. To make your experience unforgettable the latest in GPS technology has been added or if you prefer a traditional experience, caddie service is available.

The Hualalai Golf Club has been host to the Mitsubishi Electric Championship at Hualalai since 1997 which features tournament champions for the past two seasons and senior major championship winners from the past five years.

The nine-acre driving range includes a chipping and short game practice area, two sand bunkers and a putting green.

The Club Shop offers quality golf shoes, clubs and accessories to enhance your performance, as well as golf apparel that will bring style and comfort to your game. To remember your time at Hualalai’s course, we also offer Hualalai logo gifts to share with friends and family back home.

The Residents’ Beach House is nestled just beyond the Waikakuhi Pond and 18th tee box of the Hualalai Golf Course. With casual lānai dining and menu of simply prepared fresh fish, sandwiches, salads, pizzas and daily specials. This is a great venue to whale watch, take in an amazing sunset, or relax and sip on our famous Big Daddy Mai Tai. Resort guests are welcome to join the residents of Hualalai at lunch and pupus till 5:30 p.m.

Gratuities

Gratuities in appreciation for excellent service are welcome and are at your discretion. The general recommended amount is 20% of your final invoice.
Huālalai Golf

Golf Services & Programs

**Green Fees**

Registered Guest ........................................ $275/day

Enjoy playing a second round on the same day at no additional charge, our ‘Hana Hou’ program.

9 hole rate (after 3:00 p.m.) ......................... $175

Junior Rate (18 years and under) ................. $150/day

9 hole Junior Rate (after 3:00 p.m.) ............... $75

Children 12 years and under play for free when with a paying adult.

Above fees are inclusive of shared golf cart, use of practice facility and clubhouse privileges.

**Services and Programs**

Practice Facility Only ................................ $40/day

Junior Practice Facility Only ...................... $20/day

Club Rental ............................................. $80/day

Shoe Rental ........................................... $15/day

Caddie Program ..................................... $100 per bag

**Lessons**

Private Lesson ..................................... $175/hour

Playing Lesson .................................... $350/two hours

**Complimentary Clinics**

Chipping and Short Game Clinic .......... Mondays at 8:00 a.m.

Sand Bunker Clinic ......................... Fridays at 8:00 a.m.

**Complimentary Golf Tours**

Tour the practice facility and signature golf holes at the Huālalai Golf Course .......... Mon., Wed., Fri., 9:30 a.m.

**Group Activities**

Night Golf (min. 8 persons)* .......... $200 and up per person

Must be booked 2 weeks in advance

Night Miniature Golf ....................... $125 and up per person

Must be booked 2 weeks in advance (minimum 12 persons)*

Putts, Pupus, Drives and Drinks .... $125 and up per person

Must be booked 2 weeks in advance (minimum 24 persons)**

Pro-Am Scramble ................ $225 and up per person

Must be booked 2 weeks in advance (minimum 8 persons)*

*Food and beverage optional and not included in price

**Food and beverage menu options not included.

Please contact 325-8480 (in-house, dial 45) for more details.
Tennis

General Information

Hours of Operation
Tennis Pavilion          7:00 a.m. to 6:30 p.m.
Tennis Shop                 7:00 a.m. to 6:30 p.m.
Times subject to changes seasonally.

Reservations
Please call (808) 325-8460 (in-house, dial 46) to make your reservations and schedule lessons.

Court reservations may be made one day in advance. We reserve one hour for singles and one and one-half hours for doubles. Court time may be extended based on court availability.

To reschedule or cancel an appointment, please let us know four (4) hours in advance to avoid being charged in full. The cancellation policy for Groups is 72 hours in advance of arrival.

Please note that services, hours and prices may be subject to change with or without notification.

Dress Code
Attire specifically designed for tennis is requested. Shirts and tennis shoes must be worn at all times. Non-marking tennis shoes are required. No running shoes or tank tops, please.

Our Facility
• Eight Rebound Ace surface courts
• Two lighted courts for evening play
• Tennis Shop features a selection of the latest in tennis apparel, accessories and equipment
• Facility can accommodate large groups, specialty events and corporate tournaments
• Professional tennis staff cater to your personal tennis needs
• We carry the latest models of Prince and Babolat racquets

Gratuities
Gratuities in appreciation for excellent service are welcome and are at your discretion. The general recommended amount is 20% of your activity fee.
Tennis Services & Programs

Services and Programs

- Find A Game (daily) .................. $25 court fee per person
- Play the Pro (daily) .................... $65 per set
- Pro Play In. .............................. $65 per hour
- Beat the Pro (daily) .................... Complimentary
- Exhibitions (seasonal) .................. Complimentary
- Night Doubles .......................... Complimentary
  (Thurs and Sun 5:00 p.m. - 6:30 p.m.)
- Instructional Clinic (1 hour) ............ $35 per person
- Ball Machine (1 hour/30 minutes) ...... $40/$25
- Court Fees (per day) .................... $25 per person
- Racquets ................................ Complimentary

Singles, doubles or mixed doubles can be arranged. Please inquire at the tennis shop for details.

Group Activities

Round Robin Tournament
Groups of 8 to 40 ................................ call for pricing

Lessons

Private Lessons (ages 4 and up)

- 30 minutes ................................ $65
- 60 minutes ................................ $120
- Semi-Private ............................... add $15 per person

Magic Tennis Worlds Gold Coin Programs

- Magic Tennis Worlds (ages 4 to 12) .... $30 for 30 minutes
- Magic Tennis Worlds (ages 8 to 12) .... $30 for 30 minutes
- Future Champions (ages 10 to 17) ...... $35 for an hour

Exhibitions (seasonal) .................. Complimentary
Night Doubles .......................... Complimentary
Instructional Clinic (1 hour) ............ $35 per person
Ball Machine (1 hour/30 minutes) ...... $40/$25
Court Fees (per day) .................... $25 per person
Racquets ................................ Complimentary
Singles, doubles or mixed doubles can be arranged. Please inquire at the tennis shop for details.
General Information

**Hours of Operation**
Hale Nalu 7:30 a.m. to 3:30 p.m.
Hualalai Canoe Club Ocean Activities 7:00 a.m. to 2:30 p.m.

**Reservations**
We highly recommend booking your reservations 24 hours in advance by calling (808) 325-8062 (in-house dial 8062).

If you must reschedule or cancel an appointment, please let us know four (4) hours in advance to avoid being charged in full.

Cancellation of an activity is possible when ocean conditions are deemed unsafe by the Alaka'i Nalu. If rescheduling is not possible, no charge will apply.

Please note that services, hours and prices may be subject to change with or without notification.

**Ocean Safety**
For your child’s safety, please check with the Alaka'i Nalu for the minimum age on any activity.

For your safety and enjoyment, please discuss the minimum skill level required for any activity with the Alaka'i Nalu.

Always ask the Alaka'i Nalu about any potential hazards, boundaries and ocean conditions before entering the water.

**Ocean Activity Courtesies**
Please meet for activities at the Hualalai Canoe Club. If requesting transportation, pick up is from the Four Seasons Hotel lobby entrance.

**Our Equipment**
- 6-man Hawaiian Outrigger Canoes
- 1-Man and 2-Man Carbon Fiber Outrigger Canoes
- Stand Up Paddle Boards for beginners to advanced
- Scooter Snorkels for snorkeling and free diving
- Adventure Trips on our 30 foot hi-speed Rigid Inflatable Boat (RIB)

**Gratuities**
Gratuities in appreciation for excellent service are welcome and are at your discretion. The general recommended amount is 20% of your final invoice.
The Ultimate Alaka‘i Nalu Adventure
(2 hour minimum, 16 pax maximum)
  Ribcraft ........................................ $150 per adult
  ........................................ $125 per child*
  Canoe........................................ $300 per hour

Voyaging on the Makali‘i Presentation
(annually).......................................Complimentary
  2-Man Outrigger Canoe..................$150 per person
  4-Man Outrigger Canoe..................$300 per hour
  6-Man Outrigger Canoe..................$300 per hour

Ribcraft Snorkel Adventure Cruise ........ $150 per adult
  ........................................ $125 per child*

Scooter Snorkel (1 hour guided tour)......$150 per person

Snorkeling at King’s Pond
(daily equipment use until 4:00 p.m.).......Complimentary

Stand Up Paddle Board......................$150 per person

Teen Activity Cruise (seasonal)............$125 per person

Whale Watch (seasonal) ......................$150 per adult
  ........................................ $125 per child*

* Children 12 years and younger
General Information

**Hours of Operation**
- King's Pond: 10:00 a.m. to 4:00 p.m.
- Hale Nalu: 7:30 a.m. to 3:30 p.m.

**Reservations**
Reservations are required one day prior to the activity. Call or visit Hale Nalu at (808) 325-8062 (in-house, dial 8062).

If you must reschedule or cancel an appointment, please let us know the day prior to the activity to avoid being charged in full.

Cancellation of an activity is possible when ocean conditions are deemed unsafe by the Marine Life Department. If rescheduling is not possible, a full refund will be given.

**Minimum Age**
For your child’s safety, please check with the Hale Nalu Staff for the minimum age on any activity.

**Marine Life Adventure Courtesies**
We welcome the participation of all guests in our activities. Due to the nature of our specialized programming, several of our activities require a minimum or have a maximum number of participants which are noted under each activity.

**Safety**
Please wear appropriate attire when participating in our activities such as swimwear because you are likely to get wet!

Some of our activities require the ability to swim and/or use mask and snorkel. Please check with the Hale Nalu on minimum ability requirements.

**Gratuities**
Gratuities in appreciation for excellent service are welcome and are at your discretion. The general recommended amount is 20% of your final invoice.
Reservations Required
Please sign up a day prior to activity at Hale Nalu or call 325-8062 or in-house 8062.

**Behind The Scene Tour** .................. $60 per person
(Friday 8:30 a.m. to 9:30 a.m.)
Maximum 4 persons. Meet at the Hale Nalu.

**Catch and Release Hualālai Fishing** ....... $130 per pole
(Thursday 8:30 a.m. to 9:30 a.m.)
Ages 7 and up. Maximum 3 fishing poles.
Meet at hotel lobby.

**Fish Circus Training** .................. $60 per person
(Wed/Thurs at 8:30 a.m. to 9:30 a.m.)
Ages 6 and up. Maximum 4 persons.
Meet at King’s Pond.

**Junior Marine Biologist** .................. $60 per person
(Thursday at 10:30 a.m. to 11:30 a.m.)
Ages 12 and up. Maximum 4 persons.
Meet at King’s Pond.

**Ocean Life Exploration** ................. $60 per person
(Wednesday at 9:45 a.m. to 10:45 a.m.)
Meet at King’s Pond.

**Ocean Art Days** .................. $60 per person
(Monday at 9:00 a.m. to 10:00 a.m.)
Ages 5 and up. Ages 5-7 must be accompanied by an adult.
Maximum 5 persons. Meet at King’s Pond.

**Private Ray Encounter** .................. $110 per group
(Mon/Fri/Sat/Sun)
Maximum 5 persons. Meet at King’s Pond.

**Shark Adventures** .................. $60 per person
(Tues/Thurs at 9:45 a.m. to 10:45 a.m.)

**Anchialine Pond Tour** .................. Complimentary
(Mondays at 8:30 a.m.)
Call 325-8062 or in-house 8062 for scheduling.
Meet at Hale Nalu. Wear comfortable foot wear.

**Eagle Ray Feeding** .................. Complimentary
(Mon. to Fri. at 1:00 p.m.)
Maximum of 15 persons. Please sign up in person beginning at 10:00 a.m. at King’s Pond.

**Fish Feeding** .................. Complimentary
(Mon/Wed/Fri at 10:30 a.m.)
Meet at the King’s Pond.

**Shark Feeding** .................. Complimentary
(Mon/Wed/Fri at 11:00 a.m.)
Call 325-8062 or in-house 8062 for scheduling. Meet at the Ho`onanea Pond next to `Ulu Ocean Grill restaurant. Shark feeding available only when shark rehabilitation is occurring.

**Tide Pool Exploration** .................. Complimentary
(Wednesdays, dependent on low tide)
Maximum of 12 persons. Please sign up a day prior to activity at Hale Nalu or call 325-8062 or in-house 8062.
Meet at the King’s Pond.

**Touch Tank Talk** .................. Complimentary
(Daily 10:00 a.m. and 1:45 p.m.)
Meet at King’s Pond.

**Children under 7 must be accompanied by an adult.**
General Information

**Hours of Operations**
6:00 a.m. to 8:00 p.m. daily

**Reservations**
We highly recommend booking your appointments in advance by calling (808) 325-8440 (in-house, dial 53).

To reschedule or cancel an appointment, please let us know four (4) hours in advance to avoid being charged in full. The cancellation policy for Groups is 72 hours in advance.

Please note that services, hours and prices are subject to change with or without notification.

**Minimum Age**
Our Climbing Wall is designed for ages five (5) and older.

Children under the age of 14 (fourteen) are not permitted in the fitness facilities.

**Sports Club Courtesies**
Shirts and closed toe shoes are required in strength and cardio facilities and on all cardio and strength equipment.

Programs and activities will begin and end at the scheduled time. Please be prompt when attending classes to avoid disappointment.

The Hualālai Sports Club is a cell phone free zone. Please be courteous to other guests and refrain from using cellular phones in the Sports Club.

Smoking and alcohol are prohibited in the fitness facilities.

**Our Facilities**
- ‘Open-air’ strength gym
- ‘Open-air’ cardio gym
- 25 meter outdoor lap pool
- 24 feet climbing wall
- Half court basketball area
- Sand volleyball court
- Strength equipment
- Precor treadmills
- Precor adaptive motion trainers
- Precor elliptical trainers
- Precor upright & recumbent stationary bicycles
- Stairmaster stepmill
- Concept II rowers
- Star Trac Blade Spinners

**Gratuities**
Gratuities in appreciation for excellent service are welcome and are at your discretion. The general recommended amount is 20% of your total service or activity fee(s).
### Fitness, Yoga, Swim, Pilates

- **Fitness Walks** ........................................... Complimentary (Walks depart the Spa at 7:00 am sharp. Please arrive 5 minutes early).
- **Fitness Class** ........................................ $20
- **Fitness Class (80 minutes & up)** ...................... $30-$40
  - See weekly brochure for class schedule.
  - Sign up at the Spa Concierge Desk prior to class.
- **Fitness Class Pass**
  - (unlimited use for 5 days) .............................. $105
  - (unlimited use for 10 days) ........................... $170
- **Personal Training**
  - (25/50/80 minutes) ............................ $70/$110/$155
- **Private Swim Lessons**
  - (25/50 minutes) ........................................ $65/$110
- **Semi-Private Personal Training**
  - (50/80 minutes) ...................................... $135/$190
- **Semi-Private Swim Lessons**
  - (50 minutes) ........................................... $135
- **Private Pilates Reformer Training**
  - (50/80 minutes) ...................................... $110/$155
- **Semi-Private Pilates Reformer Training**
  - (50/80 minutes) ...................................... $135/$190
- **Private Yoga Training**
  - (60/80 minutes) ...................................... $110/$155
- **Semi Private Yoga Training**
  - (60/80 minutes) ...................................... $135/$190
- **Private Bikram Yoga Training**
  - (80 minutes) ........................................... $155
- **Private Group Training** .............................. from $155 per class (3 guest minimum plus $25 each additional person)

### Wellness Services

- **Acupuncture (50/80 minutes)** ...................... $190/$285
- **Physical Therapy (50 minutes)** ...................... $175
- **Sound/Energy Healing (60 minutes)** ................ $160
- **Yoga Therapy (90 minutes)** .......................... $190

### Hiking

- **Hike & Explore Photographic Journey**
  - (Allow 4 hours) ........................................ $465 per person
- **Hualalai Hike (from 3 hours)**
  - 1 to 3 guests ........................................ starting at $310
  - Each additional guest ................................. add $80

### Climbing Wall

- **Family /Group Climb**
  - (50/80/110 minutes) ................................ $150/$180/$210
- **Keiki Climb Class (50 minutes)** ................. $30
- **One Person Climb**
  - (25/50/80 minutes) ................................. $60/$105/$140
- **Two Person Climb**
  - (25/50/80 minutes) ................................. $70/$125/$170
Salon Services & Finishing Touches

**Haircut & Styling**

Women's Haircut ........................................... from $95
Men's Haircut ............................................. $55
Non-Shampoo Children's Haircut (ages 4 to 12) ........ $40
Bang Trim ...................................................... $25
Beard Trim .................................................... $25
Shampoo Only ................................................ $35
Shampoo Blow Dry ........................................... from $60
Shampoo Blow Dry Style (using tools) ................. from $85
Shampoo Roller Set ......................................... $85
Corn Row Braids ........................................... $10 per braid
Color Glaze (semi-permanent) .......................... from $100
French Braid ................................................ $85
Special Occasion Style (on clean dry hair) ............ from $95
Bridal Hair Design (on clean dry hair) ................. from $130
(Includes complimentary consultation prior to wedding day and veil placement)

**Color & Styling**

Root Touch-up ............................................... from $90
Root Touch-up & Blow Dry ................................ $150
New Color Application ................................... $100
New Color Application & Blow Dry ..................... from $160
Women's Haircut, Color & Blow Dry .................... from $185
Partial Highlights ......................................... from $100
Partial Highlights & Blow Dry ............................. from $160
Full Highlights .............................................. from $160
Full Highlights & Blow Dry ............................... from $220

**Color & Styling (continued)**

Color Glaze .................................................. $100
Color Glaze & Blow Dry .................................. from $160
Corrective Color -Consultation with stylist will determine price.

** Conditioning Treatments**

Our stylist can custom blend scalp or hair ritual that will assist in purifying, moisturizing, or revitalizing the scalp and hair ........................................... from $50
A charge of $20 and up will be added to all services when working with hair extensions.

**Finishing Touches**

Makeup Application ....................................... $85

**Nail Care**

Hualālai Apothecary Manicure .............................. $95
Hualālai Apothecary Pedicure .............................. $130
Deluxe Manicure ............................................ $85
Deluxe Pedicure ............................................. $120
Manicure (Basic/French) ................................... $55/65
Pedicure (Basic/French) ................................... $85/95
Express Manicure .......................................... $40
Express Pedicure ........................................... $50
Polish or French Change Hands ......................... $30/35
Polish or French Change Toes ........................... $30/35
Warm Paraffin Mask (hands or feet) ..................... $30
Nail repair consultation, service available upon request. Price will be determined.
General Information

Hours of Operation
Spa Services  8:00 a.m. to 8:00 p.m.
Salon 8:00 a.m. to 7:00 p.m.

Spa & Salon Reservations
We highly recommend booking your appointments in advance by calling (808) 325-8440 (in-house dial 53). You may request a specific service provider, however we cannot guarantee availability.

To reschedule or cancel an appointment, please let us know four (4) hours in advance to avoid being charged in full. The cancellation policy for groups is 72 hours in advance of arrival.

Please note that services, hours and prices are subject to change with or without notification.

Minimum Age
Salon services are available for all ages.

Our Spa experience is designed for guests sixteen (16) years of age and older.

Spa and Salon Courtesies
To preserve the tranquility of our facilities, cellular phones are not allowed in the Spa and Salon.

Please let us know when making your reservation and inform your service provider if you have any health concerns such as medical conditions, allergies, have had recent surgery, or illness, or are pregnant.

Smoking, alcohol and pets (other than service animals) are prohibited in the Spa and Salon.

Services will begin and end at their scheduled time as a courtesy to all our guests. We suggest arriving 30 minutes prior to your scheduled service to allow a leisurely check-in and time to relax and enjoy our facilities.

Our Facilities
• Nineteen indoor/outdoor treatment rooms
• Saunas
• Cold plunge pools
• Steam rooms
• Men’s and Women’s indoor/outdoor lounge areas
• Keyless custom lockers
• Indoor and outdoor showers
• Unique apothecary with over 20 natural ingredients custom blended for each individual
• Zero Gravity chairs at the Salon
• Private treatment hale with Hinoki tub for Duet services
• Exclusively for Spa guests: Waiea (Water of Life) Garden
• Poolside massage

Gratuities
Gratuities in appreciation for excellent service are welcome and are at your discretion. The general recommended amount is 20% of your total treatment fee(s).
Spa Packages

Detox Escape .............................................. $620
Romance Escape - For 2 guests ............... $620 per person
The Hualalai Experience................................. $520

Body Treatments

Citrus Pa`akai Scrub (50/80 minutes) .......... $185/$245
Coffee Mocha Scrub (50/80 minutes) ......... $185/$245
Green Tea Water Cure & Wrap (105 minutes) .... $325
Hau`oli Wäwae Foot, Scalp and Neck Treatment (50 minutes) ............... $190
Island Glow (80 minutes) .......................... $245
Polynesian Niu (Coconut) Scrub (50 minutes) ........ $190
Polynesian Niu (Coconut) Scrub and Wrap (80 minutes) ................................ $245
Sun Relief Ti Leaf Wrap (50/80 minutes) ...... $185/$245

An additional 20 minutes may be added on to certain treatments for $90 with the exception of any 105 minute service and pregnancy massage.

Apothecary Treatments

Apothecary Mud & Clay Mosaic
(80 Minutes) .......................................................... $250
Hulali Scrub Treatment
(80 minutes, includes consultation time.) ............... $250
Lino Hau Full Body Experience (Scrub, Wrap & Massage)
(120 minutes, includes consultation time.) ............... $425
Wawali Wrap Treatment
(80 minutes, includes consultation time.) ............... $250

Water Cures

Aphrodisiac* (50/80 minutes) ......................... $160/$240 per person
Deep Renewal Detox* (50/80 minutes) ............... $160/$240 per person
Exotic Hibiscus & Coconut Moisturizing Milk* (50/80 minutes) ............... $160/$240 per person

*50 minutes includes skin brushing, scalp and foot massage and bath plus herbal tea or tonic.

*80 minutes includes skin brushing, a 30 minute massage based on your preferences, and bath plus herbal infusion.
Skin Care

Anti-Aging Facial (80 minutes) ........................................ $240
Classic Facial (50/80 minutes) ........................................ $180/$240
Custom Facial (80 minutes) ........................................... $240
Deep Cleansing Facial (80 minutes) ............................... $240
Express Facial (20 minutes) ........................................... $95
Hualalai Signature Facial (80 minutes) ......................... $250
Kāne (Men’s) Facial (50/80 minutes) ............................. $180/$240
Liquid Lift Peptide Facial (50/80 minutes) ....................... $180/$240

Intraceuticals ®

Clarify Infusion (50 minutes) ............................................ $260
Opulence Infusion (50 minutes) ...................................... $260
Rejuvenate Infusion (50 minutes) ................................... $260

Facial Enhancement:
These enhancements may be added onto any facial service:

Aromatherapy Warm Paraffin Mask (hands or feet) ................. $35
Atoxelene Infusion (20 minutes) ..................................... $125
Bright Eyes ............................................................... $35
Deep Conditioning ....................................................... $40
Hot Oil Therapy ........................................................ $40
Step It Up Treatment ..................................................... $35

Massage Therapies

Aromatherapy Massage (50/80/105 minutes) ............... $190/$260/$325
Ashi Thai (80/105) .................................................. $265/$340
Ashiatsu (80/105) .................................................. $285/$360
Craniosacral Therapy (50/80 minutes) ......................... $190/$255
Duet Massage (50/80 minutes) ..................................... $180/$250
DeepTissue (50/80/105 minutes) ............................... $220/$285/$360
Hapai (Pregnancy) Massage (50 minutes) ...................... $190
Hualalai Island Stone Massage (80 minutes) ................. $255
Lomi Lomi (50/80/105 minutes) ................................. $180/$250/$315
Reiki (50/80 minutes) ................................................ $185/$255
Shiatsu (50/80 minutes) .............................................. $185/$255
Sports & Fitness Massage (50/80/105 min) ............... $190/$260/$325
Swedish Massage (50/80/105 minutes) ....................... $180/$250/$315
Sweet Dreams (80/105 minutes) .................................. $265/$360
Thai Massage (80/105 minutes) .................................. $265/$360
Tension Reliever Massage (20 minutes) ......................... $95

En-Suite Massage

En-Suite Massage (50/80/105 min) ................................ $50 added to the cost of each service

En-suite services are not applicable to Body Treatments and Sweet Dreams service.

After Spa Hours ........................................................... add $80

Please inquire about our poolside Spa Services.
Aloha,

Four Seasons Resort Hualālai and Hualālai Resort offers over two hundred activities, many that can only be found here. The Voyages activity guide was designed with you in mind: your trip, your family, your experience. Turn the page... plan your voyage.

Hauālai Sports Club
Hauālai Spa
Seaside Beach
Tennis Pavilion
Hauālai Trading Company
Hauālai Coffee Company

King's Pond
Kids For All Seasons and Ka Hui
'Olu
Ocean Grille & Sushi Lounge
Children's Pool
Sea Shell Pool
Hale Nalu
Surf Shack
Beach Tree Restaurant
Hildgund Jewelry
Sunset Lawn
Beach Tree Pool
Seaside Luxe
Palm Grove Pool and Bar
Ka'ūpūlehu Cultural Center
Residents' Beach House
Club Shop
Practice Range

Ocean Grille & Sushi Lounge
Hauālai Coffee Company
Hauālai Trading Company