

Call of the Wild

The World's Longest Running Adventure Travel Company for Women
Since 1978



Kauai Explorer: Hiking the Garden Isle March 6th – 12th, 2011

Rating: Beginning/Intermediate – Day Hiking

Group Size Maximum: 12 Clients

Cost: \$2395 Single Occupancy, \$2195 Double Occupancy

Reservation Deposit \$500; Balance due 3 months before start date of trip.

Discover what 'The Garden Isle' is known for – lush green hills, fantastic day hiking, beautiful vistas, and miles upon miles of secluded beaches. We'll spend our days exploring this paradise by foot, trekking through flourishing forests filled with birds, flowers, and endless streams. We'll spend time learning the local flora and fauna, with time to relax after the day's activities.

March is a wonderful time to visit Kauai. The humpback whales are still wintering in Hawaii, the plants are blooming, and the crowds haven't arrived yet. You'll come home with new friends, amazing memories, and fabulous photographs. You will truly know you have found paradise after a week with Call of the Wild in Kauai. Join us for this wonderful women's hiking vacation!

Day 1, Sunday ~ Arrive Lihue, Kauai

Today is arrival day. Arrive at Lihue Airport where you will be met by your guide in baggage claim. Please plan to arrive no later than 4:00 pm. You'll be transferred to accommodations for the week where you'll have the opportunity to get settled in, de-stress from travel, and relax by the ocean. There will be a welcome dinner at 7:00 PM. At dinner, we will have a trip orientation, go over our weeks plan, answer questions, and you'll meet the guides. (*Dinner*)

Day 2, Monday ~ Okolehao' Trail Hike (4.5m)

After a freshly prepared breakfast of tropical fruit, breads, and other breakfast treats, we'll depart for the Okolehao' Trail. This 4.5m RT hike climbs 1,200 ft. to the best vantage point of the Hanalei coast and valley. Along the way, we will hike through the Hanalei Forest Reserve and into Norfolk Pines, before reaching the summit and a 360 degree view. Amazing! After enjoying lunch at the summit, we will hike down with views of taro fields before returning to the trailhead. We will return home for the afternoon to enjoy the gardens, visit town, or go snorkeling. Tonight, we'll enjoy a delicious Hawaiian-inspired meal outside under the stars. Wear your lei and sarong (or any casual clothes you prefer) and get into the island lifestyle! (*Breakfast, Lunch, Dinner*)

Day 3, Tuesday ~ Hanakapiai Falls (8.0m)

After Breakfast, we depart for an 8.0m RT hike along the Napali Coastline and to soaring Hanakapia Falls. We travel along the often steep and rocky Kalalau Trail for the first two miles, with views of the Pacific Ocean and the island shoreline. After 2 miles, we arrive at Hanakapiai Beach, where we head inland another 2 miles. We will travel through bamboo, ferns, and crossing streams before we arrive at the base of Hanakapiai Falls. These falls plunge nearly 300 feet, enclosed by an amphitheater of rock and tropical plants. We will enjoy our picnic lunch here before beginning our return trip along the Kalalau trail. We'll return home and get ready for a delicious meal out on the town. Tonight we will dine in the town of Hanalei on freshly caught fish and other local favorites. *(Breakfast, Lunch)*

Day 4, Wednesday ~ Kumuwela Lookout Hike in Waimea Canyon (7.5m)

Today we start early to hike on the southern part of Kauai. This area, known for its dramatic canyons and soaring waterfalls, provides amazing vistas for anyone up for a good hike. We will enter the Halemanu Valley, a tree-lovers delight. We will watch for wild goats as we descend into a dense forest as we cross over streams. We will hear local birds as we hike if we listen carefully. We will also travel near numerous waterfalls before arriving at the lookout. Kumuwela Lookout has views all the way down Waimea Canyon to the ocean. Spectacular! On our drive back, we will stop in Poipu to view 'Spouting Horn' along the coast and visit the local markets for some souvenir shopping. We will have a casual dinner out in Poipu before returning home. *(Breakfast, Lunch)*

Day 5, Thursday ~ Snorkeling, Hiking, and Luau

Today's activities are all optional. Your guides will offer a day hike along Kilauea Bay or snorkeling at Anini Beach. You also have the option of morning or afternoon yoga in Kapaa, a massage, or just relaxing with a book. It's up to you! At 5 pm, we will depart for a traditional Hawaii Luau. This evening is full of traditional Polynesian theatrics, music, and delicious food. You'll leave feeling energized and ready for the next day's adventure!
(Breakfast, Lunch, Dinner)

Day 6, Friday ~ Trans Kauai Hike (13m)

Today we depart early to shuttle over to the trailhead of our day's hike across Kauai. We will start off in dense green forests before joining a grassy ridge into the tropical highlands. We will cross Kauai with views of the ridges and valleys that give Kauai its unique character. Crossing streams and traveling along the trail, we may see wild pigs and goats before ending our journey where our vehicle will be waiting for us. Tonight, we will celebrate our accomplishments with a delicious meal in Wailua at a restaurant famous for its fresh, creative, local cuisine.
(Breakfast, Lunch)

Day 7, Saturday ~ Depart Lihue

After breakfast, we say goodbye and depart for the airport. You'll be transferred back to Lihue Airport where you'll be dropped off in the departure area. Due to our transport schedule, please schedule your flights after 11 am.
(Breakfast)

Note: Itinerary subject to change at leader's discretion due to weather and other contingencies.

WHAT YOUR TRIP INCLUDES:

- Experienced leadership
- Excellent food as noted on the itinerary
- Single or Double Occupancy Accommodation
- Airport Transfers from Lihue Airport
- Snorkel or Paddleboard Lesson

NOT INCLUDED:

- Air transportation to Lihue Airport
- Sodas or alcohol at meals
- Personal gear (see equipment list mailed in your registration packet)
- Optional tips for your guides

About tipping: People on our trips often ask us about gratuities, so here are some guidelines: Each person usually tips \$8-\$10 per day for each guide depending on the level of service and the number of guides assigned to the trip (people do not usually tip any guide interns.) Guides cook and serve your meals and take care of many extra details to give you a safe and fun trip. Tips at the end of the trip are a way of showing your special appreciation if you feel that your guides have given very good service to you. Tips are not required, but appreciated.

HOW TO REGISTER

First, call (650-265-1662) or use the Online Quick Reservation Tool to make a reservation and complete your deposit payment with a Visa or MasterCard.

Next, send in completed and signed Trip Application. The Trip Application is available by fax, mail, or from our Web site at www.callwild.com. After receiving your deposit and application, we will send you confirmation of your reservation and an information packet on your trip.

TRIP CANCELLATION INSURANCE

We strongly suggest that you take out trip cancellation insurance. Call of the Wild does not issue cash refunds, no matter what the circumstances of your cancellation may be. Depending on the time of your cancellation, you may or may not be eligible for a credit for another trip, please read our refund and cancellation policy at www.callwild.com. To sign up for Travel Guard insurance call us for a brochure or visit www.callwild.com.

AIR TRAVEL AGENT

For air travel, please contact Wendy Fazio at Skyline Travel 510-530-1100 or e-mail wendyatskyline@aol.com. Let her know that you are traveling with Call of the Wild. You need to arrive at Lihue Airport on the island of Kauai.

ARRIVAL AND DEPARTURE PLANNING

Please plan to arrive in Lihue no later than 4:30 pm on arrival day. We will greet you in Baggage Claim at Lihue Airport. We will have a sign. On departure day, please plan any flights after 11 AM.

ABOUT OUR HIKES

For this adventure, we will usually be on the trail by 10 AM each morning and be off by 3 or 4 PM at the latest. We will enjoy a trailside lunch and move at a pace that is comfortable for the group. Clients will carry a day pack each day with their personal gear, water, trail snacks, camera, and other personal affects. This pack is usually no more than 8 – 10 lbs. Our hikes range in difficulty from easy to moderate. They are all ‘doable’ and designed to give you a good workout, but still allow you to enjoy the outdoors. We plan to move at a pace that allows time for picture taking. Depending on group ability, we may break into smaller group while on the trail to move at a few different speeds.

ABOUT OUR ACCOMODATIONS

On Kauai, we stay in our own private retreat on the grounds of an old Macadamia nut plantation near the town of Kapaa. This garden oasis is full of fruit trees, trickling streams, and private alcoves to relax with a book (or take a nap!) Each bed has Egyptian cotton sheets, down pillows, and soft comforters for you to relax in each evening. It’s luxury in the Hawaiian countryside. For clients requesting single occupancy, you will have your own room (bath may or may not be shared). For clients requesting double occupancy, you’ll be paired with another client for the week. Our meals will be taken in the main home’s kitchen, or outside on the patio. You will have access to a microwave, coffee pot, refrigerator, washer, dryer, and WiFi. You’ll fall in love with this wonderful retreat and not want to leave.

ABOUT OUR MEALS

For this adventure, all meals are included as indicated on itinerary. You can expect

Breakfast – Most mornings will be a continental breakfast (granola, tropical fruit, yogurt, coffee, etc.) with warm options such as gourmet breakfast casseroles, fresh breads, French toast, waffles, and chicken and apple sausage. Coffee, tea, and juice are included.

Lunch – Many of our lunches will be on the trail. These will typically include cheese, crackers, fruit, meats, and nuts. Lunches in town will usually be sandwiches or salads.

Dinner – We eat in nice restaurants as a group in the evenings and try to patronize restaurants that showcase fresh, local flavors of the areas we are visiting. Your meal includes an appetizer or salad or dessert and entree. Due to group size, some meals are fixed menu with 2 -3 options. All meals have a vegetarian option. Not included in meals are sodas, teas, coffees, alcohol, or anything else not outlined above.

For those wishing to enjoy wine with their meals, some groups decide to setup a ‘Wine Kitty’ at the beginning of the trip, where each member contributes money which is designed to cover the week. This is optional and up to the group if they wish to structure. You guide will speak to you more about this at the welcome dinner on Day 1.

For those with any strict food allergies, please disclose this on the trip application for planning purposes.

WEATHER

We'll experience warm tropical climate. Temperatures in Hawaii in March are in the 70s. Be prepared for bright sun and also rain at anytime.

QUALIFICATIONS

Call of the Wild trips are designed for flexible, energetic people who like to be active and have a spirit of adventure. We expect trip participants to be in good physical condition and aerobically fit. You must have your own health insurance. Our best trips are those where everyone is equipped with a positive attitude, the sensitivity to recognize the needs of the group, and a sense of humor!

ABOUT OUR GUIDES

Call of the Wild guides have extensive experience and bring proven leadership to your adventure. We pride ourselves on giving women safe opportunities to venture into the wilderness and do something they've never done before. Our guides are certified Wilderness First Responders and they'll go the extra mile to make you feel at home in the wilderness. They are interesting people and include a pilot, a former paramedic, a personal trainer, an exercise physiologist, a glacier guide, and the owner of a wild mustang. They have in common a love of the wilderness and an enjoyment of people's company.