



Tour: Aloha Hawaii
Destination: The Islands of Hawai'i & Oahu, Hawaii
Specialization: History, Science, Sports, Arts & Culture
Itinerary: 8-days / 7-nights (some groups may require an overnight flight; dependent upon origination)

ALOHA HAWAII					
Day	Morning		Afternoon		Evening
1	Travel to Hawaii; transfer & hotel check-in				Welcome Pizza Party
2	Kona Cloud Forest Sanctuary - Hike & Lunch		Pu'uhonua O Hōnaunau National Historical Park		Dinner at Bubba Gumps Hawaiian Night Astronomy Workshop
3	The Hawaiian Archipelago with Interpretive Guide: Punalu'u Black Sand Beach, Volcanoes National Park, Thurston Lava Tube, Devastation Trail, Steam Vents, Jagger Museum & Halemaumau Crater				Rainbow Falls Local Dinner
4	<i>Fly to Honolulu</i>	Diamond Head Volcano Hike	Fun in the Sun on Waikiki Beach - Free time for beach combing, surfing & swimming		Wiki Wacky in Waikiki - Treasure Game & Dinner
5	The USS Arizona Memorial Tour		Lunch & USS Battleship Missouri Educational Tour	Honolulu Narrated Driving Tour	Japanese Steakhouse Dinner Experience
6	The Polynesian Cultural Center - Explore the rich heritage of the Pacific Islands with traditional hands-on activities, 7 shows & an IMAX presentation				Ali'i Luau Polynesian Feast & Open-Air Traditional Hawaiian Dinner Show
7	Barefoot Beach Catamaran Snorkeling Adventure		Waikiki Aquarium + Coral Reef Workshop	Free Time	Hawaiian Beach BBQ Farewell Dinner & Celebration
8	Hotel Check-out, transfer to Airport; depart Hawaii for Home				



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



Hammock Expeditions, LLC
 51 Hillcrest Way
 Bluffton, SC, 29909 USA
 P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



Day 1 – Welcome to Hawaii!

Meals in flight; dinner in destination

Welcome to Hawaii! After your flight arriving at Kona International Airport, you'll be greeted with a Traditional Flower Lei. Luggage will be collected, and we'll depart for your hotel. Specific hotels will be confirmed after your tour is fully booked.

Sample Hawaii Hotels

[OHANA Waikiki East by Outrigger](#)

[Waikiki Resort Hotel](#)

[Waikiki Beach Hotel](#)

[Waikiki Beachcomber by Outrigger](#)

After resting up a bit, we'll have a pizza party dinner along with our Welcome, Safety & Orientation Meeting. Welcome to Hawaii!

Useful Links

[Glossary of Common Hawaiian Vocabulary](#)

[Royal Palaces of Hawaii](#)

[Hawaiian Heritage Sites](#)

[Itinerary Maps](#)

[Hawaiian Historical Timeline](#)

Hawaii Fun Facts

- ✓ Hawaii is known as the "Aloha State". Aloha means "Hello", "Goodbye" and "I love You". The following is a translation. A = to acknowledge, L = Love; O = Others; HA - Pronounced HAAAAA, means "to give the breath of life".
- ✓ Hawaii's State Motto: "UA MAU KE EA O KA AINA I KA PONO" Translated means: "The life of the land is perpetuated in righteousness."
- ✓ Hawaii became the 50th state in 1959.
- ✓ Hawaii's Iolani Palace is the only Royal Palace on U.S. soil.
- ✓ From east to west, Hawaii is the widest state in the U.S. at over 1,600 miles.
- ✓ The Hawaiian Alphabet has 12 letters: A, E, I, O, U, H, K, L, N, P, W (Now you try pronouncing Hawaii's State Fish: HUMUHUMUNUKUNUKU APUA'A. Translated, it means "the fish with the pig's snout.")
- ✓ Kilauea Iki on the Big Island of Hawaii is the world's largest and most active volcano.
- ✓ Hawaii is the most isolated place on the planet, 2,390 miles from the U.S. Coastline. It takes 5-hours by plane, 5-days by cruise ship or 5-weeks by outrigger canoe to get there.
- ✓ Hawaii is made up of over 130 islands.
- ✓ The North Shore of Oahu is famous for surfing and has been called the **seven-mile miracle**. In the winter, waves reach gigantic heights.
- ✓ Kauai is called the "Garden Isle". Mount Waialeale gets over 300-inches of rain per year.
- ✓ Hawaii produces over 1/3 of the world's pineapples.
- ✓ Hawaii is the only state that grows coffee.
- ✓ Hawaii has its own time zone (Hawaiian Standard Time). Be sure to reset your watch upon arrival.



Hammock Expeditions, LLC
51 Hillcrest Way
Bluffton, SC, 29909 USA
P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



HISTORY
HITCH
History, Language & Culture Tours

Day 2 – Cloud Forest Fun & The Place of the Refuge

Breakfast, lunch & dinner included

Good morning Hawaii! After an awesome Hawaiian breakfast, we'll depart for the [Kona Cloud Forest Sanctuary](#) for a 3-hour hiking tour. Here you will discover what a Tropical Cloud Forest really is, how it benefits the ecosystem and the story of its development on the slopes of Hualalai. Your experience will include the amazing ferns, palms, flowers, and hundreds of exotic and native species of birds. Lunch is also included.



At the [Kona Cloud Forest Sanctuary](#), you'll find 70-acres of cloud forest with adventurous tourists, horticulture enthusiasts, educators and students. Allowing people to experience this unique splendor of tropical flora, the organization creates further awareness of the Earth's most threatened natural community – Tropical Forests. Cloud forests are even more endangered than other types of forests making this a truly rare opportunity. For education, a living classroom truly comes to life!

Later, we'll visit [Pu`uhonua O Hōnaunau](#). Did you know that in ancient old Hawaii if you broke the law or Kapu, the punishment was death? You will get an in-depth look at the “place of refuge” and enjoy walking the grounds of this [National Historic Park](#).



Perhaps you had entered into an area that was reserved for only the chiefs or had eaten forbidden foods. Laws, or “kapu”, governed every aspect of Hawaiian society. The penalty for breaking these laws was certain death. Your only option for survival is to elude your pursuers and reach the nearest [pu'uhonua](#), or place of refuge.

As you enter, the great wall rises before you, marking the boundaries between the royal grounds and the sanctuary. Many ki'i (carved wooden images) surround the Hale o Keawe temple, housing the bones of the chiefs that infuse the area with their power or mana. If you reached this sacred place, you would be saved.



Hammock Expeditions, LLC
51 Hillcrest Way
Bluffton, SC, 29909 USA
P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



HISTORY
HITCH
History, Language & Culture Tours

Today, you will have the privilege of visiting **Pu'uuhonua o Hōnaunau National Historical Park**, where you can still feel the spirit of peace and forgiveness that continues to surround and bless this special place. The Pu'uuhonua is still considered a sacred site.

After dinner, get ready for an **Astronomy Presentation & Workshop** where you will be given detailed descriptions of stars, planets, and constellations to use along with an 18 inch-telescope for viewing.

Day 3 – Wonders of Nature at Volcanoes National Park

Breakfast & dinner, lunch on own

After a great breakfast at our hotel, we'll depart with an Interpretive Guide to study the formation of the **Hawaiian Archipelago by Madam Pele, the Goddess of the Volcano.**

FIRST STOP: At [Punalu'u Black Sand Beach](#), we'll discuss how the beach was formed by hot lava entering the ocean, exploding and latter cooling to form basalt black sand. We'll have time to explore the volcanic reef and see endangered Green Sea Turtles basking in the sun.



SECOND STOP: We'll enter [Volcanoes National Park](#) and head directly to the Thurston Lava Tube (please bring a flashlight). The tube is located in the middle of a giant tropical hapu'u fern forest. We'll explore the 300-foot cavern where lava flowed thousands of years ago and then use our flashlights to go even deeper into the tube, where light disappears, to experience and learn about the significance of this amazing underground cavern and how the ancient Hawaiians used the hapu'u fern.



THIRD STOP: It's time to put on our hiking boots and visit Devastation Trail - a mile long hike in barren fields of cinder. You will be looking for **Pele's Tears**, **Pele's Hair** and **Pumice**. We'll learn how each of these is formed by volcanic eruptions and discuss the two types of lava found in Hawaii.



Hammock Expeditions, LLC
51 Hillcrest Way
Bluffton, SC, 29909 USA
P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



HISTORY
HITCH
History, Language & Culture Tours



FOURTH STOP: We'll make a stop at the Visitors Center to enjoy a deli-style lunch (payable on own) and view a large typographical map of the big island. It's here where you will discuss **Tectonic Plates**, the **Ring Of Fire** and how Hawaii was formed through a "Hot Spot" in the Pacific Plate.



FIFTH STOP: Continuing your exploration, we'll visit the **Steam Vents** where hot, moist air will warm our faces, tour the Jaggar Museum where we can watch seismographs record earthquakes right under our feet and view the lava lake in **Halemaumau Crater** as it erupts.



SIXTH STOP: You'll continue seeing the diverse landscape of the Big Island as we stop at Rainbow Falls.



Hammock Expeditions, LLC
51 Hillcrest Way
Bluffton, SC, 29909 USA
P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



HISTORY
HITCH
History, Language & Culture Tours



After an absolutely incredible day, we'll return to our hotel for dinner.

Day 4 – Panoramic Views of the Islands

Breakfast & dinner, lunch on own

Rise and shine, it's time to enjoy breakfast in paradise! After breakfast, we'll transfer to Kona International Airport for a short flight to the big city of Honolulu. (Please bear in mind, baggage fees must be paid direct to the airlines. Budget approximately \$25 per bag.)

After arriving, we'll head off to Hawaii's most famous landmark, Diamond Head, where we'll hike to the 763-foot summit of this extinct volcano, experiencing spectacular panoramic views of Oahu.



After our hike, we'll check into our Honolulu hotel. Now it's time to grab your swimsuit and get ready for some **"Fun in the Hawaiian Sun"**. The afternoon is yours to take a surf lesson, a hula lesson, swimming, snorkeling, beach combing or just sit back in the sand on the world's most famous beach, Waikiki. (Please note that extra activities are payable on own.)

This evening is your chance to get **Wiki Wacky in Waikiki**. You'll be separated into teams with chaperones, given a treasure map, a clue sheet and a \$20 dinner allowance. Now it's off for a **Waikiki Scavenger Hunt** to learn all about Waikiki's history and culture.

Day 5 – Pride of the Sea

Breakfast, lunch & dinner included

After breakfast at our hotel, we'll depart for Pearl Harbor and the USS Arizona Memorial. Today we'll learn about one of the worlds' most valuable history lessons: how men and women gave their lives on December 7, 1941, "The Day of Infamy". Further information on the **USS Arizona Memorial's "Witness to History"** program can be found at www.pearlharbormemorial.com.



Hammock Expeditions, LLC
51 Hillcrest Way
Bluffton, SC, 29909 USA
P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



HISTORY
HITCH
History, Language & Culture Tours



Now that we've seen the reason for the United States' entry into WWII, we'll see the end. Groups will enjoy a deli-style lunch under large Chinese Banyan Trees with a spectacular view of one of our country's famous war ships, the USS Battleship Missouri. After lunch, we'll split up into groups and take an **Educational Highlights Walking Tour** on the Surrender Deck where General MacArthur signed the treaty to end WWII in Tokyo Bay.

After our historical morning, we'll depart for our hotel with a **Narrated City Tour** driving through **The National Cemetery of the Pacific** (Punchbowl), **Washington Place** -which is our Governor's Mansion, **The State Capitol Building**, **Iolani Palace** and the **King Kamehameha Statue**.

Seeing as Hawaii is a cultural melting pot, tonight we'll be dining Japanese-style as we sit in tables of 10 as our **Teppanyaki Chef** prepares **Japanese Steakhouse** beef and chicken right before your very eyes. Your group can cheer him on as flames fly to the ceiling! An outstanding evening!

Day 6 – Polynesian Exploration

Breakfast & dinner, lunch on own

Good morning Hawaii! After breakfast we'll depart for a full day at the Polynesian Cultural Center. Here, you can take an adventure into the cultures of Polynesia as you visit the seven villages that represent the islands. Enjoy the shows at a leisurely pace during the day and don't forget to stop and catch an IMAX movie of your choice.



Polynesian Cultural Center: Things to Do & Explore:

- ✓ **Island of Aotearoa** - Learn the significance of Maori tattoos, test your dexterity by playing with twirling poi balls, and watch the Maori warrior dance known as, "the Haka."



Hammock Expeditions, LLC
 51 Hillcrest Way
 Bluffton, SC, 29909 USA
 P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



- ✓ **Island of Fiji** - Feel the beat, honor the chief, gaze upon a Fijian skyscraper, and learn why their warriors are mighty and feared. Find your strength in Fiji.
- ✓ **Island of Samoa** - Enjoy Samoan song and dance and marvel as a young warrior climbs a 40-foot coconut tree-in his bare feet. Become a part of the 'happy people' at the Samoan village.
- ✓ **Island of Tahiti** - Swing your hips with hula, try a bite, snag a fish, and share the love.
- ✓ **Island of Tonga** - Toss a spear, choose your favorite 'guest' drummer, and paddle a canoe.

In the evening, gather together for an all-you-can-eat Polynesian feast at the Ali'i Luau Grounds. Everyone will be greeted with flower lei and enjoy traditional Hawaiian song, chants and of course, the famous Hula Dancing.

- ✓ **Ali'i Luau Buffet** - Taste, sight and sound unite to bring you the ultimate luau experience. Dine in our authentic "all you can eat" Polynesian buffet while enjoying an island extravaganza of song, dance and celebration from across the Pacific.



Afterwards, move from dinner into the 3,000-seat open-air theatre for the best show in the islands, "HA - The Breath of Life". You will be amazed as performers enlighten you with their island dances and music.

- ✓ **Ha Breath of Life** - The symbolic story of Mana and his beloved Lani, punctuated by Polynesian dance, music and blazing fire knives, is told in "Hā: Breath of Life," a stunning, new evening show featuring over 100 Polynesian natives, special effects, animation and surround sound. It is a Pacific isle saga of birth and death, love and family, tragedy and triumph.

Day 7 – Hanging Loose Hawaiian Style

Breakfast & dinner, lunch on own

Good morning Hawaii! After breakfast at the hotel, today we'll say 'Aloha' as we set sail on a **Barefoot Beach Catamaran Snorkeling Adventure** ([Maita'i Catamaran](#) or similar). You'll board a 40-foot sailing catamaran right on the beach in Waikiki, sail out past Diamondhead listening to jamming tunes as waves splash the decks. Then, dive into an underwater world of colorful tropical fish, majestic Green Sea Turtles, and Hawaiian Spinner Dolphins that few get to see!



Hammock Expeditions, LLC
51 Hillcrest Way
Bluffton, SC, 29909 USA
P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



HISTORY HITCH
History, Language & Culture Tours

Next, visit the [Waikiki Aquarium](#) and participate in a special **Coral Reef Master Class**. You'll learn about Hawaii's delicate Coral Reef System and feed live corals found only in Hawaiian waters.



After we depart, have some free time to enjoy a surf lesson, do some shopping or just "Hang Loose" in Hawaii. It's our last day so a perfect opportunity to shop for last minute souvenirs!

Tonight is our last night so we'll say 'Aloha' as we hang loose, watching the sun drop off into the Pacific at our own **Beach BBQ** with Hawaiian flare. Prizes awarded!

Day 8 – Aloha Hawaii

Breakfast

Today is departure day. After breakfast and dependent upon flight times, our Hawaiian team will bid us Aloha and a Big Mahalo for visiting the islands, hoping you have a safe journey home and take some of the Mana (Hawaiian Spirit) with you.

Changing Rooms and optional activities will be available for late departing flights.

Aloha!



Hammock Expeditions, LLC
51 Hillcrest Way
Bluffton, SC, 29909 USA
P: 984.223.9866
www.STEMstudytours.com
www.HammockExpeditions.com



HISTORY
HITCH
History, Language & Culture Tours

ALOHA HAWAII

Minimum Booking Numbers:

20 students

What's Included:

Roundtrip flights to/from Hawaii
Inner-Island Air from Hawaii to Oahu (baggage fees paid on own at flight check-in)
7-nights' accommodation (3-nights Hawaii, 4-nights Honolulu)
Airport transfers in Hawaii plus group itinerary transportation
Breakfasts & dinners daily starting with dinner on arrival and ending with breakfast on departure
2 Lunches (Days 2 & 5)
Traditional Flower Lei Greeting
Historic Place of Refuge
2-hour Astronomy Master Class
Educational Big Island Volcanoes Tour
Diamond Head Hiking Adventure
Wiki Wacky Waikiki Scavenger Hunt with \$10 dinner allowance
USS Arizona Memorial Tour
USS Missouri Educational Highlights Tour
Narrated Historic Honolulu City Tour
Polynesian Cultural Center Ali'i Luau
Waikiki Aquarium & Master Class
Hawaiian Beach BBQ
Departure Day Changing Rooms
Personal Tour Director
24-hour emergency cover

What's Not Included:

Airport transfers in your home area
Lunches (except for Days 2 & 5), snacks, meals on travel days other than dinner on arrival and breakfast on departure
Airline baggage fees (in/out of Hawaii if not included in flight costs + domestic flight on Day 4)
Fully comprehensive insurance (mandatory)
Transportation not indicated in itinerary
Cost of visas, full or collective passports
Cost of inoculations or medication required for travel
Additional sightseeing & entertainment options
Hotel incidental bills – meals, mini-bar items, recreation charges, purchases billed to room, etc.
Personal expenditures
Any gratuities – drivers, hotel services, ambassadors, guides
Additional taxes, fuel surcharges or service charges levied by the governments or our suppliers
Luggage handling

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.

