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# Kauai Hawaii: Safe Fun and Adventure



Out of all the major Hawaiian Islands, Kauai, known as Hawaii's Garden Isle, offers more beaches per mile of coastline than any other island. The beaches comprise more than 90 percent of the island and what's more, almost half of that (specifically 45% of its beaches) are virtually deserted, offering you privacy and romantic seclusion.

Kauai Hawaii boasts of a beautiful topography that is as diverse as it is unique. From protected sparkling white sand lagoons and sapphire bays to world class surf breaks and rugged Na Pali Coast, Kauai Hawaii might be small, but it when it comes to diversity, it is a world in itself.

The great thing about Kauai Hawaii is that it caters to all kinds of people from all walks of life. It is an island resplendent with tradition and culture and history as rich as the verdant palm forest along its shoreline.

The rugged sea cliffs off Na Pali coast beckons to adventurers at heart to explore them and witness the stunning drop from over 27,000 feet above sea level. And when you catch a glimpse of wild Waimea Canyon from the air by helicopter or seaplane, you will realize just how truly it deserves its title, "the Grand Canyon of the Pacific."

There are several beachfront cottages that are located right near a private cove for quiet relaxation. The views are spectacular and you get to choose which among the two you prefer – the sparkling sapphire water of the Pacific Ocean or the astounding dragon-backed mountains of the island.

But as beautiful as Kauai can be, there is no excuse to get careless while you're on vacation. Accidents happen all the time - most of the time when we least expect it. So to avoid ruining your perfect Kauai vacation and to keep yourself safe and happy, simply follow the safety tips and rules we've compiled for you below.

## **Tip 1: Choose Where You Play**

Kauai Hawaii's beaches are beautiful and most of them are perfectly safe for family fun. However, there are some beaches that are extremely hazardous and suited for experienced water people only.

The topography of Kauai, Hawaii is varied. While the open ocean swells and constant changing conditions make the beaches beautiful and great for surfing, the same features also make them often dangerous. So a most important lesson to learn is to keep your eyes open and carefully choose where to spend your time in Kauai Hawaii.

### ***Kauai Beaches***

The beaches of Kauai are treasures in themselves, but majority of them are hidden so you have to know where they are. The most popular is **Poipu Beach** in Kauai's South Side. Poipu Beach is widely acclaimed as Kauai's safest beach, but it can be a bit crowded compared to other beaches on the island.

Calm water surrounds the sandy promontory of Poipu Beach. This is because of the presence of an offshore reef that causes the waves to break before they reach the beach. These breaking waves provide an opportunity for surfing while closer in there are calm waters that are safe for children.

Poipu Beach is popular because it offers safe swimming, wading as well as surfing opportunities. The offshore reef also attracts fish between the reef and the coast, making it a good beach for snorkeling.

Many variety of fish can be seen here, especially Triggerfish, Pufferfish, and Angelfish. Snorkelers have fed food to these fish so they are often extremely tame and attracted to snorkelers (they expect to be fed).

Just one **REMINDER**: You should be aware that there is a local debate as to exactly what food is harmful and what is healthy for the fish.

To the east end of Poipu is one of the most pristine white sand beaches on Kauai – **Mahaulepu Beach**. Only very few visitors have ever heard of this beach, which only means that you are guaranteed seclusion as you walk along the sandy shoreline.

To get to the place, just drive past the Hyatt Hotel and continue east on the dirt road until you reach the T junction where you turn right. From here, head toward the ocean until you encounter a guard booth staffed by the sugar plantation company, who will ask you to sign in and sign a waiver.

Mahaulepu is favored by locals, wind surfers, as well as sunbathing and relaxing visitors. Besides having pristine sand and blue water, the beach has a legendary history of where King Kamehameha from Oahu landed to try to capture Kauai in 1796.

There are several others beaches that are deemed safe for swimmers. **Baby Beach** (or Hoona Beach) is so-called because it is especially ideal for very young children who are just learning how to swim. The beach offers tranquil waters in a small cove behind offshore lava rocks.

**SAFETY TIP:** *Before going out into the water, check for daily weather conditions and warnings. If the reports say it is okay but you see that the waves are rather huge, then just don't go out. After all, the island has plenty more to offer than beaches and water.*

### ***Other Kauai Activities***

The great thing about a visit to Kauai, and perhaps the most difficult part of it – besides getting on the plane to return home, that is – is knowing where to start once you get there. There are so many opportunities for fun they're virtually endless.

When you think "Kauai", you immediately conjure up an image of yourself lying on a sparkling white beach. While that is not surprising, there's really more to Kauai than beaches and sun.

For one, Kauai offers some of Hawaii's best **golf**, with world-class courses that would prove a challenge to any club swingers out there. Not only are you given a chance to play at several outstanding resort courses, but you are also offered some excellent public courses. But what is it that gives Kauai's golf courses an edge? Location, my dear, it's all about location. Most of them come with an inspiring ocean view or spectacular mountain backdrop. Go ahead and check the courses available and see for yourself.

Another fun activity you can do while on a Kauai vacation is exploration. And there's really no more exciting way to do that than from the back of a horse. Kauai's **horseback riding** tours are well known for their scenic trails that follow along the coast, offering trips up lovely Hanalei Valley, a place that has remained unchanged in the past one thousand years, or to Haupu Valley along the beach and past the coves of Mahaulepu Beach.

Are you ready for some **angling** fun? Kauai is also popular for both freshwater and saltwater fishing. The unique topography of the island allows for fishing right close to shore. Kauai's inland reservoirs offer large and small mouth bass that anglers are going to love. Marlin, ahi, ono, and aku are also found in abundance off Kauai's south and east coasts.

There are still several more activities you can enjoy in Kauai. We'll try to enumerate them all for you.

- Hiking
- Windsurfing
- Scuba diving
- Camping
- Mountain Trekking
- Mountain Bike Riding
- ATV tour
- Rappelling

## **Tip 2: Get Good Gear**

One of the most popular activities you can engage in while on a Kauai Hawaii vacation is snorkeling. The island has beautiful coral reefs and a rich marine life. But before you go out there in the water, it is essential that you keep in mind a few things.

- ***Make sure that your gear has the proper fit.***

You can visit any of Kauai's dive or surf shops to buy or rent gear proper for snorkeling. Or if you are bringing your own gear, then make sure that they all fit properly and that you won't have any trouble getting water inside your mask or your snorkel, which, therefore, leads us to the next safety tip:

- **Get a good seal.**

Select a mask that seals your face even without a strap to keep water out and your vision clear. If you have a mustache, that might prove as an obstacle. Vaseline can help minimize any leaks caused by your mustache. Just rub it around the seal where the mask contacts your mustache.

- **If you have bad vision, request a mask with corrective lenses.**

It goes without saying that you can never wear glasses underwater, so better get a mask that suits your eyesight.

- **Keep warm.**

If you chill easily, use a wetsuit top or wind shirt to keep cozy while underwater.

- **Fight the fog.**

If this isn't your first time snorkeling, you might have noticed how your mask sometimes fog over. Soap keeps the fog factor down for maximum visibility. Just wash the inside glass of your mask with soap and rinse thoroughly.

### Tip 3: Think Like a Fish, Float Like a Fish

Okay, I just made that statement up, but it makes sense, doesn't it? When you're in the water, technique is everything. Below are some steps you can take to float naturally and leave all those cumbersome floaties behind:

- **Float Naturally** – Water is dense and your body is light. Whether you believe it or not, you will quickly find that your body wants to float on the surface. The trick is to start in shallow water. Give yourself a little getting used to floating. And when you're done with that, just start breathing through the snorkel and then push off for deeper waters.
- **Gentle Fin Motion** – When you're snorkeling, what is your goal? To watch marine life undisturbed, right? And you can't do that if you keep flapping around and splashing here and there. You'll scare all the fish away. Instead, simply float and kick gently to move around, waving your arms in the water so you don't startle the fish.
- **Clear your Snorkel** – Sometimes, you'll want to dive in because you saw a pretty seashell that you want to examine more closely. When you do that, your snorkel will naturally fill with water. Don't fret when that happens. Just blow hard and that should do it. If you're not sure how to, practice while still in shallow water.

- **Respect the Environment** – Try to enjoy the ocean without necessarily disturbing the balance. When you see a coral, appreciate it. Don't scratch your name on it, because once a coral has been destroyed, it can never grow back.

### ***Tips Against Shark Attacks:***

We've all seen movies about it. While shark attacks are most often the exception rather than the general case, it is still the better part of prudence to heed the following tips and advice recommended by the State of Hawaii's Division of Aquatic Resources of the Department of Land and Natural Resources:

- Swim, surf or dive with other people, and don't move too far away from assistance.
- Stay out of the water at dawn, dusk, and night when some species of sharks move inshore to feed.
- Do not enter the water if you have open wounds or are bleeding in any way. Sharks can detect blood and body fluids in very small concentrations.
- Avoid murky waters, harbor entrances, and other areas near stream mouths (especially after heavy rains), channels, or steep drop offs. These types of waters are known to be frequented by sharks.
- Do not wear high-contrast clothing or shiny jewelry. Sharks see contrast very well.
- Refrain from excessive splashing; keep pets which swim erratically, out of the water. Sharks are known to be attracted to such activity.
- Do not enter the water if sharks are known to be present, and leave the water quickly and calmly if one is sighted. Do not provoke or harass a shark, even a small one.
- Be alert to the activity of fish or turtles. If they start to behave erratically, leave the water. A shark may be present.
- Remove speared fish from the water or tow them a safe distance beyond you. Do not swim near people fishing or spear fishing. Stay away from dead animals in the water.
- Swim or surf at beaches patrolled by lifeguards, and follow their advice.

### **Tip 4: Protection from the Sun**

The tropical sun in Kauai can be quite intense. If you're not used to too much sun, then take all necessary precautions. Always bring along plenty of sunscreen and water to avoid sunburn and dehydration, respectively. And don't forget sunglasses for eye protection and a hat or cap to keep the sun off your head.

### **Tip 5: Treat the Backcountry with Respect**

Hiking is one of the more popular diversions in Kauai. If you want to keep safe, then just remember that Kauai only *looks* like a tropical paradise where nothing remotely threatening can go wrong. Sometimes things do go quite wrong around here, especially for the careless. Exposure, climbing accidents, dehydration, and disorientation are all very real dangers.

Before you go out on a hiking trip, make sure you have a map of the trail with you at all times. Buddy up when necessary, and always keep the guide within your sight and bearings.

To preserve local flora and fauna, stay on marked trails. Not only that, by following this simple safety instruction, you may well be avoiding difficulties with illegal marijuana growers.

#### **Tip 6: Don't Overly Challenge Your Abilities**

This cannot be emphasized more. Remember that no matter how good you are as a swimmer, a surfer, a kayaker, or other water enthusiast, the ocean around Kauai can be quite threatening. Heed all warning signs on beaches about water conditions.

Don't take calm waters for granted either. Often, calm surface waters mask strong currents and hidden reefs.

#### **Tip 7: Keep an Eye on Your Valuables**

Just because Kauai is paradise on the other side of the world, doesn't mean there are no crimes here. Any place, no matter how beautiful, have people who are not averse to giving in to their criminal impulse. Your responsibility is to reduce the chances of letting these people commit a crime, and keep yourself protected from loss of valuable things like money.

If you rented a car on the way over from the airport, make sure that you always lock it. Stash all bags and gear in the trunk. Or better yet, take all valuables with you or leave them behind before the day's excursion.

In addition, keep your condominium or hotel room locked. It is generally not recommended that you bring a lot of cash with you when you travel. But if you do bring some to tide you over in case of an emergency, cash and other valuables should be put away or secured in the hotel safe.

All in all, Kauai offers endless opportunities for all kinds of people from all walks of life. Fun is what this island offers. But it should be fun accompanied with safety.

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