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newspress.com

APRIL 9, 2006

## GOING PLACES



Celebrate Rembrandt by land or sea

the 4990; asserversary of Torse broadt's larth (July 15, 1990 with veryl events. AHI International lorp. Suo tiero prograsso issilto Weigni Campion Albertad section Treasures of Holland & Bel-(see in a 12-day lased town starting

at \$2,600, including sirface, trumthree mean daily and even a lates are May 29 through June 9. Croice the Magnificent. Fatherways and Canado of Holland A: Enriginate research of night days abouré the 125-passenger MS ferior Pearl, also with streps and talle that force on formbrand() art and the sovers that implied taxs. The all-inchasive tetp is priced from \$2,665, depending on leparture rift: Travel dates are

Friday through April 22 and April

The Bratise Globe

Indomestica: (BR) 323-7273.

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THIS & THAT BlackBerry balm

Thomas torning like from too meth hyping! Now you can get a

e-kBerry-stressed bands. The El-animate trendment formers on load and are sucries, specifi ally thouses and overworks wrists. It finishes with a spectal salve made of blackbeeries, which gere rich in antionidants. Cost begins at SWi. It was developed at the Hyatt Scottobale and is now

produktir at searly two dozen locations. Contact: www.hpatt

CLOSE TO HOME

Balloon festival

Off Intervitate 15 between San

Tennecula Valley Balloon & Wine Festival supplements the roboful

Siego and Eireonade, the 19th

The Dullos Morning Nove

specfacle with lastings of wines from the valley and observance in Southern California, Entertainment includes Sertin, Leverboy. the Gin Eferrorum and Peter Frampton, The event rane from Juste 2 through 4 at Lake Skinner County Park Information: www.trforf.com. The Associated Piece

LIST DU JOUR

The top 'up and coming

Arquebre County

Below, Brazil

Gos, India

Charleston, S.C.

Glasgore, Scotland

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This week's exchange rates

rhart may be found on Page DED.

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Famols N.H.

declinations for 2006," from the

staff of Frommer's travel pades:

SPECIAL HAWAII SECTION



There's barely room for two kayaks in the channel leading to the Hanalei River on the Hawaiian island of Kauai.

STEVE HAGGERTY PHOTOS

# TWO IF BY SEA

Kayakers of all levels can enjoy the Kauai experience

By ANNE Z. COOKE and STEVE HAGGERTY NEWS-PRESS CORRESPONDENTS

verything OK?" asked our guide, Wyatt Godinez, resting his paddle across the bow and waiting for us to catch up. He smiled, that Hawaiian-style "hang-loose and chill out" smile that makes you glad you're there. In fact, we were a tad anxious about

kayaking in Hanalei Bay off the northern shore of Kauai. We shouldn't have been: The day was perfect for paddling, with warm sun, a mild trade wind ruffling the palms and a few puffy clouds floating overhead.

But as anyone who's read the fine print in the watersports chapter of a Hawaii guide will remind you, the Pacific Ocean deserves respect. In some seasons, the currents between the Hawaiian Islands can be treacherous. Even more sobering was the thought that the Kauai Channel, between Kauai and Oahu, is more than two miles deep.

Please see KAUAI on D16

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Washiki has grown up around it, but the hele!

remains a quiet cassi within the towark. Take a stroll down the beach to the Mount Santisder Hotel,

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Please see HOTELS -- D16

alple wedding gown; nearly every day

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most fire is stocking up at the market and hiding for a few days. They also result a large plantiation boson

Stay inside (wink, wink, nudge, nudge) at these Hawaiian hotels

Ry GARY A WARNER

THE MARKS OF STY SHARINGS

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"Hold the paddle blades at right angles to the water," says guide Wyatt Godinez during orientation at the Old Canoe House.





Waimes Plantation Cottages on Kausi features refurbished former

suger-plantation houses.

D16

WHERE I'VE BEEN

The architecture of Antoni Gaudi was a highlight of Adele

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Nonstop flights to Barcelona

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BCN: www.harrefrom-airport.com/ at E.E. v.m. the next morning.

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120th assistment of Picasse's birth. Picasso 200 ICN: it a resp-

log program of exhibitions, operas, hallels and workshops.

Office of Spain, (SSS-658-758); www.spain.info.

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Information: Continental Airlines, www.rontinental.com Tourist

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Mr. Rosen's group spend a week

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Rosen's September trip to Spain. These unusual chimneys

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### SPECIAL HAWAII SECTION River is for rookies; coast is for old hands

■ KAUAI

Continued from Page D14

Still, for a couple of amateur paddlers, we'd bested some equally edgy waterways in less forgiving climes. We'd kayaked in Alaska's mountainous Wood-Tikchik State Park on Beverley Lake, a wilderness jewel utterly inaccessible except by float plane. When you venture there, you're on your own.

So it was with mixed feelings that we headed for Kayak Kauai, located in a bungalow-style wood structure called the "Old Canoe House," in the town of Hanalei (meaning "where leis are made").

The 22-year-old company is owned by the Godinez brothers, Micco, 53, and Chino, 55, whose outdoor credits include climbing Mt. McKinley and kayaking from Seattle to Skagway, Alaska. Chino's son Wyatt, 20, was in the side yard, hosing salt water off a stack of rental kayaks. "The door's over there," he called out to us.

"You'll have an easy time today," said Chino, who was unpacking camping gear for sale in the store part of the building. "Not much wind out there. Wyatt will be your guide he knows the bay inside and out."

On the official tourist map, the Hanalei River is drawn as a wide blue line, snaking down from the slopes of 5,148-foot Mount Waialeale and running north for 14 miles. It looks as if it was made for kayaking. In reality, the upper 9 or 10 miles of the river are too shallow to be navi-

"But you can paddle from here for two or three miles into the Hanalei National Wildlife Refuge," he said. "It's a peaceful trip, idyllic, with easy paddling."

Though there's nothing really technical about recreational kayaking - "anybody can do it," said Micco — paddling is less effort and consequently more fun if you do it right. So unless you're experienced, Kayak Kauai likes to send you off with a brief orientation. Handing out life jackets and paddles, Wyatt demonstrated the preferred method, with arms outstretched, thumbs around the handle, blades at right angles to the ground. Digging the paddles into the water isn't necessary, either; you dip them in at an angle in a kind of rowing stroke.

"You won't get so tired if your arms aren't doing all the work," advised Andrew Belt, a kayaking guide at Kauai Waterski, Surf and Kavak, on the Wailua River on the island's east coast. "Sit up straight, anchor your legs and use your abs and the muscles around your waist. If you're doing it right, you'll feel it."

Unlike some less-lucky kayak outfitters, who have to truck their boats to a put-in site, Kayak Kauai's Hanalei office sits on a winding channel flowing into the Hanalei River. You can put your rental kayak into the channel here, paddle 30 feet to the river, and head toward the Wildlife Reserve or the bay.

The great thing about kayaking in Hawaii is that the water is warm. In Alaska, kayaks are fitted with watertight skirts intended to keep both paddler and boat dry. If the kayak tips over with you in it, you'd better know how to roll over and back upright, a trick that neither of us has ever mastered. In Hawaii, it doesn't matter if you get wet, so the kayaks are the sit-on-top type.

We could have rented a "deluxe" model with a pedal-controlled rudder for easier steering. But our stan-

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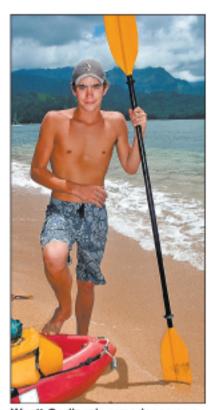
Hotel Harto-Hind, Mind The leg-

pall. To me, that's not a had thing.

Manur's Breachtront Collages,



There's enough room in the Hanalei River for bird watchers, novice paddlers and beginners.



Wyatt Godinez's experience as a guide belies his 20 years.

#### IF YOU GO

Kayak Kauai, in Hanalei, rents its kayaks for 24-hour periods. Double kavaks are \$52 and single kayaks are \$28. On-site facilities include showers, bathrooms and a changing room. Guided three-hour trips, including a lunch stop and snorkeling, are \$60 per person. The full-day Na Pali Coast trip, with van transportation at both ends is \$185 per person. Call (800) 437-3507, (808) 826-9844, or visit www.kayakkauai .com.

Kauai Waterski, Surf and Kayak Co. in Wailua leads guided half-day trips on the Wailua River, with an hour of kayaking and a hike to the waterfall, at 8:30 a.m. and 11:30 a.m. Deluxe trips include an orientation, lunch and drinks for \$70 per person. The regular guided trip is \$50 per person. Call (808) 822-3574.

For additional kayaking, visit the Kauai Visitors Bureau at www.kauai discovery.com. LODGING

At the Sheraton Kauai Resort in Koloa, garden rooms for two start at \$220. (800) 782-9488 or (808) 742-1661; www.sheraton-kauai.com.

At the Princeville Resort in Princeville (near Hanalei), garden rooms for two start at \$395, (800) 826-4400 or (808) 826-9644;

www.princeville.com. At the Waimea Plantation Cottages in Waimea on the west side, a restored 1930s-style cottage with equipped kitchen, with two bedrooms (sleeps four) starts at \$243 per night. A pool overlooks the ocean; a good swimming beach is a mile away. (800) 922-7866, (866) 774-2924 or (808) 338-1625.

The Hanalei Dolphin serves fresh fish, steaks and hamburgers al fresco, overlooking the Hanalei River. (808) 826-6113. Moderate.

The Lighthouse Bistro in Kilauea serves an Asian-European fusion menu, with music at night. Call (808) 828-0480. Moderate.

The Bali Hai in the Hanalei Bay Resort offers fine dining with nightly entertainment. The menu includes Pacific and Hawaiian fish and beef dishes with island-grown vegetables and herbs. (808) 826-6522. Expensive.

dard two-seater had no such luxury. Putting it into the water, we followed Wyatt to the river, a popular place for beginners to practice. And as some couples were discovering, paddling in tandem is a mixed blessing.

The bright side is that two can share the work. The dark side is that it's a team effort that demands compromise. The lead paddler has to adjust his or her stroke to the pace of the rear paddler, who has to stay in rhythm. Fortunately, by the time we'd gotten our groove back, we'd reached the entrance to Hanalei

Pastoral Hanalei Valley, cultivated since ancient times, is still enchanting. Between two mountain ridges and fringed by waterfalls, it's an ever-shifting canvas of greens, browns and golds. And the bay, into which the river empties, runs a close second. Gouged out between misty cliffs, it's dotted by sandy beaches. Four movies have been filmed here, including "South Pacific," and you'll understand why when you see it

from your kayak. Protective reefs inside the bay

fifth and proth along the drive to

Kong Village Resort, Big Island: 1

the Polymenian Cultural Contine were

turned into a hotel, it would look a

slow down the breakers that roll toward the shore, making it an ideal place for kayaking. So for the next two hours we paddled steadily, then pulled into the beach on the eastern

"This is a good place to look for kahelelani shells, like the ones they find on Niihau to string for necklaces," said Wyatt, kneeling down in the sand and searching at the waterline. "If the colors are good, a film canister of these can go for as much as \$80," he said, dropping a few of the pin-head sized pink and tan shells into my hand.

"Maybe next time you can do the Na Pali Coast trip," said Wyatt as we headed back to the Old Canoe House, "It's my favorite."

"The Na Pali Coast trip is rated as one of the world's 10 best kayaking experiences," said Mr. Belt. "But it's not for everybody. It's a long tough day, and not just because you're paddling for 17 miles. First there's the van ride to the put-in at Haena State Beach. Then the sun beats down, the kayaks rock in the swells and once you've passed Ke'e Beach there's no

you don't want to be disturbed, put a

Gary A. Warner is transfeditor of The

recount by the front door

Orange County Enginter

turning back. Even the biggest, strongest guys can get seasick. When you're puking all over it's hard to have fun."

Fortunately, the outfitters that guide Na Pali Coast trips make sure that prospective customers know they're in for a 13-hour day and a rigorous experience.

"But it's not a do-or-die thing," said Mr. Belt. "The guides are definitely sympathetic. If somebody gets sick, or thinks they'll be sick, they drop them off at Ke'e Beach where the van nicks them un

"But it's a magnificent trip. The coast is still undeveloped, with huge cliffs and empty beaches. And you're not paddling every minute because they stop to look at waterfalls and investigate arches and sea caves. About three-quarters of the way you'll stop for lunch and a swim at Miloli'i Beach, and by then you're

almost there, at Polihale Beach. "Do it if you can. Next time."

Anne Z. Cooke and Steve Haggerty are Marina del Rey-based freelance

**Walmes Plantation Collages** 

Royal Hawalian Hotel: 2210

Old Wallaky Inn at Uhiponic

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Manna Valley Inn: 2001

## Romantic retreats feature solitude, scenery





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