

Hawaii Island Itinerary

Because Hawaii Island is so big (it takes roughly 3 hours and 15 minutes to get from Kona Airport to [Hawaii Volcanoes National Park](#)), it's best to plan your itineraries by location. Below you'll find seven days of itinerary suggestions. Choose your itinerary depending on where you're staying and the length of stay.

Day 1: Historic Kailua Village (Kailua-Kona) and Keauhou

Lively [Historic Kailua Village \(Kailua-Kona\)](#) is the heart of the [Kona](#) Coast featuring a variety of hotels, shops and restaurants lining Alii Drive. But Kailua Village is also an incredibly historic area, home to [Hulihee Palace](#), Mokuaikaua Church and Ahuena Heiau, all within walking distance of each other. Look into the past just north of Kailua-Kona at Kaloko-Honokohau National Historical Park, a place to learn about early Hawaiian culture. Take a [surfing](#) lesson or go [snorkeling](#) at Kahaluu Beach and other [beaches](#) in the Kailua Village and [Keauhou](#) resort areas. After a beautiful Kona sunset, enjoy [nightlife](#) along Alii drive with great food and [live music](#). For the more adventurous, go on an unforgettable night-dive with [manta rays](#).

Day 2: South Kona and Beyond

Visit [Puuhonua o Honaunau National Historical Park](#) to step back in time and learn about early Hawaiian culture. Kealahou Bay is a Marine Life Conservation District popular with snorkelers and the site of Captain James Cook's death. In fact, south Kona's beaches are a great place for [snorkelers](#) because of its calm and clear waters. Tour a Kona [coffee farm](#) in south Kona or in the art village of [Holualoa](#) and get a sip of 100% Kona Coffee. Then get off the beaten path and take a road trip to [Ka Lae \(South Point\)](#), the southernmost point in the United States.

Day 3: Kohala Coast & North Kohala

See the amazing contrasts between the black lava lined [Kohala Coast](#) and lush [North Kohala](#). Start your day in Kohala's fantastic [resorts](#) playing [golf](#) or indulging in a spa treatment. Then explore historic sites like the [Puukohola Heiau National Historical Park](#) and the [Lapakahi State Historical Park](#). Head to the green pastures of [Waimea](#) and go [horseback riding](#) with an authentic [paniolo](#) (Hawaiian cowboy). Then continue driving to lovely [Hawi](#) for delicious food and fantastic shopping. Along the way, be sure to visit sites like the [King Kamehameha Statue in Kapaau](#) and the breathtaking view from the [Pololu Valley Overlook](#).

Day 4: Hamakua Coast

On the northeastern [Hamakua Coast](#) of the island, spend the day driving along the [Hamakua Heritage Corridor](#) to see amazing scenic views, [waterfalls](#) and [botanical gardens](#). Spectacular waterfalls that are easily accessible include [Akaka Falls](#) and Rainbow Falls in the [Wailuku River State Park](#). See rare and exotic plants at the [Hawaii Tropical Botanical Gardens](#) and the [World Botanical Gardens](#). Stop in Honokaa Town to browse the shops and art galleries. Finally, end your trip with an unforgettable view at the [Waipio Valley Lookout](#).

Day 5: Volcano and Kau

You can easily spend a day exploring [Hawaii Volcanoes National Park](#). Take a day [hike](#) through its miles of trails, see sights like [Nahuku \(Thurston Lava Tube\)](#), Halemaumau Crater and see lava meet the sea at lookout points at the end of Chain of Craters Road or in nearby [Kalapana](#). Beyond the park, take a trip to [Punaluu Black Sand Beach](#) in [Kau](#) to feel black sand between your toes.

Day 6: Hilo Side

The lush [Hilo](#) side of Hawaii Island will be your home base for your visit to [Hawaii Volcanoes National Park](#). Nearby you'll find a variety of off-the-beaten-path discoveries. Visit the [Puna](#) area to find charming restaurants shops and amazing sights like [Lava Trees State Park](#). You'll also find even more interesting attractions like the Panaewa Rainforest Zoo, [Mauna Loa Macadamia Nut Factory](#) and [Akatsuka Orchid Gardens](#).

Day 7: Downtown Hilo

Relax and experience the local side of Hawaii Island in [Downtown Hilo](#). Visit incredible [museums](#) like the [Lyman Museum and Mission House](#), the [Imiloa Astronomy Center of Hawaii](#), the [East Hawaii Cultural Center](#), Mokuapapapa Discovery Center and the [Pacific Tsunami Museum](#). [Shop](#) at the [Hilo Farmers Market](#) and other local favorites to discover off the beaten path treasures. Then unwind in amazing parks like [Liliuokalani Gardens](#) after your busy trip to Hawaii Island.