

KAUAI BABYMOON

PERFECT 7 DAY ITINERARY

DAY 1: WELCOME TO PARADISE

- **Morning:** Begin your adventure with a gentle stroll along Hanalei Bay Beach. Let the soft sands and soothing sounds of the waves welcome you.
- **Lunch:** Enjoy a fresh, locally-sourced meal at The Dolphin Fish Market in Hanalei, known for its seafood and serene views.
- **Afternoon:** Relax by the pool at your accommodation, soaking in the tranquil surroundings.
- **Dinner:** Dine at Bar Acuda in Hanalei for tapas-style dining with locally inspired dishes.

DAY 2: CULTURAL IMMERSION

- **Morning:** Visit Limahuli Garden and Preserve for a self-guided tour. Explore the beautiful flora and learn about traditional Hawaiian culture and horticulture.
- **Lunch:** Savor a casual lunch at Hanalei Taro & Juice Co. for a taste of traditional Hawaiian dishes.
- **Afternoon:** Enjoy beach time at Anini Beach, known for its protected reef and calmer waters.
- **Dinner:** Experience the ambiance and culinary delights of Makana Terrace overlooking Hanalei Bay.

DAY 3: SCENIC EXPLORATIONS

- **Morning:** Take a leisurely drive to the Kilauea Lighthouse and Wildlife Refuge. Enjoy the breathtaking views and spot native birds.
- **Lunch:** Indulge in organic eats at Kilauea Bakery & Pau Hana Pizza.
- **Afternoon:** Relax at Secret Beach, a secluded gem for a peaceful afternoon.
- **Dinner:** Enjoy the fresh, island-inspired cuisine at The Bistro in Kilauea.

DAY 4: MAJESTIC NA PALI

- **Morning:** Embark on a Na Pali Coast boat tour that offers a smooth sail suitable for expectant mothers. Witness the awe-inspiring cliffs and valleys.
- **Lunch:** Most boat tours include a meal, but you can enjoy additional snacks and refreshments on board.
- **Afternoon:** Post-tour, spend a leisurely afternoon resting at your accommodation or a nearby beach.
- **Dinner:** Dine at Hukilau Lanai in Kapaa, offering local dishes with a twist, within a romantic setting.

DAY 5: RELAX AND REJUVENATE

- **Morning:** Book a prenatal massage at a spa that offers beachside services or in the comfort of your accommodation.
- **Lunch:** Have a light and healthy lunch at Fresh Bite Kauai, offering garden-fresh bowls and wraps.
- **Afternoon:** Spend your afternoon lounging at Hanalei Bay Beach, perhaps with a good book or simply enjoying the vistas.
- **Dinner:** Relish the culinary creations at Postcards Cafe in Hanalei, known for its seafood and vegetarian options.

DAY 6: ART AND HISTORY

- **Morning:** Explore Hanalei Town, visiting local art galleries and shops, absorbing the bohemian and laid-back culture.
- **Lunch:** Enjoy the cozy atmosphere and hearty meals at Hanalei Bread Company.
- **Afternoon:** Return to your favorite beach or discover a new one for your last full afternoon of blissful relaxation.
- **Dinner:** Celebrate your last evening at The Beach House Restaurant in Poipu, known for its stunning sunset views and exquisite Pacific Rim cuisine.

DAY 7: FAREWELL TO KAUAI

- **Morning:** Take a leisurely morning walk along the beach or enjoy a quiet breakfast with a view.
- **Lunch:** Grab a farewell lunch at Java Kai in Kapaa, enjoying their fresh coffee and light eats before your journey home.
- **TRAVEL HOME... BYE FOR NOW KAUAI**