

# 7 DAY KAUAI ITINERARY FOR FAMILIES

DAY	ITINERARY	FOOD
01	Arrival at Lihue Airport. Depending on your arrival time, either check into your home or hotel or hit <a href="#">Lydgate State Park Beach</a> . It has a great playground and a protected ocean area perfect for littles.	Try <a href="#">Tiki Tacos</a> for regular and GF tacos and <a href="#">Hee Fat Shave Ice</a>
02	Head north to Princeville. Try zip-lining at <a href="#">Princeville Ranch</a> , including the longest zipline in Kauai at <a href="#">Princeville Farms</a> . Or try an ATV tour. Watch the sunset while playing in the waves in <a href="#">Hanalei Beach</a> .	<a href="#">Chicken in a Barrel</a> for amazing, smoked chicken and shave ice at <a href="#">Jo Jo's</a> . Or, try an açai bowl at <a href="#">Wishing Well</a> .
03	Enjoy Hanalei Beach once more and head north to <a href="#">Na Pali State Park</a> . Reserve a permit to hike and park. On the way north, you'll pass many wonderful beaches such as <a href="#">Tunnels Beach</a> . At Na Pali State Park, hike the first two miles of the <a href="#">Kalalua trail</a> to a beach.	<a href="#">Postcards</a> in Hanalei is perfect for a fancy dinner, or hit up <a href="#">Federico's</a> for some Mexican.
04	Last day up north. Hit up <a href="#">Secret Beach</a> ; don't swim (it's too dangerous). Hike around the reef to the north to Dragon's Belly if kids are old enough for a tricky hike. With littles, just enjoy the beach and the river outlet full of tadpoles <a href="#">Hideaways Beach</a> also is a short, difficult hike down, but stunning.	Hit up one of the restaurants and ice cream in the <a href="#">Princeville Shopping Center</a> .
05	Time to travel south to Poipu. We love staying somewhere on the beach, but that can be expensive. Enjoy the pool or one of the many beaches: <a href="#">Shipwreck Beach</a> , <a href="#">Brennecke's Beach</a> , or <a href="#">Poipu Beach</a> .	<a href="#">Puka Dog</a> is an easy, fun find. <a href="#">Brennecke's Beach Broiler</a> is also popular.
06	Drive to observe <a href="#">Wailua Falls</a> . You can slip past the gate and attempt the tricky, quick, steep hike down. Use <a href="#">AllTrails</a> to pick a quick hike. We opted for <a href="#">Makawehi Bluff</a> for the sunset over Shipwreck Beach. The Cave closes at 4 pm but looks really fun.	Breakfast: <a href="#">Kountry Kitchen</a> . Dinner: Ramen at <a href="#">Hamura Saimin</a> or Mexican at <a href="#">Da Crack</a>
07	Since all flights out are red-eye flights, use today to wear the kids out before the flight home. Rent some boogie boards and catch some bigger waves at Brenneke Beach. Or hit up your hotel pool.	Try malasadas, at <a href="#">Kauai Coffee Company</a> , the Hawaiian glazed donut as a final treat.