

Kauai Beach List

Kauai has more than 60 beaches!

That's more beaches per mile of coastline than any other Hawaiian island.

Listed in order as you come across them going *north* and then *south* from our condo:

* = Julie's picks for an enjoyable place to spend the day. ☺ = normally safe swimming areas.

This beach list is compiled for the use of guests to Wailua Bay View Unit 210.

Beaches North of Wailua Bay View Condominiums

Papaloa Beaches There are a couple of public walkways for beach access from Papaloa Road between the condo and the Marketplace. Beaches fronting condos or hotels *are* public.

Waipouli Beach Park This beach is between the Beachboy and Coconut Beach Resort. Good walking/jogging trail above the beach, however the water is usually not safe for swimming.

Kapaa Beach Park There are many beach access roadways and parking areas off the highway in Kapaa town, one of which is at the Kapaa Library. Good beach for strolling. You can catch the new bike and pedestrian jogging/walking path from here.

Kealia Beach This is the beautiful beach you see north of Kapaa with a large parking area and a long stretch of visible beach. It's a very popular spot for the local surfers. * The coastal path from Kealia to Donkey Beach is a convenient place to walk or jog with a great view.

Donkey Beach New parking lot and restroom for this beach is off the highway - look for it between the 11 and 12 mile markers. There is a ten minute easy walk to the beach. You can also get to Donkey Beach by walking the 2 miles or so along the bike path along the sea from Kealia Beach.

Anahola Beach Park Take either Kukuihale or Anahola Road off the Hwy. and follow signs to the beach park. Swimming is safest to the right near Kahala Point. You can walk on the beach all the way to the Aliomanu side, as it's virtually the same beach.

☺* South Aliomanu Beach This beach is on the other side of the river from Anahola. The river quite often makes sand bars and a lagoon to swim in. Take Aliomanu Road off the highway, just around the bend north of the Ono Charburger Stand and Whalers General Store. Bring some burgers or snacks to eat on the beach! Further north along Aliomanu Rd you will find parking spots here and there, on the side of the road to park near some usually safe ocean swimming.

* North Aliomanu Beach This beach is just south of Papa'a Bay. There is a parking lot adjoining a washed out 4X4 road/trail, used by fishermen and surfers, to the beach. Not safe for swimming, but a beautiful beach none the less. Take Papa'a Road or the road for the Aliomanu Estates.

* Papaa Bay This beach was used as the resort for the movie *6 Days and 7 Nights*. The hidden trail to this beach is just past the Ocean Bluff Sites of Aliomanu Estates, off Papaa Road. Use the beach access opening in the fence to find the somewhat steep fisherman's trail down to the beach. This is an idyllic spot, but a tricky trail to get there. If you take the trail to the right instead, and walk south, you'll find yourself on the northern part of Aliomanu Beach, which is more open.

☺* Moloa'a Beach This is another beach where the river creates a lagoon for safe water play. (Though the last few years, we've found the lagoon a bit brown.) Some parts of this bay are NOT safe for swimming - conditions change constantly. To get to this beach, you take Koolau Road (by an abandoned fruit stand) and then turn down Moloa'a Road. Park along Moloa'a road before the beach. Walk through the marked beach access (between houses) to the beach. Wade across the river. This beach was the setting for the Original Pilot movie for Gilligan's Island.

* Larsen's Beach This beach is also off Koolau Road, but further north. You drive down a beach access road that is easy to miss, because of a very sharp right turn. (The turn is easier to see if you are driving south from the north end of Koolau Road.) After driving down the long red road, you park and walk through the fence. There is a slightly strenuous trail on the right down to the beach - or a less strenuous trail to the left that goes through the vegetation down to the beach - the farther you go, the less people you'll see. This great for beach combing. You can walk northwards to a small trickling stream, which is dry in the summer. If your feet are tough (the sand is coarse) the northern end has a fun spot with rocks and trees to climb and a makeshift outdoor camp. If you're looking for seclusion, this beach is usually totally void of other people. (Though some of those people are totally void of clothes, as is the case at many out of the way beaches.) Keep in mind that public nudity is illegal in Hawaii.

Waiakalua Beaches (Pila'a, Waiakalua Iki, Waiakalua Nui) These 3 beaches are to be found south of Kilauea Farms, at the end of N. Waiakalua Road. There is a public right of way to the left at the turnaround at the end of the road. You drive .2 mi down the dirt road to the end of that. Park here and walk down the steep cliff trail to the Waiakalua Nui. The other two beaches are to the right and can be reached by cliff side trails. This sand is coarse and offers beach combing finds on your way to a small stream at the north end of the beach. These beaches are lonely! You might find the wreckage of a plane, which was crashed in a scene from a movie filmed here long ago.

☺* Kahili (Rock Quarry) Beach From Kuhio Hwy., Turn down Wailapa Road, go .6 miles. You will see a beach access road on the left. (a yellow pipe marks it) You drive down the dirt road for .5 miles and park at the bottom of the road. A trail to the right leads you to the ocean beach - maybe too rough for beginning surfers or boogie boarders, but fun to watch the locals.. A road/trail to left takes you to the river beach. Actually, you may be able to drive your car all the way down to the river to unload your gear. The river is shallow enough to walk across, yet also has deeper pockets for delightful swimming. Paddle a air mattress or boogie board up the river! Sometimes a tire swing is hung from a tree near the river. Great place to spend a day. Bring drinks and lunch! This beach tends to be a bit windy sometimes, but less so along the river.

Kilauea Point National Wildlife Refuge Not a beach, but a great lookout point over the ocean and the coastline. See red footed booby birds, among other wildlife, clearly labeled for your inquiring minds! To get there, turn on Kolo Rd, then left onto Kilauea Road, (follow signs to lighthouse) You will pass the Kong Lung Center where Kilauea Bakery sells yummy things like Sesame & Alae Salt Breadsticks, buy some for snacking or grab a Pau Hana pizza for lunch or dinner!

*Secret (Kauapea) Beach It is one of the most beautiful beaches on Kauai. There is sometimes nudity at this beach. Keep in mind that public nudity is illegal in Hawaii. Early morning or evening is a good time to enjoy the beauty, if you're offended by nudity. Take the first Kalihiwai Road, and then after the road veers to the left, take the first dirt road to the right. Follow the dirt road to the parking area. The trail starts out easy, but has a steep portion. Hold on to the fence, if it's slippery. Don't pack a lot of gear. This beach holds some exquisite beauty. Since it is a popular nudist beach, be careful where you point your camera! Don't leave anything valuable in your car at this trail head.

☺* Kalihiwai Beach Take the first Kalihiwai Road all the way down to the beach, past the the road to Secret Beach. You've got another nice, but sometimes rough beach with a nice river for swimming. Good river for kayaking. This is a fun beach for water play, with a few rope swings, enticing the daredevil in you. Nice beach for paddle ball, lunch and relaxing. You can also get to the river off the second Kalihiwai Road. (However there is less parking on that side and no beach to speak of, except the river.

☺* Anini Beach Park Take the second Kalihiwai Road (past the bridge) follow along until you turn left on Anini Road. This beach has picnic shelters, bathrooms and extremely safe swimming, a grassy area. Take the snorkels along. There are colorful fish and coral out a bit, where it's shallow enough for you to stand up. You can rent a windsurfing rig there, if you want to try that! You may see the Movie Tour Van stopping at lunch time to show tourists the house featured in Honeymoon in Vegas. Besides the main park, there are several beach access points.

Sea Lodge Beach At Princeville's Sea Lodge Building A, there is a trail going to this little pocket of beach. You can also access it from the driveway at the end of a road called Keoniana. The trail follows the river to a waterfall and then down to the beach.

☺* Queen's Bath A trail in Princeville takes you over to this once little known treat. Low tide is the best time to visit. It's a bit of a hike over lava rock, but what beauty! Turn on Punahale Rd and then onto Kapiolani Rd. Park in the parking area. Have your swimsuit and camera handy. Fun! (Do not stand on the rocks between the ocean and the pool - you might get swept out to sea. There have been drownings here. Keen sandals or similar walking shoes are recommended.

☺* Hideaways (Pali Ke Kua) Beach Just before the St. Regis Princeville Hotel gatehouse, there is a public parking lot, with a walkway alongside the tennis court that takes you to the steep stairs and tricky trail leading to Hideaways. Small children (and some adults, like me) may be a bit scared to use the steps going down. But once there you'll usually find safe swimming. There are two beaches, the second is off to the right accessed by a private path. Snorkeling is popular in this gorgeous spot.

Pu'u Poa Beach Parking is the same as above. Located directly below the St. Regis Princeville Hotel, this beach is accessed by a cement trail and 192 easy stairs leading from the left of the gatehouse. A beautiful view of Hanalei Bay can be seen from a walk to the left. You can walk all the way to the mouth of the River.

* Black Pot, Hanalei Pavilion and Waioli Beach Parks In Hanalei, turn on Aku Road, then onto Weke Road. Turning right will take you to the Pavilion and then on to Black Pot (the one with the pier - a good place to eat lunch or have a romantic moonlight picnic dinner!) Turning left on Weke Road will take you to Waioli Beach. (Surfers call it Pine Trees) You can get back onto the Highway from any of the roads. Hanalei Beach is a MUST SEE.

Waikoko Beach This beach borders the Hwy. You can park between trees off the Hwy. There is a tiny footpath by the 15 MPH sign.

* Lumahai Beach The beach is not marked, but is located between the 4 and 5 mile markers. You will likely see cars parked along the road where there is a trail taking you to the most photographed beach in the islands. It may be a good place to "Wash that man right out of your hair," but don't go swimming. The undertow is deadly.

Wainiha Beach Park Several turnouts are here along the road for parking. Not a good swimming beach, but maybe do some beachcombing?

Kepuhi Beach Rights of Way are makai of Kuhio Hwy. on Alamo'o Rd. and Alealea Rd.

☺* Tunnels (Makua) Beach There are Rights of Way to the beach at Haena Point (after the 8 mile marker - before you get to Haena State Park) The first Right of Way (East) and second Right of Way (West) have limited parking spaces. You can also park at Haena Beach Park and walk down to Tunnels. This beach has the most dramatic backdrop of any on Kauai, IMO.

* Ha'ena Beach Park This park is located directly across from the Maniniholo Dry Cave. Lots of parking and a restroom (being reconstructed?) Cannons, a popular surfing spot is located off to the left. Parking on the Cannon's end makes a short walk to an uncrowded beach with a view.

☺* Ha'ena State Park (Ke'e Beach) This is the crowded park at the end of the road. You'll see cars parked everywhere up here. This park has a safe swimming area, a walk to a hula heiau and also is the trail head for the Kalalau trail. If you go on a hike here (like to Hanakapiai) don't leave any valuables in your car. If you must leave something, put it in your trunk BEFORE you arrive at the park, so that the thieves don't see you put it there.

* Hanakapiai Beach This is the first beach you come to on the Kalalau Trail. October - April, there is not much beach, except during low tide, but in the summer months, there is a good stretch of beach with lava tube tunnels to explore. DO NOT SWIM IN THE OCEAN HERE!

Kalalau Beach and Honopu Beach are a couple of the beaches along the Kalalau Trail. Someday we hope to hike the 17 miles in to visit these beaches personally. Until then, hats off to those who brave that trail!

Beaches South of Wailua Bay View Condos

* Wailua Beach To walk, enter from Hwy. South of old Seashell Restaurant. Surfers call the north end Horners. Wailua Beach is great for a morning or evening stroll. If you can cross the river, you can walk over the rocks to Lydgate and view the petroglyphs and continue your walk all the way to the Hilton. Safety varies at Wailua from day to day and season to season.

☺Wailua River Park At Coco Palms, turn up Kuamoo Rd (580) and immediately on your left, you will see the parking area for the River Park. Swimming, boating water, skiing, etc. This is where the Kayaks are kept that you can rent at Kinipopo or in Kapaa. Of course you can walk to this park from the condo either by the beach or down the highway.

☺* Lydgate State Park You can enter the park from the north at the Aloha Beach Resort entrance, then turning down Nalo Rd - or from the South from Leho Rd, then Nalo Rd. This beach has a rock wall built, keeping out high surf and providing safe swimming. There are also restrooms, showers, a huge cooking pavillion and a great playground for the kids. Closer to the river, you can view the City of Refuge and begin a walking tour of several heiau. From the south end of the beach, you can check out the new Children's Bridge and then walk past the golf course, along Nukolii Beach, all the way to the Radisson, good exercise and the sand is fine, so it's easy for walking. This is our favorite close by beach walk.

Nukolii Beach Park This is the beach that fronts the Radisson and the Wailua Golf course. You can walk from Lydgate or take any of the beach access roads between there and the Radisson. One road is at the 4 mile marker, or you can access it from the Radisson Hotel parking lot. You can just park along the beach in front of the Golf Course. Beautiful but not safe for swimming!

Hanamaulu Beach Park This beach is off Ahukini Pt by the airport. Not good for swimming. To get there, take Hanamaulu Rd from Kuhio Hwy and turn on Hehi Rd. There is a large pavillion and grassy playing area, as well as bathrooms. This beach is used mostly by locals.

Ninini Beach and Lighthouses and Running Waters Beach are accessed from the Marriott Golf Course drive. Follow signs after going straight past the guard booth. You can glimpse the Wildlife Preserve from the parking area for Running Waters. Running Waters Beach is found by cutting through the golf course at the 9th hole. The trail to Ninini Beach is near the 13th hole.

☺* Kalapaki Beach Park in the visitor parking area of the Marriott Hotel and walk to beach. Overflow parking for the Visitor parking is up the hill and take the elevator down to the beach. What a gorgeous place. Stop in at Duke's Barefoot Bar for a Caesar salad, quessadillas and a cold beer. Our favorite inexpensive luxury! During slow visitor times, you can park near JJ's Broiler at Anchor Cove and walk across the footbridge. The Kalapaki Beach Hut is also a great place for a burger, with a killer view from up top.

Nawiliwili Beach Park This park is just past the Marriott and adjoins Kalapaki Beach. You can park at the Park and go to either one. There is a large grassy area for playing or you can walk to browse the Anchor Cove shops or stroll through the Marriott.

Niumalu Beach County Park This a popular place to launch kayaks for an easy trip up the Huleia River.

Kipu Kai and Kamala Point Not accessible to the public.

Shipwreck Beach (Keoniloa Beach) Follow Poipu Rd. past the Hyatt to the Beach. The shipwreck was washed out to sea during Hurricane Iniki. People now call it by its original name Keonelo Beach.

* Mahaulepu Go to the end of Poipu Road past the Hyatt- it's bumpy - at the T, turn right. The first stop is Gillin's Beach. It is gorgeous. Next is Kawailoa Bay and the trail to Ha'ula Beach. If you have 4WD you can park at the 3rd beach. NOTE: Access to these beaches is on Grove Farm Land and they DO lock the gates at 6PM and sometimes before - so be sure to get out of there well in advance of 6PM or plan to sleep there overnight!

☺* Poipu Beach Park Lots of people from the nearby hotels and condos, but safe swimming in a beautiful place.

☺* Hoona Beach (aka Baby Beach) on Hoona Road and Keiki Cove on Lawai Rd are safe for babies.

☺* Beach House Beach Great for snorkeling- again lots of tourists - on Lawai Rd - Poipu area.

* Glass Beach This beach is a little pocket of dirty sand, that has an unusual amount of colored glass on its shore. The beach is found off a dirt road that goes behind the Chevron tanks at Port Allen.

☺* Salt Pond Beach Park This park is in Hanapepe, down Lele Rd. follow the signs. The swimming is good and is very popular on weekends with local families of this area.

Pakala Beach (Pakalas) - The trail to this beach is off the highway as you head toward Waimea. You'll see cars parked alongside the road by the trail.

Lucy Wright Beach Park - Waimea. Across the river from Fort Elizabeth. Campground.

* Kekaha Beach Park This is a LONG stretch of beach - always sunny! Great sunsets!

Barking Sands By the Missile Range, this beach usually requires permission at the gate to enter.

☺* Queen's Pond Accessed by the road on the way to Polihale, turn left at the Monkeypod tree. Under ideal conditions the swimming is safe, however there have been drownings here.

* Polihale State Park This beach is at the end of the road on the west side of the island. There is a clearly marked cane road that takes you from the end of the highway to the beach. A beach walk here makes you feel that this is the end of the earth. Swimming can be dangerous here!