



# HAWAII FROM THE INSIDE

Haena, Kaua'i

HAWAII TOURISM JAPAN (HTJ)

Though guidebooks are a great starting point for canvassing the Hawaiian Islands prior to a visit, sometimes travelers want extra knowledge that can't be found on the pages of a tome. The best way to learn about the culture and activities that await — from Hawai'i residents who've made certain cultural elements of the islands not only their passion, but part of their lifestyle.

biology and geology or their cultural and spiritual aspects," he says. "They change your worldview and how you interact with nature."

Costa, who's worked as an archaeologist and Natural Resources Manager at the Park and a ranger on Mauna Kea, now leads private hikes through his company, Native Guide Hawai'i, to share his love of the area. "People are expecting to see a homogenous mass of black lava," he says. "They're surprised to find it's very rich, colorful and beautiful, and has varied land forms and features."

Currently, a new lava flow that's a continuation of the 1983 eruption lets visitors experience history unfolding. "In Hawaiian culture, we say it's the work of our ancestor, the Goddess Pele," says Costa. "It's not something that's happening from the outside. It's all part of the whole." ([www.nativeguidehawaii.com](http://www.nativeguidehawaii.com), 808-982-7575)

## THE SLACK KEY SOUNDS OF KAUAI

In the 1800s, Mexican and Spanish vaqueros came to Hawai'i to teach the locals cowboy skills. Not only did Hawai'i's *paniolo*, or cowboys, emerge during this time, but so did the distinctive sounds of the *ki ho'alu*, or slack key guitar, an instrument first played around the campfire.



Keiki girls dancing hula

HAWAII TOURISM AUTHORITY (HTA)/JOE SOLEM

## LEARNING ABOUT LAVA ON HAWAII ISLAND

Growing up on Hawai'i Island, Warren Costa considered Hawai'i Volcanoes National Park his backyard. "The volcanoes are so varied in terms of natural resources, whether it's their

For husband and wife Doug and Sandy McMaster, the music is a family tradition. Through slack key guitar's finger-plucked stylings, Doug says listeners can hear everything from the soothing surf to raindrops dripping on Ti leaves. The McMaster's perform at the Hanalei Community Center on Kaua'i on Fridays and Sundays. Says Sandy, "Our audiences experience the true meaning of *aloha* as they listen to real, old-style slack key guitar and *'ukulele* music with the tradewinds blowing through the building, the geckos chirping and the birds singing." ([www.mcmasterslackkey.com/liveshows.html](http://www.mcmasterslackkey.com/liveshows.html), 808-826-1469)



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Sea Turtles at Maui Ocean Center in Maalaea, Maui