



# LĀNAʻI BY FOUR SEASONS

Activities guide

## RESORT ACTIVITIES >

Make your time as busy or relaxed as you wish with championship golf, tennis, Hawaiian cultural experiences, pool and beach or a tranquil spa.



## ISLAND ACTIVITIES >

From rugged adventures to refined relaxations, unforgettable experiences await on Lānaʻi.



## E KOMO MAI!

Welcome to Four Seasons Resort Lānaʻi.

Here on this pristine, secluded island, we invite you to experience Hawaiʻi's most exclusive adventures – whether on land or at sea. You can be as relaxed or busy as you wish!

Explore authentic Hawaiian experiences with our Love Lānaʻi cultural programs, or choose from our incredible array of activities – many managed by Four Seasons. Come for daily pampering at the Hāwanawana Spa, go whale watching, or explore inland excursions from sporting clays to horseback rides. Every adventure is an opportunity for you to get to know all the friendly, talented people in our Four Seasons ‘ohana (family) – from our pool attendants to golf pros and chefs.

We've created this planning guide to help you create your own personalized experience of Lānaʻi. Be sure to check our daily [online calendar](#) for the most up-to-date schedules and offerings.

For more information and to make reservations, feel free to connect with our Lānaʻi Experience Planners at 1 (808) 565-2587, or by email at [exp.lanai@fourseasons.com](mailto:exp.lanai@fourseasons.com). We'll do everything possible to make sure every day is perfect.

I look forward to welcoming you in person.

Avi Phookan

General Manager



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## RESORT ACTIVITIES

### SWIMMING POOLS

Nestled together amid tranquil gardens, our two swimming pools provide stunning views of the Pacific. Lounge beside our lagoon-style pool or our adults-only retreat, both with whirlpools.

To enhance your experience, reserve one of our cabana-style Sanctuaries, featuring comfortable couches and oversized lounge chairs – available at both pools. Four Seasons attendants regularly offer chilled towels, ice water, Evian spritzes, fruit skewers, popsicles, sunglass cleaning and sunscreen. Request a poolside snack, or come to the adjoining Malibu Farm restaurant for delicious meals and refreshing drinks at the bar.

### SWIMMING

Just down the path from our pool area sits the stunning Hulopo'e Bay and our curve of white-sand beach, offering shady palms and gentle waves for swimming and splashing. The beach experience is complete with lounge chairs, umbrellas and attentive Four Seasons service.



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## LOVE LĀNA'I CULTURAL PROGRAMS

Through our Love Lāna'i cultural programs, you can experience the island's unique spirit and historical legacy, spanning nearly 1,000 years of Hawaiian residency. Through a variety of tours, demonstrations and cultural experiences, you can explore Lāna'i's bio-cultural landscape, learn about its diverse history, and hear about wahi pana (storied and sacred places) across the island. For dates and times, check our [daily online calendar](#).

For more information and reservations, email:

[adventure.lanai@fourseasons.com](mailto:adventure.lanai@fourseasons.com)

### PU'UPEHE CULTURAL HIKE

In Hawaiian culture, the sun is revered as a vital source of life-giving energy. Experience the rising of the sun and re-energize with a morning walk to 'Aipuhi Bay. Look out to Pu'upehe, an off-shore pinnacle that most notably served as the backdrop for a poignant native tradition.

### HOLOHOLO OUTDOOR CULTURAL EXPERIENCE

Join our local guides as they take you holoholo, exploring, on an excursion to visit and learn about a few of the notable cultural sites around the island of Lāna'i. Along the way, our guides will share stories and traditions of Lāna'i. Journey by 4x4 Jeep and witness the beautiful scenic views and rich history found throughout our unique island.

### RESORT CULTURAL TOUR

Lāna'i is steeped in rich tradition and culture. Accompany an advisor on a learning journey through the halls and grounds of our Resort. Along the way, hear traditions of place and anecdotes of history and view the wondrous craftsmanship of our exclusive curation of historical artifacts from throughout Hawai'i and our extended family of Pacific cultures.

[LOVE LĀNAI CULTURAL PROGRAMS CONTINUED >](#)



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### HO'OLAUNA – HAWAIIAN ARTS & CRAFTING

Get acquainted with the rich variety of Hawaiian arts & crafts in our daily offering of workshops. Learn a traditional method of lei making, a basic tune on the 'ukulele, a few introductory hula steps, a simple technique of weaving lauhala, and more. Our advisors showcase and teach the diverse set of skills gained while growing up on Lāna'i.

### EVENING CULTURAL CELEBRATION

Dusk was a time when ancient Hawaiians gathered as 'ohana, families, to share traditions in the form of hula and oli. We invite our guests to be a part of our 'ohana as we share hula and other traditions.

### LĀNA'I TALK STORY

Sit with cultural advisors to hear their stories and experiences of growing up on Lāna'i. Learn about native traditions, history and customs that make Lāna'i unique. Informal conversations recall the feeling of visiting an old friend.

### LĀNA'I OBSERVATORY KILO HŌKŪ EXPERIENCE

Pacific ancestors utilized their intricate knowledge of the natural environment to voyage thousands of miles across the largest ocean on earth. Our advisors share voyaging traditions and wayfinding methods in an astonishing cultural presentation. Then, view magnificent celestial objects that exist light-years away through our state-of-the-art telescope housed in our on-property observatory.

[RESERVATIONS RECOMMENDED >](#)

[LEARN MORE ABOUT CULTURAL PROGRAMS >](#)



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## HĀWANAWANA SPA

The word “hāwanawana” means “whispering” (as in whispering sea), and the “ha” in aloha means “breath of life.” With a healing aloha, our Spa invites you to discover your peaceful “ha” moments.

Our facials, massages and body treatments are infused with the mana of land and sea, bringing balance to mind, body and spirit. Indulge together in a couple’s suite or enjoy select treatments poolside. Be sure to make time to enjoy complimentary use of our relaxing spa facilities, including steam rooms, saunas and lounges with refreshments. Salon services are also available. Here are a few of our most popular treatments:

- Lāna’i Lomi Lomi: Experience this traditional Hawaiian massage, known for flowing, rhythmic movements.
- Island Serenity Ritual: Full mind and body rejuvenation in an exclusive ayurvedic treatment.
- Ti Leaf Relief Wrap: This cooling, aromatic wrap begins with wild algae, aloe vera and green-tea gel, followed by a calming overlay of fresh ti leaves.
- Deep Sea Cleanse: A hydrating and nourishing mineralizing sea salt scrub with purifying algae.
- L.E.D. Facials: Choose the Inner Glow red-light therapy for stimulating and anti-aging, or the Deluxe Purifying blue-light therapy for calming and decongesting.

[LEARN MORE ABOUT OUR SPA TREATMENTS >](#)



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## WELLNESS

In our exclusive island hideaway, we hope you will be inspired to take time out to turn off and tune in. Journey away from the stresses of everyday life and embrace the opportunity to make positive changes in your lifestyle, attitude and personal focus.

### FITNESS CENTER

With spectacular ocean views for inspiration, our 2,500-sq.-ft. (232-m<sup>2</sup>) Fitness Center features cardio machines including Matrix, Peloton and Woodway, free weights and weight machines. We also offer complimentary fitness attire (for use while at the Fitness Center). Open 24 hours.

### YOGA STUDIO

Visit our Yoga Studio in a 1,100-sq.-ft. (102-m<sup>2</sup>) facility with gorgeous views. Our multifaceted instructors offer a variety of indoor and outdoor classes, such as Beach Yoga, Yoga Sculpt, meditation and more. Check our daily online calendar for details. Private and group sessions are available.

### AERIAL YOGA

Our Yoga Studio features a spread of ten aerial yoga hammocks. These silk hammocks welcome all levels in daily AntiGravity® Yoga sessions – ideal for relieving stress and pain. Restore length and openness in your spine during this fun and liberating class. Private sessions are also available.

### SPORTS MASSAGE SERIES

Golfers, tennis players and horseback riders alike are vulnerable to aches, pains, injuries and stiffness – all of which may dampen your game or drain enjoyment from the activity. Enhance your abilities with our Sports Massage Series, helping you recover more quickly.

[LEARN MORE ABOUT FITNESS PROGRAMS >](#)



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## MANELE GOLF COURSE

Our award-winning Jack Nicklaus Signature Manele Golf Course was designed to celebrate the island's dramatic, natural contrasts – from red cliffs and black lava outcroppings to stretches of vivid green above the crashing blue surf.

This 18-hole, par-72 course offers a uniquely private experience with a quiet, leisurely atmosphere. Every hole features an ocean view, and three holes are located on cliffs, using the Pacific as a water hazard. Ride a golf cart with bluetooth speakers and GPS – order food and drinks and have them brought to you right on the course!

Complimentary golf club rentals are available for Resort guests playing 9- or 18-hole rounds.

[RESERVATIONS RECOMMENDED >](#)

### MEMBER FOR A WEEK

For golfers who dream of unlimited play, try our all-inclusive, week-long membership experience. During your seven-day visit, enjoy unlimited sunup-to-sundown access, complimentary clubs and more.

### TRACKMAN TECHNOLOGY

Fine-tune your golf swing using TrackMan, the leading-edge technology for golf practice and player development. Benefit from instant and actionable feedback on club delivery, launch, ball flight and landing. Experience a session on the putting green using TrackMan to help with your green reading, start line and tempo. Get fitted for a driver using TrackMan technology to fine-tune proper loft and shaft flex. Ask for more details and book a session!

[LEARN MORE ABOUT GOLF >](#)





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## GOLF ACTIVITIES

Discover a variety of programs, private lessons and custom club fittings – perfect for experienced golfers, as well as those new to the game. Be sure to check our [daily online calendar](#) for the most up-to-date schedules and offerings.



## EVENTS

Don't let a day on the greens end while the sun is still shining. The Manele Golf Team offers a number of fun events for friends, families and golfers of any level. Try your hand at Disc Golf or take a swing with Rock N' Range, an "après-golf" experience on the driving range with music and cocktails at the Range Bar to wind down the day.

## CLINICS

Enjoy a variety of hour-long clinics for an ideal way to improve techniques and hone your game. Choose from Putting (distance control, green reading), Wedge (different types/grinds of wedges, club selection) or Trackman (Ball Speed, Launch Angle, Spin Rate, Club Head Speed, Angle of Attack) to better understand how to create more distance with drives.

## SUNSET NINE

Head onto the Manele Golf Course in the late afternoon and play the back nine. Enjoy a specialty cocktail either on arrival or delivered to you on the course. As you play, you can take in amazing views of Pu'upehe (Sweetheart Rock) and Hulopo'e Bay. Complimentary clubs are available.

## GOLF 101

Perfect for beginners, this two-hour session includes an introduction to every aspect of the game, tips on golf etiquette and the chance to play one hole on the Manele Golf Course. Sessions are available for one or two players.

## JUNIOR GOLF

Accompanied by a paid adult, kids 17 and under enjoy complimentary play on our 18-hole course. Complimentary junior clubs are available.



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## TENNIS

Plan a match at the Lāna'i Tennis Garden, our three-court, tour-quality facility. We offer two outdoor Plexipave hard courts and one Har-Tru clay court, a ball machine, as well as professional instruction and racquet stringing. Shirts and court shoes required for play. Court rental includes demo racquets, balls and court shoes.

Guests can try their hand at pickleball, a popular racquet sport combining elements of badminton, tennis and table tennis.

### WEEKLY CLASSES

Starter pickleball, cardio tennis, kids' tennis and more. (\$)

Check [online calendar](#) for schedule.

### RESERVATIONS >

Reservations are required. Contact the Lāna'i Tennis Garden by email at [andres.durandegui@fourseasons.com](mailto:andres.durandegui@fourseasons.com).

We also feature a tennis lounge equipped with refreshments, tennis event viewing and a Tennis Boutique featuring a selection of specialty gear and apparel.



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## KIDS FOR ALL SEASONS

Our complimentary Kids For All Seasons program offers organized activities for children ages five to twelve.

Your children will explore in nature and learn to appreciate Hawai'i's spirit of aloha. They can discover the island's petroglyphs, go hunting for lizards, or watch a keiki (child) hula show. They can even build their own erupting volcano and witness how the Hawaiian islands were formed.

Children are always welcome in our daytime activities – and evening events are offered seasonally.

[Check for reservation policies.](#)

Contact [The Nanny Connection](#) for babysitting services.



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## ROMANTIC MOMENTS

Where better to enjoy a romantic escape than your own secluded 90,000-acre Hawaiian island? Celebrate love with a series of engaging activities custom-made for couples.

- **Couple's Spa Suites:** Retreat together and share relaxing spa treatments.
- **Sanctuary for Two:** Relax in a private poolside Sanctuary surrounded by gardens and views of the Pacific Ocean.
- **Sunset Sail:** Set sail together along the scenic Lāna'i coastline.
- **Sunset Nine:** Challenge each other to a friendly end-of-day round of golf, then enjoy a specialty cocktail.
- **Dining Under the Stars:** Before the sun begins to set, take your seats at a private table for two overlooking Hulopo'e Bay.
- **Vow Renewal:** Renew your vows on one of Lāna'i's gorgeous beaches or atop a mountain peak.
- **Babymoon:** Enjoy one last romantic getaway before baby makes three. We provide special amenities and services.



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## CULINARY EXPERIENCES

Beyond our selection of indoor and outdoor restaurants, we offer a variety of interactive classes and delicious special events. You'll find plenty to please your palate as you experience the many flavors of Lāna'i.

### RESERVATIONS RECOMMENDED >

- Teppan Dining Experience
- Private picnics
- Sunset Nine golf and cocktails
- Dining Under the Stars private dinner

[LEARN MORE ABOUT OUR DINING OPTIONS >](#)

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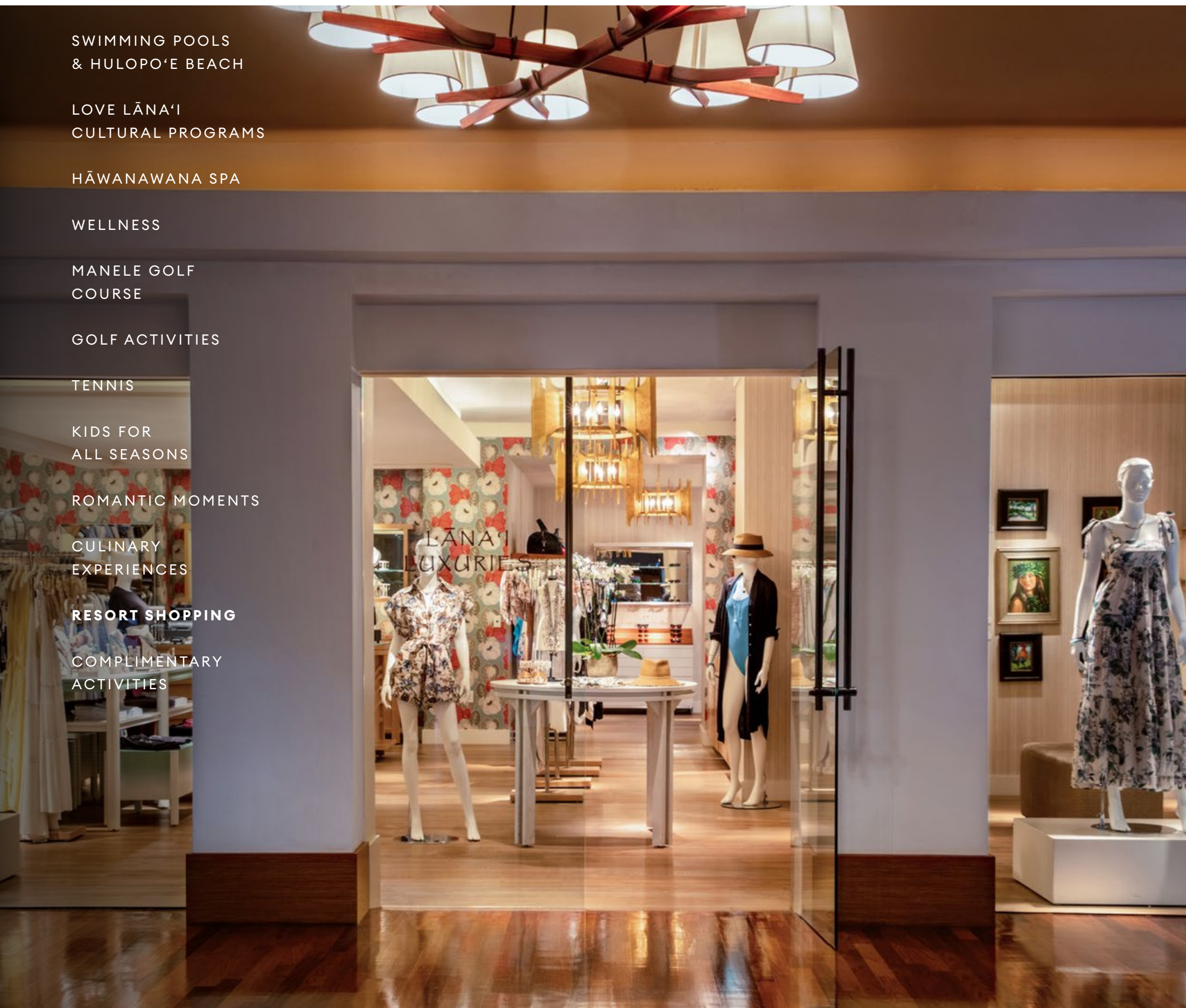
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## RESORT SHOPPING

Just off the lobby, Four Seasons Resort Lāna'i offers two retail experiences designed to suit every style and taste. Catering to women, men and children, our shops present a wide range of fashion, accessories, fine jewelry and gift items.

- **Lāna'i Luxuries:** Women's & men's fashions that embrace elegance and comfort from the beach to a sunset dinner, featuring Zimmerman, Camilla, 120% Lino, Sydney Evan jewelry, Panerai watches and much more.
- **Varieties:** This sundries shop offers a selection of beach essentials, children's items and island gifts to take home.

### MANELE GOLF SHOP

Discover a wide array of apparel, gifts and accessories for the golf lover and non-golfer alike by Catherine Wingate, Linksoul and TravisMathew.

Shop the Lāna'i Golf Collection for great logo merchandise, including leather goods, custom balls, beach towels, blankets and more.

### SPA SHOP

Enhance your spa experience with professionally recommended products, island-inspired apparel, gifts and our exclusive line of bath amenities.



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## COMPLIMENTARY ACTIVITIES

Make the most of your time on Lāna'i by enjoying our variety of complimentary activities and amenities. For dates and times, check our [daily online calendar](#).

- Ho'olauna Hawaiian Arts and Crafting including lei making, a few steps of hula, lauhaula weaving and 'ukulele lessons
- Visiting the Resort's rescue birds and a chance to "talk story" with Resident Uncle Bruno
- Ocean-view Fitness Center
- Variety of wellness and yoga classes
- Access to Manele Golf Course driving range and putting green, with complimentary rental clubs and balls
- Golf events
- Snorkeling gear
- Beach and poolside amenities, including chilled towels, ice water, Evian spritzes, fruit skewers, popsicles, puzzles, sunglass cleaning and sunscreen

## GARDEN TOURS

Stroll through 12 densely plotted acres of gardens that contain a variety of plants, including cycads, palms, bamboos, ferns, orchids and anthuriums on a guided tour at Four Seasons Resort Lāna'i.

**COMPLIMENTARY; RESERVATIONS REQUIRED >**



## SNORKELING & SCUBA DIVING

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HIKING AND BIKING

HORSEBACK RIDING

LĀNA'I ARCHERY  
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LĀNA'I CITY

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## ISLAND ACTIVITIES

### SNORKELING

Right off our beach is Hulopo'e Bay, a protected marine preserve with some of the best snorkeling spots in Hawai'i. The waters are crystal clear and the coral reefs are virtually undisturbed, attracting an abundance of colorful tropical fish. Spinner dolphins frequently come to play, so be sure to watch for them. Our beach kiosk offers complimentary snorkeling equipment, including snorkels, fins and masks, as well as prescription masks.

### SCUBA DIVING

With its protected bays and coves, Lāna'i is a remarkable destination for divers. Set out on a private two-tank dive, and explore underwater coral grottoes and lava caves. Enjoy safe encounters with tropical sea life at fascinating dive sites, such as the Cathedrals, Kaunolū, Fish Rock and the Menpachi Caves. Our next-generation diving gear includes top-rated Cobalt 2 dive computers, high-performing, lightweight Atomic T3 regulators and superior-quality wetsuits.

### FISHING

Set sail on a private fishing charter. An ideal destination for small- or big-game fishing, Lāna'i offers abundant mahi-mahi, wahoo, yellowfin tuna and Pacific blue marlin. Our local captains and crew know the fishing grounds around the island better than anyone, promising the adrenaline rush of a prize catch!

RESERVATIONS RECOMMENDED >





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## SNORKEL SAILS

Climb aboard the LĀNA'I II, a 65' sloop rigged sailing catamaran, for a three-hour snorkel sail, letting you experience the pristine waters surrounding Hawai'i's smallest inhabited island. Head to renowned snorkel sites, such as Kaunolū on the southern shore. This heritage site was King Kamehameha's summer retreat, and the waters were a favorite fishing spot of his royal entourage. Swim along coastal reefs teeming with brilliantly colored fish and wildlife – and perhaps catch a glimpse of spinner dolphins or humpback whales that frequent the waters seasonally. Snorkel gear, wetsuit tops and SUPs are provided. Enjoy a picnic lunch on board before heading back to shore.

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## SUNSET SAILS

Embark on a two-hour cruise along the scenic Lāna'i coastline. Sip a cocktail as the sun falls below the horizon, enjoy delicious pupus (appetizers), and perhaps even watch schools of spinner dolphins frolic in the surf. Lāna'i also offers a haven to North Pacific humpback whales, which can often be seen from December to mid-April. You'll enjoy a memorable evening – whether for a romantic escape or a relaxing time with friends and family.

**RESERVATIONS RECOMMENDED >**

## PRIVATE CHARTERS

For an unforgettable ocean adventure, charter one of the boats in our private fleet. Enjoy snorkeling, scuba diving, whale watching or a sunset charter, or just relax and take in views of the beautiful Lāna'i coastline. Our sailing catamarans are equipped for fun with SUP boards and more.

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## HIKING

With so many contrasting landscapes, Lāna'i offers plenty of natural motivation for hiking. Options range from short trails to more strenuous climbs, rewarding you with stunning vistas.

Just ask for a trail map, or download the free Lāna'i Guide App from the App Store or Google Play for interactive hiking maps, photos and more.

Be sure to walk to the point of Hulopo'e Beach, where you'll find tide pools filled with marine life such as sea cucumbers, spaghetti worms and sea stars. For a gorgeous sunrise view, take a stroll along the cliffside path to Pu'upehe (Sweetheart Rock). There are also more challenging hikes along cliffs and ridges. Private, guided hikes are available.

## BIKING

Explore scenic Lāna'i on two wheels. Join guides from the Lāna'i Adventure Park on electric Quietkat mountain bike tours around the island. Experience a variety of routes and learn about history and culture. Helmets and backpacks provided. Or rent Kona ebikes to get around the paved roads of Lāna'i City or hit the back roads for red-dirt adventure.

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## HORSEBACK RIDING

Ride horseback into the hills surrounding Kō'ele – once the center of ranching operations on the island. As you explore the wooded valleys and trails, you might spot axis deer, mouflon sheep and turkeys. Custom tours and private lessons are available from Lāna'i Adventures.

[RESERVATIONS RECOMMENDED >](#)

### RANCHER EXPERIENCE

Venture upcountry and spend some time with the Lāna'i Ranch's miniature horses and donkeys, and its goats. Pet or groom the minis and let our wranglers "talk story" about Kō'ele and the paniolo (cowboy) culture on Lāna'i. Bring a picnic for a memorable lunchtime experience.

### CARRIAGE RIDES

Tour the fascinating plantation town of Lāna'i City in a one-hour private ride. Climb aboard a beautiful carriage, drawn by Shire draught horses.

[RESERVATIONS RECOMMENDED >](#)



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## LĀNA'I ARCHERY & SHOOTING RANGE

Discover our 14-station, state-of-the-art shooting course, providing an exciting experience for both novice and experienced shooters. Clays are sprung in various directions and angles to simulate the flight patterns of different game birds, as well as rabbits. Covered stations allow for shooting in most weather conditions, and our friendly team members make everyone feel comfortable.

If you can't choose, Sporting Arrows might be the perfect activity. Combining archery and clay shooting, participants use flu flu arrows to train their sights on moving targets. The arrow's heft allows for a powerful acceleration with a short flight to find the mark.

**RESERVATIONS RECOMMENDED >**



SNORKELING  
& SCUBA DIVING

SNORKEL SAILS,  
SUNSET SAILS AND  
PRIVATE CHARTERS

HIKING AND BIKING

HORSEBACK RIDING

LĀNA'I ARCHERY  
& SHOOTING RANGE

**LĀNA'I  
ADVENTURE PARK**

4x4 OFF-ROADING

LĀNA'I CITY

LĀNA'I CULTURE &  
HERITAGE CENTER

SENSEI LĀNA'I,  
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## LĀNA'I ADVENTURE PARK

Nestled among Cook pines, the Lāna'i Adventure Park invites you to experience exhilarating challenges in a stunning natural setting. Our Aerial Adventure Course lets you soar on a zip-line with sweeping views of Kaiholena Gulch – either in seated or Superman position. In the Adventure Tower, explore two tiers with over 70 obstacles, self-guided according to your comfort level and desired level of difficulty. For the Challenge Course, teams are led through a series of mental and physical obstacles.

Our Lāna'i Adventure Park gives opportunities for personal and collective growth, with programs designed to build confidence, trust, communication, empowerment, collaboration, motivation and cohesion.

For ages 3 and up, our Kids' Course inspires self-guided fun through a series of child-friendly challenges. Kids get into harnesses like the grown-ups and work through obstacles elevated 18 inches (46 centimeters) off the ground.

[LEARN MORE >](#)

[RESERVATIONS RECOMMENDED >](#)



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## 4x4 OFF-ROADING

With only 30 miles (48 kilometers) of paved roads and no traffic lights, Lānaʻi is ideal for off-roading. Rent a four-wheel-drive vehicle and head out on your own – exploring miles of rugged terrain, taking in the scenery or stopping to visit Lānaʻi City. Be sure to download the free Lānaʻi Guide App and enjoy interactive hiking and driving maps, photos and more. Take along a Four Seasons picnic to enjoy at the location of your choice:

### RESERVATIONS RECOMMENDED >

- **Keahiakawelo (Garden of the Gods):** On northern Lānaʻi, this area features lava boulders of all shapes and sizes. The absence of vegetation emphasizes the rocks' stunning colors and shadows in the changing daylight.
- **Kaunolū:** Located on Lānaʻi's southern tip, this 18th-century fishing village preserves the remains of more than 80 homes, a temple and other structures.
- **Keōmoku Village:** A former sugar plantation village on Lānaʻi's eastern shore.
- **Koloiki Ridge:** The five-mile (eight-kilometer) trail begins in the Kōʻele highlands and meanders through dense forests and groves of guava and pine trees before opening up to spectacular views of the Pacific Ocean and the neighboring islands.
- **Beaches:** Lānaʻi's diverse coastline offers sandy shores – perfect for beachcombing, relaxing and exploring. Visit Kaiolohia Beach (Shipwreck Beach), Polihua, Kahalepalaoa, Lōpā and Hulopoʻe Bay. Check driving and weather conditions.



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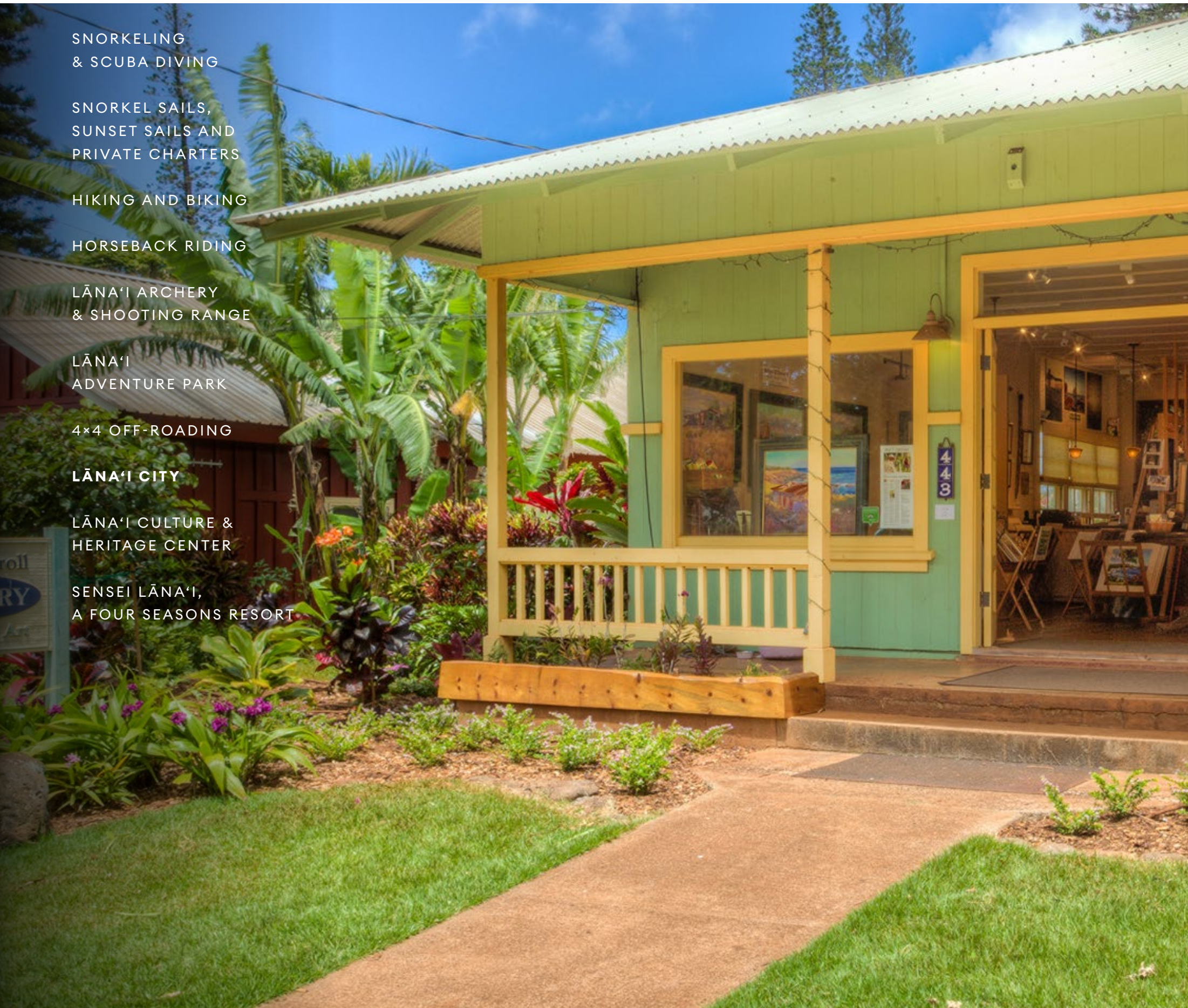
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## LĀNA'I CITY

The island's main town was established when James Dole purchased nearly the entire island of Lāna'i in November 1922 in order to cultivate pineapples. Dole built a plantation camp, which eventually became the foundation for Lāna'i City. The layout was influenced by traditional town designs, where streets are arranged in grid style around a main square or green.

Between 1924 and 1929, Lāna'i City prospered, and most of the existing buildings and streets were constructed during this short period. Today the population is about 3,000. It's a fun place to come for a "Dole Stroll," visiting the local shops, galleries, coffee shops and restaurants. Enjoy a casual lunch at Pele's Other Garden or the Blue Ginger Café. You can even see a movie at the Hale Keaka Lāna'i Theater.

Cat lovers should stop by the Lāna'i Cat Sanctuary. A paradise for island cats and kittens, this expansive open-air facility draws more the 1,500 visitors a year. Kids will love petting kittens in the "Kittengarden" and watching cats play. The shelter provides lifetime food, water and medical care for its residents.

## LĀNA'I CITY SHOPPING

We're pleased to say there's not a single shopping mall on our island! But you'll find many shops and cafés in nearby Lāna'i City. The streets bordering Dole Park offer up a selection of galleries, including the Mike Carroll Gallery and the Lāna'i Art Center. Shop at charming boutiques, such as The Local Gentry and Hula Hut for local fashion, unique souvenirs and handcrafted keepsakes. Try Lāna'i Woodworkers for exquisitely crafted items, while Richard's Market offers delicious souvenirs, such as local honey and macadamia nuts.



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## LĀNA'I CULTURE & HERITAGE CENTER

From the 1950s through the 1970s, Lāna'i was the world's largest pineapple plantation, but there is much more to the island's history.

Our island's official museum, the Lāna'i Culture & Heritage Center – located in Lāna'i City – covers nearly a millennium of changes, from the year 1000 when the first Hawaiians settled here to the end of the plantation era in 1992.

The museum features all kinds of local treasures: clothing, furniture and plantation equipment, as well as poi pounders and ulu maika (“bowling”) stones that residents found when working in the fields. It's a fascinating opportunity to learn more about this unique island paradise.

Download the free Lāna'i Guide App and enjoy interactive maps, photos and more.





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## SENSEI LĀNA'I, A FOUR SEASONS RESORT

Discover tranquility and luxury amid the rolling hills and tropical greenery of Lāna'i at our premier adults-only wellness retreat.

Our sister property is short drive away, accessible via complimentary shuttle service, which can be reserved by our Lāna'i Ambassadors.

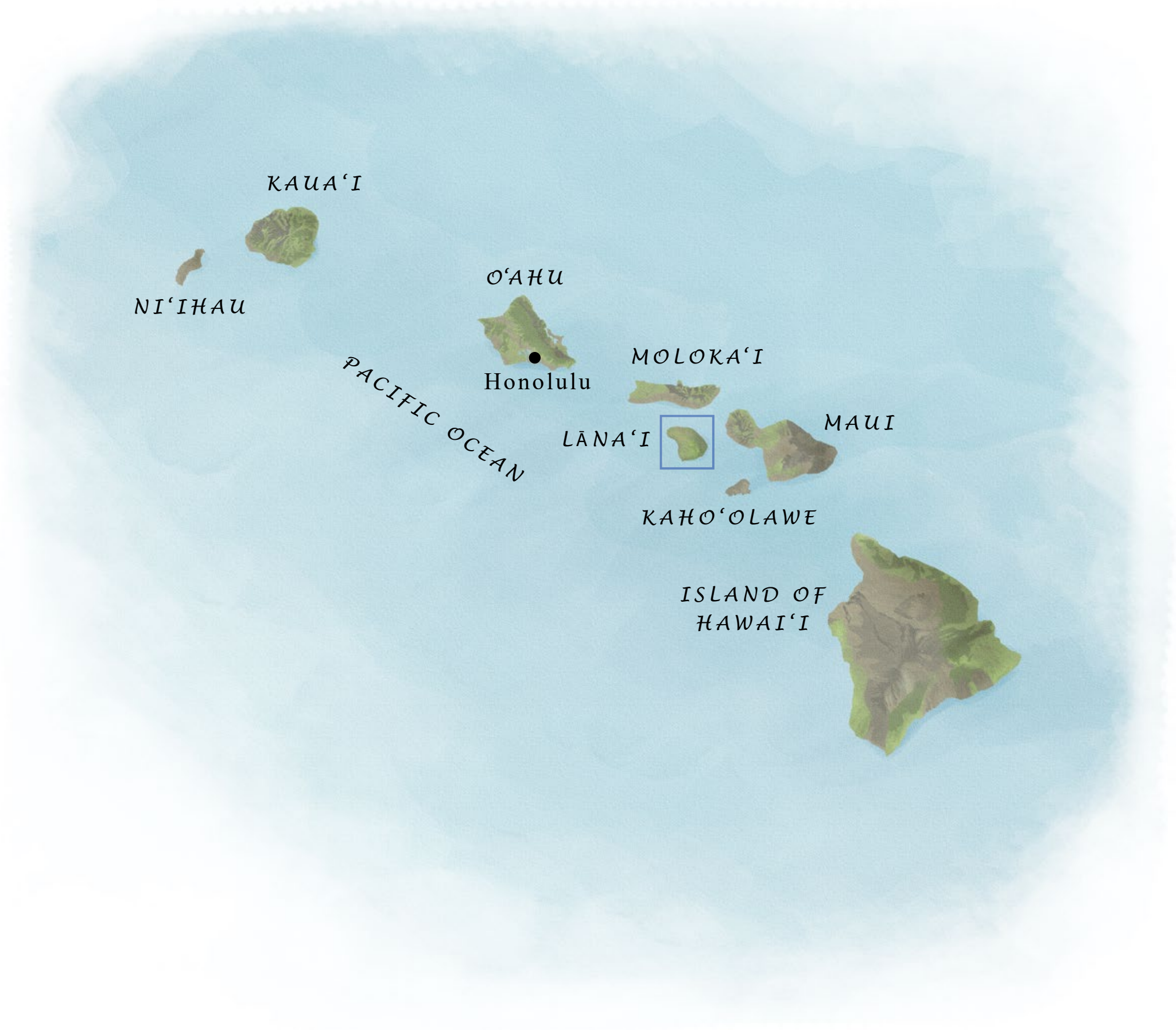
Savor delicious lunches or dinners at Sensei by Nobu that combine flavor, optimal health benefits and locally grown ingredients. A glass pavilion sits upon a reflecting pond, offering indoor and outdoor tables surrounded by lush gardens and monumental works of art. Menus feature world-renowned Japanese Chef Nobu Matsuhisa's classics as well as selections that incorporate Sensei's nutritional (Nourish) philosophy.

Extend your experience on Lāna'i with a pre-or post-visit – choose from a collection of curated experiences to more structured programs, to best align actions to your intentions.

Or simply book a room and create your own itinerary. Select from a wide variety of complimentary daily activities, private guided wellness sessions and luxurious spa treatments in your private 1,000-square-foot hale complete with infrared sauna and steam, indoor and outdoor showers, private plunge pools and more.

No matter where you are on your wellness journey, Sensei's team of highly trained Guides and practitioners help you integrate healthy living practices into three simple paths – Move, Nourish and Rest.





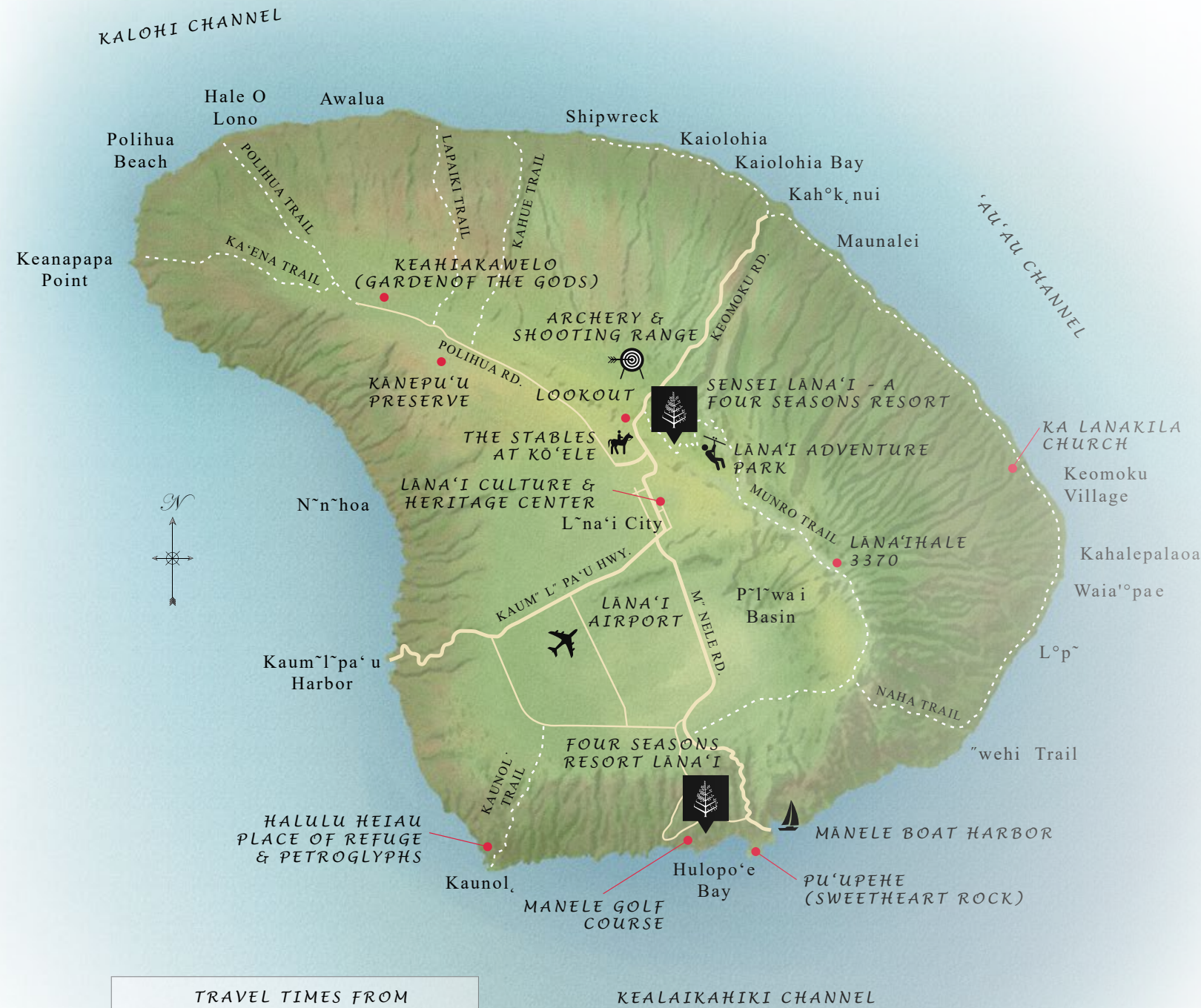
## HAWAIIAN ISLANDS

Formed from a volcanic hotspot rising from the sea floor of the Pacific Ocean, the Hawaiian archipelago is best known for its eight main islands, each with its own unique experiences.

Enjoy your visit to Lānaʻi and experience over 90,000 acres of diverse landscape with an incredible array of activities, many managed by Four Seasons.

[VIEW OUR ISLAND ACTIVITY MAP >](#)





**TRAVEL TIMES FROM  
FOUR SEASONS RESORT LĀNAʻI**

Mānele Boat Harbour	3 minutes
Mānele Golf Course	3 minutes
Lānaʻi City	16 minutes
The Stables at Kōʻele	18 minutes
Lānaʻi City Airport	20 minutes
Archery & Shooting Range	21 minutes
Lahaina Harbor (via ferry)	45 minutes

## LĀNAʻI ISLAND ACTIVITY MAP

Four Seasons Resort Lānaʻi is your gateway to the most exclusive, secluded paradise in Hawaiʻi. Whether it's by land or sea, our unspoiled paradise offers a variety of experiences for you to create your own island adventure.



## CONNECT WITH US

To book activities for your stay at Four Seasons Resort Lānaʻi, please contact our Lānaʻi Experience Planners.

Activities listed are available as of this writing. Please visit our calendar for the current schedule. A minimum 48-hour notice must be given to cancel or amend any activity. If less notice is given, 100% of the full price will be charged. No-shows without proper notice are subject to the full activity price.

### FOLLOW US

Share your adventures with [#lovelanai](#)



Four Seasons Resort Lānaʻi  
Lānaʻi City, Hawaiʻi 96763 U.S.A.

T. [1 \(808\) 565-2587](tel:18085652587)

E. [exp.lanai@fourseasons.com](mailto:exp.lanai@fourseasons.com)

### FOUR SEASONS CHAT

Did you know Four Seasons assistance is also available by text? To request housekeeping, In-Room Dining or any other service, you can communicate with us quickly and easily through the Four Seasons App.

[DOWNLOAD THE APP NOW](#)

### LĀNAʻI GUIDE APP

Our custom Lānaʻi Guide App features interactive hiking maps, photos and more.

[DOWNLOAD THE APP NOW](#)