

University of Hawai‘i
Intercollegiate Athletics



Visitor Information Guide

Aloha, we hope you enjoy your time here in Hawai'i! The following information is provided to visiting teams competing in University of Hawai'i sporting events. It is not an all-encompassing list of the activities available to visitors to the island of Oahu, but an introduction to some of the more popular and less expensive activities. The information is subject to change, therefore it is recommended that you call ahead to confirm pertinent information.

For assistance with extracurricular activities, call our travel department:

***Panda Travel* at (808) 946-0920.**

We recommend that you go through our travel department.

BEACHES

Waikiki

The beaches in Waikiki are the usually the most convenient for visitors. The beaches are wide, the sand is fine, and the water is great for swimming. Sailboat rides are available all day for \$7.00, & surfboards rent for \$8.00/hour (surfing lessons are additional).

Ala Moana

Ala Moana Beach Park is located approximately ½ mile from Waikiki in the Ewa direction. It is a nice picnicking area, has tennis courts and a jogging path, and is less crowded than Waikiki.

Diamond Head

Diamond Head Beach is located approximately 1 mile from Waikiki, directly beneath the Diamond Head Crater. It's a beautiful beach to visit and a great place to watch windsurfers.

Hanauma Bay

(see Snorkeling)

Sandy Beach

Also known as Sandy's, this is probably the best place on Oahu for bodysurfing and boogie boarding. It is also the MOST DANGEROUS! The current and powerful surf make it very dangerous for inexperienced swimmers and body surfers. Sandy's is located a few miles past Hanauma Bay. Your best bet is to stay on shore and watch the more experienced swimmers.

Makapu'u

Makapu'u is a small beach located a few miles past Hanauma Bay and Sandy's. It's a good place for body surfing and boogie boarding.

Waimanalo Beach Park

A few miles past Makapu'u is Waimanalo Beach Park where you'll find great swimming and boogie boarding with wide sandy beaches, picnicking, and camping facilities.

North Shore

The North Shore is home to some of the best known Hawaiian Beaches. The quaint little town of Haleiwa is the hub of activity on the North Shore. There are many small shops and local eating establishments, not to mention Hawai'i's famous shave ice. Also located on the North Shore is Waimea Bay, where from October to April, you can find world famous surf and surfing competitions.

HIKING

Diamond Head Hike

The Diamond Head Crater hike is a medium-level hike that, from the trailhead, takes approximately 1½ hours to hike up and back. At the top of the lookout you can see a beautiful view of Waikiki and the Manoa Valley. The park entrance is about a mile past Kapiolani Park in Waikiki. There is charge to hike the trail and for parking. The crater is open from 6am-6pm. A flashlight is recommended.

Manoa Falls (Hike/Arboretum)

Located behind the University of Hawai'i at the back of Manoa Valley on Manoa Road is Paradise Park. In the park there is an arboretum and the trailhead that leads to the Manoa Falls. The 4-mile hike is a medium-difficulty hike that is often-times muddy, so dress appropriately and bring plenty of mosquito repellent.

Pali Lookout/Hike

The Pali (Hawaiian for cliff) Lookout provides the sightseer with a breathtaking view of the windward side of Oahu. It is located off the Pali Highway (Route 61).

Nature Walks & Hikes

Stop, smell, and explore Oahu's natural side. Try a guided nature walk with the Hawai'i Nature Center. Call for reservations and information (808) 955-0100.

LUAU

Germaine's Luau

Located on the beach near Barber's Point is Germaine's Luau (on the Leeward Coast of Oahu off H-1 west). Germaine's provide free transportation to and from Waikiki. From September to May, hours of operation are Tuesday thru Sunday from 5:30 to 10:30pm. For cost and reservation information, please contact the Administration office at (808) 947-1244 ext. 101. Group rates are available.

Paradise Cove

Paradise Cove Luau is located approximately 45 minutes from Waikiki on the Leeward Coast of Oahu (H-1 West). Free transportation is provided by Paradise Cove to and from Waikiki. The Luau includes Hawaiian crafts and games; reenactments of Hawaiian village fishing activities, and Royal ceremonies; and a lively audience participation, music and hula dance show. For more information, please call (808) 842-5911.

Polynesian Cultural Center

Native crafts and customs are demonstrated by inhabitants from each of the different Polynesian islands and cultures represented at the Polynesian Culture Center. Explore the intricacies of the many cultures and enjoy a luau, buffet and/or show through one of any number of package deals. Hours are 12:30-9:00pm daily (except Sunday). For more information, please call (808) 293-3333.

NIGHTLIFE

Restaurant Row

From Waikiki, continue Ewa bound on Ala Moana Blvd. A few miles past Ala Moana Shopping Center, Restaurant Row houses many different types of restaurants, multi-plex theatres, and nightclubs. For more information, please call (808) 526-4171.

Aloha Tower

Further down the street from Restaurant Row is Aloha Tower Market Place, where you will find a multitude of restaurants, shops, and nightspots. Aloha Tower is one of Oahu's oldest landmarks. It is the spot locals once gathered on Friday afternoons to greet the steamships carrying early visitors to the island. The term "Aloha Friday" grew out of this tradition.

Ala Moana Shopping Center

The fourth floor of Ala Moana Shopping Center is home to a number of restaurants and the World Famous Mai Tai Bar. Featuring affordable "Happy Hours", tasty food, and nightly live music. For more information, please call (808) 947-2900.

SHOPPING

Swap Meet

The Swap Meet is a fun and inexpensive way to shop for everything you're looking for from clothes to souvenirs to jewelry, and more. It is located in the parking lot of Aloha Stadium and the hours of operation are Wednesday, Saturday, and Sunday from 6am-3pm. For more information, contact Aloha Stadium at (808) 486-9300.

Ala Moana Shopping Center

The Ala Moana Shopping Center is located about a half a mile from Waikiki on Ala Moana Blvd. It has more than 200 shops and restaurants.

International Market Place

Located in the center of Waikiki on Kalakaua Avenue between the Waikiki Beachcomber and the Sheraton Princess Kaiulani hotels, is the International Market Place.

Kahala Mall

Kahala Mall is located off H-1 east. The drive takes about 20 minutes. There are approximately 50 stores. Hours of operation are Monday-Saturday 9am-9pm and Sunday from 10am-6pm.

Ward Warehouse/Centre

Less than half-mile Ewa bound on Ala Moana Blvd. From Ala Moana Shopping Center is Ward Warehouse and Ward Centre. There are numerous quality establishments, and specialty shops highlighting many of Hawai'i's local craftsmen.

Waikele Outlets

To get to the Waikele Outlets take H-1 west, and take the Waikele cutoff. The drive takes about 20-30 minutes. There are approximately 50 outlet stores.

SNORKELING

Hanauma Bay

Honolulu Parks and Recreations office has informed us that any groups planning to visit Hanauma Bay must obtain prior approval before entering the area.

You will need the following:

1. A permit is required for all group visits. For more information, please call (808) 395-2211.
2. Pay a \$2.00 entrance fee for all non-Hawai'i residents over 13 years of age. \$1.00 parking fee is charged for all vehicles.

Snorkel equipment is available for rent at the park.

SPORTS & ACTIVITIES

Ice Palace

Ice Palace has Hawaii's only Olympic size ice skating rink. The Ice Palace is located in the Stadium mall next to Aloha Stadium and is open everyday. For times and fees, please call (808) 487-9921.

Waimea Valley Audubon Center

Approximately a one-hour drive from Waikiki. Park hours of operation are 9:30am-5:00pm daily. There is a charge for admission. Once in the park, you can take a self guided walking tour of the botanical gardens, cultural sites, and waterfall. For more information, please call (808) 638-9199.

Hawaiian Waters Adventure Park

The Hawaiian Waters Adventure Park is located not far from the Honolulu Airport. The park has waterslides, a wave pool, restaurants, shops, live music, and much, much more. Hours of operation are subject to change. Please call (808) 674-WAVE, for more information, or log on to www.hawaiianwaters.com.

TOURS

USS Arizona Memorial

The memorial is run jointly by the National Park Service and the United States Navy. The Visiting Center is open daily (except Thanksgiving, Christmas, & New Year's). The National Park Service offers an excellent, informational program/tour. For more information, please call (808) 422-0561.

Waikiki Aquarium

The Waikiki Aquarium is located on the Diamond Head end of Waikiki, on the beach side of Kalakaua Ave. just past the Honolulu Zoo. The aquarium is a self-guided museum filled with magnificent marine-life found in the waters surrounding the Hawaiian Islands. For fees and more information, please call (808) 923-9741.

Bishop Museum

To learn about Hawaiian and Polynesian history and culture, visit the Bishop Museum. The museum houses over 20 million Hawaiian and Polynesian artifacts, the world's largest collection. The museum also boasts a planetarium with regular shows. For fees and more information on tours, shows, programs, and demonstrations at (808) 947-3511.

Dole Pineapple Plantation

The Dole Plantation is located on the North Shore surrounded by acres of pineapple fields. You can feast on delicious pineapple or frozen yogurt, browse the roomy gift shop, and take a walk through the world's largest maze on your way to the North Shore.

Honolulu Zoo

The Honolulu Zoo is located at the Diamond Head end of Waikiki on the corner of Kalakaua Avenue and Kapahulu. The Zoo has over 1,400 animals from 300 different species. Hours of operation are 9:00am-4:30pm daily. For fee and more information, please call (808) 971-7171.

‘Iolani Palace

‘Iolani Palace is the only royal palace located on United States soil. Tours are held Tuesday thru Saturday. Please call (808) 522-0832 for reservations and information.

Sea Life Park

Visit the fun and exciting Sea Life Park. You’ll see performances by dolphins, sea lions, penguins, and much more. You can also experience hands-on sea adventures, such as playing with the dolphins or becoming an underwater sea walker for an additional fee. The park hours of operation are 9:30am-5:30pm daily. For more information, please call (808) 259-7933.

HAWAI‘I REMINDERS

- Always use sunscreen when outside, not just at the beach
- Obey all signs posted at the beach and never swim alone
- Check surf and jellyfish reports before heading to the beach
- Be aware of hours of operation and any special requirements
- If you don’t know how to boogie board, don’t go to Sandy’s!

RESTAURANTS

The following list is a sampling of restaurants in or close to Waikiki. There are many good places to eat in and around Waikiki. These restaurants provide reasonable priced food and good portions. If you are looking for specific cuisine, ask your host or hotel desk as everyone has their particular favorites.

Kapahulu Area

L&L Drive Inn	909 Kapahulu Ave.	(808) 735-5505
JJ's Diner	870 Kapahulu Ave.	(808) 737-8810
Subway	870 Kapahulu Ave.	(808) 732-8844
Helena's Chinese Kitchen	804 Kapahulu Ave.	(808) 737-2055
KFC Hawaii	647 Kapahulu Ave.	(808) 732-2454
Zippy's Restaurant	601 Kapahulu Sve.	(808) 733-3725
Domino's Pizza	3269 Campbell Ave.	(808) 737-0888
Rainbow Drive Inn	3308 Kanaina Ave.	(808) 737-0177

Market City

Quizno's Subs	2929 Kapiolani Blvd.	(808) 732-7677
Catch of the Day Sushi	2919 Kapiolani Blvd.	(808) 732-9661
Gina's Korean BBQ	2919 Kapiolani Blvd.	(808) 735-7991
Toritos Mexican	2919 Kapiolani Blvd.	(808) 735-7964

University Area

Eastside Grill	1035 University Ave.	(808) 952-6555
Curry House	1009 University Ave.	(808) 947-2206
Blimpie Sub & Salad	1010 Univesity Ave.	(808) 946-7827
Subway	2507 S. King St.	(808) 943-0207

Waikiki Area

Denny's Restaurant	2345 Kuhio Ave.	(808) 922-9522
Chili's	2350 Kuhio Ave.	(808) 922-9697
TGI Friday's	2058 Kuhio Ave.	(808) 942-8443
Duke's Restaurant	2335 Kalakaua Ave.	(808) 922-2268
Tony Roma's	1972 Kalakaua Ave.	(808) 942-2121

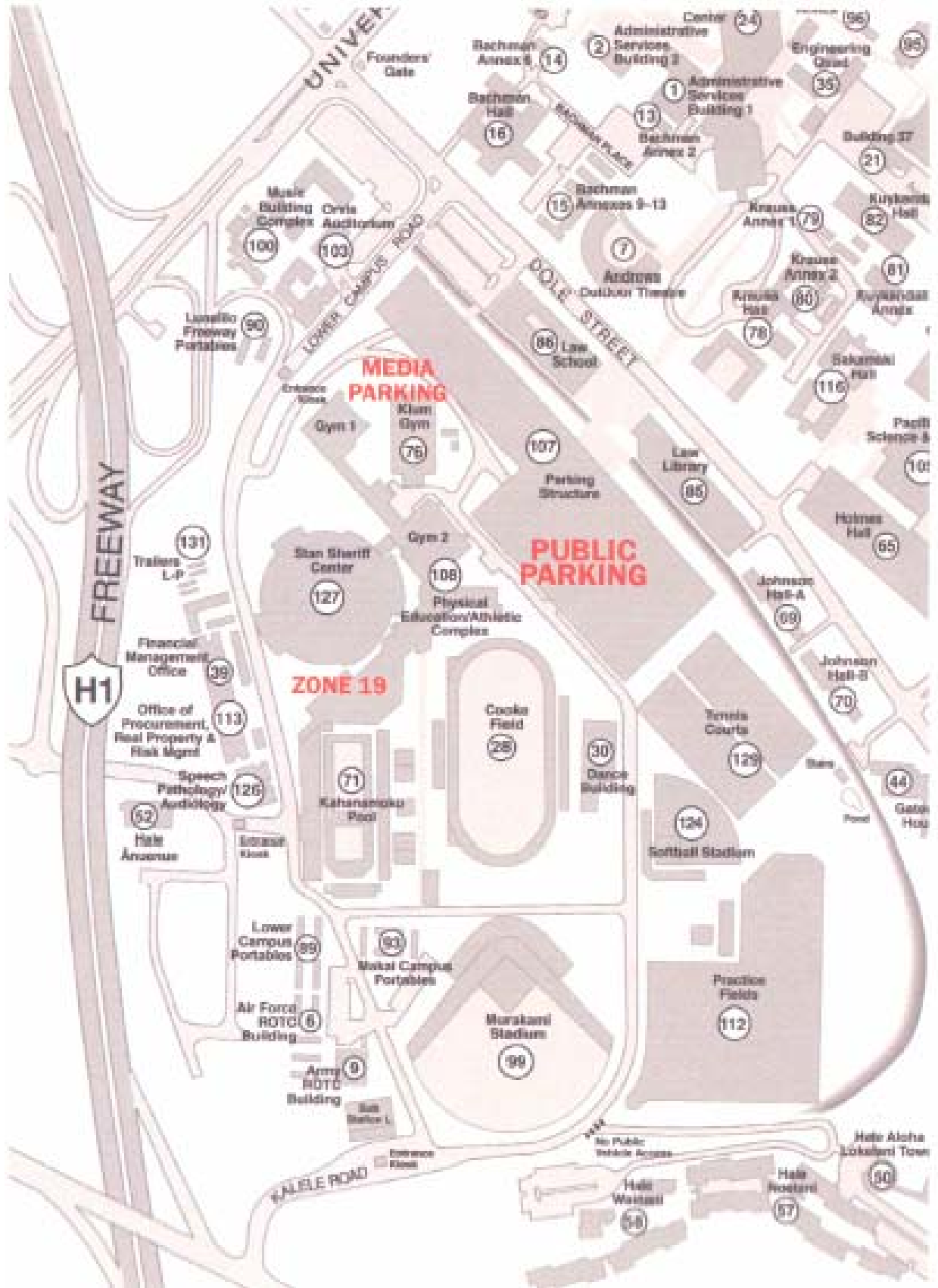
Ala Moana Center (<http://www.alamoana.com>)

Ala Moana Food Court	Ala Moana Shopping Center	
Bubba Gump Shrimp Co.	Ala Moana Shopping Center	(808) 949-4867
Ruby Tuesday	Ala Moana Shopping Center	(808) 943-2525
California Pizza Kitchen	Ala Moana Shopping Center	(808) 941-7715
Islands Fine Burgers	Ala Moana Shopping Center	(808) 943-6670
Jackie's Kitchen	Ala Moana Shopping Center	(808) 943-2426
Romano's Macaroni Grill	Ala Moana Shopping Center	(808) 356-8300

Ward Center/Ward Warehouse

Compadres	Ward Center	(808) 591-8307
Ryan's	Ward Center	(808) 591-9132
Kincaid's	Ward Warehouse	(808) 591-2005
Dave & Busters	1030 Auahi St.	(808) 589-2215
Dixie Grill	404 Ward Ave.	(808) 596-8359
Buca Di Beppo	1030 Auahi St.	(808) 591-0800

UNIVERSITY OF HAWAI'I LOWER CAMPUS MAP



STAN SHERIFF ARENA SEATING DIAGRAM

