Hilo to Puna

We landed at the Hilo International Airport Monday, October 6th to begin our journey. During the first week we were encouraged to walk 26 miles to the Puna National Forest Reserve. In these 26 miles we saw many beautiful sights that will be outlined in this newsletter.

Hilo International Airport

Hilo is the second largest city in Hawaii, second only to Honolulu. Overlooking Hilo Bay, which is one of the most exquisite views on the island and is located near the two volcanoes.

What We Passed!!

- Hawaiian Paradise Park
- Hawaiian Beaches
- Nanawale Forest Reserve
- Cape Kumukahi Lighthouse
- Lava Tree State Park
- Mackenzie State Park
- Bali House and Cottage
Hawaiian Paradise Park
The first attraction that we passed on our journey was Hawaiian Paradise Park. This park was your first taste of the Hawaiian Lifestyle. It is one of the most sought after places to live on the Big Island because it is so beautiful and diverse. While walking through this area you should have noticed the wild orchid fields, papaya trees, beaches, and forests.

Hawaiian Beaches
After passing the Hawaiian Paradise Park you will venture through multiple Hawaiian beaches. The collection of beaches in the pictures above lie directly between the Hawaiian Paradise Park and the Nanawale Forest Reserve.

Nanawale Forest Reserve
The Nanawale Forest Reserve is a national forest reserve that houses much more than just trees. Our next two cites; Cape Kumukahi Lighthouse, and Lava Tree State Park are both located within this forest range.
Cape Kumukahi Lighthouse
Cape Kumukahi was named after Chief Kumukahi who refused to allow the fire goddess Pele to play in the royal games. The cape’s lone lighthouse has withstood multiple lava eruptions since it was built including in 1960 when the lighthouse was sure to fall until lava broke into two streams to completely avoid disaster. Find more information at http://www.lighthousefriends.com/light.asp?ID=144

Lava Tree State Park
Viewing of an excellent example of a forest of lava trees along a 0.7 mile loop trail. This unusual volcanic feature is the result of a lava flow that swept through this forested area and left behind lava molds of the tree trunks.

Mackenzie State Park
This quiet and peaceful park is perfect for a sunny picnic and glorious ocean views. Tall Ironwood trees surround the park and low sea cliffs along the ocean make dramatic scenery.
Arrangements were made to stay at The Bali Cottage and Bali House at Kehena Beach.

Progress in Week 1

We have 35 members participating in this program.

The collective goal is to walk over 300 miles to the top of the Volcano Mauna Kea.

After this week participants of Virtual Vacation– Aloha Hawaii have collaboratively walked over 29 miles.

Remember to log your steps by the end of every week. Every step counts!

Find more information at http://www.thebalicottage.com/

Stay Active!

After staying in one of these five star rooms we hope you feel revitalized and ready to tackle your next weeks goal to become even more active.

Good Luck!