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— ACCESSIBLE TOURISM —

Hawaii Accessible City Guide

10-day itinerary



for people with
reduced mobility

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Destination: Hawaii

The "aloha spirit" is the essence of the Hawaiian Islands. The word aloha is not a simple greeting, but represents a harmonious lifestyle where good feelings are transmitted to others. For this reason, everyone who visits this destination instantly receives its special energy.

Hawaii welcomes all types of travelers and introduces them to its unique culture. There are many beaches and **accessible tourist attractions** for people with **reduced mobility**. We invite you to discover them in this guide.

On this occasion we propose you make a 10-day **accessible itinerary**. However, you can always select the sites that interest you and plan your trip in the time you have.

You will discover...

- The places you can visit as a person with **reduced mobility**.
- **Accessible activities** in Hawaii.
- **Accessible transportation** options.
- The hotels we recommend from our catalog.



Airport accessibility

Daniel K. Inouye International Airport is the largest in the State of Hawaii. It is located in Honolulu, on the island of Oahu, and has **accessible facilities** for passengers with **reduced mobility**.

The free transport to move within the airport has elevators or ramps. Likewise, there are **accessible public restrooms** in terminals 1 and 2, reserved parking spaces, a medical clinic in the main terminal and **accessible loading and unloading areas**. Get more information on the [State of Hawaii official website](#).

Many US airlines also service **Kona International Airport** and **Hilo International Airport**. These are located to the west and east of the island of Hawaii, respectively.

As usual, most airlines have a Skycap who assists passengers with special needs and helps transport **wheelchairs**. Find out well in advance about the particular conditions that your airline has to provide this service.

Recommended hotels

TOP 5 IN HAWAII



DoubleTree by Hilton Hotel Alana - Waikiki Beach

The DoubleTree by Hilton Hotel Alana - Waikiki Beach is located in the Waikiki area, less than a mile from Duke Kahanamoku Lagoon, Waikiki Beach and Ala Moana Outdoor Mall. It offers warm and comfortable accessible rooms and suites for people with reduced mobility.



[Learn more](#)



Hilton Garden Inn Playa de Waikiki

The Hilton Garden Inn Waikiki Beach, with accessible common areas for guests with reduced mobility, is located a few meters from the warm sand of Waikiki Beach and only 17.7 kilometers away from Daniel K. Inouye International Airport.



Learn more



Hilton Waikiki Beach

The Hilton Waikiki Beach is located in the heart of Waikiki, just meters from the ocean, with Leahi (Diamond Head) as an impressive backdrop.

Guests will be able to enjoy the spacious terrace - solarium with heated accessible pool with hydraulic lift.



[Learn more](#)



Hilton Hawaiian Village Waikiki Beach Resort

The Hilton Hawaiian Village Waikiki Beach Resort offers an excellent location in the heart of Waikiki, on approximately 90,000 square meters of white sand beach. The hotel amenities include five swimming pools (at least one is an accessible pool with a hydraulic lift for people with reduced mobility).



[Learn more](#)



Embassy Suites by Hilton Waikiki Beach Walk

The Embassy Suites by Hilton Waikiki Beach Walk, where you can experience the Hawaiian lifestyle, is located in Honolulu, in the center of Waikiki Beach Walk, near the spectacular white sand beaches, the Diamond Head State Monument and the Waikiki Aquarium.



[Learn more](#)



10-day accessible itinerary

This itinerary takes place on the islands of Oahu, Kauai, Maui and the island of Hawaii. Adjust it depends on your location, your preferences, your needs and your time. Enjoy this barrier-free trip.

Day 1

This adventure starts in the heart of Hawaii, on the island of **Oahu**. Start exploring the historic sites of Honolulu, the state capital.

The **USS Arizona Memorial is accessible** via a ramp, it's one of the recommended sites to visit on the first day. This monument

commemorates the crew lost during the attack on Pearl Harbor. Its visitor center has parking, restrooms, galleries, a counter and other [accessible facilities](#). Take some time to learn about this historic site. During the visit, people with **reduced mobility** can rest on the benches if they need to.

You can find other places of interest nearby, such as the **Pacific Aviation Museum**, the **Bowfin Submarine Museum and Park** or the **Battleship Missouri Monument**. All of them are **accessible**.



You can then head towards the **'Iolani Palace**, which was the official residence of the last two monarchs of the Kingdom of Hawaii. If you want to go inside it, keep in mind that electric wheelchairs and motorized vehicles are not allowed. On the contrary, you can enter with a standard wheelchair or borrow one in the same building.

The [palace website](#) advises you to book in advance and inform them about any special requirements when you buy the tickets.

The **Hawaii State Capitol** is in its proximity. As you will be able to appreciate, the building stands out from other capitols in the country. Its architecture is designed to let in light, rain and wind. Its columns are inspired by coconut trees. In this way it is possible to materialize the union of this state with nature.



Make the time to relax a couple of hours on a **beach accessible** by downtown Honolulu. An excellent option may be **Ala Moana Beach Park**: it has **all-terrain wheelchairs** located at the ends of the beach in front of the food stalls, as well as access mats. In addition, it is usually less crowded by tourists than Waikiki Beach.

If you are up to it, hit the shops at the world's longest open-air mall, the **Ala Moana Center**. It is open until eight in the evening and loans **wheelchairs** free of charge.

Lastly, we recommend you explore the lively streets of the **Waikiki neighborhood**.

Day 2

The next day you can visit the famous **Diamond Head** volcanic cone. We leave it up to you. Keep in mind that only the information area, the bathroom, the car park and the first 320 meters of the trail are accessible. According to the [State Parks Division website](#), the climb to the summit is steep and has stairs. Also, non-residents must book tickets in advance.

The beautiful **Hanauma Bay** is just a 20 minute ride away, an ancient volcanic crater that boasts a pure marine ecosystem. Visitors using **wheelchairs** can use the tram service, as it is included in the entrance fee. **Amphibious chairs** are also available to enjoy the beach.



Next, you can also drive to **Kailua** and take a dip in its turquoise waters. The **[accessible beach](#)** has all-terrain wheelchairs (must be reserved in advance) and access mats.



Day 3

On the third day you can take an excursion along the north coast of the island. Make a stop in **Haleiwa**, a charming town where you will see many surf shops and it is very common to drink the refreshing Hawaiian granita.

Later you can go to **Waimea Valley** and see the beautiful waterfall. The bathing area is inaccessible to users with reduced mobility. However, according to the [official website](#), most of the trails are accessible.

A paid shuttle is available from Hale Hoike to the waterfall. Special requests should be made to the number (808) 638-5870 or email Maile Furshpan, Retail & Visitor Services Manager (mfurshpan@waimeavalley.net). Wheelchairs are not rented.

Finally, take advantage of the rest of the day to enjoy the water. Sunset Beach can be a good place to forget your worries, as it has **accessible walkways**.



Day 4

Travel to **Kauai**, occasionally called the "Garden Island" for its beautiful tropical forests. There we suggest you see **Opaeka'a Falls**. Visitors have a viewing area from the car, as there is no hiking trail due to the dangerous environment.

From your vehicle you also have the option to see **Wailua Falls**. We leave it to your discretion which one to visit.

After a half-hour drive along the coast, you'll arrive at the **Kilauea Point National Wildlife**

Refuge. There are two parking spaces reserved for people with **reduced mobility**.

In addition, the seabird sanctuary website provides the contact telephone number to consult more information about **accessibility**.

The famous **K. Inouye Kilauea Point Lighthouse**, built in 1913, has a paved path that can be navigated by **wheelchair**. From there you will get spectacular views of the northern end of the island.



Sometimes car trips can be tedious. Take a moment to admire the natural beauty of the area from the **Hanalei Valley Lookout**, and then enjoy a fine restaurant in **Princeville**.

Afterwards, we recommend you go to **Hanalei**. Let yourself be surprised by its beautiful bay and rest.



Day 5

The Nāpali coast is recognized as being one of the most beautiful. For this reason, we advise you not to leave Kauai without first entering **Nāpali Coast State Wilderness Park**. Remember that non-residents need to book in advance to visit.

An excellent option is to travel by boat. For example, **Capt Andy's** is one of the legally-authorized operators.

Capt Andy's boat can accommodate wheelchairs. Passengers using crutches or a cane must store these mobility devices during

the journey. Please note that the toilets are located on a lower floor which is accessed via a staircase. There are handrails and grab bars throughout the boat.

Another essential visit will be **Waimea Canyon State Park**, located less than twenty-five minutes by car. Some viewpoints and trails are accessible. Non-residents must also reserve admission and parking.





Day 6

On the sixth day you visit **Maui**. This island has adequate infrastructure to make long journeys by car, which is why many opt to enjoy the spectacular landscapes on the **road to Hana**.

The popular road tour will occupy you all day. [Tori Hunter's blog](#) can help you locate all **accessible stops**.

An alternative is to relax on beautiful **Kaanapali Beach**, recognized as one of the

best in the country. Keep in mind that it does not have amphibious chairs, but you can enjoy its extensive promenade.

To round out the day, attend a traditional Hawaiian party. You might love [Old Lahaina Luau](#). The property is accessible to **wheelchair users**. They only need to notify in advance so that they can be located at points with easy access.



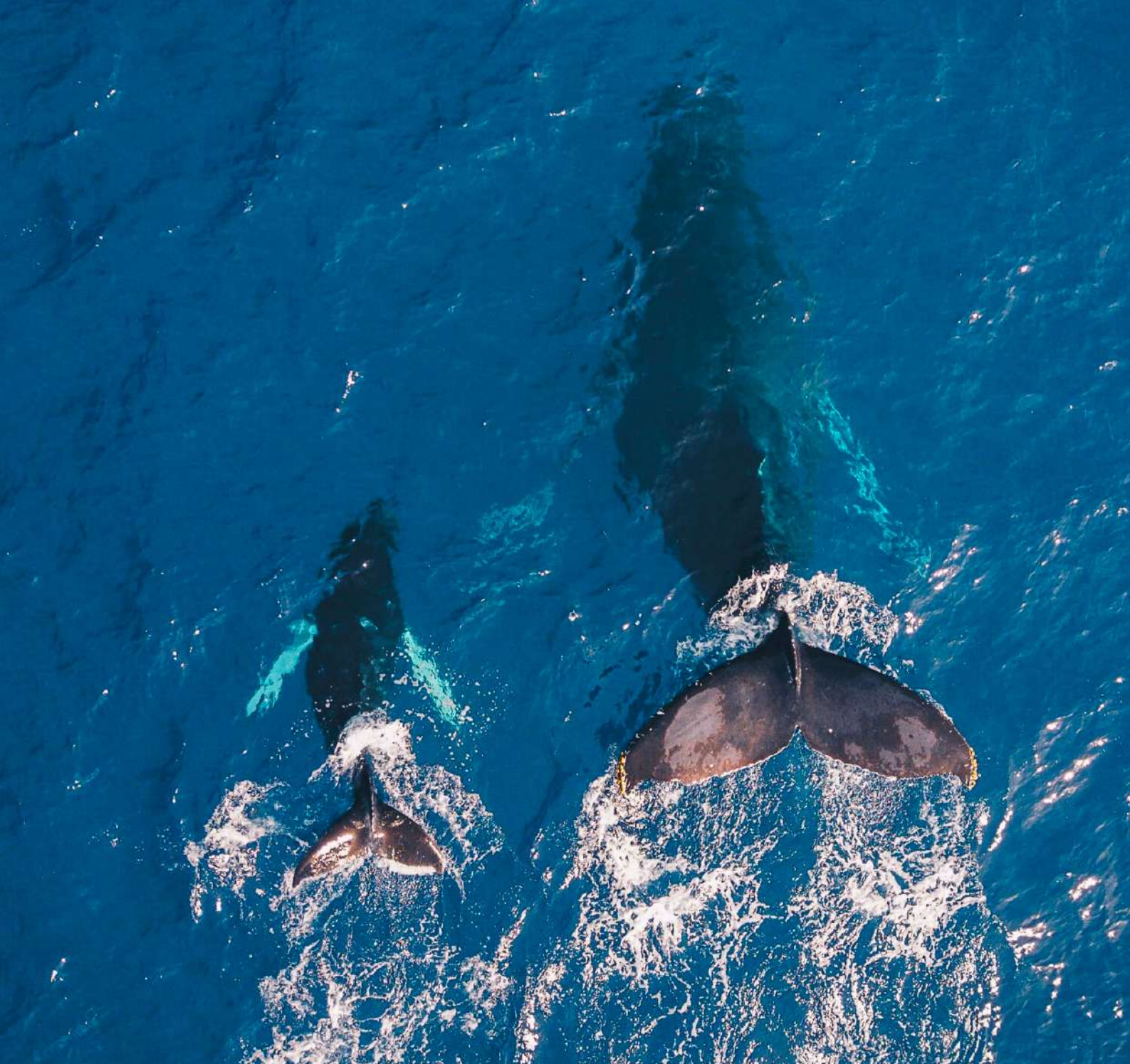
Day 7

One of the favorite activities of those who travel to Maui is to be able to witness the sunrise from **Haleakalā National Park**. They say that navigating between volcanic landscapes allows people to manage to renew their spirit.

Plan this visit in detail, as it is a very crowded place, and book in advance. According to the [National Park Service](#), it has the following facilities suitable for people with **reduced mobility**:

- The Headquarters Visitor Center, Haleakalā Visitor Center, and the Hosmer Grove Picnic Area are all accessible and have accessible restrooms.
- The summit building is accessible via a steep ramp. Assistance required.
- Accessible water sources are at the visitor centers.
- The Kīpahulu Visitor Center is accessible. It has adapted car parks and toilets that are accessed through a paved path.

Consult further information on the [National Park Service](#) website.



To make the day complete, disconnect in one of the island's attractive beaches. Another interesting idea can be **whale watching** in their natural habitat.

Pacwhale has **accessible parking** spaces in front of the store. From there they will give you instructions to get to the boat in a simple way.



SOURCE: 2022 HAWAII TOURISM AUTHORITY

Day 8

The **island of Hawaii** is distinguished by being the largest and youngest in the archipelago. On the first day you can leisurely explore the **Kailua-Kona area**.

If you have the chance, visit **Kealahou Bay** (accessible only by sea) and see the **James Cook monument**.

[Holland American Line's "Kona by Land & Sea" tour](#), which lasts approximately six hours and fifteen minutes, may fascinate you. In case it doesn't suit your needs, there are other companies like [FairWind](#) that offer this service. Check availability and schedules first.

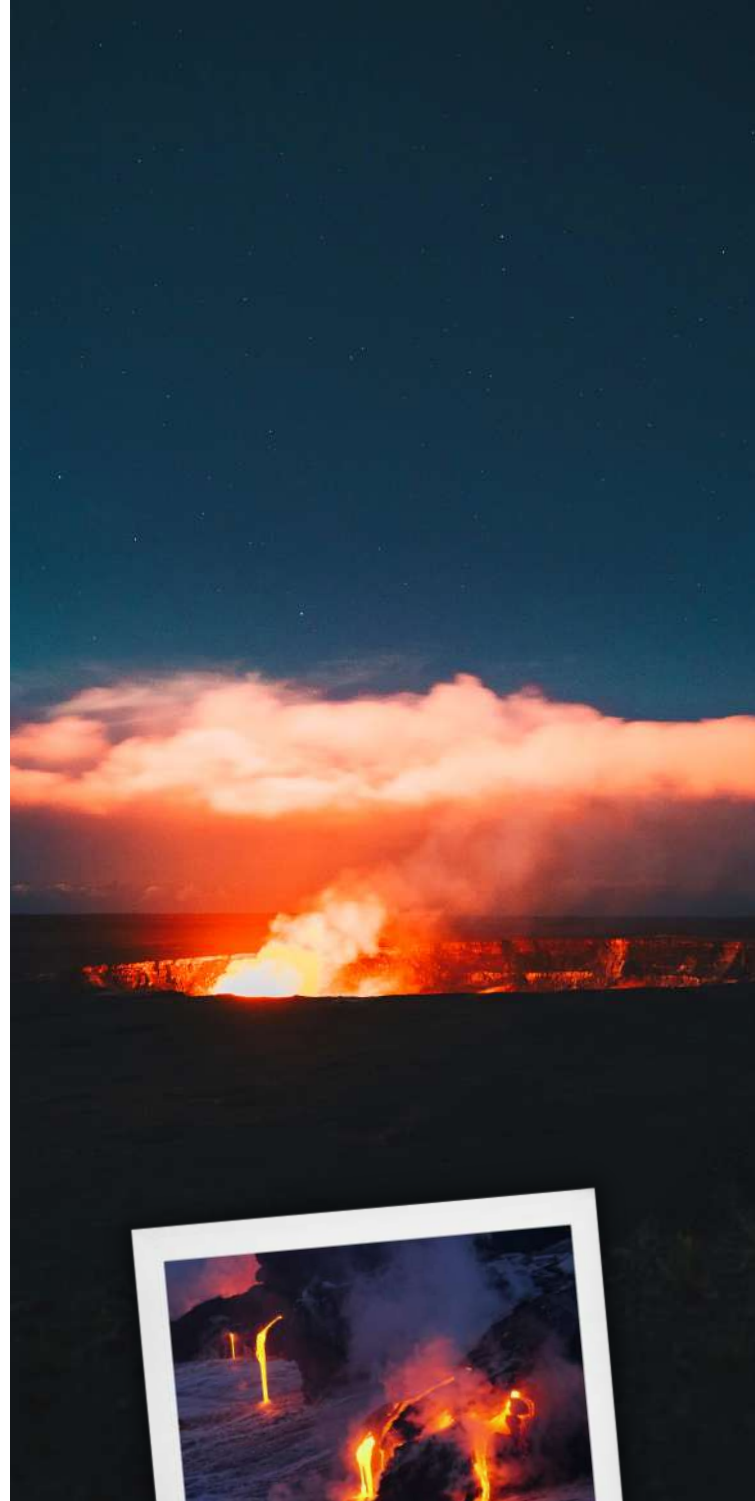
Day 9

Hawaii Volcanoes National Park is home to the world's most active volcanoes, Kilauea and Mauna Loa. Due to its natural value, it has been declared a Biosphere Reserve and a World Heritage Site by UNESCO.

Being a wild environment, there may be certain barriers. However, the park staff works so that the maximum number of visitors can enjoy it.

The Kilauea Visitor Center, the Volcano House, and the Volcano Art Center are all accessible. Likewise, the [National Park Service](#) indicates the following information:

- Part of the Ha'akulamano Trail (Sulphur Banks) is accessible to **wheelchair** users. Start from the Steam Vents parking lot.
- There is a short gravel trail to Wahinekapu (Steaming Bluff).
- The Kilauea Overlook can be reached via a short paved road from the parking area.
- The Devastation Trail can be transited with assistance.
- There are **accessible public restrooms** at different points in the park.



Later you can visit the picturesque city of **Pahoa** or the beautiful **Hilo**.



Day 10

Today you can tour the **Hamakua coast**. We'd like to recommend Akaka Falls State Park, but it's not accessible based on the information we have.

Stop for a while in the shops of the town of **Honokaa**. Then make a stop in the **Waipio Valley**, as the views will not leave you indifferent and will be an excellent closing of your trip.



More accessible attractions

1 The **Polynesian Cultural Center** is located north of Oahu and is an excellent option to delve into each of the Polynesian cultures. The experience is accessible to people with reduced mobility. There are wheelchairs and scooters on a first-come, first-served basis. Other details on accessibility can be found on the [official website](#).

2 Discover the islands from the sky. [Blue Hawaiian Helicopters](#) has a chair lift to help passengers board the **helicopter**.

3 Hiking in Hawaii can be tricky. However, it is possible to take a **scooter tour of the Makapu'u Lighthouse Trail** in Honolulu.

4 **Kualoa Ranch** is well-known for being the setting for Jurassic Park. Contact their reservations department (808-237-7321) to inquire about services for people with **disabilities**.



Transportation around the islands

It is essential that during your stay you can adequately move to all the places you want to visit. Therefore, do not forget to take a look at this list with information about transport:

- **Wheelers of Hawaii.** Accessible van rentals in Oahu, Kauai, Island of Hawaii and Maui.
- **Hawaiian Airlines.** Air travel between the islands.
- **TheHandi-Van.** Public transportation for people with disabilities who cannot use The Bus.
- **Charley's Taxi.** This company provides an escort service to medical consultations and pharmacies. Check all its conditions.
- **Maui Bus.** Information about buses in Maui and the paratransit program. All buses are accessible to wheelchair users.
- **Speedi Shuttle.** Transportation from the Kahului airport to the hotel.
- **County of Kaua'i Transportation Agency.** Kauai transportation and paratransit program. All buses are accessible.
- **Hele-on bus.** Accessible buses on the island of Hawaii.
- **Roberts Hawaii Express Shuttle.** Express and accessible transfer from Daniel K. Inouye International Airport to the hotel.



Medical attention

In the event you experience a medical emergency during your trip, call **911** or go to the nearest hospital.

Over-the-counter medications (such as pain relievers, first aid kits, or cold remedies) can be purchased at the grocery store or pharmacy. In addition, companies like [Gammie Homecare](#) offer necessary **medical**

equipment so you can enjoy your stay in Hawaii.

Make sure you take out **health insurance** in advance. Also, keep in mind that if you travel on the plane with medications, you must take them with you in your hand luggage accompanied by a medical prescription.



Other useful information

Concierge Service

Travegali.com offers a free Concierge service to all its clients. It is in charge of finding the best **accessible room**. It also helps with booking mobility equipment, **accessible activities**, airport assistance and **accessible transportation**.

Weather

There are only two seasons in Hawaii: summer

(kau) —from May to October— and winter (ho'oilo) —from November to April—. The average daytime temperature in summer is usually 29.4 °C; in winter, 25.6 °C.

Annual events

If you want to attend a Hawaiian festival, keep an eye on the [updated calendar on the Hawaii Tourism website](#).

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