

# How To Get There...

...From Here

A Travel Guide To Lower Puna

Dedicated to our guests at Yoga Oasis

By Heather Kramer and Star Townshend

# Table of Contents and Information

Area 1:	Page #
1. Pohoiki Bay and Warm Spring	1
2. Pua La'a and Ahalanui Park aka: "Warm Ponds"	1
3. Kapoho Tide Pools and Vacation Land	2
4. Champaign Ponds	3
5. Green Lake and Green Mountain	4
6. Wa'a Wa'a Road and Papaya Farms Road	4
Area 2:	
1. Mackenzie State Park	5
2. Kalani Retreat Center	6
3. Kahena Beach	6
Area 3:	
1. Steam Caves	7
2. Kava Bar and Verna's Lunch Shop	7
Area 4:	
1. Lava Tree State Park	9
2. Pahoa Town	9
Area 5: (beyond lower Puna)	
Maku'u Farmer's Market	12
Hilo Farmer's Market	12
Richardson's Beach in Hilo	13
Resturants in Hilo	13

# Activities

Swimming~	Page #
Pohoiki Bay and Warm Spring	1
Ahalanui Park/ Warm Ponds	1
Kapoho Tide Pools/ Vacation Land	2
Champaigne Ponds	3
Green Lake	4
Kahena Beach	6
Surfing~	
Pohoiki Bay	1
Snorkling/Diving~	
Kopoho Tide Pools	2
Champaigne Ponds	3
Equipment Rentals:	9 & 7
Markets~	
Muku'u Market	12
Hilo Market	13
Food~ for locations:	7, 9 & 13

## Activities by Day of the Week:

Wednesday: Hilo Farmers Market	11
Friday: Kava Bar	7
Saturday: Hilo Farmers Market, Kava Bar	7 & 11
Sunday: Maku'u Market, Ecstatic Dance, Kahena Beach and Drum Circles	6 & 11

## Visitor Information Services

Mauna Kea, Volcano Park and Surf Reports	14
--	----

## Area 1

### Isaac Hale Park, Pohoiki Bay and Warm Spring:

Total Distance: **2.7 miles**

What's there: Swimming, Boat Ramp, Surfing (Intermediate – Advanced surfing (rock and coral bottom), and a small warm spring

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.7 miles** until you get to a stop sign.
- Turn **Right** and Park!

Do not walk on the boat ramp. It can be very slippery. You will see a sign "No swimming". This is where the locals enter the water to go swimming. Be aware of boats getting in and out of the water.

#### To find the Pohoiki Warm Spring (very small pond):

- Walk to the **right** of the boat ramp by the big rocks.
- You will see a red beach hut to your right (privately owned) and the ocean on your left.
- Follow the trail that goes between the house and the shore break. You will be walking under large shade trees. (The pond is about 200 feet down this trail).
- On your **right** you will see the warm spring to soak and relax in.
  - \* If by chance you pass by any local surfers, greet them with a "How'z it?"

You will see some private property signs as you walk. The shoreline is public property. So, just stick to walking along the shoreline. Everyone is very relaxed at Pohoiki, just try to respect the residents' personal space. Ask the locals about proper surf etiquette.

### Pua La'a and Ahalanui Park/ Warm Pond (very big pond):

Total Distance: **3.5 miles**

What's there: A geo thermal warm pond, around 80 degrees (sometimes cooler). Good lap swimming and some snorkeling.

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.7 miles** until you get to a stop sign.
- Take a **LEFT** at the stop sign onto Highway 137 (aka: Red Road) and drive **0.8 miles**.

- Turn **RIGHT** into the parking lot... park!  
(note; if you come to an elementary school on your right, you just missed the parking lot.)
- Walk towards the ocean, you will see a sidewalk and the warm ponds!  
\*Be careful the steps can be slippery!  
\*If you have any small children you can take them to the Keki (baby) pond located at the far side of the pond.

## **Kapoho Tide Pools/ Vacation Land:**

Total Distance: **6.1 miles**

What's there: These tide pools are any where from 1 to 20 feet deep. This is some of most beautiful snorkeling in the area.

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.7 miles** until you get to a stop sign.
- Take a **LEFT** at the stop sign onto Highway 137 (aka: Red Road) and drive **2.5 miles**. (at about **1.5 miles** there will be lava fields on both the right and left of you from a flow in the 1960's)
- At **2.5 miles** turn **RIGHT** onto Kapoho Kai Drive. Go straight on this road for **0.9 miles**. As you drive down the road you will pass palm trees. You will see a sign "Entrance Wai' Opa'e Tide Pools Marine Life Conservation District". Then you will pass homes and go over speed bumps.
- At the end of this road there is a stop sign.  
Take a **LEFT**
- You'll see the ocean to the right after **.1 miles**
- Park on the **right** (parking 7 am-7 pm)  
\*Our personal favorite pond is to the **right**. Facing the ocean walk toward the **right** on the lava rock. You will see a fence. Walk to the fence. Get into the water here. Make sure to put your belongings up high enough in case the tide comes in while you are swimming. Don't forget to put sunscreen on your back!

## **Champagne Ponds/ Kopoho Beach Lots:**

What's there: These are called champagne ponds because the water is so clear, and cool. This is a place where you most likely to see turtles. There is a **public entrance** and a **private entrance**. There are several homes in the area as well.

### **Directions to the Public Entrance of Champagne Ponds:**

Total Distance: **7.8 miles**

*You will need to have a 4 wheel drive vehicle or walk 45 minutes  
wear a hat, sunglasses and sunscreen*

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.7 miles** until you get to a stop sign.

Take a **LEFT** at the stop sign onto Highway 137 (aka: Red Road)

- Drive **3.5 miles**. There will be a stop sign. This is Highway 132. *The locals call this intersection, "4 corners".*

- Turn **RIGHT** onto the unpaved road, passing the iron wood trees drive **1.6 miles**.

\* **P. O. I.** At .2 miles down this road there is an old Japanese cemetery on your **left**. It is gated, but feel free to park and walk in.

- There will be lava fields to your left and right.

\* **P. O. I.** At the end of the road there is a Light House. (it looks like a cell phone tower.)

\* **P. O. I.** This is the eastern most point on the island and has the freshest air coming straight off the ocean. This is a great place to indulge in a round of pranayama.

- Drive **1.6 miles** on this unpaved road. You will reach a turnaround and the lighthouse tower.. On the **right** there is a four-wheel drive entrance.

Walk or drive this path if you have the proper vehicle. The ocean will be on your **left** until you reach the Champagne ponds. You will know you are there when you begin to see the community and the entrance into the ponds.

## **Directions to the Private Entrance of Champagne Ponds:**

Total Distance: **7.1 miles:**

*Use this way if you know someone who lives at Kapoho Beach Lots and will open the gate for you.*

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.7 miles** until you get to a stop sign.
- Take a **LEFT** at the stop sign onto Highway 137 (aka: Red Road)
  - Drive **3.2 miles** turn **RIGHT** onto the unnamed road. On the right there will be a sign "Private Road Use At Your Own Risk"
  - Follow this road for **.6 miles** until you reach a white gate.
  - This is where you will enter.

## **Green Lake and Green Mountain:**

Total Distance: **5.9 miles**

What's there? **Officially, this is private property.** Enter only with permission. There is a creater lake, and a trail up to the top of Green Mountain.

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.7 miles** until you get to a stop sign.
- Take a **LEFT** at the stop sign onto Highway 137 (aka: Red Road) and drive **3.2 miles** to the private road to Champagne ponds is on your right and a white gate is on your **left**.
- There is a sign on the gate "Please Keep Out, Private Property"
- From there you can see the trail to Green Lake and the trail to the top of Green Mountain.

## **Wa'a Wa'a Road and Papaya Farms Road:**

Total Distance: **7.4 miles** (to the beginning of Wa'a Wa'a and Papaya Farms Rd.)

What's there: Beautiful scenery, farms, old mango trees, and a bumpy road.

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.7 miles** until you get to a stop sign.  
Take a **LEFT** at the stop sign onto Highway 137 (aka: Red Road)
  - Drive **3.5 miles**. There will be a stop sign. This is Highway 132.
- Drive **Straight ahead** from the stop sign **1.2 miles**. The pavement will end here.



- Turn **LEFT** onto “Papaya Farms Road” or go straight to explore Wa'a Wa'a Road. Wa'a Wa'a is a beautiful and rough road with big old Mango Trees. Proceed carefully.
- **P.O.I.** On Papaya Farms Rd: At **.2 miles** there is a Fruit Stand on the **right**.  
“Josanna’s Organic Garden. Open 10 AM-6 PM daily.
- **P.O.I.** The next property on the right (after the fruit stand) is Coco’s. Sometimes there are special events held here. The property is privately owned, so unless there is an event going on or you have an appointment, do not enter.
- **P.O.I.** At **.9 miles** into Papaya Farms Road on the **left** there is the Dragon’s Eye Theatre
- At **1.1 miles** you will reach the end of the road, where you can turn around.

## **Area 2**

### **Mackenzie State Park:**

Total Distance: **4.6 miles**

What's there: Nice place to relax, picnic, watch the ocean from the cliffs, and see a lava tube. You cannot get into the ocean from here. There are “pit” toilets and no running water.

- Turn **RIGHT** out of Yoga Oasis’s driveway onto Pohoiki Rd.
- Drive **2.5 miles**
- Turn **RIGHT** onto Kalapana-Kapoho Rd. (Highway 137)  
P. O. I. Coffee Mill on the left. If the sign says open, go on in!
- Drive **2.1 miles** on Highway 137 until you reach a sign on the **LEFT** that says "Mackenzie Park".
- Turn **LEFT** into the park.
  - \* There are pavilions to picnic under surrounded by Iron Wood trees and beautiful cliffs that overlook the ocean.
  - \* If you explore to the left you may be able find a lava tube. Lava tubes are created by fresh lava flowing, the outside cooling first creating a hollow tube.

## **Kalani Retreat Center:**

Total Distance: **8.6 miles**

What's there: They offer lots of classes, workshops, a restaurant, gift shop, cafe, and ecstatic dance 10 AM- 12:30 PM on Sundays.

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.5 miles**
- Turn **RIGHT** onto Kalapana-Kapoho Rd. (Highway 137)
- Drive **6 miles** until you reach a sign on the **RIGHT** that says "Kalani".
- Turn **RIGHT** into the driveway.
  - \* If you drive straight up the driveway you will reach the Kalani office where you can get a weekly schedule for the ongoing weekly events and classes.
  - \* Ecstatic dance is held every Sunday from 10 AM-12:30 PM (approx time) in the screened in building on the **LEFT** as soon as you turn in the driveway.

## **Kahena Beach:**

Total Distance: **10 miles**

What's there: A black sand cove beach, clothing optional. Swimming and drumming on Sundays (if the weather is good)..

- Turn **RIGHT** out of Yoga Oasis's driveway onto Pohoiki Rd.
- Drive **2.5 miles**
- Turn **RIGHT** onto Kalapana-Kapoho Rd. (Highway 137)
- Drive **7.5 miles** until you reach a small parking area on the left.
- There is no sign for the beach, and the actual beach is not visible.
- To the left of the parking area there is a rock trail that will lead you down the cliffs to the beach.
  - \* Kahena is a black sand beach and clothing is optional
  - \* Be careful! The ocean can be very ruff here. Some people prefer to wear fins!
  - \* There are drum sessions on Sundays
  - \* The dolphins like to visit often and during the winter months you could be lucky enough to see a humpback whale.
  - \* The beach shades over around 3:30. The water is most calm in the morning.

## Area 3

### Steam Caves:

Total Distance: **6.1 miles**

What's there: The rainwater drips down into the earth, gets heated by the lava and comes back up as steam. As you walk around the area you will see steam coming up from the ground. There are cave that create natural steam baths.

- Turn **LEFT** out of Yoga Oasis driveway onto Pohoiki Rd.
  - Drive **1 mile** until you reach Leilani Ave. on the **LEFT**.
  - Turn **LEFT**
  - Drive **3.5 miles** to the end of Leilani Ave. (there will be a stop sign)
  - Take a **LEFT** onto Highway 132
  - Drive **1.6 miles**
  - There is a small scenic point sign and a mile marker 15 sign.
  - There is a small parking area on the **LEFT** where you can park.
  - From the parking area there is a trail that leads you to the steam caves
- Have fun exploring!

### Kava Bar and Verna's Lunch Shop:

Total Distance: **11.8 miles**

What's there: Kava is a Hawaiian herbal drink. They are open on Friday and Saturday nights. The taste is unique and it makes most people very relaxed. Verna's is a Hamburger stand open various hours of the day. It is the end of the road. You can walk onto the lava flow here. Sometimes, at night, you can see the lava flow flowing in the distance. Take a flashlight.

- Turn **LEFT** out of Yoga Oasis driveway onto Pohoiki Rd.
- Drive **1 mile** until you reach Leilani Ave on the **LEFT**
- Turn **LEFT**
- Drive **3.5 miles** to the end of Leilani Ave. (there will be a stop sign)
- Take a **LEFT** onto Highway 130
- Drive **6.8 miles** to a sign that says: "End of Road – Kaimu / Kalapana 1 mile"
- At the sign that say's, "End of Road – Kaimu / Kalapana 1 mile"

- Turn **LEFT** then immediate **RIGHT** and drive 3/10 of a mile until you reach Highway 137 there will be a stop sign.
- Turn **RIGHT** onto Kalapana/ Kapoho Rd (Highway 137) and drive **0.2 miles**.
  - \* The Kava Bar is open Friday and Saturday nights with cups of Kava root and sometimes live music!
  - \* Behind the bar there are historical photos of the area before the lava flow!
  - \* You will also notice Verna's drive in and gift shop. This is a great place to get local grinds!
  - \* P. O. I. at **6.5 miles**, on highway 130, there is the Star of the Sea painted church. You will see it on the left. Open to visitors at no charge.
  - \* P. O. I. The lava field at the end highway 137 leads to a new black sand beach. Walk up onto the lava, head towards the ocean, and follow the poles marking the way. They will lead you there. Unfortunately, it is not safe to swim at this beach.

## Area 4

### East Hawaii Divers

They rent snorkel equipment and Call Before you go. Phillip works out of his home so call the day before you go. The phone number is 965-7840.

- Turn **LEFT** out of the Yoga Oasis driveway
- Drive **1 mile** to Lailani Ave.
- Turn **LEFT** on Lallani Ave.
- Turn **RIGHT** on the first street on the **RIGHT** (Kahukai St)
- Drive a couple of miles to 13-1002 Kahukai St. The address is on the mailbox.
- The driveway is on the **RIGHT** next to telephone pole #41

### Lava Tree State Park:

Total Distance: **2.1 miles**

What's there:

Situated in the Nanawale Forest Reserve, this park is a graphic depiction of the long-term effects of lava. Hundreds of years ago, a fast moving flow of hot lava hit this patch of wet 'O'hia trees. The lava forever encased the structures leaving behind vertical, hollow, lava tubes where each tree once stood.

- Drive **2 miles** until you reach 3 corners intersection. (highway 132)
- Turn **LEFT** and follow highway 132 for **.1 mile**
- Turn right into Lava Tree State Park - There is a sign on the right.
- Turn **Right** and there is a small parking lot on your **Right**.

### Pahoa Town: (see list of establishments & map next page 2 pages)

- Turn **LEFT** out of the Yoga Oasis driveway
- Go **2 miles** until you reach 3 corners intersection. (highway 132)
- Turn **LEFT** and follow highway 132 for **4.6 miles** until you reach a traffic signal intersection
- Go straight through the light and enter the town of Pahoa

As you drive in the following stores and restaurants are on your **LEFT**

1. Pahoa Library: Visitors to Hawaii can get a card for \$10.
2. Pahoa Elementary School
3. Gas Station
4. Paul's Repair
5. East Side Yoga Shala: yoga/acupuncture. They offer Ashtanga yoga
6. Rasin' Cane: local sugar cane sorbet/ smoothies. We highly recommend
7. Rite of Passage: snorkel/surf rentals
8. Luquins Mexican restaurant and bar: Inexpensive food
9. Parking Lot
10. Pahoa Pool: turn left onto Kauhale St. then right into the driveway.
11. Bank of Hawaii
12. First Hawaiian Bank
13. Cash and Carry: local convenience/food store
14. Sirius Coffee: 100% Hawaiian coffee and internet access
15. Pahoa Chop Suey
16. Black Rock Café : Standard American Dinner
17. Pahoa Village Center: pharmacy/ health center

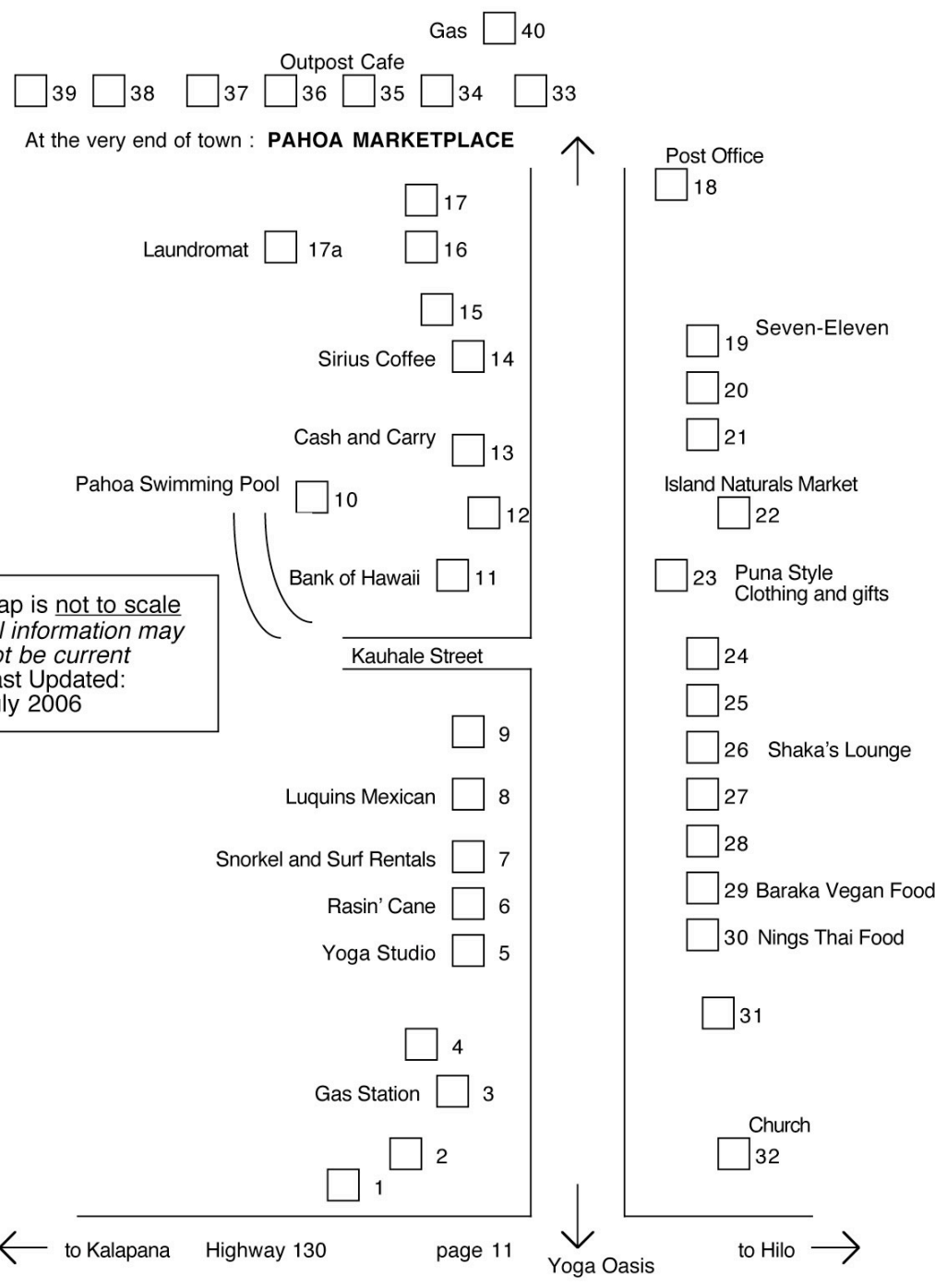
As you drive in the following stores and restaurants are on your **RIGHT**

18. Post Office
19. 7 Eleven
20. Jeff Hunts Surfboards: surfshop
21. Pahoa Chiropractic
22. Island Naturals: Natural grocery store and fresh food bar
23. Puna Style Clothing Company
24. Sukothai: Thai food
25. Ludis : Filipino and Local food
26. Shaka's : Bar and Live music
27. Eddie's pizza
28. Pahoa Village Café
29. Baraka: raw food restaurant
30. Ning's: Thai cuisine - our personal favorite Thai restaurant on the island
31. Jan's Barber Shop
32. Church

At the very end on town on your left

**Pahoa Marketplace**

33. Subway
34. Fresh Meat/Fish /Market
35. Outpost Café - fresh juices and internet access
36. Supercuts
37. Malama Market
38. Jungle Love - Gifts and Clthes
39. Pahoa Hardware
40. Aloha Gas



Map is not to scale  
 All information may not be current  
 Last Updated:  
 July 2006

## Area 5

### **Maku'u Farmer's Market:**

Total Distance: **8.6 miles**

What's there: Sunday farmers market from 8 AM - about 1 PM Crafts, local food, fresh produce, and lots of stuff to look at and buy.

- Turn **LEFT** out of the Yoga Oasis driveway
- Go **2 miles** until you reach 3 corners intersection. (highway 132)

Turn **LEFT** and follow highway 132 for **4.6 miles** until you reach a traffic signal intersection.

- Turn **RIGHT** on Highway 130
- Drive 4 miles
- You will see the Market on the Right side on the road.
- Turn **RIGHT** and park in the Farmer's Market parking lot. Do not park on the side of the highway. This is a **NO PARKING** zone and sometimes the police give out tickets to those who park on the side of the road.

### **Hilo Farmer's Market:**

Total Distance: **25 miles (approx)**

What's there: Saturday and Wednesday Farmers Market from 6 AM - about 4 PM Crafts, local food, fresh produce, fresh flowers and lots of stuff to look at and buy.

- Turn **LEFT** out of the Yoga Oasis driveway
- Go **2 miles** until you reach 3 corners intersection. (highway 132)

Turn **LEFT** and follow highway 132 for **4.6 miles** until you reach a traffic signal intersection.

- Turn **RIGHT** on Highway 130
- Drive 11 miles (approx)
- Turn **RIGHT** onto Highway 11
- Drive **6.5 miles** (approx)
- Turn **LEFT** onto Highway 19 (Ken's pancake house will be on the left corner)
- Drive **2.3 miles** (approx)



- You will now be in downtown Hilo. You will see the Farmer's Market on your left.

## **Richardson's Beach Park in Hilo**

Total Distance: **25 miles (approx)**

What's there: Black sand beach and snorkeling.

- Turn **LEFT** out of the Yoga Oasis driveway
- Go **2 miles** until you reach 3 corners intersection. (highway 132)  
Turn **LEFT** and follow highway 132 for **4.6 miles** until you reach a traffic signal intersection.
- Turn **RIGHT** on Highway 130
- Drive 11 miles (approx)
- Turn **RIGHT** onto Highway 11
- Drive **6.5 miles** (approx)
- Turn **Right** at Highway 19 (Ken's pancake house will be on the left corner)
- Drive Approx **2.6 miles**
- You will pass the shipping area and industrial area
- Richardson's is the very last beach park on your **LEFT**
- Note: if the road you are driving on becomes a dirt road, you just missed it.
- Turn **LEFT** into the parking lot and park.
- Walk towards the ocean and then walk to the **RIGHT**. You will see the black sand beach in about 50 feet.

## **Places to Eat in Hilo**

Island Naturals - health food store and deli in the Wal Mart shopping center

Hilo Bar and Grill - organic food - full menu located in the Wal Mart center

Maui Tacos - in the mall Sear's and the movies 959-0359

Abundant Life - downtown Hilo near the Farmers Market

Cafe Pesto - 969-6640 downtown Hilo next to Farmers Market

Ocean Sushi Deli - 961-6625 downtown Hilo

Kaikada - downtown Hilo - very upscale and very nice and \$\$\$

Miyo's - family Japanese restaurant - overlooking a lake

Harringtons - 961-4966 - steak house, over looking the water

**Local Information:**

Visiting Mauna Kea: 961-9943

Volcano National Park: 965-6000

Surf Reports: 935-5055

Thank You for Staying with us at Yoga Oasis!

Your feedback on this guide would be much appreciated. If you have any comments or if you would like to add anything, just send us an e-mail to: [info@yogaoasis.org](mailto:info@yogaoasis.org)

If you would like to buy a copy at Yoga Oasis of this guide the cost is: \$5.00

Please leave this copy in your room or at the office

Namaste... and Blessings on your journey

The Cast and Crew at...

Yoga Oasis - Hawaii

[www.yogaoasis.org](http://www.yogaoasis.org)

808-965-8460