

KAUAI 2013

We were supposed to go on a 30 day South American cruise in March, but about a week prior, Kathy took a bad fall and broke her foot. She is almost healed, but Kathy needed time to recover from her broken foot, so the Orthopedist prescribed a soaking in warm salt water.

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Patient Name: *Kathy Spencer* Phone No. _____
Address: _____ Age _____ Gender _____

Rx *Warm Salt Water Soaks daily*

MBegan DATE *4/13/13*

INITIAL QUANTITY
 1-24
 25-49
 50-74
 75-100
 101-150
 151 & over

Units _____
REFILL: NR 1 2 3 4 5
 LABEL IN SPANISH
 DO NOT SUBSTITUTE

We figured the best place to fill the prescription would be at Lawai Beach in Kauai. That sounds logical to us!

One phone call and a bunch of mouse clicks later, we had our reservation at the same condo we had stayed in previously, and our airline reservations made! The nice part of this is, having been there previously; we knew the ins and outs of the Island. In fact, I saved my road maps from last time.



I also went on line and reserved Kathy's favorite car, a Mustang Convertible. Since we had an early flight, we stayed down near the airport at the Marriott the previous night.

We took the hotel shuttle to the airport, and braced ourselves for the TSA ordeal. Having learned from previous experiences overseas, we had empty water bottles and no contact lens solution over 2 ounces.

The stupidity of some of these people is amazing. Kathy had a 4 ounce bottle of cough medicine that they would not let her carry through, so she poured some into the attached cup and drank it, and they still would not let her through. Another time she had a bottle of saline for her contacts. It made it through LAX, Heathrow, and Paris, but when we went through security at Heathrow on the way home, they gave her a bad time about it. She poured some into her contact retainers and gave them the bottle. We then stopped at the drugstore in the terminal and bought a 2 ounce bottle for the trip home! Our first order of business after we arrived was to find 2 beach chairs. The ones in the condo were sand chairs and were so low it hard to get up from them. I made a couple of phone calls before we left, and found some at Kmart, right near the airport.

Also, in the same shopping center there was a COSTCO, so we could pick up some food there for the week.

Fortunately there was no construction on the main highway, and we headed to Kaloa, an old sugar town. We stopped at the market there to buy our staples for the week, including their Kalua pork (yum).

Since we have done quite a bit of sightseeing on the island previously, we were just going to "go with the flow" and do whatever strikes us. Kathy wanted to take a sunset sail dinner, and I wanted to kayak (by myself) up the Wailua River to the Secret Falls.

Kathy took her Nook, and I had my Kindle, all loaded with books and Hawaiian music. We sat on our lanai listening to the birds and the Hawaiian slack key guitar music on our mini speakers.

We had found an author named Toby Neal, who wrote crime stories that took place in the Hawaiian Islands. In fact, the first one Kathy and I read, "Torch Ginger", took place on Kauai, and mentioned many places we had been to. We found she had written three more, and so I downloaded them to my Kindle and Kathy's nook.

As an aside, the Nook and the Kindle use a different format for eBooks, but I found a program that will convert them from one format to the other. That way we can share books.

Our first full day started with having our coffee on our lanai along with Hawaiian music courtesy of Pandora. We had recovered from the six hour flight and shopping at Kmart and COSTCO.

We headed west towards Port Allen, and decided to take a side road to see where it went. I turned out we went right by the coffee plantation of the Kauai Coffee Company. We stopped at their visitor center and sampled a number of their coffees. They had some coffee plants growing nearby and we could see the unripe beans on the plants. We purchased some coffee and continued on our way.



Kathy had seen Salt Pond Beach Park on our map, so we headed there. It was a beautiful park, with all kinds of facilities. The reef configuration was such that a kiddies' pool was formed on part of the beach.



We unpacked our chairs and sat watching the surf and some of the local birds. One particular beautiful bird was a white breasted cardinal. As we were watching it, we heard a noise like an airplane, and sure enough a plane landed at the airport right next to the beach! That is my kind of bird watching!



Last year we took a tour up the Wailua River to Fern Grotto, passing a number of kayakers. I was talking about kayaking the Wailua River up to Secret Falls, and Kathy said, "Why not go tomorrow so I do not have to hear any more about it". I booked the trip with Kayak Kailua and drove to their office. We were taken to the put in ramp near the Wailua River Bridge and started upriver.



The problem for me was I was in a single kayak and the others in my group were in double or triple kayaks.

We paddled upriver until we came to small stream off the main river. I felt like something out of the movie African Queen.



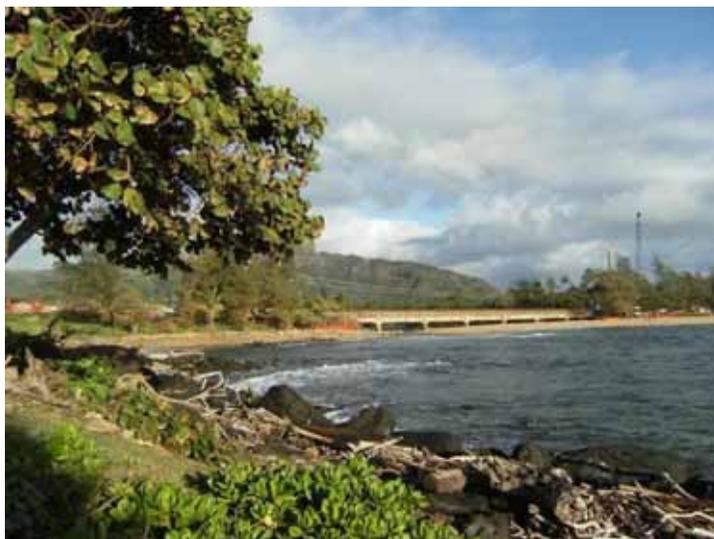
We beached our kayaks and started our hike to the falls. It had rained for few days previously and the trail was muddy and slippery. Add to that all the exposed tree roots trapping the water and mud, made for an arduous trek.



We finally reached the falls, and it was really worth it! The falls cascaded into a large pool and then ran into the main river. For some reason my camera ceased working, but a nice couple took a picture of me. They asked me to stand with my arms raised, and I wondered why, until I saw a picture of the falls in a guidebook and the person in it was standing with his arms raised the same way!



After eating lunch, we headed back to our kayaks. Our guide took us back on a different route that was not quite as bad, but still muddy and slippery. We had to cross two streams holding on to a rope, and finally ended back at our kayaks. We paddled back toward our put in place, but the wind was against us, unfortunately. It was quite a workout, and I was never so glad to see the Wailua River Bridge and get out of the kayak!



Today we went out to “Spouting Horn” Park, where there is a blowhole. This was formed when the waves eroded the underlying softer rock and wore through the harder rock to the surface. Water rushing into the hole is forced through the narrow hole and shoots skyward. We sat there and watched the blowhole, and saw a tour bus pull up. We timed the fact they were only there for 15 minutes and then left. We also saw a turtle swim by with its head out of the water.



This was another day of taking "roads less traveled" in the map as area on the east coast of Kauai. We headed into the mountains on poorly signed roads and drove through some residential areas until we were back on the main highway. There was fair going on, and we saw someone selling bamboo wind chimes. The one on our porch had seen much better days, so we bought one that had little birdcage on the top.

We then headed south to Wailua, and pulled into Lydgate Park. It was amazing that even on a Sunday, the park was almost deserted. We set up camp and sat there reading and watching the ocean.

Kathy was reading a book Toby Neal, who writes crime novels which take place in Hawaii. I had found another author, JoAnn Bassett, who wrote stories involving a lady who was a wedding planner on Maui. The titles are a little corny, but funny. Each one is on a different island, the first being “Maui Widow Waltz, followed by “Livin’ Lahaina Loca”, and “Lanai of The Tiger”.



Monday was our snorkel day. We set up camp under the sea grape tree at the east end of Lawai beach and watched the ocean for a bit to determine conditions.



I went up to the snorkel rental shop to rent swim fins, and ran into a couple also waiting to return their gear. We started chatting, and I discovered that they were also kayaking up the Wailua river the same time I was. They remembered seeing our group and we shared our feelings about slogging through the mud.

I got in the water, and was excited to see all the fish, even though the water was not that deep. I had a new underwater camera, but the viewing screen was not bright enough to see in the slightly murky water. I did the best I could, and did get some good pictures of the fish.

Convict Tangs

Saddle Wrasse



Orange Spot Surgeonfish



Raccoon Butterfly fish



After snorkeling we went to the Beach House restaurant, which was right next to the Beach, and had lunch.

Tuesday, our last day on Kauai, we drove back to Lydgate Park, and after a few wrong turns, located the spot we parked at the other day. It was a beautiful day, and nobody around. We sat and watched the ocean, and read our books. It was a great way to end our trip.

Wednesday we drove to the airport on a bypass road to miss all the traffic in Lihue. It was very scenic, and there were some beautiful trees around.



It was a very relaxing drive with very little traffic. We turned our car in, and checked in for our flight home.

On our flights, we normally book a window and aisle seat, and hope nobody selects the middle one. We were very fortunate to have an empty seat between us both ways.

This makes our third trip together to the beautiful island of Kauai and we hope to return many more times to our island paradise.

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