LOVE THE BEACH?
HAWAII IS FAMOUS FOR THEM!

Honolulu, Hawaii, Aug 4, 2009 - Hawaii's beaches appeal to sports enthusiasts, romantics, and families alike. Perhaps nowhere in the world is there a greater collection of superb stretches of sand available to the public than in these lovely islands.

Here is a list of our picks for the best Hawaiian beaches. For more information on these beaches, go to Hawaii.com and its online magazine, "Hawaii, The Magazine." Many of these beaches are cited by coastal expert Dr. Stephen P. Leatherman, director of Florida International University's Laboratory for Coastal Research, as among the best in the world (www.drbeach.org). He is known as "Dr. Beach."

The best beaches for romance & beauty

**Hanalei Bay, Kauai - Ranked No. 1**
Hanalei Bay Beach took the No. 1 one spot on "Dr. Beach's" 19th annual Top 10 Beaches ranking. It is a spectacular white crescent that is considered by to be the most beautiful beach setting in Hawaii. The two-mile long strand is lined by palm trees with a backdrop of waterfalls and mountain peaks. The Princeville Hotel is on a high bluff to the east while the other end of this wide coral sand beach is anchored by a high lava point that extends into the ocean. This panorama has been the inspiration for many paintings and photo shoots.

**Halona Cove, Oahu - The famous movie beach**
Remember the famous love scene in From Here to Eternity? This is the beach where Burt Lancaster and Deborah Kerr filmed their passionate encounter. This small and romantic location, nicknamed Eternity Beach, is a favorite for brides, with its rock cove, breathtaking views and golden sands. The beach is great for swimming when the surf is calm but use caution as no lifeguards are on duty and currents can be very strong.

**Nanina Beach, Niihau - Private and undeveloped**
This island is privately owned and not open to the public and therefore is known as Hawaii's "Forbidden Island." The pristine beach is accessed exclusively by Niihau Helicopters and is completely undeveloped, offering the rare chance to see Hawaii's most natural beauty. The beach is known for good swimming, beachcombing and a beautiful tropical reef. It also offers views of Lehua Island, an uninhabited volcanic island managed by the Hawaii Department of Land and Natural Resources as a state seabird sanctuary.

**Hamoa Beach, Maui - Remote but memorable**
This pocket beach is rimmed by cliffs covered by coconut palm trees and lovely flowering vegetation. This beach is actually inside a breached volcano crater, so it is a mixture of coral and lava sand. To get to Hamoa Beach, one has to drive the road to Hana, a treacherous trip with drop-offs of over 1,000 feet and sporadic guardrails, which can be an adventure in itself! Ernest Hemingway once said that Hamoa Beach was the world's best beach.
**Pauoa Beach, Big Island - Unique experience**
What would it feel like to swim in champagne? This picture-perfect beach has underwater natural springs that bubble to the surface. Be sure to check out the reef where fish and coral life abound. The calm bay is ideal for swimming, snorkeling, rafting and boating.

**Green Sand Beach, Big Island - Hiking is popular here**
Green Sand Beach (also called Papakolea) is for the adventurous - perfect for hiking and known for breathtaking views from the Pu'u Mahana cinder cone above. The beach sand really is gray tinted by olive green (one of only two known on earth, the other one in Guam) and is set off beautifully by the clear blue waters.

**The best beaches for surfing and water sports**

**Lanikai Beach, Oahu - Best for water activities**
Lanikai Beach is considered Hawaii's best swimming beach by Oahu's residents and is surf-free, wide and clean. This scenic mile-long beach has turquoise waters and is dotted with palm trees and small offshore islands. The most popular islands, Mokumanu and Mokulua (both bird sanctuaries), are approximately one mile from the beach and can be reached by kayak.

**Kahaluu Beach Park, Big Island - Best for surfing amateurs**
This beach is well known as a place for beginning surfers to take lessons beyond the lagoon and is popular with families. The seawall here was constructed by King Kamehameha to protect a small cove and the beach is surrounded by shade trees. The lagoon is famous for its snorkeling. Visitors can see green turtles and abundant sea life up close in the water and tide pools.

**North Shore, Oahu - Best for skilled surfers**
To serious surfers, Oahu's North Shore is known for some of the best waves of the world. The "Seven-Mile Miracle" is actually comprised of several beaches: The Banzai Pipeline, Sunset Beach, Backdoor and Waimea Bay. It hosts the professional "[Triple Crown of Surfing](https://www.surfing.com/triple-crown-of-surfing)" every December. Conditions for the big waves are best during the winter season, when heights can top 20 feet, with faces up to 50 feet. These massive waves break over a sharp reef, conditions that are for experts only.

**The best beaches for families**

**Kapalua Beach, Maui -- Touristy and trendy**
This scenic crescent-shaped stretch of golden sand is bordered by an outcropping of lava rock, and features calm waters that are perfect for snorkeling and swimming. This beach is popular with visitors as it central to several high profile hotels. Ideal for families, the beach has lifeguards and public restrooms.

**Waimanalo Beach, Oahu - Popular with the residents**
Relatively deserted during the week, this beach is frequented by locals on the weekends as a site for barbeques, picnics and fun. With over five miles of sand, there is lots of room to spread out and enjoy the shaded beach. An historical note: Waimanalo Beach is where the first Japanese prisoner of war was captured during the Japanese attack on Pearl Harbor in World War II.

**Waikiki Beach, Oahu - Most famous in the world**
Possibly the most famous beach in the world, Waikiki has long been popular for its calm water for swimming. This beach was home to Duke Kahanamoku, a Hawaiian hero and swimming gold medalist who popularized surfing and introduced the Hawaiian spirit to the rest of the world. Families flock to this beach to enjoy the days in the sun that lead to afternoons of shopping and the night scene at Waikiki's Beach Walk.

Remember, information on these beaches and much more is available on Hawaii.com, your source for everything Hawaii! You can book your trip right from its pages. Also, be sure to take a look at its online magazine, "Hawaii, The Magazine." Also be sure to visit Hawaii.com on Facebook.

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