



Fern Grotto

Kauai: The Garden Isle Retreat



March 4 - 11, 2026 (8 days)

HIGHLIGHTS

- * 6 Nights at Royal Sonesta Kauai Resort in Oceanview Rooms!
- * Na 'Āina Kai Botanical Gardens
- * 'Ōpaeka'a Falls
- * Wailua River Cruise to Fern Grotto
- * Kilohana Plantation Train Ride
- * Authentic Luau with Gold Seating!
- * Waimea Canyon
- * Kōke'e State Park
- * Kaua'i Coffee Company
- * Sprouting Horn
- * Po'ipū Beach Drive By
- * Allerton Garden
- * Island Towns of Hanalei, Waimea, Hanapēpē
- * A Free Day in Paradise!



Discover Hawaii at its most authentic roots on this leisurely journey to Kauai—Hawaii's lush, untamed Garden Isle. With emerald valleys, cascading waterfalls, charming small towns, and warm ocean breezes, Kauai invites us to slow down, savor the moment, and reconnect with beauty. Each day blends natural wonders, cultural gems, and time to rest, reflect, and breathe deeply. We'll stay all six nights at an oceanfront resort in oceanview rooms, allowing for relaxed unpacking and full enjoyment of island life. In Kauai, Hawaii feels personal—rooted in nature, history, and deep cultural pride!

We'll be in awe at Waimea Canyon!



WINTER
48





The island of Kauai is truly breathtaking!

Day 1 - Arrive in Paradise!

Get ready to trade in the winter blues for lush green landscapes and ocean breezes! Today we depart for the Garden Isle of Kauai, known for its unspoiled beauty and peaceful charm. Upon arrival, we'll receive a traditional Hawaiian lei greeting, then make our way to the beautiful Royal Sonesta Kauai Resort, our home for the next six nights. Located on a quiet stretch of Kalapiki Beach and surrounded by tropical gardens, this resort offers the perfect balance of comfort and island ambiance. Settle in and unpack, then take in the soft rhythm of the ocean from your oceanview room!

Hotel: Royal Sonesta Kauai Resort (6 Nights) (Oceanview Rooms!)

Day 2 - North Shore Beauty: Waterfalls, Hanalei & Na 'Aina Kai

We'll start the day with a leisurely breakfast before we depart for 'Ōpaeka'a Falls, one of Kauai's most photographed waterfalls, cascading gracefully into a hidden pool. Then we journey to the lush North Shore, arriving in Hanalei Town, a postcard-perfect village surrounded by mountains and taro fields. Enjoy time to browse shops, galleries, and stop for lunch on your own in one of the beachside cafes. Our exploring continues with a guided walking tour at the magnificent Na 'Aina Kai Botanical Gardens, a magical blend of tropical flora, bronze sculptures, and serene landscapes. The Formal Gardens are graced by a Poinciana Maze, Shower Tree Park, the Ka'ula Lagoon with its cascading waterfall and tropical island, a Japanese teahouse, the Desert Garden and the Palm Garden. Capturing the heart of Kauai, there are many fascinating things to see at this peaceful, inspiring place as we stroll through at a leisurely pace. We return to the resort in time for Happy Hour at the Kai Bar, which includes one signature cocktail, one small pupu plate, and complimentary soft drink, coffee and tea options.

Included Meals: Breakfast, Happy Hour

Day 3 - Aloha Rhythms: Free Morning, Fern Grotto & Luau Kalamaku

This morning is yours to enjoy the resort at your own pace. Wake up slowly with a cup of island-grown coffee, take a dip in Hawaii's largest single-level swimming pool, or stroll along the quiet beach with the sound of waves in the background. After lunch on your own, we'll depart for an afternoon cruise along the scenic Wailua River, gliding through lush jungle landscapes to the famous Fern Grotto. This natural lava-rock cave, adorned with tropical ferns and cooled by misty breezes, is a peaceful and memorable stop, complete with live Hawaiian music. As the sun begins to set, we arrive at Kilohana Plantation for a narrated train ride through its historic grounds. A festive evening awaits with premium gold seats at Luau Kalamaku, featuring a traditional island feast and award-winning performance. With hula, fire dancing, and vibrant storytelling, it's a night to remember!

Included Meals: Breakfast, Dinner



Experience an authentic Luau Kalamaku with premium gold seats!

Day 4 - Waimea Canyon, Kōke'e Park & Hanapēpē Town

After breakfast, we make our way west to the dramatic Waimea Canyon, the "Grand Canyon of the Pacific," to take in the sweeping views of rugged cliffs and colorful gorges. We'll continue into Kōke'e State Park, where cool mountain breezes and native forests offer peaceful beauty. A stop in Waimea Town, where Captain Cook first landed, allows time for lunch on your own and a glimpse of old Kauai. We'll then drive through Hanapēpē, a small, creative town on our way back to the resort this afternoon. Again enjoy their Happy Hour and our wonderful resort.

Included Meals: Breakfast, Happy Hour

Day 5 - A Free Day in Paradise

Today is yours to enjoy the full resort experience. Relax by the sand-bottom pool, unwind in the oceanfront hot tub, book a treatment at the full-service spa, or simply stroll the beach and tropical gardens. Whether you nap under a palm tree or explore on your own, today offers the freedom to move at island pace. Your Tour Director and hotel concierge will be available with ideas if you'd like something more active. As always, we'll gather for evening cocktails and pupus with a stunning view. Tonight, we'll also enjoy a delicious included dinner.

Included Meals: Breakfast, Happy Hour, Dinner

Day 6 - Coffee, Coastlines & Po'ipū Beach

We begin with a visit to the Kaua'i Coffee Company, where ocean breezes and fresh-roasted aromas welcome us to the largest coffee estate in the U.S. We'll learn about the bean-to-cup process and enjoy tastings in this scenic setting. Next, we'll stop at Spouting Horn, a dramatic natural blowhole on the South Shore. A stop is planned at Poipu Shopping Village for lunch and shopping on our own. Continuing on, we'll drive by the beautiful golden shoreline of Po'ipū Beach as we head back to the resort for a relaxing afternoon and then gather to celebrate the wonderful week we've shared together during Happy Hour.

Included Meals: Breakfast, Happy Hour

Day 7 - Gardens, Local Flavor & Aloha Farewell

Spend your final morning enjoying the tranquility of the resort. Walk the beach, enjoy a final swim, or simply take it all in! After lunch on your own, we check out of our hotel and depart for a visit to the breathtaking Allerton Garden, a coastal oasis filled with towering roots, rare plants, and graceful fountains. It's also where scenes from Jurassic Park were filmed - keep an eye out for the famous fig trees! Be sure to have your walking shoes on for this extensive walking tour. We'll then make a stop for light shopping or browsing, followed by time for a casual early dinner on your own. We continue to the airport for our evening flight home.

Included Meals: Breakfast

Day 8 - Home

Arrive at the Minneapolis/St. Paul international airport today with hearts full from the peace, beauty, and aloha of Kauai!

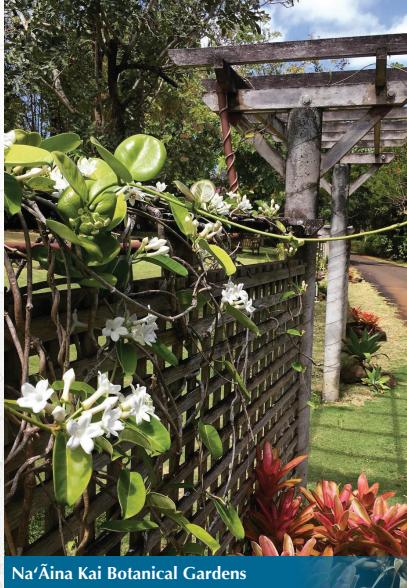
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SCALE OF MILES

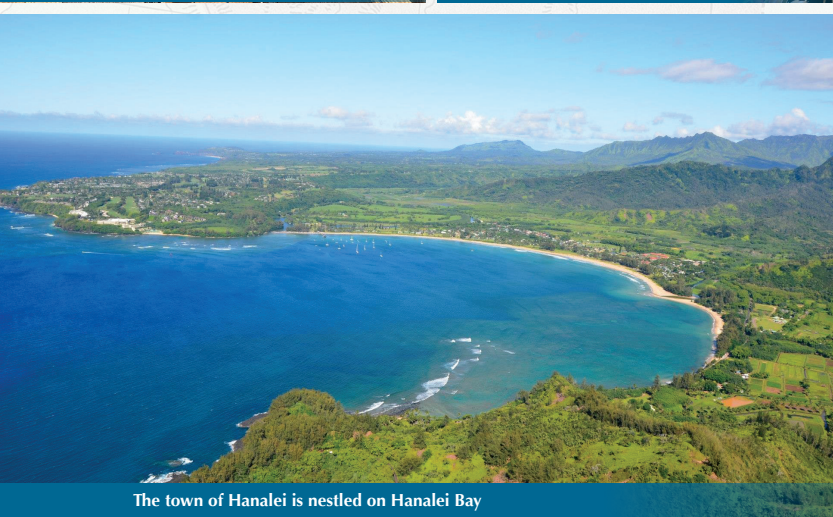
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Hanapēpē Swinging Bridge



Na'Āina Kai Botanical Gardens



The town of Hanalei is nestled on Hanalei Bay



Stunning Ōpaekaʻa Falls

WAIMEA CANYON

Known as the “Grand Canyon of the Pacific,” Waimea Canyon is one of Kauai’s most awe-inspiring natural wonders. Stretching 14 miles long and over 3,600 feet deep, its vivid layers of red, brown, and green rock tell the island’s volcanic story. From scenic lookouts, we’ll see sweeping views of jagged cliffs, hidden waterfalls, and dramatic valleys that shift color with the sun and clouds.

KŌKE’E STATE PARK

Nestled high above the coastline, Kōke’e State Park is a cool, misty retreat of native forests and incredible vistas. It’s home to native plants, wild chickens, and rare birds - and offers panoramic views that stretch from the canyon rim all the way to the ocean. Walking paths wind through towering trees and peaceful landscapes, inviting us to connect with Hawaii’s untouched interior beauty.

WAIMEA TOWN

A charming riverside town with deep roots in Hawaiian history, Waimea is where Captain James Cook first stepped ashore in 1778. Today, it offers a blend of local culture, mom-and-pop shops, historic landmarks, and breezy cafes. Strolling its main street is like stepping back in time - simple, sincere, and rich with island life.

HANAPĒPĒ TOWN (drive through)

Step into “Kauai’s Biggest Little Town,” where time moves slower and creativity thrives. Hanapēpē is a haven for local artists, with galleries, artisan shops, and colorful murals lining the quaint streets. Plus, Hanapēpē was the inspiration for the movie “Lilo & Stitch!” A walk across its historic swinging bridge, a visit to a bakery, or a chat with a gallery owner captures the warm, authentic spirit of old Kauai.

ROYAL SONESTA KAUA’I RESORT AMENITIES

Nestled on a golden sand beach, The Royal Sonesta Kaua’i Resort offers a central location in the heart of Kaua’i. We will experience paradise at the newly renovated resort, complemented by views of the sparkling ocean, lush tropical gardens, and the largest one-level swimming pool in Hawaii! This AAA 4 Diamond resort is located directly on Kalapaki Beach. Its calm waters are protected by a cove making it ideal for swimming and light water sports. Treat yourself to a soothing massage in the Alexander Day Spa and Salon, break a sweat in the state-of-the-art fitness center, and indulge in a world of flavors at the in-house dining venues.

LUAU KALAMAKU & TRAIN RIDE

Begin the evening with a narrated train ride through the historic Kilohana Plantation, once the island’s largest sugar estate. Then gather under the stars for an unforgettable luau experience, complete with a traditional Hawaiian feast, cultural demonstrations, and an award-winning performance. The story of “Kalamaku” - the soul’s journey - comes to life through music, fire dancing, and graceful hula.

‘ŌPAEKAʻA FALLS

One of the most accessible and picturesque waterfalls on Kauai, Ōpaekaʻa Falls cascades 150 feet into a hidden pool surrounded by lush jungle. The roadside overlook provides a perfect photo opportunity with panoramic views of the Wailua River Valley and surrounding mountains. It’s a peaceful moment where nature’s artistry is fully on display.

HANALEI TOWN

Tucked in a lush valley on Kauai’s North Shore, Hanalei is a postcard-perfect town filled with bohemian charm and breathtaking scenery. The journey there, across a one-lane bridge and past taro fields, feels like entering a dream. Boutiques, art galleries, and beachside cafes welcome us to linger, while nearby Hanalei Bay stretches in a crescent of golden sand against towering green cliffs.





NA 'ĀINA KAI BOTANICAL GARDENS

These world-renowned gardens span 240 acres of beautifully curated nature, sculpture, and landscape design. Stroll through rare tropical flowers, dramatic hardwood forests, and open meadows adorned with bronze statues. From a Japanese teahouse to a mossy canyon carved by waterfalls, every turn offers a new perspective on Hawaii's unique flora and gentle beauty.

KAUA'I COFFEE COMPANY

As the largest coffee estate in the United States, Kaua'i Coffee offers a scenic and aromatic immersion into the island's coffee culture. Learn how beans go from tree to cup on a guided walking tour, and enjoy fresh-brewed samples while taking in sweeping ocean views. It's a sensory delight where warm breezes carry the rich aroma of roasting coffee.

SPOUTING HORN

This dramatic blowhole on the South Shore shoots ocean spray up to 50 feet into the air through a lava tube. With each incoming wave, it hisses and roars like a natural geyser. Hawaiian legend says the sound comes from a trapped lizard god - one of the many myths tied to this striking coastal site.

ALLERTON GARDEN (NATIONAL TROPICAL BOTANICAL GARDEN)

This historic garden is part jungle, part living museum, and entirely breathtaking. Set beside the ocean near Po'ipū, Allerton Garden is home to towering roots, exotic flowers, and graceful fountains. Guided tours share fascinating stories of the Allerton family, movie scenes filmed here (like Jurassic Park), and the garden's role in preserving endangered plant species.

PO'IPŪ BEACH (drive by)

This inviting stretch of coastline is ideal for relaxing, walking, or simply soaking up the sunshine. Po'ipū is often named one of America's top beaches, thanks to its gentle waves, golden sand, and resident sea turtles and monk seals. It's a spot that feels both lively and serene—a true slice of island paradise.

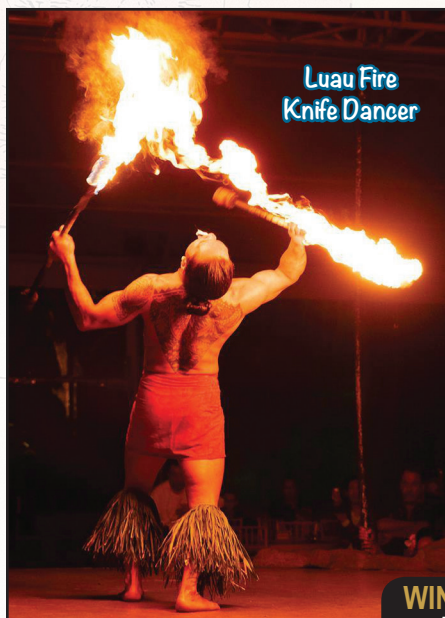
SMITH'S FERN GROTTO

Accessible only by a peaceful Wailua River cruise, the Fern Grotto is a lava-rock cave overhung with tropical ferns and cooled by misty breezes. Musicians greet us with traditional Hawaiian love songs, creating a magical, almost spiritual experience in this naturally formed amphitheater.

Na'Āina Kai Botanical Garden



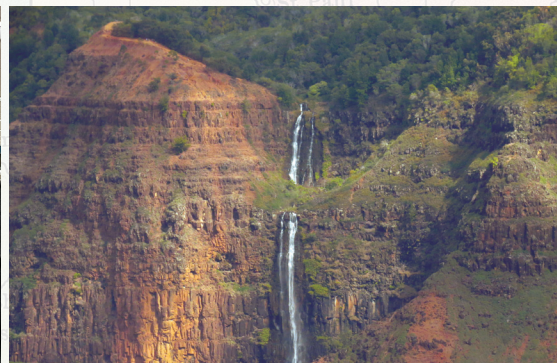
Luau Fire Knife Dancer



Cruise the Wailua River



Welcome to Paradise!



Waipo'o Falls in Waimea Canyon



We'll spot a wild rooster or two!



Train ride through Kilohana Plantation

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2026 DATES & PRICES



DATES:	March 4 - 11, 2026 (8 days)	
PRICE PER PERSON:	\$5,479 Double \$5,159 Triple	\$6,999 Single \$4,979 Quad
PRICE INCLUDES:	Roundtrip airfare from MSP including bag fees, taxes & surcharges; 8 Meals plus 4 Happy Hour Receptions, all activities as stated in brochure, Expert Local Driver/ Guides & Driver Gratuities included!	
DEPOSIT DUE PER PERSON:	\$200 deposit per person at time of reservation. Full payment due 60 days prior to departure.	
OPTIONAL TRAVEL PROTECTION P/P:	\$473 Double per person	\$608 Single
TRAVEL BUCKS:	\$65 per person on future travel with R&J	
TOUR PACE:	Moderate Walking (See page 9 for description)	
NEEDED TRAVEL DOCUMENTS:	A REAL ID or Enhanced Driver's License is Required or a Valid Passport.	

WINTER
51

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