

HILO, HAWAII

Arrive: 0800 Wednesday, 14 January
Onboard Time: 1900 Wednesday, 14 January

Brief Overview: Ever since Hawaii became the fiftieth U.S. state in 1959, Hawaii has been a hotspot for people around the globe seeking world-class surf, tropical sun and beautiful sands. This island state is a natural paradise, known for its smoldering volcanoes, lush mountains and sculpted cliffs. Despite it being in the U.S., it's as far a departure from the mainland as one can get with its epic landscape and Aloha spirit.



From the serene beaches, to the natural parks to the abundance of fresh tropical fruits, the Aloha state is stunning paradise that will quickly grab your heart. Hawaii remains a blended multicultural society, with an enduring indigenous culture and rich Polynesian and Asian influence.



Hilo is situated on the “Big Island” of Hawaii and serves as a great starting point to explore the eastern half of the island. This includes the main attraction of Hawaii Volcanoes National Park, which contains the most active volcano in the world and extensive field of solidified black lava. The warm waters of the Ahalanui Thermal pool offer a luxurious contrast to the rugged black coastline below. The rich volcanic soil and rainy climate create the perfect conditions for farming and agriculture – Hilo’s dominant industry.

Be sure to check out the [Spring 2014 Student Photo Gallery](#).

Field program highlights by category:

Culture:

HIL 115-102 Hawaiian Culture Experience

Nature:

HIL 114-102 Waterfall, Cave & Black Sand Cove
HIL 102-102 VNP Volunteer & Evening Lava Glow

Adventure:

HIL 103-101 Kilauea Volcano Bike Adventure
HIL 108-101/102 Rainforest Zip line & Waterfall
HIL 113-101/102 Stand-Up Paddleboarding
HIL 109-101/102 Hilo Bay Waterfall Kayaking

SAS Exclusive:

HIL 111-102 Mauna Kea Summit Observatory w/
Professor Fallscheeer

TERMS AND CONDITIONS: In selling tickets or making arrangements for field programs (including transportation, shore-side accommodations and meals), the Institute acts only as an agent for other entities who provide such services as independent contractors. Food and beverages provided to the Passenger by service providers and/or independent contractors, as well any other food or beverage consumed on shore excursions, are not the responsibility of the Institute. It is the responsibility of the passenger to ensure personal compliance with their own specific dietary restrictions. All Participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that the Institute shall not be liable or responsible in any way for any loss, death, injury or illness to person or loss, theft or damage to personal property arising from or in connection with such services. The Institute shall not be responsible for cancellation of programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

Day 1: Wednesday, January 14

IMPORTANT: If you are registered in one of the following courses, you have a field lab on this day. Do not make any other travel plans as this is a designated class day in port for your course.

COURSE #	FACULTY	DAY 1 - Wednesday, 14 January
EVSC 2559 101	Professor Steve Anderson	Geohazards and Natural Disasters
SEMS 2500 503	Professor Stephanie Aragao	Intercultural Communications (Section 1)
ANTH 2430 101	Professor Caleb Everett	Languages of the World
SEMS 3500 106	Professor Grace Kim	Mixed Media Journal
SEMS 3500 107	Professor Adrienne Moore	Utilizing Acting Techniques

HIL 103-101

KILAUEA VOLCANO BIKE ADVENTURE

Full Day



Experience the volcano up close and personal as you ride through lush rainforest and lava frozen in time on your 21 speed mountain bike. Your cycling adventure takes place around the rim of one of the most active volcanoes in the world! It consists of mostly level terrain with a couple of small uphill and downhill sections thrown in for fun!

Along with the cycling portion, you will do minimal hiking through an incredible rainforest that leads you directly through an amazing lava tube. This fully narrated adventure is truly one of a kind! Either before or after your ride, stop at the Jagger Museum for a **video of the volcano erupting** and a park overview.

STANDARD PRICE		Early Booking
Adult	\$ 108	\$ 104
Child	\$ 54	\$ 52
TIME		
	Date	Time
Depart	January 14	1000
Return	January 14	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> • Biking in a small group • Kilauea Volcano • Jagger Museum • Rainforests • Thurston Lava Tube • Lunch included 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 25		

"So awesome! Seeing all the scenery from the bikes was breathtaking!" -Paige, SP '13 student

"Great trip! Learned a lot about geology in Hawaii...lunch was delicious." Scott, SP '14 student

Note: This trip involves **moderately strenuous physical activity**. Elevation is 4000ft so wear comfortable clothing in layers, sunscreen, and **closed toe shoes (required)**. Tour vans will follow the group during the bike ride so cameras and personal items may be left in the van. You may also ride along in the van during any portion of the tour. Participants must be at least 12 years old, 54" tall and comfortable riding a bike. Bike, helmet, gloves, rain jacket and souvenir water bottle are provided. Children under 18 years of age must be accompanied by a parent/ guardian. The tour is not suitable for women who are pregnant. Natural sulfur gases may affect those with respiratory problems. You will not see molten lava. Tour content or itinerary may change due to weather conditions or volcanic activity.



Hit the Walmart, the farmer's market or Richardson's Beach park in the morning, lunch on ship and spend the afternoon getting **IMMERSED** in all things Hawaiian!

Not far from the pier, you will be met by local [Kupuna](#) (elders) at Wailoa River State Recreation Area. You will have a brief overview of the origins and

meanings behind the activities of the day before diving in with the elders to fully experience the Hawaiian culture. The first 2 hours will be spent learning hula, lei making and ukulele lessons. The second 2 hours will be spent doing some canoeing and playing some traditional [makahiki games](#).

Conclude the day with an authentic Hawaiian dinner that will include kalua pork (Hawaiian style pulled pork), laulau (pork wrapped in leaves/steamed), chicken long rice, steamed white rice, lomi salmon (tomato salmon salad) and haupia (coconut dessert). The entertainment will be local hula and Hawaiian music. Students may have the opportunity to join them in dancing and showing the dance that they learned during the day activities.

STANDARD PRICE		Early Booking
Adult	\$ ~99	\$ ~95
Child	\$	\$
TIME		
	Date	Time
Depart	January 14	1230
Return	January 14	2000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Traditional Hawaiian Welcome • Interaction with the elders • Lei making workshop • Hula lessons • Canoeing & makahiki games • Traditional dinner & entertainment 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 45		



"White Mountain" is a sacred place with ancient history, cultural sites and magnificent beauty created by fire and ice. Today it is the world's premier spot for astronomy with the world's largest telescopes. Join us on an adventure from sea level to the top of Mauna Kea Summit (13,796 ft). Visiting the summit is strictly controlled and **numbers are limited**.

Join **Astronomy Professor Cassandra Fallscheer** on an exclusive tour of the Keck observatory, SMA and the JCMT telescope facilities. Learn from local astronomers what it is like to work here. After this special tour arranged by Professor Fallscheer, enjoy lunch at the Mauna Kea visitor center before returning to sea level and the ship.

STANDARD PRICE		Early Booking
Adult	\$ 155	\$139
Child	\$ 78	\$75
TIME:		
	Date	Time
Depart	January 14	0945
Return	January 14	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Brief stop at Rainbow Falls • Top of Mauna Kea at 13, 796 feet/4,206 meters • Private tour of telescope facilities • Lunch at the visitor center 		
MINIMUM REGISTRATION: 8		
MAXIMUM CAPACITY: 28		

Astronomy geeks, you do NOT want to miss this! Check out the video from 2014 SAS Astronomy professor Ian Campbell: <http://www.semesteratsea.org/2014/01/28/hawaii-is-big-island-paradise-in-the-sky/>.

NOTE: It will be COLD at the top. Jackets are provided, but it is recommended to dress in layers and wear closed toe shoes.

RESTRICTIONS: Must be healthy and at least 16 years of age. Pregnant women not advised for this tour.



Imagine yourself flying through a tropical rainforest canopy over gurgling streams and waterfalls with a view of the crystal blue Pacific Ocean in the distance! That's only the beginning on this amazing adventure that combines a seven-stage zip line course, a stroll through the famous World Botanical Gardens and viewings of two of Hawaii's most beautiful waterfalls in an exclusive area of the island. You are surrounded by beauty as you hike from one zip line to the next in this tropical wonderland. A portion of the hike

is on a suspension bridge that cuts through the jungle with several small waterfalls below your feet!

NOTE: Shorts that are at least knee length are recommended for comfort with harness straps. **Participants are required to have closed-toed shoes -no sandals.** We suggest glasses be secured for safety. **All long hair must be secured and dangling jewelry is prohibited.** This special adventure adheres to the safety standards set for Canopy Tours by ANSI Accredited Professional Ropes Course Association and all lines have received reviews and wet stamps by a Hawaii licensed and certified Professional Engineer and Structural Engineer. All zip line guides are fully trained and certified. Participants will be given all necessary safety equipment. Sunscreen, bug spray, and rain gear is provided.

RESTRICTIONS: Participants must be a minimum age of 10 and a minimum weight of 70lbs. Participants cannot exceed 270lbs. The tour operator reserves the right to weigh guests. **Participants under the age of 18 must be accompanied by a parent/guardian.** Participants should be able to walk short to medium distances on well-maintained trails, walk up approximately 40 trail stairs and have an adventurous attitude. The tour is not suitable for women who are pregnant. The tour may not be suitable for anyone with medical conditions, such as severe heart disease or back and neck problems. Tour itinerary may change due to severe weather but the zip line does operate rain or shine.

STANDARD PRICE		Early Booking
Adult	\$ 142	\$ 136
Child	\$ 71	\$ 68
TIME: HIL 108-101		
	Date	Time
Depart	January 14	1030
Return	January 14	1430
TIME: HIL 108-102		
	Date	Time
Depart	January 14	1045
Return	January 14	1445
TIME: HIL 108-103		
	Date	Time
Depart	January 14	1230
Return	January 14	1630
TIME: HIL 108-104		
	Date	Time
Depart	January 14	1300
Return	January 14	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Zip line through rainforest canopy • Hike in the World Botanical Gardens • Scenic views of two waterfalls and the Hilo/Hamakua Coastline • Assorted snacks and drinks provided 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 11 per group		

HIL 113-101/102

STAND-UP PADDLEBOARDING IN ESTUARY (2 sections)

Half Day



After a short drive to a black sand beach, you'll receive instructions and tips on stand up paddle boarding (known as SUP), the world's fastest growing sport with roots in Hawaii.

This guided paddle in the calm and historic Wailoa Estuary offers great views from the water and a great workout too!

Paddle past the golden King Kamehameha statue and listen as your guide shares with you the Hawaiian and tsunami history of the Hilo area. We can tailor to beginners and experienced paddlers alike on this exclusive tour offered only through SAS!

NOTES: Wear a swimsuit under comfortable clothing. Sunscreen, WATERPROOF camera and a hat are recommended. Bring a towel. Itinerary subject to change due to weather and water conditions.

RESTRICTIONS: Participants must be in good physical condition and may not weigh more than 220 pounds. The tour is not recommended for those with back problems or those with heart conditions. Minimum age to participate is 10 years old, and participants under 18 years must be accompanied by an adult.

STANDARD PRICE		Early Booking
Adult	\$ 58	\$ 55
Child	\$ 29	\$ 28
TIME: HIL 113-101		
	Date	Time
Depart	January 14	1015
Return	January 14	1215
TIME: HIL 113-102		
	Date	Time
Depart	January 14	1315
Return	January 14	1515
HIGHLIGHTS		
<ul style="list-style-type: none"> Paddleboard at your own pace 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 11 per group		

HIL 109-101/102/103

HILO BAY WATERFALL KAYAKING (3 sections)

Half Day



Your adventure begins from a black sand beach in the heart of Hilo, just a short distance from the pier. Kayak one mile across the bay to the Wailuku River. Then, paddle under the "Singing Bridge" and up Wailuku River to a beautiful waterfall where you can cool off or just enjoy the mist from the view. Enjoy a great day on the water with fun guides and amazing views. Hilo is situated in Hawaii's rainforest country, so be prepared for plenty of rainbows and a lush tropical coastline.

NOTE: Wear a swimsuit under comfortable clothing. Sunscreen, camera, a hat and a bottle of water are recommended. Bring a towel. Two-person ocean kayaks, safety gear and paddling instruction will be provided. Itinerary subject to change due to weather and water conditions. Life jackets required.

RESTRICTIONS: Participants must be in good physical condition and may not weigh more than 220 lbs. Minimum age is 10 years. Participants under 18 years must be accompanied by an adult.

STANDARD PRICE		Early Booking
Adult	\$ 58	\$ 55
Child	\$ 32	\$ 29
TIME: HIL 109-101		
	Date	Time
Depart	January 14	0930
Return	January 14	1200
TIME: HIL 109-102		
	Date	Time
Depart	January 14	1230
Return	January 14	1500
TIME: HIL 109-103		
	Date	Time
Depart	January 14	1500
Return	January 14	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> Kayak across beautiful Hilo Bay Scenic views of Wailuku River and Mauna Kea Summit Chance to cool off near a beautiful waterfall 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 13 per group		

HIL 112-102

EVENING LAVA GLOW HIKE AT VNP

Half Day



Explore the world’s most active volcano! Experience the beauty of Hawaiian nature as we past wild orchids, ferns and Kahili ginger plants. Visit Thurston Lava Tube; discover remarkable volcanic formations and steam vents.

Then, **hike 1.8 miles** to Jaggar Museum to see the awesome glow created by the deep lava lake of Halemaumau Crater. The sun sets

at 5:45pm on January 14 and the maximum effect of the glow lasts from sunset to about a half hour after.

NOTE: Once the sun goes down, it will be chilly. Dress in layers and wear closed-toe shoes for hiking. EAT before you depart for this trip.

STANDARD PRICE		Early Booking
Adult	\$ 84	\$79
Child	\$ 42	\$40
TIME:		
	Date	Time
Depart	January 14	1400
Return	January 14	1900
HIGHLIGHTS		
<ul style="list-style-type: none"> • Thurston Lava Tube • Kilauea Iki Overlook • Steam Vents • along the Crater Rim • Jaggar Museum • Halemaumau Overlook 		
MINIMUM REGISTRATION: 8		
MAXIMUM CAPACITY: 35		

HIL 114-102

WATERFALL, CAVE & BLACK SAND COVE

Half Day



This adventure takes you off the beaten path to explore remote treasures often unseen by the average traveler. Enjoy the scenic views of Rainbow Falls while taking in the rich rainforest surrounding the lookout. Travel by van to an area known as Boiling Pots where water from the Wailuku River rushes through old lava rocks and lava tubes creating a “boiling” effect.

Later, you have the option to navigate down 20 steep steps and over a natural trail to explore the mouth of [Kaumana Caves](#). These natural wonders were formed by the 1881 eruption of Mauna Loa, the largest volcano in the world. Leaving the depths of the earth, we continue through Historic Hilo to the rugged coastline and a black sand cove. Relax by the water before heading back to the ship. On the way, make a quick detour to the delectable Big Island Trading Company where you will indulge in handmade Hawaiian Treats and 100% Hawaiian Coffee. Throughout the day, your local Hawaiian guides will fill your senses with stories from long ago and show you sights that you have only dreamed about. It will be a day to remember and you will feel rich indeed by having experienced Hilo’s Hidden Treasures!

TOUR NOTES: Tennis or closed-toe shoes, **sunscreen**, camera and a hat are recommended. **Guests who wish to take a quick dip should wear swimsuit under comfortable clothing.**

TOUR RESTRICTIONS: Participants must be able to traverse over uneven terrain and navigate 20 steep stairs (optional) – guests may opt to view the cave at the entrance without descending the steps into the cave. Minimum age to participate is **8 years old**; participants under 18 years must be accompanied by an adult. Tour runs rain or shine but may be cancelled due to severe weather conditions.

STANDARD PRICE		Early Booking
Adult	\$ 65	\$59
Child	\$ 42	\$40
TIME:		
	Date	Time
Depart	January 14	1330
Return	January 14	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Rainbow Falls • Boiling Pots • Kaumana Cave Exploration • Swimming 		
MINIMUM REGISTRATION: 8		
MAXIMUM CAPACITY: 47		