

## 7 Days in Honolulu: Aloha Spirit and Island Discoveries



Honolulu is a city that radiates the Aloha spirit, offering a unique blend of urban amenities and natural beauty. From surfing at the famous Waikiki Beach to hiking the lush trails of Diamond Head State Monument, there's something for everyone in this paradise. Take a walk through the historic Iolani Palace, the former residence of Hawaiian royalty, to learn about the rich cultural heritage of the islands. Visit the Bishop Museum, where you can see Hawaiian artifacts, including the famous Kapa, a traditional Hawaiian cloth. Indulge in the local cuisine, like traditional Hawaiian plate lunches, poke bowls, and shaved ice. Whether you're looking to relax, adventure, or experience culture, Honolulu has it all.

This 7-day itinerary is a perfect travel guide that includes all the most important landmarks in Honolulu. Dreamy beaches, fantastic water activities, stunning hikes, exceptional monuments and so much more!



# Trip Summary

## Day 1

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- ② 10:00 Waikiki Beach, Honolulu [Google Maps](#)
- ③ 12:30 Duke's Waikiki, Honolulu [Google Maps](#)
- ④ 13:00 Royal Hawaiian Center, Honolulu [Google Maps](#)
- ⑤ 14:30 Fort DeRussy Beach Park, Honolulu [Google Maps](#)
- ⑥ 17:00 Magic Island, Honolulu [Google Maps](#)

## Day 2

- ① 09:30 Diamond Head Beach Park, Honolulu [Google Maps](#)
- ② 12:00 Shangri La Museum of Islamic Art, Culture & Design, Honolulu [Google Maps](#)
- ③ 14:30 Diamond Head Tunnel, Honolulu [Google Maps](#)
- ④ 15:00 Diamond Head State Monument, Honolulu [Google Maps](#)
- ⑤ 16:00 Diamond Head Visitor Center, Honolulu [Google Maps](#)
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- ② 14:00 Ala Moana Regional Park, Honolulu [Google Maps](#)
- ③ 17:00 Ala Moana Center, Honolulu [Google Maps](#)

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- ④ 15:30 Aliʻiolani Hale, Honolulu [Google Maps](#)
- ⑤ 16:30 Kawaiahaʻo Church, Honolulu [Google Maps](#)

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- ⑤ 14:30 Waikīkī Aquarium, Honolulu [Google Maps](#)

⑥ 16:00 Kapi'olani Regional Park, Honolulu

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## Day 6

① 08:30 Pearl Harbor Historic Sites Visitor Center, Honolulu

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② 11:00 Pearl Harbor National Memorial, Honolulu

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③ 13:00 USS Battleship Missouri Memorial, Honolulu

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④ 14:00 Hanauma Bay Nature Preserve, Honolulu

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⑤ 17:00 Koko Crater Railway Trailhead, Honolulu

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## ① 09:30 - 10:00 Duke Paoa Kahanamoku Statue, Honolulu

Kalakaua Ave, Honolulu, HI 96815, USA

The Duke Paoa Kahanamoku Statue is a bronze statue located in Waikiki, honoring the legendary Hawaiian surfer, Olympic gold medalist, and cultural ambassador. The statue depicts Duke in his classic surfing stance, overlooking Waikiki Beach and the ocean beyond. It is a popular spot for tourists and locals alike, who come to pay homage to this Hawaiian icon and take photos of the iconic statue.



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## ② 10:00 - 12:30 Waikiki Beach, Honolulu

Waikiki Beach, Honolulu, HI 96815, USA

Waikīkī Beach is a legendary beach located in the heart of Honolulu and is one of the most famous beaches in the world. It is a wide sandy beach that is great for swimming, sunbathing, and surfing. The beach is surrounded by high-rise hotels, restaurants, and shops making it easy for tourists to find everything they need within walking distance. The beach also offers a variety of water activities such as snorkeling, parasailing, and catamaran tours.



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## ③ 12:30 - 13:00 Duke's Waikiki, Honolulu

2335 Kalākaua Ave #116, Honolulu, HI 96815, USA

Duke's Waikiki is a legendary surf-themed restaurant and bar located on Waikiki Beach. It offers stunning ocean views, live music, and delicious Hawaiian-inspired cuisine. Named after Duke Paoa Kahanamoku, an Olympic gold medalist, and a cultural icon.



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#### ④ **13:00 - 14:00** **Royal Hawaiian Center, Honolulu**

2201 Kalakaua Ave, Honolulu, HI 96815, USA

The Royal Hawaiian Center is a shopping, dining, and entertainment complex located in the heart of Waikiki. It offers over 90 shops, including local boutiques and luxury brands, as well as a wide range of dining options. The center is also home to cultural events, live music, and hula performances, making it a hub of activity for visitors and locals alike.





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## ⑤ 14:30 - 16:30 Fort DeRussy Beach Park, Honolulu

2055 Kalia Rd, Honolulu, HI 96815, USA

Fort DeRussy Beach Park is a splendid park located along Waikiki Beach. It offers a quiet escape from the crowds, with plenty of green space, picnic areas, and a tranquil beach. The park is also home to the U.S. Army Museum of Hawaii, which tells the story of the military's role in Hawaiian history. Visitors can spend a relaxing afternoon exploring the park's peaceful surroundings, learning about the history of the island, or simply enjoying the sun and sand.

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## ⑥ 17:00 - 18:30 Magic Island, Honolulu

Magic Island, Honolulu, HI 96815, USA

Magic Island is a small, man-made peninsula located in the heart of Waikiki. It offers a peaceful escape from the bustling city, with stunning views of the ocean and Diamond Head. The park features a beautiful beach, picnic areas, walking paths, and a large lagoon perfect for swimming. It's a popular spot for locals and visitors alike, who come to enjoy the tranquil surroundings, watch the sunset, or simply relax on the beach.



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### ① 09:30 - 11:30 **Diamond Head Beach Park, Honolulu**

3300 Diamond Head Rd, Honolulu, HI 96815, USA

Diamond Head Beach Park is a stunning beach located in the heart of Honolulu, known for its breathtaking views of Diamond Head Crater and its excellent surf break. This picturesque beach is a favorite among local surfers, offering great waves for both beginners and experienced surfers alike.

The beach itself is surrounded by lush green vegetation and features soft sand, making it a perfect place to relax and soak up the sun. Its clear turquoise waters are ideal for snorkeling, and you can explore a rich underwater ecosystem, filled with vibrant tropical fish and coral.

In addition to its natural beauty, Diamond Head Beach Park also offers a range of amenities for visitors. There are showers, restrooms, and picnic tables available, as well as ample parking. There are also a number of nearby restaurants, shops, and hotels, making it easy to make a day of your visit to the beach.

Whether you're looking to catch some waves, snorkel, or simply relax, Diamond Head Beach Park is a must-visit for anyone traveling to Honolulu. With its stunning beauty, clear waters, and excellent surf break, it's easy to see why this beach is a favorite among both tourists and locals.



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② **12:00 - 13:30 Shangri La Museum of Islamic Art, Culture & Design, Honolulu**

4055 Pāpū Cir, Honolulu, HI 96816, USA

The Shangri La Museum of Islamic Art, Culture & Design is a museum dedicated to showcasing the arts, cultures, and designs of Islamic civilization. Located in the heart of Honolulu, the museum features an extensive collection of Islamic art and artifacts, including ceramics, textiles, jewelry, and manuscripts. Visitors can spend a fascinating afternoon learning about the rich history and cultural heritage of Islamic civilization, or simply admire the stunning collection of art and artifacts on display.



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③ **14:30 - 15:00 Diamond Head Tunnel, Honolulu**

Diamond Head Tunnel, Honolulu, HI 96815, USA

The Diamond Head Tunnel is a historic tunnel located at the base of the Diamond Head Crater in Honolulu. It provides visitors with easy access to the summit of Diamond Head, offering stunning views of Waikiki, the ocean, and the city beyond. Visitors can drive or walk through the tunnel to reach the visitor center and summit, where they can explore the historic military fortifications and take in the breathtaking views.



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#### ④ **15:00 - 16:00 Diamond Head State Monument, Honolulu**

Honolulu, HI 96815, USA

Diamond Head State Monument is a popular tourist destination that offers stunning views of Honolulu and the surrounding area. The hike to the top of the crater takes approximately 1 hour and provides a workout and breathtaking panoramic views. The Diamond Head State Monument is also a popular spot for sunrise and sunset viewing and is considered one of the most iconic landmarks in Hawaii. Visitors can also explore the military bunkers and learn about the history of the area.



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#### ⑤ **16:00 - 16:30 Diamond Head Visitor Center, Honolulu**

Honolulu, HI 96815, USA

The Diamond Head Visitor Center is located at the base of Diamond Head Crater in Honolulu, offering a starting point for visitors who want to explore the crater and summit. Visitors can purchase tickets, get information about the park, and start the

hike to the summit, which takes about 30-45 minutes. The visitor center provides a great place to learn about the history and geology of Diamond Head and its significance to the local community.



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⑥ **16:30 - 17:00 Summit of Diamond Head Crater, Honolulu**

Honolulu, HI 96815, USA

The summit of Diamond Head Crater offers stunning panoramic views of Honolulu, Waikiki Beach, and the Pacific Ocean. Visitors can reach the summit by hiking a well-maintained trail that starts at the Diamond Head Visitor Center, which takes about 30-45 minutes. Once at the top, visitors can explore the historic military fortifications and take in the breathtaking views. The summit is a must-visit for anyone looking for a scenic outdoor experience in Honolulu.



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## Day 3

### ① 09:30 - 13:30 Oahu Diving, Honolulu

1125 Ala Moana Blvd (\*Not Dive Oahu\*, Honolulu, HI 96814, USA

Oahu Diving is a popular destination for tourists and locals as well. It offers an unforgettable experience to explore the amazing crystal-clear waters of Hawaii and encounter exotic marine life. From shipwrecks to vibrant coral reefs, there's something for everyone. With its diverse range of dive sites, Oahu Diving is a must-visit for those looking to experience the underwater world of Hawaii. It is recommended to allow at least a half-day for diving, including preparation, transportation, and gear rental.



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## ② 14:00 - 16:00 Ala Moana Regional Park, Honolulu

1201 Ala Moana Blvd, Honolulu, HI 96814, USA

The Ala Moana Regional Park is a lush, urban park located in the heart of Honolulu. It offers a variety of recreational opportunities, including picnic areas, playgrounds, walking paths, and a fishing pier. The park is also home to a large man-made lagoon, which is perfect for swimming and sunbathing. Visitors can spend a leisurely afternoon exploring the park's tranquil surroundings, enjoying a picnic, or simply relaxing in the shade of a palm tree.



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## ③ 17:00 - 19:00 Ala Moana Center, Honolulu

1450 Ala Moana Blvd, Honolulu, HI 96814, USA

The Ala Moana Center is the largest shopping mall in Hawaii, offering over 290 stores and a wide range of dining options. It is a hub of activity, attracting both locals and visitors with its convenient location, variety of shops, and festive atmosphere. The center is also home to a large outdoor park and community

gathering space, making it a great place to relax, people-watch, and enjoy the tropical breeze.



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## Day 4

### ① 09:30 - 11:30 Bishop Museum, Honolulu

1525 Bernice St, Honolulu, HI 96817, USA

The Bishop Museum is the largest museum in Hawaii, showcasing the natural and cultural history of the Hawaiian Islands.



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### ② 12:30 - 13:30 Aloha Tower Marketplace, Honolulu

1 Aloha Tower Dr, Honolulu, HI 96813, USA

Aloha Tower Marketplace is a shopping center and events venue located in the harbor area of Honolulu and includes shops, restaurants, and a wonderful view of the ocean.



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③ **14:00 - 15:30 Iolani Palace, Honolulu**

364 S King St, Honolulu, HI 96813, USA

Iolani Palace is the former royal palace of the Hawaiian Kingdom and one of the most historic sites in Honolulu. It was built in 1882 and is the only royal palace in the United States. Visitors can take a guided tour of the palace to learn about the rich history and culture of Hawaii, see the beautiful furnishings and artwork, and get a glimpse of life in the Hawaiian monarchy. The palace grounds are also a popular place for picnics and outdoor activities.



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**4 15:30 - 16:30 Ali'iolani Hale, Honolulu**

417 S King St, Honolulu, HI 96813, USA

Ali'iolani Hale is a beautiful historic building located in the heart of Honolulu, originally serving as the Hawaiian Kingdom's judiciary building and later as the territorial capitol. Today, it houses the Hawaii State Supreme Court and the Ali'iolani Hale Museum, which showcases the building's rich history and the role it played in the formation of modern Hawaii. Visitors can take a guided tour of the museum to learn about Hawaiian history and the building's significance, or simply admire the building's stunning architecture.



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⑤ **16:30 - 17:00 Kawaiaha'o Church, Honolulu**

957 Punchbowl St, Honolulu, HI 96813, USA

Kawaiaha'o Church is a historic Hawaiian Congregational church located in downtown Honolulu. It is considered one of the most important buildings in Hawaiian history and is a symbol of the Hawaiian sovereignty movement. The church features stunning stained-glass windows, intricate woodwork, and magnificent stone arches, making it a popular spot for visitors and locals alike. Visitors can attend a Sunday service to experience the spiritual side of Hawaiian culture, or simply admire the church's stunning architecture.



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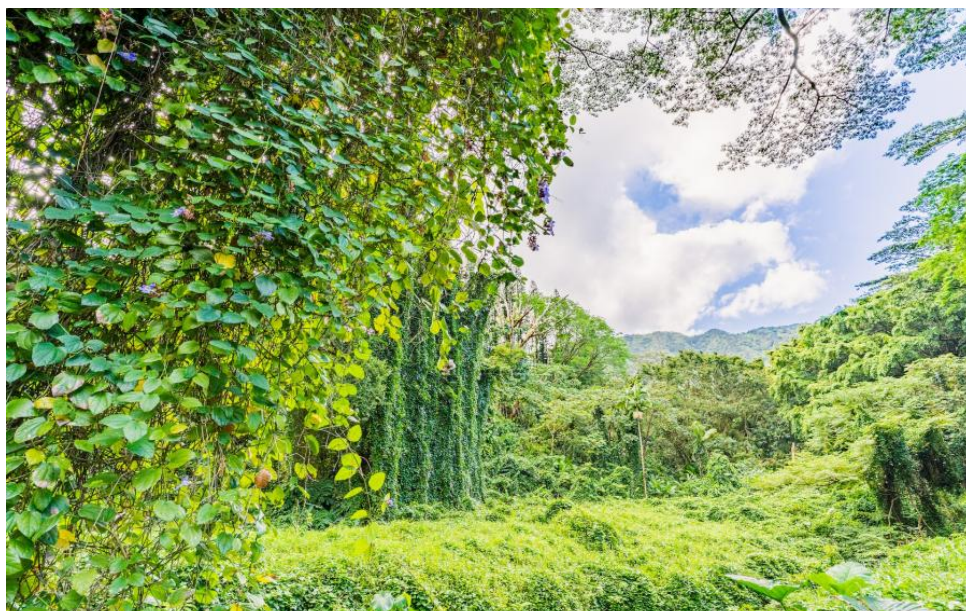


## Day 5

### ① 09:00 - 10:00 Mānoa Falls Trail, Honolulu

Na Ala Hele, Honolulu, HI 96822, USA

The Mānoa Falls Trail is a popular hiking trail located in the Manoa Valley of Honolulu. This 1.5-mile round-trip hike takes visitors to the stunning Mānoa Falls, a cascading waterfall set amidst the lush rainforest of the valley. The trail is a great place to take in the natural beauty of the island and get some exercise at the same time.



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### ② 10:00 - 11:00 Lyon Arboretum, Honolulu

3860 Manoa Rd, Honolulu, HI 96822, USA

The Lyon Arboretum is a 200-acre botanical garden located in the Manoa Valley of Honolulu. This lush garden is home to an extensive collection of tropical plants, including native Hawaiian

species, as well as a number of waterfalls and hiking trails. Visitors can spend time exploring the garden, admiring the exotic plants, and learning about the history and culture of Hawaii.



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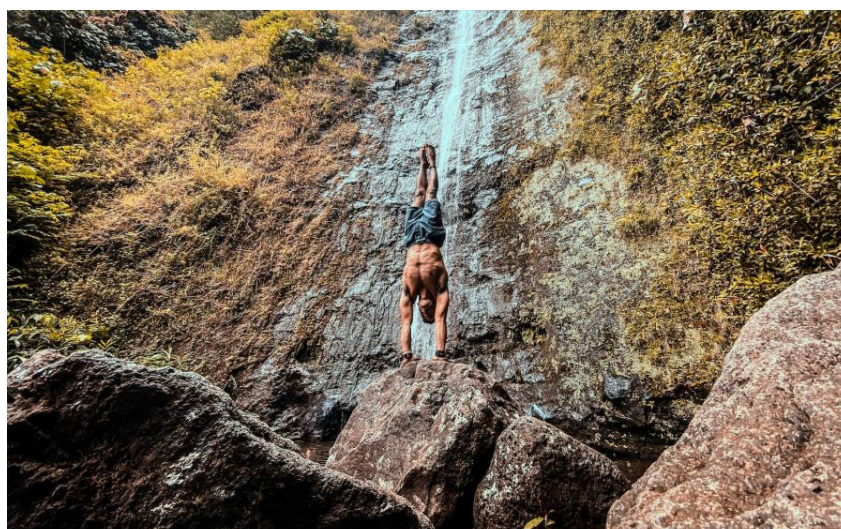
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### ③ 11:00 - 12:00 Manoa Falls, Honolulu

Manoa Falls, Honolulu, HI 96822, USA

A scenic hike to a waterfall that cascades down a lush cliff in the middle of a rainforest.



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#### ④ **12:30 - 13:30 Tantalus Lookout, Honolulu**

Nutridge St, Honolulu, HI 96822, USA

The Tantalus Lookout, located in Puu Ualakaa State Park, offers panoramic views of the city of Honolulu, Diamond Head, and the Pacific Ocean. The lookout is a popular destination for locals and tourists alike, who come to enjoy the stunning views and peaceful surroundings. A visit to Tantalus Lookout is a great way to escape the hustle and bustle of the city and enjoy some fresh air.

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## ⑤ 14:30 - 15:30 Waikīkī Aquarium, Honolulu

2777 Kalakaua Ave, Honolulu, HI 96815, USA

The Waikīkī Aquarium is a world-class aquarium located in the heart of Waikiki, showcasing the rich marine life of Hawaii and the Pacific Ocean. Visitors can explore the aquarium's many exhibits and tanks, which feature a wide variety of colorful and exotic marine species, including sharks, rays, sea turtles, and more. The aquarium is a great place to learn about the marine environment and enjoy a fun and educational experience with the family.



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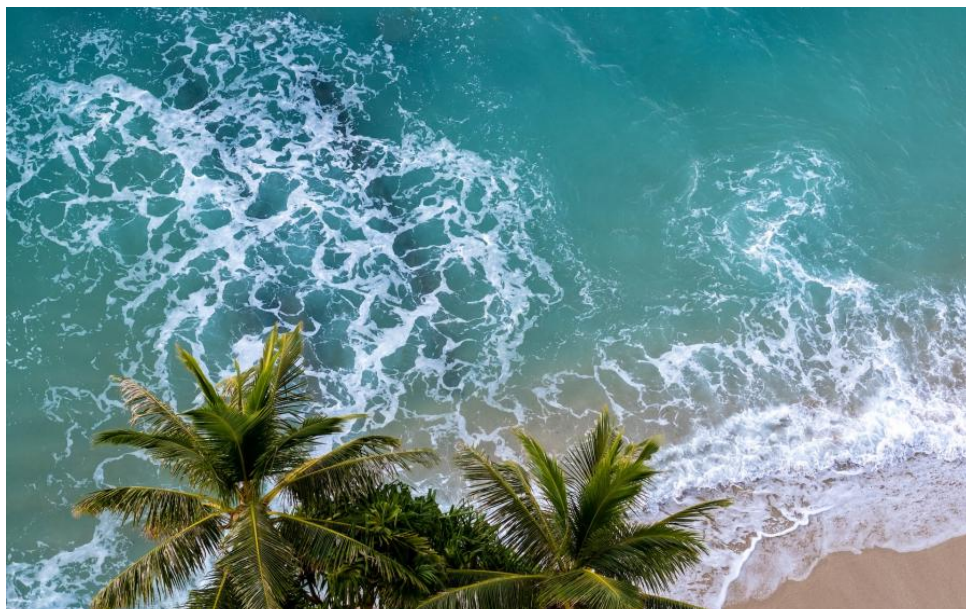
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## ⑥ 16:00 - 17:30 Kapi'olani Regional Park, Honolulu

3840 Paki Ave, Honolulu, HI 96815, USA

Kapi'olani Regional Park is a large public park located in the heart of Honolulu, offering a variety of recreational activities and amenities for visitors to enjoy. The park features picnic areas, playgrounds, sports fields, and a large open space perfect for

outdoor games and activities. Kapi'olani Regional Park is also home to the Honolulu Zoo and the Waikīkī Aquarium, making it a great place for families to spend a day of fun and adventure in Honolulu.



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### ① 08:30 - 10:00 Pearl Harbor Historic Sites Visitor Center, Honolulu

1 Arizona Memorial Pl, Honolulu, HI 96818, USA

The Pearl Harbor Historic Sites Visitor Center provides a comprehensive overview of the events that took place at Pearl Harbor on December 7, 1941. Visitors can learn about the history of the attack and the events that led up to it, as well as the aftermath and impact on the country. The Visitor Center features exhibits, artifacts, and interactive displays, making it a must-visit for anyone interested in American history.



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## ② 11:00 - 12:30 Pearl Harbor National Memorial, Honolulu

1 Arizona Memorial Pl, Honolulu, HI 96818, USA

The Pearl Harbor National Memorial is a peaceful and dignified tribute to the events that took place at Pearl Harbor on December 7, 1941. Visitors can view the USS Arizona Memorial, which honors the 1,177 sailors who lost their lives in the attack. The Memorial provides a moving experience for visitors and is a powerful reminder of the sacrifices made by American soldiers.



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## ③ 13:00 - 14:00 USS Battleship Missouri Memorial, Honolulu

63 Cowpens St, Honolulu, HI 96818, USA

USS Missouri Memorial is a remarkable decommissioned battleship that served in World War II and the Korean War and is now a museum and memorial.



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④ **14:30 - 17:00 Pearl Harbor Aviation Museum, Honolulu**

319 Lexington Blvd, Honolulu, HI 96818, USA

The Pearl Harbor Aviation Museum offers a comprehensive look at the history of aviation in Hawaii. Visitors can see vintage aircraft and learn about the role of aviation in the Pacific during World War II. The Museum features interactive exhibits, flight simulators, and a restored hanger, making it a fun and educational experience for aviation enthusiasts of all ages.





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### ① 09:30 - 10:30 **China Walls, Honolulu**

Hanapepe Pl, Honolulu, HI 96825, USA

China Walls is a scenic cliff-side location located along the southern shore of Oahu, offering stunning views of the Pacific Ocean and the coast. Visitors can hike or drive to the top of the cliffs, where they can admire the breathtaking views and explore the scenic coastal environment. China Walls is a popular spot for adventure-seekers and nature enthusiasts, offering a unique and memorable experience in Honolulu.



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## ② 11:00 - 12:00 Spitting Cave, Honolulu

7 Lumahai St, Honolulu, HI 96825, USA

Spitting Cave is a scenic and unique cave located along the southern shore of Oahu, known for its powerful waves that "spit" water out of the cave and into the ocean. Visitors can admire the stunning views from the cliffs above or hike down to the shore to get a closer look at the cave and the powerful waves. Spitting Cave is a popular spot for nature enthusiasts, offering a unique and memorable experience in Honolulu.



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## ③ 13:00 - 13:30 Hanauma Bay Lookout, Honolulu

Honolulu, HI 96825, USA

The Hanauma Bay Lookout offers panoramic views of the bay and the surrounding area. From here, visitors can see the stunning beauty of the nature preserve and get a bird's eye view of the beach and the ocean below. The lookout is also a great place to take photos and capture the memories of your visit to

## Hanauma Bay.



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### ④ **14:00 - 16:30 Hanauma Bay Nature Preserve, Honolulu**

100 Hanauma Bay Rd, Honolulu, HI 96825, USA

Hanauma Bay Nature Preserve is a beautiful protected marine life conservation area and a popular snorkeling destination.



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⑤ **17:00 - 18:00 Koko Crater Railway Trailhead, Honolulu**

7604 Koko Head Park Rd #7602, Honolulu, HI 96825, USA

A strenuous hike up the side of a volcanic crater with panoramic views of the surrounding area.



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