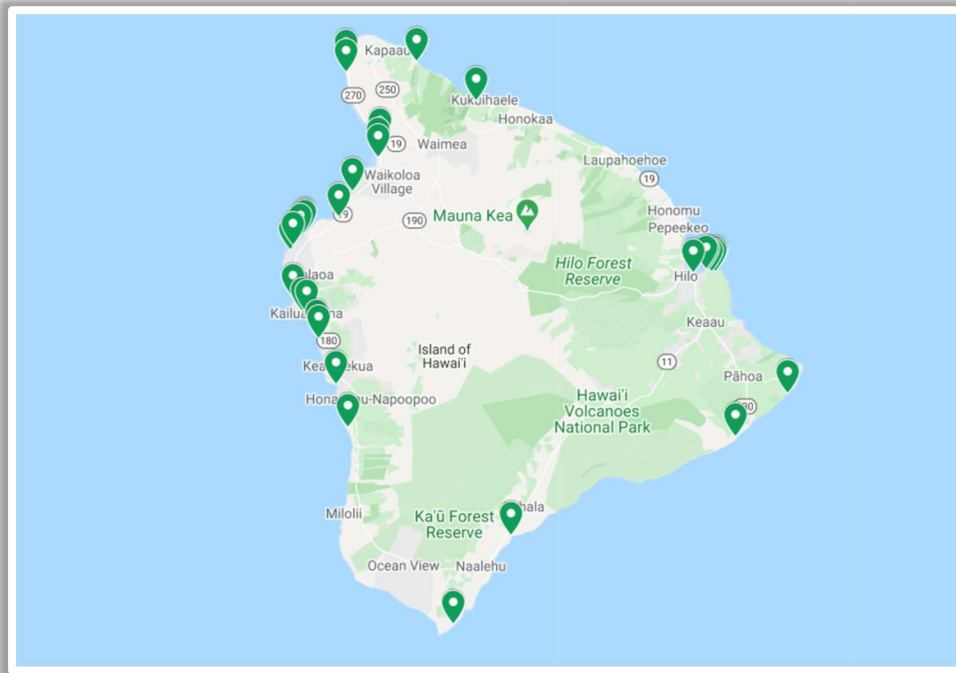


Big Island Beaches

Explore our various beaches



Beaches near Kona (West Coast)

The west coast of the Big Island is blessed with lots of sunshine, some rain, and lots of warm weather. Great weather to go out and play! These beaches all are good places to do just that.

KIHOLO BAY: Beautiful salt-and-fresh water bay with good swimming. Most of the ocean access is private property, but there is a public access beach. If the tide is out the bay is sprinkled with tide pools that are perfect for snorkeling.

KUKI'O BEACH: Kuki'o Beach is a long, white sand, beach with many green sea turtles. Many lava rocks above and below the water make it not a good beach to go swimming.

KIKA'UA POINT BEACH: Protected beach best suited for families with young children. Actually, no beach but a lagoon that has virtually no current or waves. No snorkeling.

KUA BAY BEACH: Also known as Maniniowali Beach, one of the prettiest white-sand beaches on the Big Island. Fine white sand and crystal-clear waters make this is a great place for snorkeling and swimming. Be careful if the surf is high!

MAHAI'ULA BEACH: Pretty white sand beach lined with coconut palms. A lava shelf just offshore makes this beach not an easy place to swim, but if you are planning to relax and enjoy a picture-perfect beach, this is a perfect place!

MAKALAWENA BEACH: One of the prettiest white-sand beaches of Hawaii. Only reachable by a strenuous 1-mile hike beyond Mahai'ula Beach Park.

AI'OPIO BEACH: Aiopio Beach is a small beach with protected, calm waters. It is part of the Kaloko-Honokohau National Park and most easily accessible from the Honokohau small boat harbor. If you have booked a boat tour that departs from this harbor you should try to arrive early and have a look at this small beach.

OLD KONA AIRPORT BEACH PARK: The first Kona airport closed in 1970 leaving a runway that now serves as parking lot for this beach park. The ocean is often rough here, but if you stay on the Kona coast, this is the perfect place to bring food and watch the sunset!

KAMAKAHONU (KING KAM) BEACH: This small sandy beach is in front of the King Kamehameha hotel and is therefore often nicknamed 'King Kam beach. It is in the middle of Kona on the north side of Kailua Bay. Has good snorkeling.

WHITE SANDS BEACH PARK: Also known as Magic Sands because the sand disappears temporarily from the beach with rough surf. There is a good shore break for surfers here, and a lifeguard is always on duty. Showers, a bathroom, and volleyball net are present.

KAHALU'U BEACH PARK: Dark-gray sandy beach with a reef just offshore and a very good place for snorkeling. Parking, showers, picnic tables, and restrooms are present, as well as some shade. This is considered a favorite snorkel spot on the island.

KEALAKEKUA BAY PARK: There are two small beaches on the eastern coast of Kealakekua bay: a small rocky beach in the Kealakekua Bay State Historical Park and Manini beach, 0.3 miles to the south. Manini beach has a little bit of sand and a lawn that is very well-suited for seeing the sunset, but neither is a very good place to go swimming. Kealakekua bay however is a very popular destination for snorkeling and kayaking. Spinner dolphins often visit the bay and you can visit the monument erected to remember Captain Cook via a challenging trail or with a kayak or boat tour over the water. A permit is required for kayaking.

HO'OKENA BEACH PARK: This is the historical site of one of the last Hawaiian fishing villages. The color of the beach is gray and it is made out of lava and coral. It is possible to camp overnight. Restrooms, picnic tables, and showers are available at the park.

Beaches near Waimea and the Resort Coast (North Coast)

The stunning white sand beaches on the Kohala coast come very close to what most would call paradise. Throw in a few black sand beaches surrounded by 1000+ ft high cliffs and you know why this part of the Big Island is the beach lover's favorite!

WAIPI'O VALLEY BLACK SAND BEACH: Difficult to access. The beach looks beautiful and is a very good place to relax after coming down into the valley, but take care with going into the water. This beach is known for its rip currents and high surf, making it a dangerous place to go swimming especially during the winter months.

POLOLU VALLEY BLACK SAND BEACH: Difficult to access, secluded, black sand beach with great views. The beach more often than not consists of large (fist-sized) stones, the water is often murky and there can be strong currents. This all means that this is not a good beach to go swimming or snorkeling. To get to the beach from the parking lot you have to descend 400 vertical feet to get to the beach. The path down to this beach offers GREAT views and for this reason is one of our favorite hikes on the Big Island.

KAPA'A BEACH PARK: Rocky beach good for snorkeling and diving. In the park you can also find restrooms, picnic tables, and BBQ grills. Great beach for a sunset BBQ!

MAHUKONA BEACH PARK: Technically an abandoned harbor and not a beach. This is a good spot for snorkeling and diving. You can find old sugar mill equipment on land and a few abandoned shipwrecks in the water.

SAMUEL M. SPENCER BEACH PARK: This beach is protected from high surf by an offshore reef and the harbor just north. This makes it a great family beach. In the beach park you can also find a picnic area, camping (with permit) and BBQ facilities. This beach is also right next to a national park and a national historic trail! Next to the Spencer beach park you can find one of our four national parks on the Big Island: the Pu'ukohala Heiau National Historic Park, and this beach park is also the starting point of a 15 mile stretch of the Ala Kahakai National Historic trail, which leads to the gorgeous 'Anaeho'omalu Bay.

KAUNA'OA BEACH: Also known as Mauna Kea Beach. Perfect, 1/4 mile crescent shaped white sand beach in front of the Mauna Kea Beach hotel. Good snorkeling, body surfing and swimming.

HAPUNA BEACH STATE PARK: Hapuna Beach is one of the best beaches on the Big Island for swimming. This 1/2 mile white sand beach is regularly voted among the 'best beaches in the world'. There is a wide (in the summer months up to 200 ft) white sand beach that slopes gradually into the ocean - perfect for playing in the waves. On the north and south side of the beach are good snorkeling spots around the rocks. There is also a large beach park with restrooms, showers, picnic tables, snorkel rental, BBQ, and food concession stands.

WAIALEA BAY BEACH: Secluded white sand beach, also known as 69 beach. If the surf is calm this is a good place for swimming and snorkeling. Somewhat crowded on weekends. Waialea beach (69 beach) on the Big Island is very popular during the summer months because of the sun, shade and good snorkeling. Close to Hapuna beach.

ANAHO'OMALU BEACH: Anaeho'omalu Bay (a.k.a. A-Bay) is located right in our backyard. This is a family-friendly beach within walking distance from the condo. This beach is protected from high surf by an offshore reef. It is great for swimming, diving, and snorkeling. The sand is 'salt-and-pepper colored, and the beach is located on the ocean side of the Marriott Waikoloa Resort.

Beaches near Volcano (South Coast)

There are only a few beaches on the rugged south coast of the Big Island, but boy, do they count! Our favorite green (Papakolea) and black (Punalu'u) sand beaches on the Big Island are both on this side of the Big Island!

GREEN SAND BEACH / PAKAKOLEA: One of the two green sand beaches on the Big Island. Difficult to reach through a 1.5+ hour hike, but definitely worth it. Swimming in the bay is possible although at times the surf can be rough. There are no life guard / facilities / places to buy food and/or water at the beach, so make

sure to bring enough food and water along when visiting and make sure to take away all your garbage. Recommend getting to this beach early as there is no shade along the long hike.

PUNALU’U COUNTY BEACH PARK: Punalu’u black sand beach is the most famous black sand beach on the Big Island! It is located between Kona and Hilo, and most easily accessible from Volcano Village. Two reasons for the popularity of this beach are the gorgeous black sand beach and the fact that you can often see endangered Hawksbill turtles and green turtles basking in the sun on the beach.

Beaches near Hilo (East Coast)

The following are the most popular beaches in Hilo and the larger Hilo area.

KAIMU BEACH PARK: New black sand beach with strong current and unpredictable waves. This beach was covered by 15 meters of lava in 1990, and is a very interesting place to visit.

ISAAC HALE BEACH PARK / POHOIKI: Very popular surfing destination in east Hawaii and, since the 2018 LERZ eruption, also the location of the stunning Pohoiki black sand beach. Picnic tables and a playing ground are also present. You can also find volcanically heated hot ponds at Isaac Hale Beach Park

AHALANUI PARK: The Ahalanui beach park was covered by lava in July 2018. Also known as Pu’ala’a County Park. No sandy beach but thanks to volcanic energy the water here is warm. Perfect for a warm swim on a cloudy day. Stay away during weekends because the pool gets crowded and the water dirty.

RICHARDSON BEACH PARK: Richardson is the black sand beach closest to Hilo, and the #1 place to snorkel south of Hilo. There are showers, bathrooms, picnic areas, and a lifeguard. The beach and swimming area are protected by a natural lava rock breakwater.

LELE’IWI BEACH PARK: A rocky shoreline, many picnic tables, tide pools and abundant sea-life make this a prime snorkeling destination if you are spending time in Hilo. Don’t forget to bring lunch for a nice picnic.

CARLSMITH BEACH PARK: Protected white sand lagoon lined by black lava rocks. Restrooms and a picnic area are available. A good beach to come swimming, snorkeling, fishing or a picnic.

JAMES KE’ALOHA BEACH PARK: Good family beach with lots of open space and a rocky shoreline. Good for surfing, snorkeling, swimming and fishing, with a large picnic area and restrooms. Be careful in the water because there can be strong rip currents during high surf!

ONEKAHAKAHA BEACH PARK: A good place to bring your family. With picnic areas, grassy areas, shallow waters shielded by breakwaters, and even the occasional ice cream stand. There are also tide pools that you can explore with a snorkel.

COCONUT ISLAND: Mokuola (Coconut 🌴 Island) is a small island in Hilo bay with a few small beaches and a large grassy area with several picnic tables. Access is easy and you can spend a few hours easily relaxing and swimming in the protected bay, enjoying the views and of course looking at all the kids making a show off jumping from a nearby 20 ft tower.