



## House of Mana Up Pop-Up

**DAILY, 10:00AM - 6:00PM**  
Kohala Room, Promenade Level

The House of Mana Up Pop-Up is your one-stop-shop for all local Hawai'i products and gifts. Shop food, fashion, home, beauty, and art products that highlight the incredible ingredients grown and cultures found in the Hawaiian Islands. Your purchase directly supports Hawai'i's entrepreneurs. Find us next to Manta Restaurant and bring a piece of Hawai'i home with you!

For more information, visit  
[WWW.HOUSEOFMANAUP.COM](http://WWW.HOUSEOFMANAUP.COM)


## Current Hours


<b>MAUNA KEA GOLF COURSE &amp; PRO SHOP</b> 6:30 AM - 5:00 PM	<b>Ext. 5405</b>
<b>HAPUNA GOLF COURSE &amp; PRO SHOP</b> 6:30 AM - 5:00 PM	<b>Ext. 3000</b>
<b>SEASIDE TENNIS CLUB &amp; PRO SHOP</b> 7:00 AM - 5:00 PM	<b>Ext. 5420</b>
<b>MAUNA KEA BEACH CLUB</b> 7:00 AM - 6:00 PM	<b>Ext. 5336</b>
<b>MANDARA SPA</b> 10:00 AM - 5:30 PM	<b>Ext. 5630</b>
<b>MAUNA KEA BEAUTY SALON</b> 8:00 AM - 5:00 PM	<b>Ext. 5430</b>
<b>FITNESS CENTER</b> Available with Room Key 24/7	<b>Ext. 5337</b>
<b>MAUNA KEA MARKET</b> 7:00 AM - 8:00 PM	<b>Ext. 1510</b>
<b>MAUNA KEA BEACH SHOP</b> 9:00 AM - 6:00 PM	<b>Ext. 1505</b>
<b>KOI BOUTIQUE</b> 9:00 AM - 6:00 PM	<b>Ext. 1308</b>
<b>HILDGUND</b> 9:00 AM - 7:30 PM	<b>Ext. 1309</b>
<b>NOA NOA</b> 10:00 AM - 6:00 PM	
<b>PACIFIC DREAM PHOTOGRAPHY</b> Sunrise to Sunset Sessions Available Daily <a href="http://PacificDreamPhotography.com/mkh-info">PacificDreamPhotography.com/mkh-info</a>	<b>Ext. 5210</b>


## Complimentary Evening Dining Shuttle


HAPUNA		MAUNA KEA	
5:00 PM	5:30 PM	5:15 PM	5:45 PM
6:00 PM	6:30 PM	6:15 PM	6:45 PM
7:00 PM	7:30 PM	7:15 PM	7:45 PM
8:00 PM	8:30 PM	8:15 PM	8:45 PM
9:00 PM	9:30 PM	9:15 PM	9:45 PM
10:00 PM		10:15 PM	


## Dining at Mauna Kea Beach Hotel

 **MANTA**  
6:30 am - 10:30 am Breakfast  
5:30 pm - 9:00 pm Dinner (Closed Sun)  
6:00 pm - 9:00 pm Live Jazz


 **Haw Tree**  
11:00 am - 5:00 pm Lunch  
5:00 pm - 8:00 pm Dinner  
5:00 pm - 8:00 pm Live Music (Fri - Sun)


 **COPPER**  
BAR  
2:30 pm - 10:00 pm Cocktails  
5:00 pm - 10:00 pm Dinner  
5:30 pm - 8:30 pm Hula & Music


 **Number 3**  
11:30 am - 2:30 pm Lunch  
Dining in for Number 3 will available  
at Copper Bar June 13 - 17


 **LŪ'AU**  
Tuesday & Friday  
5:15 pm Seating Begins  
5:45 pm Dinner Begins  
7:00 pm Show Begins

## Dining at The Westin Hapuna Beach Resort

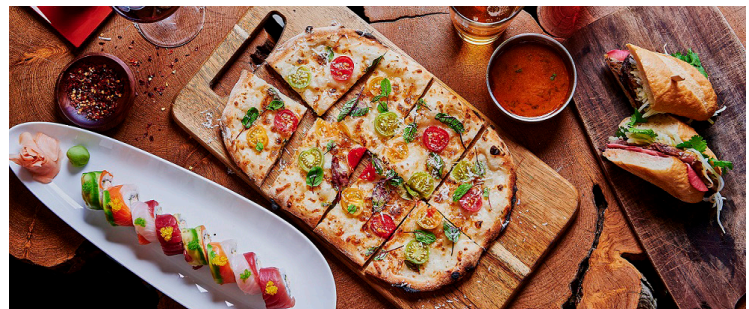
 **IKENA**  
LANDING  
6:30 am - 10:30 am Breakfast

 **piko**  
COFFEE + BAR  
6:00 am - 10:00 pm Coffee, Grab & Go  
12:00 pm - 10:00 pm Cocktails, Appetizers  
7:00 pm - 9:00 pm Live Music

 **NAUPAKA**  
BEACH GRILL  
10:30 am - 5:00 pm Lunch  
5:00 pm - 9:00 pm Dinner  
5:00 pm - 7:00 pm Live Music

 **meridia**  
6:30 pm - 9:00 pm Dinner (Closed Tue & Wed)

Mauna Kea guests have room signing privileges at  
The Westin Hapuna Beach Resort.



# Activities for June 1-30

Activities may have a participation fee.

Beach Club activities days and times, are flexible based on demand and availability. For your safety, all ocean-related activities are subject to favorable ocean conditions. Meet at the Discovery Center Lanai for all activities unless otherwise noted. Inquire about boogie boards, stand-up paddle boards, snorkel gear, canoes and more!

**Beach Equipment Rentals Now Complimentary for Guests!**



Open daily from 7:00am-6:00pm  
 MaunaKeaBeachClub.com  
 (808) 882-5336

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>6:00am</b>                      E Ala E,                      Sunrise ritual to "awaken" your inner being for the new day.  <i>South End - Sand Volleyball area by 5:50am</i></p>		<p><b>6:00am</b>                      E Ala E,                      Sunrise ritual to "awaken" your inner being for the new day.  <i>South End - Sand Volleyball area by 5:50am</i></p>		<p><b>6:00am</b>                      E Ala E,                      Sunrise ritual to "awaken" your inner being for the new day.  <i>South End - Sand Volleyball area by 5:50am</i></p>	
<p><b>7:00am</b>                      Stand-Up Paddle Board Yoga (\$) <i>Beach Club</i></p> <p><b>7:30am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>8:00am</b>                      Seaside Yoga (\$) <i>Beach Club</i></p>	<p><b>7:00am</b>                      Stand-Up Paddle Board Yoga (\$) <i>Beach Club</i></p> <p><b>7:30am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>8:00am</b>                      Seaside Yoga (\$) <i>Beach Club</i></p> <p>Koi Fish Feeding <i>Koi Ponds</i></p> <p>-</p> <p><b>Until 2:00pm</b>                      Artist Marcia Ray, Island Paintings <i>Hotel Lobby</i></p>	<p><b>7:00am</b>                      Stand-Up Paddle Board Yoga (\$) <i>Beach Club</i></p> <p><b>8:00am</b>                      Seaside Yoga (\$) <i>Beach Club</i></p> <p>-</p> <p>Kupe'e Kukui Traditional Kukui Nut Adornment</p> <p><b>8:30am</b>                      Mālama Kauna'oa Beach Cleanup, Come and join us to keep Kauna'oa Bay waste free. <i>Beach Club</i></p>	<p><b>7:00am</b>                      Stand-Up Paddle Board Yoga (\$) <i>Beach Club</i></p> <p><b>7:30am</b>                      3<sup>rd</sup> Tee Swim <i>Beach Club</i></p> <p><b>8:00am</b>                      Seaside Yoga (\$) <i>Beach Club</i></p> <p>-</p> <p>Koi Fish Feeding <i>Koi Ponds</i></p> <p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:15am</b>                      Yoga + Pilates (\$) <i>Beach Club</i></p>	<p><b>7:00am</b>                      Stand-Up Paddle Board Yoga (\$) <i>Beach Club</i></p> <p><b>7:30am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>8:00am</b>                      Seaside Yoga (\$) <i>Beach Club</i></p> <p>-</p> <p>Hula Lessons Basic Steps</p> <p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:15am</b>                      Yoga + Pilates (\$) <i>Beach Club</i></p> <p><b>9:30am</b>                      'Ōlelo, Basic Hawaiian Language 101</p>	<p><b>6:00am</b>                      E Ala E,                      Sunrise ritual to "awaken" your inner being for the new day.  <i>South End - Sand Volleyball area by 5:50am</i></p> <p><b>7:00am</b>                      Stand-Up Paddle Board Yoga (\$) <i>Beach Club</i></p> <p><b>8:00am</b>                      Seaside Yoga (\$) <i>Beach Club</i></p> <p>-</p> <p>Lei La'i Ti-Leaf Lei Making</p> <p>-</p> <p><b>Until 2:00pm</b>                      Artist Marcia Ray, Island Paintings <i>Hotel Lobby</i></p> <p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:30am</b>                      Imu Presentation <i>Lū'au Grounds</i></p>	<p><b>7:00am</b>                      Stand-Up Paddle Board Yoga (\$) <i>Beach Club</i></p> <p><b>7:30am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>8:00am</b>                      Seaside Yoga (\$) <i>Beach Club</i></p> <p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:15am</b>                      Water Therapy (\$) <i>Beach Club</i></p> <p><b>10:00am</b>                      Free Mauna Kea Art Tour <i>Meet in Lobby</i></p> <p><b>10:45am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p>
<p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>10:30am</b>                      Koi Fish Feeding <i>Koi Ponds</i></p> <p><b>10:45am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>11:00am</b>                      Ukulele Lessons</p> <p><b>2:00pm</b>                      Tennis- Mixed Round Robin (\$) <i>Seaside Tennis Club</i></p> <p><b>7:15pm/8:00pm</b>                      Guided Manta Snorkel Adventure (\$) <i>MaunaKeaMantas.com</i></p>	<p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:30am</b>                      "Na Hulu" Feather Hairpiece</p> <p><b>10:45am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>6:45pm</b>                      Free Manta Talk <i>At Manta Point</i></p> <p><b>7:15pm/8:00pm</b>                      Guided Manta Snorkel Adventure (\$) <i>MaunaKeaMantas.com</i></p>	<p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:30am</b>                      Imu Presentation <i>Lū'au Grounds</i></p> <p><b>10:45am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>2:00pm</b>                      Tennis- Mens Round Robin (\$) <i>Seaside Tennis Club</i></p> <p><b>7:15pm/8:00pm</b>                      Guided Manta Snorkel Adventure (\$) <i>MaunaKeaMantas.com</i></p>	<p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:30am until 3:00pm</b>                      Watercolorist, Bob Appleman <i>Hotel Lobby</i></p> <p>-</p> <p>'Ōhe Kapala Bamboo Stamping</p> <p><b>10:45am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>6:45pm</b>                      Free Manta Talk <i>At Manta Point</i></p> <p><b>7:15pm/8:00pm</b>                      Guided Manta Snorkel Adventure (\$) <i>MaunaKeaMantas.com</i></p>	<p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:30am</b>                      Imu Presentation <i>Lū'au Grounds</i></p> <p><b>10:45am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>2:00pm</b>                      Tennis- Ladies Round Robin (\$) <i>Seaside Tennis Club</i></p> <p><b>7:15pm/8:00pm</b>                      Guided Manta Snorkel Adventure (\$) <i>MaunaKeaMantas.com</i></p>	<p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:30am</b>                      Imu Presentation <i>Lū'au Grounds</i></p> <p><b>10:45am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>7:15pm/8:00pm</b>                      Guided Manta Snorkel Adventure (\$) <i>MaunaKeaMantas.com</i></p>	<p><b>9:00am</b>                      Adult Tennis Clinic (\$) <i>Seaside Tennis Club</i></p> <p><b>9:15am</b>                      Water Therapy (\$) <i>Beach Club</i></p> <p><b>10:45am</b>                      Complimentary Canoe Paddle <i>Beach Club</i>                      Sign-up required</p> <p><b>7:15pm/8:00pm</b>                      Guided Manta Snorkel Adventure (\$) <i>MaunaKeaMantas.com</i></p>