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### Sightseeing

"**The Spitting Cave** is a spot everyone needs to see. You hike up these trails, and beneath you are these caves where water comes crashing in—it's one of the most beautiful spots in the area. Just to see the spray of all those waves and listening to it just takes you over. It allows you to take in the power of nature." (*End of Lumahai Road*)

### Beaches

"**Sunset Beach** is amazing. On the weekends, it's packed with locals. It feels like you're family." A fixture of the North Shore, it's home to professional surfing competitions—including part of the famed Triple Crown of Surfing—when the winter waves pound Hawaii's northern coastline. (*59–104 Kamehameha Hwy.*)

### Eating

"**12<sup>th</sup> Ave Grill** has one dish that blows me away. I'm not a dessert guy, but they have something similar to strawberry rhubarb in a single serving dish—incredible—and I loved the macaroni and cheese side dish." (*1145 12<sup>th</sup> Ave.; 808-732-9469; 12thavegrill.com*)

### Hiking

"The elevation of **Diamond Head** makes it challenging, but the views are out of this world," Perrineau says of the kilometre-long hike along an extinct volcanic crater. He also recommends a more gruelling option for seasoned hikers. "The **Hawaii Loa Ridge Trail** is a several-mile-long hike through beautiful greenery, and requires one member of your party to be a Hawaii resident. It takes hours to do, but you really feel like your legs got a workout when you're done." (*Diamond Head: Between Makapu'u and 18<sup>th</sup> Avenues; Hawaii Loa Ridge Trail: north end of Puuikena Drive*)

### Nightlife

"**Roy's** is great and a terrific haunt for drinks. [ABC Entertainment Group President] Steve McPherson came to town, so we went there and enjoyed the atmosphere." The restaurant has expanded its tiki torch-lit empire to the rest of the U.S., but this is the original. (*6600 Kalaniana'ole Hwy.; 808-396-7697*)

## Harold Perrineau's Oahu

The *Lost* castaway reveals his favourite spots on the island where the hit show, currently in its last season (*sob!*), was filmed

MAYBE IT'S THE LEFTOVER superstition from his time on *Lost* talking, but Harold Perrineau says he's been lucky in his acting opportunities. Still, when you find yourself playing a key cast member on one of the most acclaimed shows of the past decade, plus roles in other TV hits like *Oz*, as well as two of the *Matrix* movies, you clearly have a nose for the right script. And Perrineau's run of luck doesn't seem to be fading.

"I just signed on to do this movie called *The Hungry Rabbit Jumps*," Perrineau says. "It's an interesting thriller, and plus I get to work with Nicolas Cage."

But acting isn't his only pursuit, as his recent quest into Brazilian Jiu-Jitsu demonstrates. "I'll get beaten up a lot on my way to a black belt," he says, wincing. Hopefully there won't be any chokeholds in his newfound passion—he's also releasing an R&B album this year.

Then there are all the addictive outdoor pursuits he picked up on the set of *Lost*—canoe surfing being the most acute. Here are some of his other favourites, discovered and frequented during his three years on Oahu.



Hawaii State Art Museum

Honolulu Hot List | **EAT** Sheraton Waikiki's new **Kai Market** offers farm-to-table cuisine inspired by Hawaii's plantation era, peppered with many ethnic and traditional dishes made with Hawaii's fresh, locally grown products ([sheraton-waikiki.com/kaimarket.html](http://sheraton-waikiki.com/kaimarket.html)). **+ DRINK** Kona Brewing Company's **Liquid Aloha Lounge** in the Koko Marina Pub serves up the famous island microbrews alongside classic cocktails and daring riffs like beer-tinis ([konabrewingco.com](http://konabrewingco.com)). **+ STAY** The new **Trump International Hotel Waikiki Beach Walk** is a 38-story, 462-room tower packed with rooms ranging from studios to three-bedroom suites, many with full, luxurious kitchens. The hotel also houses BLT Steak, chef Laurent Tourondel's first Hawaii resto ([trumpwaikikihotel.com](http://trumpwaikikihotel.com)). **+ RELAX** The **Serenity Spa Hawaii**, located in the newly remodelled Outrigger Reef on the Beach, has reopened following a serious facelift. The 4,500-sq.-ft. space now boasts a men's change room, couples' treatments and kids' packages ([serenityspahawaii.com](http://serenityspahawaii.com)). **+ HULA** The Hawaii State Art Museum's *Ho'oulu: The Inspiration of Hula* exhibition runs until mid July and features more than 100 pieces of hula-related art ([hawaii.gov/sfca](http://hawaii.gov/sfca)).