

Harold Perrineau's Oahu

One of Lost's most memorable actors let's us in on unforgettable Oahu Locations

Harold Perrineau has certainly had his share of fortunate acting opportunities. Still, when you find yourself a member of the cast of *Oz*, *Lost* and two of the *Matrix* movies, you clearly have a nose for the right script. "I just signed on to do this movie called *The Hungry Rabbit Jumps...*" Perinneau says. "It's an interesting thriller and plus I get to work with Nicolas Cage." But acting isn't his only interest, gaining a white belt in Brazilian Jiu-Jitsu ("I'll get beaten up a lot on my way to a black belt," he laughs) and even set to come out with an album of his funky musical interests in 2010 ("you can't beat singing and playing with a band!"). Though admittedly not the world's greatest swimmer, he even hopes to further his experience in canoe surfing, which he took up during his time as *Lost*'s Michael Dawson in Oahu. Here's some other spots on the island he liked to get lost in:

The Sight

"**The Spitting Cave** is a spot everyone needs to see. You hike up these rocks but 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, it just takes over you. It allows you to take in the power of nature."

The Surf

"**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 surfing competitions, including the Duke Kahanamoku Classic, named after who many feel is the father of surfing.

The Dish

"**12th 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."

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The Hikes

"The elevation for **Diamond Head** makes it challenging and the views you get are out of this world," he says of the .7 mile-long-hike by a volcanic crater. "Also, when you're talking about the **Hawaii Loa Ridge Trail**, that's a several mile-long hike through beautiful greenery (requires one member of your party to be a Hawaii resident). It takes hours to do but you really feel your legs got a workout when you're done!"

The Nightlife

“**Roy’s** was great for bringing your own bottle of wine, a terrific haunt for drinks. (President of ABC) Steve McPherson came to town so we went there, enjoyed the atmosphere and had some good fusion food to choose from.” Lit up with tiki torches at night, it’s gone on to expand beyond Hawaii—but this is the original.