

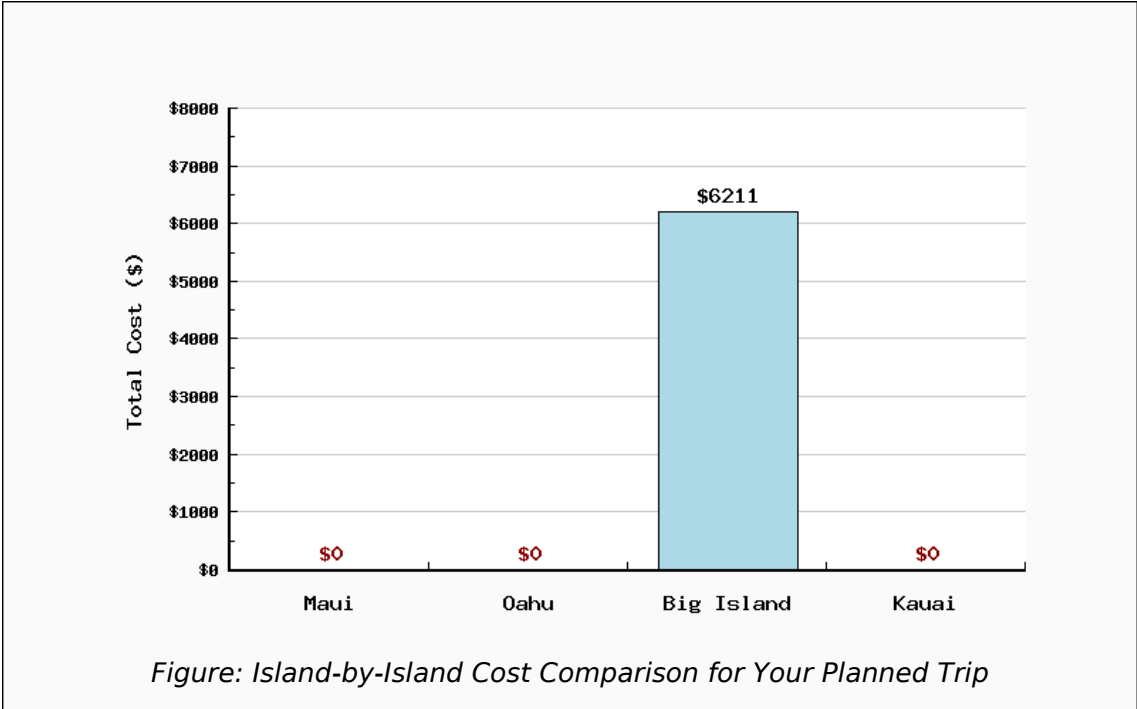
Trip cost estimate

For your 7-day trip with 4 people starting on May 14th, 2026 to Big Island.

You are going to Hawai'i!

We're excited to help you estimate the costs of your upcoming trip to Hawai'i for 4 people. Based on the information you've provided, here's an overview of your adventure:

- **Trip Dates:** From May 14th, 2026 to May 21st, 2026 (7 days).
- **Islands Visited:** Big Island (7 days)
- **Estimated Total Trip Cost:** Based on your selections, the total cost for your trip is **\$6,211.44**, including all on-island expenses and **\$0.00** for inter-island flights. Flights to and from Hawai'i are not included.



In this guide (what to expect next)

See your estimated costs for each island based on your lodging, food, activities, and car rental choices.

We'll also check if your tour budget covers everything you want to do — and suggest alternatives if not.



Big Island Estimate

Total Cost for spending 7 days on Big Island: \$6,211.44.

Scroll down for details, money-saving tips, and a comparison to the average visitor.

Big Island Trip Summary

You'll be spending **7 days** on Big Island with 4 people, staying in a **STVR** in the **Volcano Area** region. We calculate your lodging cost extrapolating from average prices for this region as they were in May 2024 ^(see note below).

Your group of 4 people requires **1 vacation rental unit**. Each unit includes 2 guests in the base price, and charges **\$25.00** per extra guest per night. That results in a total extra guest charge of **\$50.00** per night. That brings your estimated nightly cost to **\$204.84**.

We estimate your expenses to be the following:

- **Accommodation:** \$1,433.88.
- **Rental Car:** \$537.56 for 7 days (including fuel costs) for 1 car.
- **Food:** \$1,820.00 including groceries, snacks, and restaurant food.
- **Shopping:** \$420.00 including souvenirs, clothing, etc.
- **Entertainment & Activities:** \$2,000.00.
- **Total Cost for Big Island:** \$6,211.44.

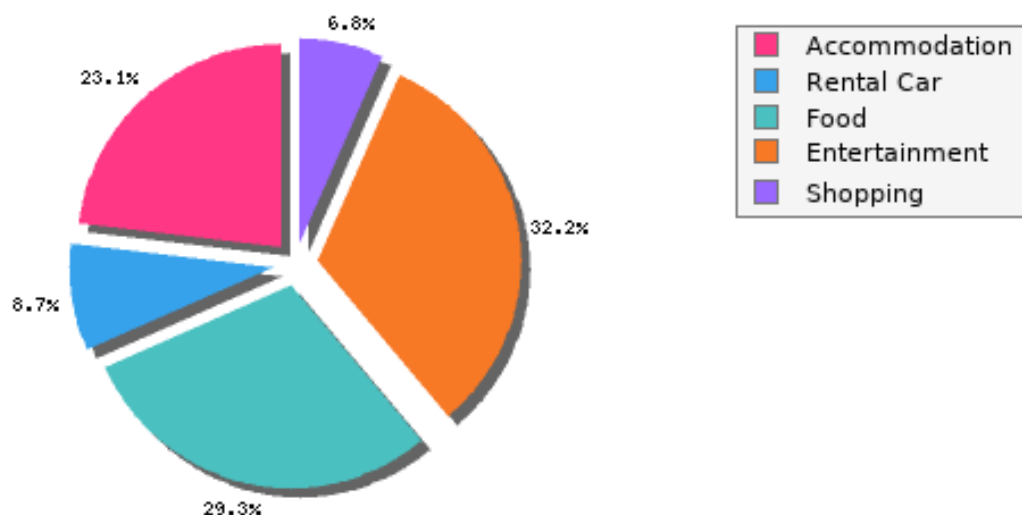


Figure: Cost Breakdown for Big Island

Note: We analyzed accommodation prices for May from 2022 through 2024 and found an average yearly change of **0.53%**. Your lodging rate for May 2026 is projected using this percentage and the most recent available data from May 2024.

Your Expenses vs. Average Daily Spending Breakdown for Big Island:

Your daily per-person spending on Big Island is **\$221.84**, while we extrapolate that the average visitor will spend \$212.09 in 2026 (based on the most recent data available from 2010-2023).

The largest difference in spending is in the **Entertainment & Recreation** category, where you are spending **\$51.61** more per day.

Your daily per-person expenses compare to our **2026 estimate** as follows:

Category	2026 Average	Your Spending	Difference
Lodging	\$96.09	\$51.21	-\$44.88
Entertainment & Recreation	\$19.82	\$71.43	+\$51.61
Food and beverage	\$44.48	\$65.00	+\$20.52
Shopping	\$14.82	\$15.00	+\$0.18
Transportation	\$31.49	\$19.20	-\$12.29

Note: The average visitor spending values for 2026 are extrapolated using a linear trend based on historical data from **2010-2023**. These figures are estimates intended to support your trip planning and may not reflect future prices with complete accuracy.

Big Island Essentials

From the snowy peak of Mauna Kea to the breathtaking white, black, and green sand beaches along the coast. This is your island if you like volcanoes, outdoor adventures, open spaces, and LOTS of nature.

Big Island in a nutshell:

- **Best for:** [Colorful beaches](#), [Farm Tours](#), [Volcano Activities](#), [Hiking](#).
- **Also offers:** Water Activities, [Cultural Sites](#).
- **Less:** Nightlife, Culinary, Shopping.

Don't miss these 3 things:

1. The [Manta Ray night swim/snorkel/dive](#).
2. Experience [red-hot lava](#).
3. Seeing the sunset on the [Mauna Kea summit](#).

Trip planning resources

Check out our guide on the [best time to visit the Big Island](#), and have a look at our [Big Island blog](#) for many other helpful tips. Furthermore:

- Our essential [accommodations guide](#) for the Big Island.
- **Especially relevant for first timers!** Read [23 Sights and Destinations on Big Island](#).

Recommendations Based on Your Tour Preferences

The total per-person cost of your selected tours (**\$760.00**) exceeds your allocated budget (**\$500.00**) by a factor of **1.5**. Here's a breakdown and some tips to save money:

1: Popular Activities Across All Islands

Total expected cost for general activities: \$530.00

These tours and experiences are available on multiple islands and are popular with travelers across Hawai'i. They're great options no matter where you're staying.

Manta Ray Snorkel/Dive

- **Estimated cost:** \$150.00 (price range: \$100–200 varies by operator and dive/snorkel choice - night-only activity.)
- **Guides:** Manta Ray Snorkel/Dive on [Big Island](#)
- **Alternative:** No shortcuts here - the manta ray snorkel/dive is a truly unique experience.

Luau Show

- **Estimated cost:** \$180.00 (price range: \$75–280 depending on location and seating tier)
- **Guides:** Luau Show on [Big Island](#)
- **Alternative:** Explore local cultural events, which are often free or low-cost.

Farm Tour

- **Estimated cost:** \$50.00 (price range: \$10–100 varies by farm and included tastings)
- **Guides:** Farm Tour on [Big Island](#)
- **Alternative:** Some local farms organize free tours with the expectation that you purchase some of their product afterwards. Alternatively, check out local farmers' markets for fresh produce.

See Lava

-
- **Estimated cost:** \$0.00 (price range: \$0–200 cost depends on whether it's a tour or DIY)
 - **Guides:** See Lava on [Big Island](#)
 - **Alternative:** Drive to a lava viewing point yourself for a more affordable experience.

Waterfall Swim

- **Estimated cost:** \$150.00 (price range: \$0–260 some are free, others require tour access)
- **Guides:** Waterfall Swim on [Big Island](#)
- **Alternative:** Taking a tour lets you skip the crowds, but you don't need a tour to enjoy a waterfall swim! Check out our guide to the [best swimmable waterfalls in Hawai'i](#) to find beautiful, accessible spots you can visit on your own.

2: Island-Specific Top Attractions

Total expected cost for island-specific picks: \$230.00

These activities are tied to a particular island—and they're part of what makes each island special. We've listed your picks below, with useful info and links to help you make the most of them.

Hawai'i Volcanoes National Park (Big Island)

- **Estimated cost:** \$30.00 (price range: \$30–300 — Entry is \$30 per car (valid for 7 days) and self-guided or ranger-led options are free of charge. Fully guided tours including transport range between \$150 and \$300 per person.)
- **Guide:** [View guide for Hawai'i Volcanoes National Park](#)
- **Alternative:** Explore nearby lava tubes in Hilo and explore recent eruption sites outside the park boundaries.

Mauna Kea Stargazing (Big Island)

- **Estimated cost:** \$200.00 (price range: \$0–250 — Free Stargazing events at the Visitor Center are organized twice per month and require a difficult-to-get reservation. Guided summit tours with telescopes range from \$200–\$250 per person and often include sunset views and cold-weather gear.)
- **Guide:** [View guide for Mauna Kea Stargazing](#)
- **Alternative:** See some of our favorite more easily accessible stargazing spots on the Big Island [here](#).

Kealakekua Bay (Big Island)

- **Estimated cost:** \$0.00 (price range: \$0–160 — You can reach the bay for free by hiking the Kaʻawaloa Trail or paddling your own kayak. Most visitors, however, book a guided boat or kayak tour with snorkeling included, typically priced between \$100–\$160 per person.)
- **Guide:** [View guide for Kealakekua Bay](#)
- **Alternative:** Snorkel at Two Step for easy access and great coral reefs without a boat or long hike.

How We Estimate Food Costs (and Why Yours May Differ)

Our estimates for daily food and activity spending are based on average per-person expenditures reported by the Hawai'i Tourism Authority (HTA). These represent the “middle ground” of all travelers — meaning some visitors spend far more, while others get by on much less.

To help you understand how your actual expenses might compare, here's a rough idea of what different food budgets can cover:

- **\$35-50/day:** Local eats, grocery runs, take-out meals, and maybe a shaved ice or two. You're likely eating at food trucks, convenience stores, or preparing some meals at home.
- **\$60-90/day:** A mix of casual dining and the occasional mid-range restaurant. You'll have more flexibility and comfort, perhaps with one drink or dessert each day.
- **\$100-150+/day:** Resort breakfasts, appetizers, entrees, cocktails, and maybe some splurges like luau dinners or fine dining experiences.

Same Group, Three Food Styles: A Quick Comparison

You're a group of 4 friends staying on Big Island for 7 days. Here's how your food budget might vary depending on your preferences:

- **Budget-focused:** You stock up at Costco or KTA, eat simple breakfasts at your rental, pick up poke bowls from Suisan or Da Poke Shack (~\$10-15), and sometimes dine out at casual places like Ken's House of Pancakes.
 - *Estimated cost:* ~\$960 total
 - *That's ~\$34 per person per day*
- **Balanced:** You enjoy brunch at Island Lava Java, dine out every other night in Hilo or Kona, and splurge on a sunset dinner at Kona Brewing or Hilo Bay Cafe.
 - *Estimated cost:* ~\$2,000 total
 - *That's ~\$71 per person per day*
- **Upscale:** You opt for hotel buffets, book dinners at Brown's Beach House or CanoeHouse, enjoy local wines or cocktails, and try tasting menus at Merriman's Waimea or 'Ulu Ocean Grill.
 - *Estimated cost:* ~\$3,400-4,000 total
 - *That's ~\$121-143 per person per day*

Money-Saving Tips

These tips apply to all islands and can help reduce your overall trip costs:

- **Fly midweek to save:** Weekend flights tend to be pricier, so if your schedule allows, flying on a Tuesday or Wednesday can trim your airfare down a notch ([read more](#)).
- **Accommodation costs are often the biggest chunk of your Hawai'i trip budget—but they don't have to be.** Planning early gives you first pick of affordable options, especially in high-demand months. And if you're willing to stay a bit outside the resort zones—think Hilo instead of the Kohala Coast, or Wailuku instead of Wailea—you can often cut your nightly rate in half. The views may be different, but the savings are real.

Money-Saving Tips for Big Island

- **Balance out the splurges.** Explore our favorite [budget-friendly activities on the Big Island](#) — plenty of great options that won't cost a thing.

Calculation details, caveats, and data sources

This section provides a deeper look into how we estimate your trip costs, covering key assumptions, methodology, and data sources. It's primarily for those who want to understand the finer details behind our calculations.

Unlike most travel calculators, we don't rely on guesses — we use real spending and lodging data reported by the State of Hawai'i and project that data into the future based on historical trends.

1: How we use real data to estimate your trip

Our goal is to give you a data-backed, realistic picture of what your trip might cost — based not on guesswork, but on real visitor spending and accommodation data from the past few years. For most categories, that's a simple calculation: daily budget × number of days × number of people. But for things like hotels, rental cars, and interisland flights, we go further. We use actual tourism data—like average monthly hotel rates and typical yearly spending on transportation and activities—and project those costs forward to match your travel dates.

This helps ensure your estimate reflects real-world prices — not outdated averages or generic guesses — so you can plan with more confidence and fewer surprises.

Extrapolation methodology for future cost estimates

Future trip costs are projected using linear extrapolation from historical data sets.

- **Accommodation costs (ADR):** Monthly average daily rates are extrapolated independently for each calendar month using a linear trend based on historical values from 2022 through 2024. For example, a July estimate uses July data from each available year in that range.
- **Visitor spending and rental car costs:** These figures are reported on a per-person, per-day basis by the Hawai'i Tourism Authority. Annual averages are extrapolated using a linear model based on data from 2010 through 2023. (Note: 2020 was excluded from the dataset due to

pandemic-related anomalies.)

These projections are intended to yield data-driven, forward-looking estimates. Nonetheless, actual travel costs may differ due to unmodeled factors such as market volatility, availability constraints, and seasonal pricing shifts.

Rental Car Costs

Your rental car estimate is based on average per-person daily spending on rental vehicles, as reported by the Hawai'i Tourism Authority (HTA), extrapolated to 2026 using historical trends. These figures represent averages across all visitors — including those who never rent a car — so they understate the actual cost for travelers who do.

To correct for this, we estimate the share of trip days during which visitors typically use a rental car, based on HTA-reported rental car participation rates and known differences in transportation infrastructure between islands:

- **O'ahu:** Although about 60% of visitors use a rental car, many rely on public transportation or walkable areas like Waikīkī for part of their stay. We estimate rental cars are used for roughly half the trip → usage ratio = 0.50 → cost adjusted × **2.00**
- **Maui:** Public transport is limited and driving is essential for most activities → usage ratio = 0.90 → cost adjusted × **1.11**
- **Kaua'i:** A rental car is typically needed for nearly the entire stay → usage ratio = 0.95 → cost adjusted × **1.05**
- **Big Island:** Long distances and limited transit options make a rental car necessary → usage ratio = 0.90 → cost adjusted × **1.11**

To convert per-person-per-day rental spending into the cost of a single vehicle, we multiply the adjusted per-person value by the **average group size** reported in HTA data (2.3 people).

Additional fixed costs include:

- A weekly fuel cost of \$100
- A nightly parking fee of \$30 (if staying in a hotel)

Accommodation costs

We estimate lodging costs using Average Daily Rates (ADR), adjusted in

several ways:

- **Future date adjustment:** We look at historical ADR data for the same month in previous years and calculate the average year-over-year change. We then apply this rate to project ADR values into the month of your visit.
- **Group size adjustment - Hotels:** A room typically accommodates up to two people. If your group is larger, we scale the number of rooms and total cost accordingly.
- **Group size adjustment - Short-Term Vacation Rentals (STVRs):** Each rental unit accommodates up to 10 people, with the base ADR covering the first 2 guests. For each unit, we add \$25 per extra guest per night beyond the second. If your group exceeds 10 people, we estimate the number of units needed and apply this logic to each one.

Interisland Flights

If your trip includes more than one island, we estimate interisland flight costs based on the number of islands visited + 1 (to account for necessary flights between them and the return to your departure airport).

Why we ask for nights (not days)

When we ask how many **nights** you'll spend on each island, we assume that each night represents a **full 24-hour stay** — from approximately noon on your arrival day to noon the next day. That means 1 night = 1 full day of activities and costs. So, a trip with 15 nights will be calculated as 15 *on-island days*, even though it spans 16 calendar days. This gives a more realistic picture of your actual time and spending on the islands.

2: Caveats & limitations

We want our estimates to be as accurate and helpful as possible, but like any model, they rely on data and assumptions that come with a few important caveats.

Limitations of Average-Based Estimates

The numbers in this report are based on typical visitor behavior and represent projected averages using the most recent data available. Every traveler is different — some prefer to splurge, others seek out deals — so your actual expenses may end up being higher or lower than what's shown here.

We aim to provide a realistic and data-driven starting point to help you plan with confidence, but this estimate is not a quote or guarantee. It serves as a benchmark grounded in historical trends and adjusted to your trip preferences.

Accommodation cost variability

Lodging is often the most significant part of your budget, and our estimates rely on **Hawai'i Tourism Authority** data, which has some limitations:

- Less-populated areas may be underrepresented due to limited data availability.
- Some islands only have island-wide ADRs (e.g., Kaua'i).
- The Big Island's hotel rates skew high because available ADR data is dominated by the resort-heavy Kohala Coast (~\$600/night) rather than more affordable areas like Hilo (~\$150-\$200/night).

For Short-Term Vacation Rentals (STVRs), some of these limitations are addressed by our approach to reconstructing monthly rates from YTD values which are available for less well-sampled regions — see below for details.

Use of extrapolated STVR ADR data

Because Short-Term Vacation Rental (STVR) ADR is only published monthly for a handful of regions, we reconstruct monthly rates for every island and sub-region using the more broadly available Year-To-Date (YTD) data:

- For regions with full monthly ADR series, we derive each month's rate by taking the difference between that month's cumulative YTD and the prior month's.
- For regions reporting only quarterly YTD values (March, June, September, December), we treat each as the cumulative rate for the preceding three-month block, then split that total back across those months in proportion to the State of Hawai'i's own monthly pattern.

This approach lets us provide ADR estimates for fine-grained regions that don't report monthly, improving the accuracy of your trip calculator by reflecting local seasonal variation even where raw data is sparse.

Excluded costs

Our cost estimate **does not include** flights to and from Hawai'i.

3: Data sources

Our calculations are based on up-to-date data from reliable sources to provide the most accurate estimates:

Monthly Accommodation Costs: Calculated from Average Daily Rates (ADR) for various regions and accommodation styles across Hawaiian islands. Monthly STVR data is from Transparent Intelligence, Inc., © Copyright 2022 - 2024 State of Hawaii Department of Business, Economic Development & Tourism ([source](#)). Monthly ADR data is sourced from the Hawaii Tourism Authority ([source](#)).

Visitor Spending Data: Average daily spending on food, entertainment, rental cars, and activities is sourced from the Hawaii Tourism Authority and compiled annually by the Research & Economic Analysis Division, State of Hawaii Department of Business, Economic Development and Tourism (DBEDT) ([source](#)). For our calculations, we use historical data from 2010 through 2023 and extrapolate to estimate average spending for 2026.

Rental Car Participation Rates: Derived from historical “Visitor Satisfaction and Activity Reports” published by the Hawai‘i Tourism Authority. These reports detail the percentage of visitors who used a rental car by island and market. See the [Visitor Satisfaction and Activity reports here](#).

About this Estimate

This trip cost estimate was generated by [LoveBigIsland.com](#) using real tourism data and personalized inputs. It's designed to support individual trip planning. For questions or feedback, feel free to reach out at info@lovebigisland.com.

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