

Hawaii Three Island Hiker

An Inn-to-Inn Hiking and Snorkeling Adventure in Paradise

The islands of Maui, Kauai, and the “Big Island” of Hawaii are our playgrounds for this adventure in paradise. We drive the famous Hana Highway, venture into the heart of Haleakala Crater, explore the wonders of Volcanoes National Park, hike the legendary Na Pali Coast and visit spectacular Waimea Canyon.

Day 1. Maui, Hiking in Haleakala National Park, Hana Kai Maui Resort (800-346-2772 / private baths)

We meet in the lobby of the Maui Beach Hotel in Kahului at 8:00 a.m. to begin our drive up to the 10,000' rim of Haleakala, the namesake volcano of Haleakala National Park. We start our classic hike on the Sliding Sands trail into this vast lunar landscape of brilliant colors, cinder cones and unique plants, such as the silver sword, a plant not found anywhere else in the world.

After our hike, we descend to one of the most beautiful roads in all Hawaii, the spectacular Hana Highway, once a section of the old Hawaiian “King’s Highway” that connected the coastal villages of Maui. Dramatic coastlines, lush rainforests and gorgeous waterfalls welcome us to paradise. Along the way we stop to stretch our legs and take in the breathtaking vistas that make this drive world famous.

Overlooking gorgeous Hana Bay, our home for the next two nights is the Hana Kai Maui Resort.

- Sliding Sand Trail [up to 7 miles, 1500' elevation loss/gain]

Day 2. Maui, Hiking in Haleakala National Park & Hamoa Beach time, Hana Kai Maui Resort

This morning we travel south from Hana along the coast to hike the stunning Pipiwai Trail. The trail climbs to awesome Waimoku Falls and the base of the Kipahulu Valley, a pristine rainforest home to native Hawaiian plants and birds now endangered throughout the islands. Our trail winds through lush forest and bamboo, across Pipiwai stream, past hidden waterfalls and inviting pools to the base of 400' Waimoku. Back down the mountain, we enjoy a cooling dip among the rock-bound pools and waterfalls of the Pools of Ohe'o Gulch.

Later this afternoon, we enjoy some R&R at beautiful Hamoa Beach, one of the area's finest. Voted one of Maui's favorite beaches, this area is surrounded by lush vegetation and sea cliffs. It is also a fun area to body surf or just catch some rays. This evening's dinner is a beach barbecue right outside our rooms!

- Pipiwai Trail [4 miles, 650' elevation gain/loss]
- Hamoa Beach [2 hours]

Day 3. Maui, Hiking Waianapanapa State Park & H.A. Baldwin Beach time, Kilauea Lodge (808-967-7366 / private baths) or **The Volcano House** (808-967-7321 / private baths)

Up with the sun, we hike and explore the black sand beach of Waianapanapa State Park. Our trail features tide pools, sea-arches, blowholes and the remains of an ancient Hawaiian *heiau* or sacred site.

After our hike we drive up the Hana Highway, to another famous beach, HA Baldwin. Located on the outskirts of the little resort town of Paia, this beach has fun surf and great views of the West Maui mountain range.

After our last experience of Maui beaches, we depart for the airport for a sunset flight to the "Big Island" of Hawaii. Tonight we dinner at a local restaurant in Hilo, and then it's off to spend two nights in the lush rainforest of Volcano Village.

- Waianapanapa Coast Trail [up to 4 miles round trip, elevation change negligible]
- Interisland flight from Kahului, Maui to Hilo, Hawaii

Day 4. Hawaii, Hiking Hawaii Volcanoes National Park, Kilauea Lodge or The Volcano House

Today is our day to indulge in the spectacular views of Hawaii Volcanoes National Park and its awesome volcanic landscape. The park is full of craters and cinder cones, rivers of lava rock frozen in time, lush rainforests, and dramatic coastlines.

This morning, we travel to the coast where we begin our trek for “fresh lava”. Using the benefit of the cooler morning air, we begin our hike over lava fields in search of where fresh lava is flowing from the Kilauea volcano. During our hike, we have opportunities to capture photos of the creative and artistic displays of pahoe'hoe lava.

This afternoon, we hike into Kilauea Iki crater, where we descend through tropical rain forest to the steaming vents and frozen lava of the crater floor. The Kilauea Iki crater was created in the mid-1950's and was one of the most spectacular volcanic events of that era.

This evening, we kick back and enjoy local cuisine and share stories of our lava adventures.

- Lava Trail [4 hours round trip, elevation change negligible]
- Kilauea Iki Trail [up to 4 miles, 460' elevation loss/gain]

Day 5. Hawaii, Snorkeling the Kona Coast, Waimea Plantation Cottages

After a hearty breakfast, we shuttle to our next adventure – snorkeling. Our destination today is Kealakekua Bay, home of the Captain Cook Monument and great snorkeling! We will experience fields of coral providing food and shelter to a wide array of tropical reef fish and turtles.

Time permitting we complete our Big Island experience with a visit to Pu'uhomua o Honaunau ("Place of Refuge") National Historical Park. This wonderfully restored ancient Hawaiian sacred site is the perfect place to capture the feeling of pre-European Hawaiian culture.

Late this afternoon, we depart for the Garden Isle of Kauai. This evening we enjoy dinner at a local restaurant and settle in to our comfortable and cozy cottages at Waimea Plantation Cottages.

- Snorkeling Kealakekua Bay (3 hours)
- Pu'uhomua o Honaunau National Historic Park hike [1 mile, no elevation gain]
- Inter-island flight from Kona, Hawaii to Lihue, Kauai

Days 6. Kauai, Hiking Nu'alolo Trail/Nu'alolo Cliffs/Awa'awapuhi Grand Loop, Waimea Plantation Resort (808-931-1303 / private baths)

This morning, we travel "up country" to the Na-Pali Kona Forest Reserve adjacent to Koke'e State Park & the Waimea Canyon. During our drive, we are rewarded with dramatic views of the famous Waimea Canyon. We begin our hike with a short climb through bird-filled koa forests, before descending 1200 feet past dryland forests and exposed cliffs. During our excursion, we hike along exposed ridgelines and are rewarded with breathtaking views of the NaPali coast. After a casual lunch, at one of the many viewpoints, we start our 1500 foot ascent up the Awa'awapuhi trail.

This evening, we reward ourselves with a hearty meal at a local restaurant.

- Nu'alolo / Nu'alolo Cliffs / Awa'awapuhi Grand Loop hike [9.5 miles, 1200' loss/1500' gain] Strenuous

Day 7. Kauai, NaPali Coast Snorkeling Tour & Beach Time, Waimea Plantation Resort

Today we leave land and depart for the northwestern Na Pali coast line for a cruise and snorkeling adventure. Considered to be "The Jewel of Kauai" with 3,000 foot cliffs, green valleys, hidden beaches, secluded waterfalls and breathtaking beauty, the Na Pali coast is a sight to be enjoyed from sea level. During our trek, we will stop to explore the underwater wildlife with our snorkel gear. For lunch, we kick back and relax as we admire the grandeur of the Na Pali coast.

We return by mid-afternoon, to enjoy some beach time or a quiet nap in a hammock. We complete the day with sunset views and a mouth-watering smorgasbord of food prepared by our guides.

- Na Pali Coast Snorkeling Tour (8:30 a.m. – 1:30 p.m.)
- Beach time

Day 8. Kauai, Hiking Na Pali Coast

We get an early morning start as we head to idyllic Ke'e beach to begin our hike along the legendary Na Pali coast. This ancient Hawaiian route to the remote Kalalau Valley is one of the premier trails in all of Hawaii. Our path hugs sea cliffs rising a thousand feet above the ocean with silver waterfalls often draping their windswept faces. Up and down we travel from one spectacular view to another until we reach our destination, the hidden Hanakapi'ai Valley. For stronger hikers, and if time allows, we may attempt the rugged hike up to the remote 120-foot Hanakapi'ai Falls, one of the more spectacular falls on the north shore.

Our trip ends at approximately 6:00 p.m. at the Lihue Airport for our final "Aloha Ohana" (good bye to extended family) and flights home.

- Kalalau Trail [4 miles, 1060' elevation gain/loss]
- Hanakapi'ai Falls (optional) [4 miles, 500' elevation gain/loss]

Tour Details

Trip Type: Inn

Trip Length: 8 days/7 nights

2005 Dates: March 21-28, July 31-August 7, November 20-27, December 25-January 1, 2006

Cost: \$2795

Single Supplement: \$625

Trip Rating: Moderately Easy to Moderate

Activities: hike (7 days), cruise/snorkel (1 day), scenic flights from Maui to Hawaii to Kauai

Gateway City: Kahului, Maui or Honolulu, Oahu

Gateway City Transfer: *Arrival* – Inter-island flights from Honolulu International Airport to Kahului Airport are available; *Departure* – A flight from Lihue Airport via Honolulu International Airport is the typical departure route.