



escape adventures

# ROAD CYCLING MULTI-SPORT Maui & Mt. Haleakela Multi-Sport

## The Basics

**State:** Hawaii

**Activities:** Road Cycling, Hiking, Sea Kayaking, and Surfing

## Tour Dates

Inns- Beach Cottages

[www.escapeadventures.com](http://www.escapeadventures.com)

click on DATES

## Meeting Information

The group will meet at 9am at the Maui Beach Hotel in Kahalui, Maui. 170 W Kaahumanu Ave Kahalui, HI 96732 808-877-0051

We will return to Kahalui around 1:30pm on the last day.

## Rentals

**Litespeed Sienna: \$275**

## Meals

All meals on this tour are in local restaurants except picnic lunches, prepared by your experienced guides.

## Single Supplement\*

A single supplement is required for solo travelers on this trip. Many of the chosen accommodations on this trip offer rooms with only 1 bed: \$495.00



Referred to by Hawaiians as the “Valley Isle”, the tropical Maui valley connects two of the world’s largest volcanoes into one island paradise!

Inside Maui’s 120 miles of coastline, we experience a surprising range of microclimates, from exotic gardens to rain shadow dry lands, from sandy lagoons to snowy summits!

We combine extraordinarily scenic cycling with great hiking, sea kayaking and even surfing, to pack the best Maui has to offer into an active, yet relaxing week-long Hawaiian retreat.

Challenging climbing and exhilarating descents await us as we explore Maui’s mountainous back roads by bike. Surfing lessons and a sea kayaking tour, both appropriate for beginners, allow us to broaden our experience, while hiking gives us a chance to see this beautiful landscape close-up. Join us for the perfect multi-sport getaway to this adventurous and tropical isle!

## Trip Amenities

Cell phone service is good, depending on your carrier. Inns on this trip are often remote, appropriate to the locations in which we ride. They are chosen for comfort, scenery, and proximity to our activities.

**Trip Cost Includes:** [See page 3](#)

**Trip Cost Does Not Include:** [See page 3](#)

Contact Us: [www.escapeadventures.com](http://www.escapeadventures.com) | 800.596.2953

Please Recycle!

© Escape Adventures 2013

# Daily Itinerary

### What sets us apart?

**Our People:** Our guides are the best in the business, hands down.

**Our Commitment:** We don't just preach environmental awareness, we live it! We recycle 90% of our waste, fuel our support van with recycled vegetable oil, and we are the world's 1st carbon-neutral outfitter.

**Our Food:** Our guides lovingly prepare meals for the trip with an emphasis on fresh, local and organic foods, ensuring you have the fuel you need to ride, and a delicious meal at the same time- including dessert!

### Cultural Opportunities

Hawaii is rich in cultural heritage. We will have many opportunities to sample local food and experience local traditions.

### Offset Your Airfare

We've got your trip covered, but use our online [Carbon Calculator](#) to offset your travel to and from the trip

### Weather

Weather predictions on the islands are often unreliable. Please use the locations listed next to each day in the daily itinerary for weather predictions.



## Day 1 | Cycling - West Maui Mountains

We begin our ride today along the coastline of the Mauna Kahalawai (West Maui Mountains). This western quarter of the island is an eroded volcano that is much older than Mt. Haleakala in the east. Later we'll climb up 1,000 feet through classic Maui scenery: amazing valleys sprinkled with water falls, and majestic sea cliffs line our route. We also ride through the old Hawaiian fishing village of Kahakuloa where they still grow Taro. Taro is believed to be one of the first cultivated plants, and it is the base for Poi, a classic Hawaiian dish.

**Total Mileage** | 42 Miles  
**Total ascent:** 2267ft

**Inn** | Kihei  
**Total descent:** 2253ft

## Day 2 | Cycling & Sea Kayaking

After a short shuttle, we ride out past the only winery in Maui, along a road with little to no vehicle traffic for almost 40 miles. This ride provides a great introduction to Hawaii with views of the ocean, mountains, and even four of the other Hawaiian islands along the way. There is roughly 3,500 feet of elevation gain over this 30-mile ride. We will shuttle back to Kihei for lunch and to trade out our bikes for sea kayaks!

We'll meet our kayaking guides this afternoon for an exciting adventure just off the coastline.

**Total Mileage** | 30 miles biking + sea kayaking

**Inn** | Kihei

## Day 3 | Hang Time & Free Time

Spend the morning learning to surf with a 2-hour private lesson. We head out at the best time of the day to learn, in one of the best places in the world to learn, with expert, personalized instruction- you can't go wrong!

Then the afternoon is yours- head into town for shopping at the many shops and local markets or relax on one of Kihei's beautiful public beaches. If you're looking for more high profile sun and sand, head south to world famous Big Beach.

**Inn** | Kihei

Contact Us: [www.escapeadventures.com](http://www.escapeadventures.com) | 800.596.2953

### Specific Trip Tips

- We recommend you fly directly into Kahului, Maui.
- Our meeting hotel, Maui Beach Hotel offers an Airport shuttle.
- We recommend arriving at your meeting location at least 12 hours prior to your departure time in order to have time to rest before the tour.

Use our [Pre-Trip Information Center](#) for packing lists, how to prepare, FAQs and more!

Be sure to visit the [Cycling Maui photo gallery](#) on our website for more photos of this trip.

### Day 4 | Hike Mt. Haleakela

A trip to Mt. Haleakela allows us to experience the natural history of Hawaii up close. The summit area's remarkable volcanic landscape quickly gives way to a variety of other ecosystems as you descend down into the park. In fact, you pass through as many ecological zones on the drive to the summit as there are between Canada and Mexico! Here, a massive variety of native Hawaiian plants and animals thrive, including some species that exist nowhere else in the world. After taking in the sights from the van we'll head out on a day hike, exploring one of the park's many wonders.

**Total Mileage** | 5-7 miles hiking      **Inn** | Paia or Haiku

### Day 5 | Cycling Haiku to Keanae Village

Today we voyage through the rain forest to Keanae Village. A tropical atmosphere bursting with lush green foliage, combined with incredible views of both the ocean and Haleakala, make this one of the best rides on the planet! In Keanae, we stop for hot banana bread, fresh from the oven. As we take our break, a dramatic scene unfolds before us as waves pound the lava rocks below. In all, the day's rides add up to over 3,000 feet of elevation change over more than 50 miles.

**Total Mileage** | 54 miles      **Inn** | Paia or Haiku  
**Total ascent:** 3400ft      **Total descent:** 3400ft

### Day 6 | Hiking - Bamboo Forest

From the trailhead off the famous Hana highway, we embark on a unique hiking adventure. We venture into a lush section of bamboo forest, passing three classic Hawaiian waterfalls along our route. Bring your swimsuit for a dip in the idyllic freshwater pools that lie at the base of the falls. Cap off the perfect day in paradise with a snack of fresh guava, before concluding our tour after lunch.

**Total Mileage** | 2-5 miles hiking

This is a general itinerary and may vary. Escape Adventures reserves the right to make changes due to weather, local conditions, government intervention, or any unforeseen reasons that may affect the quality of the trip and/or safety of the participants. Inns are subject to change.

**Trip Cost Includes:** Two guides, all meals starting with lunch on the first day through lunch on the last day, support vehicle, snacks, first-aid, bike maintenance, community gear, and a souvenir shirt.

Gratuities to local restaurants, hotels, transportation, and additional activities mentioned on this itinerary are paid by Escape Adventures. If you engage in an activity that is not part of this trip as outlined, then you are responsible for tipping.

**Trip Cost Does Not Include:** Airfare to and from our departure point, lodging before or after the tour, personal camping gear, rental bike, or gratuities to Escape Adventures guides (generally 10-20% of your trip cost based on the quality of your experience).

Contact Us: [www.escapeadventures.com](http://www.escapeadventures.com) | 800.596.2953



For additional information please do not hesitate to call one of our experienced trip planners, and visit the [Pre-Trip Information](#) section of our website.  
Please call 800-596-2953 Monday-Friday, between 8 a.m. and 4 p.m. Pacific time.