

ISLAND ITINERARIES

See the itineraries at the beginning of each regional chapter for more detailed routes.

IN THREE DAYS *This leg: 70 miles*

❶ **KA'ANAPALI (p80)** Plunge into Maui with a plunge into the sea. Head straight to **Kahekili Beach Park (p81)** if you're seeking peace and quiet, or to **'Dig-Me Beach' (p80)** if a buzz of resort action fits the bill. Snorkel out to the tip of **Pu'u Keka'a (Black Rock; p80)** for an eye-popping underwater scene.

❷ **LAHAINA (p51)** Harbor and island views go down smoothly with a seafood lunch at one of Lahaina's fine waterfront restaurants. Walk it off with a stroll around this captivating old whaling town. Later, loll under the USA's largest banyan tree in **Banyan Tree Square (p56)**, pop into some shops and then feast your stomach and your eyes on the **Old Lahaina Luau (p68)**.

❸ **'IAO VALLEY STATE PARK (p113)** A blast of green starts day two at this oh-so-pretty park with cool streams, misty mountains

and Maui's emerald jewel, the 'Iao Needle. Follow those tasty views with a tasty lunch in time-honored **Wailuku (p109)**.

❹ **KANAHA BEACH PARK (p103)** When the wind picks up in the afternoon, it's show time! A circus parade of rainbow sails whips back and forth across the bay as windsurfers and kitesurfers strut their stuff. It's mind-blowing to watch, and there are instructors waiting right on the beach if *you're* ready to fly.

❺ **HALEKALĀ NATIONAL PARK (p165)** Grab a parka and picnic lunch, and head out early (3am!) to catch the breathtaking sunrise atop this magnificent volcano. Spend the rest of day three hiking into the belly of the beast and climbing around the cool cinder cones.



IN FIVE DAYS *This leg: 90 miles*

6 ROAD TO HANA (p187) If you have five days, plan your first three as above. Day four is another early one, but sooo worth it. Grab a cup of jolting java at **Anthony's (p148)** in Pa'ia while they pack your picnic lunch. Now you're ready for the most magical drive in all Hawaii: waterfalls, hiking trails and lush scenery galore. Snack on delish banana bread at **Ke'anae Peninsula (p194)** and be humbled by Hawaii's largest temple at **Kahanu Garden (p198)**. At **Wai'anapanapa State Park (p198)**, break out that picnic on the prettiest black-sand beach you've ever seen.

7 HANA (p206) This wide spot in the road is well worth a poke around. Enjoy some local flavor with shave ice at the beach park and a visit to Hana's homegrown museum. Then keep moving – there's still lots to see!

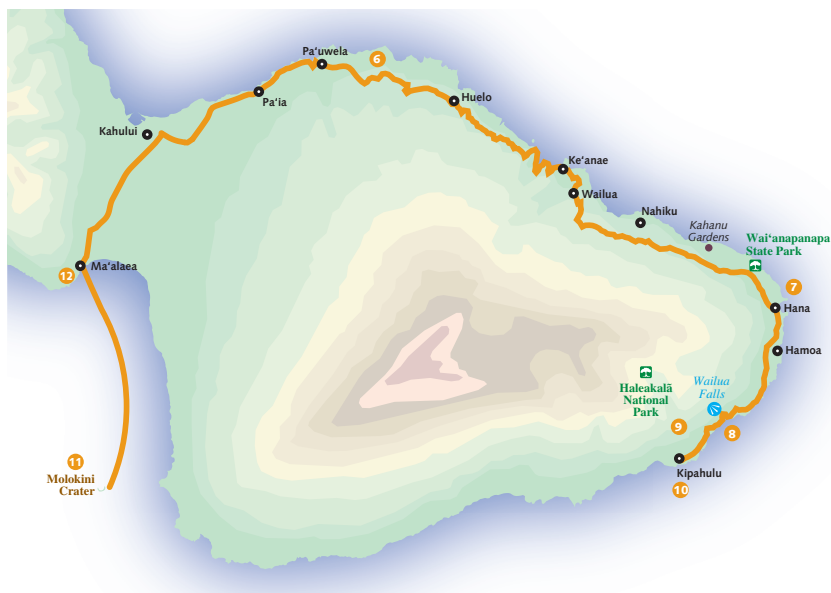
8 WAILUA FALLS (p211) Think that stunning road to Hana packed all the gushing thrills? Just wait till you reach these roadside falls, a top contender for Maui's most gorgeous waterfall. Better bring extra camera batteries!

9 HALEAKALĀ NATIONAL PARK (KIPAHULU AREA) (p184) The road continues to 'Ohe'o Gulch (p184) with its 24 – count 'em – irresistible pools to choose from, each backed by its own little waterfall. Speaking of waterfalls, you may have just enough time to hike to the 200ft bridal-veil cascade of **Makahiku Falls (p186)**.

10 KIPAHULU (p211) Got a little explorer left in you? Seek out the grave of aviator Charles Lindbergh before heading back up the Hana Hwy. If you prefer to take it a bit slower, stop and spend the night in **Hana (p206)**.

11 MOLOKINI CRATER (p29) You've seen the best of Maui from land – on day five, see it from the sea. Clear waters and gazillions of fish make this submerged volcanic crater a guaranteed thrill, whether you're a veteran diver or newbie snorkeler.

12 MAUI OCEAN CENTER (p115) How convenient. Right where the Molokini boat docks sits one of the finest tropical aquariums on the planet. Now go identify all those brilliant fish you've just seen.



IN SEVEN DAYS *This leg: 80 miles*

12 KULA (p158) If you have a full week on Maui, plan your first five days as above. Start day six off right with a leisurely drive through pastoral Upcountry. See how many varieties of riotous protea flowers you can count at **Sunrise Market & Protea Farm (p161)**. Then wind over to **Ali'i Kula Lavender (p159)** and immerse yourself in a sea of heaven-scented purple. Oh, if only *all* gardens could smell this good.

14 POLIPOLI SPRING STATE RECREATION AREA (p162) Feel the refreshing mist on a trek among tall redwoods in this fairy-tale-like cloud forest that climbs the slopes of Haleakalā.

15 TEDESCHI VINEYARDS (p164) Let the heady scent of fermenting grapes fill your head on a winery tour at 'Ulupalakua Ranch. Then swagger over to the tasting room to swig the final products.

16 MAKAWAO (p152) On the way back, swing east and browse the *paniolo*-meets-Picasso shops in this artsy ranch town.

17 PA'IA (p145) There's still time to jet over to **Ho'okipa Beach Park (p145)** to watch windsurfers rip on wicked waves. Then it's back to Baldwin Ave to cruise Pa'ia's eclectic cafés and funky shops. Revel in that once-in-a-lifetime meal at **Mama's Fish House (p149)**, but be sure to get seated before sunset.

18 MALU'AKA BEACH (p138) On day seven, slip on a snorkel and swim the coral gardens to discover why this one's dubbed Turtle Beach. Honkin' big green sea turtles munch away on the bottom as you swim past – wow!

19 BIG BEACH (p138) Pack a picnic – once you get here you won't want to leave. Ever. But it's OK: you can swing back by to catch one of the best sunsets Maui has to offer after you finish driving south.

20 LA PÉROUSE BAY (p140) The day's sightseeing ends here at the road's end. Breathe in the wild windswept scenery. Clamber over twisted lava flows, reminders of how Maui began. Cool. Now go back for that glorious Big Beach sunset.



IN TEN DAYS *This leg: 50 miles*

21 KAPALUA (p92) If you've got 10 wondrous days in Maui (lucky you!), plan your first seven as above. On the morning of day eight, golfers get to chase that little white ball around Maui's greenest **greens (p94)**, while thrill seekers wing it on the island's longest **zipline (p94)**. In the afternoon, snorkel with dolphins at **Slaughterhouse Beach (p93)**. Then walk out to the aptly named **Dragon's Teeth (p92)** and roar at the sea. Top the day off with a sizzling sunset dinner at the **Pineapple Grill (p94)**.

22 KAHEKILI HIGHWAY (p95) It's time to hit the road again for day nine. The adventure that awaits around the raw northern tip of Maui is like no other. If you thought the Hana Hwy was narrow, just wait till you see this one! Seek out **Nakalele Blowhole (p97)**, ooh and aah at the scenery, and don't miss **Ohai Viewpoint (p97)**.

23 WAIHE'E RIDGE TRAIL (p98) In the afternoon get out of the car and lace up your hiking boots. Misty mountain views and jungle waterfalls are just starters on this

soulful ridge trail that goes deep into the luxuriant West Maui Mountains.

24 HALEKI'I-PIHANA HEIAU (p109) Celebrate the end of your day by gazing upon Central Maui from the ancient hilltop temple where Maui's last king reigned.

25 WHALE-WATCHING CRUISE (p32) On day 10, it's back to the water. If it's winter you can't leave Maui without hopping aboard a whale-watching boat. No excuses. If it's not humpback season, give **Trilogy Excursions (p63)** a call and sign up for their wet and wild sail to Lana'i instead.

26 KEALIA POND NATIONAL WILDLIFE REFUGE (p115) Take a walk on the wild side, getting up close and intimate with rare waterbirds along a new boardwalk that leads nearly a half-mile across marsh and dunes.

27 KEAWAKAPU BEACH (p120) Tired of that sunset yet? Naaah, we didn't think so. End your trip with a sunset swim at Kihei's finest.



KEIKI EXPRESS

1 KA'ANAPALI (p80) *Keiki* (children) love a day at the beach, and Ka'anapali's generous sands invite all sorts of splashy fun. Stay at family-friendly **Ka'anapali Beach Hotel (p86)**, where ukulele sing-alongs and hula lessons add Hawaiian flair to the action.

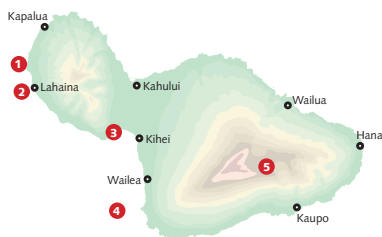
2 LAHAINA (p51) Head to America's largest **banyan tree (p56)**, whose dangling aerial roots invite at least one Tarzan-style swing. Little tots will want to ride the **Sugar Cane Train (p63)**. The rest of the clan can take the plunge with a **surfing lesson (p61)** on Lahaina's gentle waves.

3 MAUI OCEAN CENTER (p115) Everyone loves aquariums, and parents have a tough time dragging their kids out of the shark tunnel. Want to really impress them? Let Mom go into the tank and feed the sharks while Dad watches in horror!

4 MOLOKINI CRUISE (p29) OK, now it's time to turn the ocean into your own aquarium by donning a mask and snorkeling

Maui's top underwater sight. If it's winter, whales are an awesome bonus.

5 HALEAKALĀ NATIONAL PARK (p165) Hiking isn't for all kiddies – luckily there's **Pony Express (p160)**, where horses do the hiking for you. Mooncape scenery will wow kids of all ages.



SUSTAINABLE MAUI

1 BIO-BEETLE (p108) Go green by renting an environmentally friendly car for this tour.

2 SURFING GOAT DAIRY (p158) Check out the inner workings – literally – of this farm that produces all that delicious Maui goat cheese. While you're there, let your kids play with their kids on a farm tour.

3 O'O FARM (p161) Harvest your own organic lunch. Then watch a top chef whip it together on this delicious Kula farm outing.

4 ALI'I KULA LAVENDER (p159) Smell the crisp air as you munch on lavender scones.

5 TEDESCHI VINEYARDS (p164) Tip a glass of Maui's own pineapple wine at this Upcountry vineyard.

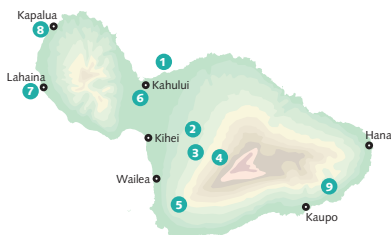
6 ALEXANDER & BALDWIN SUGAR MUSEUM (p114) See how it's done, from green cane stalks to sugar crystals.

7 MAUIGROWN COFFEE (p69) Sample a cup of Maui Mokka grown on the slopes

above Lahaina. Then check out the fruiting coffee trees out back.

8 MAUI PINEAPPLE COMPANY (p94) Pick your own Maui Gold – pineapple, that is – on a tour of this working plantation.

9 KIPAHULU 'OHANA (p186) Soak up traditional culture on a hike to an ancient taro farm led by Native Hawaiian guides.



WATER ADVENTURES

1 MOLOKINI CRATER (p29) Dive into crystal-clear waters teeming with all manner of sea creatures.

2 KIHEI WHARF (p124) Join the welcoming locals in an outrigger canoe paddle along the Kihei coast.

3 ULUA BEACH (p133) Snorkel out to the rocks for an eye-candy mix of brilliant coral and tropical fish – and keep an ear open for the songs of passing whales.

4 WAILEA BEACH (p133) Sail, swim and body board gentle waves at Maui's ultimate resort beach.

5 MAKENA LANDING (p137) Launch a kayak to paddle south through Turtle Town or gear up for a shore dive to explore lava caves with white-tipped reef sharks.

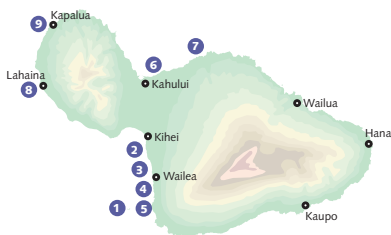
6 KANAHA BEACH PARK (p103) Go fly a kiteboard or try windsurfing – this wind-whipped beach is tops for both.

7 HO'OKIPA BEACH PARK (p145) If you're on the pro windsurfing or surfing circuit,

meet your buddies here. The rest of us can grab a voyeur's seat on the adjacent hillside and watch the death-defying action.

8 LAHAINA BREAKWALL (p61) Grab a surfboard and hone your skills on these gentle waves.

9 DT FLEMING BEACH PARK (p92) Ride the pounding waves for awesome bodysurfing at this ironwood-backed beauty.



OFFSHORE EXPLORATION

1 LANAI CITY (p217) Book a room at the plantation-era **Hotel Lana'i (p220)**. Wander the mom-and-pop shops, talk story with locals over dinner at **Blue Ginger Café (p219)** and relish the small-town charm.

2 HULOPO'E BEACH (p221) See for yourself why this beach has become so famous that day-trippers from Maui sail all the way over here just to snorkel its pristine waters.

3 MUNRO TRAIL (p224) If you have a third day in Lana'i take to the hills, hiking the island's rugged spine.

4 KALAUPAPA (p237) Trust your life to a mule as you descend 1600 switchbacking feet down a precipitous cliff to America's most unusual national historical park. Prefer to use your own two feet? You can...but hit the trail before the mules do, or you'll be knee-deep in you know what.

5 PAPOHAKU BEACH (p240) Go put a set of footprints on the longest and least-crowded beach in Hawaii.

6 EAST MOLOKA'I (p232) Spend your last day leisurely making your way the 28 scenic miles from **Kaunakakai (p229)** to the spectacular **Halawa Valley (p233)**. Along the way stop to see the Father Damien-built **St Joseph's Church (p232)** and the ancient **'Ualapu'e Fishpond (p232)**.

