

## USA – HAWAII

Available daily year-round

6-day / 5-night inn-to-inn **SELF-GUIDED** cycling from Waikoloa on the Big Island of Hawaii



The Big Island of Hawaii is known for volcanoes, white-sand beaches lined with palm trees, surf breaks and the world-famous Ironman triathlon. You don't have to be a hardy triathlete to cycle here though – this self-guided cycling tour offers a choice of routes, from easy to epic, carefully selected to offer the best blend of weather, scenery and local culture. Discover hidden gems such as the vibrant artist community in Hawi, the quiet back roads and cattle ranches in the highlands around Waimea and the temple of King Kamehameha. Take time too to relax at the lovely beaches surrounding Captain Cook.

These self-guided tours are ideal for independent travellers. You have the freedom to cycle at your own pace, and you decide whether you want easy or challenging cycling, using the supplied route maps, notes and guidebook for direction. Bicycle hire is included and support is available in case of emergency, just a phone call away. Your luggage is transferred to each night's accommodation, reserved and prepaid. You choose where to eat – bring provisions for a simple picnic lunch or discover a hidden café en route; have dinner at a fine-dining restaurant or relax at a casual eatery – it's entirely up to you.

**Cost from:** \$4060 per person twin share Single room supplement available on request.

**Departs:** Daily on demand year-round

**Includes:** 5 nights' accommodation in 2, 3 and 4-star hotels, inns and B&Bs; 4 breakfasts; hire of 21-speed hybrid bicycles; inn-to-inn luggage transfers; emergency support and on-call roadside assistance; detailed maps, route notes and guidebook (1 set per room); introductory briefing and bike fitting on Day 1 of tour.

**Not included:** Lunches and dinners; breakfast on Day 4; excursions, activities, and entrance fees; travel insurance, gratuities and personal expenses. Transfers from / to Kona airport or other Big Island locations can be arranged at extra cost. Transfers to sites of interest (e.g. beaches, volcanoes) that are not on your cycling route can also be arranged at extra cost – ask for details when booking.

**Level of Difficulty:** Easy to challenging. Each day you are offered a choice of routes, from as little as 6 miles (10km) over flat terrain, to 100 miles (160km) with routes of up 5000 feet (1525m) of ascent. On average cycling routes are 20-30 miles (32-49km) daily over flat or gently rolling terrain.

**When to go:** This self-guided cycling tour is offered year-round. There's no bad time to go: the Big Island enjoys a mild climate year-round, with average temperatures on the coast of 20 - 27C. Winter is from November to April and is slightly cooler and wetter. However the island has several microclimates so the temperature and rainfall vary significantly depending on which part of the island you're on.

**Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations**



## Suggested itinerary:

### Day 1: Waikoloa to Honoka'a

**cycling @ 20 miles (32km)**

Arrive in Waikoloa meet your guided for an introductory briefing and bike fitting. After your bike fitting take a van transfer to Waimea, a country town surrounded by cattle ranches. From Waimea you start your cycling tour heading east along the Old Mamalahoa Highway. This little-traveled road meanders across open ranch land, with views up to Manuna Kea, before descending through tropical woodland to Honoka'a. In places the trees completely cover the road creating a verdant magical tunnel. Honoka'a is an old sugar town off the tourist path. The town is unpretentious with a small, historic downtown that includes a couple of cafes and an interesting antique store. You will spend two nights in a small family run B&B. As this is the tropical side of the island you may hear the conqui frogs of an evening as they can get quite loud.

Cycling options range from 10 miles (16km) up to a moderate ride of 20 miles (32km), both over mostly flat terrain; or if you want to start your holiday with a challenge, ride up to 40 miles (65km) with 3600 feet (765m) of ascent.

### Day 2: Honoka'a Loops

**cycling @ 20 miles (32km)**

Cycle south from Honoka'a along the coast to the small village of Paauilo, before climbing for four miles along a small lane to The Hawaiian Vanilla Company, home the only commercially-grown vanilla in the United States. Return to Honoka'a along tranquil roads that are lined with family farms of fruit trees, sugar plantations and coffee groves. For a more leisurely ride you can take the rolling descent along the ocean detouring through the small settlement of Kukuihaele before reaching the Waipi'o Valley Lookout, this is where many of the tours into the Waipi'o Valley start. The Waipi'o Valley is only about one mile across and over five miles deep with cliffs of over 2000 feet tall surrounding it, the valley was once home to thousands of Native Hawaiians however today is now only home to less than 100 residents living amongst the waterfalls and rich valley fields. Return back to Honoka'a for a second night.

The easy cycle route today is 10 miles (16km) along mostly flat or gently undulating terrain. Add a detour to Paauilo for a moderate ride of 20 miles (32km), or detour for a challenging ride of 40 miles (65km) with 4000 feet (1220m) of ascent.

### Day 3: Honoka'a to Hawi

**cycling @ 25 miles (40km)**

Today you ride to the northern tip of the island to the small artist community of Hawi where there are also a number of art galleries, restaurants and cafes. The ride from Honoka'a to Hawi is a little over 25 miles (40km) with a long climb over 6 miles up to 3500 feet (1070m) – if this sounds daunting, you can arrange to catch a lift part or all of the way up the hill with the luggage transfer van (arrange this 24 hours in advance). Once you reach the peak of 3500 feet you can enjoy a mostly forested descent into Hawi. As you near Hawi and leave the forests behind there are stunning views across to Maui's Haleakala Volcano, with the possibility of spotting humpback whales between December and March.

If catching a lift with the luggage van, the easy option is 10 miles (16km) mostly downhill. The moderate ride today is 25 miles (40km) with 1300 feet (400m) of ascent. The challenging ride of 40 miles (65km) with 3300 feet (1006m) of ascent.

### Day 4: Hawi to Captain Cook

**cycling @ 20 miles (32km)**

Breakfast is at your own arrangements today (the Kohala Coffee Mill and CSC Café are both recommended locally). After breakfast you head south today down the Kohala Coast and up to the world-famous Kona coffee district. Starting with a transfer to north of Kailua-Kona the main town of the Big Island. You ride through terrain that is open with stunning views to the ocean.

Vegetation is sparse on this dry part of the island where volcanic lava flows are relatively recent. Climb up to the small enclave of Captain Cook in the heart of coffee country where we spend tonight.

For an easy ride, arrange a van transfer (arrange at least 24 hours in advance) for a mostly flat 10-mile (16km) ride. The moderate ride starts just north of Kailua-Kona, 20 miles (32km) with 1700 feet (520m) of ascent. For a challenging ride, take in the whole route from Hawi to Captain Cook 40 miles (65km) with 2500 feet (765m) of ascent.

#### **Day 5: Captain Cook loop rides or rest day**

**cycling @ 15 miles (24km)**

There are many cycling choices today. The intermediate loop will take you south of Captain Cook and on to the Place of Refuge, Pu'uhonua O Honaunau an ancient Hawaiian religious sanctuary, where those who broke *kapu* (taboo) could seek absolution (15 miles / 24km with 800 feet / 245m of ascent). Or there is a local challenging ride that extends the intermediate loop to the Ho'okena Beach where the swimming is good and there is a reasonable chance of seeing turtles or dolphins, total route 25 miles (40km) with 2700 feet of ascent (825m)

For those looking for a rest from cycling, the clear waters of Kealahou Bay make for great swimming, snorkeling and kayaking.

#### **Day 6: Captain Cook to Kailua-Kona - Tour ends in Kailua-Kona**

This morning ride north following the ridge through Holualoa and the main coffee-growing areas to our final destination Kailua-Kona. Kona is where the 'action' is on the Big Island. Once a sleepy fishing village, now the centre of tourism, Kona retains a seaside charm despite the bustle. You can snorkel off the beach, try your hand at outrigger canoeing, or simply enjoy one of the many restaurants and an after-dinner stroll along Ali'i Drive. Kona also has a number of historic sites, including King Kamehameha's private temple and the Hulihe'e Palace and Museum with an extensive collection of Hawaiian artifacts. Tour arrangements end in Kailua-Kona.

Transfers can be arranged from Kona international airport at the start and end of your tour for an additional cost please ask for details when booking.

Extra nights before, during or after your holiday can be arranged at extra cost – please ask when booking. Extend your stay to explore Hawaii Volcanoes National Park, arrange a star-gazing excursion to the observatory at Mauna Kea, go whale-watching in the bay, or snorkel or dive off the coast.



**Outdoor Travel** offers many other small group guided or self-guided inn-to-inn cycling tours in North America, including **California's Napa Valley**, **San Juan Islands** in the Pacific Northwest and **Oregon**, many destinations in **Europe**, **Vietnam**, **China**, **New Zealand**, **South Africa** and **Japan**. Ask for details of our cycling holidays in Umbria, Tuscany, Provence, Loire Valley, along the Danube, or around Lake Constance.

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#### **Contact Outdoor Travel for more itinerary details and reservations**

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