Hawaii’s Big Island holds endless adventure and beauty around every bend, which makes this the perfect destination for a holiday get-a-way.

An island of unique experiences, you can walk to a waterfall that drops from 900-feet above or spend the day cycling the remote lava fields. Or have a tingling foot massage standing in the calm bay at Pu‘uhonua o Honaunau National Historic Park, where natural artesian springs bubble up through the ocean waters. Watch green sea turtles bask in the sun on a black sand beach. Stand at the top of a volcano near steam vents that flush your cheeks with the humidity of a natural sauna. Whatever you choose to experience on your trip, Trek Travel can help you make it happen. With options for biking, relaxing and beach-combing each day, your vacation of a lifetime awaits this winter, wrapped in the allure of the Big Island.

CONTACT US FOR MORE INFORMATION ON HOW TO BOOK THIS CUSTOM VACATION.

TRIP WOWS
Enjoy snorkeling at a private beach And Learn about a sea turtle rescue program
Discover the Akaka Falls A 420-foot waterfall nestled in a lush bamboo rainforest
Soak in the stunning views of the endless Pacific Ocean And follow the sand beach to the beckoning ocean tide
Explore Hawaii’s windward side A paradise of vivid tropical flowers, tumbling waterfalls, and deep gorges blanketed in emerald green
Experience the Big Island’s environmental diversity In Volcano National Park, where active volcanoes vent steam and lava gurgles slowly to the island’s southern shore
SAMPLE FAMILY ITINERARY

Day 1

TODAY'S RIDE:
Lapakahi State Historical Park to Mauna Lani Bay Resort
Approximately 21 miles

DESCRIPTION:
Your guides will meet you at The Royal Kona Resort in Kona at 10:00AM or at The Mauna Lani Resort at 11:00AM on the first day of your trip. After a private shuttle (approximately 45 minutes) we’ll arrive at our trip start, Lapakahi State Historical Park. From the sprawling grounds of this ancient historic site, we’ll feast on a Hawaiian gourmet picnic lunch under the palm trees—succulent pineapple and fresh papaya, crisp macadamia nuts and wild Hawaiian greens. After a short round of introductions, we’ll discuss the rules of bike safety and specific cycling tips for riding in Hawaii. We’ll spend some time familiarizing you to the Trek bicycle you’ll be riding, ensuring you and your bike are the perfect fit. Once we’ve filled you in on the details of the day, the rest is yours to discover. Step back in time and take a stroll through the partially restored remains of this ancient Hawaiian coastal settlement. Then, hop on your bike for the short, 20 mile ride along the Kohala Coast to our luxury hotel, the Mauna Lani Bay Resort. Once at the hotel, enjoy snorkeling at the resort’s private beach, and learn about the baby sea turtles that are cared for and released from the resort’s own sea turtle rescue program. Indulge at the full-service spa or play a round of late-afternoon golf—simply make your arrangements at least a week prior to your trip (spa: 808.881.7922, golf: 808.885.6655). As the sun dips below the horizon, we’ll gather for cocktails and conversation and toast our first night together at the Mauna Lani’s gourmet ocean-side restaurant.

HOTEL:
Mauna Lani Resort

Day 2

TODAY'S RIDE:
Kohala Volcano to Mauna Lani
Approximately 58 miles

SHORT OPTION:
Kohala Volcano to Keokea Beach Park
Approximately 22 miles

AVID OPTION:
Hawi Loop
Approximately 79 miles

DESCRIPTION:
We’ll begin our day’s ride after a relaxing breakfast al fresco. From Waimea, we’ll cycle past brilliant green pastures where cattle graze and burly paniolo, or cowboys, gather their herd. For those up for a gradual ascent, the ride continues under the gaze of the long-extinct Kohala Volcano, where you can stop for a rest in a pine tree’s shade and soak in the stunning view of the endless Pacific Ocean and the distant glimmer of Maui’s Haleakala Crater. The road descends to Hawi, the perfect place for a refreshing passionfruit juice and homemade chocolate-covered macadamia nuts. Stop here to peruse its small art shops and, if you’re curious, ride a few miles further to the Pololu Valley and look out onto its steep coastal cliffs. If you’re feeling up to it, hike down to its thick, green valley and follow the black sand beach to the beckoning ocean tide. We’ll fuel up with a picnic at Keokea State Beach Park, then ride back to the hotel. Spend the remainder of the afternoon relaxing on the beach at the Mauna Lani Resort. We’ll enjoy a casual dinner at Roy’s, a local favorite and the best place for seafood on the island.

HOTEL:
Mauna Lani Resort
**Day 3**

**TODAY'S RIDE:**
Waipi'o Valley to Honoko'a
Approximately 53 miles

**SHORT OPTION:**
Waimea to Waipi'o Valley
Approximately 26 miles

**AVID OPTION:**
Mauna Lani to Akaka Falls
Approximately 86 miles

**DESCRIPTION:**
Leaving the kona (or leeward) side of the island, we’ll make our way from Waimea and follow the lush, dense Hamakua Coast. Hawaii’s windward side is a paradise of vivid tropical flowers, tumbling waterfalls, and deep gorges blanketed in emerald green. Enjoy a late morning rest and soak up the view of the splendid Waipi'o Valley. Called the “Valley of Kings,” this mile-wide amphitheater opens up into the vast Pacific, ringed by waterfalls, thick jungle, and steep cliffs. Descend the steepest road in America and explore the valley floor on foot and stroll along its black sand beach. We’ll then shuttle to our home for the next couple evenings, the Kilauea Lodge in Volcano National Park. Take some time for a soak in the outdoor hot tub, play a board game in front of the fireplace or watch a movie in the cozy family room. Tonight, we’ll enjoy dinner together in the warmth of their wood-beamed restaurant.

**HOTEL:**
The Kilauea Lodge

**Day 4**

**TODAY'S RIDE:**
Crater Rim Loop
Approximately 12 miles

**AVID OPTION:**
Crater Rim and Chain of Craters Road
Approximately 30 miles

**TODAY'S ACTIVITY:**
Guided Hike in Volcano National Park

**DESCRIPTION:**
The Big Island’s environmental diversity speaks most clearly in Volcano National Park, where active volcanoes vent steam and lava gurgles slowly to the island’s southern shore. We’ll spend the day exploring the wonders of this unique National Park by both foot and bike. Rise early for a ride around the Kilauea Caldera, the Earth’s youngest and most active volcano: stop for a peek at the fuming Halema'uma'u Crater, the home of Hawaii’s mythical Madame Pele; and join our private guide for a hike among the park’s vast moonscape vista—a splendid view punctuated by cinder cones and tiny fern groves rising up from the endless cemented lava fields. This afternoon, spend some time learning more about the island’s rich volcanic history and pick up some island trinkets at the Visitor’s Center and gift shop. Later today we’ll enjoy an early dinner before following the winding Chain of Craters Road to the rugged shoreline for a sunset over the ocean, weather permitting.

**HOTEL:**
The Kilauea Lodge

**Day 5**

**TODAY’S RIDE:**
Volcano National Park to Punalu'u Black Sand Beach
Approximately 30 miles

**DESCRIPTION:**
We’ll rise early this morning, leaving Volcano National Park for Kilauea’s fertile southern slope. Back on our bikes, we’ll enjoy our last day of riding on the Big Island of Hawaii with a leisurely downhill cruise to the Punalu'u Black Sand Beach. Watch gentle Hawksbill Green Turtles play in the shallow waters, and sink your toes in the warm sand. This evening, we’ll enjoy a traditional luau. This celebration of traditions begins with a special cocktail reception on the Crystal Blue Terrace, where guests will enjoy the sunset and views as well as learn a bit of hula, Polynesian body art, strum an ukulele, pose for priceless pictures and more. Guests will then be seated at the luau grounds overlooking Keauhou Bay while they relax and enjoy the song and dance hosted by Na Hoku Hano Hano award-winner, Danny Couch. We’ll sample traditional Hawaiian luau fare such as roast sucking pig, poi (mashed taro root), and haupia (coconut pudding.) Freshly caught fish and prime rib will also contribute to the culinary adventure, along with other delectable main dishes, freshly prepared vegetables, colorful greens, and sliced tropical fruits. The evening culminates with a grand finale performance on stage to match the spectacular setting.

**HOTEL:**
Sheraton Keauhou Bay Resort & Spa
TODAY'S RIDE:
Ali'i Dr. (Ironman run course)
into Kona
Approximately 20 miles

DESCRIPTION:
This morning you can swim and snorkel at the bay near the hotel, visit the spa, have an early game of golf or go for a short ride down the famous Ali'i Dr., Kona Ironman run course. We’ll depart at 11:30AM for the Kona International Airport at Keahole, arriving at 12:30PM. If you wish to extend your holiday on the Big Island, we will also do a drop off at hotels along the Kailua-Kawaihae coast at 11:45AM. Please do not reserve a flight on this day prior to 2:00PM.

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It’s the little additions to every Trek Travel cycling vacation that make it truly special. And that’s how we help you create more memories.

What’s Included

• 5 nights of accommodation at handpicked hotels
• Two experienced guides to provide local knowledge, support, and camaraderie
• Daily route support with both guides and our support van
• Daily breakfast, some lunches and dinners
• Social hour of drinks and hors d’oeuvres
• Ride a Trek Domane SL 7, Trek’s newest Electric-Assist, or a Trek 7.6 FX Hybrid
• Up to three daily route options on riding days
• Snacks and drinks for each day’s ride
• Trek Travel Bontrager cycling jersey to keep
• Trek Travel water bottles to keep
• Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
• All gratuities for drivers, local experts and hospitality staff
• All luggage transfers and transportation during your trip
• A personalized photobook of your trip
• Entrance fees for all activities, private tours and events

Gear

• Trek Domane SL 7 carbon road bike with Shimano Di2 electronic shifting or Trek 7.6 FX Hybrid bike
• Trek Electric Assist XM700+ also available in a limited quantity
• Trek Travel Bontrager cycling jersey to keep
• Trek Travel water bottles to keep
• Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
• Bontrager helmet and saddle
• Bontrager front and rear Flare R lights and a flat pack
• Garmin Edge 1030 GPS computer
• Upgrade your bike to include carbon wheels (+$200)
• Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
• You may bring your own pedals and saddle on the trip. Your guides will install your gear on the first day during your bike fit.

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What’s Not Included

• Airfare and transportation to and from the trip pick-up/drop-off locations
• Lodging before and after the trip
• Personal items purchased during the trip
• Optional activities not scheduled by Trek Travel
• On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.
• Gratuities for your Trek Travel Guides may be given at your discretion in response to their professionalism and leadership. Industry standard is for each individual guest to tip the guide team 7.5-10% of the trip price.

**HOTELS**

**MAUNA LANI RESORT**
**KOHALA COAST, HAWAII**
This ocean-side resort boasts an array of indulgences. Acres of private grounds provide the ideal blend of decadent luxury and ancient Hawaiian culture.

**KILAUEA LODGE**
**VOLCANO VILLAGE, HAWAII**
An elegant manor home located just outside of Volcano National Park, this cozy inn charms with its individually decorated rooms and beautifully landscaped grounds.

**SHERATON KONA RESORT & SPA**
**KAILUA-KONA, HAWAII**
Keauhou Bay Resort & Spa, crowning an ancient lava flow cascading into the serene waters along Hawaii’s Big Island, is a Hawaii hotel unlike any other. This oceanfront resort offers everything from rejuvenating spa treatments in open-air facilities to an authentic luau that offers expansive views of the dramatic Kona coastline. The Sheraton Keauhou Bay is perfect for a family vacation or Hawaii honeymoon. The former playground of Hawaiian royalty, now beckons all those in search of genuinely unique Hawaiian experiences.

**MEETING & DEPARTING**

**How To Get There**

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Kona International Airport.

From the U.S. mainland, most flights arrive in Honolulu with connecting flights to the Big Island of Hawaii. Most major airlines fly to Honolulu International Airport. Connecting flights to Hawaii are operated by Hawaiian Airlines or Aloha Airlines. From Los Angeles, United Airlines offers direct flights to Kailua-Kona.

**Meeting Time And Location**

**The Royal Kona Resort or The Mauna Lani Resort** | Kona, Hawaii
Your Trek Travel guides will meet you at The Royal Kona Resort in Kona at 10:00 AM or The Mauna Lani Resort at 11:00 AM on the first day of your trip.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Mauna Lani Resort (800.367.2323), and leave a message with your expected arrival time and contact details.

**Departing Time And Location**

**Kona International Airport** | Kona, Hawaii
You will say farewell to your guides at 11:30AM at the Sheraton Keauhou Bay
From the airport you may take a taxi or shuttle to the Kona Hotels or our meeting point.

**Before: Honolulu, Hawaii**

Located on the island of Oahu, Honolulu is the largest city in Hawaii. We recommend the following accommodations for your pre-trip hotel:

- **KAHALA MANDARIN ORIENTAL HAWAII**
  
  Long recognized as the hideaway of celebrities and international royalty, the "Diamond of Diamond Head" has unrivaled standards of luxury and comfort. The extraordinary oceanfront setting, blended with Mandarin Oriental's renowned attention to service, makes this Hawaii's premier resort.
  
  5000 Kahala Avenue | 808.739.8888 | www.mandarin-oriental.com | ~$400

- **ALA MOANA HOTEL**
  
  Centrally located between downtown Honolulu and Waikiki, the Ala Moana Hotel provides guests with spectacular views, elegant dining, and convenient access to shopping and the beach.
  
  410 Atkinson Drive | 808.955.4811 | www.alamoanahotel.com | ~$300

- **OUTRIGGER WAIKIKI ON THE BEACH**
  
  Throughout the hotel you’ll encounter the past sharing with the present: a beautifully restored 100-year-old koa outrigger canoe, kahili (ceremonial feather standards), and murals depicting early voyages. The hotel also features the Kalakaua Experience, a series of free monthly exhibits and lectures by respected authorities in the fields of Hawaiian music, history and the arts.
  
  2335 Kalakua Avenue | 808.923.0711 | www.outrigger.com | ~$300

**After: Kona, Hawaii**

We recommend the following accommodations for your post-trip hotel:

- **ROYAL KONA RESORT**
  
  This former Hilton has an oceanfront location on the edge of town. Spread across three buildings, the 452 rooms were recently upgraded with new furniture and carpeting. There is no sandy beach, but there is conventional swimming pool as well as a natural salt water pool that’s deep enough for swimming.
  
  75-5852 Ali'i Drive | 808.329.3111 | www.royalkona.com | ~$250

- **KEAUHOU BEACH RESORT**
  
  Just south of Kona village, this 314-room hotel adjoins Kahalu'u Beach Park and has interesting grounds that include historical sites and tide pools. The hotel reopened after a lengthy renovation and is now a member of the Outrigger chain. The spacious, tastefully furnished rooms have mini-refrigerators, TVs, lanais and air-conditioning.
  
  78-6740 Ali'i Drive | 800.462.6262 | www.ohanahotels.com | ~$200

- **KING KAMEHAMEHA'S KONA BEACH HOTEL**
  
  This 460-room hotel at Kailua Bay is on the only beach in town. Located at the site of King Kamehameha’s former residence, it has a sprawling koa-wood lobby full of interesting Hawaiian displays.
  
  75-5660 Palani Road | 808.329.2911 | www.konabeachhotel.com | ~$200

* Hotels listed above are local properties we love. We do not have special rates available.
FAQS

Trip Changes

Our itineraries are an approximation of our trips. Trek Travel strives to offer each and every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.

What are the daily rides like?

- Rider Type | 3
- Average Daily Mileage | 30
- Terrain | Hilly

On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Hawaii is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphills, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4 Riders will enjoy the extra mileage the avid route options offer. Hawaii features a variety of great terrain, from rolling hills to steep descents and long, flat, windy stretches. From winding roads through volcanic regions to the consuming views of black-sand beaches, the charm of the Big Island is all yours to discover. See day by day itinerary for specific daily ride distance and elevation options.

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. See Included In The Trip Price for more information. Some non-riding options on this trip are:

- Enjoy snorkeling at a private beach
- Learn about a sea turtle rescue program
- Indulge at the full-service spa
- Golf
- Explore the “Valley of Kings”
- Discover the Akaka Falls, a 420-foot waterfall nestled in a lush bamboo rainforest
- Hike in Volcano National Park

What is the weather going to be like?

Weather in Hawaii is very consistent, with only minor changes in temperature throughout the year. There are really only 2 seasons in Hawaii: summer from May to October and winter from November to April. The average daytime summer temperature at sea level is 85°F while the average daytime winter temperature is 78°F. Temperatures at night are approximately 10°F lower. The wettest months are from November to March. Temperatures in higher locations drop 3.5 degrees for every 1,000 feet above sea level that you climb, so dress appropriately with pants and several layers of clothing.

What if I have to change or cancel my trip?

We understand things happen in life and sometimes you have to cancel or change your bike tour. We want to make it as easy as possible to do so and below you will find our timeline. If you ever have a question, just give us a call, 866 464 8735. Read our cancellation policy.

General FAQs

Didn't find what you were looking for? Check out our General FAQs section. You will find answers to all the most common questions that don't necessarily pertain to a specific trip.
Family Trips with Children

- Children must be at least 9 years of age to ride their own bike.
- For children under 9 years old, a parent must ride a FX hybrid bike with their child riding a pedal bike attachment.
- Children have the option to receive a Trek Travel T-shirt or jersey prior to the trip depending on their preference.
- Trek Travel does not provide car seats or booster seats for riding in the support vans.
- The minimum age to go on a trip is 6 years old.