

5 day Itinerary for Hana Maui

Breakfast will be eaten at the cabins before we leave on our daily adventure each morning. We can eat our own breakfast from our supplies or elect one person each day to prepare breakfast for the group every day.

Lunch it's best to prepare lunch at the cabins each day to eat out on our adventure, finding restaurants can be difficult. Sandwiches would be the best suggestion. There will be a well stocked cooler with drinks that will travel with us on our daily excursions.

Dinner we'll eat out for dinner each night there is a limited variety of restaurants that are open in the evening but there will be local food trucks that will be open that have made a name for themselves with the amazing food that they serve.

Day 1

Pick up from the Airport in Maui. Go to the store to buy supplies. Have dinner at the **Da Kitchen Cafe restaurant** in Kahului, Maui. Then after dinner we will set off on the 2 hr drive to Waianapanapa State Park. Upon arrival, we will give room/ bed assignments and decorate the cabin to make as homey as possible?

Day 2

After breakfast we will explore **Waianapanapa State Park**, which features some of the most unique sights you'll ever see. As home to one Maui's volcanic-sand beaches, you'll have the chance to experience a black sand beach alongside the ocean. A giant sea cave where Popoaleae, a princess that was supposedly murdered by her husband, Chief Kaakea. The cave is large and deep and slightly spooky. The park also has seabird colonies, lava tubes, blowholes, freshwater caves, and a natural stone arches.

Day 3

After breakfast we will explore Seven Sacred Pools at Ohe'o Waialua Falls and Waimoku Falls. **The Seven Sacred Pools** are formally called 'Oheo Gulch. This idyllic spot was carved out by a rainforest stream. There are countless pools and waterfalls in the area, and all of them empty into the ocean along the Kipahulu coast. **The Pipiwai Trail**- with its stunning waterfalls, huge bamboo forest, idyllic stream, and more beauty than you can imagine - is simply one of the best hikes on Maui. Located above the Oheo Gulch (Seven Sacred Pools), Pipiwai Trail is 4 miles roundtrip and gain 650 ft. of elevation. It takes anywhere from 2 1/2 - 5 hours to hike; depending how much nature loving you do. There are several great waterfalls along the route; the destination being Waimoku Falls, which drops 400 ft. down a sheer lava rock wall shaped like a horseshoe. If it's been wet in the area recently, you may find yourself surrounded by numerous small waterfalls on the surrounding cliff face. This is an absolutely beautiful falls and well worth the hike to access.

Day 4

After breakfast we will explore Waioka Pond, Hana Lava tubes and the secret Red Cliffs of Hana

Waioka pond as it's called by the locals is the perfect gem for spending a day cliff jumping, swimming and sunbathing in a sheltered area from the rugged shoreline. There are two ledges, one higher and one lower for jumping off depending on your need for an adrenaline rush. Near the shore end there is a lava-rock island and another little pool where you can access a skylit cave, depending on the level of the water. **Red Cliffs of Hana** is one of my favourite spots in all of Maui. Located on Kaihalulu Bay, the deep rust-red colour of this lava cinder cone is striking with the bright azure blue water, another one of Hawaii's amazing geologically phenomenal places. It is tucked away and sheltered from the raging ocean by a few black lava rocks, making it a good place to take a dip. It's secluded enough that it's not packed with tourists, though is frequented by nudists.

Day 5

After breakfast we will pack up, stop at local viewpoint on the Hana HWY and then explore Haleakalā National Park . **Haleakalā National Park** is home to the dormant Haleakalā Volcano and endangered Hawaiian geese. The Leleiwi and Kalahaku overlooks on the steep Crater Road have views across the West Maui Mountains. Rugged trails in the Summit District pass cinder cones and lava flows. On our way back we will stop at several local farms and gift shops have lunch together then off to our hotel for the next part of the adventure.