

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: \$5655 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; 5 breakfasts; hire of multi-gear hybrid bicycles; inn-to-inn luggage transfers; emergency support and on-call roadside assistance; concierge service for activities and meal reservations; 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; 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 10 miles (16km) over flat terrain, to 100 miles (160km) with routes of up 4500 feet (1372m) of ascent. On average cycling routes are 20-30 miles (32-49km) daily over flat or gently rolling terrain.

When to go: 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. The island has several microclimates so the weather varies 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 to meet your guide 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 to Hilo

cycling @ 30 miles (48km)

Cycle south from Honoka'a along the east coast of the island. How much of the route you ride will depend on your appetite for miles. While we get you off the highway wherever possible, some of the riding is on the main highway and this stretch of road can be a little busy and sometimes rainy. Despite the challenges, you are rewarded with some lush, tropical riding alongside the ocean, over rivers and past waterfalls. There are also several botanical gardens en route that make for pleasant stopping points.

The easy cycle route is 15 miles (24km) along mostly flat or gently undulating terrain, heading south from Honoka'a on a series of smaller lanes before joining the highway near the small village of Paauilo. After a further 10 miles, we collect you for your transfer to Hilo. The moderate ride then continues south (on and off the main highway), ending at the Hakalau botanical gardens. For a challenge, ride all the way from Honoka'a to Hilo on an undulating rather than mountainous route. The heat and the risk of rain make this a hard-but-rewarding 50-mile ride.

Day 3: Hilo to Volcano

cycling @ 25 miles (40km)

The highlight of today's ride is the 10-mile "Red Road" along the Puna coast. This is one of the most scenic stretches of road in the state of Hawaii. Being tucked away in the eastern corner of the Island, it is little-visited and you will see very few cars. The road hugs the rugged coastline: sometimes along cliffs, sometimes through dense jungle. Lava fields, coconut groves and beaches add to the beauty.

For an easy ride, transfer to the laid-back hippie town of Pāhoa, then ride down to the coast for 20 miles (32km) with 700 feet (214m) of ascent, along the Red Road before being collected for a transfer to Volcano. The moderate ride adds an extra 5 miles (8km) and 1000 feet (305m) of ascent by riding back up the hill to Pāhoa. The challenging ride continues from Pāhoa all the way to Volcano – climbing over 3,000 feet (915m) in 30 miles (48km).

You spend two nights in the village of Volcano with its small cluster of houses, restaurants and stores in a rainforest just outside Volcanoes National Park. Being uphill from the calderas, however, it is unaffected by lava flows. The rain makes for very lush vegetation but the elevation (3,700 ft) means that temperatures are relatively cool.

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Day 4: Volcano National Park

cycling @ 20 miles (32km)

Today you visit Volcanoes National Park – one of the must-visit sites in Hawaii. The park encompasses two active volcanoes: Kīlauea, the world's most active volcano, and Mauna Loa, one of the world's largest volcanoes. The park has dramatic landscapes as well as rare flora and fauna.

The easy ride takes in the Kilauea Visitor Center, steam vents and lava tubes in 10 miles (16km) with 450 feet (138m) of ascent. There is also some great walking available. The moderate loop heads into the Park; riding partway down the Chain of Craters Road from lush forest to lava desert in 20 miles (32km) with 1200 feet (366m) of ascent. The challenging ride of 50 miles (80km) continues down to the ocean, where the road has been terminated by recent lava flows. The climb back up rises over 4500 feet (1372m) with expansive views.

Day 5: Volcano to Captain Cook

cycling @ 15 miles (24km)

Start with a van transfer to the old sugar-town of Pahala from where you ride the length of the stunningly beautiful and-deserted Cane Haul Road. This deserted back road takes you through woodland, sugar-cane fields, and meadows. You also get great views of cinder cones and the ocean. End the ride in Naalehu, an unassuming town with an excellent Hawaiian bakery. From Naalehu you will be collected for a van transfer to Captain Cook, a town in the midst of coffee country, with impressive ocean views.

The moderate ride starts with a short transfer over the first hill before adding to the day's ride beforehand with a 20-mile (30km) rolling descent to Pahala. For a challenging ride, follow the moderate ride but add on an initial seven miles that includes a climb through Volcanoes National Park.

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

cycling @ 15 miles (24km)

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

- Call toll free on 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia