

## **Kona Coast Tour**

Live Aloha as an enthusiastic cyclist when you ride the Kona and Kohala Coasts - the same route used by the 1800 participants of the annual Ironman World Championship.

Enjoy 7 days, 6 nights exploring the Big Island of Hawaii, also known as the Orchid Isle the largest and most distinctive island of the Hawaiian chain.

The riding schedule includes 5 days of cycling. This tour is designed for the cycling vacationist.

Upon arrival, which marks the beginning of an unforgettable Hawaiian vacation where you will encounter lava covered landscapes, breathtaking ocean views and easy climbs with long gorgeous descents. Each day of cycling ends early allowing you time to relax on beautiful white sand beaches, swim in the warm waters of the blue Pacific, learn about Hawaiian culture, or try a variety of other activity options such as, diving, golf, or even a helicopter flight to the most active volcano in the world.

Experience Pacific Rim cuisine just a minute's walk away from your accommodations overlooking Kailua Bay.

The Kona Coast Tour includes 6 nights accommodations, breakfast each morning, bicycle, helmet, full support vehicle, tour guide, water, Gatorade, fresh fruit, snacks and a custom souvenir water bottle.

### **Itinerary**

The Kona Coast Tour runs for seven days and offers the following cycling experience:

#### **Day of Arrival**

Upon your arrival you will check in to your hotel, and if you have opted to rent a bicycle you will pick one up at a local bike shop. In the afternoon there will be a welcome meeting where you will meet with your tour guide for an informative discussion on safety, the tour schedule, and routes for the following day.

#### **Day 1**

Our first day of cycling will consist of an easy ride. Approximately 26 miles.

#### **Day 2**

You'll enjoy a nice easy ride along the beautiful Kona Coast and return back to the hotel in the early afternoon so you can relax and prepare for the next day's adventure. Approximately 40 miles.

#### **Day 3**

Get ready for a real challenge! This day will greet you with lots of climbs, spectacular scenery and long gorgeous descents. Approximately 45 miles.

#### **Day 4**

This route leads you up the Kohala Coast, rolling gently through lava-covered landscape to one of the most scenic hotels here on the island. Tall mountains reach up from the shores - Hualalai, Mauna Kea, and the Kohalas. Often Haleakala,

the "House of the Sun", can be seen across the ocean on Maui. Approximately 55 miles.

**Day 5**

The final tour day will consist of the most demanding ride of the week, with a 2700' climb to cool Waimea Town and back to sea level. Approximately 90 miles.

**Day 6**

At the farewell breakfast you can reminisce about the past week and say, "Aloha" to all of the friends you've made during your tour. Then you are free to relax and prepare for your departure.

Participation in any or all tours is optional.