



Big Island of Hawaii Bike Tour

an 8 day USA Bicycle Tour





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Day by Day Itinerary

Day 1 - Arrive Kailua Kona, explore the old town, watch sunset from Humpies while enjoying local grinds (food) and local microbrews.

Our Island Dream begins in Kailua Kona, as we meet your inbound flights. As we have no activities planned, the day is yours to explore town or relax poolside after the long flight. We'll gather for orientation, then enjoy sunset and dinner at a nearby cafe that features local grinds (food) and big assortment of island craft beers.

Relax: Free time until dinner

Eat: Dinner

Sleep: Royal Kona Resort

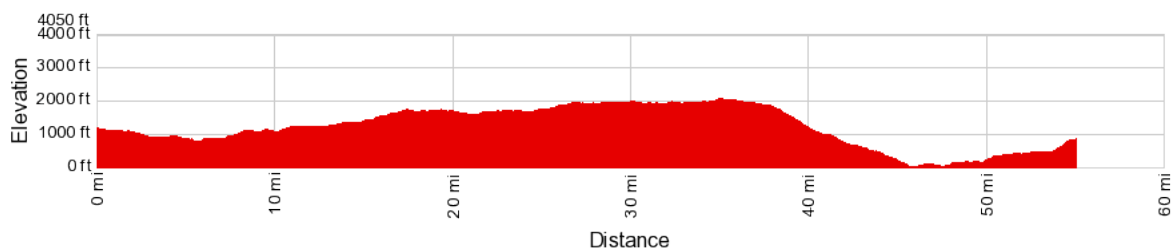
Day 2 - Discover Kona coffee, cycle through the plantations, enjoy a tasting, then descend through macadamia plantations to Pahala.

Rather than cycling through the morning rush, we will shuttle up to coffee country to start our ride today. Our rolling ride takes us past numerous coffee farms, quaint country towns and vast lava fields, en route to the southern most city in the USA of Waiohinu. We continue along the coast to the plantation town of Pahala with its vast Macadamia orchards, where we bed down in some historic plantation houses.

Ride: 59 mi, Land: hilly

Eat: Breakfast, Lunch, Dinner

Sleep: Pahala Plantation



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Day 3 - Look for sea turtles at Punalu'u Black Sand Beach, then ride to Volcanoes National Park.

Today is a short ride taking us up to Volcano National Park. It is a continuous climb, but only a couple of percent grade so easily done by even beginner cyclists. Before we start up, we will take a warm up side trip to the Punalu'u Black Sand Beach, where we may encounter Honu or sea turtles. Upon reaching Volcano Village, you have the afternoon free to explore, perhaps a wine tasting at Volcano Winery or a spin into the National Park. If conditions are good, we will have an early dinner and then hike out to see the fresh flowing lava at sunset. 25 mi

Ride: 25 mi, Land: long slow climb

Eat: Breakfast, Lunch, Dinner

Sleep: Kilauea Lodge



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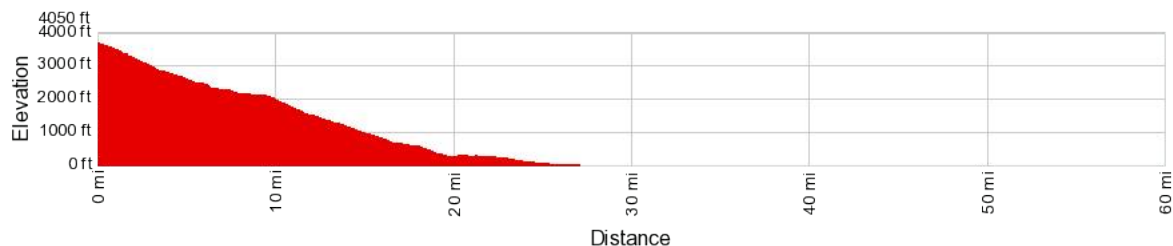
Day 4 - Cycle the rim road around Kilauea Crater, then relax with a 30 mile downhill coast the historic Hilo town.

Another leisurely day is in store. After breakfast we will explore the Crater Loop Road inside the park, enjoy lunch at Lava Rock Cafe and reward ourselves with a 30 mile downhill run to Hilo. Visit to an orchid farm en route and then upon arrival in historic Hilo you have the balance of the day free to do as you please.

Ride: 30 mi, Land: downhill

Eat: Breakfast, Lunch

Sleep: Hilo Hawaiian Hotel



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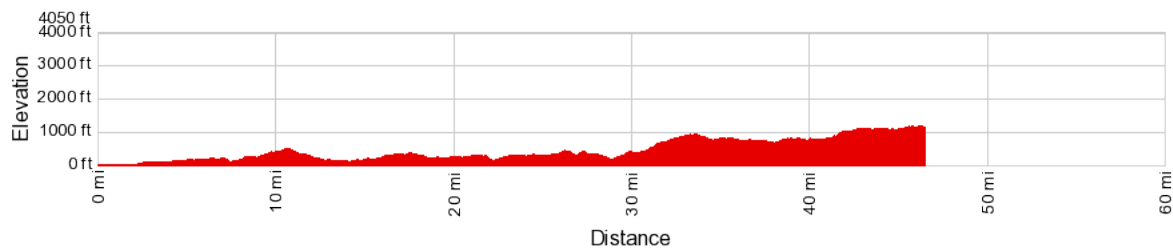
Day 5 - One of Hawaii's most scenic rides, the Hamakua Coast, thick rainforests, tropical gardens and the sea always to your right.

Hawaii's scenic Hamakua Coast highlights today's ride. This region which was heavily dependent of agriculture, still reflects traditional Hawaii. Small communities line the winding road, with the wooden walled, tin roofed houses. We pedal down diminutive side roads through lush tropical forests, enjoy Hawaii's best smoothies and take in the sweeping vistas of blue Pacific waters. Tonight we bed down in Honoka'a, another old plantation town.

Ride: 43 mi, Land: hilly

Eat: Breakfast, Lunch, Dinner

Sleep: Waipio Wayside B&B



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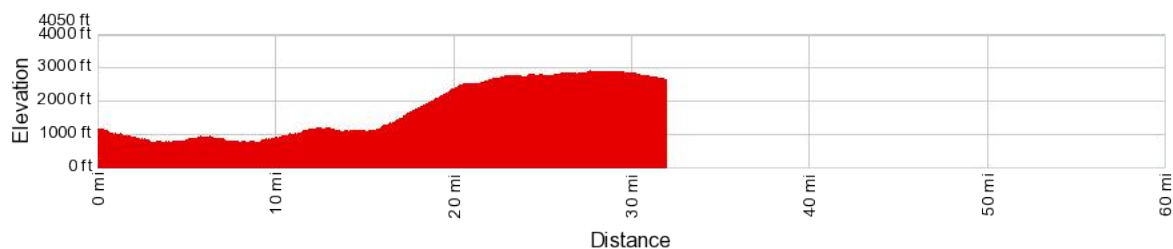
Day 6 - Visit Waipio Valley, landing site for the ancient Polynesian migration, bed down in the cowboy town of Waimea.

After breakfast we enjoy an out'n back ride to Waipio Valley, where the Polynesians first landed, with its black sand beach and towering valley sides. A quick bite at Tex's Drive Inn, famous for its malasadas, the up along the original Queen Mamalahoa Highway to the paniola town of Waimea, home the the US's largest privately owned ranch. Dinner finds us at the local microbrewery for some island favorites.

Ride: 33 mi, Land: two moderate climbs, then downhill

Eat: Breakfast, Lunch, Dinner

Sleep: Waimea Country Lodge



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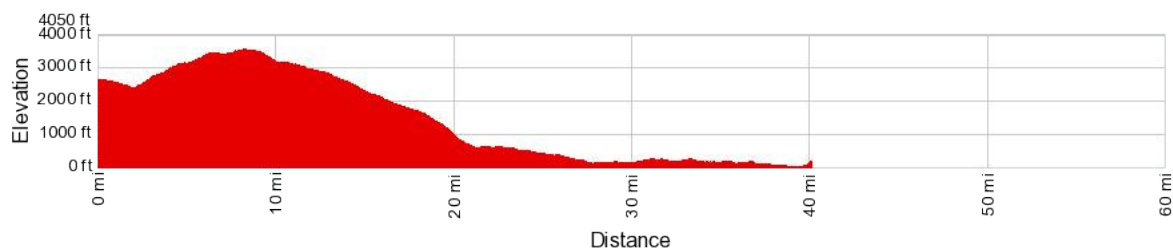
Day 7 - Bike the Kohala Mountain Road to Hawi, then challenge the Ironman course to Kawaihae and the sacred Pu'ukohala Heiau.

Our last day of riding takes us along the Kohala Mountain Road with its dramatic views, then down to diminutive Hawi. Picking up the Ironman route, we roll along the coast, with the historic sites of Pu'ukohala Heiau National Historic Site and Lapakahi Historical Park, provide some diversions from our pedaling, before reaching Hapuna Beach the end of our riding. We end our tour at one of Kailua's best seaside restaurants.

Ride: 40 mi, Land: flat

Eat: Breakfast, Lunch, Dinner

Sleep: Royal Kona Resort



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Day 8 - Bid the islands aloha, enroute to your next adventure.

Sadly, all things must end and we must say goodbye to Hawaii. Shuttles to Kailua Kona Airport will be provided. a hui hou kakou

Travel: Shuttle to airport

Eat: Breakfast

* Why are some route profiles cut off? Our profiles are all based on the same vertical and horizontal scale, so shorter days don't fill the graphic image. We feel this lets you compare days to each other better.



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Scheduled Dates You Can Join:

You can find the most up to date information on available departures and book your spots on the tour's webpage linked below. Lets Travel!

<https://pedalers.travel/hawaii-bike-tours-big-island-dreams-cycling-tours.htm>

Private Dates For Your Gang:

Any Pedalers tour can be made private at your request. If you don't see the date you want, we'll create one for you. A tip from our local experts, this tour is best enjoyed in spring (March to May) and fall (September to November) with less crowds and great weather.

Why Pedalers?

Experience the Heart and Soul of Each Country with Our Local Expert Team

Our passionate and diverse team of local experts will guide you through their homeland, sharing intimate knowledge and hidden wonders. They are not just guides but also skilled bike mechanics, ensuring a comfortable and enjoyable ride. Unlike other tour companies, Pedalers' local crew brings an insider's perspective to the table. You'll be pampered by a friendly team, equipped with the skills to fix anything. A sweep rider and sag wagon provide support, and your baggage travels comfortably with you. Pedalers treats you like family, making your journey unforgettable.

Indulge in Mouthwatering Local Delights on a Culinary Adventure

Unlock the essence of culture through food as we take you on a culinary extravaganza. Bond with fellow riders over scrumptious dishes at local restaurants specializing in regional cuisine. Family-style dining lets you sample outstanding dishes, carefully chosen by our expert guides. Lunch is satisfying but not overwhelming, and breakfast offers comforting Western delights. Pedalers knows the importance of good food for cyclists, creating a mouthwatering experience that combines riding and dining.



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Immerse Yourself in Authentic Accommodations, Where Culture Meets Comfort

Discover the charm of our handpicked accommodations. Pedalers takes a unique approach to accommodations, ensuring an authentic and immersive experience. Choose between Classic and Première Classe tours, each offering carefully selected lodging options. Classic tours feature mid-priced boutique inns that blend comfort with local character, while Première Classe tours add a touch of luxury to your adventure with upscale lodges and inns. Regardless of your choice, Pedalers' accommodations reflect the local culture, providing a delightful and comfortable stay that complements your journey.

Lodging:

Boutique Hotels, Inns & Resorts

What's Included:

- 7 nights Accommodation in the area's better hotels (double occupancy)
- 5 dinners, 5 picnic lunches, 7 breakfasts
- Rental bike
- Service of Team Pedalers Guide(s)
- Full Van Support
- Daily route directions and maps
- Sightseeing and cultural activities
- Airport pick up & drop off



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Meeting & Flights:

Your group will meet in Kailua Kona on Day 1.

Fly into Kailua Kona (KOA) before 3 pm on Day 1

Fly out of Kailua Kona (KOA) after 10 am on Day 8

Note: Guides will meet flights arriving 10 am to 4 pm on Day 1.

For assistance with flights contact our friends at Exito Travel: help.pedalers.travel/flights.htm

Route Conditions:

The entire ride is on paved roads, with some stretches on narrow lanes. Traffic is moderate to light.

The route is suitable for performance road, sport road and touring bikes. Terrain is hilly, small coastal hills in the beginning, with some larger climbs in the later part while we are on the old volcanoes.

Passport, Visa and Travel Documents:

Passports are not required for US citizens or US Green Card holders. Citizens of other countries should check with the nearest US Embassy to see if you can enter with an ESTA or require a visa. We strongly recommend looking into this well in advance of your tour, as visa processing times can sometimes be quite long. To locate the nearest US Embassy visit: <https://www.usembassy.gov/>.