



 **LIFECYCLE
ADVENTURES**

The Big Island

HAWAII

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

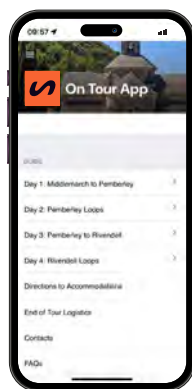
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



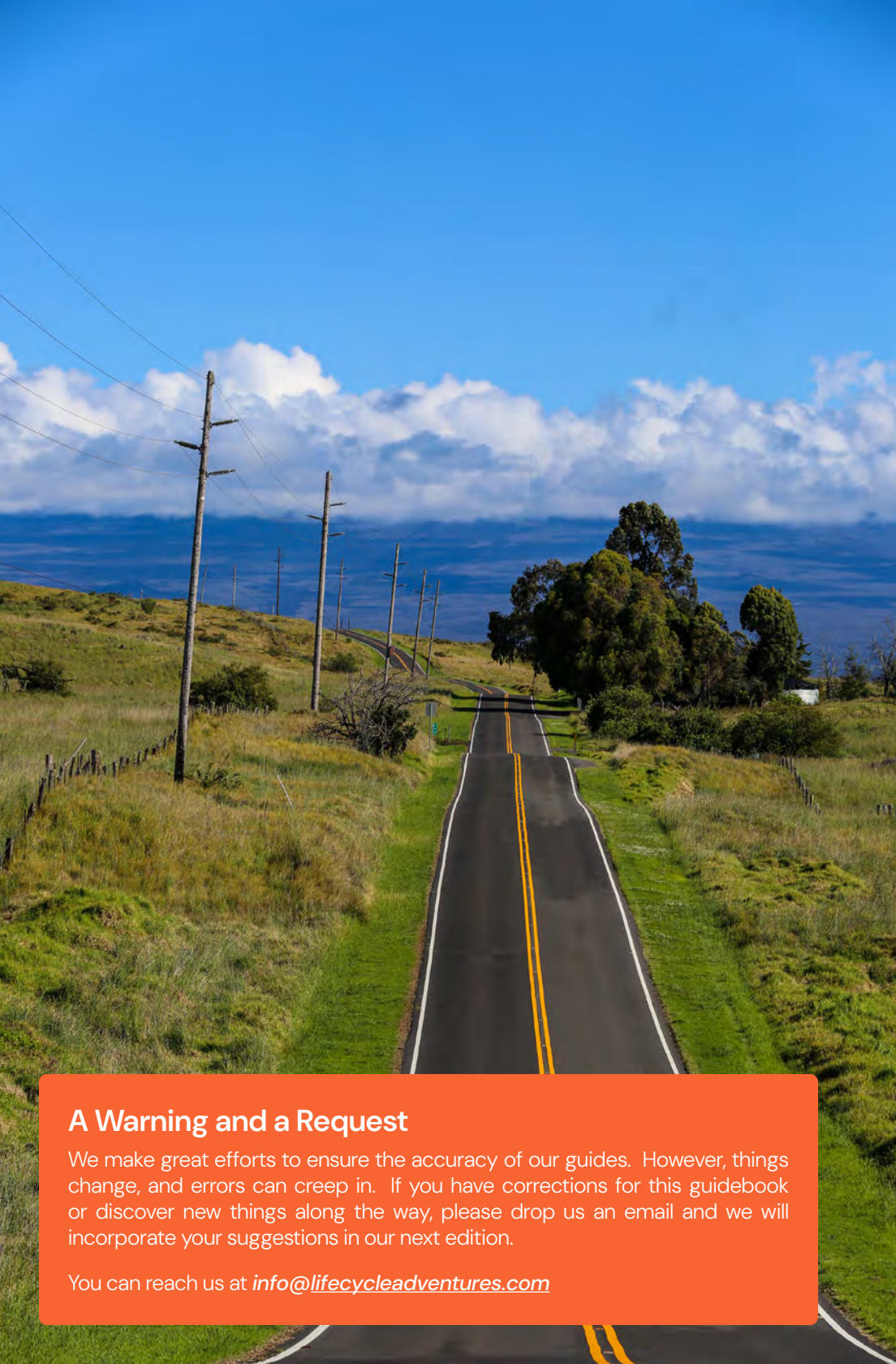
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Written & Researched by

Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at info@lifecycleadventures.com

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The Shoreline in Kailua-Kona

GETTING THERE

Tours typically start in Kailua-Kona (often just called Kona) the Big Island of Hawaii.

Getting to The Big Island

Most people choose to fly in and out of Kona International Airport (KOA). There are direct flights to KOA from Chicago, Denver, Los Angeles, Oakland, Phoenix, Portland, San Francisco, San Jose, Seattle, and Vancouver. For other starting points, there are connecting flights through the better-served Daniel K. Inouye International Airport (HNL) on Oahu.

Getting to Kailua-Kona

There are a number of options for getting to Kailua-Kona from the airport:

Airport Shuttle

SpeediShuttle offer a door-to-door, fixed-rate shuttle service. Fares to Kailua-Kona are around \$20 pp for a shared service or \$100 for a private transfer. They also serve the Kohala Coast hotels with private transfers. 1-877-242-5777 / www.speedishuttle.com.

Local Taxis

Taxis operate from the airport. As of writing, taxi fare is approximately \$35 from the airport to downtown Kailua-Kona.

Rideshare Companies

Both Uber and Lyft operate on the island, but availability is better around Kailua-Kona, Hilo, and Waikoloa. These services are less reliable in remote or rural areas such as near Hawaii Volcanoes National Park. If timing is critical, we would recommend using advance scheduling.

WHERE TO STAY BEFORE YOUR TOUR

In Kona

Guests typically stay in Kailua-Kona before and/or after their tour. Kailua-Kona is a bustling seaside town, and accommodations here tend to be a little more modest than further north along the Kohala Coast. We have had good feedback for the following hotels.

Courtyard by Marriott King Kamehameha's Kona Beach Hotel

 75-5660 Palani Rd, Kailua-Kona

 +1 808 329 2911

 <https://konabeachresort.com/>

Royal Kona Resort

 75-5852 Alii Dr, Kailua-Kona

 +1 (800) 774-5662

 <https://www.royalkona.com/>

Outrigger Kona Resort & Spa

 78-128 Ehukai St, Kailua-Kona

 +1 800 688 7444

 <https://www.outrigger.com/hawaii/hawaii-big-island/outrigger-kona-resort-and-spa>

Note that, on certain days, Kailua-Kona can have an influx of cruise ship tourists.

Kohala Coast Hotels

Guest looking for more luxurious accommodations or a quieter resort experience will typically stay at accommodations along the Kohala Coast, which is about 25 miles north of Kailua Kona. The following have had good feedback from past guests.

Fairmont Orchid

 1 N Kaniku Dr, Waimea

 +1 808 885 2000

 <https://www.fairmont.com/en/hotels/hawaii-big-island/fairmont-orchid.html>

Mauna Kea Beach Hotel

 62-100 Mauna Kea Beach Dr, Waimea

 +1 808 882 7222

 <https://www.maunakearesort.com/stay/mauna-kea-beach-hotel/>

Waikoloa Beach Marriott

 69-275 Waikōloa Beach Dr, Waikoloa Village

 +1 808 886 6789

 <https://www.marriott.com/en-us/hotels/koamc-waikoloa-beach-marriott-resort-and-spa/overview/>

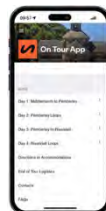
DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.



Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.

On an iPhone or an iPad

- Open the PDF using the above QR code (this can take more than a minute depending on your WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap Books

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

Download the Book

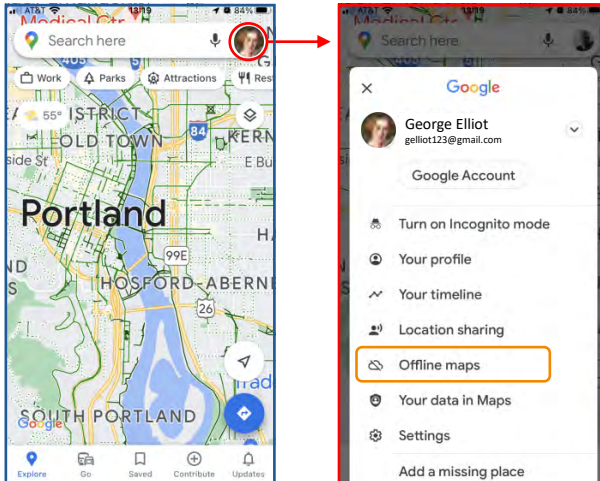
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

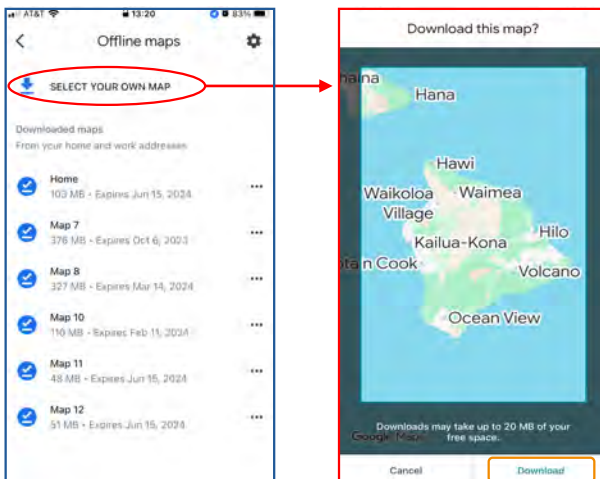
The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.

In the Google Maps app:

- Tap on your profile picture (or letter) in the top right-hand corner
- Select Offline maps



- In Offline maps, zoom the maps to Hawaii to include the whole of the Big Island. Then click "Download".



THINGS TO BOOK BEFORE YOU TRAVEL

End of Tour Transfers Back to Kona Airport

We are unable to collect guests from Kona International (KOA) Airport. However, we can drop guests at the airport on the last day of their tour. There is an additional charge for this transfer.

Start of Tour Transfers from Kohala Coast Hotels

Typically, we collect guests from their hotel in Kailua-Kona. We can also transfer guests from hotels along the Kohala Coast. There is an additional charge for these transfers, which are only available on the first and last days of the tour. Note that there is no extra charge to end your tour at a Kohala Coast hotel.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance.

Kayaking and Snorkeling

There are good options for kayaking and snorkeling on Kealahou Bay near Captain Cook. Reservations recommended.

Kona Boys

 79-7539 Hawai'i Belt Rd, Kealahou

 +1808 328 1234

 <https://www.konaboys.com/>

Adventures In Paradise Snorkel Tours

 78-7156 Kaleiopapa St, Kailua-Kona

 +1808 447 0080

 <https://www.bigislandkayak.com/>

Ehu and Kai Adventures

 82-6009 Kahaloa Rd, Captain Cook

 +1808 328 8775

 <https://www.ehuandkai.com/>

Tea Farm Tour and Tasting

Mauna Kea Tea

A tea farm that offers outdoor tasting and farm tours by appointment only. Guests can walk through the trees and have tea in the tea field. Prices from \$70 per person.

 46-3870 Old Mamalahoa Hwy, Honokaa

 +1808 775 1171

 <https://maunakeatea.com/about-mauna-kea-tea/farm-tour-and-tea-tasting/?sfw=pass1649743324>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Volcano

- Kilauea Lodge and Restaurant
- Volcano House, The Rim Restaurant

In Hilo

- Moon and Turtle
- Cafe Pesto Hilo Bay
- Hilo Bay Cafe

In Waimea

- Merriman's Big Island Restaurant
- FORC Restaurant

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route is available on request (subject to availability)¹

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm top (for higher elevations)
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Arm warmers (handy for changing temperatures)

¹ Items available "on request" should be requested using the Booking Form or via email at least two weeks before the start of your tour.

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical and travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles, and many riders prefer to use a saddle with which they are familiar. This is particularly true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair kit
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike, we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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Waipio Valley, Big Island, Hawaii

INTRODUCTION

Hawaii's Big Island is known for its iconic beaches and swaying palms, but our cycling tours reveal a quieter, more authentic side of paradise.

Pedal through the coffee country of the Kona coast, where the scent of roasting beans fills the air and family-run farms invite you in for tastings of their prized 100% Kona coffee. Kealahou Bay offers calm waters and a touch of history, while nearby Pu'uuhonua o Hōnaunau shares sacred traditions and ancient Hawaiian law. Hawaii Volcanoes National Park delivers otherworldly views of Kilauea's lava landscapes and steaming craters, along with rich cultural stories of Pele, the goddess of fire.

On the lush eastern side, Hilo greets you with waterfalls, vibrant markets, and quiet charm. From here, climb via the stunning Waipio Valley onto the rolling pastures of Waimea, home to paniolo (Hawaiian cowboy) heritage. The landscape changes again as you descend to the Kohala coast villages with their black- and golden-sand beaches.

Many rides end with a stunning sunset and the peaceful rhythm of island life. This is Hawaii in all its contrasts – raw, refined, and unforgettable. Riding here feels like crossing an entire continent – each day brings dramatically different scenery, from tropical rainforests to arid lava fields to misty uplands.

ROUTES & HIGHLIGHTS

The map on the following page shows the *intermediate* routes between the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

Each tour is customized to you and your tour may not include all these routes and overnight towns. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

- Detailed maps
- Leisure, intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes

¹ Not all days have all levels of riding.



Intermediate Routes and Highlights - EAST



1 Captain Cook (Kona Coast and Kealahou Bay)

A quiet, hillside village on the Kona coast, known for its coffee farms and ocean views. Nearby Kealahou Bay is a pristine marine sanctuary and one of the best snorkeling spots in Hawaii.



2 Pu'uhonua o Hōnaunau National Historical Park

This sacred site was a place of refuge under ancient Hawaiian law. Today the site preserves the Hawaiian culture with thatched temples and royal fishponds.



3 Cane Haul Road

An unassuming, forgotten back road that is far from the tourist bustle. Cycle through woodland, sugar-cane fields, and meadows. You also get great views of cinder cones and the ocean.



4 Volcanoes National Park

One of the most geologically active areas on Earth: home to Kīlauea and Mauna Loa volcanoes. There are also lava tubes, steam vents, and dramatic craters.



5 Hilo

The county seat and administrative capital of the Big Island. A rain-soaked town known for its lush gardens, historic charm, vibrant markets, and charming Japanese gardens.



6 Akaka Falls State Park

This lush rainforest park features a short, scenic hike to two waterfalls, including the 442-foot Akaka Falls, one of the most spectacular on the island.



7 Waipio Valley

A dramatic canyon known for its towering cliffs, waterfalls, and black sand beach. Typically, riders stop at the overlook as the road down to the valley is one of the steepest and most grueling on the island and has restricted/prohibited access for all except locals or pre-booked tours.



8 Waimea (Kamuela)

A pastoral upcountry town, known for its paniolos (Hawaiian cowboys) and rolling green hills. It is a blend of ranching culture, fine dining, and scientific institutions (the W. M. Keck Observatory HQ is here).



9 Mauna Kea

At 13,803 feet above sea level, this is the highest point in Hawaii (and the tallest mountain in the world, when measured from its base on the ocean floor to its summit). The peak is a premier stargazing location, dotted with observatories in a dramatic landscape. Access to the summit is regulated; most visitors stop at the Visitor Information Station at 9,200 ft unless with a guided 4WD tour.



10 Kohala Coast

A string of pretty coves and sandy beaches. This part of the coast is the route of the Ironman World Championship as well as home to the island's most luxurious resorts.



CLIMATE & GEOGRAPHY

Overview

The Big Island enjoys a mild climate year-round – with highs around the coast typically in the high 70s or low 80s °F. Winter lasts from November through April and is a little cooler than summer. However, location is the real predictor of temperature and rainfall. Generally, the west coast is warmer and cooler. It gets wetter the further east you go and cooler the higher up you go. Like any tropical island, there can be windy days.

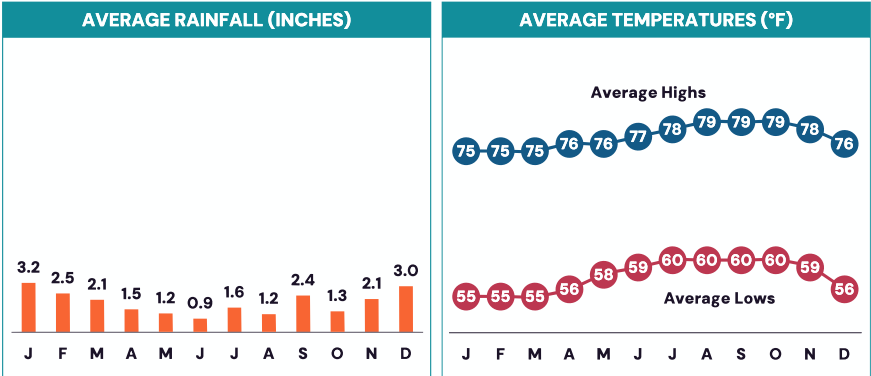
When to Travel

There is no bad time to visit Hawaii, but winter is cooler and a little wetter.

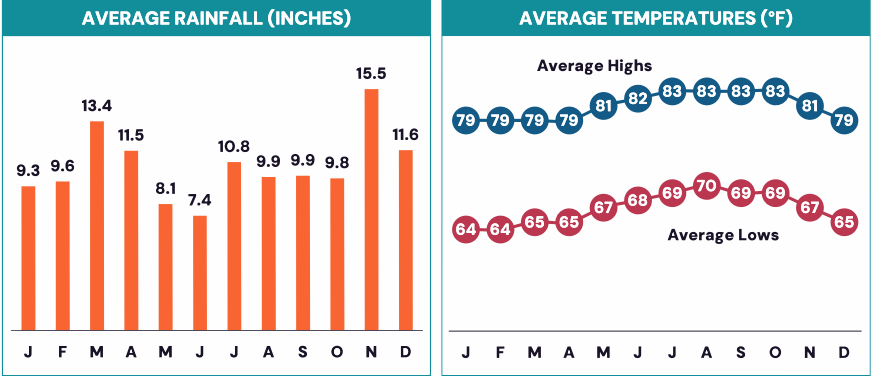
Climate Charts

The following charts show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Captain Cook (on the west coast) and Hilo (on the east coast).

Climate Charts for Captain Cook



Climate Charts for Hilo



Data Sources: www.usclimatedata.com

HISTORY

In Three Sentences

Hawaii has been inhabited by Polynesians for over a thousand years, developing a rich and complex culture centered around land stewardship, navigation, and kapu (sacred law). European contact began in 1778 with Captain James Cook. After decades of shifting power, the Hawaiian Kingdom was overthrown in 1893 by American interests, leading to U.S. annexation in 1898 and statehood in 1959.



Key Dates

Pre-1000 CE

Polynesian explorers from the Marquesas Islands arrive by voyaging canoe, navigating by stars, ocean swells, and bird patterns. They establish thriving settlements, cultivating taro in lo'i (irrigated terraces), building fishponds, and developing deep spiritual and ecological ties to the land.

1200–1400 CE

A second wave of settlers from Tahiti arrives, shaping the social and religious framework of Hawaiian society, including the kapu system – a complex code governing behavior, land use, and social structure. Powerful ali'i (chiefs) rule over distinct island districts, and oral history (mo'olelo) flourishes.

1778

British explorer Captain James Cook lands at Waimea Bay, Kaua'i, initiating the first recorded contact between Hawaiians and Europeans. His arrival marks the beginning of dramatic political, cultural, and ecological change. He is killed the following year at Kealahou Bay on the Big Island.

1791–1810

Kamehameha I unifies the Hawaiian Islands through diplomacy and warfare, establishing the Kingdom of Hawaii. With assistance from Western advisors and weapons, he becomes the first ruler to control all the main islands under a single monarch.

1820	The first group of American Christian missionaries arrives in Kailua-Kona. Within a generation, literacy becomes widespread, and Western ideas about governance, religion, and property ownership begin reshaping Hawaiian society.
1840	Hawaii enacts its first written constitution, transitioning to a constitutional monarchy with a formal government structure. Laws are codified and land rights begin to shift.
1843	During the Paulet Affair, British forces briefly occupy Hawaii. Sovereignty is restored by Admiral Thomas, and July 31 is celebrated as Lā Ho'ihō'i Ea (Restoration Day).
1893	Queen Lili'uokalani is overthrown in a coup orchestrated by American and European residents with support from U.S. Marines. The Hawaiian Kingdom is replaced with a provisional government, despite widespread Native Hawaiian opposition.
1898	Hawaii is annexed by the United States via the Newlands Resolution. In 1900, it becomes a formal U.S. territory, without Native Hawaiian consent.
1941	The Japanese attack on Pearl Harbor brings the U.S. into World War II. Hawaii is placed under martial law, and the islands become central to Pacific military operations.
1959	Following a statehood vote, Hawaii becomes the 50 th U.S. state. The vote does not offer the option to restore independence, a fact later criticized by sovereignty advocates.
1970s–Present	The Hawaiian Renaissance sparks cultural revival and political activism. Movements for Hawaiian language revitalization, land protection, and sovereignty gain momentum, while traditional practices like hula, navigation, and chanting are restored and celebrated.

FOOD & DRINK

Hawaiian Food

Overview

Traditional Hawaiian cuisine is rooted in the islands' Polynesian heritage and shaped by centuries of migration, trade, and adaptation. Staples include taro, sweet potato, breadfruit, banana, and coconut, along with seafood such as tuna, octopus (he'e), and saltwater fish like moi and 'opelu. Meats like pork, chicken, and beef became more common with the arrival of Europeans and plantation laborers. Hawaiians traditionally cooked over open fires or in underground ovens called imu, using lava rocks and banana leaves for steaming and roasting. Later immigration from Japan, China, Portugal, Korea, and the Philippines added rice, soy sauce, noodles, and cured meats to the culinary mix. The result is a diverse and flavorful food culture that blends the ancient with the global.

Poi

Poi is a thick, slightly sour paste made by pounding cooked taro root (kalo) with water until smooth. Once a dietary staple, it remains a culturally significant food in Hawaii today. Poi varies in consistency – from “one-finger” to “three-finger” poi, depending on how thick it is. It is often served as an accompaniment to savory dishes such as kalua pork or lomi salmon and is common at traditional lū'au.



Kalua Pig

A signature Hawaiian dish made by slow cooking a whole pig in an imu, a traditional underground oven lined with hot lava rocks, banana leaves, and wet burlap. The meat cooks for hours until it becomes incredibly tender and smoky. This dish is a centerpiece of lū'au feasts and community gatherings. The meat is typically shredded and served alongside poi, rice, or cabbage.



Poke

Poke (pronounced poh-keh) means “to slice or cut” in Hawaiian and refers to raw fish salad typically made from ahi (tuna) or he'e (octopus). Seasoned with soy sauce, sesame oil, sea salt, limu (seaweed), and inamona (roasted kukui nut), poke is a beloved local dish that now comes in countless variations, including spicy mayo, avocado, and kimchi-style mixes. It's a popular grab-and-go meal found in markets and poke bars across the islands.



Lomi Salmon

A refreshing cold dish of salted salmon mixed with diced tomatoes, sweet onions, and sometimes green onions and chili pepper. Originally introduced by early Western sailors, it became a local favorite and is usually served as a side dish at lū'au. "Lomi" means "to massage" in Hawaiian, describing the way the ingredients are gently mixed by hand.



Lau Lau

A traditional bundle of meat (usually pork, sometimes chicken or fish) wrapped in taro leaves and steamed until tender. The dish is rich and earthy and is often accompanied by poi or rice. Today, it is typically made with the help of modern steamers, though traditional imu preparation is still practiced on special occasions.



Haupia

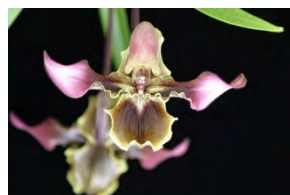
A creamy coconut milk dessert that is a cross between pudding and gelatin. Made with just coconut milk, sugar, and cornstarch, it is chilled until firm and cut into squares. Haupia is a staple of Hawaiian desserts and is commonly found at lū'au, often served alongside cakes or baked into pies.



FUN FACTS (AND OTHER THINGS OF INTEREST)

Have you ever seen a \$20,000 orchid?

It blooms once a year and stays in bloom for two months, from May–August. Brought to Akatsuka Orchid Gardens in 1984, this orchid was awarded a First-Class Certificate for size and symmetry in 1991. It is not the only plant like this in the world but is the only one of its kind with perfect symmetry and is registered with the American Orchid Society.



Active Volcano

Kīlauea, located within Hawaii Volcanoes National Park, is one of the world's most active volcanoes. It has erupted dozens of times in modern history, including a major eruption in 2018 that reshaped parts of the island. When conditions are right, you can witness glowing lava flows, steaming vents, and sulfuric craters. The park is a designated UNESCO World Heritage Site.



Captain James Cook

Captain James Cook was the first documented European to make contact with the Hawaiian Islanders, arriving at Waimea Bay, Kaua'i, in 1778 during his third Pacific voyage. Hawaiians initially welcomed him, possibly mistaking him for the god Lono due to the timing of his arrival during the Makahiki season. Cook introduced Western goods and ideas, marking the start of profound cultural and ecological change. When he returned to the islands in 1779, tensions rose, culminating in a violent clash at Kealahou Bay on the Big Island, where Cook was killed.

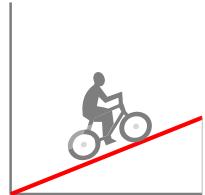


Can I Ride the Steepest Road in America?

Unfortunately, it's a definite no as the road has been closed to hikers and cyclists. However, it is hard to be a cyclist looking out over the Waip'i'o Valley and not wonder whether you could ride up America's steepest road – Waip'i'o Valley Rd. If you're not on a mountain bike and not capable of pushing 400 watts, the honest answer is probably not. Just for the record, Lance Armstrong did it in 9½ minutes, at 430 watts, 46 average cadence and in a 39x27 gear.

If you need more discouragement, the road is potholed, it is prone to out-of-control tourists in rental cars, and it has an average grade of 25%. But what really gets you is that the grade, in places, maxes out at a whopping 40%. That's this steep ==>

Really, don't do it! Just remember to bring your shoes to hike down, if you want to do it under your own steam or take one of the tours that start in nearby Kukuiahae.



Astronomy on Maunakea

Maunakea, the highest point in Hawaii at 13,803 feet above sea level, is considered one of the best places in the world for astronomical observation. The summit hosts 13 international observatories. Because of its elevation, dry air, and low light pollution, scientists can



observe deep into space – and you can stargaze from the visitor station. Tours available.

Turtles

At Punalu'u Black Sand Beach, you can often spot honu'ea (Hawaiian black sea turtles) basking in the sun right on the sand. It's one of the few places in the world where you can safely and consistently see sea turtles on land – just be sure to keep a respectful distance, as they are protected by law.



Rainbow Falls

Just outside Hilo, this waterfall gets its name from the morning rainbows that often appear in its mist. This 80-foot waterfall is easily accessible and steeped in legend – it's said to be home to Hina, the mother of the demigod Māui, who lived in a lava tube behind the falls.



Kona Coffee

True Kona coffee can only be grown in the Kona districts of the Big Island, between 800–2,000 feet of elevation. The volcanic soil, ideal rainfall, and elevation make it one of the most prized – and expensive – coffees in the world. Many farms in the area offer tastings and tours.



ESSENTIALS

Hotel Services

Will hotels do laundry?

Many hotels offer laundry services, but some of the B&Bs do not – though it may be worth asking before searching out a laundromat. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation. Below is a list of laundromats in each of the overnight towns except Captain Cook.

Laundry, Volcano

Open 7:30 AM to 3:00 PM

 19–3956, Volcano Rd #194000, Volcano

 +1 808 967 7969

 <https://maps.app.goo.gl/uPwtEZufaKcZJko36>

Downtown Laundry Express, Hilo

Open 24 hours.

 194 Kilauea Ave # 101, Hilo

 +1 808 969 7755

 <https://maps.app.goo.gl/ibhoG65RLM7yeuWN7>

Waimea Laundry Express, Waimea

Open 6:00 AM to 10:00 PM

 364006023, Waimea

 <https://maps.app.goo.gl/Y2ReGLgscJUNz8P9A>

Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs (cash machines) in every overnight town.

Exploring

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone.

How is the traffic on the roads in Hawaii?

There are a limited number of paved roads on the island. While we do our best to use low-traffic roads when available, you will, at times, find yourself riding on the main road that circumnavigates the island. Typically, this road has a shoulder, but Hawaii is a destination best suited to those that are comfortable riding in some traffic.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest *Hawaii Revealed*. *Fodor's*, *Lonely Planet* and *Moon* also all publish guides to The Hawaiian Islands and have online resources.

What printed map would you recommend?

If you want a good printed map for The Big Island, we like the National Geographic map (number 3111). <https://www.natgeomaps.com/ad-3111-hawaii>

Local Customs

What are local dress codes?

Hawaiian people tend to be relaxed and dress relatively casually. It is quite acceptable and common to ride in Lycra or sportswear and, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it. Even in upscale restaurants, people tend to dress quite casually.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums: 10:00 AM to 4:00 PM
- Shops: 10:00 AM to 6:00 PM
- Restaurants for lunch: 11:30 AM to 2:30 PM
- Restaurants for dinner: 5:00 PM to 8:00 PM
- Other businesses: 9:00 AM to 6:00 PM

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 911. The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and launderettes is uncommon but not unheard of in Kailua Kona and Hilo. However, the countryside in Hawaii is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it.**

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns except Captain Cook.

If Travelling from Outside of the United States

Can I use my non-US charger and hair dryer in Hawaii?

Like the rest of the U.S. and Canada, sockets in Hawaii take standard Type A and Type B plugs at 110 volts, alternating at 60 cycles per second. If you are travelling from Europe, Asia, or Australasia, you will need an adapter for your charger and you will probably want to leave your hairdryer at home.



Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in shops, restaurants and hotels in Hawaii.

If you are travelling from outside of the U.S., your credit card transactions may be subject to foreign transaction fees. Ask your credit card company about foreign transaction fees before you travel as these can vary from zero to over 3%. Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Can I spend my Norwegian Krone in Hawaii?

Probably not! The currency here is the US Dollar. However, credit cards are so widely available, that you can get by with relatively little cash.

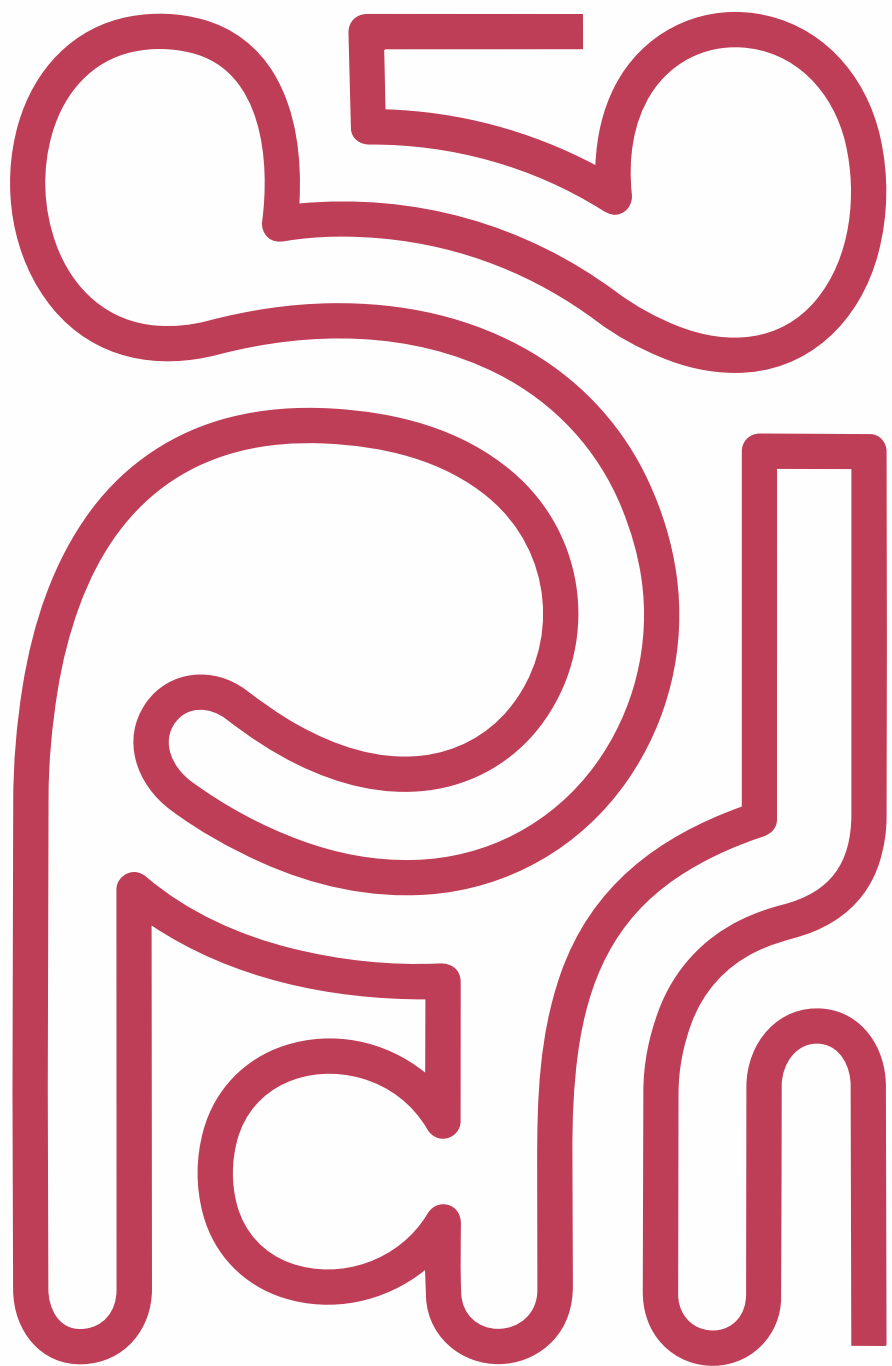
Will my non-U.S. cell phone work in Hawaii?

If travelling from outside of the U.S., you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

If I don't have a U.S. phone, should I buy a SIM card?

For guests from outside of the U.S. on longer trips – or if you need to make a lot of calls while here – it can be worthwhile buying a U.S. SIM card. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your operator. If you are planning to buy a U.S. SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our non-U.S. guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and does not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan before you travel. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology, so it is best to check before leaving home.



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Volcano Village and Volcanoes National Park	45
Hilo	53
Waimea (Kamuela)	61



Captain Cook Monument, Kealakekua Bay

CAPTAIN COOK

Overview

Captain Cook is a quiet and unassuming village nestled on the slopes of Mauna Loa along the Big Island's South Kona coast. Named after the Captain Cook Coffee Company, the town is more a scattering of B&Bs, cafés, and local eateries than a formal town. But for those who pause here, the rewards are several: sweeping views, deep-rooted history, and a glimpse into authentic island life.

Just a short drive away is Kealakekua Bay, a marine sanctuary perfect for snorkeling and kayaking. It is also the site where British explorer Captain James Cook met his end in 1779 – a moment memorialized by a white obelisk across the bay.

Nearby, Pu'uhonua o Hōnaunau (Place of Refuge) offers an insight into ancient Hawaiian culture. This National Historical Park was once a sanctuary for those who broke sacred laws and now features restored traditional structures set against a dramatic coastal lava landscape.

The village of Captain Cook sits at the heart of Kona coffee country. Its high-elevation hillsides are ideal for growing coffee beans, and many of the area's small farms welcome visitors for tastings and tours.

With its blend of history, agriculture, and scenery, Captain Cook is a place to slow down and savor the essence of Hawaii.

Restaurants and Bars

Most of the places to eat are spread out along the Highway 11. Consequently, we would recommend talking to your guide and arrange to eat dinner at your accommodation. Most often your guide will transfer you to a supermarket as part of your transfer.

Uber say that they operate in Captain Cook, but it is on the edge of the area where they regularly provide service and can be unreliable. If you plan to use a ride-share services to get to a restaurant, we recommend using advance scheduling to confirm availability.

In the Center of Captain Cook

Manago Hotel Restaurant

Offers a solid lunch or dinner including their famous pork chops. They claim to be “Hawaii’s Oldest Restaurant” and the place certainly has old-world charm. Open Wednesday to Saturday from 11:00 AM – 2:00 PM and from 5:00 PM – 7:30 PM. Closed Sunday, Monday, and Tuesday.

 82-6155 Hawaii Belt Rd, Captain Cook

 +1 808 323-2642

 <https://www.managohotel.com/>

Black Rock Pizza

One block further south from the Manago, this pizzeria serves good pizzas and has a terrace with a good view. They also have a good selection of beers. Open daily from 11:00 AM – 8:00 PM.

 82-6127 Hawaii Belt Rd #3, Captain Cook

 +1 808 731 6162

 https://blackrock.pizza/blackrockpizzacaptaincook?utm_source=google

Manny’s Mexican Food

On the same block, this family-owned restaurant serves good, authentic food, from the Tierra Caliente region of Mexico, from a small building with a couple of tables at the side of the road. Open Thursday – Saturday and Monday from 11:00 AM – 7:00 PM, Tuesday – Wednesday from 3:00 PM – 7:00 PM, and Sunday from 8:30 AM – 2:00 PM.

 82-6123 Mamalahoa Hwy, Captain Cook

 +1 808 936 6214

 No website

Junjira Fresh Thai Kitchen

This restaurant serves popular items like pad thai, red curry, and tom kha soup, catering to both meat lovers and vegetarians. With options for takeout and outdoor seating. Open Monday to Saturday from 10:00 AM – 8:00 PM. Closed on Sunday.

 Floor 1 Kealakakua Ranch Center, 82-6066 Mamalahoa Hwy, Captain Cook

 +1 808 323 2753

 No website

Further Back (north) Along Highway 11

Reel Aloha poke and Fish Co

A local favorite known for its fresh, locally sourced poke bowls made with daily catch and vibrant toppings. With friendly service and a commitment to supporting local fishermen and farmers. Open daily from 11:00 AM – 6:00 PM.

 81-6641 Hawaii Belt Rd, Kealahou

 +1 808 430 4279

 No website

Teshima's Restaurant

Further north is Teshima's. Home-style, Hawaiian-Japanese cuisine with no frill. They must be doing something right as they've been around since 1929. Open daily from 7:00 AM – 2:00 PM and 5:00 PM – 9:00 PM.

 79-7251 Hawaii Belt Rd, Kealahou

 +1 808 322 9140

 http://www.teshimarestaurant.com/Teshimas_Restaurant/Home.html

Ono Home Kitchen

A casual eatery serving hearty portions of Chinese and local Hawaiian-style comfort food, with favorites like furikake chicken and honey walnut shrimp. Open daily from 9:30 AM – 8:30 PM.

 81-6587 Mamalahoa Hwy A-201, Kealahou

 +1 808 323 2340

 No website

South of Captain Cook

The South Kona Fruit Stand

Offers a fresh alternative in Big Island bounty – local fruits, smoothies, sandwiches, and some yummy baked goods. Open Monday to Saturday from 10:00 AM – 5:00 PM (4:00 PM on Saturday). Closed on Sunday.

 84-4770 Mamalahoa Hwy, Captain Cook

 +1 808 328 8547

 <https://southkonafruitstand.com/>

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Key

Hotels

1. Ka'awa Loa Plantation
2. Horizon Guest House

Restaurants & Bars

3. Manago Hotel Restaurant
4. Black Rock Pizza – Captain Cook
5. Manny's Mexican Food
6. Reel Aloha poke and fish co
7. Teshima's Restaurant
8. The South Kona Fruit Stand
9. Ono Home Kitchen



Route Start / End

Points of Interest

10. Kealakekua Bay
11. Kona Boys
12. Adventures In Paradise Snorkel Tours
13. Ehu and Kai Adventures
14. Greenwell Farms
15. Kona Coffee Living History Farm
16. Bay View Farms
17. Big Island Bees

Other Locations

18. ChoiceMART

Sights and Activities

Captain Cook is a good place to relax. It is warm without being oppressive and there are views around every corner. Most people, however, come to Captain Cook for the kayaking and snorkeling.

Snorkeling and Kayaking at Kealakekua Bay

Kealakekua Bay is a protected marine sanctuary on the Kona Coast, known for its crystal-clear waters, vibrant coral reefs, and abundant marine life. It is a popular spot for kayaking and snorkeling, especially near the Captain Cook Monument, where dolphins and tropical fish are commonly seen.

If you just want to snorkel down at Kealakekua Bay – at the bottom of Napoopoo Rd – your B&B may lend you snorkeling gear and direct you to the best places.

The most popular outing on the bay is to take a kayak and paddle a mile across the Bay from the dock to the Captain Cook Monument. There is good snorkeling here. There is just one catch – you need a permit to actually land your kayak at the monument site. Some people get around this by getting into the water off their boat – just be sure you can climb back in again and don't forget to secure the kayak! It is also worth noting that the site can get crowded after mid-morning as tour boats from Kona arrive. As with many things, early risers are rewarded!

NOTE: Kealakekua Bay is open ocean and conditions can change quickly. Make sure you are aware of and comfortable with your equipment and the risks.

The following operators have tours in the bay.

Kona Boys

A surf shop located in Kealahou. They offer guided kayak and snorkel tours of Kealahou Bay. Their "Morning Magic" tour begins with a paddle across the bay, where guides share insights into the area's cultural significance and natural beauty. Upon reaching the shores near the Captain Cook Monument, participants snorkel in clear waters with coral reefs teeming with vibrant marine life. The tour includes a lunch, refreshments, and permits. \$229 per person for 5 hours. Other excursions are available.

 79-7539 Hawaii Belt Rd, Kealahou

 +1 808 328 1234

 <https://www.konaboys.com/>

Ehu and Kai Adventures

A kayak rental outfit close to the Bay. They have a "simple" storefront but, like the more polished companies, their rentals include a cooler, a dry bag, backrests and life vests. They also have snorkels to rent.

Usually, if you ask nicely, they drop your kayak down by the water – a plus if your only means of transport is a bike! Kayaks rent for \$65 single and \$90 double for around 4 hours. Snorkel gear may be an additional charge (Check equipment on delivery).

 82-6009 Kahaloa Rd, Captain Cook

 +1 808 328 8775

 <https://www.ehuandkai.com/>

Hiking

You can hike down to the Captain Cook Monument along the logically named Captain Cook Monument Trail. It can be hard to find the trailhead – ask your B&B owner or look for 3 palm trees on the landward side of Napoopoo Rd about 750 feet down from Hwy 11. The path is marked "Cap Cook" on the shoulder of the seaward side of the road. There are fine views on this rough and exposed trail. It is only 4 miles in and out, but the heat and the climb will mean it could take you up to four hours. Don't forget water, lunch, and your swimmers!

Coffee

Greenwell Farms

An interesting shop offering regular tours and constant tastings. It is just down the hill from the Kona Historical Society's Greenwell Store Museum. Open daily from 8:30 AM – 5:00 PM.

 81-6581 Mamalahou Hwy, Kealahou

 +1 808 323 9616

 <https://www.greenwellfarms.com/>

Kona Coffee Living History Farm

The Historical Society also runs this farm further south on Hwy 11 just after the Napoopoo Rd turn (at mile marker 110). This historic coffee farm brings the coffee pioneer's story to life and visitors walk through the coffee and macadamia nut orchards and tour the historic farmhouse.

The only downside is that the \$20 admission is relatively expensive for what you get. The Farm is open for tours and coffee sales Tuesday to Friday from 10:00 AM – 2:00 PM. Final admission to the farm is at 1:15 PM. The tours are self-guided, and reservations are not required.

 82-6199 Hawaii Belt Rd, Captain Cook

 +1 808 323 3222

 <https://konahistorical.org/kona-coffee-living-history-farm>

Bay View Farm

Better value (free) and a little more off the beaten track. They offer a 30-minute tour of their processing facility as well as a complimentary tasting. Open Monday to Saturday from 10:00 AM – 4:00 PM, final tour at 3:00 PM.

 83-5249 Painted Church Rd, Captain Cook

 +1 808 238 5839

 <https://www.bvfcoffee.com/>

Big Island Bees

Learn about bees and honey and taste single blossom samples. To get here, take a short detour up a winding lane off Napoopoo Rd. Seasonal combinations of honey and local spices are available for purchase too. Activities include a one-hour beekeeping tour “where you'll have a box seat on beekeeping in a safe and secure screened area” (reservations required, can be made online – \$30 per person). Open Monday to Friday from 10:00 AM – 3:00 PM.

 82-1140 Meli Rd #102, Captain Cook

 +1 808 328 1315

 <https://bigislandbees.com/>

Festivals

Kona Coffee Cultural Festival

Held annually in November in the heart of coffee country, the Kona Coffee Cultural Festival is Hawaii's oldest food festival and a vibrant celebration of Kona's world-famous coffee heritage. Not exclusive to Captain Cook, the festival takes place across the Kona coffee-growing region, which stretches along the South and North Kona districts of the Big Island. Events span several days and include coffee farm tours, tastings, art walks, a coffee recipe contest, and cultural performances. It is a chance to meet farmers, learn the coffee-making process from bean to cup, and experience the strong agricultural and multicultural roots of the South Kona region.

 <https://konacoffeefest.com/>

Other Useful Information

Taxis

Taxis are not generally available in Captain Cook but Uber and Lyft operate a limited service. If relying on these ride-share services to get to a restaurant, we would recommend using advance scheduling.

Grocery Stores

There are a few supermarkets in the area including the following.

ChoiceMART

Open daily from 5:00 AM – 9:30 PM.

 82-6066 Mamalahoa Hwy, Captain Cook

 +1 808 323 3994

 <https://www.choicemarthawaii.com/>

The following fruit stand is a local landmark.

The South Kona Fruit Stand

Offers a fresh alternative in Big Island bounty – local fruits, smoothies, sandwiches, and some yummy baked goods. Open Wednesday to Monday from 10:00 AM – 5:00 PM (4:00 PM on Saturday and Sunday). Closed on Tuesday.

 84-4770 Mamalahoa Hwy, Captain Cook

 +1 808 328 8547

 <https://southkonafruitstand.com/>



The caldera of the Kilauea Volcano, Hawaii Volcanoes National Park

VOLCANO VILLAGE AND VOLCANOES NATIONAL PARK

Overview

Volcano Village, or simply “Volcano,” lies in the southeastern part of the island. At 4,000 feet in elevation, Volcano has a cooler climate than the coast. The small number of residents, numbering around 1,500, are scattered around several square miles, but the primary focus here is the rustic center of Volcano and Hawaii Volcanoes National Park – home to Kilauea Volcano, one of the most active volcano on earth. The 100 inches of rain that falls in this area provides an abundance of Hapu’u Fern and Ohia’ and Koa forests, a bright contrast to the dark lava rock that makes up the slopes of Kilauea.

Nearby Hawaii Volcanoes National Park was established in 1916 and was designated a World Heritage Site in 1987. Just inside the entrance to the park is the Kilauea Visitor Center, a good first stop to obtain information on current conditions, things to do and the daily schedule of ranger-led activities. The short yet informative film shown in the auditorium details the most recent eruptions as well as flora and fauna you will see as you explore the park.

Note that this is an active volcanic area and what you what activity you will see during your visit is unpredictable. Ask at the visitors' center for the latest news about current volcanic activity.

Restaurants and Bars

Thai Thai Bistro & Bar

A surprising find in Volcano. They serve traditional Thai dishes with a website warning that "Thai Hot is EXTREMELY hot and recommended only for the experienced." No fish oil is used in their food preparation. Western menu items are also available. Open Friday to Tuesday from 11:30 AM – 3:00 PM and from 4:00 PM to 9:00 PM. Closed Wednesday and Thursday.

 19-4084 Old Volcano Rd, Volcano

 +1 808 967 7969

 <https://www.lavalodge.com/thai-thai-bistro.html>

Volcano Lava Rock Café

An extensive menu of burgers, salads, fish and chips, and pasta. The food is basic, and the evening vibe lively with a live band some nights. Open Tuesday to Saturday from 11:30 AM – 8:00 PM and Sunday from 8:00 AM – 2:00 PM. Closed on Monday.

 19-3972 Old Volcano Rd, Volcano

 +1 808 967 8526

 No website

Kilauea Lodge and Restaurant

For a formal dinner, Kilauea Lodge (a former YMCA Camp built in 1938) is now a lodge with a very good restaurant. They are open daily for breakfast, lunch, and dinner until 9:00 PM with a closure between 3:00 PM – 5:00 PM. Reservations for dinner are highly recommended, especially on weekends.

 19-3948 Old Volcano Rd, Volcano

 +1 808 967 7366

 <https://www.kilauealodge.com/>

Volcano House

If you prefer to dine inside the Volcanoes National Park, Volcano House has two options.

Uncle George's Lounge

A restaurant/bar serving casual food such as burgers, salads, and pasta dishes as well as beer, wine, and cocktails. The food is just okay, but the views are excellent. Food is available from 11:00 AM – 9:00 PM.

The Rim

For more formal dining, this restaurant serves locally sourced seafood as well as a variety of vegetarian and meat dishes. The quality of the food and the prices are

much higher than Uncle George's Lounge and the views are just as good. Open daily from 11:00 AM – 2:30 PM and from 5:00 PM – 8:30 PM. Reservations are required for dinner.



1 Crater Rim Drive, Hawaii Volcanoes National Park

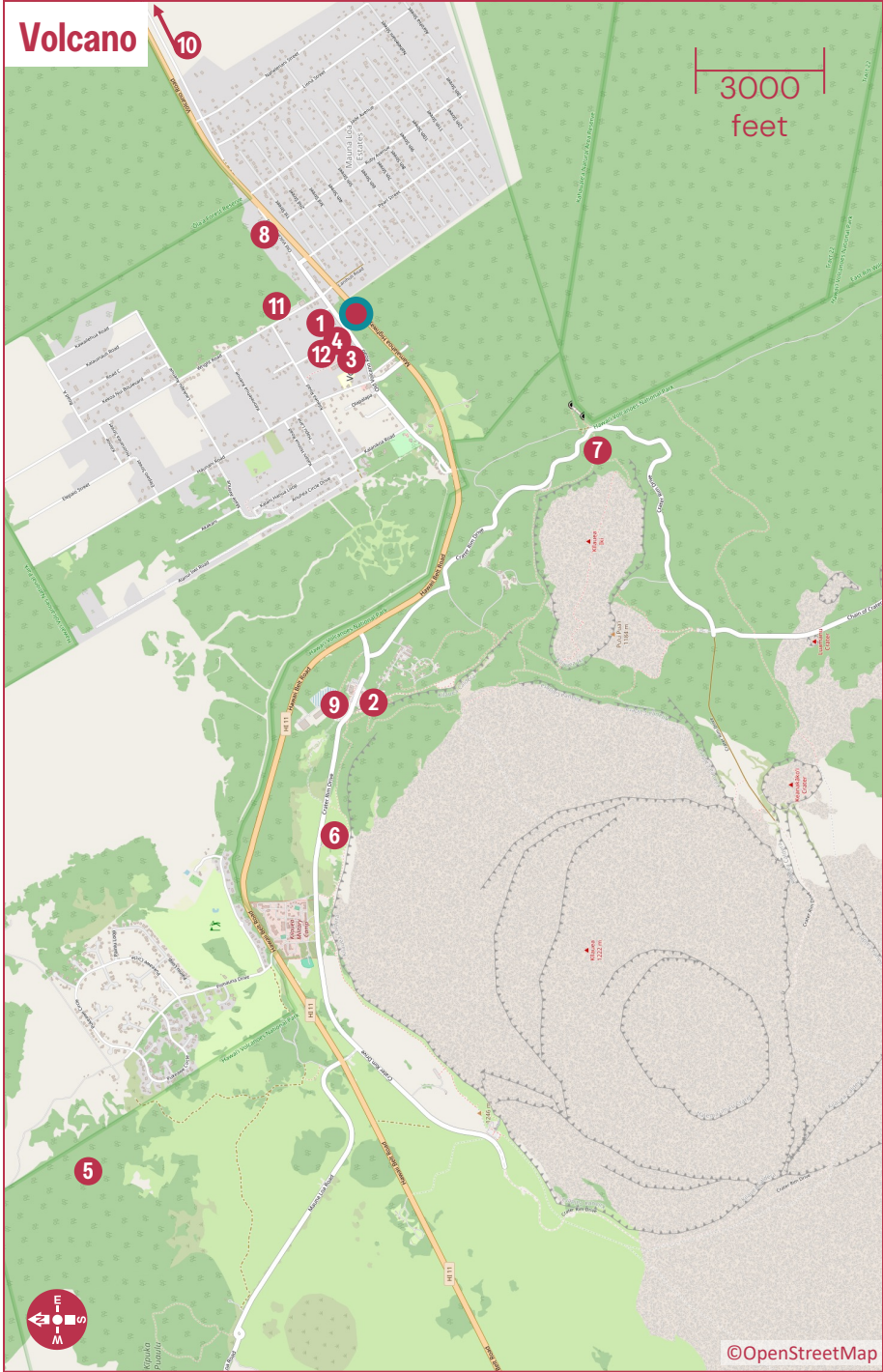


+1 808 756 9625



<https://www.hawaiivolcanohouse.com/dining>

Town Plan



Key

Hotels

1. Kilauea Lodge
2. Volcano House

Restaurants & Bars

3. Thai Thai Bistro & Bar
4. Volcano Lava Rock Café
1. Kilauea Lodge and Restaurant
2. Volcano House



Route Start / End

Points of Interest

5. Hawaii Volcanoes National Park
6. Steam Vents Trail
7. Kilauea Iki Trail
8. Volcano Garden Arts
9. Volcano Art Center
10. Akatsuka Orchid Gardens
11. Farmers' Market

Other Locations

12. Kilauea General Store

Sights and Activities

Hawaii Volcanoes National Park

There is no entrance fee if you have a National Park Pass or are active-duty military. Otherwise, the entrance fee is \$30 per passenger vehicle and \$15 per pedestrian or bicyclist (credit or debit cards only, no cash). Each park pass is valid for 7 days.

Kilauea Visitor Center

This is a good first stop once inside the park. Get a park brochure from the pay station as you enter if you are interested in learning more about the sites you will encounter.

The center is the main orientation point for Hawai'i Volcanoes National Park, located just inside the park entrance near the summit of Kilauea. It is open daily, and offers essential information on current volcanic activity, safety updates, and weather conditions. Park rangers are available to answer questions and provide recommendations on hikes, scenic drives, and ranger-led programs. The center features educational exhibits on volcanic geology, native ecosystems, and Hawaiian culture, as well as a bookstore and restrooms. It is the ideal stop to stay informed about dynamic park conditions.



+1 808 985 6011



<https://www.nps.gov/havo/index.htm>

Steam Vents

Leads to you to what you might expect – steam vents. The vents billow when ground water seeps down to the hot volcanic rocks and generate continuous plumes of steam.

Kilauea Iki Trail

A longer hike that includes views of the Kilauea Iki Crater. Check with rangers on any sections of the hike that may be closed. The Chain of Craters Rd once led to Kalapana, but lava flows have closed that access. However, there are still 19 miles leading 3,700 feet down to cliffs overlooking the ocean with ancient craters, lava flows with the year of flow designated, and petroglyphs along the way.

Thurston Lava Tube (Nāhuku)

Thurston Lava Tube, also known by its Hawaiian name Nāhuku, is a 600-foot-long lava cave formed approximately 500 years ago during a Kilauea eruption. Located near the summit of Kilauea, this easily accessible site is one of the park's most popular attractions. A short loop trail through a lush rainforest leads to the cave entrance, where visitors can walk through the cooled lava passage. The tube is illuminated during daytime hours and features a paved path with handrails. It offers a unique opportunity to observe the geological processes that shape Hawai'i's volcanic landscape. No special equipment or guide is required. Bikes can be locked at the parking lot.

Kilauea Overlook

Towards the end of Crater Rim Road, the Kilauea Overlook provides some of the most dramatic views in the park of the Kilauea caldera and the Halema'uma'u crater, which suffered a massive collapse during the eruption of 2018.

Chain of Craters Road

A 19-mile scenic drive descending from the summit of Kilauea to the Pacific coastline. The road passes through a dramatic volcanic landscape shaped by past eruptions, featuring pit craters, lava flows, and sweeping views. Key stops include the Lua Manu and Pauahi craters, Mauna Ulu lava fields, and the Pu'uloa Petroglyphs. The road ends near Hōlei Sea Arch, a natural lava formation at the ocean's edge. Originally 38 miles long, parts have been repeatedly covered by lava, and the lower section is often inaccessible. There are no services along the route, so plan accordingly.

Ha'akulamanu Sulphur Banks

A geothermal area near the Kilauea Visitor Center featuring steaming vents and colorful mineral deposits. A paved 1.2-mile round-trip trail leads through native vegetation to an overlook where volcanic gases – primarily sulfur dioxide – escape from underground. As the gases cool, they deposit bright yellow sulfur crystals and other minerals, creating a striking landscape. The area is also known for its distinctive smell due to the presence of hydrogen sulfide. Visitors with respiratory sensitivities should use caution. Interpretive signs along the trail explain the geology, ecology, and cultural significance of this dynamic volcanic feature.

The Hilina Pali Overlook

A windy promontory at the end of Hilina Pali Rd – a narrow lane built by the Civilian Conservation Corps (CCC) in the 1930s. The views from this exposed promontory are vast and outstanding; across the scrubby Ka'u Desert all the way down to the ocean.

Volcano Garden Arts

This farmhouse-turned-gallery is constructed of California redwood originally brought to Volcano by ship, rail and horse-drawn wagon. The manicured grounds include cultivated gardens, an art studio, greenhouses, and nature trails that give access visitors access to the large surrounding upland rain forest. Open daily from 10:00 AM – 4:00 PM.

 19-3834 Old Volcano Rd, Volcano

 +1 808 985 8979

 <https://www.volcanogardenarts.com/>

Volcano Art Center Gallery

Showcases art from more than 200 local artists and displays artworks from the National Park's collection. This non-profit has several events on their calendar each month, including musical concerts, yoga, art classes and more. If interested, check their website for events and fees.

As well as the center in Volcano National Park, the Niaulani Campus Administrative Office is in Volcano Village. The gallery is open daily from 9:00 AM – 5:00 PM.

 Hawaii Volcanoes National Park, Bldg 42, Volcano

 +1 808 967 7565

 <https://volcanoartcenter.org/>

Festivals

Experience Volcano Festival

Set in the creative community of Volcano Village, this two-day festival highlights the area's artistic spirit, natural beauty, and local culture. Usually taking place at the end of July, activities include live music, art exhibits, food vendors, forest walks, and cultural demonstrations at multiple venues around the village. With Volcanoes National Park nearby, the event offers a rich mix of outdoor exploration and community celebration.

 <https://www.experiencevolcano.com/experiencevolcanofestival>

Other Useful Information

Taxis

Taxis, Uber, Lyft are not generally available in Volcano.

Farmers' Market

Each Sunday morning from 6:30 AM – 10:00 AM, the Cooper Center hosts a farmers' market. Find arts and crafts as well as locally produced food items.

 19-4030 Wright Rd, Volcano

 +1 702 482 7887

 No website

Grocery Stores

Kilauea General Store

Has very few groceries, but there are also good baked goods, and an espresso stand. Open daily from 7:00 AM – 7:00 PM (close at 6:00 PM on Sunday and Monday).

 19-3972 Old Volcano Rd, Volcano

 +1 808 967 7555

 <https://www.kilaueagifts.com/>



Lili'uokalani Gardens, Hilo

HILO

Overview

Hilo, on the east side of the Big Island, sits in the shadows of the active Mauna Loa volcano and the dormant Mauna Kea volcano on a crescent-shaped bay. It is both the capital and the largest city on the island but maintains a relaxed, historic feel. During ancient times, the area was a trading center for native Hawaiians. In the 1800s, once missionaries arrived, Hilo became a prominent trading hub due to its proximity to sugar plantations. In 1946, an earthquake near the Aleutian Islands produced a tsunami which struck Hilo and killed 160 people. Another powerful tsunami hit in 1960, killing 61 more. The Tsunami Museum, under Things to Do below, is worth visiting to learn more about these events. The Hilo Bay Beachfront Park, where many of the people were at the time of the 1960 tsunami strike, is now a popular site for weekend volleyball games, picnics, and kayaking.

The closure of the sugar plantations on the island in the 1990s were a blow to the Hilo economy. However, Hilo is now making a comeback. The business district has undergone major renovations, and visitors are drawn to the town for the museums, local farmers market, fish market, shops, and restaurants. Each April on Easter Sunday, the popular Merrie Monarch festival begins in Hilo. Dedicated to the memory of King David La'amea Kalakaua (the "Merrie Monarch" who was king of the Hawaii nation from 1874–1891), this annual week-long Hula festival celebrates the

culture and continuation of Hawaiian tradition through native language, dance and the arts.

The east side of the island gets most of the rainfall, 130 inches per year. All that rain makes this area tropical and lush and fills the rainforest with colorful flowers and waterfalls. Rainbow Falls State Park and Wailuku River State Park are two of the larger natural attractions and are located along the same river, just west of Hilo.

Restaurants and Bars

Paul's Place

A good choice for breakfast or brunch. The Salmon benedict is, in our opinion, the best on the island. They are also vegetarian friendly. Open Wednesday to Saturday from 7:30 AM – 2:00 PM.

 132 Punahoa St, Hilo

 +1 808 280 8646

 No website

Moon and Turtle

A fresh seafood restaurant which features locally sourced ingredients and a frequently changing international menu. It is small and popular with the locals, so reservations are recommended. Open Tuesday to Saturday from 5:30 PM – 9:00 PM. Closed Sunday and Monday.

 51 Kalakaua St, Hilo

 +1 808 961 0599

 No website

Cafe Pesto

A casually elegant restaurant offering creative and fresh island cuisine. Service is consistently good, and they have a full bar menu as well. Open daily from 11:00 AM – 8:30 PM. Reservations recommended and can be made online.

 308 Kamehameha Ave #101, Hilo

 +1 808 969 6640

 <https://www.cafepesto.com/>

Hilo Bay Cafe

Highly rated and sits right on the shore at Hilo Bay. Artisan sushi, locally inspired dishes, and a lanai perfect for warm evenings. Open Tuesday to Saturday from 11:00 AM – 2:30 PM and 5:00 PM – 8:30 PM. Closed Sunday and Monday. Reservations can be made online.

 123 Lihiwai St, Hilo

 +1 808 935 4939

 <https://hilobaycafe.com/>

Ponds Hilo

An historic Hilo tradition, and is located overlooking the local swimming hole, Ice Pond. Here you will find traditional Hawaiian dishes along with a full selection of burgers, salads, wraps, and more. Open Thursday to Monday from 11:00 AM – 9:00 PM. Closed on Tuesday and Wednesday. Reservations can be made online.



135 Kalanianaʻole St, Hilo



+1 808 934 7663



<https://ponds-hilo.club/>

Kula Shave Ice

For dessert or a cool down after a ride, you can visit this shaved ice store. They offer hand-crafted flavors with “organically grown/locally sourced fruit, organic cane sugar, ultra-filtered water, and love”. They also offer organic Acai bowls, coffees, and ice-creams. Open daily from 9:00 AM – 5:00 PM.



57 Mamo St, Hilo



+1 808 731 4166



<https://kulashaveice.com/>

Suisan Fish Market

Possibly the best fresh fish and poke in Hilo. The staff are friendly and the service is fast. Their Poke bowls are especially popular. Open from 9:00 AM – 3:00 PM. Closed Wednesday and Sunday. Reservations recommended and can be made online.



93 Lihikai St, Hilo

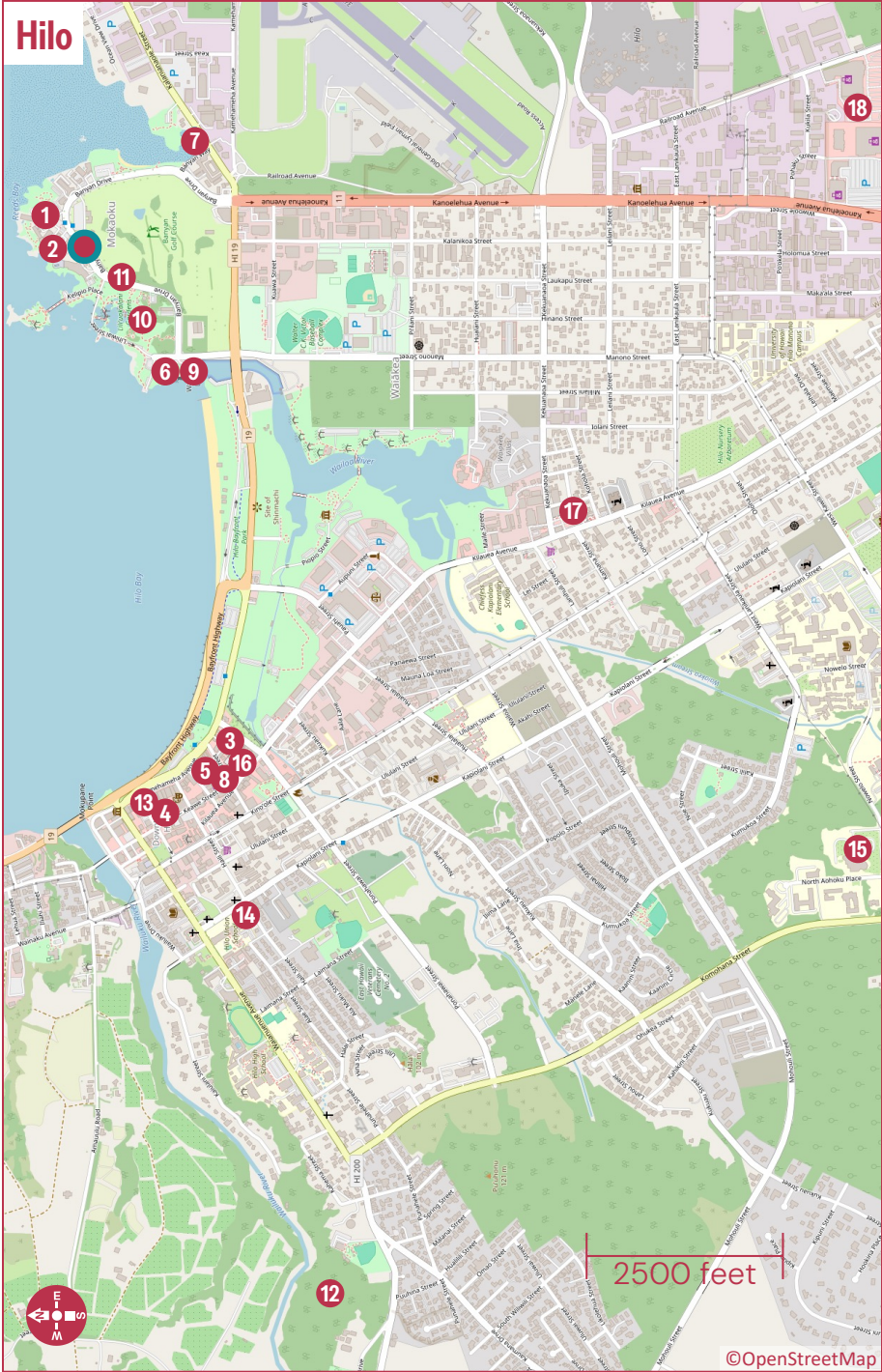


+1 808 935 9349



<https://www.suisan.com/our-services/fish-market/>

Town Plan



Key

Hotels

1. Grand Naniloa Hotel
2. Hilo Hawaiian Hotel

Restaurants & Bars

3. Paul's Place
4. Moon and Turtle
5. Cafe Pesto Hilo Bay
6. Hilo Bay Cafe
7. Ponds Hilo
8. Kula Shave Ice
9. Suisan Fish Market



Route Start / End

Points of Interest

10. Lili'uokalani Gardens
11. Banyan Drive
12. Wailuku River State Park
13. Pacific Tsunami Museum
14. Lyman Museum and Mission House
15. 'Imiloa Astronomy Center

Other Locations

16. Farmers' Market
17. Island Naturals Market & Deli
18. Safeway

Sights and Activities

Lili'uokalani Gardens

A meticulously groomed Japanese Garden surrounded by banyan trees and overlooking Hilo Bay. Arched stone bridges connect areas of the park and pagodas provide shade on a warm day and a reprieve from showers on wet days.



189 Lihikai St #151, Hilo



<https://www.liliuokalanigardens.org/>

Banyan Drive

Continue strolling down Banyan Drive to see Banyan trees lining the road. They have withstood the many tsunamis to hit Hilo and were planted by various dignitaries and celebrities, including Babe Ruth and Amelia Earhart.

Wailuku River State Park

This 16-acre park is home to the Boiling Pots, Pe'epe'e Falls and the 80-foot Rainbow Falls (Waianuenue Falls). Rainbow Falls got its name from the rainbows that sometimes are seen arching across the falls. Depending on recent rainfall, Rainbow Falls can be a thin stream of water or a raging cascade. Follow the path from Rainbow Falls to the lookout for a view from above the falls.



2-198 Rainbow Dr, Hilo



+1 808 961 9540



<https://dlnr.hawaii.gov/dsp/parks/hawaii/wailuku-river-state-park/>

Pacific Tsunami Museum

A renovated bank which withstood both the 1946 and 1960 tsunamis. The old vault is now a theater where an introductory movie is shown recounting survivor stories. Many of the docents who volunteer their time are survivors. There is a \$8 admission fee. Due to “museum revitalization” the opening hours at time of printing are Saturday and Sunday from 10:00 AM – 2:00 PM.

 130 Kamehameha Ave, Hilo

 +1 808 935 0926

 <https://tsunami.org/>

Lyman Museum and Mission House

Spend time in the mineral and seashell collection, wander through a simulated lava tube, and explore exhibits that span the natural and cultural history of the islands. The Lyman Museum offers self-guided tours for \$7 per person.

Next to the museum is the Mission House, the oldest structure on the island. It was originally constructed in 1839 for the New England missionaries, David and Sarah Lyman. Tours are given 3 times per day – typically at 10:00 AM, 12:20 PM, and 2:35 PM. There is a \$7 admission fee for the guided tour.

The museums are open Monday to Friday from 10:00 AM – 4:30 PM. Online or Phone reservations are recommended for Museum entry and Mission House tours. Walk-ins are allowed if space is available.

 276 Haili St, Hilo

 +1 808 935 5021

 <https://lymanmuseum.org/>

‘Imiloa Astronomy Center

This museum is an opportunity to explore the links between the night sky and early Polynesian navigation. The \$19 admission charge includes one planetarium presentation and all-day exhibit access. They also have a gift shop and a good restaurant (reservations recommended). Open Tuesday to Sunday from 9:00 AM – 4:30 PM.

 600 Imiloa Pl, Hilo

 +1 808 932 8901

 <https://imiloahawaii.org/>

Shops and Galleries

Stroll down Kamehameha Ave in downtown Hilo where you will find many centuries-old wooden storefronts housing shops, museums, galleries, and cultural sites.

Festivals

Merrie Monarch Festival

Held annually in Hilo the week after Easter, it is Hawaii's premier celebration of hula and Hawaiian culture. Named in honor of King David Kalākaua – nicknamed the “Merrie Monarch” for his love of the arts – the festival features a prestigious, multi-day hula competition that draws top hālau (hula schools) from across the islands and beyond. Dancers perform both kahiko (traditional) and ‘auana (modern) styles, showcasing not only technical skill but deep cultural knowledge and storytelling. Beyond the competition, the festival includes a parade through Hilo, art exhibitions, craft fairs, and cultural demonstrations, making it a powerful and vibrant expression of Hawaiian identity, history, and pride.

 <https://www.merriemonarch.com/>

Hilo Orchid Society Show

This internationally acclaimed event features thousands of orchids displayed in spectacular arrangements at the Edith Kanaka’ole Stadium. Visitors can admire rare species and hybrids, learn orchid care techniques, and purchase plants from expert growers. It is a fragrant and colorful showcase of Hilo’s horticultural passion. This festival is usually at the end of July.

 <https://www.hiloorchidsociety.org/hilo-orchid-show.html>

Farmers’ Market

This market is open seven-days a week but twice a week, on Wednesday and Saturday, they have a “big” market. Open from 7:00 AM – 3:00 PM, retailers, crafters, and farmers share their wares.

 Corner of Kamehameha Avenue and, Mamo St, Hilo

 +1 808 933 1000

 www.hilofarmersmarket.com

Other Useful Information

Taxi

Hilo is one of the few places on the island with a taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.

R&L Taxi & Tours LLC

 +1 808 339 5348

 <https://pwa.mylimobiz.com/randltaxi/#/>

Uber and Lyft

Ride share services operate in Hilo.

Grocery Stores

As well as the Farmers' Market (details above), there are a number of supermarkets including the following.

Island Naturals Market & Deli – Hilo

Open Monday to Saturday from 7:00 AM – 7:00 PM and Sunday from 9:00 AM – 5:00 PM.



1221 Kilauea Ave Suite 170, Hilo



+1 808 935 5533



<https://islandnaturals.com/>

Safeway

Much further south of the town but a huge store. Open daily from 5:00 AM – 12:00 AM.



381 E Maka'Ala St, Hilo



+1 808 339 3795



No website



Anna Ranch, Waimea

WAIMEA (KAMUELA)

Overview

Since each US state cannot have more than one post office of the same name and there are many Waimeas in Hawaii, the official USPS name for Waimea is Kamuela – but everyone still calls it Waimea. The name is not the only schizophrenic aspect to the town. There is a dry side (west) and a wet side (east). There are the suburban strip malls as well as thriving art galleries and gourmet restaurants. If you asked the average mainlander to describe a typical Hawaii town, it is a fair bet that few would describe Waimea. It is high, cool and surrounded by rolling pastureland more reminiscent of Ireland than the Aloha State.

The town is surrounded by the Parker Ranch – the largest privately owned cattle ranch in the US – and paniolo (cowboy) culture dominates the town. Waimea is also home to the headquarters of two astronomical observatories located on Mauna Kea: the W. M. Keck Observatory and the Canada–France–Hawaii Telescope. The former has a visitor's center in the town – see below.

Prior to the arrival of Europeans, most of the land was subsistence farmed but as Europeans arrived most of the sandalwood forests were harvested and the land became ideal for grazing cattle. In 1809, John Palmer Parker arrived in the area after jumping ship. Over time he became employed by King Kamehameha I to tame the population of cattle, which at this point had grown out of control. In 1815 Parker

married Kipikane, the daughter of a high-ranking chief, and this family developed what is now Parker Ranch.

The early 19th century saw the arrival of the horse and Spanish vaqueros (cowboys), bringing the traditional Euro-Latin culture of riding and roping skills. The king hired these vaqueros to teach Hawaiians herding and ranching skills, and by 1836 the island had working cowboys. As the Hawaiian culture and Latin vaquero culture commingled, a unique breed of cowboy emerged, the paniolo.

Restaurants and Bars

For a cowboy town, there is a surprising variety of good restaurants.

Merriman's Big Island Restaurant

Undoubtedly the best place to eat in town. Chef Peter Merriman is one of the best on the island and creates dishes using primarily local ingredients and local influences. Fish and beef are the staples. The only downside is the price and the need for reservations. Open daily from 11:00 AM – 2:00 PM and from 5:00 PM – 8:30 PM.

 65-1227 Opelo Rd B, Waimea

 +1 808 885 6822

 <https://www.merrimanshawaii.com/location/big-island/>

FORC Restaurant

For excellent food in a slightly more casual setting, you can eat at the bar of FORC (Farmer, Ocean, Rancher, Cook). Their website boasts “With a nod to Hawaiian Regional flavors, award winning Chef Allen Hess has expanded on local land and sea offerings and developed a menu both distinctive and creative in his newest restaurant.” Open daily from 4:30 PM – 9:00 PM. Reservation essential (you can book online).

 65-1214 Lindsey Rd, Waimea

 +1 808 731 4656

 <https://forchawaii.com/>

Pau Pizza

Next door to Merriman's is an even more casual option serving good pizzas as well as pasta, salads, and sandwiches. Open daily from 7:30 AM – 8:00 PM (close at 4:00 PM on Sunday).

 65-1227 Opelo Rd, Waimea

 +1 808 885 6325

 <https://www.paupizza.com/>

Village Burger

If you just want an excellent burger, locally sourced, head to the Village Burger. Located in the Parker Ranch Center. As they say on the menu, "Supporting our island ranchers, one hamburger at a time." Open daily from 10:30 AM – 5:00 PM.



67 – 1185 Hawaii Belt Rd, Waimea



+1808 885 7319



<https://villageburgerwaimea.com/>

Hawaiian Style Café

The dishes here are tasty, generous and served with a smile. This is one of our favorite breakfast spots on the island. If the stack of monster pancakes served here don't power you all the way to Waipi'o Overlook, nothing will. Open Monday to Saturday from 7:00 AM – 1:30 PM and Sunday from 7:00 AM – 12:00 PM. Please note that they only accept cash but there is an ATM by the register.



65-1290 Kawaihae Rd, Waimea



+1808 885 4295



<https://hawaiianstylecafe.us/index.html>

Waimea Coffee Company

For coffee or a light lunch. There is a nice setting – both in and out – making it a great place for a post ride espresso and treat. Open daily from 6:30 AM – 5:30 PM.



65-1279 Kawaihae Rd, Waimea



+1808 885 8915



<https://www.waimeacoffeecompany.com/>

Big Island Brewhaus

Another great place for lunch or a casual dinner. Serving pub food with a Mexican slant with an extensive list of their own craft beers and margaritas. Also has outdoor, covered patio. Open daily from 11:00 AM – 9:00 PM. Reservations not accepted.



64-1066 Hawaii Belt Rd, Waimea



+1808 887 1717



<https://bigislandbrewhaus.com/>

Moa Kitchen

A small, local restaurant serving delicious-if-expensive Japanese food in a casual setting. Open Tuesday to Saturday from 11:30 AM – 2:30 PM and Monday to Saturday from 5:00 PM – 9:30 PM (10:00 PM on Friday and Saturday). Closed on Sunday.



65-1298 Kawaihae Rd, Waimea



+1808 339 7887



<https://www.moakitchen.net/>

[illegible]

Key

Hotels

1. Kamuela Inn
2. Belle Vue Waimea

Restaurants & Bars

3. Merriman's Big Island Restaurant
4. Pau Pizza
5. FORC Restaurant
6. Village Burger
7. Hawaiian Style Café
8. Waimea Coffee Company
9. Big Island Brewhaus
10. Moa Kitchen

Points of Interest

11. The Isaacs Art Center
12. Anna Ranch Historic Heritage Center
13. Parker Ranch Visitor Center and Museum
14. W. M. Keck Observatory

Other Locations

15. Farmers' Market
16. Parker Ranch Center

 Route Start / End

Sights and Activities

The Isaacs Art Center

A large permanent collection of paintings, furniture, rare books, and Hawaiiana. A section of the center also has art pieces for sale. The building itself is as interesting as the artwork. Built in 1915, it was Waimea's first public school structure and is on State Register of Historic Places. Open Tuesday to Saturday from 9:00 AM – 4:00 PM (closes at 12:00 PM on Saturday). Closed on Sunday and Monday.



65-1274 Kawaihae Rd, Waimea



+1 808 885 5884



<https://isaacsartcenter.hpa.edu/>

Anna Ranch Heritage Center

An opportunity to explore a restored ranch house and walk a newly completed Discovery Trail, which takes visitors on a self-guided tour of the historic property. You can also observe the onsite blacksmith and master saddle maker. Guided tours are on Tuesdays and Thursdays at 10:00 AM and 1:15 PM and reservations are required. The property is open Tuesday and Thursday from 10:00 AM – 4:00 PM.



65-1480 Kawaihae Rd, Waimea



+1 808 885 4426



<https://www.annaranch.org/>

Parker Ranch Visitor Center and Museum

Located on the scenic and pastoral countryside in Waimea. Take a self-guided tour through two historic Parker Ranch homes. Tickets are \$20 per person and must be purchased in advance. There is also a 20-minute informative video. Currently used as the Parker Ranch Headquarters, the store is open Monday to Friday from 8:00 AM – 4:00 PM. Tours are available from Monday to Thursday at 10:00 AM, 11:00 AM, and 1:00 PM, by online reservation.

 66-1304 Mamalahoa Hwy, Waimea

 +1 808 885 7311

 <https://www.parkerranch.com/experiences/>

W. M. Keck Observatory

Not really a museum but rather a working office where volunteers are available on Fridays only from 9:00 AM – 5:00 PM (at time of printing) to educate guests about Keck and the other Mauna Kea observatories. Visitors can view models and images of the twin 10-meter Keck telescopes. A good alternative to attempting the ride to the summit of Mauna Kea.

 65-1120 Mamalahoa Hwy, Waimea

 +1 808 885 7887

 <https://keckobservatory.org/>

Festivals

Waimea Cherry Blossom Heritage Festival

Every February, Waimea transforms into a sea of pink during the blooming of its cherry trees, brought here from Japan decades ago. The festival celebrates Japanese and Hawaiian traditions with taiko drumming, mochi pounding, tea ceremonies, and cultural exhibits spread across town.

 <https://www.waimeeaartscouncil.org/programs/cherryblossom/>

Aloha Festivals Waimea Paniolo Parade and Ho'olaule'a

Part of the statewide Aloha Festivals, this mid-September event features a colorful parade with horseback riders in traditional attire, decorated pā'ū riders (women in long-flowing riding skirts), and lively floats. A Ho'olaule'a (celebration) follows with music, hula, local crafts, and food. It honors Waimea's paniolo heritage and community pride.

 <https://www.alohafestivalsislandofhawaii.com/paniolo-festival>

Kuhio Hale Farmers' Market

There is a vibrant and lively farmers' market every Saturday, open 7:30 AM – 12:30 PM. Located on the lawn fronting Kuhio Hale, Hwy 19 at 55-mile marker on LHS shortly before the Mana Rd turn.

 64-756 Mamalahoa Hwy, Waimea

 +1 808 882 0403

 <https://kuhiolahalefarmersmarket.org/>

Other Useful Information

Taxis

Taxis, Uber, Lyft are usually available in Waimea. We recommend asking your accommodation for help scheduling a taxi, or you can utilize Uber/Lyft yourself.

Grocery Stores

There are a number of supermarkets including the following.

Parker Ranch Center

A selection of stores including a good grocery store, a pharmacy, clothing boutiques, a toy store as well as the Parker Ranch Store for all things cowboy.

 67-1185 Hawaii Belt Rd, Waimea

 +1 808 885 7178

 <https://parkerranchcenter.com/>



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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

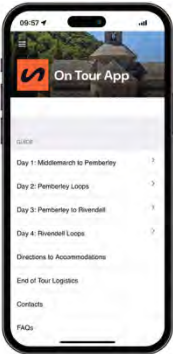
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

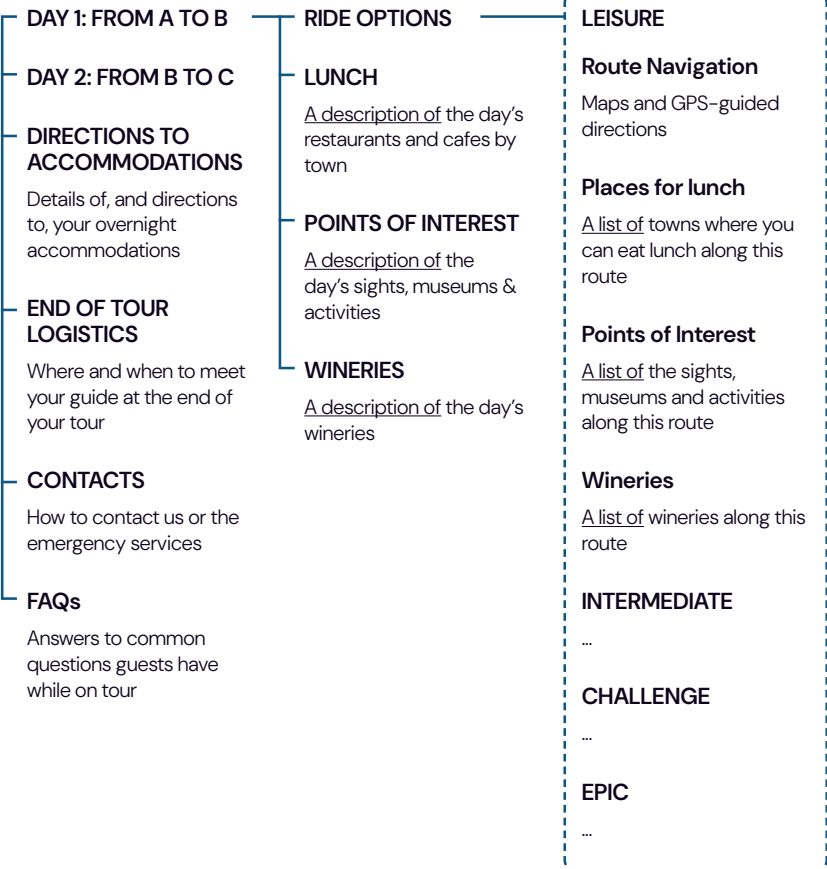
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



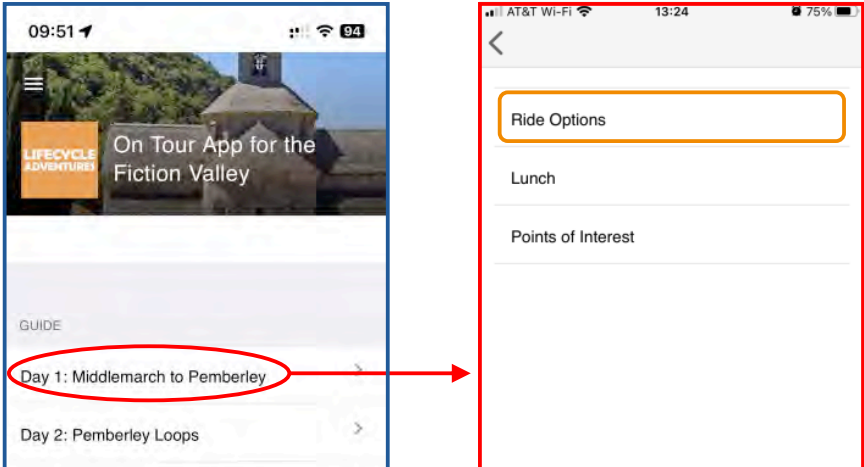
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

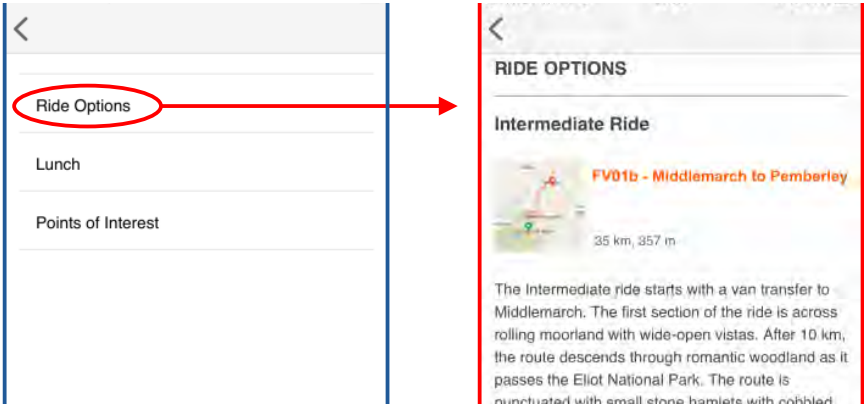
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

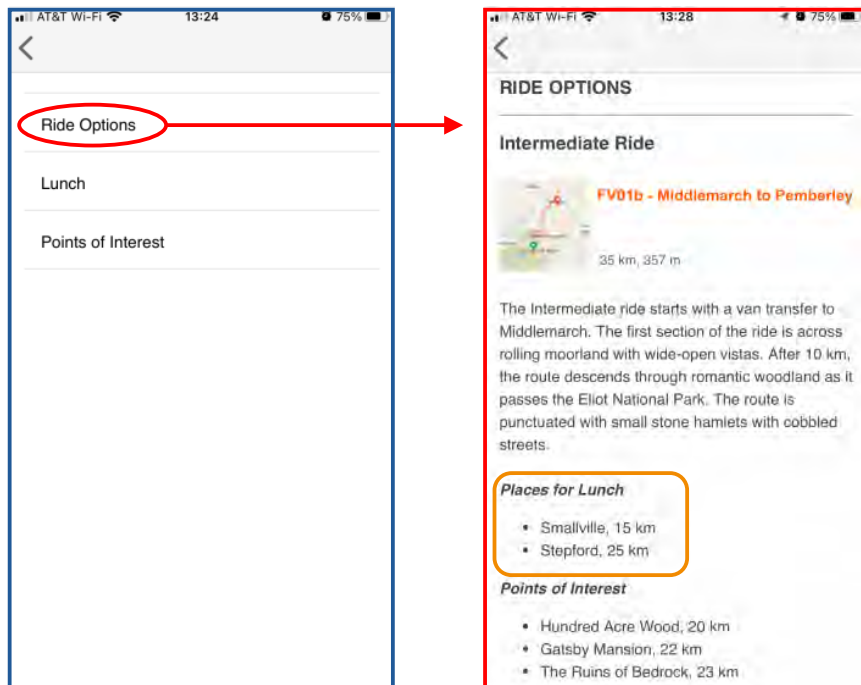


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

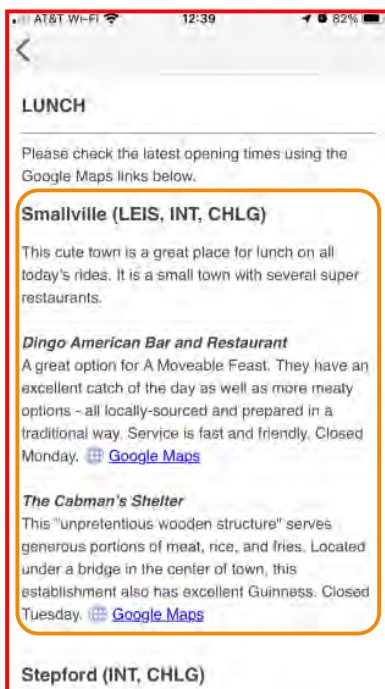
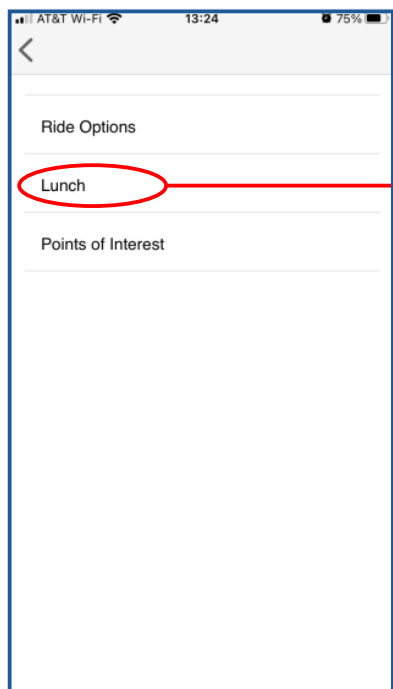
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



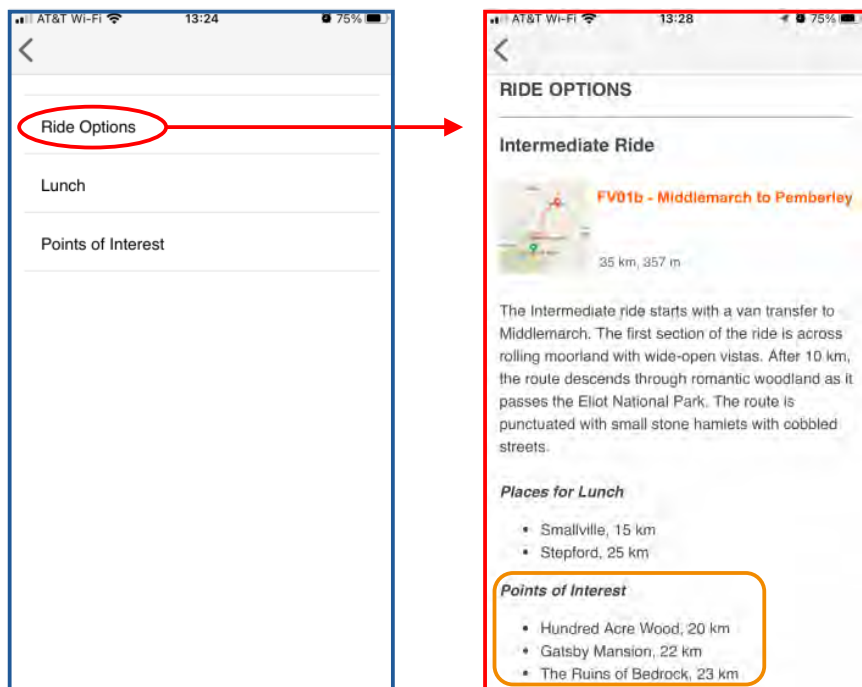
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

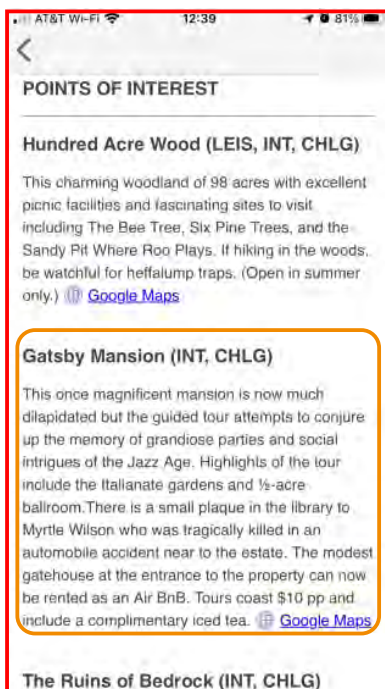
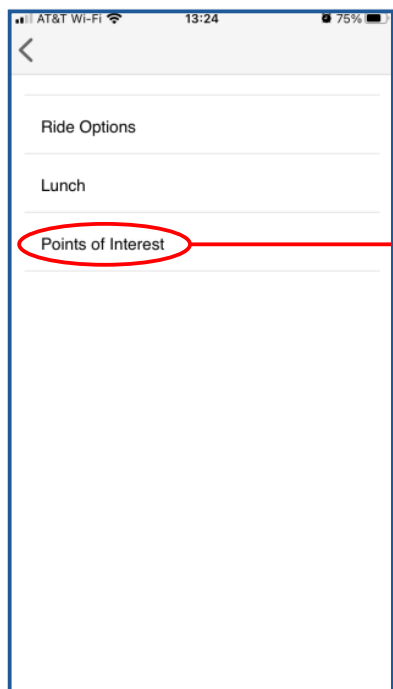
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

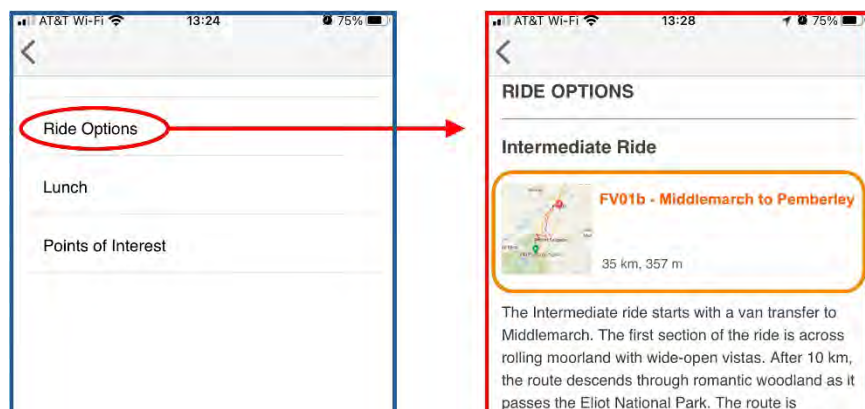
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

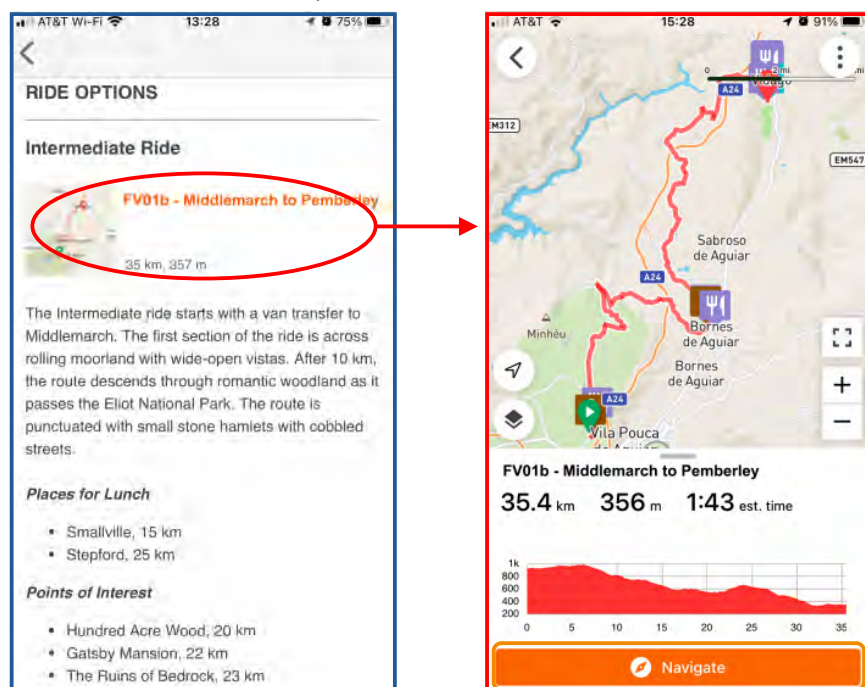
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



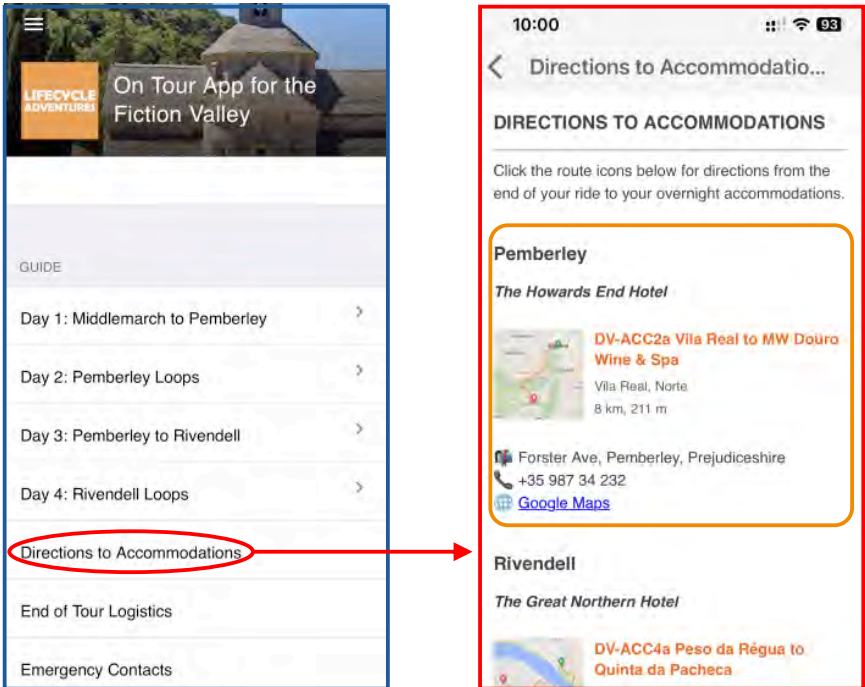
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



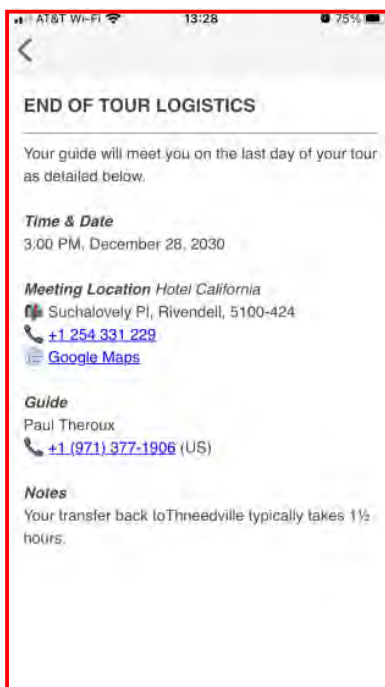
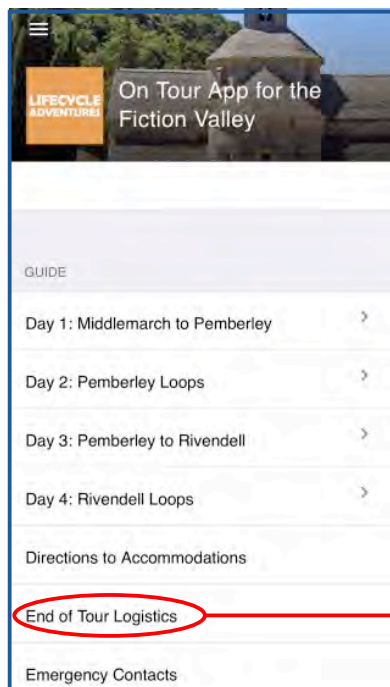
For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

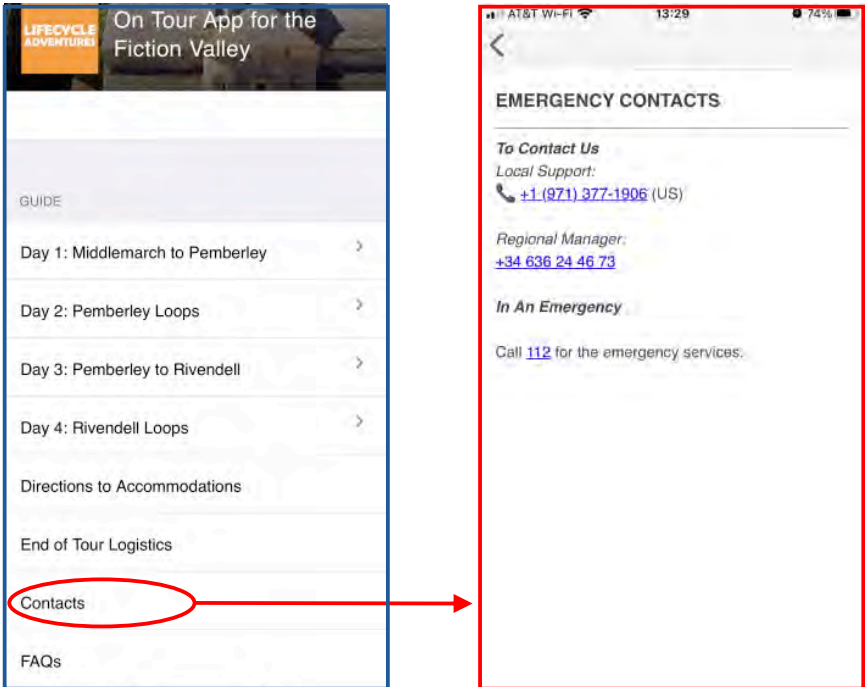
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

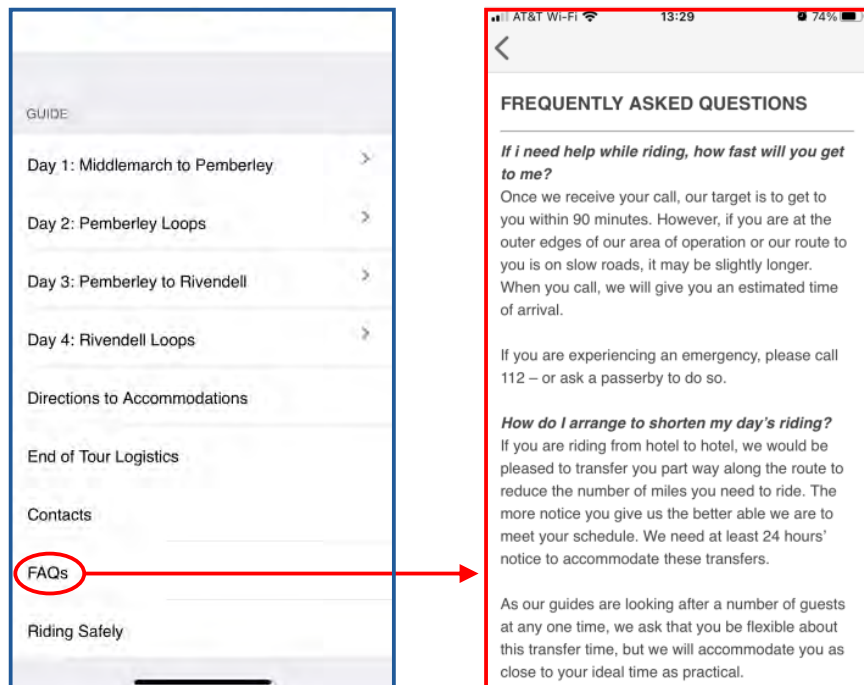
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

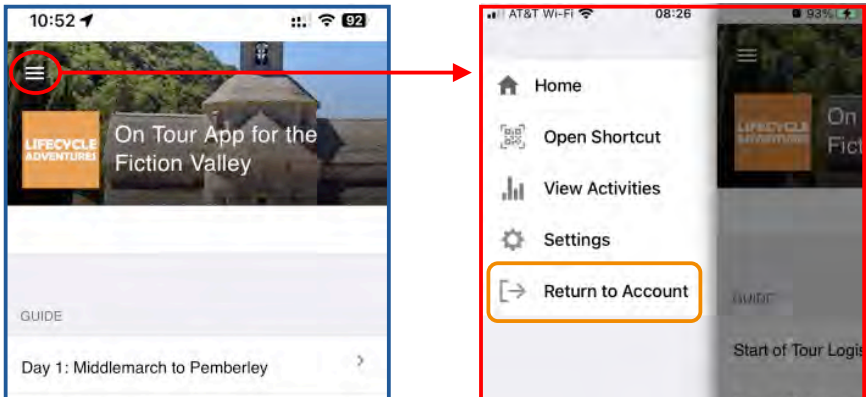


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

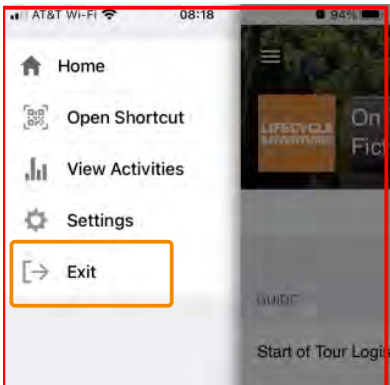
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

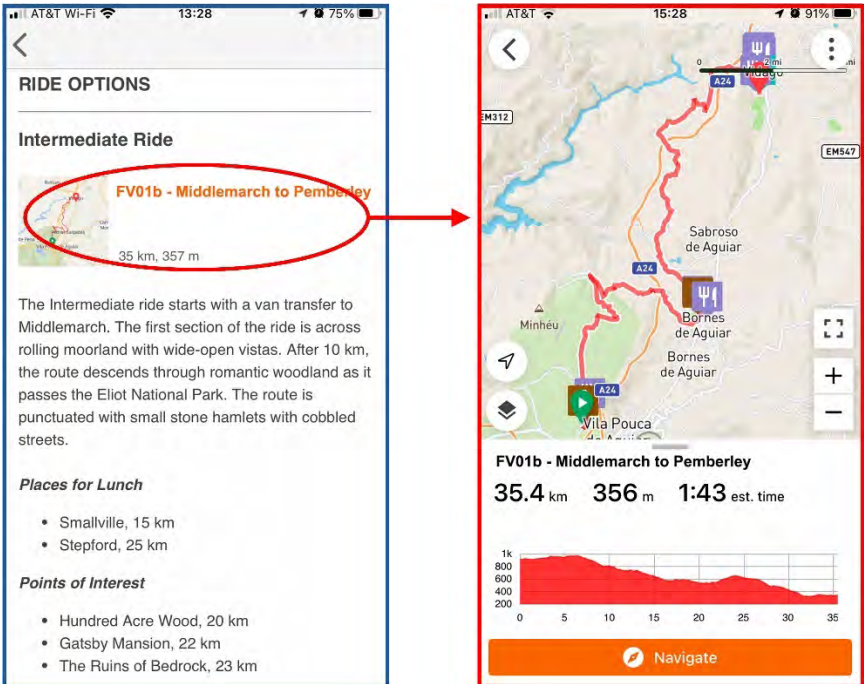
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

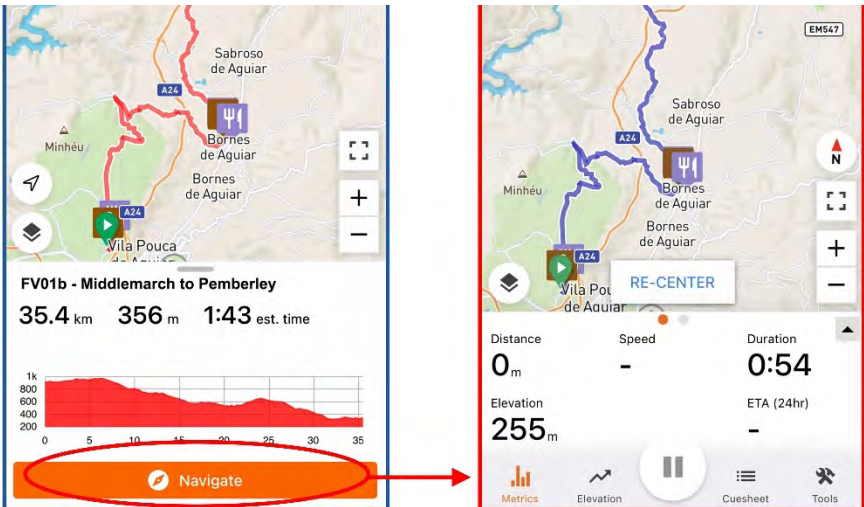
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



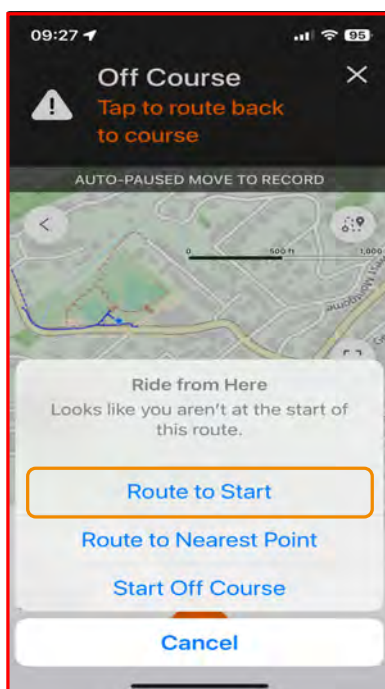
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

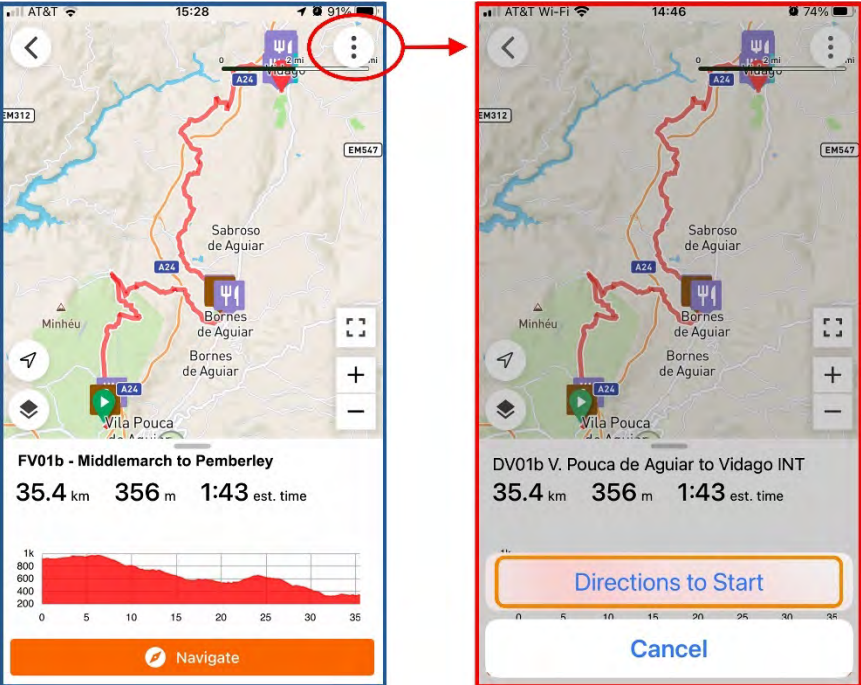
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



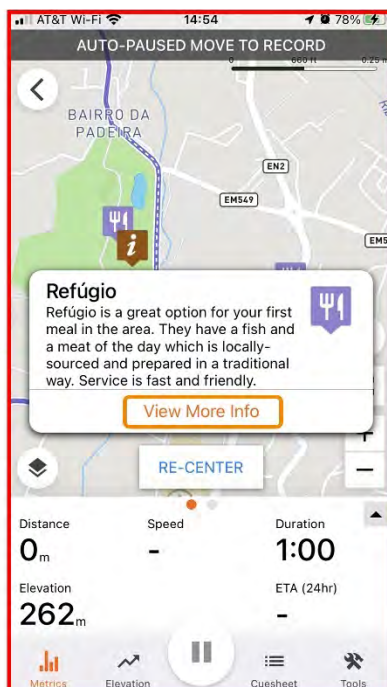
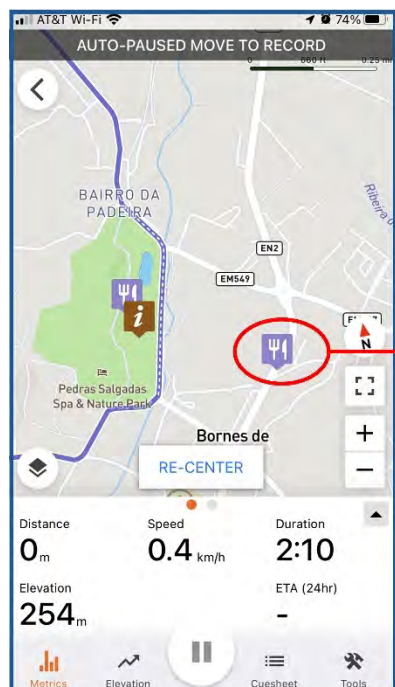
... Point of interest



... Viewpoint



... Winery (not all areas)

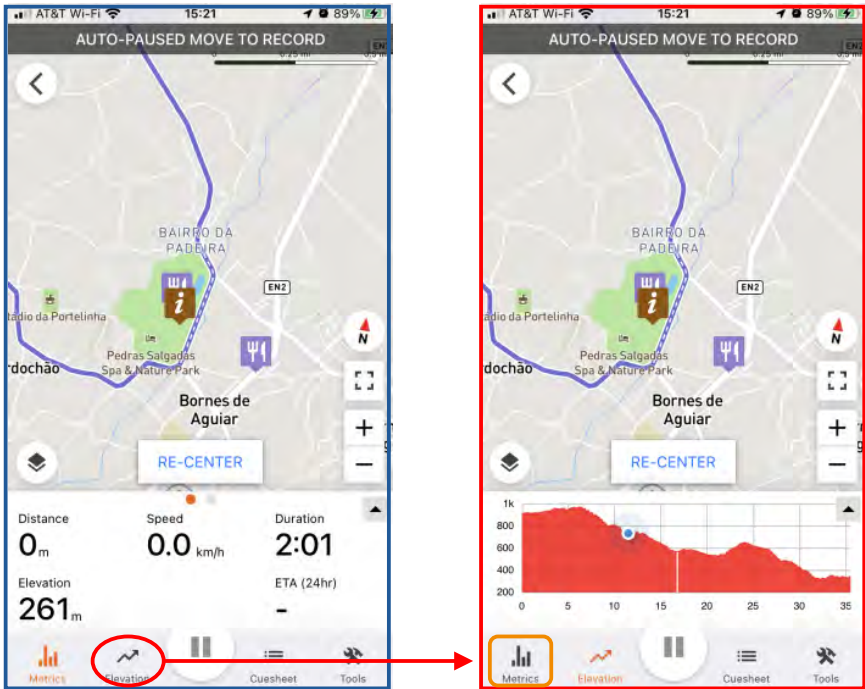


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

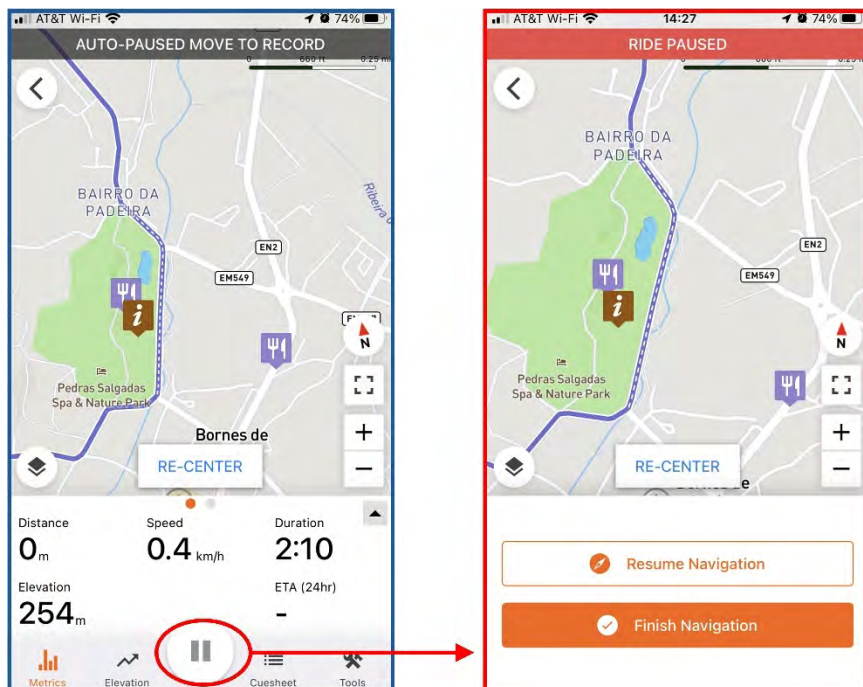
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

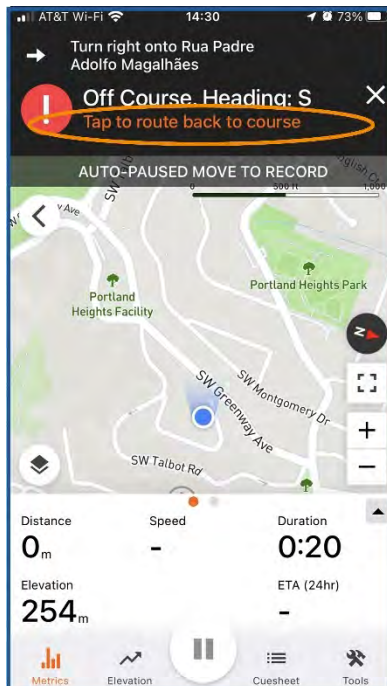


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

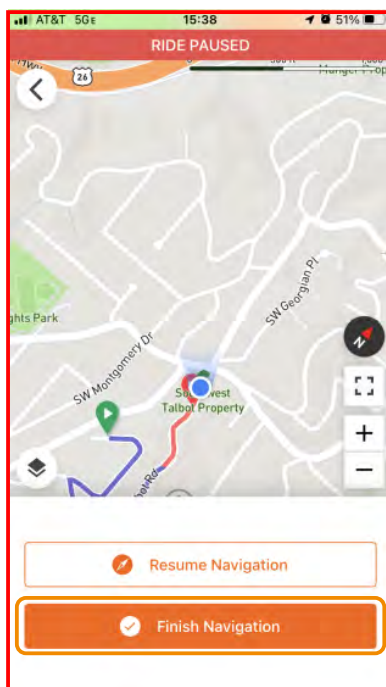
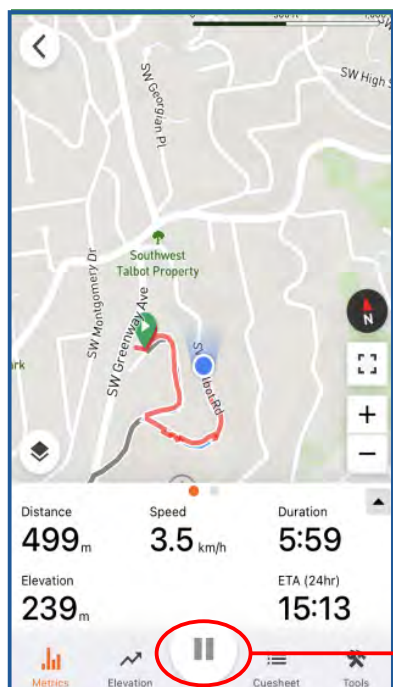
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

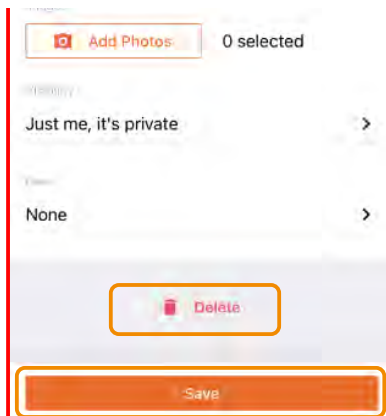
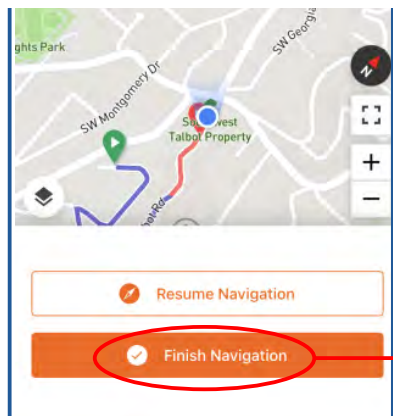


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

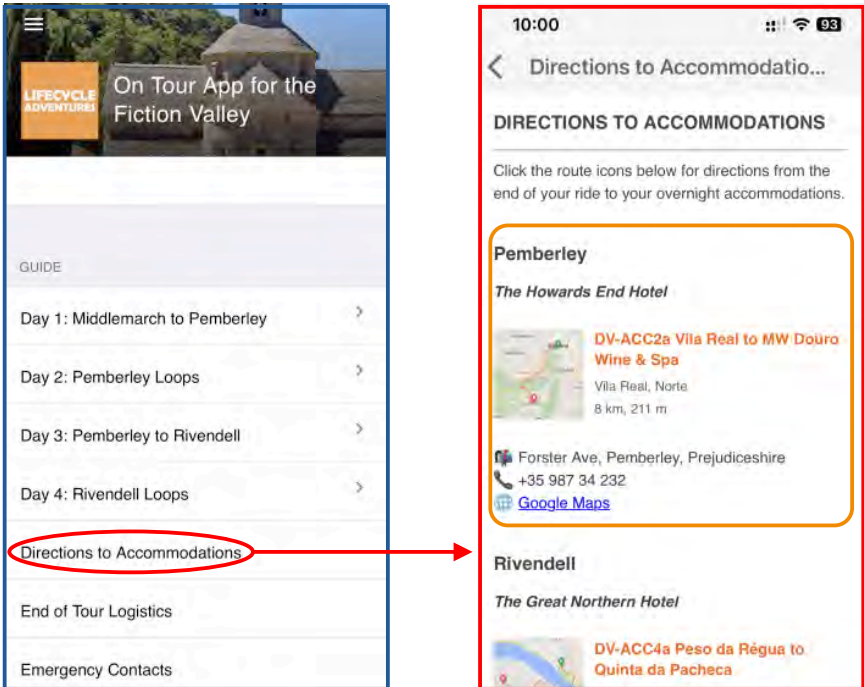


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then OK) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



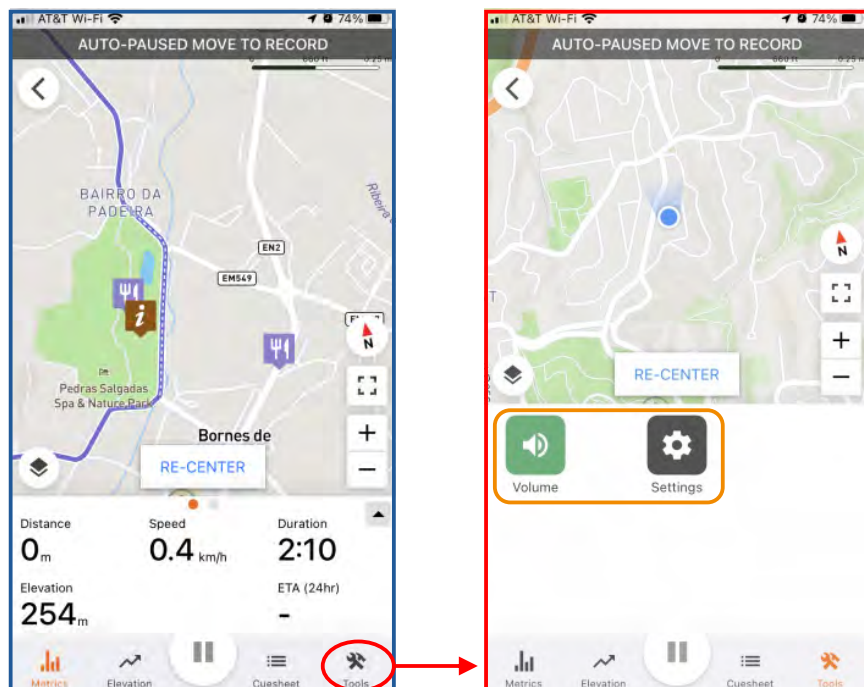
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



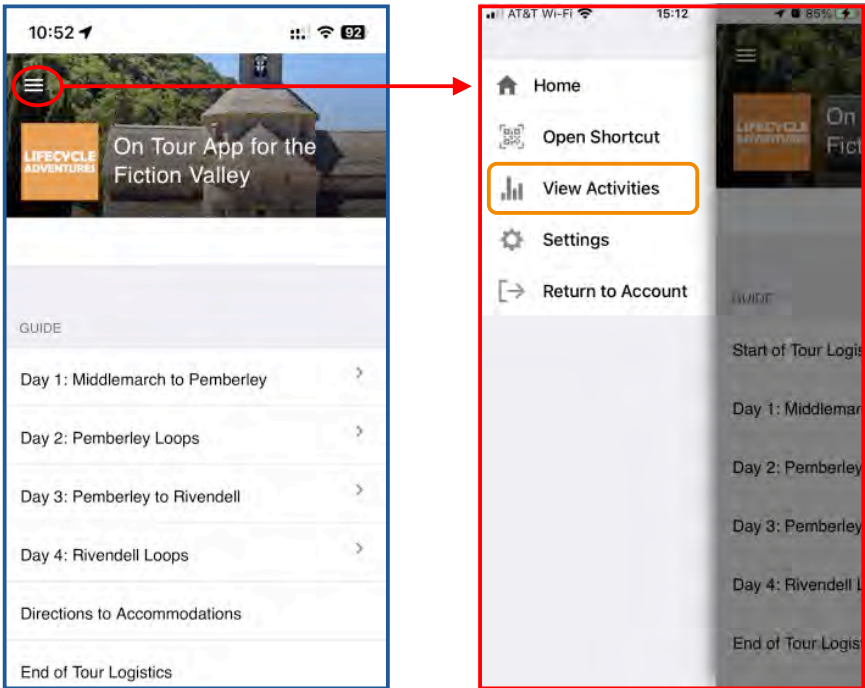
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

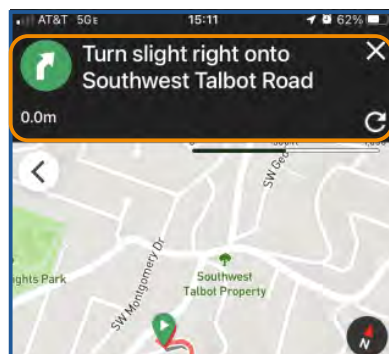
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



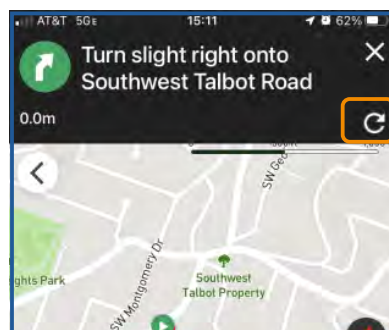
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

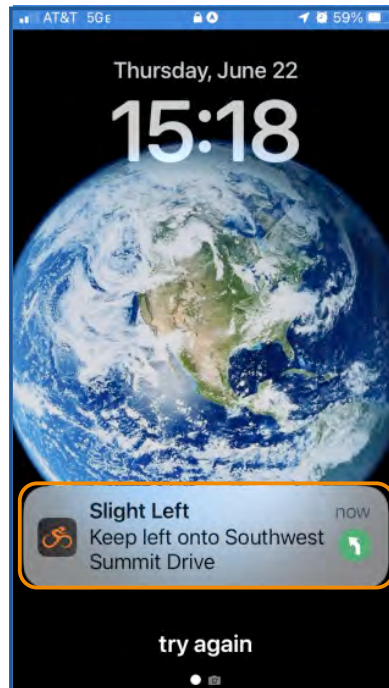
- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

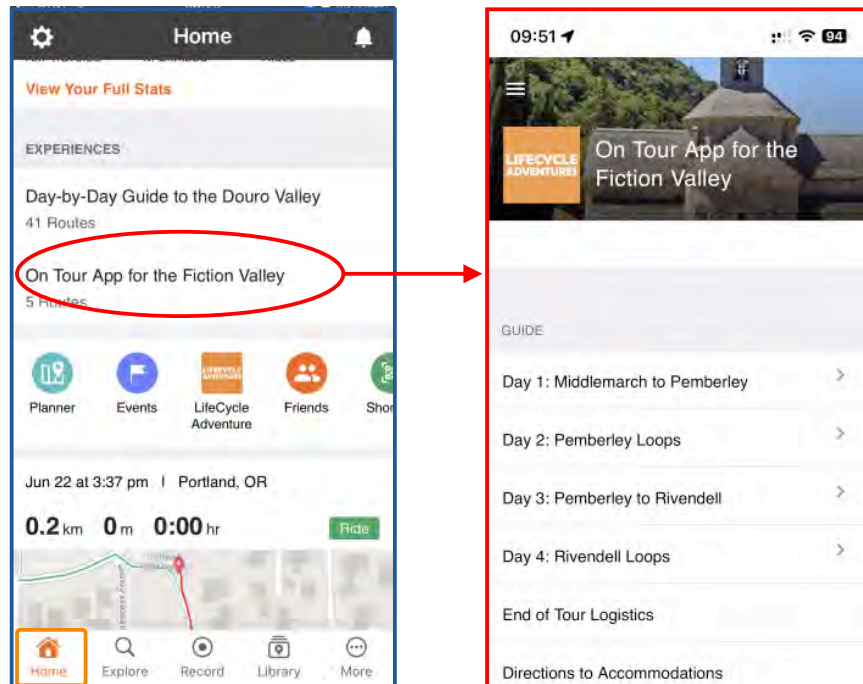
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

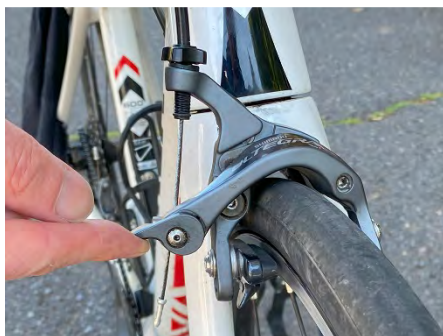
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

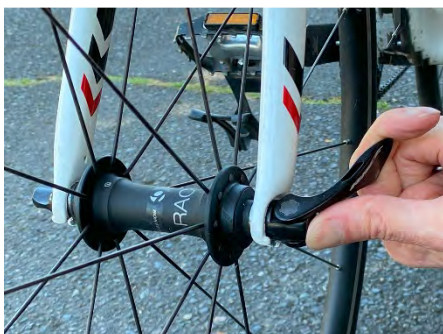
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

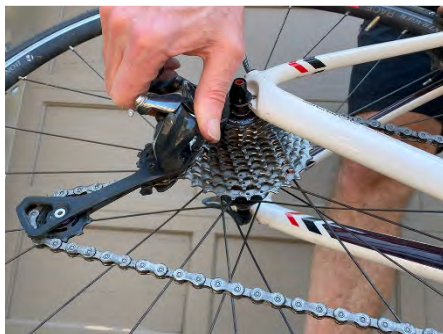
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the flat. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



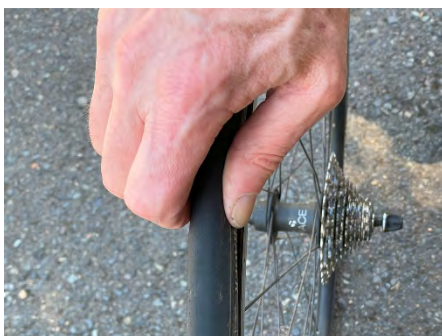
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

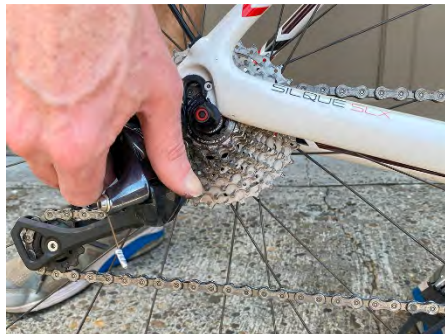
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

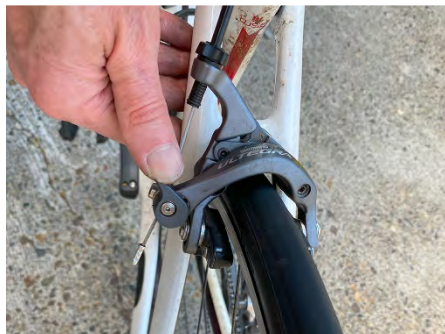


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



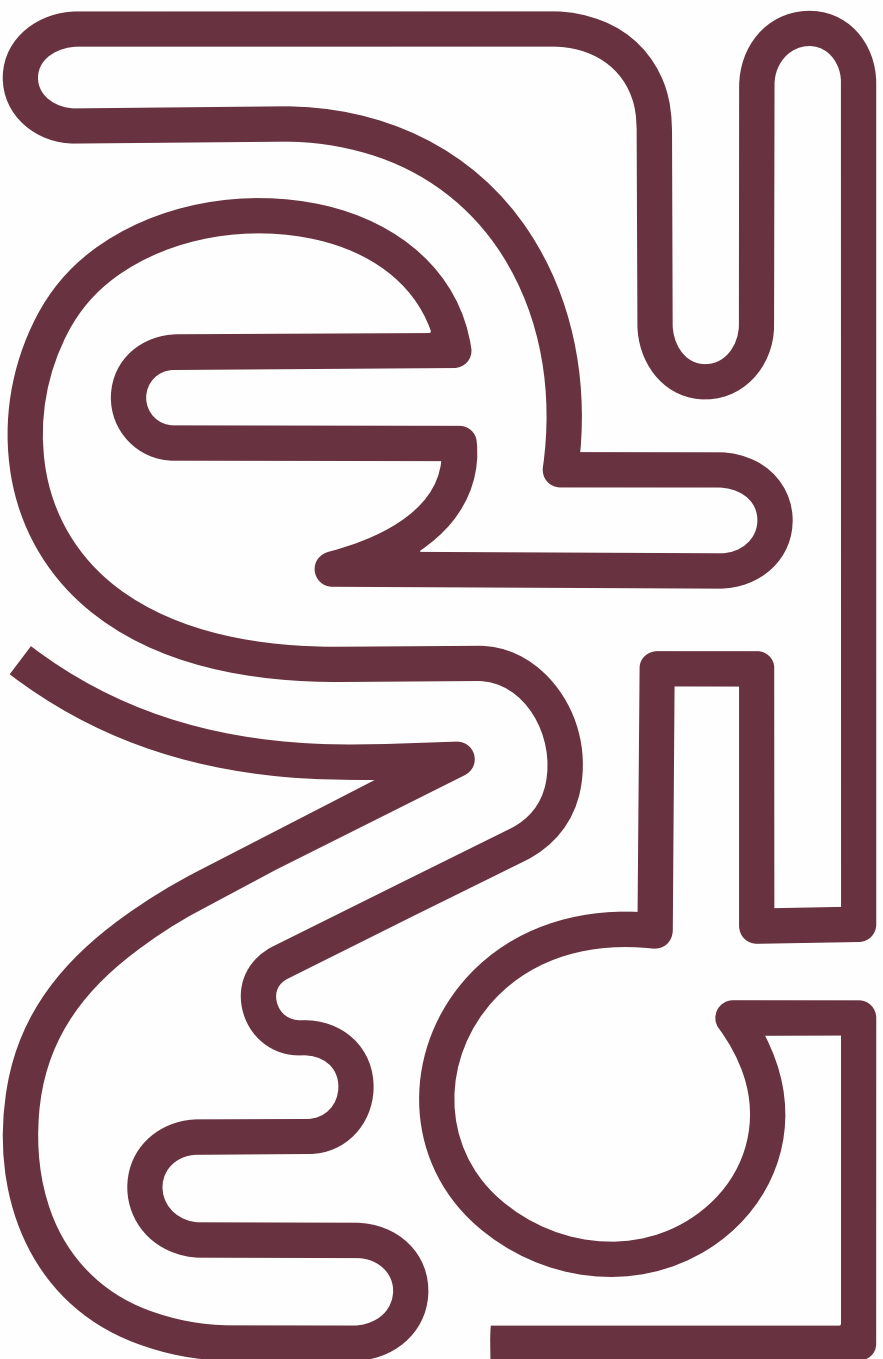
If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.



APPENDICES

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APPENDIX 1 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

Planning Your Tour

1. *What is the most useful tool to help you navigate your tour?*

- ☐ A piece of string and a loadstone
- ☐ LifeCycle Adventures On-Tour App
- ☐ Garmin GMR xHD2 Open Array Radar
- ☐ All of the above

2. *The LifeCycle Adventures On-Tour App can be downloaded to:*

- ☐ Your smartphone
- ☐ Your tablet
- ☐ All of the above

3. *It can be helpful to download Google Maps for the area for use offline:*

- ☐ True
- ☐ False

4. *Things to consider booking before you travel include:*

- ☐ Activities
- ☐ Airport transfers
- ☐ Hard-to-book restaurants
- ☐ All of the above

5. *Useful things to pack include:*

- ☐ Floor pump
- ☐ Your bike helmet
- ☐ Kitchen sink
- ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
- ☐ All of the above

6. *We provide the following equipment:*

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount for your phone
- ☐ All of the above

7. *You will need a warm long-sleeved top for riding at higher elevations:*

- ☐ True
- ☐ False

About the Area

8. *Riding on the Big Island can feel like crossing an entire continent because:*

- ☐ The roads are very long and the headwinds strong
- ☐ The island is the size of Australia
- ☐ Each day brings dramatically different landscapes and climates
- ☐ It was once connected to the North American continent

9. *The Big Island's famous Kona coffee is grown:*

- ☐ Only in Hilo
- ☐ In the volcanic highlands near Volcano
- ☐ Between 800 and 2,000 feet on the Kona coast
- ☐ Exclusively inside cone-shaped volcanoes

10. *The snorkeling site at Kealahou Bay is famous for:*

- ☐ Shipwrecks
- ☐ Hot springs
- ☐ Coral reefs
- ☐ Underwater lava tubes

11. *Who led the first European expedition to Hawaii?*

- ☐ Christopher Columbus
- ☐ Vasco da Gama
- ☐ Captain James Cook
- ☐ Captain Kirk
- ☐ Marco Polo

12. *The Kingdom of Hawaii was unified by:*

- ☐ Queen Lili'uokalani
- ☐ Kamehameha I
- ☐ Kalākaua
- ☐ Pele

13. *Hawaii became the 50th U.S. state in:*

- ☐ 1989
- ☐ 1941
- ☐ 1959
- ☐ 1973
- ☐ 1066

14. *The volcano of Mauna Kea is:*

- ☐ The highest point in the state of Hawaii
- ☐ Quite the bike ride, if you start on the Kohala Coast
- ☐ Home to several observatories
- ☐ The tallest mountain in the world when measured from the ocean floor
- ☐ All of the above

Overnight Towns

15. What is the modern name of the town where Captain Cook died?

- ☐ Captain's Nook
- ☐ Captain Cook
- ☐ Captain's a Crook
- ☐ Captain Hook

16. What natural disaster struck Hilo in both 1946 and 1960?

- ☐ A tsunami
- ☐ An earthquake
- ☐ A monsoon
- ☐ A tornado

17. King David La'amea Kalākaua was called the "Merrie Monarch" because of:

- ☐ His love of Hawaiian moonshine
- ☐ His love for music, hula, and other arts
- ☐ His fascination with the story of Robin Hood
- ☐ His reputation for never saying a cross word

18. What do you need if you plan to land a kayak at the Captain Cook Monument on Kealakekua Bay?

- ☐ A PADI open water scuba diving certificate
- ☐ A local guide
- ☐ A special landing permit
- ☐ A National Park Pass

19. What is the significance of Pu'uhonua o Hōnaunau:

- ☐ It is a surfing beach
- ☐ It is a national volcano observatory
- ☐ It was a place of refuge for those who broke sacred laws
- ☐ It is the oldest coffee plantation in Hawaii

20. Which town is known for paniolo (Hawaiian cowboy) heritage and green pastures?

- ☐ Volcano
- ☐ Waimea
- ☐ Hilo
- ☐ Captain Cook

21. Hawaii Volcanoes National Park is home to:

- ☐ The world's largest botanical garden
- ☐ Two of the world's most active volcanoes
- ☐ The tallest sea cliffs in the Pacific
- ☐ Hawaii's largest freshwater lake

22. Which of the following towns is located at 4,000 ft?

- ☐ Hilo
- ☐ Captain Cook
- ☐ Volcano
- ☐ Waimea

On Tour

23. List all the works of fiction mentioned or alluded to in the section Using the On-Tour App

APPENDIX 2 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. All of the above
5. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
6. All of the above
7. True

About the Area

8. Each day brings dramatically different landscapes and climates
9. Between 800 and 2,000 feet on the Kona coast
10. Coral reefs
11. Captain James Cook
12. King Kamehameha I (AKA Kamehameha the Great)
13. 1959 (August 21)
14. All of the above

Overnight Towns

15. Captain Cook
16. A tsunami
17. His love for music, hula, and other arts
18. A special landing permit
19. It was a place of refuge for those who broke sacred laws
20. Waimea
21. Two of the world's most active volcanoes
22. Volcano (the village of)

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)

- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?

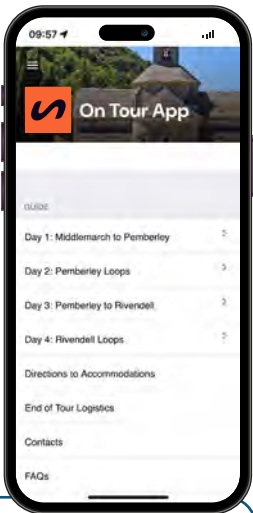
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

The Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark & Sweden

Loire Valley, France

Provence, France

Gascony & the Pyrenees,
France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



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See page 8 for details

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