



## *PROSPECTUS - Natural Wonders of Maui and Kauai*

### *September 26-October 11, 2009*

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**Sheer Cliffs - Ancient Lava Fields - Powder Sand Beaches - Trade Winds - Palm Trees - Snorkeling - Colorful Fish - Lush Jungle Foliage - Cactus trees - Bamboo Forest - Volcanic Craters - and the history and heritage of a unique and colorful people**

Thank you for your interest in our excursion to Hawaii. Merri has been on six previous snorkel/hiking trips to these islands, and all the hikes and activities proposed doing are ones she has done at least once. We cannot adequately describe how fabulous and topographically diverse the islands are...the proximity of such mountains (Haleakala on Maui is 10,000 feet) with the sea, and the lush jungle foliage we will hike through combined with long sandy beaches for walks and dramatic cliffs thousands of feet high! Even rain brings its blessings of hundreds of waterfalls.

On each island, our condo accommodations will be centrally located a very short walk from or across from a beach. We will enjoy scenic drives to and from our hikes and make appropriate stops to enjoy the scenery, such as stopping at a Protea (type of large flower) farm after hiking around Haleakala National Park Crater. Some of the hikes we will do lend themselves to long and short options, **providing** enough people are interested in one or the other. Leaders always strive for flexibility and plan a moderate pace with plenty of time allowed for each hike. However, **all** hikes are doable for anyone of reasonable hiking ability that is comfortable with 1500 to 2000 foot elevation change (up and down) if the pace is moderate. Hikes will be from 5 to 10 miles over terrains varying from steep to flat, arid to muddy. Some short hikes in Hawaii can be as challenging but as rewarding as many much longer, and we will try to intersperse longer hikes with shorter ones. Our purpose will be to give everyone the opportunity to enjoy Hawaii to the fullest by setting a moderate pace for our hikes and attempting to allow ample time for everyone to do as much as they want. Because we want participants to appreciate as much of the beauty and history of the island as we can take in enroute to and from our hikes, we will allow adequate drive time to permit quick stops for photos and local points of interest which knowledgeable leaders can describe, such as taro and pineapple fields. While we will not spend any entire day at the beach, just about every day will include a stop at a snorkel or swimming beach. And of course in the morning or before dinner there will be the beach by the condos available for a quick dip. Snorkeling is great on both islands, and equipment is inexpensive to rent for the entire week - You can even rent on one island and return on the other. Or you can chose to just enjoy the beach with a book under the palms!

Here are a small sample of possible activities for each island...hope you'll find them as appealing as we do! While we have planned group activities daily, there are many other activities offered by private tour companies on both islands. Examples are helicopter tours, sea kayaking, sailing, snorkel trips to offshore islands and downhill bicycling. If anyone wishes to take a day off from the planned group activity you are free to do so - to do anything else or hang out at the local beach or pool. However, we will not allow anyone to hike on their own. If you wish to take any tours apart from the group, they will be at your own risk and expense. This includes transportation to and from tour site. However, if enough people to fill one van have an interest in a particular activity (such as sea kayaking or a zodiac boat trip) a leader/driver will

accommodate that group.

### Sample Maui Activities

Although everyone says Maui is very commercial it is really only so in limited areas...on the road from the airport to Hana you see absolutely no fast food places for any of the two hour drive...lots of cliffs and one-lane bridges, and flowers from peoples gardens along the road for sale. The East side of Maui where we will stay is more informal than the more fashionable west side which has given Maui its reputation for being over commercialized.

- Haleakala National Park; arrive early at summit observatory; excellent opportunity for photos; hike down into crater (approximately 8 miles RT with 2000 foot descent and ascent on moderately graded switchback trail). Look for Silver Swords which grow only here and on Big Island and elusive Nene birds. Stop at Protea Flower Farm on way back to lodging.
- Explore historic Lahaina town in morning, then lunch and afternoon snorkel on way home, or go for afternoon hike.
- Whole day to explore North Shore by driving to Hana; enjoy many waterfalls en route. Stop at Wainanapapa State Park for lunch and to see black sand beach and lava cliffs. Lots of lush greenery on this side of island compared to the arid south coast. Past Hana is other side of Haleakala National Park. Hike in to beautiful waterfall (approximately 4 miles RT).
- Hike into the largely inaccessible West Maui mountains – either low route by way of stream, or the upland route into the misty mountains and a different climate zone of tall windswept trees and aromatic grasses. Or both, as they are close and only half-day each.

### Sample Kauai Activities

Kauai is a taste of old Hawaii. We will shop and dine in the same places as the locals. Kauai has made a great comeback after the hurricane in the 90's, although many of the upland forests were destroyed. The dramatic cliffs of the Na Pali coast, which we should see from top and bottom, are unparalleled! It is also the home of Mt. Waialeale, the wettest spot on earth. It makes Kauai as lush and verdant a spot as anyone could desire to see.

- Arrival day we'll get groceries, check into condos and drive to West Kauai's Polihali State Park for long walk on surf beach; miles of sand dunes and few people; picnic supper to view sunset.
- Morning drive into central Kauai to end of road overlooking NaPali Coast (Kalalao Valley overlook); stop at Kokee State Park visitor center. Hike 5-8 miles into Waimea Canyon, the "Grand Canyon of the Pacific."
- East Kauai hike up "Sleeping Giant" (approximately 4 miles). Great views of central mountains and East shore; stop for shopping or beaching on return.
- North Shore hike along historic NaPali Coast trail (4 miles RT). Optional longer hike to waterfall and ruins of Hawaiian village (total 8 miles RT) OR continue on Na Pali Coast trail to next beach (9-10 miles RT) Great snorkel spot at shady beach where trail begins for those who want to stop for swim before return.
- Explore central Kauai past Waimea Canyon into Kokee State Park; Hike down for cliff view over NaPali Coast 3,000 feet below (approximately 8 miles RT). Look for wild pigs and goats.
- Hike into Alakai Swamp on the side of Mt. Waialeale, the "wettest spot on earth" - gets over 400" of rain! See unusual plants and birds (wild, ferocious chickens!). Wet but fun! (approx. 4 miles)

## **CLIMATE**

Weather in Hawaii is generally great. In September air temperatures range from 70's to 80's and water temperature is in the high 70's. Trade winds which bring daily rain to the lush north shores of the islands will keep us cool hiking, while the south shores are dry and sunny. Evenings may be breezy and cooler in mid to upper 60's.

## **TRIP LEADERSHIP**

Merri Fox has been leading day and weekend trips for AMC's Connecticut Chapter for many years and has led 3 prior major excursions to Hawaii, as well as other trips around the world. She is an avid snorkeler and happy to help beginners learn.

Don Parker is a long-time multi-sport, multi-season leader in the Maine chapter. He and Merri co-led a trip to Switzerland in 2007.

Don and Merri are both wilderness first aid and CPR certified.

## **ACCOMMODATIONS AND FOOD**

Our lodging will be in comfortable condos in attractive surroundings with two to three bedrooms (double occupancy). We will be able to walk to beaches, or just walk out the back door and hop into the pool! Tennis courts will also be available. Breakfasts, lunches, and dinners are **included**. Leaders will purchase basic foods for each condo unit before participants arrive-thereafter participants will help with shopping. As food in Hawaii is very expensive, leaders may purchase generic brands to keep within budget. Participants may supplement to suit your own tastes and special diets. The entire group will get together for dinners at our accommodations. On prior trips, we discovered everyone enjoyed having each condo take turns "hosting" a dinner - doing the prep and cleanup. Anyone who enjoys cooking may bring their favorite recipe - as long as it does not call for exotic or expensive ingredients - and share it with the group when it is their condo's turn. This has been a lot of fun in the past, but should not be a huge effort or worry for the hosting condo. We've had people make meatloaf, vegetarian chili, baked chicken and beef goulash. One group could not cook at all, but we had a lovely park with picnic tables across the street so the group chose to barbeque chicken and serve assorted salads while we all watched the sunset. It was wonderful, and this all adds to the group camaraderie. We will most likely eat out one night on each island.

## **AIRLINES AND TRAVEL**

A morning flight from NYC, Boston or Washington (possibly Hartford) will arrive in the late afternoon. Leaders will pick participants up at the airport. We all return on an afternoon flight on the 10th, arriving home on Sunday morning the 11th. We will seek the least expensive tickets possible, and these usually have stiff cancellation penalties attached to them. After tickets have been purchased each participant owns their ticket; thus, if you wish to change or cancel the ticket, you must deal directly with the airlines.

If you wish to extend your stay in Hawaii and return at a later date, please discuss with the leaders at time of application, so that appropriate reservations can be made.

## **CANCELLATION INSURANCE**

Cancellation insurance is not included in trip price. Please advise leaders at time of applying if you are interested in this as the AMC can provide it. However, evacuation insurance IS included in the trip cost, as well as a modest medical insurance.

## **REQUIREMENTS**

a) You should be in good physical condition, able to hike over varied terrain and comfortable with elevation change and distances noted above. Because of daily stops to swim and snorkel, we strongly suggest participants be able to swim.

Adaptability. An important criterion for this trip is the ability to be flexible. Weather conditions, delayed planes or automotive breakdowns can change our daily plans. Everyone is expected to be able to “roll with the punches” as much as possible, be cooperative, abide by leader decision, assist leaders as requested and add to the total group experience while enjoying themselves. Foremost, while leaders will try to offer options and solicit participant preferences, the decision of the leaders will always be final as they are ultimately responsible for the safety of the group.

c) Understanding Purpose of Trip. This trip is designed for everyone to experience the natural wonders of Hawaii and to enjoy hiking, snorkeling, and socializing with others on the trip. Although each person comes with their own expectations, this is primarily a group trip.

Although enjoyment and appreciation for Hawaii is our purpose, our main objective will be a safe trip. Safety will always take priority in the leaders’ decisions.

## **EQUIPMENT**

You provide your own day pack, hiking boots, rain gear, and snorkeling equipment. Snorkeling equipment rentals are easily available. We will send a suggested packing list for your personal gear prior to the trip, *and the condo's do have washing machines on the premises.*

**COST PARTICULARS** - The cost is \$3800

### **Included in the price**

1. Round trip airfare from NYC/Boston/Washington to Hawaii (other departures may be arranged)  
Inter-island Airfare to Maui and Kauai
2. Transportation by rental vans
3. Accommodations in condos on Maui and Kauai
4. All breakfasts, lunches, and dinners to be prepared by group at Condo.
5. AMC Committee Fees

### **Not included in price**

1. Transportation to and from home airport
2. Airport departure tax (none at present)
3. Alcoholic beverages
4. Rental of snorkeling equipment
5. Any pretrip costs or anything else not in the above list of “included in the price”
6. Optional Tours
7. Transportation other than with the group

## **PAYMENT SCHEDULE**

Registration - \$1500 (note, if after February 1st you must pay \$2800 to register)  
February 1st - \$1300  
June 1st - \$1000

## **CANCELLATION POLICY**

Cancellation must be in writing (email okay)

Prior to January 1- \$100 non-refundable fee charged; If your airline ticket has been purchased, you own it

(subject to airline change fees). All other moneys returned

After January 1 - All moneys returned, **except**:

- a) same \$100 as above; and
- b) Any moneys paid out to vendors and money necessary to keep the trip cost from increasing - causing an increase for other trip members.

After August 15 - NO REFUNDS for any reason, including accident, illness, or any other type of emergency.

**Note:** Sometimes additional moneys are returned after the trip, *if* a cancellee's spot can be filled from the waiting list. This depends upon two factors:

1. That the trip is filled - 14 participants (in addition to the leaders).
2. That there is a waiting list. This list is compiled by the leaders through the application and screening process only. No one may substitute another person for themselves.

## **REGISTRATION**

The minimum age for this trip is 18. A separate application, medical form and release is required for each person. To request forms, please email or call Merri or Don. To reserve a space on the trip, please mail all forms and deposit to :

**Merri Fox  
115 North Road  
Harwinton, CT 06791**

Make checks payable to **Merri Fox - AMC**. The leaders will promptly review your application. Upon acceptance, a receipt and additional information will be sent to you. If not accepted, your deposit will be returned immediately.

If you have any questions, please call:

**Leaders:**

Merri Fox  
merri.fox@pw.utc.com  
860-485-1697

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