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Three Perfect Days in Maui - A Journey Connected Travel Guide

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Haleakala National Park - Haleakala National Park

Day 2

Ka'anapali - Ka'anapali

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Day 1



Road to Hana

Rent your own vehicle or book a tour to explore the Road to Hana, a route of fascinating natural beauty that cuts through lush rain forest passing by misty waterfalls, bays or crystal-blue water, hiking trails and lookout points that are guaranteed to take your breath away. Do plan on making multiple stops, and consider booking an overnight stay or two at one of the many accommodation options along the way.



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Wai'anapanapa State Park

You don't have to do without pristine beaches if you are taking the famous road to Hana or hiking in Haleakalā, far from the lively western side of Maui: Wai'anapanapa State Park's black sand volcanic beaches with its cabins and picnic area will won't leave you disappointed.



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Haleakala Highway, Kula

+1 808 572 4400

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Day 2



Ka'anapali

Although access to this beach is remarkably easier for guests of resorts like Westin and Aston, visitors can still park their cars at Whalers Village to access this immensely popular beach dotted with various bars and restaurants. Seeking adventure? Climb and splash down into the clear water right off the Black Rock!



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Whalers Village (Kaanapali)

Whalers Village has over 90 stores featuring several swimwear chains and diners like the popular Hula Grill and Monkeypod. You may also join a ukulele or hula class held on the spot.



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2435 Kaanapali Parkway, Lahaina
+1 808 661 4567

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Day 3



Makena

The area of Kihei welcomes visitors with plenty of activities across its flat beaches: bodysurfing and skimboarding are the things to try here. Makena includes the mile-long Big Beach with many excellent snorkeling spots like the Five Grave, and the Little Beach, unofficially considered among the best nudist beaches in the U.S. The Secret Cove just south of Makena is also a popular wedding location.



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6600 Makena Alanui, Kihei

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Iao Valley State Park

On the eastern side of the West Maui Forest Reserve, Iao Valley State Park is a pedestrian-friendly valley with a paved walk and scenic views of the 2250-foot tall 'Iao Needle. For an easier alternative, visit the botanical garden showcasing the plants brought by the settlers into 'Iao Valley, which, as the site of the battle of Kepaniwai, is also rich in cultural and spiritual heritage.



Iao Valley State Park

Highway 32, 'Iao Valley Road
+1 808 984 8109

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Clear Kayaks Maui



As Maui's only clear-bottom kayaking experience, Clear Kayaks Maui gives you the unique opportunity to enjoy South Maui's coral reefs and marine life. New to kayaking? The kayaks are durable and easy to maneuver, so fun is guaranteed for beginners as well as the more seasoned.



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5230 Makena Road, Maui

+1 808 664 3000

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Maui City Guide



Maui, Hawaii - The Island

In Hawaiian mythology, it was demigod Māui to lift the Hawaiian Islands from the depths of the sea by lassoing the sun from the island's highest peak, Haleakalā, bringing daylight to the islanders.

In the centuries that followed, Hawaiian culture was largely determined by the customs of Polynesian tribes until the rule of the House of Kamehameha, which lasted until the late 19th century. The island had also seen many explorers and missionaries during this extensive period, with James Cook being the first European to set foot here.

Besides being the Kingdom's capital, Lahaina also served as the hub of the remarkably successful whaling industry. At the industry's height between 1840 and 1865, as many as 500 ships would anchor in Lahaina harbor. The sugar industry too flourished during that time, and the installation of the first sugar mill in 1828 gave way to a massive influx of workers from China, Japan, Puerto Rico, Korea, the Philippines, Portugal, and other European nations, further increasing the cultural diversity of Hawaii, the 50th state of the U.S. today.

A wildfire engulfed Lahaina in August 2023, destroying most of the city, especially the historic centre. The conflagration caused widespread devastation across the island of Maui.

Other significant places include Kahului, the commercial hub of Maui, Kihei, and Makawao. Today, tourism has become its main economic sector, and with the warm tropical climate that prevails on the island, Maui welcomes its visitors all year round.



Top Things to Do and See in Maui



Maui, Hawaii - Do & See

Enjoy the pristine beaches with crystal clear water, roam the lush forests, and learn more about the island's history with the plethora of activities Maui has to offer.



Haleakala National Park

Haleakala Highway, Kula
+1 808 572 4400

Spreading across Maui's Southeastern coastline, Haleakalā National Park is where the island's highest point, the top of the dormant volcano is found — the place where, as legend has it, demigod Maui lassoed the sun. Challenge yourself with one of its peaks (the highest, Pu'u 'Ula'ula or Red Hill, rises to 10,023 feet above the sea), and enjoy the breathtaking view. Visits in rental or private cars are subject to pre-reservation, which is available online.



Road to Hana

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Maui Ocean Center

192 Ma'alaea Road, Wailuku
+1 808 270 7000

Immerse yourself in the colorful marine world at one of Hawaii's most attractive places! From the hatchlings of the Turtle Lagoon to the sharks of the Nursery Bay, you'll find the most interesting of underwater life here. Family passes are available.



'Iao Valley State Park

Highway 32, 'Iao Valley Road
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Ho'omana Spa Maui

1550 Piiholo Road, Makawao
+1 808 698 5465

Indulge in a coconut milk bath, or take a detoxifying sea clay bath, and top it all with a four-hand massage. You can also take a class to learn the indigenous Lomi Lomi massage, to make it a longer-lasting experience.



Fun Factory

70 Kaahumanu Avenue, Kahului
+1 808 877 5096

Located in the heart of Maui, this center with its vibrant atmosphere, exciting video games and impressive prizes is a go-to destination for the whole family, with a party area dedicated to special occasions.



Alexander & Baldwin Sugar Museum

3957 Hansen Road, Puunene
+1 808 871 8058

This museum will give you an interesting insight into the local sugar industry, the history of Hawaiian sugarcane plantations and its influence on life in Maui, from technical and geographical aspects to the lives of people working in the industry.



Ali'i Kula Lavender

1100 Waipoli Road, Kula
+1 808 878 3004

Just west of Haleakalā National Park, Ali'i Kula Lavender farm has 45 types of lavender plants, many of which bloom year round to always ensure a breathtaking purple view. Browse the gift shop and join a guided tour or a gourmet picnic, where you can enjoy a light Mediterranean lunch.



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Maui Historical Society

2375-A Main Street, Wailuku
+1 808 244 3326

Discover the history of Maui through this extensive collection of artifacts, weapons and fishing implements. The site also includes a room dedicated to paintings, as well as to the endangered species found on the island, and interesting pieces like Pohaku Hō'ōikaika to test your strength.



Wailea Golf Club

100 Wailea Golf Club Drive, Wailea
+1 808 875 7450

The Wailea Golf Club is rated among the best golf courses in the country by Golf Magazine and Golf Digest. Book a game for the award-winning Gold, Emerald and Blue courses, and enjoy a splendid ocean view.

Maui Top Ten



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Wailea

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Kapalua

This multi-award winning beach, often considered the best in Maui, has a plethora of activities, from snorkeling and boogie boarding to a zip-line tour. It also neighbors a golf course, and is the starting point of the Kapalua Coastal Trail.



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Kamaole Beach Park I, II, III

The long coastlines of Kihei are the perfect spot for active recreation. Join a volleyball game, or grab a surfboard and ride the waves — but do so responsibly, as afternoons can get very windy here.



Kamaole Beach Park I, II, III

South Kihei Road, Kihei

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La Perouse Bay

La Perouse will not only amaze you as a beach, but also as a rich archaeological site that still bears marks of the last volcanic eruption in Maui in 1790. This is a beach where wearing closed shoes is highly recommended, especially if you are looking to hike the rocky King's Highway into the Ahihi Kinau Natural Area Reserve.



La Perouse Bay

At the very end of Makena Alanui Road

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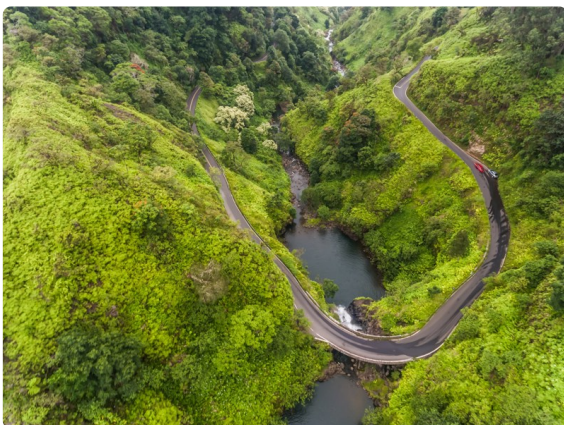
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Maui Dining, Bars, and Nightlife



Maui, Hawaii - Dining

The eateries of Maui feature an ample lineup of international cuisine, all mixed with fresh Hawaiian flavors with the use of fresh local ingredients. Don't miss out on Loco Moco, and the other delicious kalua and pu pu dishes.



Mama's Fish House Restaurant (Paia)

799 Poho Place, Paia
+1 808 579 8488

Since its opening in 1973, Mama's Fish House has become a flagship restaurant on Maui, a perennial favorite of locals and visitors alike. Tristan Island Lobster Tails, Polynesian Black Pearl, and the nut crab cakes are just some of the signature dishes on the menu, which also indicates the fisherman who caught the fish. Mouth-watering dishes are accompanied by a white sandy setting reminiscent of old Polynesia. The Polynesian decor and epic ocean views complete the experience.



Merriman's (Kapalua)

One Bay Club Place, Lahaina
+1 808 669 6400

Celebrating the island's bounty of fresh fish, seafood, meat and fresh produce, Merriman's fancies its menu of 90% locally sourced fare and award-winning cuisine, paired with the finest selection of wines. Get a fine wine in the oceanfront lounge, and enjoy the live music on any day of the week.



HumuHumu (Wailea)

3850 Wailea Alanui Drive, Wailea
+1 808 875 1234

Humuhumunukunukuāpua'a is named after Maui's triggerfish, a specimen mouthful in name as well as in flavor. High-end New American and Hawaiian Fusion is served at this open-air beachfront restaurant by Wailea Resort, topped with a truly spectacular view.



Cafe O'Lei (Kihei)

2439 South Kihei Road, Kihei
+1 808 891 1368

The Cafe O'Lei restaurant is just one location of this Maui-based family business that serves a wide variety of fish and seafood, including the fresh catch of the day. Stop by for mahi mahi, shellfish and sushi in a relaxed atmosphere.



Casanova (Makawao)

1188 Makawao Avenue, Makawao
+1 808 572 0220

The Casanova Italian Restaurant is known for their wood-fired pizzas, classic pasta, inventive specials, friendly service and reasonable prices. The place feels both casual and intimate, comfortable but a nice touch of class.



Polli's Mexican Restaurant (Makawao)

1202 Makawao Avenue, Makawao
+1 808 572 7808

Polli's Mexican Restaurant serves delicious tostadas, homestyle quesadillas, fish tacos and fajitas seven days a week. Happy hours from Monday to Friday for food and beverages — the best place in town for a margarita!



Monsoon Bar & Grill (Kihei)

760 South Kihei Road, Kihei
+1 808 875 6666

The casual Monsoon Bar & Grill is the place to try authentic Indian cuisine, from Papadum chips and tandoori breads to samosas and biryanis. The place is open for dinner during sunset hours, as well as for lunch. You are also welcome to take your food to-go and enjoy it on the beach.



Longhi's (Kaanapali)

100 Nohea Kai Drive, Lahaina
+1 808 667 2288

The Italian-American restaurant Longhi's serves up delicious breakfast, steaks, seafood and pasta throughout the day. This location offers fantastic ocean views.



Hula Grill (Kaanapali)

2435 Kaanapali Parkway, Kaanapali
+1 808 667 6636

Located in the sunny Ka'anapali beach, Hula Grill has an ample fish and grill food selection, and is probably the best place for a pu pu platter in Maui. Also renowned for its Barefoot Bar and lineup of daily performers.



Monkeypod Kitchen (Wailea)

10 Wailea Gateway Place, Unit B-201
+1 808 891 2322

Monkeypod's farm-to-table menu includes pizzas, burgers, poke tacos, all made of fresh ingredients. Choose from the handcrafted cocktails, large selection of craft beers, and seasonal offers, and enjoy the happy hours and daily live music.



Sea House Restaurant (Kapalua)

5900 Lower Honoapi'ilani Road, Napili
+1 808 669 1500

The casual Sea House offers Pacific Rim cuisine with a stunning beach view. The best deals include the Maui beach balls, Poke nachos, coconut shrimp, and the place also boasts a vast breakfast selection — or, if undecided, simply ask for the "Respectful, Bountiful Basket" to learn about the chef's offer.



Cafe Mambo (Paia)

30 Baldwin Avenue, Paia
+1 808 579 8021

Visit this lively restaurant to try the best of Maui! All food made here is made with local ingredients, from omelettes and fruit bowls to their famous fajitas.



Sansei Seafood Restaurant & Sushi Bar (Kihei)

1881 South Kihei Road #KT-116, Kihei
+1 808 868 0780

Sansei Seafood Restaurant is a highly acclaimed Japanese restaurant with award-winning dishes like calamari salad, Shrimp Dynamite, DK's Crab Ramen, and a wide selection of sushi. After dinner, stay for weekend karaoke!



Maui, Hawaii - Cafes

Enjoy the aroma of the locally picked and ground Kona and Maui coffee beans at one of the island's plenty coffee houses!



Kihei Caffe

1945 South Kihei Road, Kihei
+1 808 879 2230

Kihei Caffe prides itself on having the best breakfast in town. Whether you are looking for a hearty ham and eggs breakfast, or are the sweet-toothed type, this place is worth a try for everyone.



Maui Coffee Roasters (Kahului)

444 Hana Highway, Kahului
+1 800 645 2877

An ever-bustling artsy cafe that serves a large assortment of coffee specialties, including the trendy nitro cold brew. Get your after-lunch caffeine shot here.



Grandma's Coffee House (Keokea)

9232 Kula Highway, Kula
+1 808 878 2140

Grandma's Coffee House is a cozy cafe with a relaxed vibe. Take a moment to relax on their scenic deck and enjoy organic coffee made from local, house-roasted beans that were grown on the slopes of volcanoes. Coffee has been roasted since 1918 here, at this true gem of Maui off the beaten track.



Hawaiian Village Coffee (Napili-Honokowai)

4405 Honoapiilani Highway, Lahaina
+1 808 665 1114

Hawaiian Village Coffee is the place to go to shop for premium-quality Maui coffee. Fuel up for the day from the large selection of fresh croissants and sandwiches, or hop in for the famous Roselani ice cream.



Cafe Des Amis (Paia)

42 Baldwin Avenue, Paia
+1 808 579 6323

Café Des Amis celebrates Paia's heritage as an Upcountry town of friendship and diversity, with a menu reflecting authentic French, Mediterranean and Indian cuisines.



Java Cafe (Kihei)

1279 South Kihei Road, Suite 301
+1 808 518 4263

A few minutes from the Maui Nui Golf Club, Java Cafe is a hip and vibrant breakfast place that serves top-quality coffees, tea and fresh juices — all 100% Hawaiian and served in a most tasteful way.



Maui, Hawaii - Bars & Nightlife

Sip on Maui's signature Mai Tai and zombie cocktails at a sandy tiki bar by the beach or an exclusive lounge of the many resorts on the island.



Three's Bar & Grill (Kihei)

1945 South Kihei Road, Suite G
+1 808 879 3133

The casual Three's Bar & Grill features local live music twice a day with popular happy hours, and exotic Hawaiian fare.



South Shore Tiki Lounge (Kihei)

1913-J South Kihei Road, Kihei
+1 808 874 6444

There is always something going on at South Shore Tiki Lounge. Enjoy a relaxed meal of burgers, pizza and seafood, or try everyone's favorites like the calamari pu pu and the cocktail that is simply nicknamed Oh My Goddess.



Kahale's Maui's Local Dive Bar (Kihei)

36 Keala Place, Kihei
+1 808 215 9939

Kahale's Maui's is a relaxed local hangout for beers and cocktails. Enjoy the live music at the bar with the longest happy hour in Maui, plus sports on big screens.



Lobby Lounge at the Four Seasons Resort (Wailea)

3900 Wailea Alanui Drive, Wailea
+1 808 874 8000

Live Hawaiian music, hula, fresh sushi, and artisan cocktails are all found at the Lobby Lounge. Its contemporary, streamlined decor beckons guests to enjoy an evening together. Neighboring Ferraro's Bar and Ristorante is also recommended for its Italian cuisine and stunning views.



Mulligans on the Blue (Wailea)

100 Kaukahi Street, Wailea
+1 808 874 1131

The only Irish pub in Maui features an open-air bar, fresh food, and the unmissable Guinness pints, live music, and Willie K dinner shows.



Botero Lounge (Wailea)

3850 Wailea Alanui Drive, Wailea
+1 808 875 1234

Named for Fernando Botero's dark sculptures adorning the bar, Botero's provides daily entertainment in an exclusive setting. Enjoy sushi and elaborate cocktails in this art-filled lounge.



Alaloa Lounge (Kapalua)

1 Ritz-Carlton Drive, Kapalua

+1 808 669 6200

The Alaloa Lounge at the Ritz-Carlton is a premium bar breathtaking views of the Pacific Ocean, a fine selection of wines, cocktails and spirits, accompanied by light fares and live performances every night.

Maui Tourist Resources



Maui, Hawaii - Tourist Information



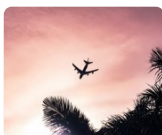
Passport / Visa

When visiting Maui, the general U.S. entry requirements apply. Citizens of the Schengen countries, the United Kingdom, Ireland, Canada, Australia, New Zealand, Singapore, Japan, South Korea, Taiwan and the Kingdom of Brunei can visit the United States for up to 90 days without applying for a visa (as well as citizens of Andorra, Lichtenstein, Monaco and San Marino). Citizens of these countries must obtain an ESTA (Electronic System for Travel Authorization) before traveling. All other travelers must obtain a visa before visiting the United States. International travelers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the country.



Best Time to Visit

Maui always welcomes visitors with its warm tropical climate, with winter lows not dropping below 70 degrees. The island is a highly sought-after holiday destination in the summer months from June to August, with plenty of things to do and see. For those looking for a quiet getaway with still pleasant weather, the months of April, May, September and October are the most recommended ones.



Kahului Airport (OGG)

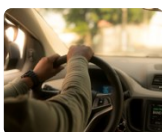
Kahului Airport, Kahului
+1 808 872 3830

While most inbound flights originate from Honolulu International Airport, Kahului Airport also receives several international ones. An airport shuttle service is available, and Maui Bus operates airport routes, too.



Public Transport

The Maui Public Bus Transit System consists of 13 bus routes operated by Roberts Hawaii, linking Kahului with all the major hotspots on the island, excluding Haleakalā National Park and other out-of-the-way places. Daily passes are available. Car rentals are found at the airport.



Taxi

Recommended cab companies in Maui area are CB Taxi Maui (+1 808 243 8294), Maui Airport Taxi Shuttle (+1 808 877 2002), Royal Sedan & Taxi (+1 808 874 6900), Maui Happy Taxi (+1 808 385 6909).

Ride-sharing services Uber and Lyft also operate in Maui.



Post

United States Postal Service, 138 South Puunene Avenue
+1 800 275 8777

Sending parcels and letters in the US is a relatively straightforward process. The most common method is through the United States Postal Service (USPS). The USPS offers a variety of services for sending mail, including First-Class Mail for letters and postcards, Priority Mail for packages, and Priority Mail Express for overnight delivery. To send a parcel or letter, you will need to take it to a USPS post office or use a USPS blue collection box. Use the USPS website to find the nearest post office or collection box to your location. Additionally, you can also use private couriers such as FedEx and UPS, which often provide a wider range of services and faster delivery times, but generally at a higher cost.



Pharmacy

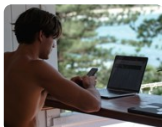
Walgreens Pharmacy, 10 East Kamehameha Avenue
+1 808 872 3301

Chain pharmacies — CVS Pharmacy, Safeway, Walmart, Costco, Longs etc. — as well as smaller neighborhood stores operate in on Maui, and while working hours may greatly vary, a few are open 24/7. Pharmacy signs are often in red and white, and they are often located inside department stores. Most of the pharmacies sell both prescription as well as over the counter medicine.



Time Zone

The time zone observed on Maui is the Hawaii Standard time (HST).



Telephone

Country code: +1
Area code: (808)



Electricity

All power sockets in the United States provide a standard voltage of 110–120V with a standard frequency of 60Hz. Plug type A has two flat parallel pins.