



## Hawaii – Women Only! Detailed Itinerary

Hawaii: Kauai

☪ Sundrenched Beaches. Lush Coastal Peaks. That Winter Escape You Need.

Welcome to the Ultimate Women's Trip to Kauai, Hawaii!

**Airport Information:** Need assistance booking your flight? We are here to help.

Arrive & Depart: Lihue Airport (LIH) airport.

### **Day 1: Welcome to Breathtaking Hawaii!**

Did you catch that insane coastline during your flight in? Flights should arrive by 5pm to make our welcome meeting and dinner, which typically start at 6:30pm. If you're unable to arrive by 5pm, please contact us to arrange alternative transportation and dinner options.

✨ Arriving early? Your first moments in paradise can be spent **relaxing on the beach or poolside**, soaking in the island breeze before the adventure begins.

After dinner, adjust to the time difference and rest up for our **adventure-packed Hawaii itinerary**.

Airport information: Kauai airport is small and very manageable. There are two luggage kiosks.

**Hotel details will be provided after booking.**

If you are arriving ahead of our scheduled itinerary, we will help coordinate transportation and hotel accommodations.

### **Transportation:**

🚗 Private air-conditioned vehicle

Airport transfer ➡ Hotel

Approximate travel time: less than 15 minutes

🍽 **Meals included:** ✓ Typical Hawaiian welcome dinner

🏠 **Accommodation included:** Shared accommodation near Kauai airport

## **Day 2: Nā Pali Coast Exploration**

Wake up refreshed and ready to tackle our first action packed day of exploring the island.

Today's highlights:

- Exploring the Nā Pali Coast
- Waimea Canyon: The Grand Canyon of the Pacific

We'll travel in comfort by private, air-conditioned vehicle to the legendary **Nā Pali Coast**, where our first jaw-dropping views await. Take it all in at a relaxed pace, or lace up for an optional hike if you're feeling adventurous. Either way, the dramatic cliffs, lush valleys, and turquoise waters will leave you in awe — a moment to pause, breathe, and truly feel the magic of Kauai. We will travel via air-conditioned private automobile to the Nā Pali Coast where we will embrace our first jaw-dropping views. Take it all in with a relaxed pace or take on the challenge of a hike. Either way, the views are amazing!

Optional Hike Physical Activity:

- **Distance:** 6.5 miles round trip
- **Elevation Change:** Descends from **4,120 feet to 2,500 feet**, meaning the return hike is a steep uphill climb.
- **Difficulty: Moderate to hard**—potential for muddy, slippery terrain after rain and a strenuous ascent on the way back.
- **Trail Conditions:** Begins in **lush rainforest**, transitioning into **dry, exposed ridges** with **loose soil and rocky paths**.

This coastline remains untouched—no roads, no traffic, no crowds. Just pure, unspoiled beauty stretching as far as the eye can see. As we make our ascent back, each step will remind us of the breathtaking untouched beauty of this coastal hike.

Next Up: Waimea Canyon: The Grand Canyon of the Pacific

We'll pause to soak in the breathtaking **deep reds and lush greens** of **Waimea Canyon**, where **towering cliffs, cascading waterfalls, and vast landscapes** showcase nature's untamed beauty. Here, the raw power of the earth unfolds before us—a **moment to stand still, breathe it in, and truly feel the magic of this place.** 🌿


## **Wrapping Up an Epic Day—But the Views Aren't Over Yet!**

After an action-packed day of adventure, the journey continues. This isn't just a drive—it's yet another chance to take in Hawaii's breathtaking beauty. From the rugged coastal cliffs to the

endless panoramas of Waimea Canyon, the scenery keeps delivering. As we make our way to our hotel on the Northern Coast, the **never-ending meeting of sea and shore**, pristine sandy beaches, and lush landscapes will unfold outside your window—offering the perfect way to unwind and reflect on an unforgettable day.

Relax and recharge at our accommodations as we wrap up an unforgettable, adventure-filled day.


### Transportation:

 Private air-conditioned vehicle

Lihue Hotel  Nā Pali Coast

Settle in and scan the scenery from the convenience of a private vehicle.

Approximate travel time: 1 hour and 30 minutes

 Private air-conditioned vehicle  
Hotel

Nā Pali Coast  Northern Kauai


Approximate travel time: 2 hours


 **Accommodation included:** Shared accommodation in Northern Kauai

### Day 3: Day of Choice: Adventure or Relaxation

Secure your spot on one of these exciting excursions—or any other adventure you discover! To guarantee availability, please notify us as soon as possible. Contact your trip host to reserve your experience.

#### For the thrill-seekers:

 **Surfing Lessons** – Ride the waves in Hanalei Bay, one of Kauai’s best surf spots. From \$89

 **Deep-Sea Fishing Charters** – Chase marlin, tuna, wahoo, and mahimahi on a full-day fishing adventure. From \$398

 **Boat Tour** of Nā Pali Coast. From \$214

 **Ziplining** through tropical forests. From \$150

#### For the unwinders:

 **Sun-soaked** relaxation on Kauai’s pristine beaches – free

🍴 **Hanalei Food Truck Tour** – Explore the charming specialty shops and delightful foodie restaurants of this area, where unique finds and local flavors await! Or hop on a local food tour to find hidden gems across Kauai: From free - \$125

🐐 **Goat yoga:** \$45-\$60

🌿 **Botanical Gardens & Tropical Fruit Tour:** From \$95

\*\*These are just suggestions, the list of excursions is extensive!

### **Transportation:**

🚗 Private air-conditioned vehicle

Preplanned excursions will have private transfer (if within a reasonable distance)

Approximate travel time: minimal if doing excursions

🏠 **Accommodation included:** Shared accommodation in Northern Kauai

### **Day 4: Morning Waterfalls & Afternoon Free-Time**

Today's highlights:

- Hiking Hanakapi'ai Waterfall
- Unwind at Ke'e Beach

**Nā Pali Coast Adventure** We'll travel in comfort by **air-conditioned shuttle bus** (required for entry) to the legendary Nā Pali Coast. From here, you can choose your own pace:

- **Optional Hanakapi'ai Falls Hike** — a journey that feels straight out of *Jurassic Park* (minus the dinosaurs), leading you deep into emerald cliffs, tropical jungle, and cascading waterfalls.
- **Secluded Beach Escape** — for those who prefer to relax, spend your time unwinding on a quiet stretch of sand, soaking in the turquoise waters and island breeze.

Either way, the Nā Pali Coast delivers jaw-dropping views and unforgettable moments — adventure or relaxation, the choice is yours.

Optional Hike Physical Activity:

- **Distance:** 7.7 miles round trip
- **Elevation Change:** 800 feet 🔥

- **Difficulty: Moderate to hard**—expect steep climbs, rough tangled roots beneath your feet and potentially slippery terrain, and stream crossings
- **Trail Highlights:** Coastline hike into the dense tropical jungle to our 300-foot waterfall destination. Get ready for our plunge into this refreshing waterfall pool.
- **Weather Awareness:** With the tropical climate, expect potential sudden rain showers, humid and tropical temperatures, muddy paths.

For those conquering the rugged trails of Hanakapi‘ai Falls, we’ll **unwind at Ke‘e Beach**, a paradise where the **turquoise waters meet golden sands** at the edge of the **Nā Pali Coast**.

Relax and recharge at our accommodations as we wrap up our time on beautiful Kauai.

#### **Transportation:**

 Air-conditioned shuttle vehicle

Hotel  Waterfall Hike

Settle in and scan the scenery from the convenience of a private vehicle.


Approximate travel time: 20-30 minutes each way

 **Accommodation included:** Shared accommodation in Northern Kauai or near the airport

#### **Day 5: Goodbye – Departure Day**

Departure day – Depart from Daniel K. Inouye International Airport (HNL) - Honolulu. Your flight can depart at any time, but if you're not ready to end your **Hawaiian escape**, your guide can arrange **additional tours** to explore more islands and their **stunning landscapes** or **just allow yourself to unwind at the beaches one last time**—just ask!

#### **Transportation:**

 Private air-conditioned vehicle

Hotel  Airport

Approximate travel time: Dependent on accommodation location – 15 minutes or 1.5 hours