



Spirit Treks

It is with some sadness that we have decided to postpone the planned visit to Kauai in May due to the tremendous rains and land and mud slides that have overtaken the Island in recent weeks. However with help from the ancestors we will be going in October when hopefully the Island has had a change to dry out.

Here is the schedule.

Travel

All travel arrangements are the responsibility of each participant.

Accommodation

Please arrange your own accommodation in the Kapa'a area. There are numerous hotels of varying prices and standards along this stretch of coast. Contact us if you need help or advice. Transport to and from sites and trails is the responsibility of the Spirit-Treks. We will meet each morning in Kapa'a.



Pre-tour

Meeting you on arrival at Lihue airport. Followed by evening meeting, welcome and orientation on the Beach.

Day 1

Morning energy exercises followed by trips to various heiau (temples) in the kapa'a and wailua areas

Day 2

Full day. Hiking trail to hanakapiai beach along the Na Pali Coastline on the North Shore, followed by swim at Ke'e beach and visit to heiau and dry cave.

Day 3

A restful day with a visit to Kukui Grove, Koloa town and surroundings.

Day 4

Trip to Hindu Temple followed by excursion to Wailua Falls, and Spouting Horn on South Shore.

Day 5

Full day. Viewing of Waimea Canyon (the Grand Canyon of the Pacific) and the Kalalau Look out. Mid morning to afternoon hike on the Awaawapuhi (ginger) trail – strenuous. Visit to Kokee museum.

Day 6

A day to rest or shop followed by Traditional Hawaiian Blessing from a Hawaiian Kapuna and shared evening meal





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Please note that the schedule may change due to weather conditions. The first trail is of moderate length and difficulty whilst the Ginger trail is more strenuous. Participants are responsible for their own welfare and should inform the Trek guide of any health issues and take advice.

Please bring with you adequate sun block. Insect repellent and water carriers, and wear suitable clothing and foot wear as the trails are often uneven, rocky and sometimes wet.

The fee for all transportation on the tour and your tour guide will be €650 (\$795 or £450)



Please contact us to register your interest. Final books must be made and paid for 2 months in advance of the start date. In the eventuality that the tour is cancelled all money is refundable.

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