

Sonki Fitness

Sonki Fitness Vacation - Maui (Oct 9 - 16, 2010)

"The only vacation where you will come home in better shape!"™

ITINERARY

DATE/TIME	ACTIVITY	LOCATION	NOTE
Oct 9 (Sat)	Check into Makena Beach & Golf Resort	Makena Beach & Golf Resort (MB)	
7:00 – 8:00p	Welcome drinks	Molokini Bar & Grille	Optional (No host)
8:00 – 10:30p	Dinner at Sansei	Sansei Restaurant	Optional (No host)
Oct 10 (Sun)	Welcome breakfast at Makena Beach & Golf Resort	Café Kiowai	Breakfast included.
9:00 – 10:00a			
11:00a – 2:00p	Snorkeling, paddle boarding, kayaking, outrigger canoe ride, & sunbathing.	MB	Meet at the beach anytime.
5:00 – 5:45p	Light workout	MB	Meet at the pool at 5pm. Bring towel and water.
7:30 – 10:00p	Dinner at Mulligan's restaurant (fun, lively restaurant with an Irish band and beautiful ocean view.)	Mulligan's restaurant	Meet in the lobby at 7:30pm. Optional (No host) Price range: \$10 – 30 Website: http://www.mulligansontheblue.com
Oct 11 (Mon)	Workout	MB	Meet at the pool at 8am. Bring towel and water.
8:00 – 9:00a			
11:00a – 1:00p	Hike King's Highway (easy flat hike through a lava field.)	La Perouse Bay	Meet in the lobby at 11am. Bring extra water, food, and sunblock. Also, bring beach gear and wear swimsuit for beach afterward.
1:00p – 3:00p	Visit Big Beach/Little Beach (swimming, sunbathing, body surfing)	Big Beach	Beach is 1 mile from hotel.
5:00 – 8:00	Luau	Grand Wailea	Meet in the lobby at 5pm. Dinner and show included
Oct 12 (Tue)	Swinging Bridges hike (stop by Iao Valley)	Waihee Valley	Meet in the lobby at 9am. Relatively easy 4-mile hike with swinging bridges along the way and a waterfall at the top. Wear swimsuit underneath to swim. (Bring towel, snack, water, and insect repellent.)
9:00a – 1:00p			
1:00 – 1:30p	En route to Mama's Fish House		
1:30 – 3:00p	Lunch at Mama's Fish House (world famous restaurant known for its fresh fish)	Paia	Optional (No host) Price range: \$10 – 30 Website: www.mamasfishhouse.com
3:00 – 3:45p	En route to hotel		
6:00 – 10:30p	Dinner and shopping in Lahaina	Lahaina	Meet in the lobby at 6:00pm. Lahaina is the main town of Maui with many restaurants and shops. Commute is 1hr each way.
Oct 13 (Wed)	Hike Waihee Ridge Trail (5-mile)	Waihee Ridge Trail	Meet in the lobby at 9am. Bring water
9:00 – noon			

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	moderate hike with breathtaking views)		and sunblock.
noon – 12:30p	En route to restaurant		
12:30 – 2:00p	Lunch at Thailand Cuisine restaurant (a top Thai restaurant in Maui)	Kihei	Lunch included.
5:00 – 6:00p	Workout	MB	Meet at the pool at 5pm. Bring towel and water.
Oct 14 (Thu) 9:00a – 11:00a	En route to Haleakala		Meet in the lobby at 9:00am. (Bring food, water, and warm clothes.)
11:00 – 11:30a	Tour of Haleakala summit	Haleakala	A massive shield volcano that reaches over 10,000 ft at the summit. Temperatures can get cold at the top.
11:30a – 1:30p	Hike Sliding Sands trail	Haleakala	5-mile hike along the crater.
1:30 – 3:30p	En route to hotel		
8:30 – 11:30p	Dinner and Karaoke at Sansei (a top Japanese/Asian Fusion restaurant in the country)	Sansei Restaurant	Meet in the lobby at 8:30p. Optional (No host) Price range: \$10 – 25 Website: www.sanseihawaii.com
Oct 15 (Fri) 9:00 – 10:00a	Workout	MB	Meet at the pool at 9am. Bring towel and water.
6:00 – 7:30p	Final night party at Club Sonki	Club Sonki	Must be on the VIP list to enter.
8:00 – 10:30p	Final night dinner	TBD	Optional (No host)
Oct 16 (Sat)	Hotel checkout	MB	
	Depart Maui		

Note: The above schedule is subject to change.