

# Sonki Fitness Vacation Sample Itinerary

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

## ITINERARY

DATE/TIME	ACTIVITY	LOCATION	NOTE
<b>Apr 30 (Sat)</b>	Check into Waikiki EDITION Hotel	EDITION Hotel	
6:30 – 7:30p	Welcome drinks	Pool Bar	Optional (No host) Meet at the pool bar in the hotel.
7:30 – 9:00p	Dinner at Sansei (a top Japanese/Asian Fusion restaurant in the country)	Sansei Restaurant	Optional (No host) Price range: \$10 – 25 Website: <a href="http://www.sanseihawaii.com">www.sanseihawaii.com</a>
<b>May 1 (Sun)</b> 9:00 – 10:30a	Welcome breakfast	Hilton Hawaiian Village	Meet at the pool at 8:50am. Breakfast included.
11:00a – 2:30p	Hike Maunawili Falls (stop by Pali Lookout on the way back)	Manauwilli Falls	Meet at the Lobby at 11am. Relatively easy 3-mile hike with a beautiful waterfall at the top. Wear swimsuit underneath to swim. (Bring towel, water, and insect repellent.)
4:30 – 6:30p	Watch live Hawaiian band	Duke's Restaurant/Bar	Optional (No host)
6:30 – 8:30p	Dinner at Duke's	Duke's Restaurant/Bar	Optional (No host) Price range: \$12 – 25 Website: <a href="http://www.dukeswaikiki.com">www.dukeswaikiki.com</a>
<b>May 2 (Mon)</b> 8:00 – 9:00a	Workout	Ft. Derussy Park	Meet at the pool at 8am. Bring towel and water.
5:00 – 8:00p	Luau	Hale Koa	Meet at the pool at 5pm. Luau includes dinner and show.
<b>May 3 (Tue)</b> 9:00a – 11:30a	Makapuu hike (stop by Blow Hole & Sandy Beach)	Makapuu	Meet at the Lobby at 9am. Bring beach towel, sunblock, and water.
11:30a – noon	En route to Kailua Beach		
Noon – 4:30p	Lunch and beach day at Kailua Beach and Lanikai Beach (snorkeling, swimming, sunbathing, boogie boarding)	Kailua Beach	Kailua and Lanikai Beach are two of the top beaches in the country. Lunch included.
<b>May 4 (Wed)</b> 8:00 – 10:00a	Diamond Head hike	Diamond Head	Meet at the Lobby at 8am. Hike is relatively easy and should take about 30 min to get to the top. Breathtaking view from the top. (Bring water.)
5:30 – 6:30p	Workout	Ft. Derussy Park	Meet at the pool at 5:30pm. Bring towel and water.
<b>May 5 (Thu)</b> 8:00 – 10:30a	Koko Crater hike	Koko Crater	Meet at the Lobby at 8am. A very challenging hike that is like a mountain-high stairmaster. It's an abandoned railroad track that has approximately 1200 steps to the top.
Noon – 1:00p	En route to North Shore		Meet at the Lobby at noon.
1:00 – 5:00p	Swimming, sunbathing, snorkeling, surf watching.	North Shore	North Shore is a world famous surfing spot with waves as high as 50 ft.
<b>May 6 (Fri)</b> 9:00 – 10:00a	Workout	Ft. Derussy Park	Meet at the pool at 9am. Bring towel and water.
6:45 – 8:00p	Final night soiree (watch beautiful sunset and then fireworks.)	Pool Bar	Drinks and pupus included.

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DATE/TIME	ACTIVITY	LOCATION	NOTE
8:00 – 10:00p	Dinner	TBD	Optional (No host)
<b>May 7 (Sat)</b>	Hotel checkout	EDITION hotel	
	Depart Honolulu		

**Note:** The above schedule is subject to change.