

EASY: DIAMOND HEAD & KAHALA

Estimated Time:
4 hour
Ride & Hike

Distance:
13 miles

Checklist:
Map, Water,
Sunscreen, Close-
Toed Shoes



Comfort Bike

MEDIUM: MANOA FALLS BIKE & HIKE

Estimated Time:
4 hour
Ride & Hike

Distance:
12.5 miles

Checklist:
Map, Water, Sun-
screen, Bug Spray,
Close-Toed Shoes



Comfort Bike

EASY: WAIKIKI & MAGIC ISLAND

Estimated Time:
3 hour Ride

Distance:
8.5 miles

Checklist:
Map, Water,
Sunscreen



Shopping Bike

HARD: TANTALUS THIGH BURNER

Estimated Time:
4 hour Ride

Distance:
10.5 miles

Checklist:
Map, Water,
Sunscreen



Fitness Bike

MEDIUM: KAKA'AKO & IOLANI PALACE

Estimated Time:
4 hour Ride

Distance:
11.5 miles

Checklist:
Map, Water,
Sunscreen



Shopping Bike

HARD: HANAUMA BAY & KOKO HEAD

Estimated Time:
6 hour Ride &
Snorkel or Hike

Distance:
21 miles

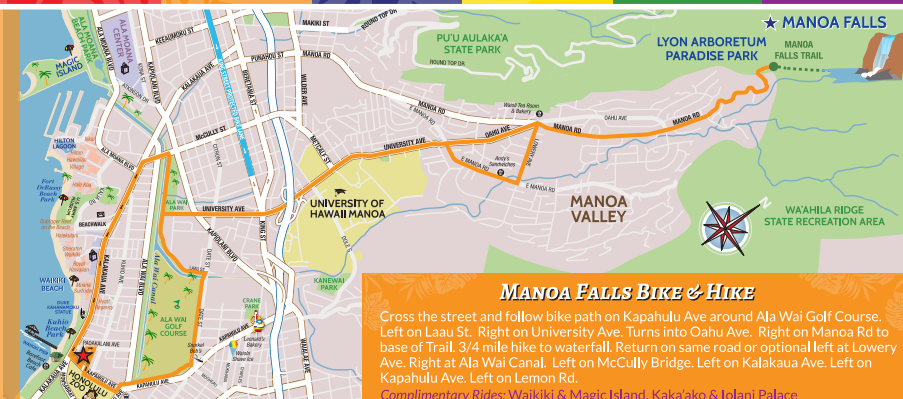
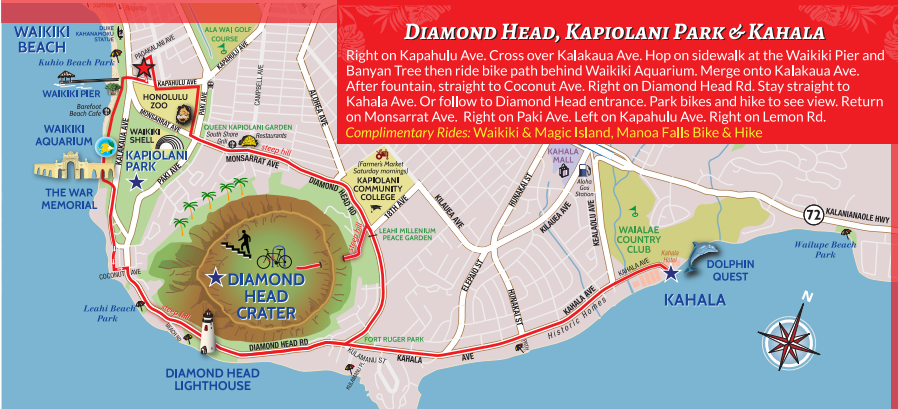
Checklist:
Map, Water, Towel,
Sunscreen, Money,
Snorkel Gear (or Rent)



Fitness Bike

DIAMOND HEAD, KAPIOLANI PARK & KAHALA

Right on Kapahulu Ave. Cross over Kalakaua Ave. Hop on sidewalk at the Waikiki Pier and Banyan Tree then ride bike path behind Waikiki Aquarium. Merge onto Kalakaua Ave. After fountain, straight to Coconut Ave. Right on Diamond Head Rd. Stay straight to Kahala Ave. Or follow to Diamond Head entrance. Park bikes and hike to see view. Return on Monsarrat Ave. Right on Paki Ave. Left on Kapahulu Ave. Right on Lemon Rd.
Complimentary Rides: Waikiki & Magic Island, Manoa Falls Bike & Hike



MANOA FALLS BIKE & HIKE

Cross the street and follow bike path on Kapahulu Ave around Ala Wai Golf Course. Left on Laau St. Right on University Ave. Turns into Oahu Ave. Right on Manoa Rd to base of Trail. 3/4 mile hike to waterfall. Return on same road or optional left at Lowery Ave. Right at Ala Wai Canal. Left on McCully Bridge. Left on Kalakaua Ave. Left on Kapahulu Ave. Left on Lemon Rd.

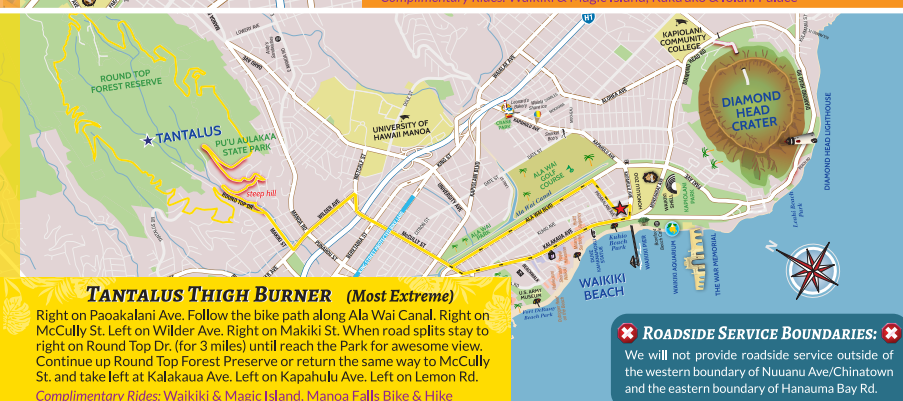
Complimentary Rides: Waikiki & Magic Island, Kaka'ako & Iolani Palace



WAIKIKI & MAGIC ISLAND

Right on Paoakalani Ave. Left on Ala Wai Blvd. Left on McCully St. Left on Kalakaua Ave. Right on Beachwalk. Footpath next to U.S. Army Museum. Follow coast to Hilton Lagoon. Through parking lot, over bridge to Ala Moana Blvd. Follow Beach Park around Magic Island. Take same bike path (or Ala Moana Blvd) back to Kalakaua Ave. Right on Kalakaua Ave. Left on Kapahulu Ave. Left on Lemon Rd. Alternate route in dotted line.

Complimentary Rides: Kaka'ako & Iolani Palace, Diamond Head, Kapiolani Park & Kahala



TANTALUS THIGH BURNER (Most Extreme)

Right on Paoakalani Ave. Follow the bike path along Ala Wai Canal. Right on McCully St. Left on Wilber Ave. Right on Makiki St. When road splits stay right on Round Top Dr. (for 3 miles) until reach the Park for awesome view. Continue up Round Top Forest Preserve or return the same way to McCully St. and take left at Kalakaua Ave. Left on Kapahulu Ave. Left on Lemon Rd.

Complimentary Rides: Waikiki & Magic Island, Manoa Falls Bike & Hike

ROADSIDE SERVICE BOUNDARIES:

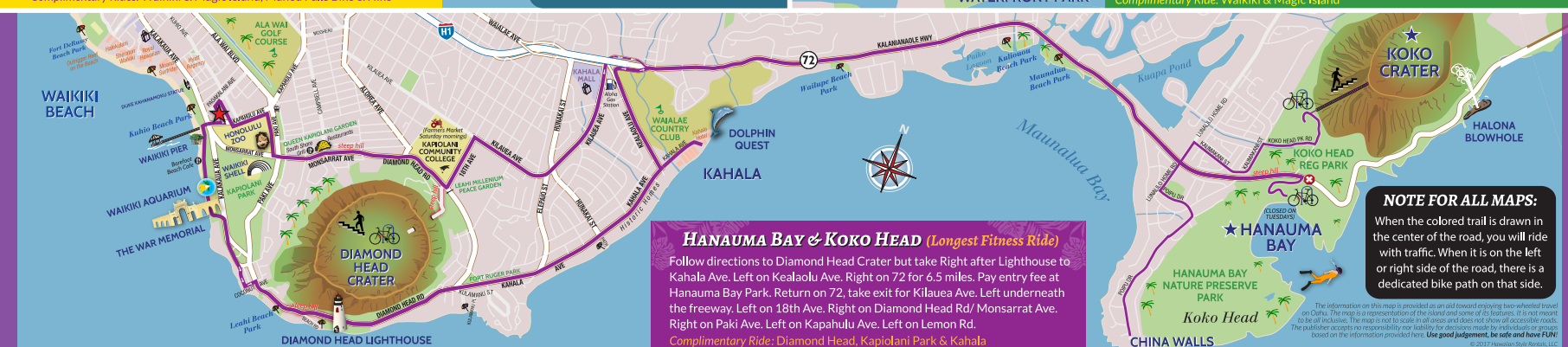
We will not provide roadside service outside of the western boundary of Nuuanu Ave/Chinatown and the eastern boundary of Hanauma Bay Rd.



KAKA'AKO & IOLANI PALACE (With City Traffic)

Right on Paoakalani Ave. Left on Ala Wai Blvd. Right on McCully St. Left onto the King St. bike lane. Right on Victoria St. Left on Beretania St. Left on Punchbowl St. Right before Public Library onto path to Likelike St and the Iolani Palace. Return on Mililani St. Left on Halekauwila St. Right on Keawe St. Left on Auahi St. Right on Cooke St. to Park. Return on Cooke St. to right on Iolo St. Left on Ward Ave. Right into Kewalo Basin parking lot thru Ala Moana Park. Return same as Magic Island map.

Complimentary Ride: Waikiki & Magic Island



HANAUMA BAY & KOKO HEAD (Longest Fitness Ride)

Follow directions to Diamond Head Crater but take Right after Lighthouse to Kahala Ave. Left on Kealaolu Ave. Right on 72 for 6.5 miles. Pay entry fee at Hanauma Bay Park. Return on 72, take exit for Kilauea Ave. Left underneath the freeway. Left on 18th Ave. Right on Diamond Head Rd/ Monsarrat Ave. Right on Paki Ave. Left on Kapahulu Ave. Left on Lemon Rd.

Complimentary Ride: Diamond Head, Kapiolani Park & Kahala

NOTE FOR ALL MAPS:

When the colored trail is drawn in the center of the road, you will ride with traffic. When it is on the left or right side of the road, there is a dedicated bike path on that side.

The information on this map is provided as an aid toward enjoying two-wheeled travel on Oahu. The map is a representation of the island and some of its features. It is not meant to be all inclusive. The map is not to scale in all areas and does not show all accessible roads. The publisher accepts no responsibility for liability for decisions made by individuals or groups based on the information provided here. Use good judgment, be safe and have FUN!
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