

Magie Island - Waikiki

Make a right at **PAOAKALANI AVE**. Ride the bike path along the **Ala Wai Canal**. At the first bridge make a left turn onto **McCULLY ST**. Make a left onto **KALAKAUA AVE**. On **BEACHWALK** make a right. Hop onto the foot path between the **Army Museum** and **Outrigger Reef** follow the coast toward the **Hilton Lagoon**. Drive through the parking area behind the lagoon and head towards **ALA MOANA BLVD**. Stay on the ocean side of the street and bike over the bridge to the entrance of the **ALA MOANA BEACH PARK**. At the first parking lot on the left turn in and head towards the bike path around **Magie Island**. Feel free to bike along the paths around the park. When finished you follow the same bike path back along **ALA MOANA BLVD**, past the **Hilton Lagoon** and through the foot path next to the **Army Museum**. You will need to make a right on **Saratoga** and a left **KALAKAUA AVE**. Follow the bike path through Waikiki. If you would like to cruise around **Diamond Head Crater** stay on **KALAKAUA AVE** and follow the *Cruise the Crater* directions below. To return to the shop make a left on **KAPAHULU AVE** and a left on **MANOA RD**.

EASY

Tartarus - Round Top

This is our most extreme bike ride in Honolulu. This 7 mile stretch of cutbacks is not for the weak at heart. However, if you are an experienced rider the view is definitely worth the burn. From the shop you make a right on **PAOAKALANI AVE**. Follow the bike path by making a left along the **Ala Wai Canal**. At the first bridge make a right on **McCULLY ST**. Make a left on **WILDER AVE** then a right on **MAKIKI ST**. Stay to the right when the road splits and begin ascending the mountain. From that point it is exactly three miles until you reach **PU'U UALAKA'A STATE PARK**. There you will find the most awesome panoramic views of all **HONOLULU**. To continue your workout keep climbing the mountain or come back into town the same way you came.

HARD

Manoa Falls Bike and Hike

Cross **KAPAHULU AVE** to get on the bike path and head towards the mountains. Cross the street again at the fire station on **PAKI AVE** to take the bike path around the **ALA WAI GOLF COURSE**. Make a left once you cross the mini bridge at **LAU ST**. Follow the canal to **UNIVERSITY AVE** and make a right. Stay in the **UNIVERSITY AVE** bike lane past the *University of Hawaii Manoa* where it becomes **OAHU AVE**. From here it is uphill until you reach the falls. Make a right at **MANOA RD** and follow it to the base of *Manoa Falls Trails*. It's a 3/4 mile hike to a 150 foot waterfall. Make sure to visit the *Lyon Arboretum* while you are up there. After your hiking and exploring you might want a good sandwich and a smoothie? Turn left on **LOWERY AVE** and check out Andy's Sandwiches on **EAST MANOA RD**. Continue down **EAST MANOA RD** to get on **UNIVERSITY AVE**. To return through *Waikiki* turn right at the *Ala Wai Canal* then left at the **McCULLY BRIDGE**, left onto **KALAKAUA AVE**, and left onto **KAPAHULU AVE** to return to the shop.

MEDIUM

Bike and Hike Nature Rides

HARD

WA'AHILA RIDGE

Cross the street on **KAPAHULU AVE** get on the bike path and head towards the mountains. Underneath the freeway stay to the right and make a right onto **WAIALAE AVE**. Ride through traffic to your first left on **ST LOUIS DR**. It's going to be a thigh burner the rest of the way. Make a left at **BERTRAM ST**. Make a left on **PETER ST** and a left on **RUTH PL**. The 2.4 mile long hiking trail begins with ironwood and guava trees and offers spectacular views of **MANOA VALLEY**, **PAOLO VALLEY**, the **KO'OLAU RANGE** and much of greater **HONOLULU**. When returning take the same route back.

KULI'OU'OU RIDGE

Follow the *Hanauma Bay* ride to 72 After four miles make a left at **KULI'OU'OU RD**. It's going to be a thigh burner the rest of the way. Make a right on **KALAAU PL** and follow it to the base of the **KULI'OU'OU RIDGE TRAILHEAD**. This 2.5 mile trail traverses through an assortment of exotic vegetation typical of arid areas: Christmas berry, haole koa, formosa koa, ironwood, Norfolk pine and guava. It ends at the summit with a spectacular view of the windward side of **O'AHU** and **WAIMANALO**. When the hike is completed hop on back onto the 72 and Follow the *Hanauma Bay* ride instructions.

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Cruise the Crater

Head toward the ocean on **KAPAHULU AVE**. Cross **KALAKAUA AVE** turn left and ride on the sidewalk until you reach a split at the movie screens. Veer right toward the Banyan Tree to catch the Beach Esplanade bike path that leads you along the ocean behind the *Waikiki Aquarium* to the *War Memorial*. Ride back out to **KALAKAUA AVE** and hop into the bike lane. Ride straight past the water fountain to explore the historic homes on **COCONUT AVE**. At **DIAMOND HEAD RD** make a right and climb to the top where views of local surfers and the *Diamond Head Lighthouse* await. Continue along **DIAMOND HEAD RD** around the crater to the entrance of the *Diamond Head State Monument*. Park on the inside of the crater and hike up to the top for awesome views of *Waikiki* and Honolulu. When you're done hiking head down **MONSARRAT AVE** for a healthy lunch at any one of the local eateries. Cross the street at **PAKI AVE** and ride onto the bike path, turn left at the fire station, toward the ocean, on **KAPAHULU AVE** to return back to the shop.

EASY

Hanauma Bay

Head toward the ocean on **KAPAHULU AVE**. Cross **KALAKAUA AVE** turn left and ride on the sidewalk until you reach a split at the movie screens veer right toward the Banyan Tree to catch the Beach Esplanade bike path that leads you along the ocean behind the *Waikiki Aquarium* to the *War Memorial*. Take a couple pics then ride back out to **KALAKAUA AVE** and hop into the bike lane. Ride straight past the water fountain to explore the historic homes on **COCONUT AVE**. At **DIAMOND HEAD RD** make a right and climb to the top where views of local surfers and the *Diamond Head Lighthouse* await. Follow **DIAMOND HEAD RD** as it turns into **KAHALA AVE**. Take your time and enjoy riding through the Beverly Hills of Oahu! When you are ready to move on head toward the mountains on **KEALAOLU AVE**. Follow the stop sign to the 72 Stay on the bike path here and be prepared to ride with some pretty fast traffic against some strong winds. After 6.5 miles on the 72 you will hit a very steep hill. The entrance to *Hanauma Bay* is at the top of the hill. After paying an entry fee and watching a required video you can rent snorkel gear on the beach. On your way back if you would like to do some rock diving check out *China Walls* by making a left on **LUNALIO HOME RD**. If you would like to hike *Koko Head* make a right at **LUNALIO HOME RD**. Coming back is always easier, because the wind is at your back. Take the **KILAUEA AVE** Exit and make a left to stay on **KILAUEA AVE** underneath the freeway. Feel free to visit the *Kalanika Mall* then make a left onto **18TH AVE**. Make a right on **DIAMOND HEAD RD** and ride past the entrance to *Diamond Head*. Cross the street at **PAKI AVE** and ride onto the bike path, turn left at the fire station, on **KAPAHULU AVE**, then a right on **LEMON RD** to return to the shop.

HARD



CRUISE the CRATER!

The information on this map is provided as an aid toward biking around Honolulu. The map is not to scale in all areas, is not meant to be all inclusive, and does not show all accessible roads. The publisher accepts no responsibility nor liability for decisions made by individuals or groups based on the information provided here. Use good judgement, be safe and have FUN!

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