

Island Activities Guide



Aloha and Welcome to the Sheraton Maui Resort and Spa! Please call (808)662-8135 or the in-house ext. 38135 for the Lobby Concierge desk or (808)280-2946 for the Pool Concierge desk.

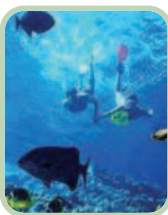
Take Home More Than Just A Memory... with Maui's Premier Resort Portrait Photography Experience

Come and enjoy the unique experience of the Sheraton Maui Resort Photography Services! You'll discover hidden secret settings of Ka'anapali's most gorgeous resort while our professional photographers capture special vacation memories. Our fun and energetic team will customize your portrait experience from low-key and relaxed, to a romantic stroll at sunset! Perfect for family portraits, surprise engagements, professional headshots, anniversaries and more! Best of all, there's no sitting fee! Open daily at 8am (See Concierge to book your appointment)



MAUI BY SEA

TERALANI PREMIER SNORKEL SAIL Three time Winner "Best Sea Activity" and Trip Advisor "Hall of Fame" Five Time Winner of the Certificate of Excellence. Departing Ka'anapali Beach on a 65' catamaran for a day of unbelievable snorkeling. One snorkel locations, all snorkel equipment and lessons are provided. Enjoy a continental breakfast, BBQ lunch, refreshments & open bar! Barefoot loading from Ka'anapali Beach. Snuba Upgrade available! Check-in 9:00am. 9:30am - 2:30pm. Daily except Sunday.



MOLOKINI SNORKEL ON FOUR WINDS II Great for families! Awesome glass bottom viewing room, waterslide, continental breakfast, deluxe BBQ lunch and an open bar of beer, wine, soda and juice. Four Winds II is a very stable, 55 foot catamaran. Join our great crew to snorkel Molokini or Coral Gardens. Morning and afternoon tours available.



TERALANI WEST MAUI SNORKEL SAIL Departing Ka'anapali Beach on a 65' catamaran, enjoy four hours on the water as you explore the West Maui coastline. All equipment, snorkeling lessons, deli style lunch, refreshments and an open bar included. Barefoot loading from Ka'anapali Beach. Snuba Upgrade Available! Check-in 10:30am 11:00am - 3:00pm. Daily except Saturday.

TERALANI SUNSET COCKTAIL SAIL

Departing from the beach just steps from your hotel room. Board a luxury catamaran and enjoy a late afternoon cruise off the coast of Maui. Enjoy appetizers, an open bar and the magnificent Maui sunset. Runs nightly. Times vary, see concierge.

TERALANI SUNSET DINNER SAIL

Departing from the beach just steps from your hotel room. Serving a full buffet dinner and open bar as you take in spectacular views of the outer islands and the magnificent West Maui Mountains. Runs nightly. Times vary, see concierge.



DEEP SEA FISHING

Reel in the big one! Hawaiian game fish include Mahi Mahi, O no, Ahi, and the Pacific Marlin. 4, 6, 8 hour trips. Private charters also available. First Class tackle and equipment provided.

SCUBA DIVE AT KAANAPALI BEACH - FIVE STAR SCUBA

Introductory Beach Dive - no experience necessary, includes all equipment 9:30am and 1:30pm. Daily. Night dives, beach dives and scooter dives are available for certified divers. Open Water PADI Certification Course available.



ATLANTIS SUBMARINE

Enjoy the excitement of being in a submarine as an experienced crew shows you the marine life for which Hawaii is famous. This 48-passenger, air-conditioned submarine dives down to 130 feet below the surface. Children must be above 3 feet tall.

PACIFIC JET SKI AND FLY BOARDING

It's a great way to get wet and wild on the beautiful Pacific Ocean off of Maui. Jet Skiing is an activity you can do by yourself or enjoy with your family. It's an unparalleled combination of speed, handling and agility. We give you full instructions before you go to keep you safe.



ULTIMATE ECO LANA'I RAFTING ADVENTURE

Explore the waters around the island of Lana'i with Ultimate Snorkel: What is the Ultimate difference? No Crowd - 22 guests max per vessel - Includes quality snorkel gear, deli lunch and 3 unique snorkel destinations. Instruction - snorkel and free diving lessons • Sights - our priority is searching for dolphins.

We also explore the 1000' sea cliffs, turtles, sea caves, varieties of tropical fish and more. Departs from Lahaina harbor - Full and half day trips available.

BLACK ROCK KAYAK ECO TOUR

Experience Maui's #1 snorkel spot while learning about the rich history & culture of Maui and neighbor islands of Lana'i and Moloka'i. Sea Turtles, tropical fish, experienced guides. Safe, fun & easy! Tours departing daily from Ka'anapali Beach.



WEST MAUI PARASAIL

Departing right off of Ka'anapali Beach, West Maui Parasail has a fleet of "State Of the art" 12 passenger - Parasail vessels. You can fly single, tandem (2 people together) or triple (3 people side by side). Choose between the 800' (38 stories above the ocean) or the 1,200' (50 stories above the ocean). No matter what you choose, enjoy the breathtaking views of the West Maui

Mountains and the Maui coastline along with the neighboring islands of Lana'i and Moloka'i. Lahaina Harbor departures also available.

MAUI BY SEA (CONTINUED)



KAYAK SNORKEL TOURS with SOUTH PACIFIC KAYAKS

Jump on a kayak and enjoy a better perspective of Maui's beauty. Kayak along beautiful coastlines where you'll enjoy the company of Hawaii's Green Sea Turtles and an abundance of other sea life. Paddle silently along the ocean and enjoy the sunshine, sights and sounds of West and South Maui.

SURF OR SUP LESSONS – KA'ANAPALI SURF CLUB – KA'ANAPALI BEACH

Learn to surf from some of Hawaii's top watermen and women. We guarantee you will stand-up during your first lesson, or the next lesson is free. We also specialize in the fastest growing watersports activity on the planet: stand-up paddling. Amazing fun and excitement for all ages. All lessons are 90 minutes and times vary from early morning to afternoon. Semi-private lessons and private lessons also available. GET STOKED, COME SURF WITH US!!!!



MAUI BY LAND

HIKE MAUI WATERFALL & RAINFOREST ADVENTURES

- Resort Pick Up or Meet in Kahului.

EAST MAUI WATERFALLS & RAINFOREST HIKE

- This is an easy to moderate 2.5 mile hike in a lush rainforest valley near the beginning of the Hana Highway. You'll visit up to five waterfalls, 10 to 40 ft. high, and have an opportunity to swim in refreshing natural pools. Optional cliff jumping up to 15 feet will give you the thrill of a lifetime. Venture into exquisite surroundings with a highly entertaining guide. Healthy lunch included. 6 yrs+, 5-6 hour tour.



SHORT WATERFALLS WALK - This easy 1 mile hike in a favorite Maui valley includes two waterfalls, 10 & 20 feet high, with optional swimming and cliff jumping from up to 15 feet into deep freshwater pools. Let our experienced guides show you the beauty of Maui's tropical delights. Snacks included. 4 years+, 3-4 hour tour.

HANA FULL-DAY WATERFALLS & RAINFOREST - Moderate 4.5 miles roundtrip in Kipahulu National Park. View 45ft, 200ft and 400ft cascading waterfalls, bamboo forest and drive the famous Road to Hana! Lunch & snacks included. 8years+ 12 hour tour.

Other Hike Maui Adventures Include: Kayak/Snorkel/Waterfall Combination, Haleakala Crater Hike, and Full-Day Hana trip encircling Haleakala with several enjoyable side trips.



RAPPEL MAUI

You'll experience the beauty and excitement of Maui from the immediacy of waterfalls and jungle cliffs in this unique, lively tour. Under supervision and instruction from expert guides, you'll use professional equipment to walk down natural rock walls and waterfalls in a private rainforest valley halfway to Hana. It's the adventure of a lifetime! Great for families, couples, groups and solo travelers with an appreciation for dynamic outdoor excursions. Minimum age of 10; minimum weight of 70 lbs, maximum weight of 250 lbs, and waist measurement between 22 and 54 inches. Lunch, transportation and all gear provided. Resort Pick up available.



HANA PICNIC TOUR WITH MAHALO TOURS

See the most beautiful area of the Valley Isle without having to drive the dreaded "Hana Highway" yourself! Full day van tours to the Hana rainforest are available daily. See magnificent waterfalls, exotic flowers, a black sand beach and miles of unbelievable coastline. Light continental breakfast, lunch, snacks and beverages are included. Minibus or luxury van tours. Private charters also available. Resort Pickup 7am (Approximate tour time 11 - 12 hours).



ROAD TO HANA GPS AUDIO TOUR

Geo Trek Hawaii's award-winning GPS narrated tours will guide you to all the best spots on the Road to Hana or to the summit of Haleakala. Just drive, look, and listen as precisely timed custom content is delivered based on your exact location. Hear cultural and historical highlights while exploring Maui's most popular attractions from the comfort and convenience of your car.

SPECTACULAR HALEAKALA SUNRISE TOUR WITH POLYNESIAN ADVENTURE TOURS

Witness the glory of the most spectacular sunrise on Earth! Rising over 10,000 ft. from sea level, you will marvel at the panoramic views and insightful information provided by our professional driver/tour guides as they share their knowledge of the world's largest dormant volcano. Tues.-Sun. Hotel pick-up, (see concierge for pick-up & return times). Complete breakfast included.



HALEAKALA SUNSET TOUR WITH POLYNESIAN ADVENTURE TOURS

This exclusive tour has quickly become a popular addition to a fabulous Hawaii vacation. From the top of spectacular Haleakala Crater see the magnificent show of dazzling light and a celestial kaleidoscope of colors painted by Mother Nature on her canvas in the sky. While ascending this magnificent mountain, our professional driver/guides will share their expert knowledge of Haleakala's fascinating history, flora, fauna and legends that will enthrall you. After sunset you'll enjoy a delicious 3 course dinner at Maui's premier local eatery, Cafe O'lei at the Dunes golf course. Don't miss out on this unique, once in a lifetime Maui experience. Tour is available Tuesday, Wednesday & Friday. (See Concierge for times)



BEST OF MAUI DAY TOUR WITH POLYNESIAN ADVENTURE TOURS

Journey to the summit of majestic Haleakala Crater and enjoy the diverse scenery of this "magical mountain" as you traverse its slopes. A no host lunch in historically preserved Makawao Town, and then take a scenic drive through Central Maui to historic Iao Valley, where King Kamehameha won the battle to conquer Maui. Learn the history and legends from our expert tour guides. Mon/Thurs/Sat. Hotel pick-up (see concierge for times).



HALEAKALA SUNRISE/DOWNHILL BICYCLE TRIP

Watch the sun come up over Haleakala Crater at the 10,023' elevation, followed by a van tour of the National Park. Begin your bicycle adventure from 6500', down the incredible mountainside. Must be at least 12 years old to ride. No pregnant women are allowed to ride but can be an observer in the van. Includes hotel pickup, coffee and snacks. Day and structured independent tours are also available. Pickup times vary, see Concierge. Maximum weight is 260 lbs.

Haleakala tours are not recommended for people with heart or respiratory conditions that may be exacerbated due to high altitude. No scuba diving 24 hours prior to these tours.

MAUI BY LAND (CONTINUED)



ZIPLINE

SKYLINE ECO ADVENTURES - Ka'anapali - Voted "Best zipline tour in Hawaii" 4 years in a row by the readers of Hawaii Magazine. Zip high above Lahaina town in the West Maui mountains, where you may choose between the award winning 8 line tour or Ultimate 11 line adventure, which includes a side by side zipline where you can race friends and family. 80-260 lbs. 10+ years. Drive time: 5 mins or walking distance

IRONWOOD RANCH HORSEBACK ADVENTURE

Come experience Maui on horseback with Ironwood Ranch from enchanted forest and tropical valleys to panoramic coastline views of Maui's spectacular sunsets. Many tours offered throughout the day to choose from and Ironwood Ranch is only 20 minutes away from the Ka'anapali resorts.



SKYLINE ECO ADVENTURES - Haleakala -

Conveniently located on the road to Maui's World Famous Haleakala Crater. Combine a visit to the crater with this award-winning zipline adventure for a perfect day of family fun! Tour features 5 ziplines and a swinging bridge through a picturesque eucalyptus forest. Zip at speeds up to 45 mph! Walk along option available. 60-260 lbs. 8+ years. Drive time 1.5 hours.



MAUI OCEAN CENTER

Come face-to-face with marine life found nowhere else in the world! Maui Ocean Center, The Aquarium of Hawaii is home to one of the world's largest collections of live Pacific corals and thousands of marine animals native and endemic to Hawaii. Encounter sharks, stingrays, turtles, and more at Hawaii's top-rated Aquarium. Open daily from 9:00am - 5:00pm

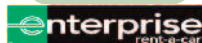


KAPALUA ZIPLINE - Maui's largest all dual zipline course! This course features Hawaii's longest and tallest suspension bridge, side by side lines for added excitement and less waiting. Two of the lines are over 2,000 feet long and race up to 55MPH. All tours include a mountain Polaris ATV ride, bridge traverse and bamboo forest waterfall zip. The equipment is state of the art

designed for extreme comfort and safety. Experience Maui's Ultimate Zipline Adventure. Must be 10+years, 60lbs - 250lbs. Zip side by side on all 7 ziplines! Drive time: 15 minutes

ALL ZIPLINES TOURS - have age and weight restrictions! Must have closed toe/lace up shoes, no neck or back injuries/pregnancy/recent surgery. Must be able to hike 1/2 mile over uneven terrain.

ENTERPRISE RENT-A-CAR Be your own guide and cruise the island in style! We offer an array of vehicles from compact cars to SUV's, or even a Convertible to enjoy the open road. Daily operational hours vary.



HORSEBACK ADVENTURE With MENDES RANCH Come and experience the breathtaking views of the Pacific Ocean at Mendes Ranch. Enjoy the company of great guides as they tell you the history of the Mendes family, dating back to the 1880's. There will be an opportunity to do a trot or canter while out on the trail. Able to

accommodate first time riders up to experienced riders. Open 7 days a week



GOLF With more than 50 years of history, Ka'anapali Golf Courses is home to 36 holes of championship golf. Ka'anapali has hosted some of golf's greatest legends during its years on the Champions Tour, LPGA Tour and Golf Channel's #1 series, Big Break Ka'anapali - now it's your turn to play! With multiple round specials, family rates, an afternoon walking club and couples

packages, Ka'anapali has something for everyone!

LET THE RELAXATION BEGIN AT THE SPA AT BLACK ROCK EXPERIENCE AN OCEANFRONT CABANA MASSAGE

The perfect getaway on the beach walk nestled beside Black Rock is our oceanfront cabana. Let our cabana therapists customize a massage for you or for two. Our signature massage will relax, rejuvenate and revive your senses. Try the Aloe Hydrating Sunburn Relief of Aloe and Lavender combined with cool marble stones to soothe irritated or sun exposed skin. Or try our Lomi Lomi Hawaiian massage which uses organic mango pomegranate oil. Come experience the Spa at Black Rock. Ask about our \$99 specials.



MAUI BY AIR

BLUE HAWAIIAN HELICOPTER TOURS

Experience the unforgettable highlight of a Hawaii vacation- the inspiring, surprising, and stunning view of paradise that can only be discovered from the air. Adventure awaits far beyond the beaches and places you can drive to. Explore the wonders of Hawaii - cascading waterfalls, gorgeous tropical vistas, fiery lava flows, magical rainforests, and gain glimpses into Hawaii's mysterious past.

No one reveals this spectacular secret Hawaii like the dedicated pilots and professionals at Blue Hawaiian - the world's most honored helicopter tour company for over 30 years. Proud to serve all the Islands of Aloha: Oahu, Maui, Kauai, and the Big Island. Every tour features the ultimate in aerial comfort and safety: state-of-the-art aircraft, digital in-flight video, Bose(r) noise-cancelling headsets, two-way communication between you and your pilot, a State of Hawaii Certified Tour Guide, and award-winning customer service. For the tour of a lifetime, every time, choose Blue Hawaiian. Hawaii's Best. Departs from the Kahului Heliport



MAUI BY EVE

MAUI NUI LU'AU

Experience the epic stories of Maui the ancient hero who lifted the heavens from the earth and discovered the secret of fire! Great Maui comes to life through the exciting songs and dances of Hawaii and the South Pacific. As the sun sets on spectacular Ka'anapali beach, marvel at the historic cliff dive off Pu'u Keka'a while enjoying the music, artisans and games of old Hawai'i. Maui Nui, a legendary lu'au experience! An all-you-can-eat grand buffet dinner, open bar and show. 5:30pm



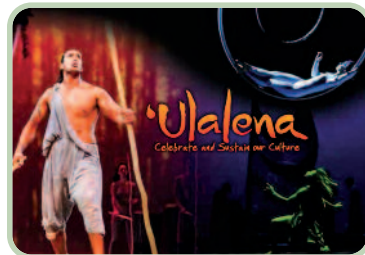
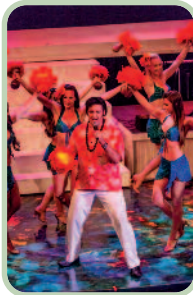
MAUI PRINCESS SUNSET DINING AND DANCING WITH HAWAII OCEAN PROJECT

Join us for a romantic evening aboard the Maui Princess! Featuring open upper deck seating, tableside service, and live music aboard the largest and most comfortable cruise vessel on Maui. HOP

contributes to marine research through the "Research Direct Program" which is funded through voluntary contributions. Daily - 5pm check in Lahaina Harbor. Free resort pick up/drop off available.

BURN'N LOVE AT THE MAUI THEATRE #1 Show on Maui! (Tripadvisor)

Relive the excitement of Elvis in Hawaii with Burn'n Love - a dynamic live production that captivates audiences of all ages and musical tastes. Just ask TripAdvisor fans who say, "if you weren't an Elvis fan before, you will be after seeing this show!". Created especially for Hawaii, Burn'n Love captures the special time Elvis spent in the islands and its influence on his life, movies, and music. Journey through Elvis' love for Hawaii and its people and fall in love all over again with his #1 hits, legendary outfits, hip-shaking dance moves and irresistible charm! Indulge in the nostalgia of Blue Hawaii and the Aloha from Hawaii live concert broadcast that made TV history. Hailed as "Better than Jersey Boys!" by fan reviews, Burn'n Love presents an era of music in Hawaii that will never be forgotten! Ask about the Diamond Package! 7:30pm - 9:00pm. Kids 12 and under free with each paying adult. (See Concierge for show days)



MAUI THEATRE PRESENTS "ULALENA"

Voted "Best Live Show in Hawaii" by Hawaii Magazine, Best of Hawaii. A trip to Hawai'i is not complete without experiencing 'ULALENA. Called a "stunning theatrical sensation" by National Geographic, 'Ualena shares the rich

history of Hawaii through authentic Hawaiian music, dance and over 70 instruments played live - all masterfully portrayed in a dynamic, colorful, emotional, and entertaining theatrical performance. A must-see for all island visitors! "'Ualena proves there's life beyond the lu'au" - Travel + Leisure Magazine. Hele mai (come)! Embark on this powerful journey, and leave with a deeper understanding of the islands' culture, and the true essence of aloha. 5:00pm - 6:30pm. (See concierge for show days)

NEIGHBOR ISLAND TOURS



PEARL HARBOR HEROES ADVENTURE WITH POLYNESIAN ADVENTURE TOURS

Experience history as you walk in the exact footsteps of America's most courageous Heroes. This comprehensive Pearl Harbor guided tour includes the Arizona Memorial, USS Missouri Battleship, USS Bowfin Submarine & The Pacific Aviation Museum. This

popular tour leaves from Kapalua airport Monday - Friday and Kahului Airport Sunday - Friday. (see concierge for details) includes admission to all venues, no host lunch.

PEARL HARBOR, HONOLULU CITY TOUR WITH POLYNESIAN ADVENTURE TOURS

This is a great tour that includes many attractions including: Pearl Harbor, Arizona Memorial, a guided tour of the USS Missouri Battleship; historical structures of downtown Honolulu: Iolani Palace, Statue of King Kamehameha and much more.



Enjoy a no-host lunch at world famous Waikiki Beach at the foot of Diamond Head, and the experience the serenity of Punchbowl National Cemetery of the Pacific. This tour runs from Kahului Airport Sunday - Friday. Includes admission to all venues.

***Please note:** Occasionally circumstances make it impossible to provide services as intended. Examples may include, but are not limited to: unexpected closure of the USS Arizona Memorial or other Pearl Harbor facilities, wind/rain, or road closures. Access to Ford Island to visit the USS Missouri Battleship and the Pacific Aviation Museum are controlled by the US Navy. **The Navy may at their discretion deny access or close the memorial.**



ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. PRICES DO NOT INCLUDE STATE AND HARBOR TAXES. VENDORS HAVE A STRICT 48 HOUR CANCELLATION POLICY UNLESS STATED OTHERWISE. ACTIVITIES ARE NON-REFUNDABLE WITHIN 48 HOURS OF THE ACTIVITY DATE AND TIME. ADDITIONAL RESTRICTIONS MAY APPLY.

Call to reserve today!
(808) 662-8135 (Lobby Concierge) or
the in-house ext. 38135 or
(808) 280-2946 (Pool Concierge)

Email: smc@aqualani.com