

3 DAY EPIC CYCLING CAMP



INCLUDED

- Hotel
- Breakfast, Dinners
- Full Pro Support
- Guest Speakers at 2 Dinners
- Airport pickup and drop off



HO'O IKAIKA KINO - To cause the body to be strong

3 Epic Days

Push yourself to the next level.

Day 1

Kona to Hawi and back

100 miles - 5000 ft climbing

Day 2

Captain Cook Coffee Ride

50 miles - 4500 ft climbing

Day 3

Mauna Loa Climb

45 miles - 10,000 ft climbing



Day 1 KONA TO HAVI and BACK

Kona to Havi X2

DISTANCE: 100 Miles

ELEVATION: Gain 10,975 feet

ACCOMODATIONS: Kailua-Kona

This 100 mile epic tour uses the same road that Ironman World Championships is ridden on. 5000 feet of climbing. What makes this tour epic is 100 miles of beach views and mountain views. The heat and the winds can make this extremely difficult, but with our full support you will get it done.

The ride stays along the coast the entire time. The road and bike lane are very friendly and offer a lot of safety. This is a great ride for people wanting to tackle an Epic century ride and do it on The Big Island. No better Place!!



Day 2 CAPTAIN COOK COFFEE RIDE

Holualoa to Captain Cook

DISTANCE: 39 Miles

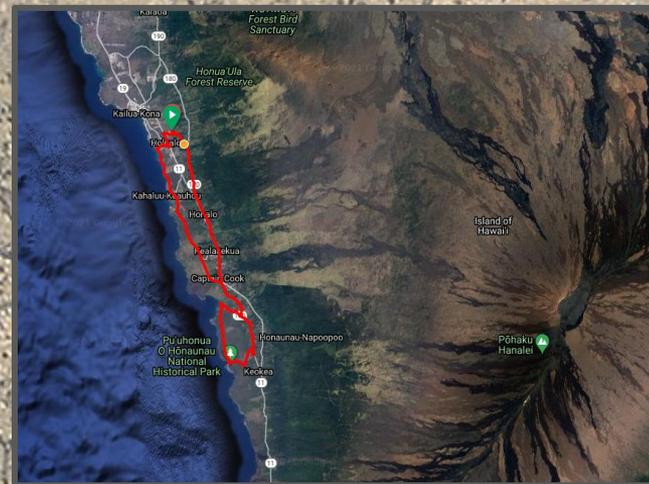
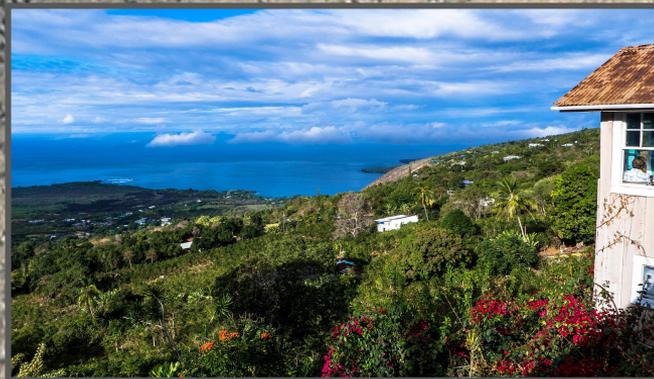
ELEVATION: Gain 3,700 feet

ACCOMODATIONS: Kailua-Kona

This is a great way to see the coffee farms and the lush green part of the Kona Coffee Belt. We start at the Kona Pier and head straight up the mountain to 1400 ft. We then ride through the coffee belt and descend down to Captain Cook.

We stay along the coast and climb back up to a different part of the coffee belt. We make a few stops and grab star fruit at the famous Painted Church, make a stop and grab some fresh baked Banana Bread, and one last stop at a coffee farm for a tour.

(optional) This is one to do for sure if you want to do an epic ride at more of a leisurely pace.



Day 3 MAUNA LOA RIDE

Hilo to Mauna Loa

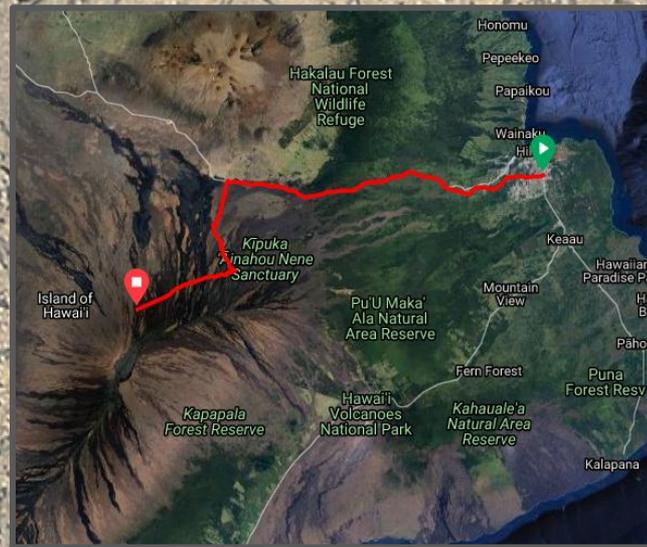
DISTANCE: 45 Miles

ELEVATION: Gain 10,975 feet

ACCOMODATIONS: Kailua-Kona

The baby sister to the Beast, Mauna Kea. Don't underestimate this climb. With 3 options to start from (routes Kona Pier, Waikoloa Beach, or Hilo) and 11,600 ft of elevation and 68 to 70 miles, it is Epic in its own right. The entire route is on paved roads and can be done on a road bike, gravel bike, or mountain bike.

Gear selection is key to make sure you have the legs to summit this Volcano. One of the best parts of this ride is the last 25 miles. Single lane road with butter smooth pavement that climbs and winds through lava fields. The views are spectacular. This tour is great if you want to stay on pavement and are not comfortable in the dirt. Also, the elevation is not as taxing as Mauna Kea. This is a very popular tour.



What makes us different is the level of Pro Support you will receive from our team. We have so many options available and can customize just about anything. The only thing you need to bring is your bike, your fitness, and your smile.

Our team offers one day to multi day tours. Before your tour even starts, we like to have a brief conversation to break down the tour and the difficulties. We want to make sure that the route you choose is suitable to your goals. Also discuss, but not limited to nutrition, liquids, clothing, choice of equipment, preparation to accomplish your goals. We even go to the next level and can offer a full personalized training plan leading up to your epic adventure. Our Menu of options is wide open and can be customized to anyone that wants to dream it!!

**Call for pricing and more
Details on what you need.**

Special Group Rates

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