



## The Perfect 6 Day Maui Itinerary

### Day 1: Travel Day & Settling In

This first day will be spent getting settled in after your flight.

#### Arrive in Maui & Grab Lunch

After arriving at the airport and picking up your [rental car](#), you'll probably be starving! We like to grab food from Tin Roof Maui. This small local joint is run by a *Top Chef* contestant and was featured on Gordon Ramsey's show, *Uncharted*. Our favorites are the Mochiko Chicken Bowls, poke bowls, and wok-fried chow fun noodles.

A few other good options near the airport are 808 on Main for sandwiches and salads (don't skip the lilikoi pudding!), and Poi by the Pound for fresh poke and authentic Hawaiian plate lunches.

We also like to stop by Walmart and Costco to pick up picnic lunch supplies, snacks, drinks, fruit, sunscreen, and other groceries and supplies for the week. There are small markets on the west side of the island if you need to pick up a few things, but I recommend stocking up in Kahului before you head over.

#### Stop at the Sunflower Fields

If you are visiting during the summer months, you'll see a golden field of sunflowers as you drive from Kahului to the west side.

The 115-acre sunflower farm can be seen from Kuihelani Highway near the Maui Tropical Plantation. There is a small pull-out where you can stop and grab a photo, but do not park on the shoulder of the road.

#### Pick up Beach Gear

We always stop at the [Snorkel Store](#) in Kaanapali to rent beach chairs, umbrellas, boogie boards, and snorkel gear for the week. It is reasonably priced for full-week rentals, and makes our beach days so much more enjoyable!

If you are staying at an Airbnb, they may already provide some beach gear, so double-check with your host.

## Check into Your Hotel

The best areas to stay on the West Coast are Kaanapali, Lahaina, Kihei, or Wailea.

We usually book a vacation rental when we're traveling as a family. This one in [Lahaina](#) is right on the beach and has great reviews.

Kaanapali has several resorts to choose from that are right on the beach and within walking distance to restaurants and shops. A few of our favorites are the [Hilton Vacation Club](#), the [Westin Maui Resort & Spa](#), and the [Whaler Resort](#).

The resorts in Wailea tend to be a little pricier (like the gorgeous [Wailea Beach Resort](#)), but the [AC Marriott](#) or the [Marriott Residence Inn](#) are great choices.

We also love staying near Napili. The beaches are beautiful, and it is a little quieter. The only downside is that it's a little further drive to reach some of the island's main attractions. Here is a great [beachfront vacation rental](#) if you decide to stay here.

## Sunset at Kapalua Bay

Kapalua Bay is one of our favorite beaches in Maui, and it's the perfect spot to unwind and enjoy the sunset after a long travel day!

This small protected cove has powdery-soft sand, calm waves, clear blue water, and coral reefs that attract a variety of sea life. It's a great beach for snorkeling, and we often see sea turtles swimming around.

## Dinner at Coco Deck Lahaina

Coco Deck serves Mexican-inspired seafood dishes in the heart of Lahaina's historic district. This restaurant was formerly Duckline but was rebranded and reopened one year after the devastating 2023 fires.

This casual restaurant serves delicious fish tacos with views of the ocean just across the street. We also like their nachos and the Big Deck Bowl.

For more restaurant recommendations, see our guide, [14 Best Places to Eat in Maui](#).

## Day 2: West Maui Mountains

The West Maui Mountains are one of my favorite regions of the island. It features a rugged coastline, dense rainforest, waterfalls, remote beaches, and local villages.

As you drive along the north coast, the road becomes narrower with sheer drop-offs. It can be a little nerve-racking to drive, so you may want to consider booking a [Private Jeep Tour](#) to see the main sites.

I recommend starting your day early since there is a lot to see along this drive!

### Makaluapuna Point Dragon's Teeth

As you start driving north along the coast, the first stop you'll make is at Makāluapuna Point Dragon's Teeth. This unique geological feature resembles jagged dragon teeth and was formed by molten lava being blown by the wind. You can reach this spot by a short 0.25-mile trail near the Ritz-Carlton.

### Honolua Bay

The next stop is Honolua Bay, one of the best places to snorkel on the island. To reach the beach, you'll walk for about a quarter-mile along a beautiful trail through the dense Honolua Forest.

Spend about an hour snorkeling with the colorful tropical fish and sea turtles. The best place to snorkel is on the right side of the bay, about 600 feet offshore, where you'll find a vibrant coral reef.

### Punalau "Windmills" Beach

This remote beach isn't necessarily a "must see", but it is a pretty beach away from the crowds. The road down to the beach is pretty rough and requires a high-clearance 4WD vehicle. You can also park on the side of the road and walk about 0.25 miles down to the beach. This is also considered a locals' beach, so be respectful.

### Nakalele Blowhole

This is considered the most famous blowhole in Maui, with a geyser that shoots water up to 50 feet in the air.

There is a rugged half-mile trail leading down to the blowhole, but it is dangerous to get too close as people have been washed out to sea. I recommend stopping at the viewing area for photos and videos.

### Ohai Coastal Trail

After you pass the blowhole, the road becomes narrower and steeper, so use extreme caution.

The next stop you'll come to is the Ohai Coastal Trail. This 1.2-mile loop trail follows along the headland carpeted in green vegetation with beautiful ocean views.

### Olivine Tide Pools

These tide pools have made the rounds on social media as an idyllic swimming hole. However, don't let the photos deceive you, as this place has been nicknamed "the death pools".

Do not get in the water during high tide or rough water. Even on a calm day, a rogue wave can still wash you out to sea, so use extreme caution if you decide to get in.

### Kahakuloa Bay

Kahakuloa Bay is home to the cutest little Hawaiian fishing village that feels as if it's been frozen in time. We stopped by the little wooden chapel, visited the art gallery at Turnbull Studios, and shopped for handmade gifts at Karen Lei's.

We also picked up fried chicken from Braddah's Food Truck and banana bread from Lorraine's, and enjoyed our picnic lunch on a table overlooking the ocean.

### Makamakaole Stream Falls

This short 2-mile out-and-back trail has been nicknamed the "13 Crossings Trail" since you'll be crossing the river 13 different times before reaching the waterfalls at the end. Be sure to wear watershoes!

The trail is scenic as it follows alongside the river, past an ancient banyan tree, and through a dense bamboo forest.

You'll come to a fork in the trail, and each path leads to a different waterfall, so I recommend exploring both. If you're feeling adventurous, you can climb up the waterfalls, where you'll find different tiers as you keep climbing up. Just use extreme caution and climb at your own risk.

For more details and recommendations, see our [Makamakamole Falls Hiking Guide](#).

If you don't want to get wet, the nearby Waihee Ridge Trail is another great hike with incredible views.

### Iao Valley State Monument

Iao Valley State Monument is the last stop of the day, and it's true what they say, we indeed saved the best for last!

As you enter the valley, you'll be surrounded by towering cliffs covered with thick vegetation, and it feels like you've stepped foot in Jurassic Park.

Take the short 0.6-mile out-and-back trail to a viewpoint where you can see the iconic rock formation known as the Lao Needle.

Dinner in Kahului

The entrance to Lao Valley is near Kahului, so grab dinner in town before heading back. We love My Thai Maui, Da Kitchen Maui, and Acevedos Hawaiano Cafe.

For more recommendations and information while visiting the West Maui Mountains, see our guide, [11 of the Most Beautiful Places in the West Maui Mountains](#).

Day 3: Wailea

Spend the day enjoying the beaches and delicious food around Wailea.

Breakfast at Leoda's Kitchen and Pie Shop

As you make your way down south to Wailea, stop for some homemade pastries at Leoda's Kitchen and Pie Shop.

Leoda's is known for its legendary pies, but they also have delicious French toast, monkey bread, cinnamon rolls, and Whoppie pies.

The Sugar Beach Bake Shop and Cinnamon Roll Place are two other delicious bakeries on the way to Wailea. I'm still dreaming about that cinnamon roll!

Outrigger Canoe and Snorkel Tour

We booked a morning [Outrigger Canoe and Snorkel Tour](#) with Hawaiian Ocean Sports and had a great experience!

First, we learned some interesting Hawaiian history and culture before launching our traditional outrigger canoes into the water.

We paddled to some amazing snorkeling spots where we were able to get out and swim with turtles at Turtle Town and other colorful fish. Our guide was so knowledgeable, and he even found an octopus for us to hold!

Another alternative is to book a snorkel tour to [Molokini Crater](#), where you can snorkel inside a partially submerged volcanic crater just off the coast of Wailea.

Lunch at Monkeypod Kitchen

Monkeypod Kitchen is a delicious farm-to-table restaurant. They have a few locations around the Hawaiian Islands, including Wailea. We love the fish tacos, cheeseburgers, and pizza.

After lunch, walk around the nearby Shops at Wailea outdoor mall. We always stop by Island Gourmet Markets to pick up some fresh fruit and snacks for the beach. My kids always love getting Hi-Chew candy here. They have unique flavors you can only find in Hawaii, like acai, mango, and lilikoi.

### Afternoon Beach Hopping

Spend the afternoon relaxing at a few of Wailea's most beautiful beaches.

#### Makena Beach State Park

Makena Beach, also known as Big Beach, is one of the largest beaches in Maui and stretches for almost two-thirds of a mile down the coast.

There is plenty of room to stretch out and build sandcastles in the soft golden sand. This is a swimmable beach with lifeguards on duty, but it is not recommended to boogie board here due to the dangerous shore break.

#### Secret Beach

This little picturesque cove is located just south of Makena Beach and can be accessed by a hidden pathway. The undercurrent is too strong to swim here, but it's a beautiful spot to sit and relax. Just be aware that this is one of Maui's unofficial nudist beaches.

#### Ahihi-Kinohiwi Reserve

This unique beach features a coastal lava field created during the last eruption of Haleakala, around 200-500 years ago.

It has also been designated as a Natural Area Reserve to protect the fragile marine ecosystem. As a result, the coral reef is thriving here, and it has become one of the best places in Maui for snorkeling.

For more information and recommendations, see our guide [16 of the Best Beaches in Maui](#).

### Dinner at Coconut's Fish Cafe

Coconut's Fish Cafe has a few locations around Hawaii, but the original is in Kihei at the Azeka shopping center.

This small family-owned restaurant was listed as one of the "Top 100 Seafood Restaurants in the World" by CNN. Their fish tacos are next level with 17 different ingredients and 7 different textures. They are hands-down the best fish tacos we've ever had!

### Dessert at Ululani's or Reef's

Ululani's is arguably the best place to get shave ice in Maui. There is always a long line, but it is worth the wait. Be sure to get it snowcapped and add a scoop of mac nut ice cream on the bottom!

Reef's Real Fruit Ice Cream is a cute food truck nearby that serves New Zealand-style ice cream made with real fruit. Our favorite is the Dragon Fruit and Tri-Berry.

For more information and recommendations, see our guide [8 Awesome Things to Do in Wailea](#).

## Sunset at Haleakala

If you're not too tired after a long day of adventures, today is the perfect day to catch sunset high above the clouds at the top of Haleakala.

It takes about 45 minutes to an hour to drive to the summit from the park entrance. You'll drive up steep switchbacks and ascend from sea level to 10,023 ft in under an hour. You'll pass through 5 climate zones on the way up, and it is pretty cold at the top, so bring jackets and blankets. See the [National Parks website](#) for more information.

## Day 4: Kaanapali

After a busy few days, today will be a bit more relaxing with some beach hopping around Kaanapali and the surrounding area. You could easily spend the full day at just one beach, but each beach offers something different, so we prefer to hop around!

### Breakfast at The Gazebo

This unassuming eatery, hidden inside the Napili Shores Condos complex, serves some of the best breakfast dishes on the island!

I would try to get there soon after they open at 7:30 am, as the line can get pretty long. Order the White Chocolate Mac Nut Pancakes if you want something sweet, or order their fried rice if you want something savory. Or do what we do, and order both!

### Napili Beach

While you're in the area, head over to Napili Beach for a little morning boogie boarding and snorkeling. This pristine bay is lined with palm trees and soft sand.

The small roller waves are perfect for boogie boarding, and the clear, calm water is great for snorkeling. You can often find sea turtles feeding near the rocks at either end of the bay.

DT Fleming is a county beach a little further north that also has great boogie boarding waves.

### Launiupoko Beach Park

Launiupoko Beach Park is south of Lahaina and is a fantastic beach for families. There is a small protected natural pool for young kids to splash in, and a great playground. There are also shops and restaurants just across the street if you want to pick up lunch to eat at the beach.

This is our favorite beach for beginner surfers, and it's great for boogie boarding too. There are board rental shops in Lahaina, or you can sign up for a surf lesson at this beach.

### Lunch in Lahaina

Lahaina is still in the process of rebuilding after the devastating 2023 fires, but shops and restaurants are slowly starting to reopen.

The historic Front Street and beloved banyan tree are still undergoing restoration projects, but a few nearby restaurants have reopened.

For lunch, I recommend Star Noodle, Aloha Mixed Plate, or Sale Pepe.

### Kaanapali Beach

Kaanapali Beach stretches for 3 miles along the northwest coast of Maui and is one of the most popular beaches on the island. It is lined with resorts, so it does get busy, but it is also wide enough that you can still find a spot to set up your beach chairs and umbrellas.

Black Rock Beach is located on the northern end of Kaanapali, and is where you'll find a popular cliff jumping spot.

We also like to rent bikes at Boss Frogs, just north of Kaanapali Beach, then ride along the paved beach path.

### Dinner at Whaler's Village

Whaler's Village is a popular outdoor shopping mall. It's a great place to window shop, pick up souvenirs, or buy a new outfit.

Spend some time browsing the shops, then grab an early dinner at one of the cafes or beachfront restaurants. Monkeypod Kitchen is always our go-to, but Ulu's Kitchen is also pretty good, and you can watch hula dancers on the outdoor stage at the Hula Grill. Lanianis on the Beach also serves a pretty mean Mud Pie!

### Sunset Catamaran Tour

We booked this [Sunset Catamaran Cruise](#) and loved it! The two-hour cruise follows along the coast with beautiful views. If you are visiting during whale season from December through April, there's a good chance you may even see a whale right from the boat.

The boat itself has nets over the water to relax on up top, and tables and chairs on the deck below. The cruise includes unlimited drinks and snacks, and the staff is amazing at making sure your glass and plate are never empty!

They have music playing on the speakers, and it's such a vibe to be out on the water singing along to "Sweet Caroline" while watching the sun sink below the horizon.

## Day 5: Road to Hana

Today will be a full day, so get ready and be sure to pack plenty of snacks and drinks! We woke up at 4:45 am and were on the road by 6:30. It's about a 50-minute drive from Kaanapali to Pa'ia, where the Road to Hana drive begins.

Most visitors stop at Twin Falls near Pa'ia first, then work their way towards Hana Town. However, I recommend driving all the way to the last stop at Pipiwai Trail, then working your way back. This way, you will be going against the crowds.

### Pipiwai Trail

This beautiful 4-mile out-and-back trail will take you through a dense bamboo forest, past a sprawling banyan tree, and alongside the river until you reach the magnificent Waimoku Falls.

The Seven Sacred Pools trail is located in the same parking lot, and it's worth the quick 0.5-mile loop trail to see this tiered waterfall.

This trail is located within Haleakala National Park. If you do end up driving to the top of Haleakala for sunset, save your receipt, and it will get you in here as well.

For more information, see our [Pipiwai Trail Hiking Guide](#).

### Wailua Falls

This waterfall is easily accessible and can be seen right from the road. There is a short but steep trail down to the waterfall, where you can swim in the pool at the base of the falls.

For more information about other amazing waterfalls on the island, see our guide [9 of the Best Waterfalls in Maui](#).

### Venus Pools

This hidden swimming hole is a fun place to cliff jump and cool off on a hot day. The trail can be a little tricky to find. Just look for a fruit stand on the right side of the road at the end of the bridge, and the trailhead is located next to it.

### Hana Town

Stop for lunch at this sleepy little seaside town. A few recommendations include Braddha Hutts for traditional Hawaiian plates, Ae's Thai Kitchen for coconut-crusting mahi, or Island Style Tacos for Kalua pork tacos.

### Wai'anapanapa State Park

This state park is where you'll find Pa'iola Beach, the famous black sand beach. You'll need to purchase a [timed reservation](#) in advance. The reservation is good for 2 1/2 hour time slots and can be purchased up to 30 days in advance.

### Lava Tube

This lava tube cave is hidden just off the side of the road. The entrance is easy to pass if you don't know what to look for. You'll see a small opening underneath a massive tree with exposed tree roots on the left side of the road just before mile marker 23 as you're driving towards Pa'ia.

### Pua'a ka'a State Wayside Park

This park has a clean restroom, so you'll want to stop for a bathroom break. It also has a small waterfall with a plunge pool that is fun to swim in.

### Three Bears Waterfall

This triple waterfall has a big, medium, and small cascading waterfall, just like the three bears in *Goldilocks*. You can't swim in these waterfalls, but you can easily see them from the road. There is a small pullout where you can stop and take a photo from the bridge.

### Twin Falls

Twin Falls is the last stop, and the closest to the beginning of the Road to Hana. The trail closes at 6 pm, so try to arrive before then. Parking was \$10 cash at the time of our visit. The trail is 1.8 miles out-and-back with several waterfalls and pools to swim in along the way.

### Dinner in Paia

After your long and adventurous day, you'll want to stop for dinner at Pa'ia. A few recommendations include Paia Fish Market, Flatbread Company, Cafe Mambo, and Milagros Food Co.

For a detailed guide with more information about each stop, see our post [15 Best Road to Hana Stops](#).

## Day 6: Travel Day

How you spend this day will depend on when your flight is. We headed to the airport after packing up and getting breakfast.

### Breakfast at A'A Roots

A'A Roots serves amazing organic acai bowls made with real ingredients with no added sugar or artificial flavoring. We also love their breakfast burritos and avocado toast.

### Other Things to Do in Maui

If you have an evening flight, here are a few more recommended things to do in Maui before your flight home.

- **Lanai Island:** Take a 45-minute ferry ride to the secluded Lanai Island, where you can hike, snorkel, zipline, ride ebikes, or even go off-roading at the Garden of the Gods.
- **Maui Ocean Center:** Spend a few hours getting an up-close look at Hawaiian marine life at this fantastic aquarium.
- **Haleakala Sunrise Bike Tour:** On this [Sunrise Bike Tour](#), you'll take a shuttle van to the top of Haleakala for sunrise, then ride a bike down to the bottom. The views along the way are incredible!
- **Ho'okipa Beach Park and Baby Beach:** These beaches are on the east side near the airport, so you could spend a few hours hanging out before your flight. Baby Beach is great for families with a sand bar that blocks the waves and creates a calm pool for swimming. Sea turtles also love to sunbathe here! Supposedly, Owen Wilson and Oprah have houses in this area.
- **Kihei Cove:** Rent paddleboards and paddle around this beautiful cove.
- **Ali'ikula Lavender Farm:** Take a self-guided walking tour of this beautiful hillside lavender farm. The best time to see the lavender in bloom is July and August.
- **Surfing Goat Dairy:** Tour this working goat farm where you can cuddle baby goats, try milking a goat, and sample fresh cheese and chocolate truffles made with goat's milk.
- **Kula Country Farm:** Pick up fresh produce and see the farm animals at this family farm located on the slopes of Haleakala. U-pick strawberry and pumpkin patches are also available seasonally.
- **Resort Pass:** Purchase a day pass through Resort Pass to spend the day poolside at one of Maui's ritzy hotels.