

Maui Must-See Family Itinerary: 5 Classic Days of Iconic Sights & Experiences

MAUI CLASSIC HIGHLIGHTS: 5-DAY FAMILY ITINERARY (2 ADULTS, 1 CHILD)

Summary: Experience Maui's most iconic landscapes, family-friendly beaches, and unforgettable sights. This classic itinerary ensures you don't miss the must-see highlights—like sunrise at Haleakalā, the Road to Hana, and a traditional luau—while balancing adventure and relaxation for all ages. Enjoy curated hotel and dining picks, plus family-friendly activity guidance and tips for a smooth trip.

HOTEL RECOMMENDATIONS

- **Luxury:** [Hyatt Regency Maui Resort & Spa](#) (Lahaina/Kā'anapali) – Beachfront, pools, kids' activities. Book direct for breakfast packages & resort credits.
- **Mid-Range:** [Kā'anapali Beach Hotel](#) – Family-friendly, Hawaiian cultural programs, steps from top beaches. Check deals on Booking.com and Expedia.
- **Budget:** [Maui Seaside Hotel](#) (Kahului) – Convenient for airport and Road to Hana, pool, comfortable rooms. Direct booking for best rates.

Tip: Book hotels early for September, especially in Kā'anapali or Wailea for beach access and activity convenience.

DAY 1: WELCOME TO MAUI & LAHAINA TOWN

MORNING (8:00 AM - 12:00 PM)

Arrive in Maui! Pick up your rental car at Kahului Airport (OGG).

Breakfast: *808 Grindz Café* (Lahaina; 45 min drive from airport; free parking nearby) – Local pancakes and kid favorites.

Check-in or drop bags at your hotel.

AFTERNOON (12:00 PM - 6:00 PM)

Explore Historic Lahaina Town ☐

- Stroll Front Street's shops and galleries.
- Visit the **Banyan Tree Park** (great for kids to play; public parking at Wharf St. lot).
- **Lahaina Historic Trail**: Self-guided walk with plaques—pick up a map at Lahaina Visitor Center.

Lunch: *Down the Hatch* (casual, kid menu, shaded patio).

Tip: Lahaina can be hot—bring hats and water. Most sights within walking distance.

EVENING (6:00 PM - 10:00 PM)

Sunset Dinner Cruise ☐ (Departs Lahaina Harbor, 2.5 hrs; check-in by 5:30 PM; parking at Harbor lot)

- *Pacific Whale Foundation* or *Trilogy Excursions* (book in advance for best rates; child discounts available)
- Dinner included; views of West Maui and neighboring islands.

Alternative Dinner: *Kimo's Maui* (classic Hawaiian seafood, oceanfront; reservations recommended).

DAY 2: WEST MAUI BEACHES & MARINE LIFE

MORNING (8:00 AM - 12:00 PM)

Beach Day at Ka'anapali Beach ☐ (Free parking at Whalers Village, get validation)

- Swim, build sandcastles, try boogie boarding.
- Walk the scenic Ka'anapali Beachwalk.

Optional: Snorkel at Black Rock (easy entry, sea turtles possible; bring/rent gear).

Breakfast: *Island Vintage Coffee* (Whalers Village; acai bowls, kid-friendly).

AFTERNOON (12:00 PM - 6:00 PM)

Maui Ocean Center (Ma'alaea, 30 min drive from Ka'anapali)

- Hawaii's top aquarium, interactive exhibits, shark tunnel, tide pools for kids.
- *Parking:* Free onsite.

Lunch: *Seascape Restaurant* (at Maui Ocean Center; ocean views, kid's menu).

Tip: Purchase tickets online for timed entry and to skip the line.

EVENING (6:00 PM - 10:00 PM)

Relax at hotel pool or attend a Luau ☐

- **Old Lahaina Luau** (Lahaina; book 1-2 months ahead, kid-friendly, buffet & show).
- **Alternative:** *Leilani's on the Beach* (Ka'anapali; casual seafood, open-air dining).

Parking: Free at most hotels, or Whalers Village for Ka'anapali restaurants.

DAY 3: ROAD TO HANA ADVENTURE

MORNING (8:00 AM - 12:00 PM)

Embark Early on the Road to Hana ☐ (Leave by 7:30 AM)

- Breakfast: Grab-and-go from hotel or *Paia Bay Coffee Bar* (Paia, 30 min from Kahului; parking in public lot).
- Begin scenic drive: Twin Falls (easy waterfall hike, kid-friendly, parking \$10).

Tip: Download offline maps; pack snacks, water, towels, change of clothes.

AFTERNOON (12:00 PM - 6:00 PM)

- Stop at **Waianapanapa State Park** (Black Sand Beach, sea caves; reservation required, book online)
- Quick lunch: *Hana Farms Roadside Stand* (fresh sandwiches, smoothies, picnic tables).
- Optional: Visit **Wai'anapanapa Caves** or swim at **Hamo'a Beach**.

Tip: Parking at sights can be limited—arrive early at main stops.

EVENING (6:00 PM - 10:00 PM)

Return to West Maui (Allow 2.5-3 hrs for drive back with breaks).

Dinner: *Cane & Canoe* (Kapalua; upscale, Hawaiian cuisine, kids welcome; book online).

Alternative: Quick bites in Paia if returning late (*Flatbread Company* for pizza).

DAY 4: HALEAKALĀ SUNRISE & UPCOUNTRY MAUI

MORNING (3:00 AM - 8:00 AM)

Haleakalā Sunrise (Reserve entry months in advance!) ☐

- Depart hotel by 2:30-3:00 AM (2-2.5 hr drive, dress warmly).
- **Parking:** Included with sunrise reservation.
- **Tip:** Kids love the cosmic feel—bring blankets, hot cocoa in thermos.
- After sunrise, stop at *Kula Lodge Restaurant* for hearty breakfast (opens 7:00 AM; reservations suggested).

AFTERNOON (12:00 PM - 6:00 PM)

Explore Upcountry Farms

- **Surfing Goat Dairy** (kid-friendly tours, cheese tastings, feed goats; book online).
- **Ali'i Kula Lavender Farm** (garden walks, scavenger hunts for kids; parking onsite).
- **Lunch:** *Grandma's Coffee House* (Kula; casual, local classics, kid menu).
- *Tip:* Upcountry is cooler—bring a light jacket.

EVENING (6:00 PM - 10:00 PM)

Return to Beach Hotel (1-1.5 hr drive).

Dinner: *Duke's Beach House* (Ka'anapali; live music, Hawaiian fare, kid-friendly).

- *Parking:* Free at hotel or Whalers Village.

DAY 5: SNORKELING & IAO VALLEY FINALE

MORNING (8:00 AM - 12:00 PM)

Molokini Snorkel Tour

- Check-in 6:30-7:00 AM at Ma'alaea Harbor (30 min from Ka'anapali).
- Family-friendly boats: *Four Winds II* or *Pride of Maui* (book early for September).
- All gear, breakfast, and kid flotation devices included.

Parking: Paid lot at harbor (\$0.50/hr, arrive early for best spots).

AFTERNOON (12:00 PM - 6:00 PM)

Iao Valley State Monument (Wailuku; 40 min drive from Ma'alaea)

- Easy paved path to Iao Needle viewpoint (short hike, safe for kids).
- **Lunch:** *Tin Roof Maui* (Kahului; casual Hawaiian comfort food, takeout friendly).
- Explore **Maui Tropical Plantation** (train rides, pond, playground, gift shop; free parking).

EVENING (6:00 PM - 10:00 PM)

Final Dinner: *Mama's Fish House* (Paia; iconic, oceanfront, fresh catch—book months in advance; valet parking).

Alternative: *Paia Fish Market* (casual, family-friendly, no reservations).

Stroll Paia Town's boutiques before returning to hotel or airport.

FAMILY-FRIENDLY ATTRACTIONS & TIPS

Great for Kids (Ages 5-8)

- **Maui Ocean Center:** Touch pools, shark tunnel, interactive exhibits.
- **Ka'anapali Beach:** Gentle waves, soft sand, safe swimming, and snorkeling at Black Rock.
- **Surfing Goat Dairy:** Feed goats, hands-on tours, sample cheeses.
- **Iao Valley:** Short, easy hikes and nature discovery.
- **Molokini Snorkel Cruise:** Shallow snorkeling, glass-bottom viewing, flotation devices for kids.
- **Lahaina Banyan Tree Park:** Shady play areas, space to explore.

Family Dining: Nearly all suggested restaurants offer kid menus and high chairs. Luau buffets cater to all ages (with kid-friendly options).

Practical Tips: Stroller-friendly walks at oceanfront resorts, public restrooms at major beaches and attractions, and shaded areas at parks.

Booking: Reserve sunrise at Haleakalā, luaus, and snorkel tours at least 1-2 months in advance. Car rental is essential for exploring Maui with a family.

Parking: Ample at most tourist sites, but always check for validation at shopping centers and restaurants.

WHY THIS ITINERARY?

This plan delivers Maui's most iconic experiences—epic sunrises, lush valleys, world-class beaches, and unforgettable Hawaiian culture—thoughtfully paced for a family with a child. Seamless logistics, top hotel and dining picks, and tailored family tips ensure a classic Maui adventure you'll always remember!