

Relaxed 5-Day Maui Family Itinerary: Beaches, Nature & Culture (Sept 2025)

RELAXED 5-DAY MAUI FAMILY ITINERARY

September 14–19, 2025 | 2 Adults, 1 Child

WHY THIS ITINERARY IS SPECIAL

This itinerary is crafted for families seeking a relaxed pace, allowing you to soak up Maui's natural beauty and culture without feeling rushed. Enjoy gentle mornings, flexible afternoons, and family-friendly evenings—plus options for adventure or downtime based on your mood. All locations are selected for convenience, easy parking, and a welcoming vibe for both adults and kids.

HOTEL RECOMMENDATIONS

- **Montage Kapalua Bay** (Luxury): Spacious suites, kids' program, beach access. *Direct booking for best rates and amenities. West Maui location is perfect for beaches and nature.*
- **Ka'anapali Beach Hotel** (Mid-range): Hawaiian hospitality, family activities, central to Lahaina/Ka'anapali attractions. *Book via hotel website for special family packages.*
- **Maui Coast Hotel** (Value): Kihei location, pool, walkable to Kamaole Beach, great value for families. *Booking.com or direct for flexible cancellation.*

DAY 1: WELCOME TO MAUI & BEACHSIDE EASE

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

Arrival & Hotel Check-In (if early check-in available).

Breakfast: *808 Grindz Cafe* (Lahaina) – Casual, local breakfast favorites; arrive early for minimal wait.

Optional: Take a gentle stroll along **Ka'anapali Beachwalk** and let kids play on the sand.

Parking: Hotel lot/valet or public beach parking (ample morning spots).

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

Relax & Unwind: Settle into your hotel, swim in the pool, or nap.

Lunch: *Leilani's on the Beach* (Whalers Village) – Oceanfront, casual, kids menu.

Optional: **Whalers Village** – Shopping, hula lessons, Hawaiian cultural activities (check daily events schedule).

Transportation: Walk or short drive from Ka'anapali hotels; parking validation with purchase.

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

Dinner: *Duke's Beach House* (Honokowai) – Family-friendly, live music, open-air.

Optional: Sunset beach walk or relax at hotel.

Booking Tip: Reserve dinner spots a few weeks in advance for best times.

Parking: Free self-parking at most restaurants/hotels in this area.

DAY 2: LAHAINA TOWN & MARINE LIFE

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

Breakfast: *Gazebo Restaurant* (Napili) – Famous macadamia nut pancakes. Arrive by 7:45 AM for short wait.

Explore: **Lahaina Banyan Court Park** – Stroll under the historic banyan tree, check out local art vendors.

Optional: Stop by **Lahaina Heritage Museum** (interactive exhibits, great for kids).

Parking: Paid lots along Front St., short walk to Banyan Court.

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

Maui Ocean Center (Ma'alaea, 30 min drive): World-class aquarium, shark tunnel, touch pools.

- Great for kids! Allow 2–3 hours.
- Book tickets online for entry time and skip-the-line.
- Indoor/outdoor areas, stroller-friendly.

Lunch: *Seascape Restaurant* (on-site) – Ocean views, fresh seafood, kids menu.

Parking: Free lot at Maui Ocean Center.

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

Dinner: *Down the Hatch* (Lahaina) – Laid-back, family-friendly, live music.

Optional: *Lahaina Harbor sunset stroll* or early night in.

Parking: Paid lot nearby, easy evening parking.

DAY 3: UPCOUNTRY ADVENTURE & FARM FUN

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

Breakfast: *Grandma's Coffee House* (Keokea, Upcountry) – Local charm, excellent coffee, baked goods.

Drive to Upcountry: 1 hr from Ka'anapali; scenic route.

Explore: Surfing Goat Dairy – Family-friendly farm tour, goat cheese tasting, kids can feed goats.

Booking Tip: Reserve farm tour in advance.

Parking: Free on-site.

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

Maui Tropical Plantation – Tram tour of farm, playground, zipline (age/weight restrictions, but good for elementary kids).

Lunch: *The Mill House* (on site) – Farm-to-table, kid options.

Optional: *Ali'i Kula Lavender Farm* – Short drive, wander gardens, scavenger hunt for kids.

Parking: Free at both locations.

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

Dinner: *Kula Bistro* – Generous portions, Italian & American cuisine, family-friendly.

Optional: Stargazing from Upcountry or return to hotel for pool time.

Return Drive: 1 hr back to Ka'anapali/Kihei area.

DAY 4: SNORKELING, SEA TURTLES & LEISURE

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

Breakfast: *Island Vintage Coffee* (Whalers Village) – Easy, quick, local favorites.

Snorkeling at Kapalua Bay – Calm waters, excellent for families, sea turtles often spotted.

- Rent gear on site or from hotel.
- Arrive by 8:30 AM for best parking and calmest seas.

Parking: Small free lot fills early; overflow street parking.

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

Lunch: *Merriman's Kapalua* (reservations recommended) – Oceanfront, upscale yet kid-welcoming.

Optional:

- **Napili Park** – Playground & open space for kids.
- **Napili Farmers Market** (Wed/Sat) – Local treats, crafts.
- Or return for hotel pool/beach time.

Parking: Restaurant valet or public beach lot.

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

Dinner: *Monkeypod Kitchen* (Whalers Village) – Kid-friendly, great pies, live music.

Optional: Attend a Hawaiian sunset ceremony (often at Ka'anapali resorts) or enjoy beachfront playgrounds.

Parking: Whalers Village garage (validate with dinner).

DAY 5: ROAD TO HANA (SCENIC, FLEXIBLE EXPLORATION)

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

Breakfast: *Paia Bowls* (Paia) – Acai bowls, smoothies, light fare.

Start Road to Hana:

- Leave by 8:30 AM, drive at your own pace.
- Stop at **Ho'okipa Beach Park** – Watch turtles on the sand.
- **Garden of Eden Arboretum** – Lush gardens, easy trails, peacocks (entry fee, good for kids).

Parking: Free at stops; early arrival means easier parking.

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

Picnic Lunch: Purchase snacks in Paia or pack from hotel.

Optional Stops:

- **Twin Falls** – Easy hike, swim (bring water shoes, watch for mud).
- **Ke'anae Peninsula** – Scenic, taro fields, shave ice stand.
- Adjust stops based on energy—turn back when ready, no pressure to complete all Hana stops.

Parking: Designated lots at major stops; some roadside spots (use caution).

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

Dinner: Back in Paia: *Flatbread Company* – Wood-fired pizza, salads, kid options.

Return drive: 1–1.5 hrs to hotel.

Optional: Evening swim or early bedtime after a full day.

FAMILY-FRIENDLY ACTIVITIES & ATTRACTIONS IN MAUI

Great for Kids (Ages 4-8)

- **Maui Ocean Center** – Touch pools and sea turtle exhibits; no height requirements, lines are short if you book online.
- **Surfing Goat Dairy** – Animal feeding and hands-on farm tour, all-ages welcome.
- **Maui Tropical Plantation Tram** – Gentle ride, interactive for younger children.
- **Ka'anapali & Napili beach playgrounds** – Sand play, safe swimming.

Perfect for All Ages

- **Lahaina Banyan Court Park** – Shaded, open space, often with local musicians or art.
- **Road to Hana stops** – Choose easy hikes/walks, like Garden of Eden or Twin Falls, with supervision.
- **Hotel Pools & Kids' Clubs** – Many resorts (like Montage Kapalua Bay) offer kids' club activities; check schedules and sign up after arrival.

PRACTICAL FAMILY AMENITIES

- **Stroller rentals:** Available at Maui Ocean Center and many large hotels.
- **Family restrooms:** Found at major attractions, malls, and Whalers Village.
- **Baby care:** Changing tables at all major venues; check with hotels for crib/pack-n-play availability.

BOOKING & TRANSPORTATION TIPS

- Book hotel and key activities (Maui Ocean Center, farm tours, Merriman's) 1–2 months in advance.
- Rental car is recommended; parking generally easy at major stops, especially if you start early.
- Ride-shares available in West Maui and Kihei/Wailea, but less reliable for Upcountry/Hana day.
- Public buses are limited and not ideal for families with kids or tight schedules.

DINING OVERVIEW

- Breakfast: 808 Grindz Cafe, Gazebo, Island Vintage Coffee, Grandma's Coffee House, Paia Bowls
- Lunch: Leilani's, Seascape, The Mill House, Merriman's, Flatbread Company
- Dinner: Duke's, Down the Hatch, Kula Bistro, Monkeypod Kitchen, Flatbread Company
- Most offer kids menus, high chairs, and fast service for families.

PARKING NOTES

- All major beaches and attractions have free or low-cost parking; arrive early for best spots.
- Hotel lots are secure; some may charge a daily fee (check at booking).
- Restaurants in Whalers Village validate parking for diners.

Enjoy Maui at your own pace! This flexible, relaxed itinerary ensures you'll experience the best of the island—its natural wonders, family-friendly activities, and delicious food—while always having the option to rest, slow down, or explore more as you wish.