

Hidden Maui: 5-Day Local Family Adventure with Authentic Eats & Kid-Friendly Fun

DAY 1: UPCOUNTRY DISCOVERIES & LAID-BACK PAIA

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

Start with breakfast at *Grandma's Coffee House* (Kula) ☕

Enjoy homemade pastries and 100% Maui coffee at this rustic spot (8:00 AM arrival recommended).

Parking: Free lot.

Activity: After breakfast, drive 10 min to **Ali'i Kula Lavender Farm** (open 9:00 AM). Wander through fragrant fields, join a short family-friendly walking tour (reserve online for discounts), and enjoy valley views.

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

Lunch at *Hali'imaile General Store* 🍴

A local favorite for Hawaiian comfort food. Reservations recommended (Open 11:00 AM-2:30 PM).

Parking: Onsite lot.

After lunch: Visit **Makai Glass** (5 min drive) to watch glassblowers at work; kids can try a hands-on ornament workshop (check for booking times).

Mid-afternoon: Head down to **Paia Town** (30 min drive), a bohemian surf village. Explore local boutiques, *Mana Foods* natural market, and pop into **Paia Bay Coffee & Bar** for a snack or cold drink.

Parking: Municipal lots in Paia; street parking (can fill up by 2PM).

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

Dinner at *Flatbread Company* (Paia) 🍕

Wood-fired pizzas and salads in a casual, kid-welcoming space.

Parking: Use Paia public lot.

After dinner: Walk to **Paia Bay Beach Park** for sunset sand play and tidepool exploring.

Return: 30-40 min drive back to hotel (or consider staying in Paia for the night).

DAY 2: WAILUKU'S LOCAL FLAVORS & IAO VALLEY ADVENTURE

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

Breakfast at *Wailuku Coffee Company* ☐

Start at this artsy local café for pastries, bagels, and fresh juice.

Parking: Free street parking.

Head to Iao Valley State Monument (10 min drive, \$5 parking). Stroll the lush trails, spot native plants, and see the iconic Iao Needle. Early arrival avoids crowds and heat.

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

Lunch at *Tasty Crust* ☐

A real-deal diner with local plate lunches and their legendary pancakes.

Parking: Onsite lot.

Next: Explore **Maui Historical Society/Bailey House Museum** (5 min drive, small entry fee, open Mon-Sat). Hands-on Hawaiian artifacts and lush gardens for kids to roam.

Mid-afternoon: Visit **Wailuku's murals**—take a self-guided street art walk (grab a map from the coffee shop or library).

Parking: Public lots behind Main Street.

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

Dinner at *Sam Sato's* ☐

Try local "dry mein" noodles and Manju pastries (arrive early; closes at 7:00 PM).

Optional: If open, catch a family-friendly show at the historic **Iao Theater** (check schedule in advance).

Return: 20-30 min drive to hotel.

DAY 3: WEST MAUI HIDEAWAYS & HANDS-ON FUN

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

Breakfast at *Leoda's Kitchen & Pie Shop (Olowalu)* ☐

Famous for sweet and savory pies—try coconut cream or breakfast hand pies.

Parking: Free lot.

Next: Walk across to **Olowalu Beach** for early-morning snorkeling or gentle tidepooling (bring your own gear; calm for kids). Turtles often seen here!

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

Lunch at Aloha Mixed Plate (Lahaina) 📍

Beachfront casual eats with Hawaiian classics.

Parking: Paid lot or street parking.

After lunch: Explore **Lahaina's backstreets**—skip Front Street and seek out *Lahaina Jodo Mission* (giant Buddha statue, peaceful gardens), and **Baldwin Home Museum** (short, interactive tour; free for kids).

Mid-afternoon: Treat yourselves at *Island Cream Co.* (Maui-made ice cream, walkable from Baldwin Home).

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

Dinner at Star Noodle 📍

Locals flock here for inventive Asian-Maui fusion. Book a reservation in advance; very kid-welcoming.

After dinner: Enjoy a sunset stroll at **Baby Beach** (Pu'unoa); calm waters and a local family vibe.

Return: 30–45 min drive back to hotel.

DAY 4: KIEHI'S LOCAL VIBE & FAMILY PLAY

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

Breakfast at Kihei Caffe 📍

Open-air classic for loco moco and banana macadamia pancakes.

Parking: Street and paid lot.

After breakfast: Walk to **Kalama Park**—playground, skate park, oceanfront walking path, and local fisherman watching.

Option: Rent bikes for a short cruise (bike shop across the street).

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

Lunch at Eskimo Candy 📍

Hidden gem seafood diner for local poke and fish & chips.

Parking: Free lot.

Family Fun: Spend the afternoon at **Maui Ocean Center** (Ma'alaea, 15 min drive). Interactive marine exhibits, touch pools, and a walk-through tunnel for kids.

Booking tip: Buy tickets online for time-slot entry and small discount.

Parking: Free lot.

Option: If time allows, walk Ma'alaea Harbor and spot sea turtles near the rocks.

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

Dinner at *Café O'Lei at the Mill House* ☐ (Waikapu, 15 min drive)
Set in a historic sugar mill with mountain views and a kids' menu.

Parking: Free onsite.

Return: 20-30 min to hotel.

DAY 5: HAIKU & NORTH SHORE ADVENTURE

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

Breakfast at *Baked on Maui* (Haiku) ☐

Bakery-café in a laid-back plantation setting. Try their fresh bagels and cinnamon rolls.

Parking: Free lot.

After breakfast: Walk the **Haiku Mill grounds** (check for open garden days, sometimes guided tours available, book in advance if desired; very photogenic).

Option: Short drive to **Ho'okipa Beach Park**—watch pro windsurfers, explore tidepools with your child (morning is calmest).

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

Lunch at *Colleen's at the Cannery* ☐ (Haiku)

Locals love their burgers, fish tacos, and salads. Kid-friendly.

Parking: Free lot.

After lunch: Visit **Surfing Goat Dairy** (Kula, 30 min drive)—interactive goat feeding, cheese tasting, and playful animal encounters (book the "Casual Tour" online).

Option: If you have extra time, swing by the **Upcountry Farmers Market** (open Wednesdays & Saturdays, 7:00 AM-11:00 AM).

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

Dinner at *Nuka Sushi* (Haiku) ☐

A local hotspot for sushi and Japanese fare; call ahead for a table. Takeout is also an option if your child is tired.

After dinner: Enjoy a quiet drive along the North Shore back to your hotel, stopping for star-gazing if the sky is clear.

HOTEL RECOMMENDATIONS

- **Budget:** *Maui Seaside Hotel* (Kahului) – Central, family-friendly, pool, easy for exploring all regions. Book direct for best flexible rates.
- **Mid-range:** *Koa Lagoon* (Kihei) – Condo-style, oceanfront, kid-friendly pool, great for families. Check VRBO or direct website for best deals.
- **Splurge:** *Paia Inn* (Paia) – Chic boutique, walkable to Paia town and beach, offers family suites. Book direct for perks and beach access.

PARKING & TRANSPORTATION TIPS

- Rent a car for flexibility; Maui's hidden gems are best reached by car.
- Parking is generally free or inexpensive outside Lahaina/Paia (where paid lots or street parking are common).
- Arrive early in popular towns (Paia, Lahaina) to secure spots, especially before noon.
- Public transport is limited; rideshares (Uber/Lyft) available in main towns but not reliable for remote areas.

FAMILY-FRIENDLY ATTRACTIONS & LOCAL PLAYGROUNDS

- **Kalama Park (Kihei):** Large playground, skate park, open green spaces, oceanfront walking—great for kids to burn off energy.
- **Maui Ocean Center (Ma'alaea):** Interactive marine exhibits, touch pools, educational and fun for all ages.
- **Ali'i Kula Lavender Farm:** Wide open spaces, scavenger hunts for kids, gentle walking paths.
- **Surfing Goat Dairy:** Hands-on animal experiences, cheese tastings, and kid-oriented tours.
- **Paia Bay Beach Park:** Shallow tidepools, sand play, and low-key local vibe.

BOOKING TIPS

- Book meals at popular restaurants (Star Noodle, Flatbread Company, Nuka) 2-3 weeks in advance for dinner.
- Maui Ocean Center and Surfing Goat Dairy offer online ticketing—book ahead for best time slots.
- For family-friendly accommodation, consider direct booking for perks (free breakfast, late check-out).

WHAT MAKES THIS ITINERARY SPECIAL?

This 5-day Maui adventure lets your family experience the island the way locals do—lingering at hidden beaches, savoring real Hawaiian flavors, exploring small towns, and discovering hands-on activities that delight both adults and kids. You'll avoid tourist crowds, support local businesses, and create memories in the island's most authentic corners.