



CGA Hawaiian Weekend Getaway

Wellness, Adventure & Connection on Maui's North Shore



Friday, May 22 – Tuesday, May 26, 2026 (Memorial Day Weekend)



Hale Akua Garden Farm & Eco-Retreat Center, Maui, Hawai'i



Group Size: 24–28 participants



Hosted by **Pride Adventures** in partnership with **California Gay Adventures (CGA)**



Trip Updates & Optional Activities Planning

As we get closer to our Maui Wellness & Adventure Weekend, we're beginning to finalize optional excursions, wellness flow, and transportation logistics. Some activities are included as part of the retreat, while a few optional adventures have an additional cost.

Please review the details below and then complete the Activities & Wellness Survey so we can plan accordingly.



Road to Hana

Saturday Late Morning | Included

A scenic journey along Maui's iconic Road to Hana, featuring waterfalls, lush rainforest landscapes, and coastal views. We're also working on reservations for the Black Sand Beach.

This experience follows morning wellness activities and returns in time for dinner.



Zip Line Adventure

Jungle Zip

Sunday Options | Additional Cost | [Book Directly](#)

We're offering optional zip lining at **Jungle Zip**, located **within walking distance of the retreat center**. This is a great add-on adventure that fits naturally into our relaxed Sunday wellness schedule.

To give everyone flexibility, we've identified **two suggested group timeframes on Sunday**, though guests are also welcome to book at other times or on other days independently.

Suggested Sunday Group Zip Line Timeframes

- **11:00 AM**
- **1:30 PM**

Both options work well within our Sunday flow and allow plenty of time before afternoon yoga and the Haleakalā sunset excursion.

Tour Options & Estimated Pricing

Guests may choose either option when booking:

- **5-Line Zip Line Tour**
 - Approx **1.5 hours**
 - Estimated cost: **\$128 per person**
- **8-Line Zip Line Tour**
 - Approx **2 hours**
 - Estimated cost: **\$148 per person**

Pricing is set by the operator and may vary slightly.

How to Book

Guests should **book directly with Jungle Zip** by selecting:

- **Date:** Sunday, May 24
- **Time:** 11:00 AM or 1:30 PM
- **Tour:** 5-line or 8-line option

 **Book directly at:**
<https://www.junglezip.com/>

After booking, please indicate your interest and selected timeframe in the **Activities & Wellness Survey** so we can coordinate group flow and awareness.

As with all activities during the retreat, zip lining is optional. Guests may also choose to book on a different day or time if they prefer.



Haleakalā Sunset

Sunday Evening | Included

Guests may choose to join an optional visit to the summit of Haleakalā, rising over 10,000 feet above sea level. We'll travel together to watch the sunset above the clouds and return to the retreat center for dinner afterward.



Optional Ocean Adventure

Molokini Crater & Turtle Town Snorkeling

Monday Morning | Additional Cost | [Book Directly](#)

One of Maui's most iconic ocean experiences, this optional snorkeling adventure visits **Molokini Crater**, a protected volcanic caldera known for clear water and abundant marine life, followed by **Turtle Town**, where Hawaiian green sea turtles are often seen.

This excursion is operated aboard the **Calypso**, a spacious triple deck catamaran featuring a glass bottom viewing area, waterslides, freshwater showers, and plenty of room to relax between snorkel sessions.

Key details:

- **Day: Monday, May 25**
- **Departure from retreat center: Approximately 6:00 AM**
- **Arrival at harbor: By 6:45 AM**
- **Boat departure: 7:30 AM sharp**
- **Duration: Approximately 5–5.5 hours**

What's included on the boat:

- Snorkel gear and flotation devices
- Breakfast and lunch onboard
- Non alcoholic beverages
- Glass bottom viewing area and onboard amenities

We will have a **sack breakfast available at the retreat** that morning for those participating. This early start allows you to enjoy a world class snorkeling experience and still have time to **meet up with the group later at Little Beach** to relax together.

Estimated cost: Approximately \$187 per person

Pricing is set by the tour operator and may fluctuate slightly based on availability.

How to Book

Guests interested in this excursion should **book directly through Viator** using the link below. Please be sure to select:

- **Date:** Monday, May 25
- **Departure time:** 7:30 AM

 [Click here to Book the Molokini Crater & Turtle Town Snorkeling Adventure](#)

Once booked, you'll confirm your interest in the **Activities & Wellness Survey** so we can plan transportation and group flow.

Little Beach

Monday Midday | Included

For those not joining the snorkeling excursion, or for those rejoining afterward, we'll spend time at Little Beach, a clothing optional beach known for its relaxed, welcoming vibe and natural beauty.

This option follows our morning wellness activities and allows for several hours of beach time before regrouping later in the day.

Massage Appointments

Optional | Additional Cost

Professional massage services will be available on site during the retreat, with Sunday set aside as the primary massage friendly day during our wellness focused schedule.

Massage appointments will be scheduled upon arrival at the retreat center, with a sign-up list available on site. Availability is first come, first served based on therapist schedules.

While Sunday is the main massage day, additional sessions may be available at other times throughout the retreat, depending on availability. As with all activities during the weekend, everything is optional, and you're always welcome to skip a scheduled activity and book a massage instead if that best supports your rest and relaxation.

Massage pricing and session lengths will be shared on site, and payment is handled directly with the massage therapists.

Wellness Programming

Included

Daily yoga, breathwork, sound baths, stretch sessions, and mindful group practices are all optional and included. Sessions are designed to meet you where you are, whether you're seeking deep relaxation, gentle movement, or a balance of both.

Please Complete the Activities & Wellness Survey

To help us finalize plans, please complete the short Activities & Wellness Survey, even if you shared preferences during registration.

 [CLICK HERE FOR SURVEY](#)

The survey is intentionally brief and links back to this guide for full details.

Welcome to Maui

Welcome to Maui's lush North Shore — a place where jungle meets ocean, time slows down, and connection comes naturally.

This long-weekend getaway is designed as a **choose-your-own-pace retreat**, blending wellness, adventure, and community in a way that feels restorative rather than rushed. Together, we'll practice yoga surrounded by tropical greenery, explore iconic Maui landscapes, share nourishing meals, and gather in meaningful ways — while always leaving space for rest, reflection, and spontaneity.

All wellness sessions and excursions are **optional**, and you're encouraged to meet yourself exactly where you are.

Retreat Highlights

- Optional daily yoga, breathwork, and mindfulness sessions
- Evening sound bath and community circles
- Scenic Road to Hana adventure with waterfalls and jungle landscapes
- Haleakalā Crater sunset experience

- Pre-booked snorkeling expedition (details to be shared)
- Beach time at Big Beach & Little Beach (clothing optional)
- Full access to Hale Akua amenities: saltwater pool, hot tubs, sauna, gardens
- All meals catered with Hawaiian-inspired cuisine
- A welcoming, fun LGBTQ+ community atmosphere

 *This guide reflects our current plan. Minor adjustments may occur as we get closer to the retreat.*

Flights & Arrival Information

Please plan to fly into Kahului Airport OGG on Friday, May 22.

Arrival Pickup Windows

Based on current nonstop flight schedules from Los Angeles LAX to Maui, we are planning two group pickup times at the airport:

Pickup 1 – 12:00 PM (Chris Smith)

For guests arriving on:

- Hawaiian Airlines AS933 arriving at 11:17 AM
- Delta DL425 arriving at 11:22 AM

Pickup 2 – 1:30 PM (Kevin Smith)

For guests arriving on:

- Alaska Airlines AS81 arriving at 12:49 PM

These pickup times are designed to allow for deplaning and baggage claim.

Arriving from Other Cities

If you are traveling from another city or state, you may:

- Book a nonstop flight from your home airport that aligns with one of the pickup windows above
- Fly into LAX and take one of the listed nonstop flights

If your arrival time does not align with the 12:00 PM or 1:30 PM pickup windows, you will need to arrange your own transportation to the retreat center via taxi, cab, Uber, or Lyft.

Retreat Center Address

Hale Akua Garden Farm & Eco Retreat
110 Door of Faith Rd
Haiku, HI 96708

Group Transfer

Guests arriving within the designated pickup windows may join the included group transfer to Hale Akua.

If you plan to rent a car for the weekend, please let us know in advance.



Grocery Stop on Arrival

On the way from the airport to the retreat center, we'll make a **quick grocery stop** so you can pick up personal snacks or beverages. This is a good time to grab anything you'd like to have on hand for the weekend.

Retreat Center Address:

Hale Akua Garden Farm & Eco-Retreat Center
110 Door of Faith Rd
Haiku, HI 96708



Need Help with Flights?

If you'd like help reviewing flight options or coordinating arrival plans, please reach out to **Kevin** (see Contacts section below).



Daily Itinerary

A relaxed rhythm of wellness, adventure, and connection

Timing Note: Start times are listed to help you plan your day. End times may vary depending on weather, flow, and group energy — this retreat is designed to unfold naturally, Hawaii-style.

Day 1 – Friday, May 22 | Arrival & Aloha Welcome

3:00 PM – Arrivals & Check-In Begin

Arrive at Hale Akua, settle into your room, and begin to unwind. Explore the gardens, soak in the hot tubs, or simply breathe in the peaceful North Shore surroundings.

6:30 PM – Welcome Dinner

7:45 PM – Opening Circle & Intentions

The rest of the evening is yours — relax, connect, or enjoy an early night.

Day 2 – Saturday, May 23 | Road to Hana & Sound Bath

7:15 AM – Optional Morning Yoga (90 minutes)

8:45 AM – Breakfast

10:30 AM – Road to Hana Adventure

A full-day journey along the legendary Road to Hana, featuring waterfalls, lush rainforest, swimming holes, and iconic coastal views.

What to bring for the day:

Swimsuit (*wear it under your clothes*), beach towel, comfortable walking shoes or sandals, sunglasses, sunscreen, reusable water bottle, a light layer, and a small daypack.

6:30 PM – Dinner

7:45 PM – Group Gathering & Sound Bath Experience (90 minutes)

Day 3 – Sunday, May 24 | Wellness Day & Haleakalā Sunset

7:15 AM – Optional Morning Yoga (90 minutes)

Optional Breathwork with Alex

8:45 AM – Breakfast

Late Morning & Early Afternoon – Free Time

Relax by the pool, enjoy the sauna, journal, wander the gardens, or schedule an optional massage with local Hawaiian therapists (booked separately).

12:00-1 PM - Lunch

2:30 PM – House of the Sun - Hawaiian Cultural Immersion (90 minutes)

In preparation to the house of the sun - Tanmayo

4:30 PM – Be ready to depart for Haleakalā Crater sunset

We'll journey up the mountain to experience sunset from above the clouds — one of Maui's most unforgettable moments.

Sunset is expected **just after 7:00 PM**, with beautiful color and light lingering afterward.

What to bring for the sunset:

Warm layers, comfortable shoes, and your phone or camera.

8:30 PM – Dinner

Day 4 – Monday, May 25 | Ocean Adventure & Closing Circle

7:15 AM – Optional Morning Yoga (90 minutes)

8:45 AM – Breakfast

Daytime – Ocean & Beach Adventures

We'll be using **two group vans** for the day:

- **Van 1:** Pre-booked snorkeling expedition, then onward to the beach
(Details will be shared with participating attendees.)
- **Van 2:** Direct transfer to the beach with our **group lunch**

Guests may also choose to use a **cab, Uber, rental car**, or explore independently before meeting back up later.

What to bring for ocean & beach adventures:

Swimsuit (*wear it*), beach towel, sunscreen, sunglasses, hat, reusable water bottle, flip flops or water shoes. Optional snorkel gear welcome.

5:30 PM – Closing Circle & Reflections (90 minutes)

7:00 PM – Final Farewell Dinner

Day 5 – Tuesday, May 26 | Departure Day

7:30 AM – Light Breakfast Available

10:15 AM – Airport Transfer Van 1 Departs (Chris Smith)

Recommended for guests on the 12:55 PM Delta departure

11:15 AM – Airport Transfer Van 2 Departs (Kevin Smith)

Recommended for guests on the 1:49 PM Alaska and 3:10 PM Hawaiian departures

Please bring your luggage to the vans at least 10 to 15 minutes prior to your scheduled departure time so we can load efficiently and leave on time.

Guests with flights departing significantly earlier than 12:55 PM should arrange a taxi, Uber, or Lyft to ensure adequate airport arrival time.

If you have an early flight and need to depart before breakfast, please check with Cindi, our chef, about a possible grab and go option.

Meals, Drinks & Dietary Needs

All meals are included and catered on property.

Water and a non-alcoholic beverage will be provided at each meal. Alcohol is **not included**, but this is **not a sober retreat**. Guests may bring their own beverages. Shared ice chests will be available.

Dietary needs and allergies were collected during registration. Please contact us if anything needs to be updated.

Wellness: What to Expect

This retreat can be **as wellness-focused — or as relaxed — as you'd like it to be**. All sessions are optional and beginner-friendly. Rest, sleep-ins, and downtime are always welcome — just let us know if you plan to opt out of a scheduled activity.

Communication During the Retreat

We'll use a **group WhatsApp chat** for updates and reminders. You'll receive an invitation prior to arrival.

Accommodations

You'll be staying at **Hale Akua Garden Farm & Eco-Retreat Center**, a peaceful, eco-conscious property designed for rest and connection with nature. Room assignments have been thoughtfully arranged by Pride Adventures.

Physical Rating & Travel Style

Physical Rating: 2 – Light to Moderate

Service Level: Retreat Comfort

Travel Style: Flexible Adventure

Suggested Packing List

Yoga/movement wear, light layers, warm layer for Haleakalā, swimsuits, walking shoes, sunscreen, hat, reusable water bottle, toiletries, medications, and optional snorkel gear or journal.

Weather in Maui (May)

- Highs: 78–85°F
 - Lows: 65–70°F
 - Mostly sunny with occasional showers
 - Ocean temp: ~77°F
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Contacts & Important Information

Chris Smith

Host & Chief Adventure Officer

 chris@prideadventures.com

Kevin Smith

Adventure Officer – Trip logistics & traveler details

 kevin@prideadventures.com

You can also message us at tripsupport@prideadventures.com and Chris and Kevin will both get the emails.

Travel Insurance

Required for all participants. Minimum **\$200,000 USD medical evacuation & repatriation** coverage.