



CGA Hawaiian Weekend Getaway

Wellness, Adventure & Connection on Maui's North Shore

Friday, May 22 to Tuesday, May 26, 2026
Hale Akua Garden Farm & Eco Retreat Center
Maui, Hawai'i

Group Size: 30 participants
Hosted by: Pride Adventures in partnership with California Gay Adventures



Welcome to Maui

Welcome to Maui's lush North Shore, where jungle meets ocean and connection comes naturally.

This Memorial Day Weekend retreat blends **wellness, adventure, and community** at a relaxed pace. Together, we'll enjoy yoga, optional excursions, nourishing meals, meaningful gatherings, and plenty of time to rest, explore, and connect.

All wellness sessions and excursions are optional, so you can choose the experience that feels right for you.



Retreat Highlights

- Optional yoga, breathwork, and mindfulness
- Sound bath and community circles
- Road to Hana adventure
- Haleakalā sunset experience
- Pre booked snorkeling excursion
- Big Beach and Little Beach time
- Saltwater pool, hot tubs, sauna, and gardens
- Catered Hawaiian inspired meals
- Welcoming LGBTQ+ community atmosphere



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



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

12:00 & 1:30 - Airport Pickups - We will communicate using WhatsApp to give everyone information on where the vans will be parked and where to meet. See more details in the section below.

~2:00 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.

6:00 PM - Welcome cocktails around the pool

6:30 PM – Welcome Dinner

7:45 PM – Opening Circle & Intentions with Stevie

Light stretching and meditations

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

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

7:00 AM – Morning Yoga (90 minutes)

8:30 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.

12:30 PM - Lunch at Hana Black Sand Beach ([Wai'ānapanapa State Park](#)) - sack lunches

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

7:00 AM – Breathwork with Alex (60 minutes)

8:00 AM – Breakfast

9:00 AM - Mid-Morning Yoga (90 minutes)

11:00 AM - Zipline Primary Option - See activities section below

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

1:30 PM - Second Zipline Option - Be aware that this may conflict with our next activity

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

In preparation to the house of the sun - Tanmoyo

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

We'll journey up the mountain to experience the 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

6:00 AM - Early Departure for Snorkeling Expedition - Grab & Go Breakfast (9 people)

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

8:45 AM – Breakfast

11:00 AM - Beach Group Departure for Little Beach

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.



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 (primary option - several are on this tour already)**
- **1:30 PM (alternate)**

Book for Sunday, May 24th

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:

- **8-Line Zip Line Tour (primary option - several are scheduled for this tour already)**
 - Approx **2 hours**
 - Cost: **\$159 per person (\$176.03 with fees and taxes)**
- **5-Line Zip Line Tour (alternate option)**
 - Approx **1.5 hours**
 - Estimated cost: **\$128 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 (primary) or 1:30 PM (if 11am is full)
- **Tour:** 8-line (primary) or 5-line (if other is full)

 **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](#)

This optional snorkeling adventure visits two of Maui's most iconic ocean spots: **Molokini Crater**, known for clear water and marine life, and **Turtle Town**, where Hawaiian green sea turtles are often seen.

The tour operates aboard the **Calypso**, a spacious catamaran with snorkel gear, breakfast, lunch, non alcoholic drinks, a glass bottom viewing area, waterslides, freshwater showers, and plenty of space to relax.

Key Details

Depart retreat center: Approx. 6:00 AM

Arrive at harbor: By 6:45 AM

Boat departs: 7:30 AM sharp

Duration: Approx. 5 to 5.5 hours

Estimated Cost: Approx. \$187 per person

We'll have a sack breakfast available at the retreat for participants. After the tour, you'll still have time to meet the group later at Little Beach.

How to Book

Book directly through Viator using the trip link and select:

Date: Monday, May 25

Time: 7:30 AM

Once booked, please note this in the Activities & Wellness Survey so we can plan transportation.



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



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.

Departure: Approx 11am from the retreat center

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

[CLICK FOR WELLNESS INFO ON HALE AKUA WEBSITE](#)

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. **Pricing: 60 mins \$175, 90 mins \$200, 120 mins \$225 - See front office for booking.**



Flights & Arrival Information + **Group Shuttles**

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) - try to leave by 12:15pm

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) - try to leave by 1:45pm

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

Retreat Center Address:

Hale Akua Garden Farm & Eco-Retreat Center

110 Door of Faith Rd

Haiku, HI 96708

<https://maps.app.goo.gl/FJo5R5jjbyyixGkMA>



Grocery Stop on Arrival

On the way from the airport to the retreat center, we'll make a **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.

Grocery Store near Airport: Safeway

1090 Ho'okele St, Kahului, HI 96732

<https://maps.app.goo.gl/q2gUX4aiXVKRfY7d6>

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** other than our welcome reception, 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.

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

310-854-2556 (cell)

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Kevin Smith

Adventure Officer – Trip logistics & traveler details

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Stevie Bernier - Volunteer - Wellness Host

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