

FREE AND LOW COST ACTIVITIES FOR CENTRAL MAUI

Kanaha Beach Park; One of Maui's greatest parks, tucked in behind airport; Full Facilities, kite surfers, & wind surfing, mountain biking, volley ball courts, parking etc.

Waihee Beach Park; More laid back and not as much happening, this is a good park to just relax in.

H.A. Baldwin Park; Lifeguards, pavilion, facilities, good safe swimming for children, and close to town for any items you may need.

Ho'okipa Beach Park; Excellent Board surfing, Kite surfing and Wind surfing, pavilions, bathrooms, and an observation area to get up close to the action in the water.

FREE Activity Hike; Waihee Ridge; Moderate hike in Wailuku but it does have a lot of elevation to it, over 1500 feet of change. About 5 miles round trip.

FREE Activity Hike; Waihee Valley; Moderate hike in below the Ridge hike, it is private property where you park at and they will charge you a little fee. See the link above for the best representation I have seen for this hike.

Tennis FREE Activity

Kalama Park, Kahului Community Center, War Memorial Park,

FREE Activity Beach combing at Waihee Beach or Kanaha Beach; You will need to get up early and get on the beach to do this one. Walk and pick up whatever shells you can find.

FREE Tours Iao Needle; Visit the Iao Needle park and historical center, learn how this area reserved for Hawaii's Royalty burials is haunted by it horrific past. Beautiful calming tour through Japanese influenced gardens. Bring your camera.

FREE Tour; Kepaniwai Heritage Gardens; A wonder tour through a beautiful meticulously manicured Japanese garden. Next to the Iao Needle.

FREE Tours; Visit Haleki'i and Pihana, Heiau; Easy access to this Hawaiian structure of religious and historical importance makes this a must stop just to see the views. A heiau is a religious place of worship and or sacrifice used by

the Hawaiians up till contact with the west. Plaques will guide you through the construction and use of this temple.

FREE Tours; Kealia Pond Wildlife Refuge; Stroll the paths at Kealia Pond Wildlife Refuge If you are a nature lover this reserve is the best for seeing Maui's endangered species. Located to the west end of Kihei almost into the Maalaea area.

FREE Activity; Kanaha Pond Wildlife Sanctuary; Kanaha Pond Wildlife Sanctuary bird watcher paradise with its 143-acre preserve and nesting site for endangered and migratory birds. This once royal fishing pond has been preserved for future enjoyment. Bring binoculars and cameras to catch some of nature's endangered species in their natural homes.

COST Activity; Maui Arts & Culture Center; For those of us with out art or culture this is a great place to catch a show. Check the listing for when you will be on vacation as the pricing is very reasonable and the show are top notch. Ballet, Music, Theater, Dance, Slack Key performances, this is artist Hawaiian style

FREE Maui Arts Guild; A cooperative of Maui's artist featuring 100% handmade artwork in a gallery setting. Come and talk to and watch these artisans do their magic.

FREE Hula show a Ka'ahumanu Center; Visit or shop at Queen Ka'ahumanu center, and while there plan to see a hula show for free. Call 808-877-3369 for dates and times.

FREE Activity Visit a Farmers Market; While I stretched this to be a free tours it is a great way to get fresh foods and different art and crafts for souvenirs. Maui's Farmers Markets, offer fresh produce, island fruits, baked goods, salsas, dip, and fresh flowers. Free samples will take the edge off your hunger.

- The Wailuku Farmers Market in County parking lot on Market Street Monday-Friday, 8 am - 6 pm
- Ohana Farmers Market at Kahului Shopping Center by Ah Fooks Supermarket, Ka'ahumanu Blvd. Wednesday, 6 am - 1 pm
- Ohana Farmers Market in Queen Ka'ahumanu Center, Ka'ahumanu Blvd., Kahului
- Friday, 8:30 am - 2:30 pm.
- Maui Mall is the location of another Friday market from 10 a.m. to 4 p.m

FREE Tours; Hawaiian Islands Humpback Whale National Marine Sanctuary; Hawaiian Islands Humpback Whale National Marine Sanctuary is located in West Kihei. The self-guided tour in their new buildings is a great way to spend an hour or two learning about the contributions and harm whaling brought to Maui and her people.

COST less than \$5; A & B Sugar Museum; This Museum is a last of its kind on Maui. While A&B is the last sugar producer on Maui the history of sugar impact cannot go untold. Visit this museum and see how labor intensive your sweetener is. Great break from a day in the sun.

COST about \$5; Bailey House Museum; A historic house built on royal land and used as a girls seminary until the Baileys live there. Great examples of Hawaii's culture, furnishings, and painting from the nineteenth century Maui.

COST About \$17 Tours; Maui Ocean Center; There are thing you will remember about Maui forever it may be a sunset, a moment or this place of underwater entertainment. I include this in the free areas because it is worth the admission price. You can get discounts at www.getmetomaui.com/Hawaii-discounts.html Maui discounts page if you want. I cannot say how much you will enjoy the hands on demonstrations and the knowledge you will come away with. This place will change how you see the marine life surrounding you on Maui. Do Not Miss This.

COST about \$11 Activity; Maui Tropical Plantation; You are standing in a paradise of tropical plants, do you know where they came from, not Maui, coffee beans growing, protea, flowering and fruit trees of every kind. It is cooling and relaxing tram ride through some of the weirdest looking plants in the world. You and your family will learn much, relax a lot and enjoy this educational look at Maui's agricultural offerings.

See and download our other pages to help you see Maui on the cheaper side.