



GROUP ACTIVITY & TEAM BUILDING GUIDE



## 1. ADVENTURE PACKED

### Stand Up Paddle Board

PHYSICAL LEVEL – HIGH

GROUP SIZE – 4-6

DURATION – 2 HOURS

PRICE – \$75 PER PERSON (\$300 MINIMUM)

Hoe he'e nalu (Stand Up Paddle Boarding), is an emerging global sport with a Hawai'ian heritage. This ancient form of surfing is not only a great workout, but one of the best ways to take in the scenic views from Hāna Bay.

### Holoholo Bike Adventure

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-8

DURATION – 2-3 HOURS

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Take in the sites and sounds of Hāna town from one of our very own cruiser bikes! This fun adventure will allow you to explore our community, meet our neighbors and experience the magic that is Hāna firsthand.

### Coastal Trail Ride

PHYSICAL LEVEL – LOW

GROUP SIZE – 5

DURATION – 1 HOUR

PRICE – \$75 PER PERSON (\$375 MINIMUM)

Hawai'ian cowboys or paniolos have ridden the remote and unspoiled slopes, plains and coastline of Maui for over 175 years. This adventure takes you through open pasture lands along our pristine shoreline. You'll be accompanied by an Alaka'i (trained tour leader) who will share stories of the land and its people. No previous horse experience needed.

*Long pants and closed toe shoes required.*

### Coastal Hike

PHYSICAL LEVEL – HIGH

GROUP SIZE – 6-20

DURATION – 1-2 HOURS

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Give your group a chance to stretch their legs as they explore our rich and extensive trail system. During this guided tour, you'll learn about local flora, fauna and the history and ecology of the area. Hikes are open to all and accommodate a wide range of interests and abilities.

### Geocaching

PHYSICAL LEVEL – LOW/MEDIUM

GROUP SIZE – 6-16

DURATION – 1-3 HOURS

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Geocaching is a real-world outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enabled devices while exploring the beautiful grounds of Travaasa.

### Bamboo Pole Fishing

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-8

DURATION – 2 HOURS

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Let's go fishing! Pole fishing is a treasured practice of locals. Great for the whole gang, this activity will teach you about the history, culture and craftsmanship of the skill. After your lesson, try your hand at being a Hawai'ian fisherman in Kapueokahi (Hāna Bay). Maybe you will even catch a fish!

### Throw Net Fishing

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6

DURATION – 2 HOURS

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Learn about the history and cultural practices of throw net fishing, a tradition that has been passed down through generations of Hawai'ian families. Visit the Akule Hale (fishing house) and meet the local kupuna (elders of the community) at their special fishing hang out. End your tour casting your net into Kapueokahi (Hāna Bay).

### Hawai'ian Spear Throwing

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-10

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Try your hand at this traditional island survival skill, Travaasa-style. The experience will teach the importance of a steady hand and trained eye. Our guide will teach you about the technique of 'ō'ō ihe and the ways of the young warriors before throwing our handmade spears on your own.



## 2. HAWAIIAN CULTURE

### Feather Lei Making

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-10

DURATION – 1-2 HOURS

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Lei Hulu, also known as feather leis, were reserved for the Ali'i (chiefs) of Hawai'i in ancient times and were an adornment of nobility. Create your own while learning the history of the art.

### Traditional Lei Making

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Learn to make your own traditional Ti-Leaf lei while learning about the history of Lei's, which are traditionally used to celebrate all occasions in Hawai'i.

### 'Ukelele Workshop

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-10

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

First introduced to Hawai'ians by the Portuguese in the 19th century, the 'Ukelele is now more well known as a Hawai'ian instrument. We'll teach you the basics and have you playing songs in no time! You'll leave with sheet music and a history of the 'Ukelele.

### Coconut Husking

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-10

DURATION – 1 HOUR

PRICE – PRICE – \$25 PER PERSON (\$150 MINIMUM)

Come see the art of husking a coconut and enjoy a fresh, delicious treat at the same time! In Hawai'i, coconuts are a part of the daily diet. Found across most of the tropics, the coconut ("niu") is known for its culinary versatility. This hands-on activity will leave you with a new appreciation for this sweet treat.

### Hula Lessons

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Every hula tells a story, and you'll learn all the graceful hand and body movements that go along with telling it. Hula is more than just a dance – it links Hawaiians to the 'Aina (land) and Kai (ocean), and is a way that stories were passed from generation to generation. You'll learn a story from one of our cultural guides, your kumu (teacher) who's been practicing hula since childhood.

### Guided Hawai'ian Garden Walk

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-10

DURATION – 1 HOUR

PRICE – PRICE – \$25 PER PERSON (\$150 MINIMUM)

Our local guide will tell you the story of all the plants that made their way to Hawai'i - from ancient times, to the "canoe" plants brought by the Polynesian voyagers, to the modern plants brought to Hawai'i in the last 200 years.

*Closed toe shoes required.*

### Fire by Friction

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6

DURATION – 1 HOUR

PRICE – PRICE – \$25 PER PERSON (\$150 MINIMUM)

Come channel your inner "Pele" (The Hawai'ian Goddess of Fire) with our exciting fire starting class! Our guides will teach you the basic techniques of using the most common primitive fire making method, the bow drill. These skills can be useful on your journey through life's many adventures!



## 3. CULINARY DELIGHTS

### Art of the Cocktail

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$40 PER PERSON (\$240 MINIMUM)

We are in a mixology renaissance. More and more lounges, bars and restaurants are offering lists of aperitifs, specialty cocktails and after-dinner drinks that sparkle with sophistication and creativity. Find out why the Mai Tai is synonymous with Hawai'i... or is it? Join us as we embark on a tasting journey, learning how quintessential old-world recipes have morphed in search of the complex, layered flavors that define today's cocktail trends.

### Pineapple Sampler

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Ever wondered the right way to cut a pineapple? This class will teach you the techniques as well as the history of its origin. We will show you how to use a pineapple as an appetizer, main course and dessert. In no time, you will become a pineapple connoisseur.

### Smoothie Time

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Take a spin on our blender bike! While you're sampling and tasting our fresh island fruits, you'll learn about the health benefits of the ingredients we use. Take away recipes and inspiration to recreate your own smoothies at home.

### Name that Grape

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-10

DURATION – 1 HOUR

PRICE – \$50 PER PERSON (\$300 MINIMUM)

Join our Wine Expert on a journey through the world of wines. You will leave this class with stronger wine tasting skills and deepen your appreciation of wine and the complex craft of winemakers.

### Ono Farms Fruit Tasting Tour

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$40 PER PERSON (\$240 MINIMUM)

Located 45 minutes south of the resort, you can learn about exotic fruits and organic family farming. Stroll through the lush forest of spectacular fruit trees where previously there were pastures. Pick and eat juicy papaya, passion fruits and more, fresh from their branches

### Hāna Gold Cacao Farm Tour & Tasting

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$40 PER PERSON (\$240 MINIMUM)

Hāna Gold is a working cacao plantation which produces Maui's only branch to bar chocolate. Tours are focused on all aspects of chocolate production from the planting of the trees to the making of the chocolate as well as the history of chocolate and its introduction to Hawai'i. The tour culminates in a tasting of various gourmet chocolates.



## 4. FITNESS & WELLNESS

### Tranquil Yoga

PHYSICAL LEVEL – LOW/MEDIUM

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$75 PER PERSON (\$450 MINIMUM)

This activity will allow those who are new to the yoga practice to take their time while letting seasoned practitioners pick up the intensity. Our instructor will demonstrate how to incorporate yoga postures into the busy work day to enhance concentration and alertness, while decreasing stress and anxiety.

### Core Conditioning

PHYSICAL LEVEL – MEDIUM/HIGH

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Strengthen your abs, lower back and glutes with this intense workout. You'll improve core strength, posture, back health, balance and total body function using stability balls and gravity-resistant exercises.

### Guided Meditation Workshop

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$75 PER PERSON (\$450 MINIMUM)

Demystify the ancient practice of meditation and practice bringing awareness into moment-to-moment experiences. This simple—but not easy—practice of acceptance, letting go, and suspension of the judgmental mind leaves us with a deep sense of openness and receptivity to ourselves, to others and to the moment as it unfolds.

### Active Isolated Stretching

PHYSICAL LEVEL – MEDIUM

GROUP SIZE – 6-10

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Stretching allows the body to repair itself and also to prepare for daily activity. This method is also known to work with the body's natural physiological makeup to improve circulation and increase the elasticity of muscle joints and fascia.

### Foam Roller Class

PHYSICAL LEVEL – LOW

GROUP SIZE – 6-8

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Get your group on a roll! During this fun class your group will learn how to give themselves a massage with a foam roller and tennis ball to help break up scar tissue, release muscle tension, rehabilitate injuries and improve circulation. This is a great option for an active break.

### Hāna Fitness Trail

PHYSICAL LEVEL – HIGH

GROUP SIZE – 6-15

DURATION – 1 HOUR

PRICE – \$75 PER PERSON (\$450 MINIMUM)

Get ready to sweat and raise your heart rate on our 20 station FitTrail circuit. High intensity interval training delivers maximum results in a minimum amount of time.

### Aqua Aerobics

PHYSICAL LEVEL – LOW/MEDIUM

GROUP SIZE – 6-20

DURATION – 1 HOUR

PRICE – \$25 PER PERSON (\$150 MINIMUM)

Start your day in the pool with a gentle and invigorating aerobic workout. The enhanced weightlessness of aqua aerobics reduces the risk of muscle or joint injury, reduces stress on the joints during stretching, and allows for a greater range of motion. Aqua aerobics does not require strong swimming skills and is safe for individuals who prefer to keep their head out of the water.