

Molokini Dive & South Maui Day

10

AUGUST 2026

2-Tank Dive: Molokini Crater + Turtle Town · Cinnamon Rolls · Kihei Beaches · Food
Truck Garden

**SPLIT MORNING: ERIC & COURTNEY DIVE (CERTIFIED ONLY) · DENAE & JOEL ON
CINNAMON ROLL DUTY**

DAY TIMELINE



Booked / confirmed



Timing window — arrive on time



Flexible — shuffle or skip

4:45 AM**DIVERS — leave the Westin (dark, empty roads)**

Eric & Courtney in the minivan · ~45 min Ka'anapali to Kihei · Gear staged last night · PADI cards in POCKETS · Motion
meds taken (second dose - first was last night) · Quick villa bite, breakfast is light before diving.

5:30 AM**Divers check in — Maui Diving, Kihei**

1455 S Kihei Rd #101 · (808) 667-0633 · Booking #331314067 · Charter departs 6:00 SHARP · Waivers signed on site.

6:00-12:00**2-TANK DIVE — Molokini Crater + Turtle Town**

BOOKED · CERTIFIED DIVERS ONLY · Dive 1: Molokini, a submerged volcanic caldera - visibility can top 150 ft · Dive
2: Turtle Town, lava formations where honu cruise past · Tanks, weights & BCD provided.

~6:00 AM+**MEANWHILE: Denaë & Joel — slow morning + roll run**

Sleep in, then the EV to Kihei whenever: The Cinnamon Roll Place, 2463 S Kihei Rd · Opens 6:00 AM, bakes until 2:00
PM (closed Tuesdays - today is Monday, all good) · GET EXTRA ROLLS FOR THE DIVERS · Order online to skip the
line.

12:30 PM**Everyone regroups — lunch at 808 Deli**

2439 S Kihei Rd (two doors from the bakery) · Voted Maui's best sandwiches · Divers surface starving - this is the reward
· Walk-in.

1:00-6:00**CHOOSE YOUR AFTERNOON — South Maui, no agenda**

KEAWAKAPU BEACH: 3/4-mile white sand, rarely crowded, great sunset end · ULUA + MOKAPU: best shore snorkeling
in Wailea, easy parking/showers · KINGS HIGHWAY (Hoapili Trail): lava-field coastal hike - only if it's not blazing · GUS'
HAWAIIAN SHAVE ICE: ribbon-style coconut milk ice, must-try.

6:30 PM**Dinner — South Maui Gardens Food Trucks**

35 Auhana Rd, Kihei · Outdoor food-truck garden, live music some nights · Walk-up, casual, zero dress code - exactly
right after a dive day · Then the ~45-min drive home.

MEALS AT A GLANCE

BREAKFAST

Split: villa bite / cinnamon rolls

D&J at the Kihei bakery - rolls for divers
too

LUNCH

808 Deli, 12:30 PM

2439 S Kihei Rd · walk-in · post-dive feast

DINNER

South Maui Gardens

Food-truck garden, Kihei · walk-up, casual

CRITICAL REMINDERS

- PADI CARDS = THE DIVE. Certified divers only, no exceptions, no card = no boarding. Keep them in a pocket, not a bag. (Denae & Joel: this one really is divers-only - Molokini snorkel tours exist via Trilogy or Pride of Maui another time.)
- Motion sickness meds the night before AND on waking - the channel crossing to Molokini is choppiest in the morning. Too late once you feel ill.
- Hydrate relentlessly today - dehydration raises DCS risk. Skip nothing on water, and take it easy on the afternoon hike option.
- No-fly window after diving: your helicopter is Wednesday 8:30 AM, a comfortable ~44 hours after surfacing. Nothing to worry about - just don't add spontaneous flights or a Haleakala summit run TODAY (10,000 ft counts as altitude).
- South-shore summer swell: Keawakapu can have real shore break in August and no lifeguards - check hioceansafety.com before swimming.
- Kings Highway lava field is brutally hot midday - if anyone wants it, go straight after lunch and carry double water.
- TONIGHT: check the tide chart for tomorrow's Nakalele Blowhole (best near high tide) and pull cash - The Gazebo is cash-only.

PACKING CHECKLIST — DIVE BAG STAGED LAST NIGHT

☐	PADI cert cards - IN POCKETS	☐	Towels - one each, boat + beach
☐	Booking #331314067 on phone	☐	Rash guards / UV shirts
☐	Motion sickness meds + ginger backup	☐	Reef-safe sunscreen (no spray)
☐	Mask defogger	☐	Snorkel gear for the afternoon beaches
☐	GoPro rated to depth (150-ft visibility!)	☐	Beach bag, chairs if you want them
☐	Personal dive computers (if owned)	☐	Hair ties + lip balm SPF
☐	Warm layer - pre-dawn boat is chilly	☐	Water bottles - hydration day
☐	Swimsuits worn under clothes	☐	Cash for crew tip + food trucks
☐	Dry change of clothes in the van	☐	Hat & sunglasses

TODAY'S STOPS — A KIHAI DAY

1	Maui Diving — Kihei shop	1455 S Kihei Rd #101 · divers check in 5:30 AM
2	Molokini Crater + Turtle Town	By boat · two tanks, 6:00--12:00
3	The Cinnamon Roll Place	2463 S Kihei Rd · opens 6:00 AM · D&J's mission
4	808 Deli — lunch 12:30	2439 S Kihei Rd · everyone back together
5	Afternoon options	Keawakapu · Ulua/Mokapu snorkel · Kings Highway · Gus' Shave Ice
6	South Maui Gardens Food Trucks	35 Auhana Rd, Kihei · dinner ~6:30, then home

KEY NUMBERS & CONFIRMATIONS

Maui Diving (808) 667-0633 #331314067 · certified only check-in 5:30 AM Kihei	The Cinnamon Roll Place 2463 S Kihei Rd Open 6 AM - 2 PM closed Tuesdays	808 Deli 2439 S Kihei Rd Open 8 AM - 5 PM walk-in	Westin Nanea (808) 662-6300 45 Kai Malina Pkwy ~45 min from Kihei
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Maui sunset ~7:00 PM - Keawakapu is a fine place to watch it before dinner. Tomorrow: West Maui sweep - Nakalele Blowhole ~7:30 AM (tide-dependent), Gazebo breakfast (CASH), Napili Bay, Fork & Salad lunch, 'Iao Valley, Merriman's 6:30.