

Adventure Day — Zip, Tube & Art Night

07

AUGUST 2026

7 Ziplines · Mountain Tubing Through 100-Year-Old Tunnels · Hanapepe Art Night

CHECK-IN 7:30 AM SHARP · YOU WILL GET WET AND MUDDY - GUARANTEED

DAY TIMELINE



Booked / confirmed



Timing window — arrive on time



Flexible — shuffle or skip

6:30 AM

Breakfast burritos & depart by 6:45

Foil-wrapped burritos prepped last night - heat and go. 35-40 min drive Poipu to Lihue. Dress for the zipline: knee-length shorts/leggings, river shoes, swimsuit underneath, hair tied.

7:30 AM

Check-in — Kauai Backcountry Adventures, SHARP

3-4131 Kuhio Hwy, Lihue · (855) 846-0092 · Tours leave PROMPTLY · Mandatory weigh-in (zipline 100-250 lbs) · Waivers were signed last night - confirm at the desk.

8:00-11:00

Zipline Tour — 7 lines

BOOKED · Eric & Courtney #346095422 · Lori #346094827 · Mountainside lines with waterfall views · Ends at a bamboo grove: LUNCH INCLUDED + cool mountain swim · Helmets & water provided.

11:30 AM

Tubing check-in — same location, SHARP

Second mandatory weigh-in (300 lbs max) · Same river shoes carry over · Reapply sunscreen and bug repellent between tours.

12:00-3:00

Mountain Tubing Adventure

BOOKED · Eric & Courtney #346095426 · Lori #346095782 · Float the 100-year-old sugar plantation canals and hand-dug tunnels (circa 1870) · Headlamps, gloves & tubes provided · Lunch & water included here too.

~3:00-4:10

Back to the villa — shower & change

You will be soaked and muddy. Full freshen-up, clean dry clothes, sandals · Leave for Hanapepe by ~4:10 (~20 min drive).

~4:30-4:50

Hanapepe Swinging Bridge

Hanapepe Rd · Historic 100-year-old wooden footbridge - it sways, that's the fun · Photo stop before the galleries open · Park by 4:45, spots go fast.

5:00-8:00

Hanapepe Art Night — dinner from the food trucks

Every Friday · Kauai's "biggest little town" · All galleries open, live music, artisans - AND the lu'au dancers you came for · Dinner = food trucks along the street · Free admission · CASH: WiFi in town is spotty, some vendors are cash-only.

~7:00-7:30

OPTIONAL — Salt Pond Beach sunset, on the way home

Lolokai Rd · ~4 min from Art Night · Only if you're done and the sky looks good: west-facing beach beside Hanapepe's traditional salt beds (August = active harvest · view from the edge, kapu to enter) · Sunset ~7:16 · Then ~25 min home.

MEALS AT A GLANCE

BREAKFAST

Villa burritos, 6:30 AM

Prepped last night · foil-wrapped, heat & go

LUNCH

Included with the tours

Make-your-own sandwiches at the bamboo grove

DINNER

Art Night food trucks

Walk-up, 5-8 PM · bring cash · no reservations

CRITICAL REMINDERS

- ZIPLINE DRESS CODE IS ENFORCED: knee-length shorts or leggings (no short shorts, no dresses), closed-toe shoes, long hair tied. Operator's posted rule says "no water shoes" on platforms - we're planning river shoes, so confirm with the guide at check-in.
- Two SHARP check-ins today: 7:30 AM (zipline) and 11:30 AM (tubing). Tours leave promptly - late = left behind.
- Waivers for all 3 (Eric, Courtney, Lori) were signed last night - have confirmation numbers ready: zipline #346095422/#346094827, tubing #346095426/#346095782.
- Dry bag or double ziplock for phones during tubing - the canals are wet and the tunnels are dark.
- Bug repellent before EACH tour - jungle terrain and irrigation canals mean mosquitoes.
- Cash for Art Night - Hanapepe WiFi is spotty and some food trucks are cash-only. There's an ATM near the event if needed.
- TONIGHT: lay out DARK clothing for tomorrow's helicopter (photo reflections) - check-in 9:45 AM, paying by card (\$1,294.80).

PACKING CHECKLIST

☐	Signed waivers + booking numbers	☐	Change of clothes + towels (for after)
☐	Knee-length shorts / leggings (worn)	☐	Wet bag for the muddy gear
☐	River shoes (worn - both tours)	☐	Water bottles
☐	Swimsuits worn underneath	☐	GoPro (ask guide about zipline rules)
☐	Hair ties (mandatory for long hair)	☐	Sunglasses
☐	Light UV shirt - breezy at elevation	☐	Cash for Art Night food trucks
☐	Cap that fits under a helmet	☐	Wallet / ID / credit card
☐	Bug repellent + reef-safe sunscreen	☐	Clean casual outfit + sandals (evening)
☐	Dry bag / ziplocks for phones	☐	Light layer - Hanapepe cools after sunset

TODAY'S STOPS

1	Kauai Backcountry Adventures	3-4131 Kuhio Hwy, Lihue · both tours, one location · 7:30 AM
2	Villa — shower & change	~3:00 PM · out the door again by ~4:10
3	Hanapepe Swinging Bridge	Hanapepe Rd · park by 4:45
4	Hanapepe Art Night	Hanapepe Rd · Fridays 5-8 PM · galleries, dancers, food trucks
5	Salt Pond Beach Park (optional)	Lolokai Rd · sunset ~7:16 · on the way home

KEY NUMBERS & CONFIRMATIONS

Kauai Backcountry (855) 846-0092 Zip: #346095422 / #346094827 Tube: #346095426 / #346095782	Hanapepe Art Night hanapepe.org/art-night Fridays 5-8 PM · free park by 4:45 PM	Tomorrow — Island Helicopters (808) 245-8588 #2250703 · check-in 9:45 AM \$1,294.80 by card	Waiohai (home base) (808) 742-4400 2249 Poipu Rd, Koloa
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Sunrise 6:11 AM · Sunset ~7:16 PM (best watched from Salt Pond if you make it). Tomorrow: last full Kauai day - helicopter check-in 9:45 AM in dark clothing, Waimea Canyon drive, Eating House 1849 farewell dinner, and PACK FOR MAUI at night.