



BIO-TREKS HAWAII: VOLCANOES, OCEANS & ISLAND ECOLOGY

An immersive STEM journey through Hawai'i's volcanic landscapes, marine ecosystems, and cultural heritage — designed for curious minds and future changemakers.

8-days / 7-nights total trip; arrive on the Island of Hawai'i (Kona), depart from Oahu (Honolulu)

BIO-TREKS HAWAII: VOLCANOES, OCEANS & ISLAND ECOLOGY The Island of Hawaii (Kona) & Oahu (Honolulu)

Day	Meals	Morning	Afternoon		Evening
1	D	Travel to Hawaii; Meet your Tour Director, Transfer to Hotel; Check-in			Welcome Pizza Party
2	B, L, D	Kona Cloud Forest Sanctuary: Tropical Ecology & Biodiversity	Pu'uhoonua o Hōnaunau: Cultural Heritage & Systems of Kapu		Dinner & Astronomy Master Class: Stars, Planets & Island Skies
3	B, L, D	Volcanoes National Park: Punalu'u Black Sand Beach, Thurston Lava Tube, Devastation Trail, Volcanoes National Park Visitor Center, Steam Vents, Jaggar Museum & Halema'uma'u Crater			
4	B, D	Fly to Honolulu	Diamond Head Crater: Geological History & Panoramic Science	Waikiki Beach: Ocean Recreation & Coastal Culture	Wiki Wacky Waikiki Scavenger Hunt & Dinner Allocation
5	B, L, D	Memorial: History Through Evidence	USS Battleship Missouri & WWII Conclusion	Honolulu City Tour: Civic Landmarks & Cultural Identity	Teppanyaki Dinner: Cultural Fusion & Culinary Science
6	B, L, D	The Polynesian Cultural Center - Explore the rich heritage of the Pacific Islands with seven island villages through hands on cultural anthropology			Ali'i Luau: Cultural Performance & Culinary Traditions
7	B, D	Barefoot Beach Catamaran Snorkeling Adventure	Waikiki Aquarium: Coral Reef Master Class	Free Time: Beach, Shopping & Island Exploration	Beach BBQ & Sunset Celebration
8	B	Hotel Check-out, transfer to Airport; depart Hawaii for Home			



As with all sample itineraries, please be aware that this is an "example" of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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Day 1: Arrival & Island Orientation

Dinner

Welcome to Hawai'i! After arriving at Kona International Airport, schools are greeted with a Traditional Flower Lei, a symbol of aloha and connection. We transfer to our hotel, settle in, and gather for our **Welcome, Safety & Orientation Briefing** followed by a relaxed pizza dinner.



During orientation, our local team introduces island culture, safety guidelines, and the scientific themes that will shape the week — from volcanic formation to marine ecology.

Where Science Meets Story: Hawai'i as a Living Laboratory

Hawai'i is more than a destination — it's one of the world's most dynamic natural systems, shaped by fire, ocean, wind, and culture. Across cloud forests, volcanic craters, coral reefs, and royal heritage sites, students explore how geology, ecology, astronomy, and cultural knowledge intertwine. From the slopes of Hualālai to the summit of Diamond Head, Hawai'i becomes a hands-on classroom where Earth science and island ecology come alive.

A Journey That Inspires Discovery: This program is designed to ignite curiosity and deepen understanding. Students hike through active volcanic terrain, study coral reef systems, explore cloud forest biodiversity, and engage with Hawaiian cultural history. Alongside these scientific experiences, they learn the meaning of aloha, connect with local traditions, and reflect on sustainability across island environments. Through immersive fieldwork, expert-led sessions, and meaningful cultural encounters, students gain more than knowledge — they gain perspective, purpose, and the tools to lead in a world shaped by science and stewardship.



Day 2: Cloud Forest Ecology & Hawaiian Cultural Systems

Breakfast, lunch and dinner included

Today's activities include:



Kona Cloud Forest Sanctuary: Tropical Ecology & Biodiversity - At this rare tropical cloud forest ecosystem on the slopes of Hualālai, groups explore one of Hawai'i's most unique and fragile environments. Guided by naturalists, participants learn how cloud forests form, why they are among the world's most endangered ecosystems, and how native flora and fauna adapt to the cool, mist-fed climate. Ferns, palms, epiphytes, and endemic birds create a living laboratory of island biodiversity, offering rich opportunities for observation, inquiry, and discussion. For teachers, this experience provides an exceptional field-based extension of ecology, climate science, and conservation curriculum - connecting classroom concepts to real-world environmental systems in a way that inspires curiosity and deeper understanding.



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Pu'uhonua o Hōnaunau: Cultural Heritage & Systems of Kapu - At this sacred “Place of Refuge,” visitors explore ancient Hawaiian governance, kapu law, and the cultural systems that shaped community life. Walking among ki'i carvings, temple structures, and royal grounds reveals how cultural knowledge, spirituality, and environmental stewardship intersect across Hawaiian history. The site offers a powerful lens into how Indigenous systems of balance and responsibility continue to influence modern approaches to conservation, community identity, and the protection of sacred spaces.



Astronomy Master Class: Stars, Planets & Island Skies - After dinner, the group participates in a hands-on astronomy workshop using a telescope under Hawai'i's exceptionally dark skies. Guided by astronomy educators, participants learn to identify constellations, observe planetary movement, and understand why Hawai'i has long been a vital location for navigation, cultural knowledge, and scientific study. The evening offers a rare opportunity to connect celestial observation with both traditional wayfinding and modern astronomy, creating a memorable capstone to the program's exploration of natural systems.

Day 3: Volcanoes National Park — Earth Science in Action

Breakfast, lunch and dinner included

Today is a deep dive into **volcanology, plate tectonics, and geomorphology**. Activities include:



Punalu'u Black Sand Beach: Lava, Basalt & Coastal Formation - At Punalu'u's striking black-sand shoreline, groups observe how volcanic activity shapes Hawai'i's coasts, learning how molten lava entering the ocean cools and fractures into basalt sand. The beach offers a vivid example of coastal geology and island formation, creating a natural classroom for discussing erosion, sediment transport, and the evolution of volcanic landscapes. Endangered green sea turtles often rest along the shore, providing an authentic look at coastal ecology and the delicate balance between habitat protection and human visitation.



Thurston Lava Tube: Subterranean Geology & Ancient Use - Inside this 300-foot lava tube, students explore how molten rock carved underground passages thousands of years ago, creating one of Hawai'i's most striking geological features. Flashlights illuminate deeper sections where natural light disappears, revealing the structure, texture, and cooling patterns that define these formations. The walk offers a rare look at subterranean volcanic processes and highlights how lava tubes were historically understood and used within Hawaiian culture, connecting earth science concepts to the island's long-standing relationship with its volcanic landscape.



Devastation Trail: Volcanic Deposits & Geological Evidence - Along this guided walk through cinder fields, groups examine the aftermath of past eruptions and observe classic volcanic materials such as Pele's Tears, Pele's Hair, pumice, and the two primary lava types found in Hawai'i. The trail offers a clear, accessible look at how volcanic forces reshape landscapes and leave behind the geological evidence scientists use to understand eruption history.



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Volcanoes National Park Visitor Center: Plate Tectonics & Hot Spot Formation - At the Volcanoes National Park Visitor Center, groups explore a large topographical map of Hawai'i Island to visualize how the Pacific Plate, the Ring of Fire, and deep-earth processes shape the region. Exhibits and interpretive displays illustrate how the Hawaiian Islands formed over a volcanic hot spot, offering a clear, accessible look at plate movement, mantle plumes, and long-term island evolution. It's an ideal setting for connecting classroom earth science concepts to the dynamic geological forces at work beneath Hawai'i.



Steam Vents, Jaggar Museum & Halema'uma'u Crater - At this overlook area, groups observe active steam vents and learn how heat from the volcanic landscape escapes through cracks in the earth. Exhibits at the Jaggar Museum illustrate how seismographs record earthquakes and how scientists monitor volcanic activity across Hawai'i. From the rim, views toward Halema'uma'u Crater and its lava lake offer a powerful demonstration of Earth's ongoing geological processes and the dynamic forces shaping the island.

Day 4: Inter-Island Flight & Diamond Head Summit

Breakfast and dinner included; lunch on own

After breakfast, we fly from Hawai'i Island to O'ahu (baggage fees payable directly to the airline). Today's activities include:



Diamond Head Crater: Geological History & Panoramic Science - This hike to the 763-foot summit of Diamond Head Crater offers a clear look at the geological forces that shaped one of Hawai'i's most iconic landmarks. Along the trail, groups learn about the crater's formation, its role in the island's volcanic history, and the military significance of its strategic vantage point. From the top, sweeping coastal views provide an ideal setting to discuss erosion, reef systems, and the broader geological story of O'ahu's shoreline.



Waikiki Beach: Ocean Recreation & Coastal Culture - The afternoon offers time to enjoy Waikiki's world-famous shoreline, with options for swimming, beginner-friendly surfing lessons (additional cost), snorkeling, or simply relaxing along the coast. This stretch of beach provides an accessible setting to experience Hawai'i's coastal environment, observe nearshore reef systems, and appreciate the cultural significance of Waikiki as a historic gathering place. It's a flexible block of time that allows groups to unwind while still engaging with the island's natural and cultural landscape.



Wiki Wacky Waikiki Scavenger Hunt - In small teams, groups navigate Waikiki using clues, maps, and a \$20 dinner allowance, uncovering cultural landmarks, local history, and hidden stories through interactive exploration. The activity blends problem-solving, teamwork, real-world navigation skills, and a load of fun, creating a lively and memorable way to experience the heart of Waikiki.



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Day 5: Pearl Harbor, Marine History & Civic Understanding

Breakfast, lunch and dinner included

Today's activities include:



Pearl Harbor & USS Arizona Memorial: History Through Evidence - At one of the most significant sites in U.S. history, groups examine the events of December 7, 1941, using primary sources, interpretive exhibits, and the memorial itself to understand the impact of the attack on global conflict and civic awareness. The experience offers a powerful, evidence-based look at how moments of national crisis shape historical memory and international relations. For teachers, this visit provides a meaningful opportunity to connect curriculum to place, helping students engage with history through direct observation and reflection.



USS Battleship Missouri: Surrender Deck & WWII Conclusion - After lunch beneath the banyan trees, groups step aboard the USS *Missouri* for a guided tour of the Surrender Deck, where World War II officially came to an end. Educators explain the ship's engineering, its role in major naval operations, and the decision-making that shaped the final moments of the war. The visit offers a powerful blend of history, technology, and civic understanding, giving students a tangible connection to the events that closed a global conflict.



Honolulu City Tour: Civic Landmarks & Cultural Identity - This narrated drive introduces groups to Honolulu's key civic and cultural landmarks, including the National Cemetery of the Pacific, Washington Place, the State Capitol, 'Iolani Palace, and the King Kamehameha Statue. Together, these sites offer a clear window into Hawai'i's political history, leadership, and evolving cultural identity. The route provides helpful context for understanding how governance, tradition, and community shape life on O'ahu today.



Teppanyaki Dinner: Cultural Fusion & Culinary Science - Students enjoy a lively Japanese-style teppanyaki dinner where chefs prepare meals tableside, showcasing the heat, timing, and technique behind this interactive cooking tradition. The experience blends cultural appreciation with a bit of culinary science, turning dinner into an engaging, high-energy highlight of the evening. It's a fun, social meal that gives students a chance to unwind while still connecting with Hawai'i's multicultural food landscape.

Day 6: Polynesian Cultural Systems & Island Anthropology

Breakfast, lunch and dinner included

Today's activities include:



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Polynesian Cultural Center - Students spend a full day at the Polynesian Cultural Center, exploring seven island villages through hands-on cultural anthropology and immersive activities. As they move from one village to the next, groups engage with Māori traditions in Aotearoa, practicing poi ball dexterity, learning about tattoo symbolism, and experiencing the haka. In Fiji, they encounter warrior customs, architectural styles, and the social hierarchy that shapes village life, while Samoa introduces song, dance, and demonstrations of coconut tree climbing.

Tahiti highlights hula, foodways, and coastal traditions, and Tonga offers spear throwing, rhythmic drumming, and canoeing. Together, these experiences create a vibrant, interactive journey through the diverse cultures of Polynesia.



Ali'i Luau & HĀ: Breath of Life: Cultural Traditions and Performance - Students enjoy an all-you-can-eat Teppanyaki-style luau featuring Kalua pork, poi, Lomi Lomi salmon, teriyaki chicken, fresh fish, salads, fruit, and live Hawaiian music, creating a festive introduction to island foodways and cultural tradition. After dinner, they take their seats for HĀ: Breath of Life, a spectacular open-air performance that weaves Polynesian dance, storytelling, and fire-knife artistry into an unforgettable celebration of heritage and identity.

Day 7: Marine Biology, Coral Systems & Catamaran Exploration

Breakfast & dinner included; lunch on own



Barefoot Beach Catamaran Snorkeling Adventure - Students sail along the Waikiki coastline past Diamond Head before diving in to snorkel among tropical fish, green sea turtles, and - when conditions allow - spinner dolphins. The experience offers a firsthand look at Hawai'i's vibrant marine ecosystems, blending ocean recreation with meaningful environmental observation. It's an engaging, high-energy outing that connects students directly to the island's coastal biodiversity. The sail itself adds a memorable sense of adventure, giving students a unique perspective on O'ahu's shoreline and open-ocean environment.



Waikiki Aquarium: Coral Reef Master Class - Students participate in a hands-on coral reef workshop, exploring reef structure, species interactions, and the conservation challenges facing Hawai'i's marine ecosystems. They observe feeding behaviors and care techniques for live corals found only in Hawaiian waters, gaining a close-up understanding of how these delicate organisms support biodiversity. The session blends scientific inquiry with real-world environmental stewardship, giving students a meaningful look at reef ecology in action.



Free Time: Beachcombing, Shopping & Island Exploration - Students enjoy a final chance to explore Waikiki - wandering the shoreline, browsing local shops, and gathering souvenirs that capture their time on O'ahu. It's a relaxed last stroll that lets groups soak in the island atmosphere before departure. Many choose to revisit favorite spots from earlier in the week, while others take the opportunity to discover something new. The time offers a gentle, memorable close to their island adventure.



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Beach BBQ & Sunset Celebration - Students gather for a Hawaiian-style beach barbecue as the sun sets over the Pacific, enjoying grilled favorites and island flavors in a relaxed, festive atmosphere. The evening includes music, games, and prize giveaways, creating a joyful close to the program. As twilight settles, the group shares reflections and farewells, celebrating new friendships and the spirit of aloha.

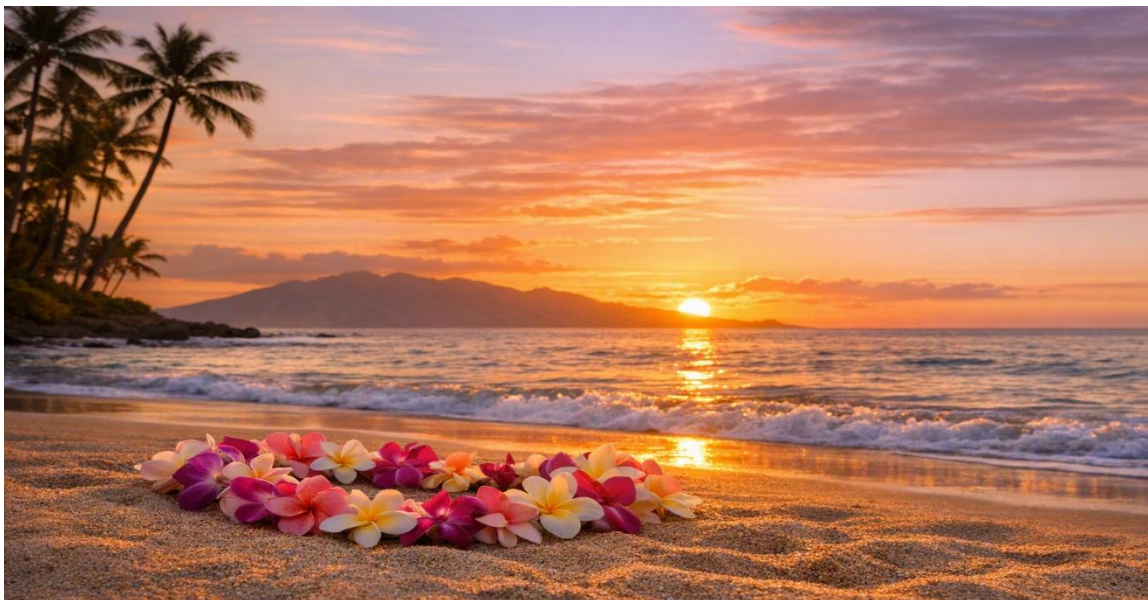
Day 8: Departure & Aloha Spirit

Breakfast (dependent upon travel times)

Our Hawaiian team bids a warm *Aloha* and *Mahalo*, encouraging students to carry the island's **mana** - its spirit – forward as it's now time to say goodbye and begin the journey home. As our mission is to expand minds through transformative travel experiences, we hope that as you settle into your seat for the flight, the moments you've explored, learned, and shared throughout this program leave you with a deeper sense of confidence, knowledge, and curiosity—and a spark for your next adventure.

Depending on flight schedules, we'll enjoy breakfast at the hotel before transferring to the airport, carrying forward the discoveries and connections made along the way. For groups with afternoon departures, we're happy to assist with optional activities before your journey home.

Mahalo. Hawai'i - until next time!



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Weather in Hawaii

Spring (March–May): Fresh, Green & Ideal for Exploration

Temperature: 70–80°F (21–27°C) Mild days, occasional showers, excellent for hiking and fieldwork.

Summer (June–August): Warm, Bright & Ocean-Focused

Temperature: 80–90°F (27–32°C) Perfect for snorkeling, catamaran sailing, and coastal studies.

Fall (September–November): Golden Light & Comfortable Climate

Temperature: 75–85°F (24–29°C) Great for volcano exploration, cultural visits, and outdoor science.

Winter (December–February): Cooler, Calm & Reflective

Temperature: 65–80°F (18–27°C) Ideal for astronomy, museum visits, and indoor labs.

Cultural & Courtesy in Hawaii

- › Use polite greetings (Aloha, Mahalo) and show respect in sacred spaces.
 - › Island pace is relaxed — meals linger, schedules flex.
 - › Stay on marked trails and respect natural areas.
 - › Dress modestly for cultural sites and research centers.
- › Hawaiian heritage is present everywhere — from language to land stewardship.
 - › Sundays often slow down; many businesses reduce hours.

Taste of Hawaii – The Top 10 to Try

- ❖ Kalua Pork — Slow-roasted in an underground imu oven.
- ❖ Poke — Fresh marinated fish with sea salt, limu, and sesame.
- ❖ Lomi Lomi Salmon — Tomato, onion, and salted salmon salad.
 - ❖ Haupia — Coconut pudding with silky texture.
 - ❖ Shave Ice — Finely shaved ice with tropical syrups.
- ❖ Spam Musubi — A beloved island snack of rice and grilled Spam.
 - ❖ Malasadas — Portuguese-inspired sugar-coated doughnuts.
- ❖ Plate Lunch — Rice, macaroni salad, and a protein like teriyaki chicken.
 - ❖ Poi — Traditional taro paste, central to Hawaiian foodways.
- ❖ Fresh Pineapple — Hawai'i grows some of the world's sweetest varieties.



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Entry Requirements

For U.S. travelers, Hawai'i follows standard domestic travel guidelines.

Domestic Travelers (U.S.)

- Government-issued photo ID
 - No passport required
- No customs or immigration procedures
- Standard TSA security screening applies

International Travelers

- Valid passport
- Visa or visa waiver depending on nationality
 - Proof of onward travel
- Check current U.S. entry requirements prior to departure



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Minimum Booking Numbers:

20 students

What's Included:

- ✓ Roundtrip flights to/from Hawai'i & Inter-island flight from Hawai'i Island to O'ahu
- ✓ 7 nights' accommodation (3 nights Hawai'i Island, 4 nights O'ahu)
- ✓ Airport transfers and group transportation
- ✓ Breakfast & dinner daily; 4 lunches
- ✓ Traditional Flower Lei greeting
- ✓ Kona Cloud Forest Sanctuary
- ✓ Pu'uhonua o Hōnaunau
- ✓ Astronomy Master Class
- ✓ Volcanoes National Park full-day educational tour
- ✓ Diamond Head hiking adventure
- ✓ Wiki Wacky Waikiki Scavenger Hunt with \$20 towards dinner allocation
- ✓ Pearl Harbor & USS Arizona Memorial
- ✓ USS Missouri Surrender Deck tour
- ✓ Honolulu narrated city tour
- ✓ Polynesian Cultural Center & Ali'i Luau
- ✓ Waikiki Aquarium Coral Reef Master Class
- ✓ Catamaran snorkeling adventure
- ✓ Beach BBQ farewell celebration
- ✓ Personal Tour Director
- ✓ 24-hour emergency cover

What's Not Included:

- ☒ Fully comprehensive insurance (**mandatory**)
- ☒ Baggage costs, pay directly to airline if required
- ☒ Baggage handling - everyone should be able to pull / load their own bag
- ☒ Transfers to/from home airport
- ☒ Lunches on Days 1, 4, 7 & 8 plus any snacks or beverages other than at designated mealtimes
- ☒ Meal selections other than ones provided for the entire group (we are generally able to cater for allergy conditions, vegetarians, halal and in some cases vegan)
- ☒ Cost of visas, visa waivers, passports or other legal requirements for entry/return
- ☒ Cost of inoculations or medication required for travel
- ☒ Sightseeing / Entertainment / Transport not shown in Itinerary
- ☒ Hotel incidental deposits & bills – mini-bar, movies, etc.
- ☒ **Gratuities – drivers, hotel services, local guides, tour director**
- ☒ Credit card fees if individuals wish to pay via credit card instead of ACH
- ☒ Additional taxes, fuel surcharges or fees levied by governments / suppliers

As always, our staff are available to you to answer any questions you may have regarding programming.
If we may serve you in any way, please do not hesitate to contact us.



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