

# Hawaii

Jour 1 Kahului (Maui) – Wai’anapanapa State Park – Hana 80 km ..... 5	Jour 6 Hawai’i Volcanoes National Park – Puna – Kalapana 80 km ..... 6
Jour 2 Hana – Haleakala National Park – Paia 175 km ..... 5	Jour 7 Kalapana – Hawai’i Volcanoes National Park 80 km ..... 6
Jour 3 Paia – Baie de Honolulu – Lahaina 85 km ..... 5	Jour 8 Hawai’i Volcanoes National Park – Baie de Kealahou – Pu’uhonua o Honaunau National Historical Park – Kailua-Kona 140 km ..... 7
Jour 4 Lahaina – Kahului – Hilo (Big Island) – Baie d’Onomea – Volcan Mauna Kea..... 5	Jour 9 Kailua-Kona – Baie de Kiholo – Keauhou – Kailua-Kona 95 km..... 7
Jour 5 Volcan Mauna Kea – Hawai’i Volcanoes National Park 110 km ..... 6	Index..... 8