

Exotic Fruits In Maui You've Never Heard Of

by [Maui Sunriders](#) | Sep 29, 2015 | [Uncategorized](#) | 0 comments

What's more beautiful than visiting a tropical paradise like Maui and getting to try some new and exotic fruits?

Now imagine how easy it is to get them directly from a roadside stand or farmers market. Yes, it just keeps getting better. In fact Hawaii grows a variety of exotic / tropical fruits yearly, producing more cycles of fruit per year. When tropical fruit is in season in Hawaii be sure to try it and experience the fresh and truly delicious taste for yourself.

Keep an eye out for fruit stands on your Maui bike tour as you make your way down Haleakala. Fruit is a refreshing treat along the [Haleakala volcano bike tour](#).

Abiu

Round in shape with smooth bright yellow skin, Abiu has a creamy, sweet, juicy flesh which has been described as tasting like Creme Caramel. It is best eaten slightly chilled, which makes for a delicious, healthy exotic dessert.



Abiu. Photo courtesy of Capetrib.com.au

Surinam Cherry

Surinam cherries taste different to regular cherries. They are about the same size as a cherry and can have a tart taste. Usually, the deeper the red, the sweeter the fruit.



Surinam Cherries. Photo courtesy of Mauijungalow.com

Velvet Apple

Recognized as a Persimmon relative, the Velvet Apple fruit has a creamy white to yellowish white flesh which contains several large flat seeds. There are some seedless varieties.



Velvet Apple

Peanut Butter Fruit

While no relation to peanut butter, the fruit produces a small orange-red fruit with sticky, dense pulp and a flavor resembling that of dried figs or peanut butter, hence the name.



Peanut Butter Fruit. Photo courtesy of CostaRicaMap, via Flickr

Poha Berry

Poha Berry is a small berry that grows on a low bush at high elevations. The fruit is sweet with a slight tartness and contains many seeds. A popular fruit berry in Hawaii, the Poha Berry bush produces a sweet and tart like berry with a smooth, waxy orange skin.



Poha Berry. Photo courtesy of Kukuiula.com

Egg Fruit

This fruit's texture resembles a hard-boiled egg yolk that is sweet and savory while smooth and creamy at the same time. It is known as the "pumpkin pie" fruit with a taste similar to both pumpkin and sweet potato.



Egg Fruit. Photo courtesy of kukuiula.com

Adventurous and Romantic Ideas For Proposing In Maui

by [Maui Sunriders](#) | Sep 23, 2015 | [Uncategorized](#) | [0 comments](#)

Looking for adventurous and romantic ideas for proposing in Maui? From sunrise to sunset, I've got you covered.

Did you know Maui is considered one of the most beautiful islands in the world? This is why it's a top destination for visitors and romantics looking for an adventure in paradise with alluring beaches, breathtaking sunsets and attractions that will create ever lasting memories – making it the perfect place to plan your marriage proposal.

Sunrise Proposal in Maui



Haleakala Sunrise Bike Tour.

When it comes to popping the question, why not take a romantic sunrise trip from the summit of Haleakala at 10,000 feet above sea level and enjoy the endless beauty of Maui together by taking a [Haleakala sunrise bike tour](#) down Maui's majestic volcano, all at your own pace. Our tours offer riders the freedom to stop along the way making it ideal for finding a romantic spot to propose.

Sunset Proposal in Maui



Haleakala sunset. Photo by Divya Thakur via Flickr.

Not a morning person? No problem. The unforgettable Maui sunsets can be enjoyed from just about anywhere along the west coast. The sunset on the peak of Haleakala is a gorgeous sight not to be missed. Many people like to visit Haleakala at night not only to view the mesmerizing sunset, but to see the night sky covered in bright twinkling stars. A desirable place to pop the question.

Looking For Fun Things To Do In Maui?

by [Maui Sunriders](#) | Sep 16, 2015 | [Uncategorized](#) | [0 comments](#)

From hula shows to cliff diving. Here's 9 Maui activities to tempt you with.

Maui Arts & Cultural Center – One Cameron Way, Kahului



Maui Arts & Cultural Center. Photo courtesy of Afar.com

The Maui Arts & Cultural Center offers an impressive range of events, programs, exhibits and education. Come and experience Hawaiian Culture with an American dance masterpiece. Kahekili was one of Maui's paramount chiefs, and his kingdom included all of the islands except Hawai'i Island. His influential rule provided the gateway for King Kamehameha the Great to eventually unify all of Hawai'i. The chants and dances in Kahekili follow traditions and historical stylings, including ceremonies and cultural practices rarely performed on stage today. Plus [Free Festivals](#) and events are also available at the Maui Arts & Cultural Center.

Farmer's Market – Queen Ka'ahumanu Center, 275 W. Kaahumanu Ave, Kahului



Farmer's Market at Queen Ka'ahumanu Center. Photo courtesy of MauiJunaglow.com

Enjoy the delicious range of fresh produce. 8am – 4pm Every Tuesday, Wednesday and Friday.

Old Lahaina Luau – 1251 Front Street, Lahaina



Old Lahaina Luau. Photo courtesy of Oldlahainaluau.com

Presenting an authentic Hawaiian Luau – your evening begins with a lei greeting presented by the delightful Luau hosts. Enjoy Island crafts and demonstrations, poi pounding and kapa making. Tropical cocktails and beverages are included throughout the evening and an enormous buffet that includes traditional Hawaiian foods with a variety to satisfy everyone’s taste buds. Then an award-winning production of legendary music and hula that will take you on a musical journey through the history of Hawaii and the people. 5:45pm Everyday.

Polynesian Performances Hula Show – Lahaina Cannery Mall, 1221 Honoapiilani Hwy, Lahaina



Polynesian Performances Hula Show. Photo courtesy of Lahainacannery.com

Enjoy the free Polynesian Performances Hula Show. 7pm Every Tuesday, Thursday.

Whale Talk – Hawaiian Islands Humpback Whale National Marine Sanctuary, 726 S. Kihei Rd, Kihei



Photo courtesy of mauivacationguide.blogspot.com

Free discussion about humpback whales at the sanctuary conference room.
11am – 12pm Every Tuesday, Thursday and Saturday.

'Ulalena – Maui Theatre-Old Lahaina Center, 878 Front Street, Lahaina



Photo courtesy of maui.hawaii.edu

Visitors and locals will experience everything there is to know about the Hawaiian culture and history. 6:30pm Every Monday, Tuesday, Wednesday, Thursday and Friday.

Kupanaha: Magic Dinner Theater – Kaanapali Beach Hotel, 2525 Kaanapali Parkway, Lahaina



Photo courtesy of mauivacationadventures.com

Oooh, ahhh! Excitement, amazement, laughter, drama, and enchantment. Bringing the striking performance of Kupanaha to life requires the talent of many. And central to the success of the production is Jody Baran and his family, and featuring the talented Kupanaha Dancers. 4:30pm Every Monday, Tuesday, Wednesday, Thursday, Friday and Saturday.

Cliff Diving Ceremony – Sheraton Maui – Lagoon Bar, 2605 Kaanapali Pkwy, Lahaina



Photo courtesy of gohawaii.about.com

Enjoy highly experienced cliff divers jumping from Black Rock as the sun sets creating a gorgeous backdrop. 6pm – 8pm Everyday.

Wailea Wednesday's – The Shops at Wailea, 3750 Wailea Alanui Drive, Wailea



Shops of Wailea. Photo courtesy of mauimagazine.net

The Shops at Wailea is the leading shopping complex in Maui. More than 70 shops, restaurants, art galleries and regular evening entertainment ranging from singers, musicians, dancers and many other performers who gather in the lower courtyard and put on a show for interested onlookers. Entertainment changes weekly. 6:30pm Every Wednesday.

Can't Decide Which Maui Bike Ride To Take? I've Got The Answer For You!

by [Maui Sunriders](#) | Sep 9, 2015 | [Uncategorized](#) | [0 comments](#)

Can't decide which Maui bike ride to take? I've got the answer for you!

Sunrise Tour



Sunrise bike ride down Haleakala.

Experience the unforgettable – See the sunrise from the summit of Haleakala at 10,023 feet and then bike down this amazing Maui volcano, all at your own pace! As Maui's best Haleakala sunrise bike tour company, our tours offer bikers the freedom to stop along the route at the charming shops, restaurants, and towns that are unique to Upcountry Maui. On this sunrise bike tour of Maui, you'll spend about an hour at the summit area viewing the majestic color of the sky and clouds as they emerge at sunrise. In this land tour, you will also see the Haleakala Crater with its distinctive cinder cone landscape. You'll enjoy a narrated van tour as you're driven up to the summit, relating helpful facts and information about the area and various restaurants and shops you'll see on your bike down the volcano. Staging for this Maui sunrise bike tour is at 6,500 ft. For the sunrise bike tour, we meet at our shop in Paia at 3:30 a.m. (Winter) and 3 a.m. (Summer).

Summit Tour



Maui Sunriders customers pictured here at the summit.

Start your Maui volcano bike tour by seeing the stunning landscape found only at the summit of Haleakala. This world of incredible scenery with breathtaking views of the mountains, surrounding islands, and the expanse of the ocean cannot be missed. In fact, nearly two million people visit this summit every year. Here you also see the Haleakala Crater with its distinct volcanic cones in this land tour of Haleakala National Park. After the land tour, you'll start the self-paced downhill Maui bike tour of Haleakala. Bike through amazing Upcountry Maui with the freedom to bike at your own pace, stopping at various restaurants, galleries, and shops as you ride all the way down to sea level with Maui's best Haleakala bike tour. Staging for this Maui bike tour is at 6,500 ft. Instead of meeting before sunrise, for this bike tour, we meet at our shop in Paia at 9 a.m.

Express Tour

Bike Maui – not only on the best bike route, with the best biking equipment, and the best Haleakala bike tour company – but also for the best value! Our Express Tour offers a great value for those who would like to skip the land tour of Haleakala National Park and sunrise at the summit and just head straight for the bike trail. All of our Maui volcano bike tours include a narrated van tour as you're driven up Haleakala on the same route you'll bike down, giving you facts and helpful information about various shops and restaurants along the way. On our Express Maui Bike Tour, the van tour will go directly to the staging area outside of the park where you can begin the adventure. As with all of our Haleakala bike tours, you can bike down this Maui volcano at your own pace, stopping freely at all the various shops, restaurants, and galleries along your bike down,

all the way to sea level. Staging for this Maui bike tour is at 6,500 ft. We meet at our shop in Paia at 9 a.m.

Van Tour

If biking in Maui seems like a little too much, but you still would like to see all the breathtaking scenery of Haleakala, then our Van Tour is just what you're looking for. Our Van Tour offers the same great Maui volcano tour as our other packages, just without the biking. Enjoy a narrated van tour explaining the history of gorgeous Upcountry Maui, Hawaiian culture, points of interest, geological features, and various shops and restaurants as you drive to the summit of Haleakala. Seeing the sunrise at the summit is one of the most unforgettable Maui activities you can do. With our Van Tour, you can see the sunrise by taking the Sunrise Tour at 3 a.m. or visit the summit a little later by taking the Summit Tour at 9 a.m. On both Van Tours, you'll be taken to the 10,023 ft. summit of the Haleakala volcano to tour the summit and have a land tour of Haleakala National Park, which includes Haleakala Crater. Enjoy the Haleakala bike tour without the biking by taking our Van Tour.

Looking to catch a glimpse of what to expect on the Haleakala bike tour? Then you've just got to check out this video.

<https://www.youtube.com/watch?v=uX8ruU810X8>

The Coolest Places In Paia For Health Nuts On Their Maui Bike Ride

by [Maui Sunriders](#) | Sep 4, 2015 | [Uncategorized](#) | [0 comments](#)

The Coolest Places In Paia For Health Nuts On Their Maui Bike Ride. Staying healthy on your Maui bike ride just got easier.

Are you vegan, vegetarian, gluten-intolerant or just an all-around total health nut? Then health friendly Paia is sure to please your palate by offering an impressive variety of mostly organic places that will nourish your appetite. It's the perfect way to kickstart your bike ride or to replenish afterwards with some delicious, wholesome goodness when your bike tour is over.

Mana Foods

A family-owned and operated grocery store, which is largely organic, local produce, with a deli and bakery.



Mana Foods. Photo by Maui Health Network.

Maka By Mana

An addition to Mana Foods, this restaurant combines the best of raw and vegan food to satisfy everyone's needs. Their large and delicious menu includes salads, breakfast, sandwiches and wraps, entrees, desserts, as well as a variety of fresh juices, smoothies, elixirs, and tonics.



Acai bowl at Maka By Mana. Photo by Tedi D.

Cafe Des Amis

Largely Mediterranean and Indian cuisine with lots of options for health conscious folk. Their menu offers smoothies, hummus, vegetable curry, tofu curry, vegetable and tofu wrap and curry wrap.



Cafe Des Amis. Photo by Maui Made Blog.

Flatbread Company

Wood-fired pizzas with organic ingredients made in traditional clay ovens. Their default toppings include onions, tomatoes, mushrooms, avocado, plus you can customize the toppings from a long list of veggies. Gluten-free options available too.



Large vegan pizza at Flatbread Company. Photo by Dave R.

Many Of Our Customers On The Maui Downhill Enjoyed This...

by [Maui Sunriders](#) | Sep 4, 2015 | [Uncategorized](#) | [0 comments](#)

Many of our customers on the Maui downhill enjoyed this...

Whether you came to watch Maui's majestic sunrise or take the [Maui downhill bike tour](#), one thing is for sure – you will work up an appetite. Just a few miles from the Haleakala national park entrance is the all organic, Maui Lavender Cafe located in Kula. A perfect place to refuel with delicious, homemade food. A few of the mouth-watering menu items include: macadamia pancakes, hot chocolate, banana bread and lavender tea. You can relax on the outdoor patio overlooking the spectacular lavender garden and breathe in the refreshing Upcountry air.



Macadamia pancakes with fresh coffee. Photo by Cam Chowda.



Lavender garden. Photo by Cam Chowda.

When you're ready to get back on the road again, [Maui downhill bike tours](#) are truly a great way to see the island and create some unforgettable memories. All our tours are self-paced, meaning they're casual and relaxed, and our downhill routes mean that confident riders of almost any age can enjoy the journey together.



Maui downhill. Photo by Cam Chowda.