



common circle  
education

## Hawaii Sustainability & Permaculture Bicycle Tour

Join a traveling community of **incredible people** committed to redefining our world. Visit unique **intentional communities** and organic farms. Participate in **hands-on service projects** and lively discussion circles. **Live with the land** and camp under the stars. **Discover new ways** of being. **Transform, nourish and thrive.**

The Hawaii Sustainability bicycle tour offers a unique, meaningful, and life-changing group cycling experience geared towards the beginning to intermediate rider. On this guided, supported tour around the Big Island you'll gain first-hand knowledge of how real people are taking real steps to live lightly on the planet. Service projects along the way give you an opportunity to get off the bike, meet with locals at the forefront of the sustainability movement, contribute and get your hands dirty. Along the way, we'll visit several **must-see** spots on the big island like the **Red Road**.

During this tour we will:

- Be a part of the permaculture transformation. Our hosts feature rainwater catchment systems, organic gardening, permaculture landscaping, photovoltaic electric systems, passive solar hot water systems, composting, integrated animal systems, compact fluorescent lighting, and green building practices such as bamboo, passive solar design, and use of local materials.
- Visit and become a part of some of the most cutting edge and inspirational intentional communities on the planet. Experience communities in various stages of their life cycles and holding varied guiding principles as members and visitors work and live with the jungle and the island – abundant providers that bring residents toward the goal of a truly self-sufficient and sustainable existence.
- Experience the island that is home to the tallest and most massive mountains, the most active volcano, and the cleanest and clearest air on the planet. Hike through tropical rain forests. Camp near the summit of Kilauea. Breathe the sweet tropical air at black sand beaches, and maybe catch a glimpse of a whale or dolphin. See stars like you've never seen before.
- Taste tropical fruits, nuts, and vegetables like abiu, jackfruit, durian, mangosteen, mango, lilikoi, mamae sapote, champodek, lychee, rhombutan, pineapple, noni, ulu, papaya, apple banana, macadamia and taro
- Learn about applied permaculture, organic farming, GMO testing in Hawaii, ancient Hawaiian culture and land-use principles, and the growth of diversified agriculture in Hawaii.
- Be inspired by the innovative people at the hearts of intentional communities, farms, and businesses that make Hawaii the perfect destination for people seeking a deeper understanding of sustainability in a land of ecological diversity!

This is an opportunity to live simply and re-invigorate yourself, nourishing your mind, body and soul. You'll do more than enjoy Hawaii's unique ecosystems - You'll learn how to protect them!

**Be the change. Get inspired.**

No previous cycling experience is required, and a great attitude is a MUST!

**[www.commoncircle.com](http://www.commoncircle.com)**

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the reality of host logistics makes it impossible to absolutely confirm an itinerary.  
planned events and hosts are subject to change as necessary, without notice.

## **Tour Itinerary – Hilo to Hilo**

### **Saturday: Tour Orientation, East Hawaii Cultural Center, Hilo, 0 miles.**

Orientation will include tour policies, essential aspects of bike maintenance and safety, as well as group dynamics. Whether you're a beginner who has never done another bike tour before, or an expert cyclist, everyone will learn something new at the orientation.

### **Sunday: Polestar Education, 35 miles**

This area is rich with community! We will walk visit Polestar Education first. This spiritual Yoga focused co-housing community offers a balanced perspective on group living. Here, our tour will explore the opportunities the tropics offer a group as they relocate their community and learn about the unique summer camp the group hosts. Polestar Education will serve as our base camp throughout the course.

### **Monday: Polestar Education, 0 miles**

This will be a day of yoga, community building and service at Polestar Education.

### **Tuesday: La'Akea Community**

The Community at La'akea formed to create a community where people could live simply, focusing on ecological and personal health, interpersonal communication and emotional growth, spiritual awareness, and cooperative economics. Together with an educational mission to teach permaculture, La'Akea is focused on creating a stable, self-sufficient community. We will tour the site and participate in a service project here.

### **Wednesday: Gaia Yoga Gardens, 0 miles**

We'll explore Gaia Yoga Gardens, touring the site and helping out with a service project. Learn how members of this young community are building a sustainable existence through green business, innovative and climate appropriate structures dubbed "tropical breeze houses," composting and a permaculture ideal – the forest garden. In the evening, you may have the option to attend a compassionate communication workshop.

### **Thursday: Scenic Red Road ride, 35 miles**

Enjoy a day of cycling along the Pacific coast on one of the world's most scenic roads! You will see lush jungle vegetation arching over your path, idyllic coconut trees growing out of black sand beaches, vast lava fields and the waves breaking along the shore. This route is lined with amazing sites, and parts of the original red paving are still in place. Whatever you do don't forget to bring your camera with you today!

### **Friday: Center of Conscious Oneness (COCO's) and Pangaia, 0 miles**

Each community has its own personality and these two are no exception. These neighbors share a path instead of a fence! The folks at COCO's are working to build cabins for visitors to the island and create a resort experience that is good for the planet and the people of Hawai'i. Get a look at the outdoor kitchen at Pangaia, which is geared 100% toward raw foods preparation, one of the cohesive values here. Be awed by the effects of 18 years of intention on the plants, land and people!

### **Saturday: Hilo, Liliuokalani Gardens, 35 miles**

After an invigorating ride, we will regroup at the beautiful Liliuokalani Gardens in Hilo for our closing circle.

### **Committed to Sustainability:**

In addition to visiting organic farms and intentional communities, we make every effort to minimize the ecological footprint associated with our tours. Our bio-fuel powered gear van will haul your luggage for you. One day out of the tour you'll help out on a cooking crew, when you'll help prepare 3 healthy, vegan meals. We'll eat mostly organic, locally sourced ingredients. Your accommodations will be simple, comfortable 6-person tents equipped with privacy curtains—bring your own sleeping bag and pad. We encourage you to offset the carbon footprint associated with your travel to and from the island.

### **Yes, YOU CAN Bike 200 Miles in a Week**

One common question we get is, “Am I fit enough to complete this tour?” We answer, “Yes! You (most likely) are.” We've designed our route specifically for the beginning to intermediate bicyclist. On every trip we have clients who feel the satisfaction of completing their longest ride ever, everyday! Mileage increases gradually over the course of the tour and our support-and-gear (SAG) van follows the route so you won't ever be stuck or left behind. **Our oldest tour participant so far was 78 years old, the youngest 12.** We want this tour to inspire people of all ages and abilities to cycle regularly for transportation, fun and fitness.

<b>Mileage</b>	Each week: 160 miles total. Alternating days on and off the bike
<b>Skill level</b>	Fit beginner to intermediate
<b>Cycling conditions</b>	Road surfaces only—no cycling on unpaved (gravel, dirt, etc.) surfaces. Sustained hill climbs. Primarily low-traffic roads with some cycling on highway shoulder.
<b>Group size</b>	up to 40 participants plus staff
<b>Accommodations</b>	Tent camping (tents provided) except orientation day
<b>Support level</b>	Support and Gear Van
<b>Meals</b>	Three mostly vegan, organic, local meals each day (except orientation day)