

Workout Guide for Bike-O-Vision Journey #19: “Hawaii’s Big Island”

Explanation:

Every chapter starts and ends with beauty shots, panoramas etc. There are also often breaks between the chapters of two to three seconds. Occasionally there are breaks during the rides for a particular point of interest, such as a scenic overlook. Otherwise, its all forward motion.

The range of speeds are: fast, average, and slow

The range of elevation gradients are: steep, medium-grade (“medium”), gentle, slight, and flat. “Slight” is used when there is just barely a hill but its perceivable enough to affect speed (and resistance, if uphill).

If there is no indication that the speed or grade has changed, just assume its the same.

There will occasionally be additional notes if the route has something pertinent to adjusting the speed or that may otherwise be distracting- if there is a view-break of more than 10 seconds, for example.

The ending time is when the forward-motion stops, there may be a few more panoramas and beauty shots afterward to end the chapter.

#19: Hawaii’s Big Island Overview: This is a generally slower-paced collection of very scenic rides through dense rain forests, along various coastlines and up and down the dry volcanic slopes of the largest Hawaiian Island. The island doesn’t have the sunny white-sand beaches of Oahu or Maui, the beaches here are mostly made of crumbled volcanic rock so they have black sand or rock, or they’re sometimes at river mouths so its more sediment than sand. But the Big Island definitely is beautiful in its own right and you’ll experience a wide diversity, most evident between the wet eastern side of the island and the dry, western side.

Chapter 1: Introduction

Chapter 2: Papaikou to Onomea: (11:38) A slow up-and-down through a tropical rain forest just north of Hilo. The rain forest here is thick with hanging vines and trickling creeks. In fact you’ll pass a popular botanical garden about halfway through the ride. There is barely any flat in this part of the ride, its almost always going up or down as you wind around the steep, green hills on the eastern slope.

Start: (00:13) slow speed, gentle down to flat

1:14 slight up to flat

2:40 average speed, medium down

4:02 slow, flat, then slight up

6:08 slight down

6:22 a mongoose crosses the road

7:00 gentle up

8:30 flat to gentle down

9:30 medium down

10:08 flat

10:30 slight up to medium up

11:30 gentle up

11:51 motion ends

Chapter 3: The Kohala Coast: (9:20) An easy ride along the sunny Pacific ocean and then a more strenuous, average paced workout up a hillside savannah among lava beds. Have fun!

Start: (12:00) slow, gentle down

14:45 slight down

15:38 (start Hill climb to Waikalua Village) average speed, gentle up

16:38 slight up

17:00 gentle up

17:10 slight up to flat
17:45 slow, gentle up
18:10 average, flat
19:25 slight up
19:45 flat, then slight down
20:00 flat to gentle up
20:35 flat
21:00 slight to gentle down
21:20 end of motion

Chapter 4: Kona Coast: (5:40) A fast-to-average-paced ride down a long, winding hill down to the bay below for a look at Pu'uhonua o Honaunau National Historical Park (try saying that three times quickly:) with fascinating cultural artifacts. You've heard of Kona for its cultivation of particularly good coffee. Nearby Kailua-Kona is the home of the Iron Man Triathlon World Championship.

Start: (21:30) fast speed, medium down
25:00 gradually slows to average speed, flat
26:32 slow, flat
27:10 motion ends, video of the wood carvings and artifacts at the National Park

Chapter 5: Lava Tree to Isaac Hale: (8:06) A slow, mostly flat ride with small, close-together hills through a light forest and then right along the ocean. This is in the southeast corner of the island, which is extremely tranquil with very little traffic. Actually, the roads throughout the big island are very well maintained and people drive respectably.

Start: (27:34) slow, flat to slight up
28:28 slight down to flat, then hills spaced apart about every 30 seconds
30:51 shifts to coastal road, average to slow speed; the hills in this section are too small and closely-spaced to list out individually, but its pretty consistent and predictable visually.
35:40 end of forward-motion.

Chapter 6: Hawai'i Volcanoes National Park: (8:10) Mostly flat, slow to average speed through a forest of fern trees and out over the lava fields. This is the Kilauea area. Part of the park is closed due to poison gasses in the area, which is common, apparently. There is also another large section of the park around Mauna Loa, the most massive Volcano on earth.

Start: (35:56) slow, flat, gradually speeding up to average speed
38:45 slight down
40:40 average, flat
41:45 slow, flat
42:15 ave, slight down
43:00 flat to slight up
43:25 slow, slight up
44:06 motion ends

Chapter 7: Honokau Coast: (7:50) Another ride on the wet side of the island across creeks and down to a beach at a river mouth. This side of the island is prone to Tsunamis and in fact a mighty one smashed into nearby Hilo in 1960.

Start: (44:20) slow to average, down gentle
44:54 make sure you look for the waterfall spilling from the cliffs into the ocean!
45:55 flat, average. This is crossfading to a new section further down the road.
46:50 slow, slightly up
48:45 gentle down (and a little bumpy around here!)
50:15 slow, flat
52:10 end of motion

Chapter 8: Kalapaina-Kapoho Road: (12:57) This section is basically flat with gentle ups and downs alternating very close together. There are far-off views of the smoking volcano, which is responsible for what looks like clouds that you see in the distance. In fact, much of this “smoke” is steam from the lava hitting the ocean. The volcano still erupts from time to time and one function of the National Park seems to be to keep people from settling too close to the eruption zone- not a bad idea, considering past consequences. You’ll notice the black lava rock everywhere and see that it has been used as fences and walls.

Start: (52:30) gentle ups and downs, close together and consistent for the duration.
1:05:27 end of motion.

Chapter 9: Hawi: (5:25) An ride through the rustic town of Hawi and hilly pastures to an awesome overlook from the cliffs of Pololu Valley. The speed is mostly average, unless slowing down for climbing the hills.

Start: (1:05:35) average, flat
1:07:05 slight up
1:07:45 flat
1:08:00 slow, gentle up
1:08:20 average, gentle down
1:08:50 slow, slight up
1:09:55 average, slight down
1:10:50 forward motion ends

Chapter 10: Honu’apo Bay: (10:25) An easy, extremely scenic cruise down the volcanic slope to a flat stretch. This is along the southwestern side of the island. Its kind of a transition area between the “dry side” and “wet side”. If you continue along this route, you get to the Hawai’i Volcanoes National Park seen earlier. Besides gazing out at the ocean, where whales are often seen in migratory seasons, the views along the low-lying regions are pleasing in a bucolic way, with rows of banyan trees and scattered ranches.

Start: (1:11:00) average speed, gentle down with some flat parts
1:15:30 slight down to flat
1:15:58 end of motion

Chapter 11: Waimea Ranching Region: (5:18) An average-paced ride through the pretty highland ranches and then down a very long hill with long views. You will be near the famous Parker Ranch, established in 1847 by merchant sailor John Parker. This section seems so unusual for an island in that its cooler in temperature, even misty in parts as you’ll see and the miles of pastureland could remind one of Ireland, Wisconsin, Northern California, parts of Europe... anywhere but Hawai’i. But that’s the way it is and its beautiful in its own right- enjoy exploring on your own now.

Start: (1:16:07) average speed, slightly downhill
1:16:50 alternating from slightly uphill to flat
1:19:00 average speed, gentle down
1:19:42 don’t be too surprised by this passing truck. People sure like their pickup trucks in Hawai’i.
1:21:25 end of motion. These outrageous views are of the nearby Waipio Valley.

If you enjoyed this dvd, you will also enjoy the broad diversity of other locations offered by Bike-O-Vision with scenery ranging from the tallest of snowy mountain passes to southwestern red-rocks, sugary sand of Gulf Coast beaches, to the most pristine forests, national parks and more! Visit www.bike-o-vision.com to see the latest titles plus any you may have missed along the way.