

## PARK SETTING

Keaīwa Heiau State Recreation Area is a 384-acre park located approximately 12 miles from Waikīkī. Follow H-1 to Moanalua Highway (Hwy. 78). Take the 'Aiea cutoff to the third traffic light, make a right turn at 'Aiea Heights Drive and follow it about 3 miles up to the end of the road. Keaīwa Heiau is located at the park entry. Continue along the paved park road to the campgrounds, picnic areas, and trailhead for the 'Aiea Loop Trail.

The groves of Norfolk pines and eucalyptus trees create a forest recreation environment on the hills above the town of 'Aiea and Pearl Harbor. A resident caretaker near the front gate should be contacted in the event of emergencies.

## CAMPING & PICNICKING

There are 4 campsites available for tent camping from Friday through Wednesday. Camping is by permit only. Camping permits may be obtained from the State Parks office in Honolulu (587-0300) or online at [dlnr.hawaii.gov/dsp/camping](http://dlnr.hawaii.gov/dsp/camping). There is a fee per campsite per night. Please check the State Parks website for rates and availability.

Several picnic areas with tables are found along the paved roadway in the park. Some include pavilions with barbecue grills and restrooms nearby.

## HIKING

The 'Aiea Loop Trail is 4.8-mile trail that begins and ends in the park. This trail runs along the ridge on the west side of Hālawā Valley and offers views from Pearl Harbor (Pu'uloa) and the Wai'anae Range to Honolulu and Diamond Head (Lē'ahi).

Much of this area was replanted by foresters in the late 1920s. The lemon eucalyptus trees give the air a light lemony fragrance. Stands of Norfolk Island pine trees mark the lower end of the trail. Look for the native *koa* and 'ōhi'a trees as you reach Pu'u Uau, the high point about midway along the length of the trail. You might also see remnants of a B-24 bomber that crashed in 1944.

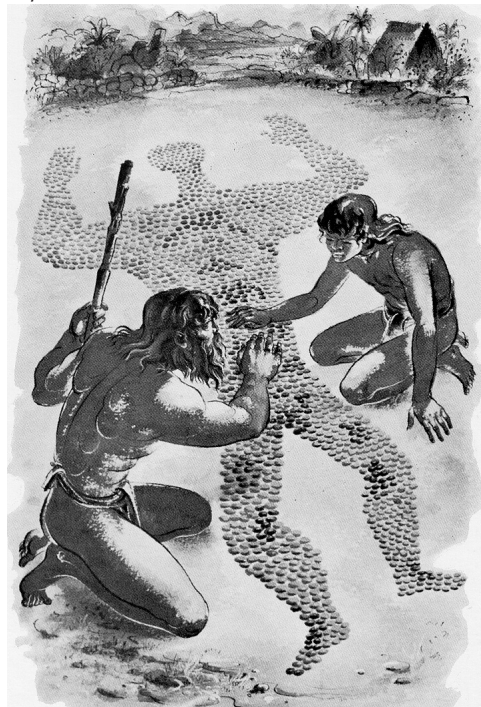
This hike is not strenuous but involves some gradual uphill climbs with a steep switchback and stream crossing at the end of the trail. The trail may be muddy with sections of exposed tree roots. Give yourself about 2.5 to 3 hours for the hike and enjoy the plants and the sound of birds around you. Bring water and wear good walking shoes. Be prepared for light passing rain showers. Stay on the designated trail and avoid side trails and short-cuts.

## KEAĪWA HEIAU

Keaīwa Heiau is a medicinal or healing *heiau* known as a *heiau ho'ola*. At this site, the *kahuna* (priest, expert) specializing in healing would diagnose and treat various illnesses and injuries. The *kahuna* would also train *haumana* (students) in the practice of *la'au lapa'au*, medicinal healing using plants, fasting, and prayers. Many of the plants and herbs were collected from the neighboring forest while others were planted around the *heiau*.

The name Keaīwa has been translated as mysterious or incomprehensible. Perhaps, this name refers to the fact that one could not explain the powers of the *kahuna* and the herbs used in healing.

It is unknown when this *heiau* was built but one source suggests that it was constructed in the 16th Century by Kakuhihewa, an *ali'i* (chief) of O'ahu, and his *kahuna* Keaīwa. The 4-foot high stacked rock wall encloses the sacred area that measures 100 by 160 feet. Within the enclosure was a *hālau* (large thatched structure) built for the master *kahuna* to store the medicinal implements and train the students. Other features might include *hale* (small thatched structure) and a *puholoholo* (steam bath).



(Drawing by Joseph Feher, in *Ka Po'e Kahiko* by S.M. Kamakau)

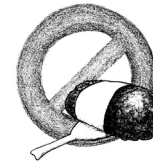
The *kahuna* and *haumana* lived and worked under strict *kapu* (restrictions). Women were not allowed in the *heiau* but could receive training outside the *heiau*.

An apprentice learned the art of diagnosis by practicing on pebbles which a *kahuna* laid out on a mat in the form of the human body. Pupils learned in this way how to feel out with their fingers the symptoms of the various illnesses. It might take 15 years for a student to become fully trained in the art of healing.

The *heiau* was badly damaged during World War II when soldiers camping nearby took many stones from the *heiau* to build a road. The *heiau* was "rededicated" in 1951 and an effort was made to re-establish the historical setting with plantings of medicinal plants.

As you visit the *heiau*, please show respect and do not move, remove or wrap the rocks. We ask that you not leave coins, incense, candles or other such items as they are not traditional offerings and may cause long-term damage to the site.

**PRESERVE HAWAII'S  
PAST FOR  
THE FUTURE**



## PARK HOURS

April 1 to Labor Day:  
7:00am to 7:45pm

After Labor Day to March 31:  
7:00am to 6:45pm



For further information or permits contact:

**Department of Land & Natural Resources**

Division of State Parks  
1151 Punchbowl Street, Room 310  
Honolulu, Hawai'i 96813  
Phone: (808) 587-0300

Visit our website at:  
<https://dlnr.hawaii.gov/dsp/>



# KEAĪWA HEIAU STATE RECREATION AREA



'AIEA, O'AHU



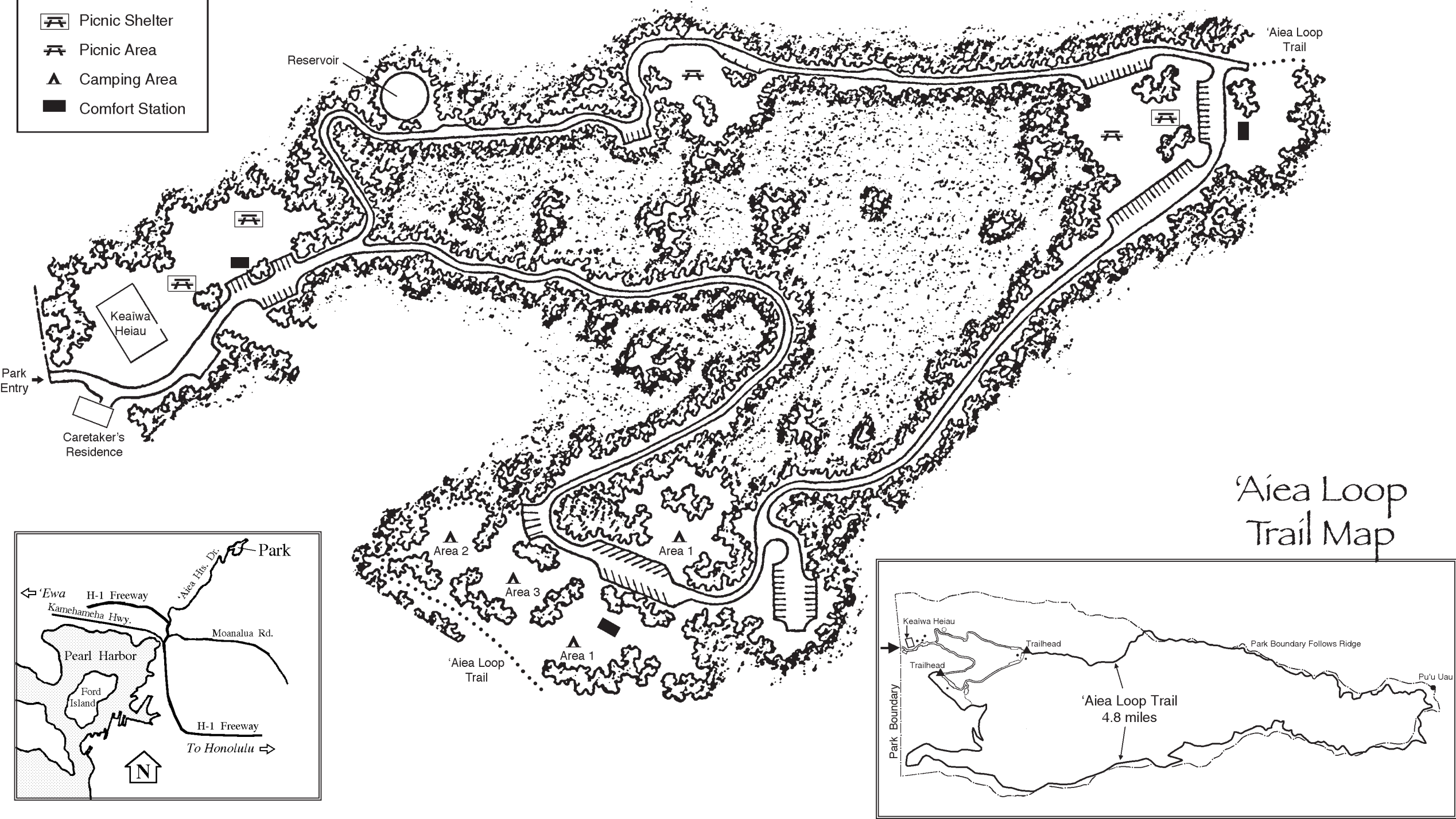


Picnic Shelter

Picnic Area

Camping Area

Comfort Station



'Aiea Loop Trail Map

