

# Lahaina Pali Trail

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**Trail Length:** 5.5 miles, one way

**Time:** Approx 4 hours, one way

**Terrain:** Rocky shrubland

**Activity:** Pedestrian

**Difficulty:** Difficult

**Elevation:** 1600 feet

Click [here](#) for Map of Maui Roads

**Directions:** Both trail heads are accessible from Honoapiilani Highway (30). The eastern trail head lies 2.5 miles south of Wailuku Town via an unimproved road adjacent to the junction of Kuihelani Highway (380) and Kihei Road (31). The western trail head lies 10 miles south of Lahaina and 3 miles west of Maalaea Harbor. The parking area is accessible from Highway 30 at Manawaipueo Gulch about 0.25 mile north of the Pali tunnel.

**Route:** Trail runs from a point near Maalaea Harbor with refreshment stands and restrooms, over a ridge and down to a long, sandy beach with snorkeling, surfing and picnicking facilities. Ranging in elevation from 100' to 1,600', the trail offers excellent scenic vistas of Kahoolawe and Lanai islands. Whales can be observed during the winter months. Scrub vegetation at the lower elevations gives way to endemic dry-land plants as the trail climbs. The Old Lahaina Trail is part of the historic around-the-island trail system on Maui.

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