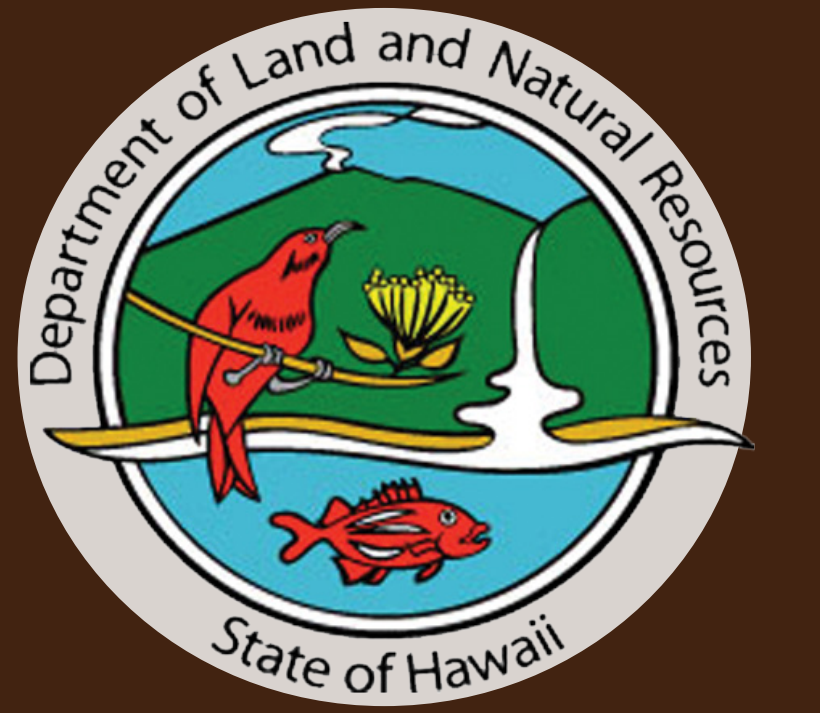





# NĀ ALA HELE Hawai'i Trail & Access System

[hawaii Trails.hawaii.gov](http://hawaii Trails.hawaii.gov)




*Managing Hawai'i's natural resources while providing and enhancing recreational, cultural, religious and subsistence opportunities for future generations.*



### Pololū Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
1 mi.	45 min.	moderate	420 ft.	sea level


Regulated Commercial Activity Permitted • No Camping



### Muliwai Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
18 mi.	12 hours	difficult	1,320 ft.	sea level


Regulated Commercial Activity Permitted • Camping Permitted



### Ala Kahakai Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
15.4 mi.	7 hours	easy	30 ft.	sea level


No Commercial Activity • Camping at Spencer and Hāpuna Beach Parks



### Pu'u Lā'au Road (R-1)

LENGTH ROUND TRIP	TIME	VEHICLE	HIGHEST POINT	LOWEST POINT
8.4 mi.	45 min.	4-wheel drive	7,440 ft.	5,680 ft.


Regulated Commercial Activity Permitted • No Camping



### Skyline Road (R-10)

LENGTH ROUND TRIP	TIME	VEHICLE	HIGHEST POINT	LOWEST POINT
12.4 mi.	2 hours	4-wheel drive	10,245 ft.	7,440 ft.


No Commercial Activity • No Camping



### Mauna Kea Access Road (R-1)

LENGTH ONE-WAY	TIME	VEHICLE	HIGHEST POINT	LOWEST POINT
32 mi.	5 hours	4-wheel drive	9,670 ft.	6,900 ft.


Regulated Commercial Activity Permitted • No Camping



### Palila Forest Discovery Trail

TOTAL LENGTH	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
1.8 mi.	1 hour	easy	7,439 ft.	7,245 ft.


Regulated Commercial Activity Permitted • No Camping



### Makāula-O'oma Trails

TOTAL LENGTH	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
4.3 mi.	4 hours	moderate	3,432 ft.	2,759 ft.


No Commercial Activity • No Camping



### Ōhi'a Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
4 mi.	3 hours	easy	2,733 ft.	2,301 ft.


Regulated Commercial Activity Permitted • No Camping



### Pu'uwa'awa'a Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
3.8 mi.	2.5 hours	hard	3,958 ft.	2,733 ft.


Regulated Commercial Activity Permitted • No Camping



### Āinapō Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
20.4 mi.	24 hours	challenging	13,200 ft.	5,650 ft.


Regulated Commercial Activity Permitted  
Camping at Āinapō Cabin and National Park Summit Cabin



### Āinapō Road

LENGTH ROUND TRIP	TIME	VEHICLE	HIGHEST POINT	LOWEST POINT
16 mi.	2.5 hours	4-wheel drive	5,650 ft.	2,680 ft.

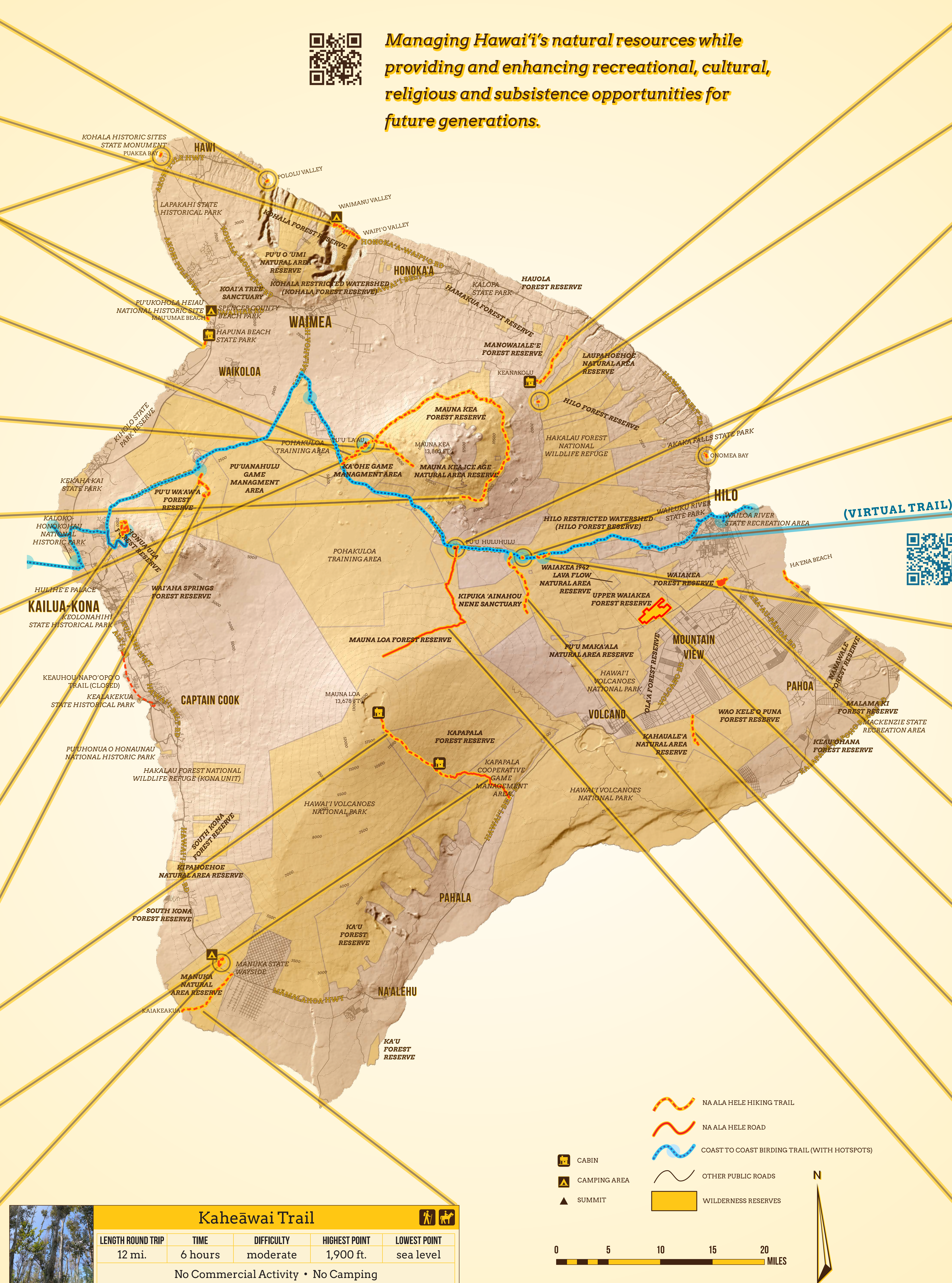
Regulated Commercial Activity Permitted • No Camping




### Manukā Loop Trail

TOTAL LENGTH	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
2 mi.	1.5 hours	easy	2,200 ft.	1,800 ft.

No Commercial Activity • Camping at Manukā State Park






### Humu'ula Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
10 mi.	6 hours	difficult	5,300 ft.	2,050 ft.


Regulated Commercial Activity Permitted • Camping at Keanakolu



### Kaluakauka Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
0.4 mi.	30 min.	easy	6,080 ft.	5,960 ft.


No Commercial Activity • No Camping



### Onomea and Donkey Trails

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
1.2 mi.	1 hour	easy	160 ft.	sea level


No Commercial Activity • No Camping



### Pu'u Huluhulu Loop Trail

TOTAL LENGTH	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
0.6 mi.	45 min.	moderate	6,758 ft.	6,560 ft.


No Commercial Activity • No Camping



### Kaulana Manu Nature Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
1 mi.	45 min.	easy	5,570 ft.	5,530 ft.


Regulated Commercial Activity Permitted • No Camping



### Hawai'i Island Coast to Coast Birding Trail

ROUTE LENGTH	TRANSPORTATION METHODS	HIGHEST POINT	LOWEST POINT
90 mi.	2-wheel, 4-wheel, boat, hike	7,440 ft.	sea level


[HAWAIIIBIRDINGTRAILS.HAWAII.GOV](http://HAWAIIIBIRDINGTRAILS.HAWAII.GOV)



### Kaūmana Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
3 mi.	1 hour	moderate	5,200 ft.	4,800 ft.


Regulated Commercial Activity Permitted • No Camping



### Puna Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
5 mi.	3 hours	easy	20 ft.	sea level

No Commercial Activity • No Camping



### Kūlanihāko'i Mountain Bike Park

ALL ROUTE LENGTHS	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
9 mi.	3 hours	moderate	752 ft.	536 ft.


No Commercial Activity • No Camping



### Upper Waiākea ATV/Dirt Bike Park

ALL ROUTE LENGTHS	VEHICLES	HIGHEST POINT	LOWEST POINT
29.2 mi.	4-wheel drive • ATV • dirt bike	2,825 ft.	1,950 ft.

No Commercial Activity • No Camping • Permit Required to Ride



### Kahauale'a Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
6.7 mi.	5 hours	moderate	2,469 ft.	2,304 ft.


No Commercial Activity • No Camping



### Pu'u Ō'ō Trail

LENGTH ROUND TRIP	TIME	DIFFICULTY	HIGHEST POINT	LOWEST POINT
7.4 mi.	4 hours	moderate	5,810 ft.	5,650 ft.

Regulated Commercial Activity Permitted • No Camping



### Mauna Loa Observatory Road

LENGTH ONE-WAY	TIME	VEHICLE	HIGHEST POINT	LOWEST POINT
35 mi.	1.5 hours	2-wheel drive	11,150 ft.	6,560 ft.

Regulated Commercial Activity Permitted • No Camping