



Left to right: Hawaiian fishpond walls allow controlled mixing of ocean and spring water, key to traditional Hawaiian aquaculture; Aholehole, a favorite food fish. Photo: L. Kramer; Pāhoehoe trail with petroglyphs; An anchialine pool, housing the rare and endemic 'ōpae'ula shrimp; A beautifully intact coastal stepping-stone trail.



Welina Mai! Greetings!

The National Park Service welcomes you to the Ala Kahakai National Historic Trail (NHT).

The Ala Kahakai NHT celebrates the ways ancient and indigenous peoples worldwide have created and used trails. From Eurasia's Silk Roads, to the trade trails of Mesoamerica and North America, to the great ocean roads sailed by Polynesians throughout the Pacific,

these ancient routes have brought people, cultures, traditions and knowledge together from across the world for millennia.

Located on one of the world's most remote island chains, the trails of the Ala Kahakai NHT are part of the Pacific trails of the human diaspora. The trails recount stories of oceanic migrations, settlement, and adaptation.

Established in 2000, Ala Kahakai (a modern name, meaning "trail by the sea") is a 175-mile coastal network of ancient, historic, and modern trails. The Ala Kahakai NHT corridor extends from the northern tip of the Island of Hawai'i, along its western and southern coasts, to the eastern boundary of Hawai'i Volcanoes National Park.

The Ala Kahakai NHT's mandate is to preserve, protect, interpret, reestablish as necessary, and maintain the trail system. Ala Kahakai NHT works with governmental and non-governmental partners to encourage descendant-led stewardship of trails and resources.

Open Trail Segments

The trail segments below are open to the public.

Pu'ukoholā Heiau National Historic Site

Pu'ukoholā Heiau was completed in 1791 by Kamehameha I and played a crucial role in his establishment of the Hawaiian Kingdom. A self-guided walking tour of the park begins at the Visitor Center and continues south as Nā Ala Hele's Ala Kahakai Trail.

Amenities: Parking, restrooms and water. Camping available by permit at the adjacent Spencer County Beach Park.

Nā Ala Hele's Ala Kahakai Trail

This trail section is part of the State of Hawai'i's Nā Ala Hele Trail and Access Program. Extending from the southern boundary of Pu'ukoholā Heiau National Historic Site to 'Anaeho'omalu Bay, this section of trail passes through public and private lands and provides access to numerous beaches and resorts.

Check Nā Ala Hele's website for details: www.hawaiitrails.org

Amenities: Parking, restrooms, and water are available at most locations.

Kaloko-Honokōhau National Historical Park

Kaloko-Honokōhau National Historical Park is an excellent example of Hawaiian ingenuity, culture, and natural resources. Traditional Hawaiian fishponds, a fishtrap, and dryland farming complexes were built here to feed their communities. A system of trails connect these extraordinary sites.

Amenities: Parking, restrooms, water, and picnic area.

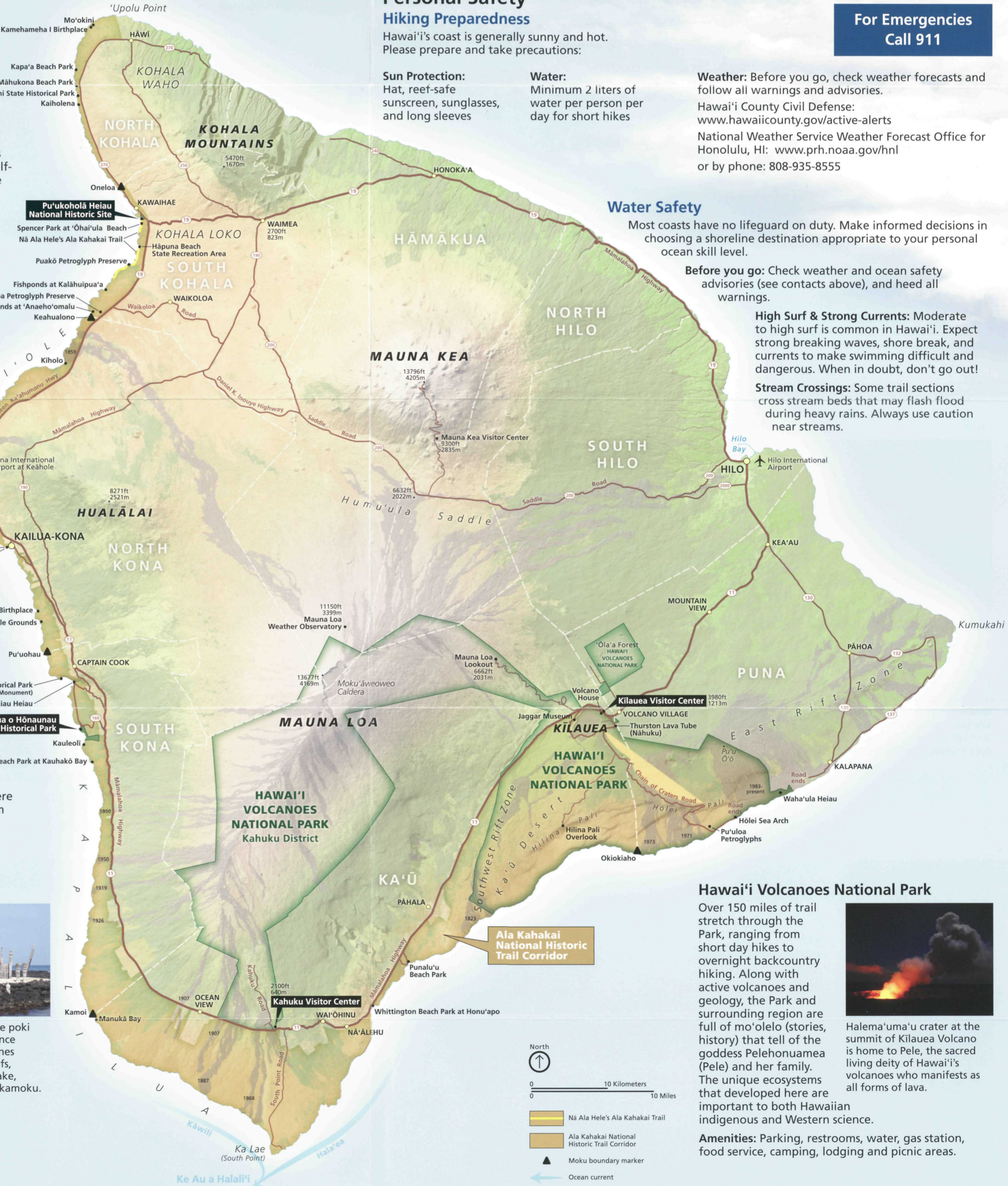
Pu'uhonua o Hōnaunau National Historic Park

A pu'uhonua is a safe place, a place of refuge for the sick, the despised, and for wrongdoers who broke the kapu (the system of sacred and forbidden behaviors) or kanawai (laws). The Pu'uhonua o Hōnaunau complex includes heiau (temples), a hale poki (mausoleum), and a royal kauhale (compound). A section of the Ala Nui Aupuni, or Hawaiian Kingdom Government Road runs through the park and continues to the south.

Amenities: Parking, restrooms, picnic area.

Ala loa

Ala loa is an ancient name for the long trail, highway, and/or main road around the island. In a given area, the ala loa often refers to both the most ancient alignment as well as a general pathway.



Personal Safety

Hiking Preparedness

Hawai'i's coast is generally sunny and hot. Please prepare and take precautions:

Sun Protection: Hat, reef-safe sunscreen, sunglasses, and long sleeves

Water: Minimum 2 liters of water per person per day for short hikes

Weather: Before you go, check weather forecasts and follow all warnings and advisories.

Hawai'i County Civil Defense: www.hawaiicounty.gov/active-alerts
National Weather Service Weather Forecast Office for Honolulu, HI: www.prh.noaa.gov/hnl or by phone: 808-935-8555

**For Emergencies
Call 911**

Water Safety

Most coasts have no lifeguard on duty. Make informed decisions in choosing a shoreline destination appropriate to your personal ocean skill level.

Before you go: Check weather and ocean safety advisories (see contacts above), and heed all warnings.

High Surf & Strong Currents: Moderate to high surf is common in Hawai'i. Expect strong breaking waves, shore break, and currents to make swimming difficult and dangerous. When in doubt, don't go out!

Stream Crossings: Some trail sections cross stream beds that may flash flood during heavy rains. Always use caution near streams.

Hawai'i Volcanoes National Park

Over 150 miles of trail stretch through the Park, ranging from short day hikes to overnight backcountry hiking. Along with active volcanoes and geology, the Park and surrounding region are full of mo'olelo (stories, history) that tell of the goddess Pelehonuamea (Pele) and her family. The unique ecosystems that developed here are important to both Hawaiian indigenous and Western science.

Amenities: Parking, restrooms, water, gas station, food service, camping, lodging and picnic areas.



Halema'uma'u crater at the summit of Kilauea Volcano is home to Pele, the sacred living deity of Hawai'i's volcanoes who manifests as all forms of lava.



Left to right: Photo taken in the late 1800s of the Kīholo-Puakō trail depicts its use by pack animals; Intergenerational learning along the Ala Kahakai, Photo: P. Andrade; Traditional 'oloke'a scaffolding used for trail stabilization work.



