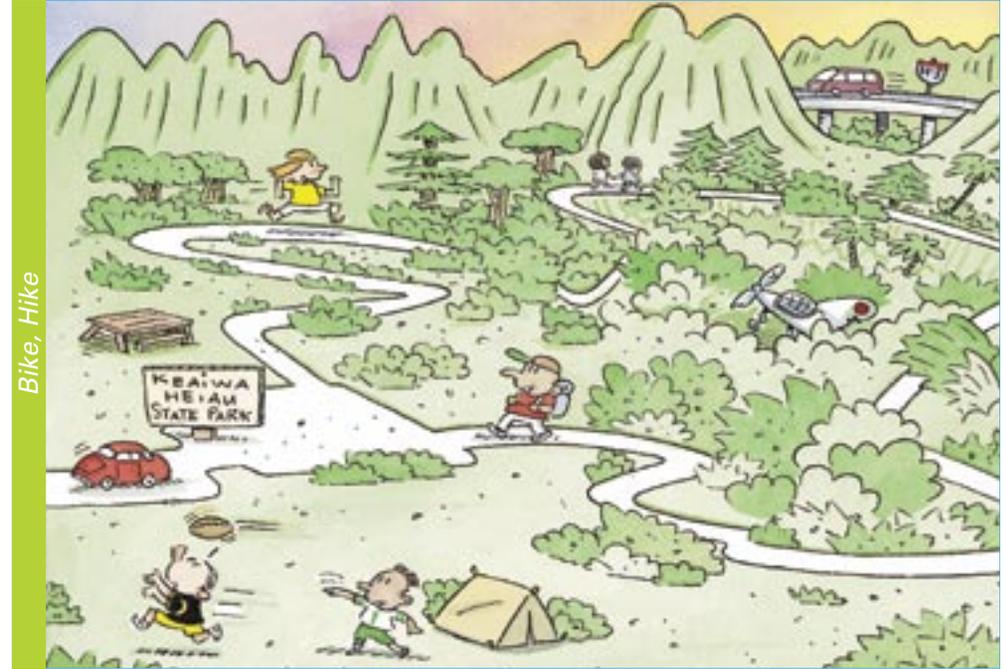


## 1 Ko Olina Beach

**Location:** Ko Olina Resort

**Description:** A paved, level path stretches along the shores of four man-made lagoons. The distance from the first lagoon (Kohola) to the last (Ulua) is 1.3 miles. Rock barriers at each lagoon provide calm waters for swimming and snorkeling, however there are strong currents and high surf in the channels. There are no lifeguards on duty.

**Tip:** Limited public parking is available at each lagoon.



## 2 Aiea Loop Trail

**Location:** Keaiwa Heiau State Recreation Area, Aiea

**Description:** This 4.5-mile loop trail winds through shady forests and lush vegetation. Trail access begins next to the restrooms in the upper parking lot. Sights include a crashed WWII cargo plane and views of Halawa Valley, Pearl Harbor, Diamond Head, and the Waianae and Koolau mountain ranges. Park benches are placed along the trail.

**Tip:** Have proper footwear to manage hiking on protruding and sometimes slippery roots.



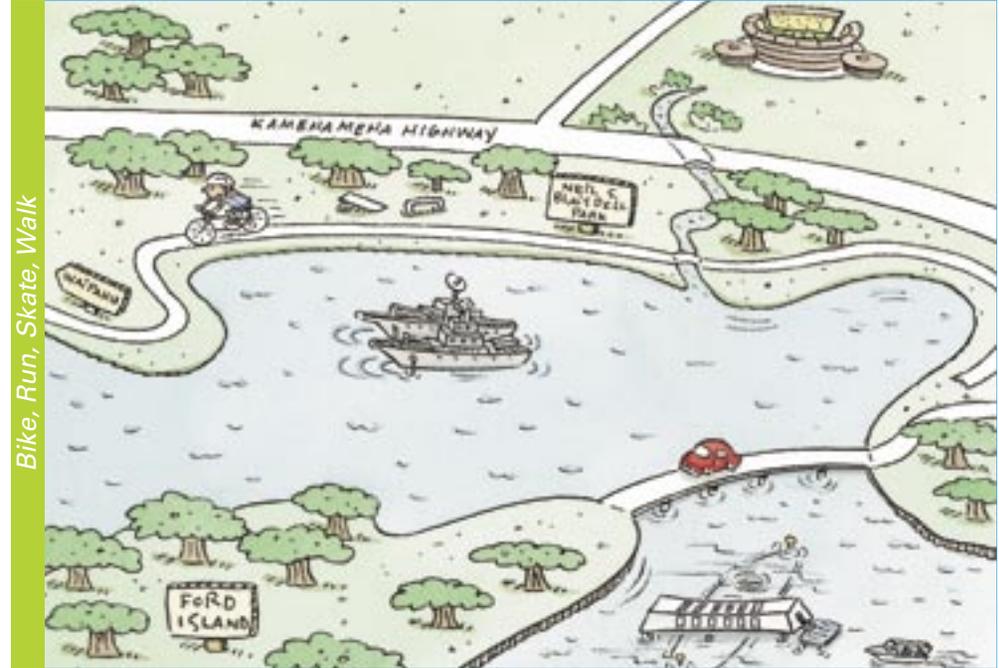


## 5 Kailua Beach Park & Lanikai Bike Path

**Location:** Kailua

**Description:** One of Oahu's finest beaches with generally safe ocean conditions. In the water, the distance from the boat ramp to the stone wall at the end of the beach is 2.5 miles. On the beach, the walk from the boat ramp to the first beachfront house is 0.5 miles. The nearby Lanikai bike path offers a great view of Popoia and the Mokolua Islands. It is a level 2.5-mile loop, or approximately 3 miles if starting from the beach park.

**Tip:** Watch for Portuguese men-of-war during strong trade winds.

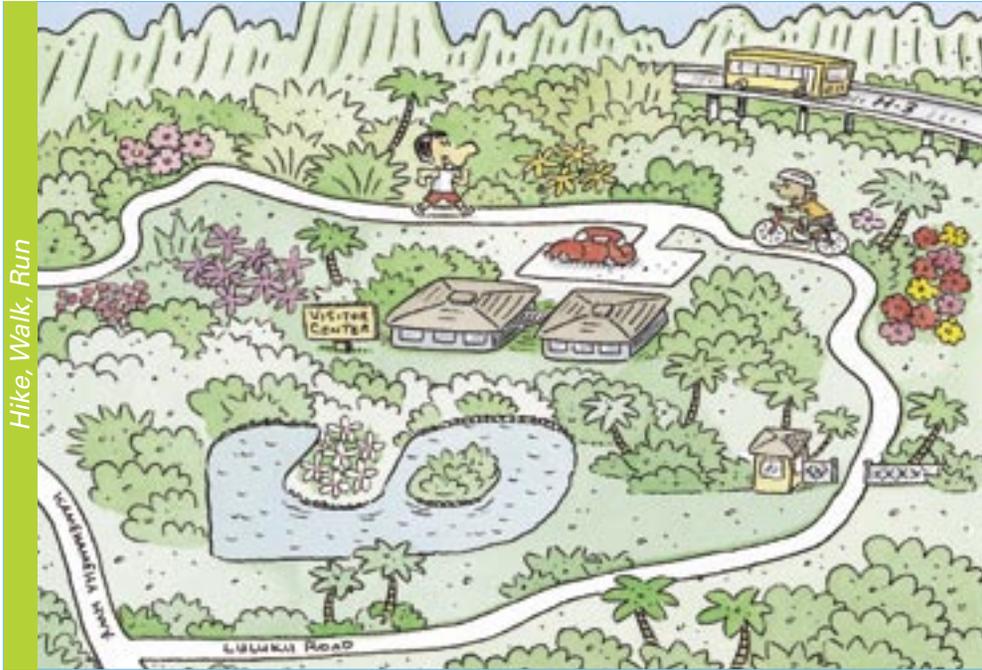


## 6 Neal S. Blaisdell Park & Pearl Harbor Bike Path

**Location:** Pearl City

**Description:** A well-maintained ocean park with an activity course and great views. From Blaisdell Park, Pearl City Kai Playground is 1.2 miles, Hekaka Street is 1.5 miles, McGrew Loop is 2.5 miles, and the boat ramp is 3.7 miles. The 5.9-mile Pearl Harbor bike path runs through the park to Waipahu.

**Tip:** The path crosses urban and industrial areas. Keep an eye out for traffic.

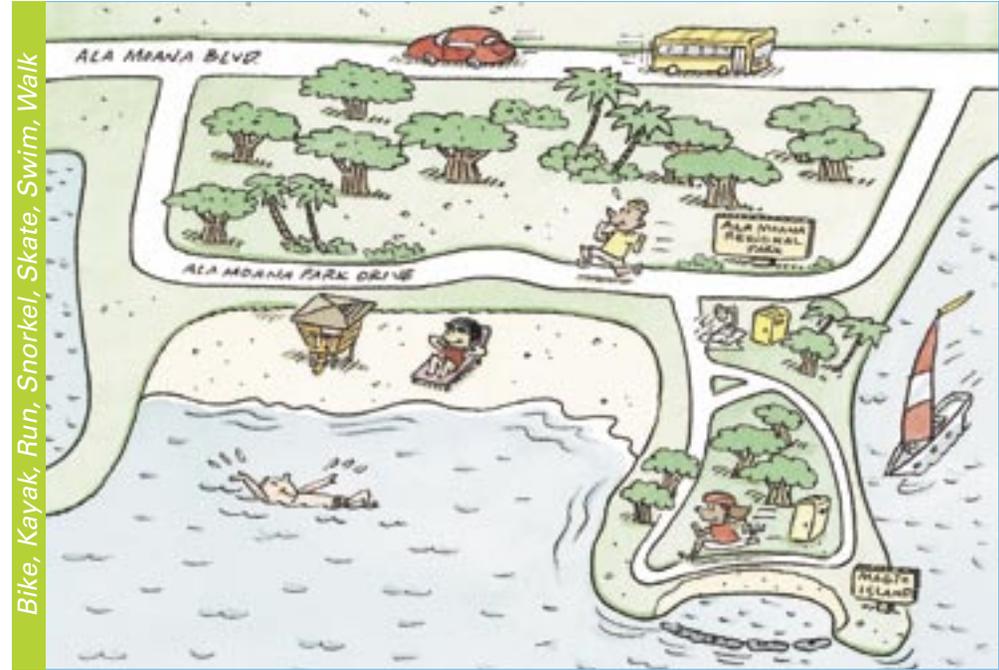


## 7 Hoomaluhia Botanical Garden

**Location:** Kaneohe

**Description:** A mild graded trail within a 400-acre botanical garden. The garden features plants from Hawaii and tropical regions around the world. Check in at the visitor's center for a map of the garden, trails and picnic areas. The distance from the entrance gate to the end of the paved road is 2.6 miles.

**Tip:** Swimming is not permitted in the lake, but bamboo poles are available for catch and release fishing each weekend.



## 8 Magic Island & Ala Moana Beach Park

**Location:** Ala Moana Drive, Honolulu

**Description:** The paved walkway along the ocean provides a scenic 0.5-mile loop around Magic Island. From Kewalo Basin to the restrooms at the Diamond Head end of the park is 0.6 miles. A complete circle around Ala Moana Park (excluding Magic Island) is 1.75 miles. For a swim inside the barrier reef wall, the distance from the Magic Island end of the park to the white pole is 0.3 miles, to the last lifeguard stand is 0.5 miles, and to Kewalo Basin is 0.6 miles. The park also offers two activity courses.

**Tip:** Be aware of box jellyfish arriving in the water seven to 10 days after a full moon.

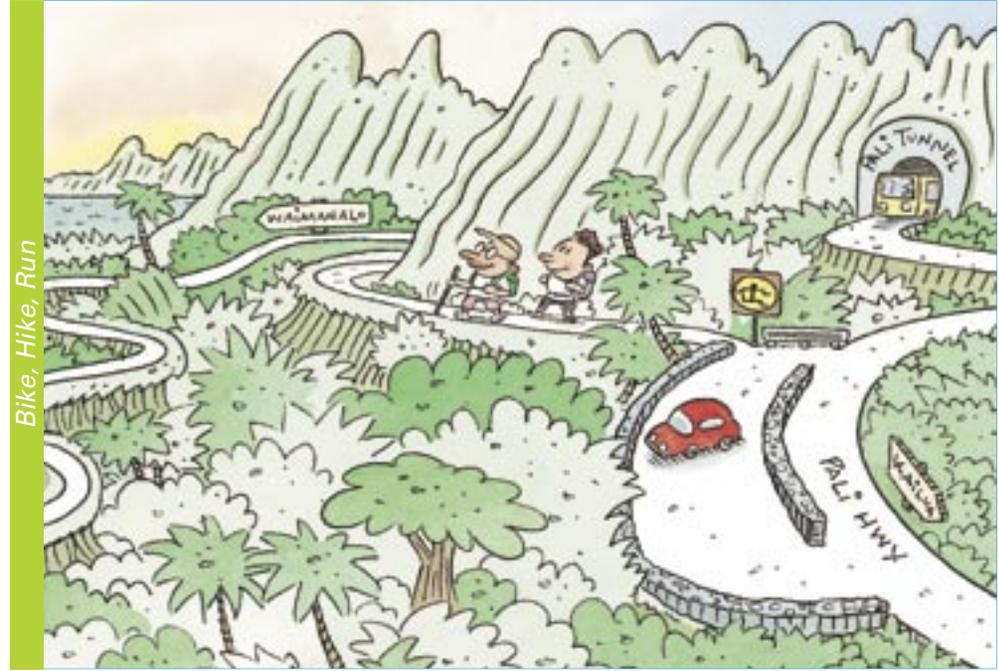


## 9 San Souci Beach & Kapiolani Park

**Location:** Kalakaua Avenue, Waikiki

**Description:** An urban activity area at the foot of Diamond Head near Kapiolani Park. In the water, it is 0.1 mile from Kaimana Beach to the windsock and 0.5 miles from the ewa side of the Natatorium toward Waikiki to the first rock wall. Along the ocean, the distance from behind the aquarium to where the sidewalk meets Kalakaua Avenue is 0.5 miles. On Kalakaua Avenue, the distance from the Waikiki Police Substation to San Souci Beach is 1 mile. The loop around Kapiolani Park is 1.8 miles. The route around Diamond Head and Kapiolani Park is 4.8 miles. Inside Kapiolani Park, the loop around the zoo is 1.1 miles. There are also activity courses and tennis courts in the main park area.

**Tip:** Be aware of box jellyfish arriving in the water seven to 10 days after a full moon.

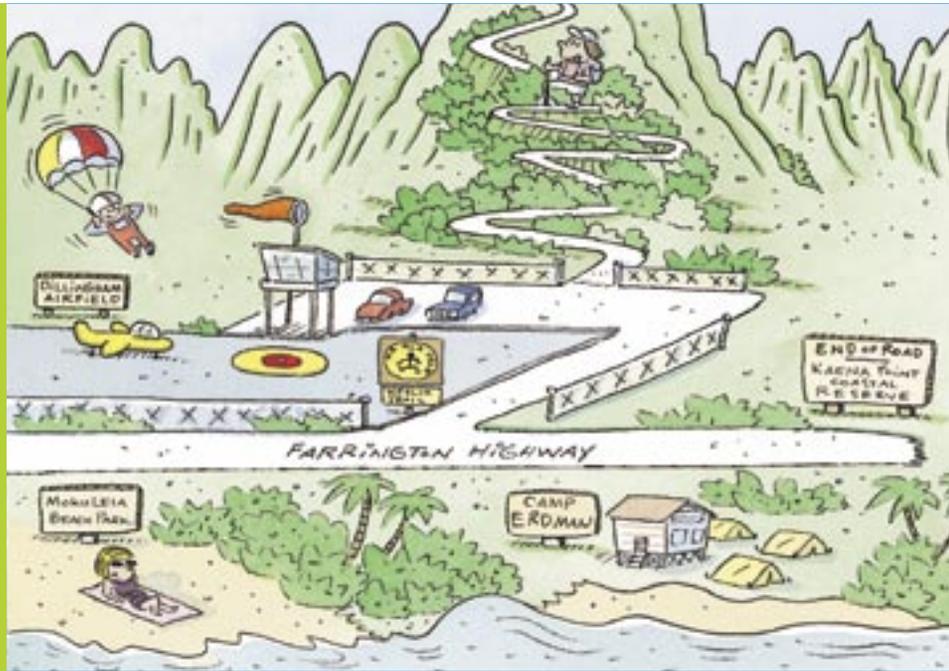


## 10 Maunawili Trail and Access Road

**Location:** Maunawili Valley, Pali Highway

**Description:** A 10-mile trail winding along the back of Maunawili Valley and the base of the Koolau mountains. Access the trail through a break in the guardrail in the Pali Lookout parking lot. The trail weaves in and out of scenic gulches and ridges with spectacular views from 500 feet. The trail ends in Waimanalo.

**Tip:** If hiking the entire one-way trail, have transportation available at the other end.



## 11 Kealia Trail and Access Road

**Location:** Mokuleia

**Description:** This challenging 2.5-mile hike follows a graded cliff trail that zigzags its way above Dillingham Airfield and leads to a four-wheel drive dirt road overlooking Makua Valley. Trailhead access is marked approximately 0.4 miles behind an air control tower in the parking area. The trail begins with a series of switchbacks on a steady uphill climb. Use caution in this area due to falling rocks. At 1.2 miles, a cliff top picnic table offers a place to turn back or rest before taking the valley ridge road and completing the hike with views from over 1,600 feet.

**Tip:** Because the trail is within a public hunting area, staying on the path is essential. Please exercise caution.

*\* The printed version of the Oahu Kamaaina Fitness Fun Map describes a loop trail through Kaena Point, a less challenging hike on this part of the island. To request a copy, contact Kelina Anderson at 948-6848 on Oahu.*



## 12 Makapuu Lighthouse Road

**Location:** Kalanianaʻole Highway, Windward

**Description:** A paved path leads to great views from the hilltop at 500 feet. From the gate at the start of Makapuu Lighthouse Road, the path is 1.4 miles long on a steady uphill grade. Observation areas line the route, including a lookout over the lighthouse, Rabbit Island and Makapuu beach. See Mokapu Peninsula, Mokolea, Moku Mana, Moku Hope, and even Molokai on a clear day. Keep an eye out for whales from December through April. Pillbox bunkers from World War II can be seen and accessed off the path. Pele's chair is clearly visible on the way down.

**Tip:** Lookout and parking improvements are scheduled to be completed in May 2006.