

# Are you ready for the climb?

**S**trenuous and challenging, the hike to the summit is not recommended for anyone with heart or respiratory problems. This is not a casual stroll in a tree-shaded park.

Be prepared for the hot sun and a winding trail with steep stairways and dark tunnels. The trail is 1.5 miles (2.2 km) long — round trip. You will return the same way you go up.

## Before you begin ...

### Last chance!



There are no restrooms, drinking water, or public telephones beyond this point. Please plan accordingly.

これより先トイレ・水・電話・設備なし。

### Do you have enough time?



The park gates are locked at 6:00 p.m. (1800 hours). Most people take 1.5 to 2 hours to hike to the summit and back. Allow enough time to enjoy the scenic views at the top.

山道は片道 0.7 マイル (1.1 km)  
急勾配で暑気下には  
往復最低 1.5 から 2 時間必要。

## Be prepared...



**Wear comfortable walking shoes.**  
You will be walking on steep paths with uneven surfaces and loose gravel. Slippers (flip-flops) and smooth-soled shoes can be dangerous on these surfaces.



**Bring drinking water.**  
There is no water along the trail. Avoid dehydration and heat stroke by taking water with you.



**Use a flashlight.**  
Expect two dark tunnels and an unlit spiral staircase near the summit. Take along a flashlight to find your way.



**Protect yourself from the sun.**  
Reduce the risk of severe sunburn by using sunscreen and wearing a hat.



Much of the trail is a natural dirt surface. It is narrow and steep with uneven surfaces and loose gravel.



Climb up 74 steps as you approach the Fire Control Station. After going through a long dark tunnel and up another 99-step stairway, you will enter the first level of the Station.



From the summit, you have a commanding view of Waikiki and Honolulu with the Wai'anae Mountain Range in the distance.