Are you ready for the climb?

Strenuous 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.



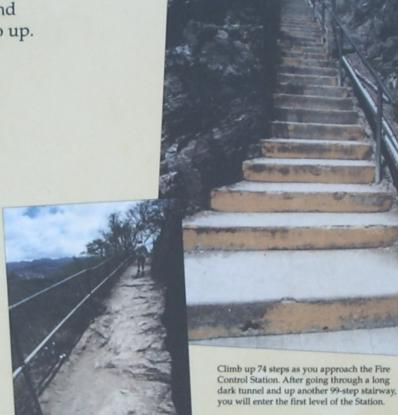
Use a flashlight.

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.



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