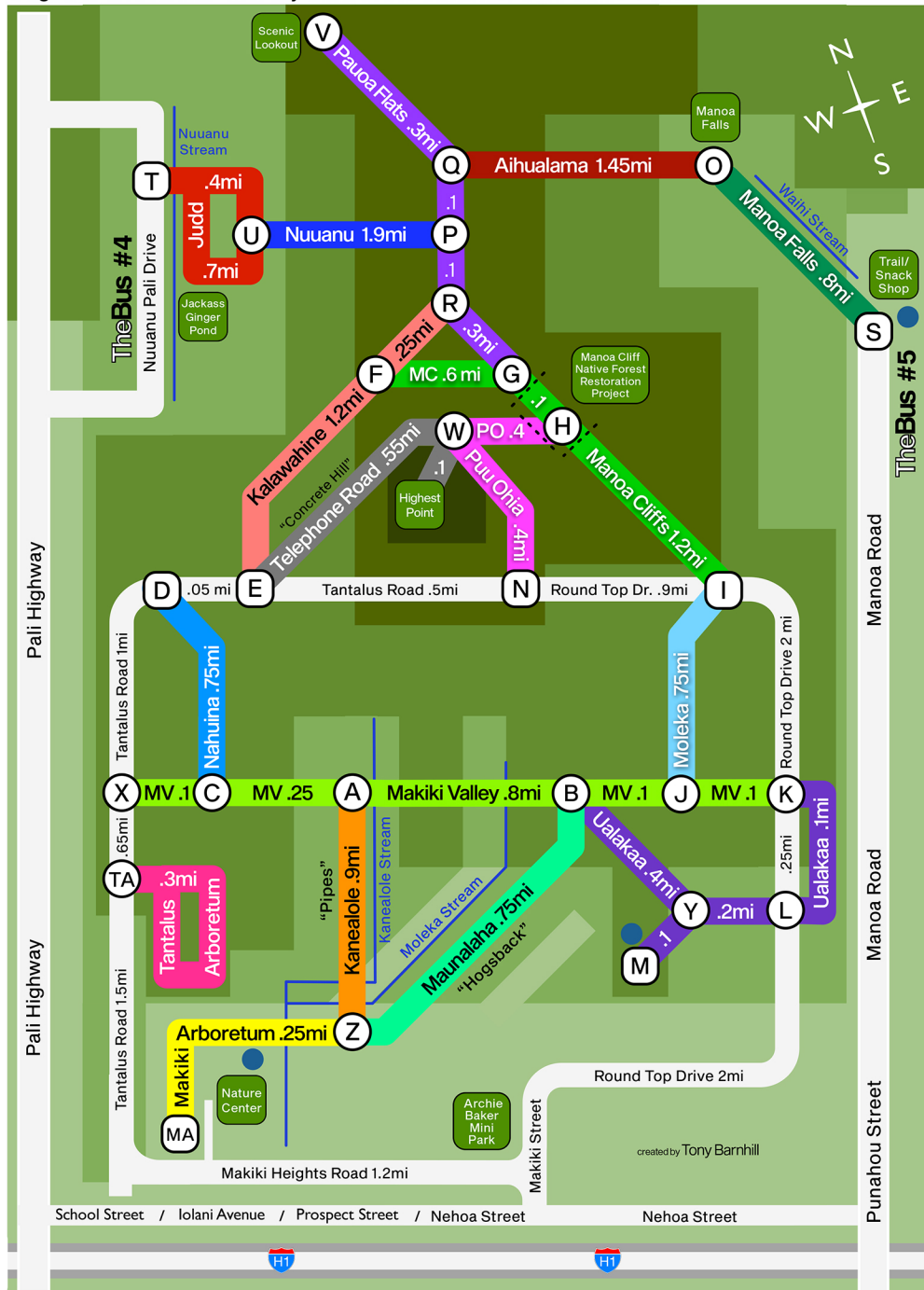




the ALOHA TRAILWAY



Beginner and runner-friendly trails in the middle of the Pacific Ocean.



	NAME	DISTANCE	ELEVATION GAIN	TIME	DIFFICULTY
	Aihualama	1.45 mi / 2.1 km	Ⓞ 777ft / 71.3m	Ⓞ 40	●●●
	Judd	1.1 mi / 1.8 km	Ⓣ 234ft / 71.3m	Ⓣ 20	●●
	Kalawahine	1.2 mi / 1.9 km	ⓔ 141ft / 43m	ⓕ 30	●●
	Kanealole	0.9 mi / 1.4 km	Ⓩ 511ft / 156m	ⓐ 20	●●●
	Makiki Arboretum	0.25 mi / 0.4 km	ⓐ 70ft / 21m	Ⓩ 10	●
	Makiki Valley	1.2 mi / 1.9 km	ⓐ 202ft / 62m	ⓑ 25	●●
	Manoa Cliff	1.9 mi / 3.1 km	Ⓡ 503ft / 153m	ⓕ 25	●●●
	Manoa Falls	0.75 mi / 1.2 km	Ⓢ 350ft / 107m	Ⓞ 30	●
	Maunalaha	0.75 mi / 1.2 km	Ⓩ 667ft / 203m	ⓑ 20	●●●
	Moleka	0.75 mi / 1.2 km	Ⓝ 229ft / 70m	Ⓡ 15	●●
	Nahuina	0.75 mi / 1.2 km	Ⓢ 348ft / 106m	Ⓡ 15	●●
	Nuuanu	1.9 mi / 3.1 km	Ⓡ 963ft / 294m	ⓑ 45	●●●
	Pauoa Flats	0.75 mi / 1.2 km	ⓖ -125ft / -38m	Ⓡ 20	●●
	Puu Ohia	0.8 mi / 1.3 km	Ⓝ 410ft / 125m	ⓗ 20	●●
	Tantalus Arboretum	0.3 mi / 0.5 km	Ⓣⓐ 82ft / 25m	Ⓣⓐ 20	●
	Ualakaa	0.5 mi / 0.8 km	Ⓜ 77ft / 23m	ⓑ 20	●
	Telephone Road	0.55 mi / 0.88 km	ⓔ 456ft / 139m	ⓗ 20	●●

1 foot = .3 meter 1 meter = 3.2 feet 1 mile = 1.6 kilometer 1 kilometer = .62 mile

POPULAR ROUTES

Manoa Falls

S O S from parking lot
2.0mi/3.2km - 400ft gain

Makiki Outer Loop

Z B J I H G F E D C A Z
6.9mi/11km - 1500ft gain

Up Trail, Down Road

Z A C D E W W N E D X M A
7.4mi/11.9km - 1500ft elev gain

Manoa to Pauoa and back

S O Q V Q O S
5.4mi/8.7km - 1300ft gain

Vi's Top of Tantalus

M B A C D E F G H I J B M
7mi/11.2km - 1750ft gain

Makiki Lower Loop

from parking lot
Z B A Z or **Z A B Z**
3.2mi/5.1km - 950ft gain

Tantalus Road/ Round Top Drive Loop

10mi/16km - 1200ft gain

Triple Trek Loop

Z A B J I H G F E D C A B Z
9mi/14.5km - 2250ft elev gain

Hurt100 Loop

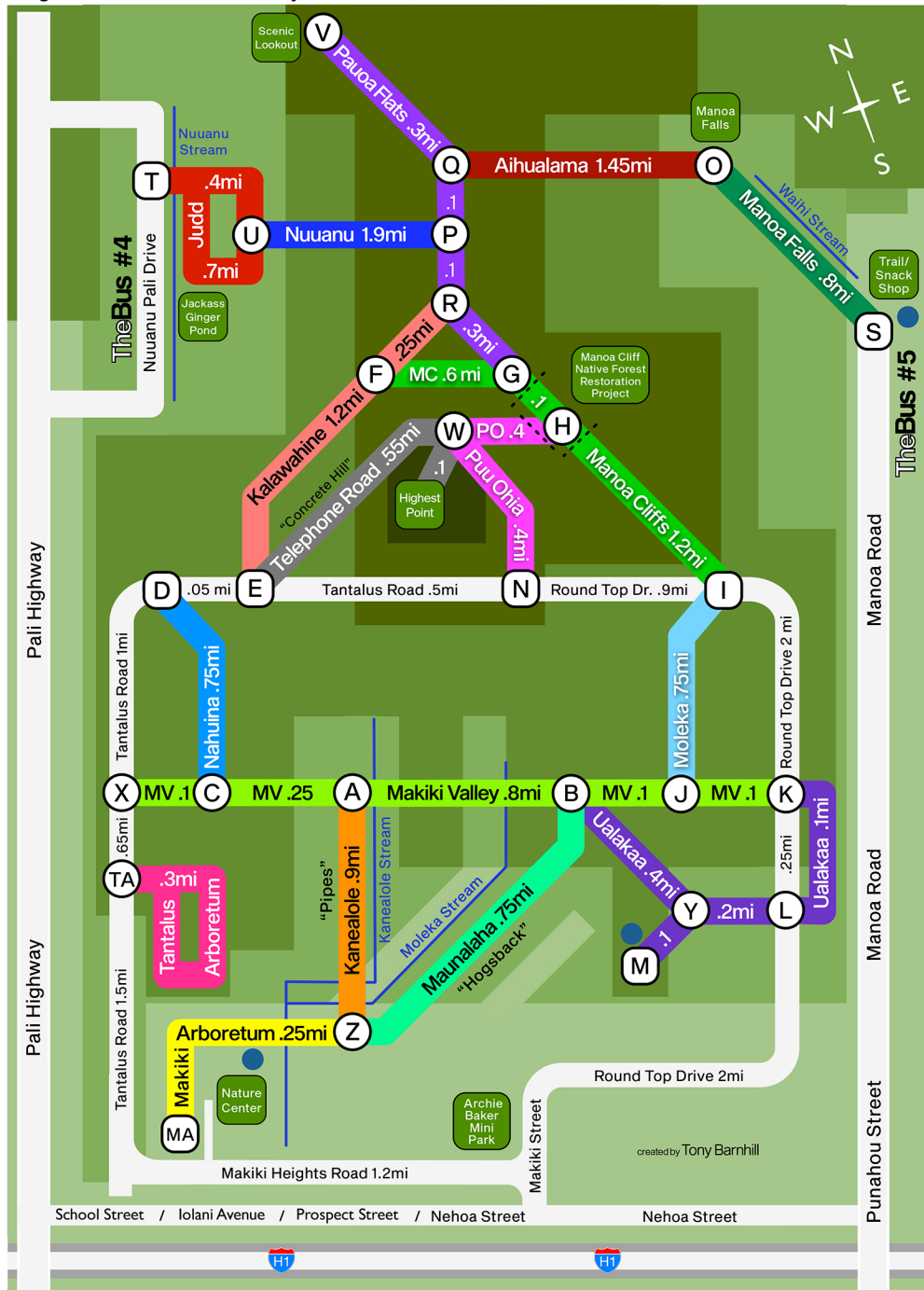
Leg 1 **Z B A C D E F G R P Q O S** 7.2mi/11.5km
 Leg 2 **S O Q P U** south **T** 5.3mi/8.5km
 Leg 3 **T** south **U P R G H I J B A Z** 7.5mi/12.1km



the ALOHA TRAILWAY



Beginner and runner-friendly trails in the middle of the Pacific Ocean.



	NAME	DISTANCE	ELEVATION GAIN	TIME	DIFFICULTY
	Aihualama	1.45 mi / 2.1 km	Ⓞ 777ft / 71.3m	Ⓞ 40	●●●
	Judd	1.1 mi / 1.8 km	Ⓣ 234ft / 71.3m	Ⓣ 20	●●
	Kalawahine	1.2 mi / 1.9 km	ⓔ 141ft / 43m	ⓕ 30	●●
	Kanealole	0.9 mi / 1.4 km	Ⓩ 511ft / 156m	ⓐ 20	●●●
	Makiki Arboretum	0.25 mi / 0.4 km	Ⓜ 70ft / 21m	Ⓩ 10	●
	Makiki Valley	1.2 mi / 1.9 km	ⓐ 202ft / 62m	ⓑ 25	●●
	Manoa Cliff	1.9 mi / 3.1 km	Ⓡ 503ft / 153m	ⓕ 25	●●●
	Manoa Falls	0.75 mi / 1.2 km	Ⓢ 350ft / 107m	Ⓞ 30	●
	Maunalaha	0.75 mi / 1.2 km	Ⓩ 667ft / 203m	ⓑ 20	●●●
	Moleka	0.75 mi / 1.2 km	Ⓝ 229ft / 70m	Ⓡ 15	●●
	Nahuia	0.75 mi / 1.2 km	Ⓢ 348ft / 106m	Ⓡ 15	●●
	Nuuanu	1.9 mi / 3.1 km	Ⓡ 963ft / 294m	ⓑ 45	●●●
	Pauoa Flats	0.75 mi / 1.2 km	Ⓜ -125ft / -38m	Ⓡ 20	●●
	Puu Ohia	0.8 mi / 1.3 km	Ⓝ 410ft / 125m	ⓕ 20	●●
	Tantalus Arboretum	0.3 mi / 0.5 km	Ⓣⓐ 82ft / 25m	Ⓣⓐ 20	●
	Ualakaa	0.5 mi / 0.8 km	Ⓜ 77ft / 23m	ⓑ 20	●
	Telephone Road	0.55 mi / 0.88 km	ⓔ 456ft / 139m	ⓕ 20	●●

1 foot = .3 meter 1 meter = 3.2 feet 1 mile = 1.6 kilometer 1 kilometer = .62 mile

POPULAR ROUTES

Manoa Falls

S O S from parking lot
2.0mi/3.2km - 400ft gain

Makiki Outer Loop

Z B J I H G F E D C A Z
6.9mi/11km - 1500ft gain

Up Trail, Down Road

Z A C D E W W N E D X M A
7.4mi/11.9km - 1500ft elev gain

Manoa to Pauoa and back

S O Q V Q O S
5.4mi/8.7km - 1300ft gain

Vi's Top of Tantalus

M B A C D E F G H I J B M
7mi/11.2km - 1750ft gain

Makiki Lower Loop

from parking lot
Z B A Z or **Z A B Z**
3.2mi/5.1km - 950ft gain

Tantalus Road/ Round Top Drive Loop

10mi/16km - 1200ft gain

Triple Trek Loop

Z A B J I H G F E D C A B Z
9mi/14.5km - 2250ft elev gain

Hurt100 Loop

Leg 1 **Z B A C D E F G R P Q O S** 7.2mi/11.5km
 Leg 2 **S O Q P U** south **T** 5.3mi/8.5km
 Leg 3 **T** south **U P R G H I J B A Z** 7.5mi/12.1km