

Brittany & Weston's Maui Hike

Brief:

- *Maui 12/31-1/9*
- *One „not too crazy” hiking day*
- *Hiking just for Weston & Brittany*
 - *If <5miles, maybe Ashley would be interested*
- *Nothing really dangerous*
- *Max 3,500 ft elevation*
- *Any day, but good to know if it is a busy trail on weekends*
- *Looking for high rewards views & interesting terrain*
- *Staying on west side of island*

General Things to Keep in Mind:

- Even easy hikes recommend sturdy hiking shoes with tread due to wide variety of loose and sharp terrain
- Bring plenty of water- the humidity and heat can get very extreme some days.
- As of mid-December there are no Covid-related park/trail closures, however hikers are reminded to keep their distance from other visitors. Though not required, it is recommended to put on a mask when passing other people on the trails.

<p>Iao Valley State Park Iao 4.6 ★★★★★ (2,803) State park · 54 S High St Tropical setting for hiking & recreation Open until 18:00</p>		
<p>Waihee Ridge Trail Waihee 4.8 ★★★★★ (699) Hiking area · Kahekili Hwy Hiking trail with scenic mountain views Open until 19:00</p>		
<p>Haleakalā Visitor Center Sliding Sands 4.7 ★★★★★ (1,412) Visitor center · Haleakala Hwy Open until 12:30</p>		

Top Overall Selection- Waihe'e Ridge Trail (Wailuku)



This hike is considered moderately difficult but the views from Lanilili Peak are stunning. Along the way you go through lush forests that are great for birdwatching. As a bonus, at $\frac{3}{4}$ miles in you'll catch peekaboo glimpses of Makamaka'ole Falls.

From the ridgeline you will get great views of the entire island: Waihe'e Valley, a massive waterfall in the distance, and the Pacific. If you go on a clear day you might get glimpses of the outer Islands of Lanai and Molaka'i. The picnic tables at the top are a great place to snack and enjoy the view.

Bring lots of drinking water and good hiking shoes. This is the rainiest part of the island and the trails can be slick with mud. Also be aware that there is limited cell service along this hike.

Practicalities:

- Northwest Maui
- 5 miles/1574 ft elevation gain
- Mostly locals, but it can get crowded. It's recommended to get there early (for the crowds, heat, and typical cloud patterns)
 - Dec 23 someone reported that the parking lots were full when they arrived at 11am (note that the 23rd would likely be a more busy-than-average day due to the increased holiday traffic)

For additional information see:

- Best overview of the trail: <https://www.100peaks.com/blog/2014/11/26/lanilili-fun-muddy-hike-peak-maui>
- Trail overview and directions: <https://www.hawaii-guide.com/maui/hiking-trails/waihee-ridge-trail>
- Trail info: <https://www.alltrails.com/trail/hawaii/maui/waihee-ridge-trail?u=i>

Extreme Selection- Sliding Sands (Keonehe'ehe'e) Trail into Haleakala Crater



Haleakala National Park is on the far side of the island (but it's a beautiful drive). There are lots of hiking options within the park, but if you are motivated enough to make it over there then you are probably motivated enough to explore the largest (10,023 ft) dormant volcano in the US, Mt. Haleakala.

From the top you can see views of Mauna Loa and Mauna Kea, both of which are 13,000+ ft volcanoes on the Big Island. You start at the summit and choose how far you want to descend into the crater. The further you go down the more moon-like the terrain becomes. The full hike is 11 miles (roundtrip) but there are multiple points of interest along the way that make respectable turn-around points. Alternatively, some people park their car at Halemau'u Visitors Center and hitchhike to the trailhead at the Haleakala Visitor Center parking lot.

- 0.25 miles to first overlook
- 3.9 miles/2500 ft elevation to the crater floor
- 5.7 miles- Pele's Paint Pot (near the north side of the Calali'I cinder cone) & Kawilinau (65 ft deep volcanic pit) are roughly the halfway point. If you are hitchhiking you will head to the Halemau'u Visitors Center from here.

Practicalities:

- East Maui, meaning ~2 hour drive from the far west side.
- \$20/car entrance fee. The pass is good for three days if you decide to take another trip to check out one of the other hikes.
- The top can be very cold (20-40 degrees)- make sure to bring layers
- Park hours are 9am-5pm
- There is no shade along the trail- bring lots of water and sunscreen
- There is no food for sale in the park

For additional information see:

- Park status updates (due to Covid or other): <https://www.nps.gov/hale/planyourvisit/conditions.htm>
- Best overview of the trail: https://www.hawaii-guide.com/maui/sights/haleakala_puu_ulaula_summit_hill

If you decide you're satisfied looking down into the volcano but don't feel up for a full-day hike there are other shorter hikes within Haleakala National Park. My recommendation would be the Pipiwai Trail, which will take you 4 miles (650 ft elevation gain) through giant bamboo forests, by a tranquil stream, an enormous banyan tree, and past two huge waterfalls: Makahiku Falls (200 ft) and Waimoku Falls (400 ft). You can learn more at: <http://mauiguidebook.com/adventures/pipiwai-trail-waimoku-falls/>

Time Filler Hike- Iao Valley State Park



This is a short easy hike but the effort-to-views ratio is great! The Iao Needle observation deck is the main highlight but that's a short walk so you will probably want to also explore the trail network that follows the lush green valley and freshwater stream. If you are already going out for a drive, need to fill a little time one day, or if you want to do a short hike with Ashley this is a good spot to check out.

This is a historically significant site. It was once a royal burial ground, the site of the Battle of Kepaniwai, and is known as the phallic stone of Kanaloa (the Hawaiian god of the ocean).

Practicalities:

- West/central Maui
 - ~20 minutes west of the Kahului Airport. This could be a good thing to tack onto one of your travel days
- 0.5 miles/ 164 ft elevation on the Iao Needle Trail
- \$5 walk-in/\$10 car fee. Paid parking by credit card only.
- Park gates open 7am-6pm

For additional information see:

- Best overview of the park: <http://mauiguidebook.com/central-maui/iao-valley-state-park/>
- Trail Info: <https://www.alltrails.com/trail/hawaii/maui/iao-needle-trail>