

Kauai Hiking Trails & Helpful Tips

AWA'AWAPUHI TRAIL

Drive 1.6 miles past the Koke'e State Park towards the Kalalau Lookout on Hwy. 550 before the 17 mile marker, you will see a clearing to the left, there is ample parking. The trail takes hikers through a lush tropical forest. It provides views of breathtaking valleys with numerous native plants & trees, ending at a pleasant, grassy picnic spot with vistas of the beautiful Na Pali coastline.

Rating: Moderate/Strenuous

Distance: 6.5 Miles Time: 3-4 Hours DriveTime: 1 Hr. & 40 Min.

NOUNOU – (SLEEPING GIANT)

There are three possible trails in this area; the following is not the shortest, but is less strenuous and very scenic. From Po'ipu, from the Tree Tunnel, get on Hwy. 50, then follow Hwy. 56 to Kuamo'o Road, Hwy580, the first intersection after crossing the bridge over Wailua River. Turn left and continue 2.4 miles to the parking area which is 0.7 miles past Opaeka'a Falls directly across from Melia Street. Sleeping Giant rests on the east coast. The trail crosses the Opaeka'a Stream and allows good views of the Wailua River valley and eastern and northeastern shoreline.

Rating: Moderate/Strenuous

Distance: 6.5 Miles Time: 3 to 4 Hours Driving Time: 15 minutes

HANAKAPI'AI BEACH & STREAM

At the end of Highway 56 beginning at Ke'e Beach, is the trail head to Hanakapi'ai Valley. Hikers are rewarded almost immediately with spectacular views of the Na Pali Coast. Flora & fauna are rich along the trail and a cool stream and beach greets you after the 2 mile walk, with clearings to relax. Strong currents may make the beach unsafe for swimming at many times during the year.

Rating: Moderate

Distance: 4 Miles Time: 3 Hours Driving Time: 1 ½ Hours

HANAKAPI'AI FALLS

To continue on towards the Hanakapi'ai Falls, follow the trail, heading inland from the beach up the valley along the west side of the stream an additional 1 ½ miles up the Hanakapi'ai Valley passing the ruins of an old coffee mill. This hike is considered more strenuous than the 2 miles of the trail and involves several stream crossings. The 250 foot waterfall at the end of the trail empties into a wonderfully icy cold pond.

Rating: Strenuous

Distance: plus 3.4 hrs. Time: plus 2-3 Hrs. Drive Time: 1 ½ Hours

WHAT YOU SHOULD KNOW BEFORE YOU DEPART

- Hike with someone, and leave your plans with a responsible person.
- Stay on the designated trails.
- Watch your footing. Trails can be treacherous when wet.
- Please care for our fragile environment.
- Prevent fires and do not litter.
- Bring a bag or container for carrying out your trash!
- Please carry out all your trash.
- Wear comfortable, sturdy walking shoes that you don't mind getting muddy.
- Bring and use effective mosquito repellent and sunscreen.
- Take water!!! No drinking water is available along the trails.
- Planning on camping in? Permits are required and area is patrolled.