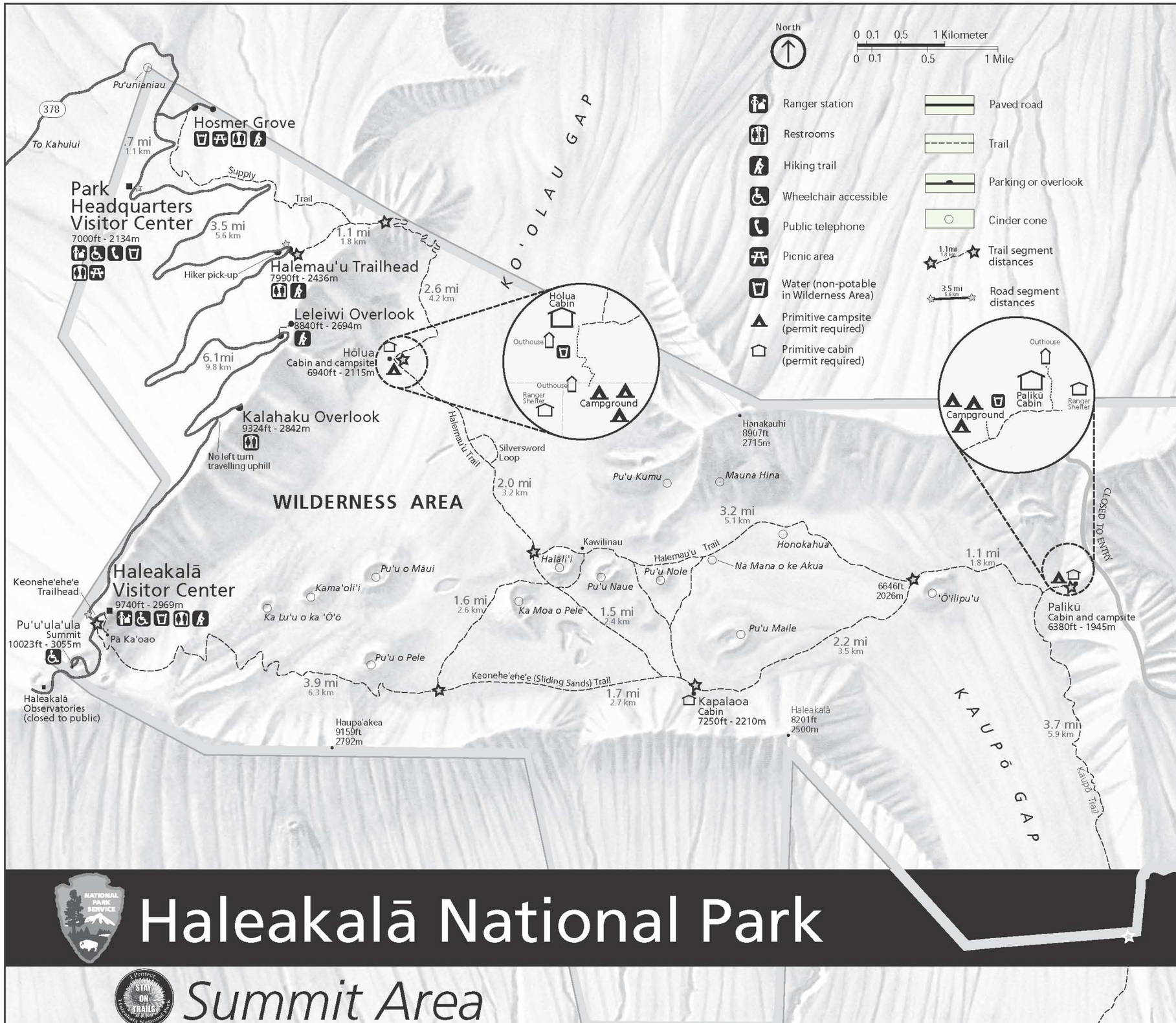


Hiking Distances

Supply Trail to Halemau'u Trail 2.3 m / 3.7 km
(975 ft / 297 m elevation change)

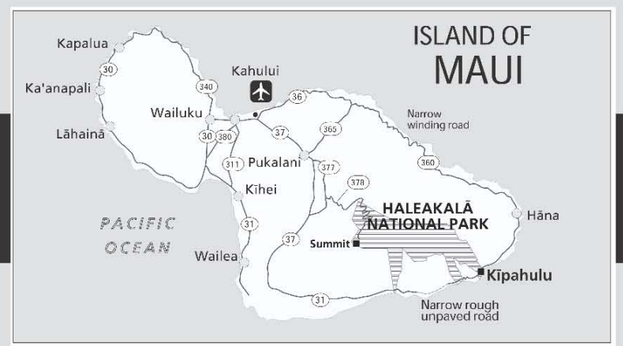
Halemau'u Trailhead to - (one way)
* Crater rim: 1.1 miles / 1.8 km
  (400 ft / 123 m elevation change)
* Hōlua: 3.7 miles / 5.9 km
  (1050 ft / 320 m elevation change)
* Silversword Loop: 4.6 miles / 7.4 km
  (840 ft / 256 m elevation change)
* Kapalaoa: 7.2 miles / 11.6 km
  (740 ft / 226 m elevation change)
* Palikū: 10.3 miles / 16.6 km
  (1619 ft / 493 m elevation change)

Leleiwi Overlook: .15 mile / .24 km (one way)
(50 ft / 15 m elevation change)

Pā Ka'oao Trail: .2 mile / .32 km (one way)
(100 ft / 30 m elevation change)

Keonehe'ehe'e Trailhead to - (one way)
* first overlook .25 mile / 0.4 km
  (50 ft / 15 m elevation change)
* Kapalaoa Cabin: 5.6 miles / 9 km
  (2490 ft / 759 m elevation change)
* Palikū: 9.2 miles / 14.8 km
  (3360 ft / 1024 m elevation change)

Palikū to - (one way)
* Park Boundary in Kaupō Gap: 3.7 mi / 5.9 km
  (2500 ft / 762 m elevation change)
* Route 31 in Kaupō: 8.6 miles / 13.8 km
  (6130 ft / 1868 m elevation change)



Haleakalā National Park

Summit Area

Summit Area

Haleakalā National Park

Interpretive Programs are offered daily to help you get the most from your visit. Check at the Headquarters Visitor Center for the current schedule.

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If you plan to hike, be sure you are prepared for the unique summit conditions. You will be hiking in a Wilderness Area where you are responsible for your own safety.

You need to carry sufficient water, sunscreen, first aid kit, clothing appropriate for a sun-intense, shade-free environment where you could be enveloped in thick clouds or rain with no notice. Temperatures can range from 30-80f degrees (0-27c) - on the same day.

• • • • •

Permits are required (and are free) for overnight trips into the Wilderness Area and are available at the Headquarters Visitor Center until 3pm daily.

• • • • •

In an emergency, call 9-1-1.
A payphone is available at the Headquarters Visitor Center.

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Come prepared. No food, water or gas is sold in the park.

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For information on seasonal visitor center hours:
808-572-4400
www.nps.gov/hale

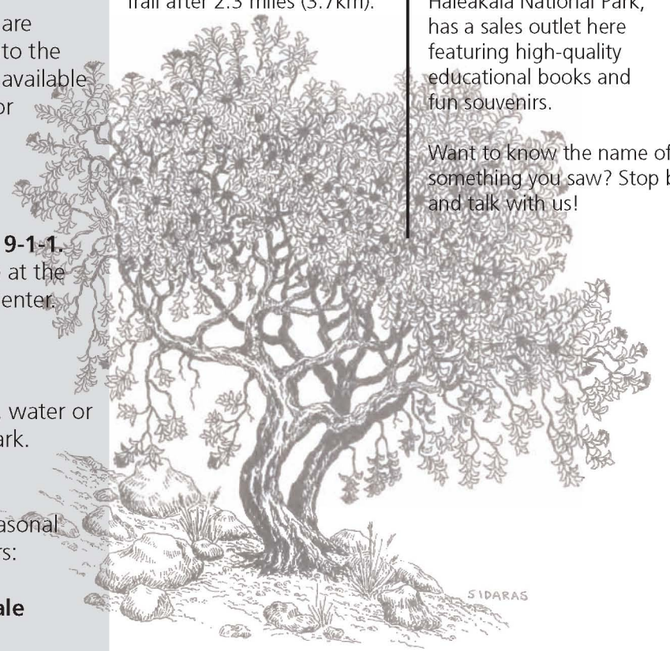
Hosmer Grove

Elevation 6750ft/2059m

Just one mile below the Headquarters Visitor Center is the turn-off to Hosmer Grove. Here you can enjoy a short trail through the native shrubland habitat. This is a good place to look for at least four honeycreepers – native forest birds which can be spotted here regularly.

The small parking lot along the Hosmer Grove Road is also the meeting point for the Waikamoi Preserve hikes led by park staff. Inquire at the Headquarters Visitor Center for availability as the Preserve is strictly off-limits except with a guide.

The Supply Trail is also accessible from this point, leading uphill through the native alpine shrubland to meet up with the Halemau`u Trail after 2.3 miles (3.7km).



Headquarters Visitor Center

Elevation 7000ft/2134m

This Visitor Center is usually the first stop for park visitors, offering park information, permits, sales, interpretive program information and flush toilets.

If you are planning to hike in the park during your visit please stop here to get the latest on trail conditions, safety information and any necessary permits.

This is also the best spot to get your Junior Ranger started on an engaging self-guided children's program. Ask at the desk for a Junior Ranger book if you are visiting with a child 7 to 12 years old.

The Hawai`i Natural History Association, a non-profit supporting the work of Haleakalā National Park, has a sales outlet here featuring high-quality educational books and fun souvenirs.

Want to know the name of something you saw? Stop by and talk with us!

Halemau`u Trailhead

Elevation 7990ft/2436m

The Halemau`u Trail begins here and leads through the shrubland to dramatic views at the valley rim before descending into the Wilderness Area. This is the launching point for many backpacking trips, with overnight parking available. Be sure you have the necessary permits before beginning any overnight adventure.

A 2.2 mile (3.5km) round-trip hike takes you through the native shrubland to the rim of the erosional valley where the 1000 foot (305m) cliff drops away below you revealing the volcanic history of the mountain.

A popular 11-mile (17.8km) full-day hike ends at this trailhead, but begins at the Keonehe`ehe`e Traihead 7 miles (11km) up the road. The park cannot offer shuttles for hikers, but one way to do this hike is to take advantage of the "hiker pick-up" spot available here. Park in the lot, then walk across the road and follow the short path to the marked pull-off area along the road. Another park visitor can now give you a lift to the Haleakalā Visitor Center where you can start your trip. We strongly recommend that you leave your car here at this trailhead's parking lot early in the day before you begin your hike. Getting a ride from another visitor is much easier in the morning than later in the day when there are fewer drivers heading up the mountain.

Leleiwi Overlook

Elevation 8840ft/2694m

A short, .5 mile (.8km) round-trip trail begins across the road from the parking lot and brings you to a wind shelter with an impressive view of the cindercones and cliffs of the Wilderness Area.

The ecosystem here is a boundary zone between the sub-alpine shrubland and the alpine cinder-desert, with many unusual native species. The rocky landscape is home to rare endemic insects and plants and the cliffs below the overlook are the seasonal nesting grounds of *`ua`u* – endangered burrowing seabirds. If you visit at sunset between the months of March and October you may be lucky to hear the haunting calls of a bird returning to its nest. A flashlight will see you safely back to your car, but should never be used to spotlight the birds.

Obviously, all vistors must always stay on marked trails here and throughout the entire park. This is a very sensitive environment – especially for those who make it their home.

Haleakalā Visitor Center

Elevation 9740ft/2969m

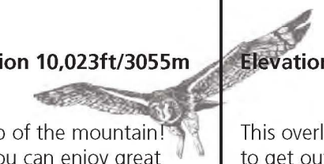
This small stone building at the edge of the cliff is a historic visitor center – it has been sheltering park visitors since 1936. Park staff are available from sunrise until 3pm daily to answer help you plan your visit and answer your questions. Be sure to inquire about any interpretive programs that may be offered during your visit.

Just outside the Visitor Center the Pā Ka`oao Trail leads 100 ft (30m) up to the top of great overlook point. Walk slowly up the .4 mile (.6km) round-trip trail – you'll quickly notice the high elevation conditions!

On the opposite end of the parking lot you will find the trailhead of Keonehe`ehe`e Trail (Sliding Sands Trail). This trail through the colorful cinder desert leads deep into the Wilderness Area and can be a starting point for a short stroll or a 3-day backpacking trip.

Pu`u`ula`ula Summit

Elevation 10,023ft/3055m



The top of the mountain! Here you can enjoy great 360-degree views, ahinahina (silversword), and an enclosed viewing area to get out of the wind.

At 10,023 feet (3055m), this is an extraordinary place for any celestial viewing – watch the clouds change, take in a sunset, or enjoy an unparalleled view of the stars.

The *`āhinahina*, or silversword can be seen here. This unique plant grows as a compact rosette for years before if sends up an enormous blooming stalk of purple flowers, signaling the end of its lifecycle. It can take 5-50 years for the plant to bloom. It relies on tiny native insect pollinators who live among the rocks here. Please stay on the trails so that both plants and insects can continue their partnership.

Kalahaku Overlook

Elevation 9324ft/2842m

This overlook is a great place to get out and take a look, but it is only accessible when you are heading DOWN the mountain. Please do not try to turn into this overlook when you are up-bound, it is a dangerous curve.

Great views down the mountain are accessible from the parking lot, or take the short path and stairs to a different perspective viewpoint of the cindercones along the summit rift zone. On a clear day you might spot the highest peaks of Hawai`i Island in the distance, Mauna Kea and Mauna Loa, 85 and 100 miles (137 and 169 km) to south-southeast.

Why stay on trail? ***These areas are significant to those who live here. You are visiting a park with sensitive cultural sites and the home of some of the world's rarest species of plants and animals. Haleakalā National Park is here to protect these sites, these species and their habitats. Please be respectful and help us protect these resources by walking only on marked trails at all times.***
It's the law.