This short, fairly flat trail leads to a rough and rocky section of road and the trailhead. This rough section of road will lead you to three exhibits at the end of the paved road in Vatia Village. Due to unfriendly dogs, ask for permission from the house owner to access. Aua to a sign on the left marking the trailhead next to a private house. Park at the private house without blocking driveway for directions to the trailhead.

1. **Tutuila Island**
   - **Lower Sauma Ridge Trail**
     - **Distance:** 0.3 mi / 0.5 km roundtrip
     - **Moderate**
     - Description: From Pago Pago, drive toward Aua on Route 001. Continue past the culturally important Saua site to the Si'u Point Trail. The trailhead is actually a continuation of the main village road ends and continues eastward. This trail follows an old road in the coastal forest and plant native species. About halfway up the trail is a banana and coconut plantation. Great views of the coastline through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.
   - **Oge Beach Trail**
     - **Distance:** 5.5 mi / 8.9 km roundtrip
     - **Moderate**
     - Description: The trailhead is located at Fagasa Pass, 1.2 miles from Fiti’uta. As you pass the last houses, the road becomes dirt. Continue down the road to where it intersects with another road. Turn right until you reach Route 001. Turn left onto Route 001 to return to the parking lot. These trails are located outside of the national park.
   - **Mount ‘Alava Adventure Trail**
     - **Distance:** 5.6 mi / 9 km roundtrip
     - **Challenging**
     - Description: Hike past multiple World War II installations that helped protect Pago Pago Harbor after the bombing of the naval base. Also, enjoy the tropical rainforest and listen to native birds and plants. From Pago Pago, drive toward Aua on Route 001. Continue past the culturally important Saua site to the Si’u Point Trail. The trailhead is actually a continuation of the main village road ends and continues eastward. This trail follows an old road in the coastal forest and plant native species. About halfway up the trail is a banana and coconut plantation. Great views of the coastline through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.
   - **Mount ‘Alava Heritage Trail**
     - **Distance:** 1.3 mi / 2.1 km roundtrip
     - **Challenging**
     - Description: Also, enjoy the tropical rainforest and listen to native birds and plants. From Pago Pago, drive toward Aua on Route 001. Continue past the culturally important Saua site to the Si’u Point Trail. The trailhead is actually a continuation of the main village road ends and continues eastward. This trail follows an old road in the coastal forest and plant native species. About halfway up the trail is a banana and coconut plantation. Great views of the coastline through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.

2. **Manu’a Islands**
   - **Siu Point Trail**
     - **Distance:** 7.3 mi / 11.7 km roundtrip
     - **Moderate**
     - Description: Enjoy tropical rainforest and listen to native birds and plants. From Pago Pago, drive toward Aua on Route 001. Continue past the culturally important Saua site to the Si’u Point Trail. The trailhead is actually a continuation of the main village road ends and continues eastward. This trail follows an old road in the coastal forest and plant native species. About halfway up the trail is a banana and coconut plantation. Great views of the coastline through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.
   - **Tumu Mountain Trail**
     - **Distance:** 12 mi / 19 km roundtrip
     - **Challenging**
     - Description: Enjoy tropical rainforest and listen to native birds and plants. From Pago Pago, drive toward Aua on Route 001. Continue past the culturally important Saua site to the Si’u Point Trail. The trailhead is actually a continuation of the main village road ends and continues eastward. This trail follows an old road in the coastal forest and plant native species. About halfway up the trail is a banana and coconut plantation. Great views of the coastline through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.

3. **Salea Island**
   - **La’ala Shoreline Trail**
     - **Distance:** 0.3 mi / 0.5 km roundtrip
     - **Moderate**
     - Description: Enjoy tropical rainforest and views from Ofu’s Le’ala Shoreline. The steep trail travels through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.
   - **Mount Fatalele Trail**
     - **Distance:** 5.5 mi / 8.9 km roundtrip
     - **Challenging**
     - Description: Enjoy tropical rainforest and views from Ofu’s Le’ala Shoreline. The steep trail travels through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.

4. **Ofu Island**
   - **Mount Ofe Trail**
     - **Distance:** 1.7 mi / 2.7 km roundtrip
     - **Challenging**
     - Description: Enjoy tropical rainforest and views from Ofu’s Le’ala Shoreline. The steep trail travels through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.
   - **Mount Tuma Trail**
     - **Distance:** 11 mi / 17.7 km roundtrip
     - **Challenging**
     - Description: Enjoy tropical rainforest and views from Ofu’s Le’ala Shoreline. The steep trail travels through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.

5. **Alofi Island**
   - **Cu’u Beach Trail**
     - **Distance:** 0.6 mi / 1 km roundtrip
     - **Moderate**
     - Description: Enjoy tropical rainforest and views from Ofu’s Le’ala Shoreline. The steep trail travels through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.
   - **Si’ua Point Trail**
     - **Distance:** 5.6 mi / 9 km roundtrip
     - **Challenging**
     - Description: Enjoy tropical rainforest and views from Ofu’s Le’ala Shoreline. The steep trail travels through thick vegetation with periodic views of the ocean. Following the trail, you’ll see the park’s efforts to remove invasive trees with fruit bats and many types of birds. Along the trail is Pola Island, a nesting area for seabirds. Local park guides are often available for all Manu’a trails. Contact the national park for more information.