Day Hikes

Pola Island
- This short, fairly flat trail leads to a rough and rocky beach with views of the coastline and Pola Island.
- Distance: 0.1 mi / 0.2 km roundtrip
- Please Note:
  - Due to unfriendly dogs, please drive past the last house just before the US Mart. Follow the road past the landfill before the Vatia School (Mount Alava).

Fagatele Bay Trail
- This trail is located outside of the national park. It begins in the village of Fagasa Pass, 1.2 miles from the village road and continues a short distance to the water tank. Continue past the water tank on the left. Ask for permission from the house owner to park at the private house without blocking driveway.
- Distance: 1.1 miles / 1.8 km past the intersection with Route 006, in and out of ancient volcanic craters and comes to the summit of the Mount Alava Adventure Trail
- Distance: 5.7 mi / 9.2 km roundtrip
- Challenging

Lealoa Hill Trail
- This trail is located outside of the national park.
- Distance: 0.3 mi / 0.5 km roundtrip
- Blunts Point Trail
- This trail follows an old road in the coastal forest and offers spectacular views of the area. There are other trails, minimally maintained and challenging, including Luatele Crater, Laufuti Falls, and Piumafua Mountain trails.
- Distance: 1.0 mi / 1.6 km roundtrip
- Moderate

Challenging

Blunts and Breakers Point Trails
- This challenging loop trail takes you along ridgelines and spectacular views of the northeast coastline of the island and the Tufi Mountains. Hike up and down “ladders” or steps with ropes to a quiet, rocky beach.
- Distance: 56 ladders and 783 steps! The trail leads to the Mount Alava Summit, overlooking two of the largest beaches on the island, and provides access to the Le’ala Shoreline National Natural Landmark.
- Distance: 1.7 mi / 2.7 km roundtrip
- Moderate

Tumu Mountain Trail
- This challenging loop trail incorporates a tramway used to transport visitors to the summit of Mount Alava. Aua to a sign on the left marking the trailhead next to a large beach with views of the coastline and Pola Island.
- Distance: 2.7 mi / 4.3 km roundtrip
- Challenging

Manu’A Islands
- There are several other trails, including Luatele Crater, Laufuti Falls, and Piumafua Mountain trails.
- Distance: 1.0 mi / 1.6 km roundtrip
- Moderate

Yu’u Point Trail
- This trail follows a short coastal forest path along the north shore of the national park. It leads to a remote, secluded beach with fantastic views of Pola Island and Mount Alava.
- Distance: 0.7 mi / 1.2 km roundtrip
- Moderate

Le’ala Ridge Trail
- This challenging loop trail offers spectacular views of the north and central parts of the island and the Vai’ava Strait National Natural Landmark.
- Distance: 1.5 mi / 2.4 km roundtrip
- Moderate

Turtle Rock Trail
- This trail is located outside of the national park.
- Distance: 0.6 mi / 1.0 km roundtrip
- Moderate

Lower Sauma Ridge Trail
- This trail is located outside of the national park.
- Distance: 0.8 mi / 1.3 km roundtrip
- Moderate

Blunts Point
- This trail is located outside of the national park.
- Distance: 1.0 mi / 1.6 km roundtrip
- Moderate

Breakers Point Trail
- This trail is located outside of the national park.
- Distance: 1.0 mi / 1.6 km roundtrip
- Challenging

Tuafanua Trail
- This trail is located outside of the national park.
- Distance: 1.0 mi / 1.6 km roundtrip
- Challenging

Fagatele Bay Trail
- This challenging loop trail takes you along ridgelines and spectacular views of the Le’ala Shoreline National Natural Landmark.
- Distance: 1.0 mi / 1.6 km roundtrip
- Challenging

Blunts Point Trail
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Mount Alava Trail
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