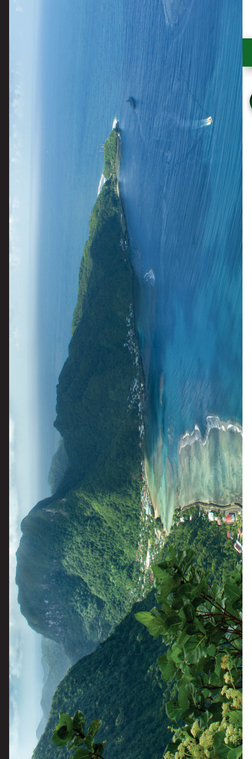
National Park Service
U.S. Department of the Interior

National Park of American Samoa
Day Hikes



TUTUILA ISLAND

Please Note: *The colored circles with numbers refer to the trail location on the backside map.*

Easy

1 Pola Island Trail

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

Due to unfriendly dogs, **please drive past the last house at the end of the paved road in Vatia Village**. This rough section of road will lead you to three exhibits and the trailhead.

Vatia Village

Pola Island

National Park of American Samoa
Pago Pago, AS 96799
684-633-7082, ext. 22
npsa_info@nps.gov
www.nps.gov/npsa

All trails listed in this brochure are maintained by the National Park of American Samoa, except as noted.

Moderate

2 Lower Sauma Ridge Trail

This interpretive trail takes you to an archeological site of an ancient star mound. Along the trail are exhibits and spectacular views of the northeast coastline of the island and the Vai'ava Strait National Natural Landmark. Visible looking north is the tall and skinny Pola Island, a nesting area for seabirds.

■ **Distance:** 0.4 mi / 0.6 km roundtrip

3 Fagatele Bay Trail

This trail is located outside of the national park, on private land, and provides access to the Fagatele Bay National Marine Sanctuary.

Turtles, whales, sharks, and giant clams all find refuge in this protected area.

■ **Distance:** 1 mi / 1.6 km roundtrip

Travel west on Route 001 to Futiga Village and turn left just before the US Mart. Follow the road past the landfill until you reach a locked gate. **Ask for permission from the family at the end of the road to hike past the gate.** The family might charge a fee. Follow the trail to a small beach. For more information call 684-633-5155.

4 Le'ala Shoreline Trail

This trail is located outside of the national park, on private land, and provides access to the Le'ala Shoreline National Natural Landmark.

Beginning in the village of Vailoatai, this trail follows the coastline through thick vegetation with periodic views of the Le'ala Shoreline. The steep trail travels in and out of ancient volcanic craters and comes to an end at the junction with the Fagatele Bay National Marine Sanctuary Trail.

■ **Distance:** 3.2 mi / 5.2 km roundtrip

5 Tuafanua Trail

Hike up switchbacks from Vatia Village through lush tropical rainforest to a hidden coastline. At the ridge-top, enjoy ocean views before a steep descent on several ladders with ropes to a quiet, rocky beach and view of Pola Island. The trailhead can be found just before the Vatia School (Mount 'Alava Elementary). **Closed on Sundays.**

■ **Distance:** 2.2 mi / 3.5 km roundtrip

WARNING: Do not to enter the ocean at the beach due to dangerous waves and currents.

6 Blunts Point Trail

This trail is located outside of the national park.

Located at the top of this point is a gun battery that protected Pago Pago Harbor after the bombing of Pearl Harbor in 1941. They symbolize American Samoa's importance as a route from the United States to Australia and New Zealand.

■ **Distance:** 0.6 mi / 1 km roundtrip

Located between Faga'alu and Utulei on the coast road. Look for the sign next to the IBM Laundromat marking the path to this site. Park at the public parking lot on the harbor side, 100 yards from the trailhead. When the trail reaches the water tank, continue past it on the left.

Blunts Point

7 World War II Heritage Trail

Hike past multiple World War II installations that helped protect American Samoa from a Japanese invasion. Also, enjoy the tropical rainforest and listen to native bird songs. Along the last section of the trail, experience many steep "ladders" or steps with ropes that end where a tramway used to transport visitors to the summit of Mount 'Alava.

■ **Distance:** 1.7 mi / 2.7 km roundtrip

See *(6) Blunts Point Trail* for directions to the trailhead. After reaching the end of the trail, at the former tramway, continue down the road to where it interesects with another road. Turn right until you reach Route 001. Turn right onto Route 001 to return to the parking lot.

Challenging

8 Mount 'Alava Trail

Enjoy hiking through a tropical Samoan rainforest with fruit bats and many types of birds. Along the trail you'll see the park's efforts to remove invasive trees and plant native species. About halfway up the trail is a banana and coconut plantation. Great views of the northwest side of the island along the way lead you to panoramics of the central areas of Tutuila Island. See cover photo for view from the summit.

■ **Distance:** 7 mi / 11.3 km roundtrip

The trailhead is located at Fagasa Pass, 1.2 miles from Route 001 in Pago Pago.

Challenging

9 Mount 'Alava Adventure Trail

This challenging loop trail takes you along ridgelines with views of the north and central parts of the national park and island. Hike up and down "ladders" or steps with ropes for balance. There are a total of 56 ladders and 783 steps! The trail leads to the Mount 'Alava Summit, returning down another steep section of trail to Vatia Village, and loops back along the road to the trailhead.

■ **Distance:** 5.6 mi / 9 km roundtrip

The trail begins across the road from the national park faleo'o and trailhead for the Lower Sauma Ridge Trail.

MANU'A ISLANDS

There are other trails, minimally maintained and challenging, including Luatele Crater, Laufuti Falls, and Piumafua Mountain trails. Local park guides are often available for all Manu'a trails. Contact the national park for more information.

Moderate

10 Si'u Point Trail

This trail follows an old road in the coastal forest past the culturally important Saua site to the southeast tip of Ta'u.

■ **Distance:** 5.7 mi / 9.2 km roundtrip

The trailhead is actually a continuation of the main road in Fiti'uta. As you pass the last houses, the road becomes dirt.

11 Oge Beach Trail

This trail traverses the shoulder between Mata'ala Ridge and Maga Point, where boobies and frigate birds are often seen. Follow the trail down slope past Maga Point to emerge at Oge, a remote coral rubble beach that faces Ta'u. The hike continues as a beach walk to Leala Point. This trail is maintained in partnership with the village of Olosega.

■ **Distance:** 2.7 mi / 4.3 km roundtrip

The trailhead starts by the landfill where the Olosega village road ends and continues eastward.

Challenging

12 Tumu Mountain Trail

This trail is located outside of the national park.

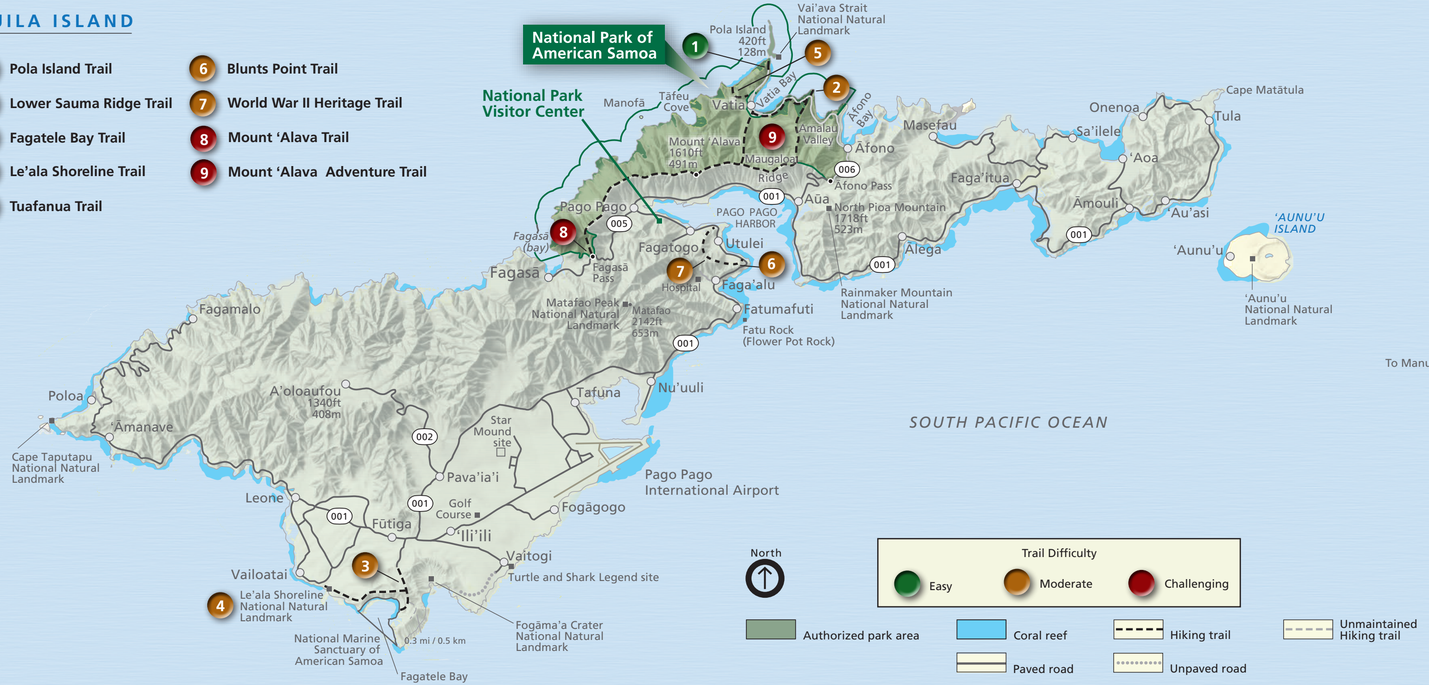
Enjoy tropical rainforest and views from Ofu's highest point at 1,621 ft / 494 m. From the top, continue another 1/4 mile on the new Tumu Mountain Trail extension to a rock outcropping on the Leolo Ridge with stunning views of three Manu'a islands and the coral lagoons in the national park.

■ **Distance:** 5.5 mi / 8.9 km roundtrip

This trail starts near the Ofu Harbor and follows an old road to the summit.

TUTUILA ISLAND

1. Pola Island Trail
2. Lower Sauma Ridge Trail
3. Fagatele Bay Trail
4. Le'ala Shoreline Trail
5. Tuafanua Trail
6. Blunts Point Trail
7. World War II Heritage Trail
8. Mount 'Alava Trail
9. Mount 'Alava Adventure Trail

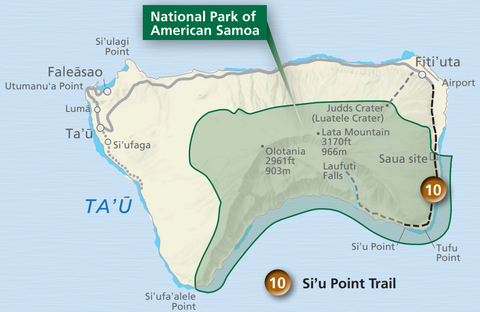


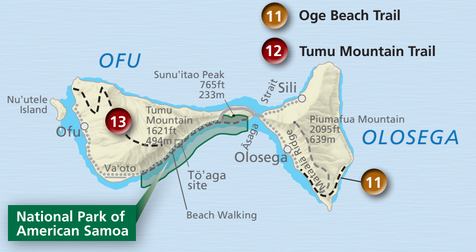
Tropical Rainforest

Fale at the Lower Sauma Overlook

Emporer Angelfish

MANU'A ISLANDS





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