

'Iao Valley Trails (from BestMauiHikes.com)

Experience Level:	Novice
Length:	0.6 – 1 Miles
Hike time:	30 min. to 1 Hour
Elevation Gain:	150 – 200 Feet

Hike Location: West Maui Mountains above the town of Wailuku; Iao Needle Overlook, Botanical Garden, and Streamside Trail, Iao Valley State Park.

Hike Description: This short but inspirational hike provides clear paved paths and footbridges throughout the six-acre Iao Valley State Park. The Iao Valley is an ancient and sacred site.

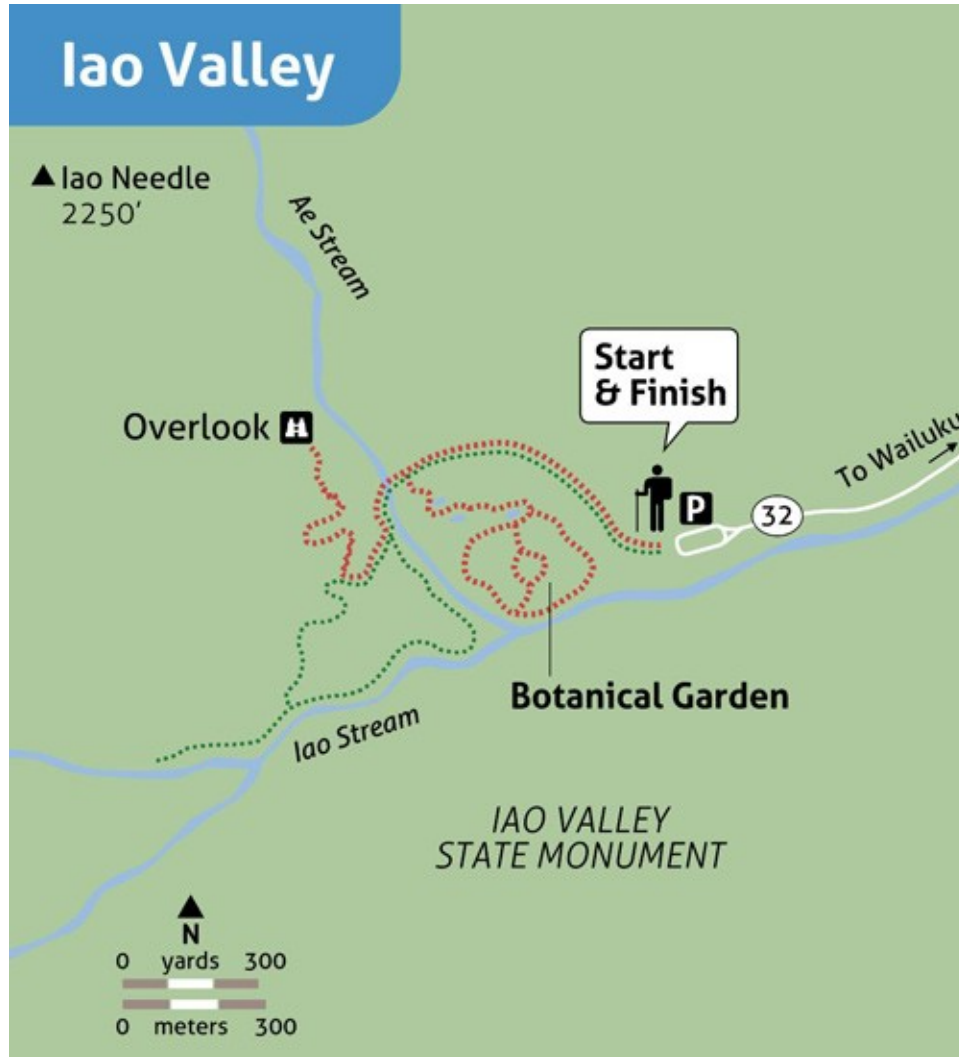


This spiritual center lies in a lush green gorge in the West Maui Mountains and is home to the Iao Needle, or Kukaemoku. This moss-covered volcanic rock shoots up 1,200 feet from the floor of the valley. All total, this ancient stone is over 2,000 feet tall, a part of Hawaiian legend, and one of the most photographed spots in the Hawaiian islands.

Iao Valley is also the spot of the Battle of Kepaniwai, which made way for the union of the Hawaiian Islands in 1790. The Iao Valley's Hawaii Nature Center has child-friendly ecology exhibits, an ethno botanical plant garden, shady tropical forests, and waterfalls that flow into natural swimming pools.

The ceremonious walk up the hundred or so steps to the scenic view from the Iao Needle Overlook is worth every step. The view is serene and breathtaking. From the overlook you can see Wailuku, the Iao Valley, the Iao Needle, and the steep valley walls. From the nature trail that runs through the tropical botanic gardens beside the banks of the Iao Stream to the shady tropical forests, this is one hike that the whole family will love.

Directions to Trailhead: From downtown Kahului, head North-West into Wailuku. You'll be on Highway 32 which is also called Ka'ahumanu Road. You will enter a residential street which is actually highway 320 and continue for about 2.8 miles. Park in a numbered stall and pay the parking fee.



What to bring: Water, snacks, camera and mosquito repellent.

Tips & Advice: The park is no longer free. At last check the fee was \$5.00 for vehicles. Park in a numbered stall and pay at the automated kiosk.

Special Instructions: This is a great hike for any experience level.

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