

WAIKAMOI PRESERVE HIKE INFORMATION



Most trips range from **moderate to strenuous hiking** levels, in **high elevation, uneven terrain**. The air is thin, and even physically fit people can get winded on the trails.

Weather is unpredictable, so come prepared (it's not unusual to have rain in the *rainforest*). You should be in good physical condition with a tolerance to variations in weather, and not be afraid to get dirty.

Be prepared to **stay with your group and hike leader for the duration of the hike**. There are not enough hike leaders available to escort individuals wishing to leave the group early. Hike participants are not allowed to leave or separate from the group on their own since they may get lost or locked inside access gates. Prior to the hike, please let hike organizers know **if you have any physical limitations** (such as asthma or other breathing difficulties, allergies, leg/knee problems, heart conditions, etc). Take necessary medications, especially if they help you with challenges associated with hiking in high elevation, uneven terrain.

---If you are unsure that you will be able to handle these physical challenges, please talk with the organizer to confirm your ability. In some cases, it may be better to decline the hike rather than put yourself or the group through unnecessary stress---

BOARDWALK HIKE DESCRIPTION--THE NATURE CONSERVANCY'S WAIKAMOI PRESERVE:

Going down is relatively easy, using caution on slippery tree roots as you hike through an experimental conifer plantation installed in 1946. The trail goes along a 4WD road for over a ½ mile then becomes single-file all the way down to bottom of boardwalk, with a platform for folks to sit. **The multi-stepped boardwalk has no railings**. Hike leads to area of **intact native forest with native bird viewing**. Hike leaders will stop on the way at openings for all to catch up and look at available views. (Hike leaders are quite knowledgeable about Hawaiian natural history and this area, so please show consideration as they provide you interpretation). When heading back up from this trail, it's good to stop every 5 minutes to take a drink, catch one's breath, and allow the hikers to re-group during the steep ascent.

TOTAL HIKE TIME: 3 to 5 hours depending on how long group wishes to stop.

TOTAL HIKE DISTANCE: approximately 3 miles roundtrip

TOTAL ELEVATION DESCENT/ASCENT: 700 ft

WHAT YOU NEED TO WEAR:

- Long pants
- Layered clothing in the event of cold weather
- Sturdy footwear (good traction and ankle support preferred)

WHAT YOU NEED TO BRING:

- Raingear or ponchos
- A fleece or warm jacket
- Plenty of water (at least 2L per person)
- Snacks or lunch
- Sunscreen and/or hat
- Binoculars or camera
- Medications you might need
- Backpack to carry it all and leave your hands free
- And a good attitude!
- Pack out what you bring in, especially trash

COVID-19 Health Checks day of the hike

- No COVID symptoms, temperature is **100.4°F** or over, or signs of illness before the hike. Stay home if you are ill
- Bring a face covering for use when required where 6 feet cannot be maintained
- Pack your own hand sanitizer to use when needed
- It is not advised to share food or drink with anyone.
- The goal to keep everyone on the hike safe and allowing for these activities to proceed.

*** AN IMPORTANT NOTE ON GEAR ***

Due to the threat of Rapid 'Ōhi'a Death (ROD), No GEAR that has been to Hawai'i island in the past 6 months is allowed in the Preserve. We kindly ask that you disclose if you have visited Hawaii island, and natural areas on Kauai, or Oahu within the last 3 months prior to the hike. Your honesty is very much appreciated to protect our forest from this deadly disease. Visitors to Maui -- please plan your trip to Maui first before going to the other islands.

All gear should be cleaned of mud and other debris that could carry hitchhiking weed seeds.

You will be required to decontaminate your gear using an alcohol-based spray solution and other methods.

