

On all hikes group assemble to sign liability waivers, make sure all are equipped properly for hike, and listen to important information from hike leaders before starting. The only restrooms are located at the campground and must be used then before beginning hike.

**BIRDLOOP HIKE TRAIL DESCRIPTION--THE NATURE CONSERVANCY'S WAIKAMOI PRESERVE:**

The hike begins along a 4WD road with plenty of slippery roots and rocks, and after ¼ mile ends up at the top of the West end of the Birdloop. From there, the trail turns to single file and the group is advised to stick to the trail to avoid stepping on endangered native flora planted off the trail. Dominant canopy is a large conifer plantation, with **pockets of koa and 'ōhi'a** along Waikamoi gulch. The trail becomes steeper and more uneven as it descends into Waikamoi gulch, where there is a rocky streambed with potential for slipping. Trail then ascends up a short switchback to openings to view into the gulch below. The switchbacks on either side of the streambed are best for **native bird viewing**. After another 250 yards, the trail meets the jeep road and one is again engulfed in the conifer plantation. Another good bird viewing area is along the road near the wooden sign that says 'Waikamoi Preserve'. There is a clearing where the smaller gully is dominant with a variety of native vegetation, and when the 'ōhi'a trees are blooming, there is a constant stream of birds.

Road continues and connects with the one initially accessed until it leads back to gate.

**TOTAL HIKE TIME:** 2 to 3 hours depending on how long the group wishes to stop.

**TOTAL HIKE DISTANCE:** 1.25 miles

**TOTAL ELEVATION DESCENT/ASCENT:** 450 ft.

---

**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. **No infants or small children are allowed unless cleared beforehand by TNC staff !**

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.---***

**WHAT YOU NEED TO BRING:**

- Sturdy footwear (good traction and ankle support preferred)
- Long pants, layered clothing in the event of cold weather
- Raingear or ponchos
- Water, snacks or lunch
- Sunscreen and/or hat
- Binoculars or camera
- Backpack to carry it all and leave your hands free
- And a good attitude!

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