

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.

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

Hiking down is relatively easy, but one must use 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 sitting and viewing. **The multi-stepped boardwalk has no railings.** On the boardwalk you will view ancient Hawaiian forest and witness recovery of critical watershed that has been saved from damage by feral pigs. This highly *intact native forest is rare in Hawaii and you will be inspired by many opportunities to view Hawaii's remarkable native honeycreepers.* When heading back up from this trail, it's good to stop every 5 to 10 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 the group wishes to stop.

TOTAL HIKE DISTANCE: 3 miles

TOTAL ELEVATION DESCENT/ASCENT: 700 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--