



# Trail Safety



NPS / Carrie Mardorf

Kalaupapa's *pali* (cliff) trail consists of 26 switchbacks, with a 1,700 foot elevation change in 3.5 miles. The trail is strenuous.

## Park Information

Kalaupapa National Historical Park (NHP) preserves the cultural and natural resources of two Hansen's disease (leprosy) settlements on the island of Molokai in Hawai'i. Today, the disease poses no public threat, but the peninsula remains closed to protect the privacy of the resident-patients still living in the settlement. The park is open to the public; however, visitation is limited in accordance with Hawai'i State law.

## Permitted Access

All visitors must be part of a scheduled commercial tour and require a permit. Hiking the *pali* trail without a permit is strictly prohibited. Violators are subject to citation and/or arrest. Children under the age of 16 are not permitted on the trail or to visit Kalaupapa settlement.

Permits to hike the trail and tour Kalaupapa settlement can be arranged through a commercial tour company. Visitors are encouraged to make these reservations in advance. For more information about tours, refer to the park webpage: <http://www.nps.gov/kala/planyourvisit>.



NPS/Tim Jordan

The *pali* trail traverses down some of the world's tallest sea cliffs to the broad, flat Kalaupapa peninsula below.

## Trail Safety

The 3.5 mile *pali* trail to Kalaupapa is extremely strenuous with steep, uneven surfaces. Trail conditions can be wet and muddy in the winter and hot and humid in the summer. Footing can be slippery. A rain jacket, brimmed hat, and sunscreen are recommended. Visitors who hike the trail should carry plenty of water. *Hiking the trail is physically demanding and careful consideration should be given to your physical fitness level before beginning the hike.*

If you are injured on the trail, please be aware that there are no medical services at Kalaupapa. Response time for any injuries may take hours. Additionally, lack of cell phone reception can make calling for help difficult.

## Before You Begin Your Hike

- Plan ahead and be prepared. Find out trail conditions before hiking. Wear proper clothing and footwear.
- Communicate your plans. Tell someone what time you plan to start hiking and what time you will return.
- Know your abilities. Some level of fitness is needed to hike the trail. Do warm up stretches before your hike. Take a 10-minute break at least once every hour.
- Pack lightly. The less you carry down, the less you have to carry up.
- Be aware of your surroundings. Landslides and falling rocks are not uncommon in rainy conditions.
- Stay hydrated. Drink water frequently and eat often.
- Watch your time. Coming up may take more than twice as long as your descent.
- Mules have the right of way.