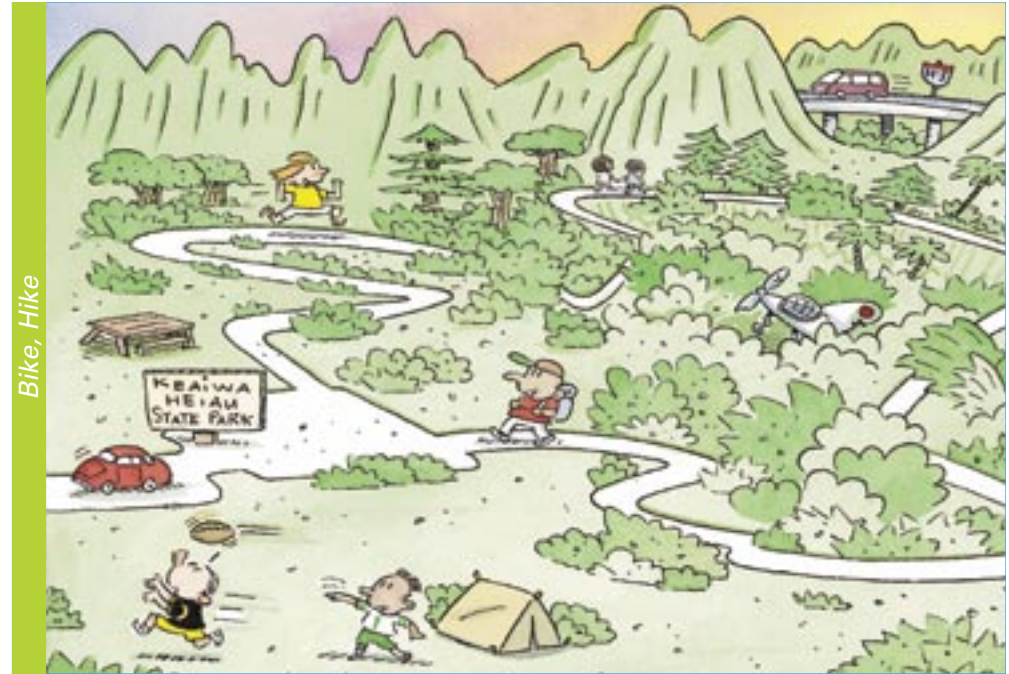


1 Ko Olina Beach

Location: Ko Olina Resort

Description: A paved, level path stretches along the shores of four man-made lagoons. The distance from the first lagoon (Kohola) to the last (Ulua) is 1.3 miles. Rock barriers at each lagoon provide calm waters for swimming and snorkeling, however there are strong currents and high surf in the channels. There are no lifeguards on duty.

Tip: Limited public parking is available at each lagoon.



2 Aiea Loop Trail

Location: Keaiwa Heiau State Recreation Area, Aiea

Description: This 4.5-mile loop trail winds through shady forests and lush vegetation. Trail access begins next to the restrooms in the upper parking lot. Sights include a crashed WWII cargo plane and views of Halawa Valley, Pearl Harbor, Diamond Head, and the Waianae and Koolau mountain ranges. Park benches are placed along the trail.

Tip: Have proper footwear to manage hiking on protruding and sometimes slippery roots.