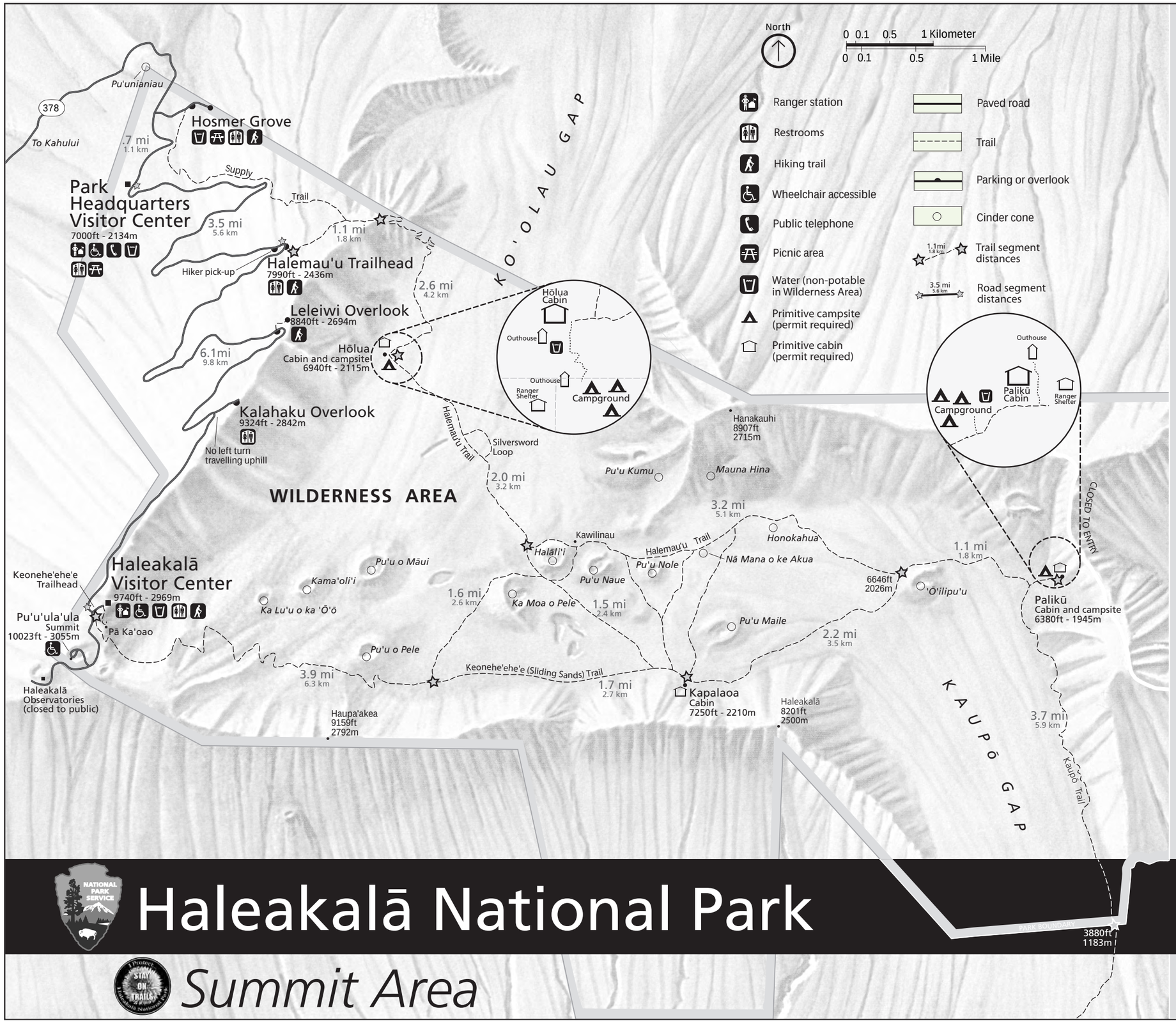


# Hiking Distances

*Supply Trail to Halemau'u Trail 2.3 m / 3.7 km*
*(975 ft / 297 m elevation change)*

*Halemau'u Trailhead to -* (one way)
* valley rim: 1.1 miles / 1.8 km
(400 ft / 123 m elevation change)
* Hōlua: 3.7 miles / 5.9 km
(1050 ft / 320 m elevation change)
* Silversword Loop: 4.6 miles / 7.4 km
(840 ft / 256 m elevation change)
* Kapalaoa: 7.2 miles / 11.6 km
(740 ft / 226 m elevation change)
* Palikū: 10.3 miles / 16.6 km
(1619 ft / 493 m elevation change)

*Leleiwi Overlook:* .15 mile / .24 km (one way)
(50 ft / 15 m elevation change)

*Pā Ka'oao Trail:* .2 mile / .32 km (one way)
(100 ft / 30 m elevation change)

*Keonehe'ehe'e Trailhead to -* (one way)
* first overlook .25 mile / 0.4 km
(50 ft / 15 m elevation change)
* Kapalaoa Cabin: 5.6 miles / 9 km
(2490 ft / 759 m elevation change)
* Palikū: 9.2 miles / 14.8 km
(3360 ft / 1024 m elevation change)

*Palikū to - (one way)*
* Park Boundary in Kaupō Gap: 3.7 mi / 5.9 km
(2500 ft / 762 m elevation change)
* Route 31 in Kaupō: 8.6 miles / 13.8 km
(6130 ft / 1868 m elevation change)

# Haleakalā National Park

## *Summit Area*