

Additional Considerations before you register:

The Manoa Cliff Trail is considered a moderate terrain, on an incline, with uneven ground, protruding roots, and rocks.

The ground may be wet, depending on recent weather.

Participants should be in moderately good physical condition and:

Have no knee, hip issues

Wear hiking shoes, or athletic shoes with tread

Wear long pants, bug repellent, and sunscreen

Bring a light rain jacket

Bring a change of clothes and footwear

Bring water and a light snack

Hat + binoculars optional

Please make an advance reservation at the Café

https://honoluluuseum.org/394-museum_cafe

if you plan to lunch there following the hike

Please review and sign Liability Waiver, turn in on hike day

The museum reserves the right to conduct a final physical assessment prior to the start of the hike for the safety of all participating hikers.