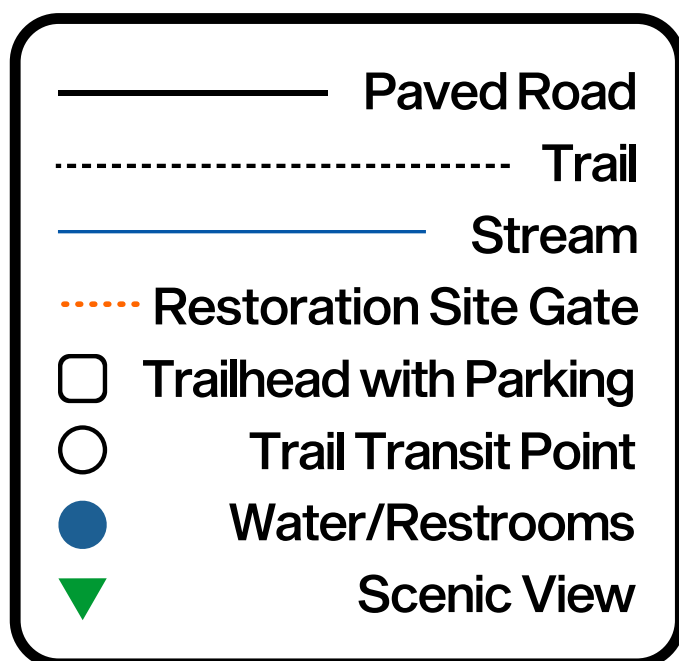
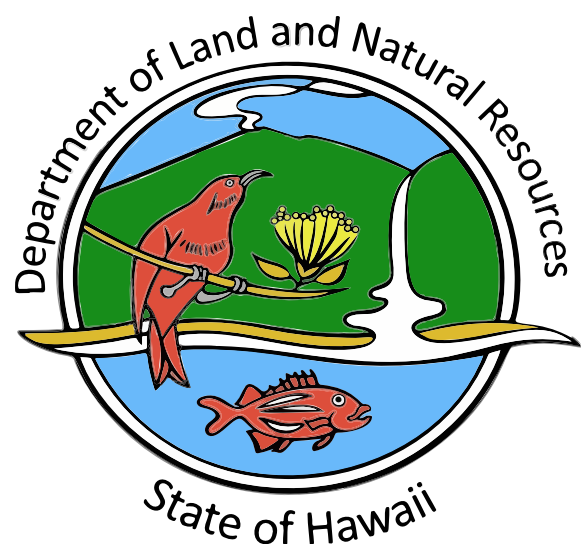




NAME	DISTANCE	ELEVATION GAIN	TIME
Aihualama	1.45 mi / 2.1 km	Ⓞ 777ft / 237m Ⓞ	40
Judd	1.1 mi / 1.8 km	Ⓣ 234ft / 71m Ⓣ	20
Kalawahine	1.2 mi / 1.9 km	ⓔ 141ft / 43m ⓕ	30
Kanealole	0.9 mi / 1.4 km	Ⓩ 511ft / 156m ⓐ	20
Makiki Arboretum	0.4 mi / 0.65 km	Ⓜⓐ 70ft / 21m ⓑ	10
Makiki Valley	1.2 mi / 1.9 km	ⓐ 202ft / 62m ⓑ	25
Manoa Cliff	1.9 mi / 3.1 km	Ⓢ 503ft / 153m ⓕ	25
Manoa Falls	0.7 mi / 1.1 km	Ⓢ 350ft / 107m Ⓞ	30
Maunalaha	0.75 mi / 1.2 km	Ⓩ 667ft / 203m ⓑ	20
Moleka	0.75 mi / 1.2 km	ⓙ 229ft / 70m Ⓢ	15
Nahuina	0.75 mi / 1.2 km	Ⓒ 348ft / 106m Ⓓ	15
Nu‘uanu	1.9 mi / 3.1 km	Ⓤ 963ft / 294m Ⓟ	45
Pauoa Flats	0.75 mi / 1.2 km	Ⓖ -125ft / -38m Ⓥ	20
Pu‘u ‘Ohi‘a	0.8 mi / 1.3 km	Ⓝ 410ft / 125m Ⓜ	20
Tantalus Arboretum	0.3 mi / 0.5 km	Ⓣⓐ +82ft / 25m Ⓣⓐ	20
‘Ualaka‘a	0.5 mi / 0.8 km	Ⓜ 77ft / 23m ⓑ	20
Telephone Road	0.55 mi / 0.88 km	ⓔ 456ft / 139m Ⓜ	20
1 foot = .3 meter 1 meter = 3.2 feet 1 mile = 1.6 kilometer 1 kilometer = .62 mile			



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MA (Z) (B) (A) (Z) MA or MA (Z) (A) (B) (Z) MA
3.2mi/5.1km - 950ft gain

MA Z B J I H G F E D C A Z MA
7.5mi/12.1km - 1500ft gain

Vi's Top of Tantalus
 M Y B A C D E F G H I J B Y M
 7mi/11.2km - 1750ft gain

Z A B J I H G F E D C A B Z
9mi/14.5km - 2250ft elev gain

20mi/32.2km X5
4,900ft/1493m gain X5

Leg 3 (T) south (U) (P) (R) (G) (H) (I) (J) (B) (A) (Z) 7.5mi/12.1km

Leg 1  Z B A C D E F G R P Q O S 7.2mi/11.5km
Leg 2 S O Q P U south T 5.3mi/8.5km
Leg 3 T south U P R G H I J B A Z  7.5mi/12.1km