

### Things to Do:

- (1) Pounders Beach
- (2) Kokololio Beach
- (7) Hau'ula Beach Park
- (8) Lanakila Hill
- (9) Ma'akua and Hau'ula Trails
- (10) Aukai Beach Park
- (17) Kamalamalama'O Keao Church
- (18) Sacred Falls State Park (aka Kaliuwa'a; closed indefinitely)

### Places to Eat:

- (3) Zoe's Cafe (232-0095)
- (4) KFC
- (5) Hau'ula Korean BBQ
- (5) Polynesian Food Deli
- (12) Rainbow Diner (293-9145)

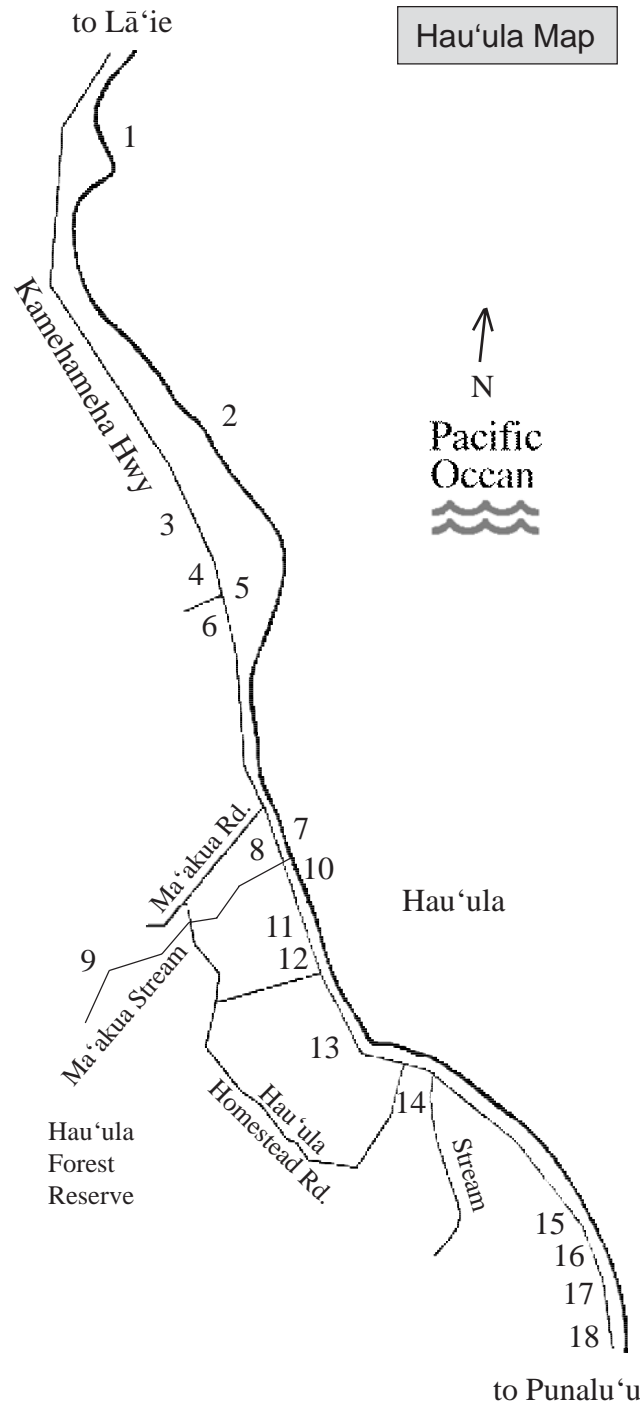
### Things to Buy:

- (3) Hau'ula Kai Shopping Center
- (5) Masa's Store
- (6) Hau'ula Country Marketplace
- (11) 7-11 Store
- (12) Rainbow Castle (293-9145)
- (13) Wu's Store
- (14) Hau'ula Gift Shop & Art Gallery (inside the Ching Tong Leong building; 293-5145)
- (14) Hale Ku'ai Co-op Store (293-4477)
- (15) Kim Taylor Reece Gallery
- (16) Lance Fairly Gallery (293-9009)

### Important Phone Numbers:

- ◆ Dept. of Land and Natural Resources (camping permits): 587-0300
- ◆ Honolulu Dept. of Parks and Recreation (camping permits): 523-4525
- ◆ Kahuku Community Hospital: 293-9221
- ◆ The Bus: 848-5555

Please be careful and attentive as you enjoy outdoor activities described in this brochure. The surf can be dangerous and mountain streams can flash flood, so never hike or swim alone, and seek advice if you're not sure about conditions.



Hau'ula Map

# Hau'ula



## A Community with Deep Roots

*"We are one big 'Ohana out here; we help each other like family."  
(youth activity leader, Hau'ula)*

*"The views from the hiking trails were amazing— some of the best I've ever seen— and I've been to lots of places."  
(avid traveler from Canada)*

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**Cooperative Extension Service**  
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## HAU'ULA

*This logo represents the hau tree, a yellow to red-blossomed type of hibiscus found throughout the Pacific.*

*Its wood is very buoyant, and was used by Hawaiians to make fishing floats, canoe outriggers, and even battle standards. The bark of the hau was made into ropes and net, as well as kapa cloth, but it was the flowers that gave Hau'ula its name.*

'Ula is the Hawaiian word for "red," so Hau'ula literally means "red hau tree;" the town was so named because of the profusion of hau that grew around it. The flowers of these trees, which bloom in late summer, were made into a medicinal tea— but it was their vibrant color that inspired the town's name. Hau flowers are yellow in the morning, becoming more and more red as the day lengthens. By sunset in July and August, Hau'ula was ablaze with the deep red color of millions of hau flowers.

Like Ka'a'awa, Punalu'u and other windward towns, Hau'ula is the principal living center in an ahupua'a (a traditional Hawaiian land division that extends from a mountaintop to the coast and out into the sea). Ahupua'a provided most or all of the terrain and materials necessary for the traditional Hawaiian lifestyle. Materials that weren't available within an ahupua'a, such as a special type of stone well-suited to be made into adzes, were obtained through trade with residents of other moku on the island, or on other islands. The Hau'ula region was very productive due to favorable rainfall, but was managed nonetheless with an ethic of resource protection.

Native Hawaiians conserved resources by regulating hunting, fishing and forestry according to seasons, breeding cycles, and the age and health of plants and animals. The kapu system was integral to this regulation; for example, in Hau'ula, konohiki (headmen) stuck tall hau branches in the sand along the shoreline during the weeks when only deep-sea fishing was permitted. This allowed reef fish to breed and grow without interference, so they would be plentiful when their season was at hand.



One legend of Hau'ula involves Lanakila, the hill across the highway from Hau'ula Beach Park, and two brothers who were kupua (Hawaiian demigods or supernatural heroes). These brothers could take either human form or that of the hilu, an oft-eaten reef fish; it was said that when they swam in the sea as hilu, the population of these fish increased. Once, while swimming along opposite shores of O'ahu, one brother was netted on the reef at Hau'ula. The other brother, seeking him, finally found an old couple who lived on Lanakila, and told him his hilu brother had been killed. Grateful, the kupua told the couple to stay in their home, and went into the mountains to dam Ma'akua Stream. When he released the pent-up waters, all the villagers of Hau'ula were swept away save the old couple, in their home on Lanakila, which means "to rise to a high place."

In addition to legends, distinctive local foods and crafts also make Hau'ula special. Good things are often announced with hand-painted signs, and though parking can be difficult, it's almost always worth it to track down such a sale or event. Browse the markets, galleries, cafés and roadside stands. Hau'ula Country Marketplace offers a snack shop, fresh fruit and seafood, and arts and crafts demonstrations, along with a spot to relax under a hau tree. Hau'ula also has several small grocery stores, almost all of which offer plate lunches or other takeout foods. Even the 7-11 carries spam musubi, a perennial favorite with a slice of spam sandwiched in white rice wrapped in nori (an edible seaweed paper originally from Japan).



In Masa's Market you can find locally baked pineapple pies and cookies— and hiding in the back, a deli that offers freshly caught fish and delicacies such as palusami or octopus cooked in coconut milk and wrapped in ti leaf. Try the smoked ocean fish from Island Paradise Products, or if you crave lighter fare, the fresh pitas and Mediterranean salad at Zoe's Cafe are said to be the best on O'ahu. Also, roadside vendors regularly set up to sell fresh seafood, produce, coconuts and flowers, among other things. And almost every

weekend a community group raises money by selling huluhuli chicken under a tent by the road; try it— it's turned on a spit over a wood-fired grill, and it's delicious.

Hau'ula Gift Shop & Art Gallery carries clothing, souvenirs and crafts, not to mention a warm welcome and good information from the owner; it's located inside the Ching Tong Leong Building. The Hale Ku'ai Hawaiian Cooperative Store sells authentic handcrafted items, while the Rainbow Castle sells upscale clothing, jewelry and gifts. The Kim Taylor Reese gallery and the Lance Fairley gallery specialize in Hawai'i-themed art and photographs, and carry wood carvings too. Look for The Resale Shop and garage sale signs if you're into collectibles.

There is no central lodging in town, but vacation housing is available to rent; again, look for signs on the roadside. And if you're not staying overnight, stop at one of Hau'ula's gorgeous beaches anyway— Hau'ula Beach Park has ample facilities and is a good spot to rest and play; Aukai Beach Park is next door.



If you prefer solitude, go for a hike in the beautiful forested mountains. The 2.5-mile Hau'ula Loop Trail offers an outstanding view of the town and surrounding terrain, and takes two or three hours to complete. The Ma'akua Gulch Trail is another option; it crisscrosses Ma'akua Stream, so beware of slippery conditions, and especially of the possibility of flash floods during rains. It takes about six hours for a round trip, but the gorge walls are interesting examples of volcanic geology, and the pool at the base of the first falls is a great place to cool off. Don't climb beyond it though: there is a danger of falling rocks. Also, note during your hike that plant species change with altitude. The kukui (or candlenut) tree is the state tree, and is found in wetter areas of the lower elevations. Other native forest plants can be seen as you ascend the trails, including 'ōhi'a 'ai (mountain apple), 'ōhi'a lehua (a tropical hardwood), uluhe ferns and orchids. Towering stands of ironwoods and Norfolk pines (introduced species) frame occasional views of the coast and valley.