



Immediate Release

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Three Kaua`i Hiking Trails Lead to One Spectacular View

Kaua`i's Nounou Forest Reserve provides three hiking alternatives to access a spectacular 360 degree view on top of Nounou Mountain (popularly called Sleeping Giant). Rated easy, moderate and difficult the trails range from three to four miles round trip.

KAPA`A, KAUA`I, HI (April 4, 2013) – Known for its spectacular hiking trails, one area on Kaua`i provides hikers of all abilities three choices to access the 360 degree view from the top of Nounou Mountain, more commonly known as Sleeping Giant. In the heart of Kaua`i's east side, popularly called the Royal Coconut Coast, is the Nounou Forest Reserve where easy, moderate and more difficult routes ascend to the top. From there hikers see a 20-mile stretch of coastline between the Hoary Head mountain range west of Lihue to Anahola on Kauai's north shore. The view extends 15 miles inland to Mt. Waialeale, at 5,148 feet, a dominant feature of Kauai. The trails vary in length from three to four miles round trip and are called Kuamoo Trail (easy), Nounou East Trail (moderate), and Nounou West Trail (difficult). The State of Hawai`i provides a central source of trail information called Na Ala Hele Trail System, found at www.Hawaii Trails.eHawaii.gov. *Nounou Mountain trail information is found by clicking on the island of Kaua`i then going to trail numbers 32, 33 and 34. Driving time to each trailhead is about 10 to 15 minutes from the Royal Coconut Coast (the Wailua to Kapa`a corridor).*

Called Sleeping Giant Mountain (for a ridgeline profile resembling a large sleeping man), access to each trail is from different points. The Kuamoo Trail begins just beyond Opaekaa Falls with an elevation gain of 680 feet. This trail, which travels laterally along the Nounou Forest Reserve and intersects with the Nounou West trail, is considered easy with a gentle elevation gain until just before the top. The Nounou East Trail is four miles round-trip beginning at Haleilio Road in Wailua Houselots on the eastern flank of Nounou Mountain. Switchbacks provide a number of viewpoints along the way. This is the moderate route with a 960-foot elevation gain. The Nounou West Trail is three miles round-trip beginning along Kamalu Road (Hwy 581) near telephone pole #11. This is considered the steepest of the three trails with an elevation gain of 800 feet. Hikers on Kaua`i are commonly advised to carry plenty of water, use sunscreen, bring a hat and light jacket, wear hiking shoes, carry a cell phone and advise someone of hiking plans.

Background: The Royal Coconut Coast Association is a non-profit corporation, officially established in late 2012. The organization acts as a central source of information about features in the Wailua to Kapa`a corridor of Kaua`i including public and private attractions, businesses and area events. A Board of Directors representing the founding members along with other businesses and organizations governs the association. For more information, email info@royalcoconutcoast.com or go to <http://royalcoconutcoast.com>. –More-

Founding members of the Royal Coconut Coast Association include: Aston Aloha Beach Hotel, Aston Islander on the Beach, Plantation Hale Suites, Courtyard by Marriott Resort at Coconut Beach, Pono Kai Resort, Kaua`i Coast Resort at the Beachboy, Outrigger Waipouli Beach Resort, Kaha Lani Resort, Mokihana of Kaua`i and the Kaua`i Sands Hotel. Serving on the Board are John Douponce, president; Sandi Kato Klutke, vice-president; Diane Pavao, secretary, Ray Blouin, treasurer; Damon Lockrem, marketing chair plus Troy Spalding, Peter Sit, Hilmy Doyle, Vicky Valenciano, Dennis Neves and Larry Mayo.

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Photos available upon request by contacting Margy Parker, mp@margyparker.com, 808-651-5394