



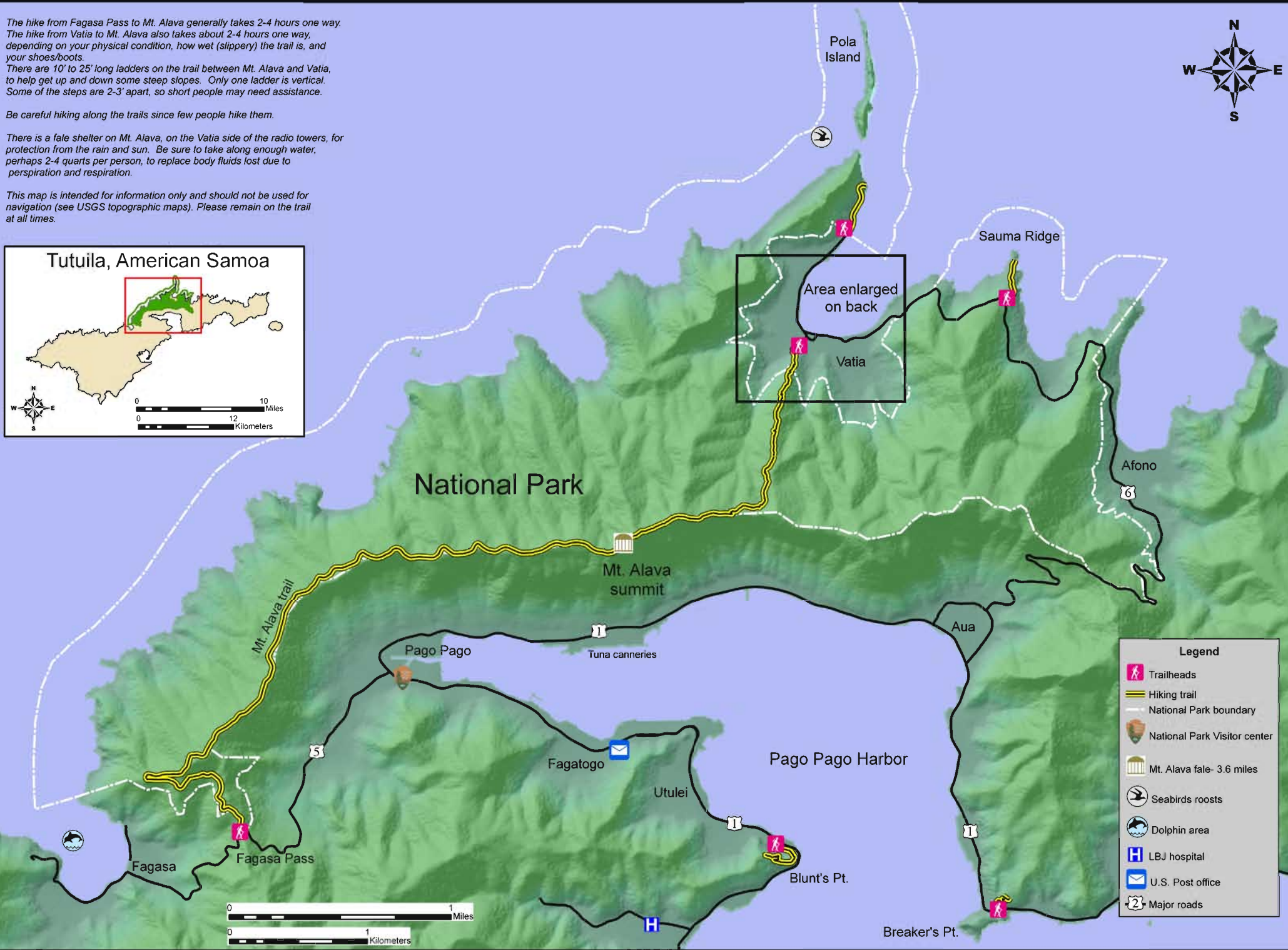
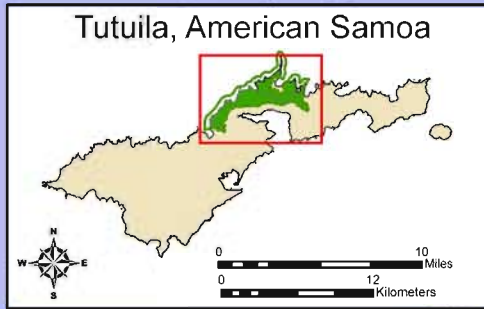
The hike from Fagasa Pass to Mt. Alava generally takes 2-4 hours one way. The hike from Vatia to Mt. Alava also takes about 2-4 hours one way, depending on your physical condition, how wet (slippery) the trail is, and your shoes/boots.

There are 10' to 25' long ladders on the trail between Mt. Alava and Vatia, to help get up and down some steep slopes. Only one ladder is vertical. Some of the steps are 2-3' apart, so short people may need assistance.

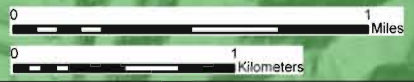
Be careful hiking along the trails since few people hike them.

There is a fale shelter on Mt. Alava, on the Vatia side of the radio towers, for protection from the rain and sun. Be sure to take along enough water, perhaps 2-4 quarts per person, to replace body fluids lost due to perspiration and respiration.

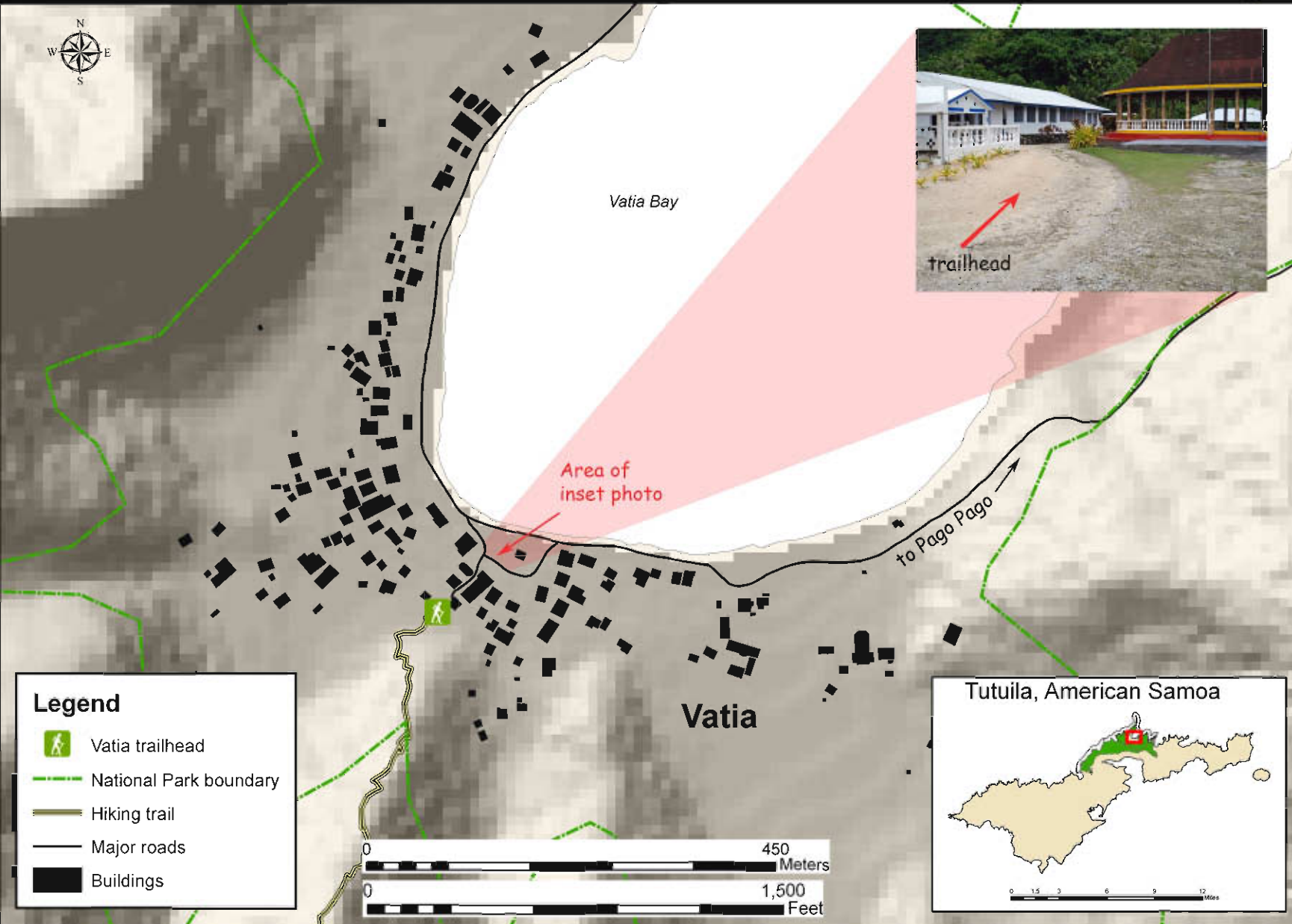
This map is intended for information only and should not be used for navigation (see USGS topographic maps). Please remain on the trail at all times.



Legend	
	Trailheads
	Hiking trail
	National Park boundary
	National Park Visitor center
	Mt. Alava fale- 3.6 miles
	Seabirds roosts
	Dolphin area
	LBJ hospital
	U.S. Post office
	Major roads



Mt. Alava trail- Vatia trailhead



Legend

- Vatia trailhead
- National Park boundary
- Hiking trail
- Major roads
- Buildings

