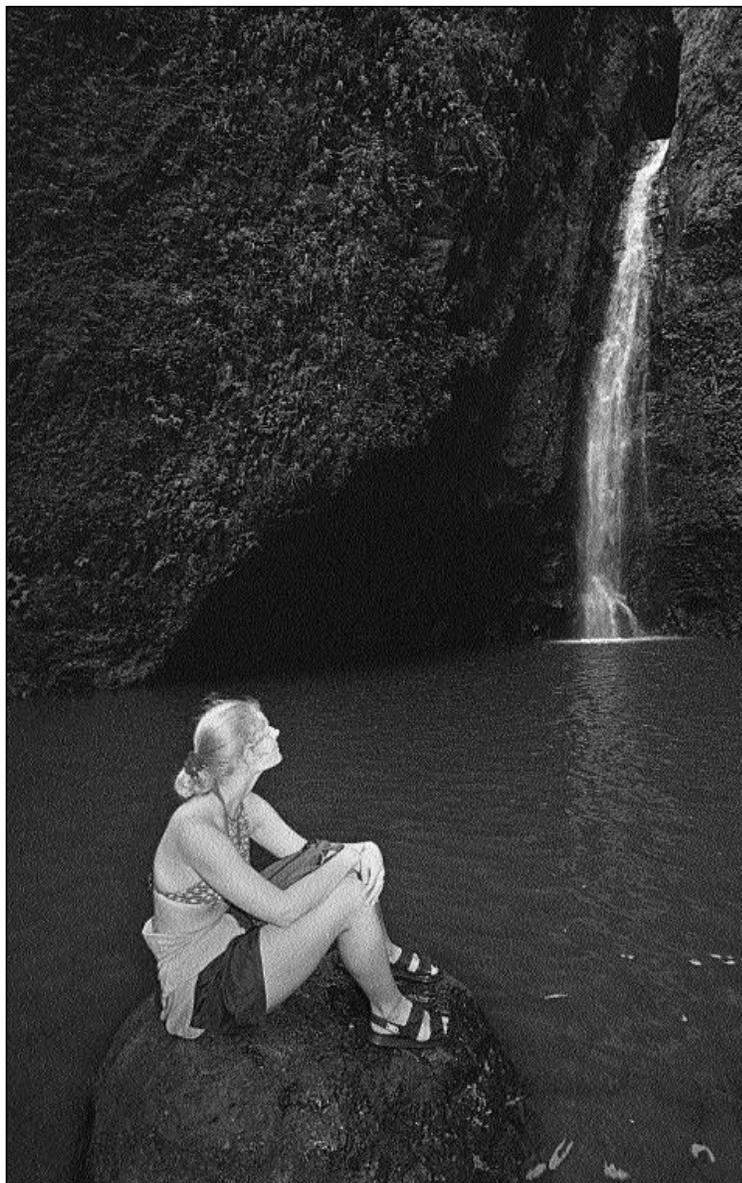
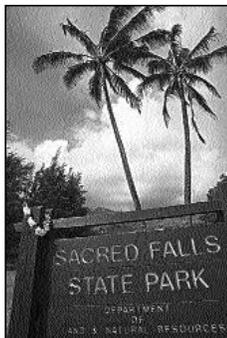


# LIBERTY CALL

## Some things are Sacred



Sacred Falls is a popular resting spot for tourists and locals alike. The 100-foot waterfall attracts the novice and the experienced hiker looking for a getaway from the hustle and crowds of Honolulu.



Sacred Falls is one of many attractions on Oahu's windward coast. Tropical birds, and other wildlife greet casual and frequent visitors.



### Oahu's Sacred Falls offers novice and experienced hikers a quiet getaway

Story and photos by JO2 Greg Cleghorne  
HNN ASSISTANT EDITOR

Tucked away in the lush, green depths of Kaluanui valley on Oahu's windward coast, far from the hustle and noise of Honolulu, lies a place both tranquil and beautiful. Ancient Hawaiians named it Kaliuwa'a, known today as Sacred Falls.

The Hawaiian word Kaliuwa'a is two words, "Kaliu," and "wa'a," (pronounced Vah-ah) meaning, "leaking canoe." The valley's name comes from Hawaiian folklore.

One aspect of Hawaiian culture adding to the island's spice is its many mythical personalities and their adventures. Some say they rival J.R. Tolkein's characters and their exploits. One Hawaiian legend, said to have taken place in this cliff-ridged gorge, centers on a mischievous Polynesian demigod called Kamapua'a. According to legend, the mythological being can take the shape of a full man, a half man, half pig, a full pig, a giant pig or a herd of pigs. Legend has it that he would raid a local village at Haleaha near Kaliuwa'a and help himself to their sweet potatoes, taro, sugar cane and generally make a nuisance of himself.

After a few years of this, the men in the village had had enough and planned to get rid of Kamapua'a. So, they got together and decided to "wrap this pig," as the local terminology goes.

The skillful hunters tried to set a trap for Kamapua'a, but as a demigod, he saw the trap before it could be sprung. The village men, seeing he didn't get caught in their trap, began chasing him deeper and deeper into Kaluanui valley along the winding path of the "mana ala," or mountain trail hikers follow today. The old path used to cross the Kaiulani stream seven times, today just twice.

While running up the trail, Kamapua'a came upon a man and asked him to divert his pursuers by telling them he went along another path the demigod created, hopefully giving him time to escape. The man agreed to do as he asked.

Kamapua'a left the man on the trail and continued running deeper into the valley. By this time Kamapua'a must have been sweating like a ...well you know. He nearly reached the end of the gorge where he was hollowing out his Kaulua (double-hulled canoe). He finished one side and set it down.

The legend says this is the dry waterfall hikers pass on the left as they approach the end of the trail. The dry fall rises a few hundred feet high from the valley floor.

He began to hurriedly hollow out the second hull to make his escape by sea, when he heard the villagers approaching and realized the kanaka on the path had betrayed him. He vowed to take his revenge on the man later - but that's another story.

The villagers were about to catch Kamapua'a when he had to abandon the other hull, unfinished. His path cut off, he turned into a pig and scampered up the left face of the waterfall and escaped. The canoe hull (the fall itself), not finished, was leaking water and the valley was so named, Kaliuwa'a - leaking canoe.

With good traffic, you can reach Sacred Falls State Park from Honolulu in about an hour. The hike is about five miles round trip. A picnic lunch is optional, but bring bottled water, follow posted signs and enjoy the legends and beauty of Hawaii safely.



(Above) Visitors to Sacred Falls State Park cross the Kaiulani Stream twice on their 2.5-mile hike to the falls. Comfortable hiking shoes or sneakers are recommended for the trip.

(Right) Sacred Falls is a challenge and sight filled excursion for amateur and professional photographers alike.

