

# More to See on our Walking Trails



Head this way and you'll come to a fork in the trail where two trails meet; the Princess Trail and the La'au (Herb) Trail. Go through the gate to your right to walk the La'au (Herb) Trail which includes a la'au garden and information about the healing herbs planted there.



## PRINCESS TRAIL

The Princess Trail (to the left) includes a lookout dedicated to Princess Kawānanakoa, who provided financial support for the construction of our Agnes Cope Native Hawaiian Traditional Healing Center that the structure overlooks. A nearby kiosk has information on the symbolism of the structure's artwork.



## BOB'S TRAIL

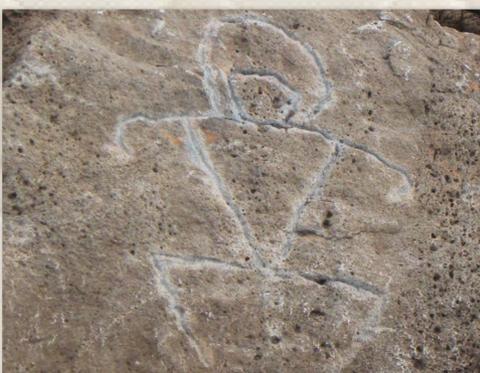
As you approach the Princess Lookout you will see Bob's Trail dedicated to former employee, Bob Adair, who helped us engineer our grounds. A short walk up its stepping stones will reward you with a spectacular ocean view peaking through the trees. In the opposite direction of Bob's Trail is our 'Ulu Garden and trail with dozens of 'ulu (breadfruit) trees along with information about this amazing fruit.



## HALE 'ULU

Through the copper 'ulu gate to the right of the Princess Lookout is the Hale 'Ulu (formerly known as "Chanters Hale"). Stand on the breadfruit imprint on the hale floor, speak kind words and listen as the hale's specially designed roof spreads your words far beyond the hale.

Below are petroglyph artwork you will find on the Princess, Legacy and La'au Trails:



## BLESSED MAN

The Blessed Man is symbolized by a man with an aura or rainbow over his head showing the sacredness of his being. This may be used as a symbol of a priest or holy person.



## BAMBOO

The 'ohe, or native Hawaiian bamboo grows to about 15 feet tall and is of a thin-walled variety which proved to be great for making nose flutes and pū'ili, originally used by warriors for training but later converted to a hula implement used for timing and rhythm. Bamboo was also used for water containers, construction, rafts, and various functional poles. The roots and shoots of the bamboo are edible.