



# iConquer

## Honolulu Hiking Adventure - Quick Start Guide

**iConquer - Hike Honolulu** is a spectacular one day hike that will offer **Team Diabetes members** an amazing challenge that is off the beaten track. The island of Oahu, Hawaii offers dramatic and unique landscapes and a hiking experience you will not soon forget! The **Honolulu Mauka Trail System** is perfect for us! Whether this is your first hike or you're a seasoned outdoors adventurer, our selection of trails in this system provide amazing walking and hiking possibilities with just the right amount of physical challenge for you. How do we know which trail is right for you? **You choose from two trails. We'll help you every step of the way!**

**All of the trails we utilize are part of the Hawaii Mauka Trail System** and are some of the most beautiful trails on **Oahu**. This interlocking system consists of a number of trails - each representing a new and interesting element of nature. If you train properly and prepare yourself for the challenging rigors of steep mountain terrain, our longest trail is an approximate remote **8-mile point-to-point** hike that ends at **Manoa Falls**. This path is a well-known local favorite that mostly escapes the weekend warrior tourist foot traffic. The trail will take us through forest and jungles (used as locations for the movies Jurassic Park and Lost) high on the ridge towards Tantalus and down to the popular Manoa Falls. There are beautiful views all along the way. (Special note for this trail: The Hawaii landscape surrounding Honolulu is the uneven shapes caused by millennia of volcanic eruptions and movement of the Earth. This trail is a nice hike with big views that is easily accessible from Honolulu. The hike is a challenging with over 1,100 feet. The ground under foot tends to rocky and muddy trail conditions. Getting up the sixteen long switchbacks on the trail can be a bit of a grind, but the view from the Lookout makes it worth the effort.

**Do you prefer a less demanding trail?"** If a shorter and less demanding hike is better suited to you and your family, join **Team Diabetes** and hike the Manoa Falls trail. It's popular with tourists and locals for a reason, it's a fantastic hike. The 150-foot (46 m) waterfall awaits after slowly hiking up an easy to moderate mountain slope (800' of elevation gain). The waterfall size and ferocity is dependent on the amount of rain that falls on the island. The water cascades down from the mountain into a small pool. This trail is suitable for most active people.

As with all iConquer - Team Diabetes hikes, team members will be grouped according to abilities and lead by experienced, certified hiking guides to ensure your safety and enjoyment while on the trail. Note that the weather in Hawaii and the island of Oahu can change quickly and dramatically. Sometimes that weather can happen in the mountains or another part of the island that you can't see, yet it can effect our hike and trail selection.

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LINKS: [Team Diabetes](#)

Trails Within The [Hawaii Mauka Trail System](#)

(Please note that our longest and most challenging hike is within this system, but is a remote trail not marked on any public document.) We will be adjusting the use of this trail based upon the Team members who sign up.

[iConquer - About Us](#)

Welcome to iConquer - Honolulu Hiking Adventure. This is the inaugural Team Diabetes adventure under the newly minted "iConquer" brand and we are excited to bring to Team Diabetes a new series of iConquer hikes throughout 2018 and 2019. More on that while we're all in Hawaii. Lets get ready for one last great hike in 2017.

Time is short for you to prepare for this adventure and many of you have trained for iConquer hikes in the past (some of you have done them all). So first steps, first. Get off the couch, NOW! Go for a walk or hike. It can be any length or amount of time, the key is to get started hiking TODAY! Then don't stop until you reach Hawaii.

Here is a highly modified training schedule that will get you started in the correct direction.

## iConquer - Training Schedule Honolulu, Hawaii Hiking Adventure

**Consistency is the key to successful training and preparation.** Through our experience and in research over the last few years, we have learned that the single biggest challenge that most of our hike participants face is not just what to do, but rather to find the time, motivation and drive to stay active and train on a regular basis. If you follow the recommended schedule, your hike at Hawaii will be "Day 28" of your consecutive days of walk training. So not only will you have conquered the trails of Honolulu, but you will have started a daily fitness regime that can help you live healthier for the rest of your life. Even if you are unable to take the time to fully follow the scheduled times/distances, make sure you walk at least 30 minutes everyday to keep the consistency part going. Once you reach 10 or 20 days in a row, you will be more highly motivated to keep it going, if for no other reason than to just avoid the dreaded "Day One" all over again. **Stick with it and have fun.**

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Nov. 13	Nov. 14	Nov. 15	Nov. 16	Nov. 17	Nov. 18
1 <b>START TODAY</b>	Hike 1/2 Hour	Run/Power Walk/Gym 30+ Min.	Run/PowerWalk/Gym 30+ Min	Run/PowerWalk/Gym 60+ Min.	Run/PowerWalk/Gym 60+ Min	Run/PowerWalk/Gym 60+ Min	Hike (1 Hour) Elevation gain/loss 200'-500'
✓Check When Completed	Nov. 19	Nov. 20	Nov. 21	Nov. 22	Nov. 23	Nov. 24	Nov. 25
2	Hike 1 Hour	Rest 30 Min. Walk	Run/PowerWalk/Gym 60+ Min	Run/PowerWalk/Gym 90+ Min.	Run/PowerWalk/Gym 60+ Min	Run/PowerWalk/Gym 60+ Min	Hike (3 Hours) Elevation gain/loss 200'-500'
✓Check When Completed	Nov. 26	Nov. 27	Nov. 28	Nov. 29	Nov. 30	Dec. 1	Dec. 2
3	Hike 1 Hour	Incline Walk 30+ Min.	Run/PowerWalk/Gym 60+ Min	Incline Walk 30+ Min.	Run/PowerWalk/Gym 60+ Min	Run/PowerWalk/Gym 60+ Min	Hike (3 hours) Elevation gain/loss 800'-1000'
✓Check When Completed	Dec. 3	Dec. 4	Dec. 5	Dec. 6	Dec. 7	Dec. 8	Dec. 9
4	Hike 1 Hours	Incline Walk 60+ Min.	Hike 1 Hour	Incline Walk 60+ Min.	Hike 1 Hour	Run/PowerWalk/Gym 60+ Min	Hike ( Hours) Elevation gain/loss 800'-1000'
✓Check When Completed	Dec. 10						
5	iConquer Hike 6-7 Hours	<b>When You're Moving Your Feet, Look DOWN!</b>					
✓Check When Completed		<b>When You're Looking UP, Stand Still!</b>					

# Quick Gear Guide

## **On Hike Day:**

- Team Diabetes Jersey
- Deep Treaded Hiking Boots
- Two Pairs of Socks
- Sunscreen
- Bug Repellent
- Sun Hat
- Sun Glasses
- Day Pack
- Water Bladder
- Extra Water Bottle (Electrolytes)
- Trail Snacks & Lunch
  
- Hiking Poles
- Camera