

2026 MODIFIED COURSE

Leg 1: White
Leg 2: Green
Leg 3: Orange

NU'UANU
Aid Station

HURT
HAWAIIAN ULTRA RUNNING TEAM'S
100-MILE ENDURANCE TRAIL RUN

Change 2:
The "Modified HURT Loop" will continue along
Kalawahine Trail to the junction with Pauoa Flats
as shown on white here

Mānoa Falls

Bien's Bench

Nu'uanu

Pauoa Flats

Aihualama

Mānoa Falls

Mānoa Cliff

Kalawahine

Road Crossing

Nahuina

MĀNOA
Aid Station

Road Crossing

Kanealole
"Pipes"

Makiki Valley
"Crossover"

Moleka

Maunalaha
"Hogsback"

Change 1:
Add "Lower Loop" at start (Purple Line)
You will not go back to start/finish when
completed with this loop, but we will have water
available at completion of lower loop prior to
starting your first "Modified HURT Loop"

Blue trails are off-course. You
must re-trace steps back to
course route and then continue.

MAKIKI
Aid Station

These maps are for general reference only. The errors in GPS measurements in the map and from your device in the mountains are often larger than the distance to a cliff edge or other hazard. Thus, while very useful to ensure you still on the race route and going in the right direction, you must constantly look out for trail hazards.