

# HELE NO KE OLA | HELE NO KA IKE

## *Walk for Wellness / Walk to Learn*

On behalf of everyone here at the Waianae Coast Comprehensive Health Center, e komo mai (welcome) to the Richard Paul Kia'iikeolamaiola Bettini Gardens which include The Walking Trails of the House of Healing in Waianae (Ke Ala Hele O Ke Ola Hale O Wai'anae).

Beginning in 1996, a vision began to take root on the Waianae Coast Comprehensive Health Center campus to create a beautiful oasis where people from our community and beyond could enjoy the beauty, peace and magic found in Hawaii's natural environment while providing a great place to get and stay fit—and learn a little along the way about Hawaiian culture, our Health Center and more.

After two decades, the Bettini Gardens have grown to include:

- 1.5 miles of tree-lined walking trails
- Many sculptures and other artwork
- Informational kiosks
- 1,020 trees (30% fruit trees)
- Thousands of tropical plants
- Tranquil water features
- Stone masonry walls
- Spectacular ocean views

### **PLEASE FOLLOW OUR TRAIL RULES**

1. Trails are open every day during daylight hours (sunrise to sunset).
2. Comfortable, flat-soled shoes are recommended.
3. Stay on identified trails only.
4. Children must be accompanied at all times.
5. For your safety, please do not run on the trails.
6. Please do not pick fruit or other plants without permission (call 808-697-3457). Visitors may sample one or two fruits. Additional harvesting is not allowed as our Ka'aha'aina Café harvests them for their recipes.

**For a map and short videos about each of the trails, visit our interactive digital kiosk.  
Mahalo to Wai'anae High School's Searider Productions for creating our trail videos.**

**MAHALO!**

