

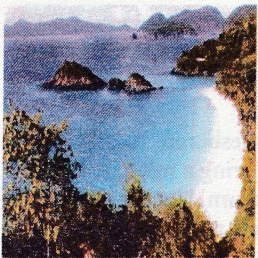
Self-Guided Loop Trails



Cinnamon Bay Trail

- ◆ .5 mile
- ◆ forty-five minutes

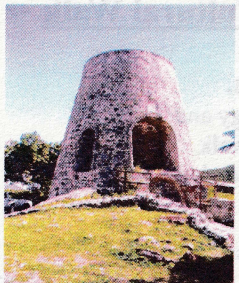
Discover the secrets of this moist tropical forest trail's flora and fauna as well as its land use history. *Now handicapped accessible.*



Trunk Bay Snorkel Trail

- ◆ 200 yards
- ◆ thirty minutes

Explore the coral reef on this signed underwater trail starting near the lifeguard stand at Trunk Bay. (Fee Area. \$4.00 user fee for visitors 17 and over.)



Annaberg Sugar Mill Historical Trail

- ◆ .2 mile
- ◆ one hour

Learn about St. John's sugar plantation era as you walk around these well-preserved sugar factory ruins at Annaberg.



Remember.....
take only pictures,
leave only footprints.



Tips for a Safe Visit

- ◆ Always snorkel, swim, hike with a buddy or let someone know where you are going.
- ◆ Wear cool, comfortable clothing, sensible shoes and bring plenty of water.
- ◆ Do not climb on historic ruins.
- ◆ Do not eat or handle unfamiliar plants or fruits.
- ◆ Honey bees are often found in and around ruins. Watch for wasps overhanging the trails.

Getting Around

- ◆ Try public transportation: **VITRAN** buses run along Centerline Road (Rt. 10) between Cruz Bay and Salt Pond Bay. Departs from the public ferry dock at 20 minutes past each hour.
- ◆ Safari (open air) taxis leave from **Cruz Bay** to island beaches & more.
- ◆ **Parking is very limited, everywhere!**

VIRGIN ISLANDS NATIONAL PARK
ST. JOHN, USVI

Phone: 340-776-6201
ext. 238
Fax: 340-693-8811
Email:
www.nps.gov/viis



Visitor Activities



May, 2011

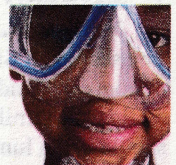
things to do at Virgin Islands National Park

- ◆ **Tour** our scenic roads, beaches and historic sights with a local taxi driver or rent your own vehicle.



- ◆ **Hike** one of our many trails through dry and moist tropical forests.

- ◆ **Snorkel** the Parks' spectacular coral reefs and other exciting habitats.



- ◆ **Explore** historical Danish sugar plantation ruins.

- ◆ **Relax** on one of the many beautiful beaches, and swim in our crystal clear waters.



WEEKLY PROGRAMS

<u>Sunday</u>			
<u>Monday</u>	9:30 a.m. Reef Bay Hike	9:30 a.m. Guided Snorkel	7:30 p.m. Sky Watch
<u>Tuesday</u>	9:30 a.m. Cinnamon Bay Cultural Walk	10 a.m. to 2 p.m. Annaberg Demos.	
<u>Wednesday</u>	9:30 a.m. Waters Edge Walk	10 a.m. to 2 p.m. Annaberg Demos.	
<u>Thursday</u>	9:30 a.m. Reef Bay Hike	10 a.m. to 2 p.m. Annaberg Demos.	
<u>Friday</u>	7:30 a.m. Bird Watching	9:30 a.m. Reef Bay Hike	7:30 p.m. Rangers Choice
<u>Saturday</u>			

Reef Bay Hike

- ◆ Monday, Thursday & Friday
- ◆ 9:30 a.m.m. – 3:00p.m.

The secrets of St. John's tropical forest, petroglyphs, and sugar mill ruins come alive on this three-mile downhill hike. Participants should bring lunch, 1-2 liters of water per person, any daily medical necessity and a swimsuit for a quick swim at the trail's end. Wear good hiking shoes, traction is important, and cool, comfortable clothing.

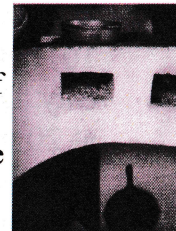
The Reef Bay Trail is mostly downhill but is not necessarily easy due to its length, steep rocky terrain, short but strenuous uphill sections, and the prevailing heat and humidity. In addition there is the remote possibility that deteriorating sea conditions might require hiking back uphill to the trailhead. Visitors with circulatory, joint/muscle problems, or other medical conditions, should carefully evaluate their ability to do this hike. Participation is limited. Reservations are required. Call 776-6201 ext. 238 between 8:00 a.m. and 4:30 p.m. This hike includes transportation – a taxi ride to the trail head (cost \$6.) and a boat pickup which returns hikers to the Visitors Center dock at Cruz Bay (cost \$15.) Some parking is available, check at Front Deck for day pass. **All hikers MUST meet and check in at the National Park Visitors Center by 9:30.**



Annaberg Cultural Demonstrations

- ◆ Tuesday, Wednesday, & Thursday
- ◆ 10:00 a.m. to 2:00 p.m.

Learn about the subsistence era of St. John while exploring the ruins of a Danish Colonial Sugar Factory. Virgin Islanders demonstrate the use of coal fires and dutch oven style baking and a provision garden that must attend to the needs and wants of the old time islanders. **Ongoing program, drop in and visit.**



Evening Programs at Cinnamon Bay

- ◆ Sky Watch, Monday 7:30 p.m. - 8:30 p.m. Learn about the skies at a lower latitude and take a tour of the constellations above.
- ◆ Rangers Choice, Friday 7:30 p.m. - 8:30 p.m. The evening Ranger will choose a talk, demonstration or illuminated program on Park subjects.

The Cinnamon Bay Amphitheater is located just beyond the parking lot at the Campground.



A Cultural Potpourri For All A We!

Folk Life Festival at Annaberg

May 26 & 27 from 10 a.m. to 3 p.m.

May 28 from 6 p.m. to 10 p.m.

Speakers, Vendors, Music, Dancing & more are brought in during the Park's annual presentation honoring the culture, history & lifestyle of the Virgin Islands people. **Don't miss this special event.**

**Coral
Fish
Forest
Ruins
Crafts
History**

Snorkeling Trip

- ◆ Monday
- ◆ 9:30 a.m. – 10:30 a.m.

Discover the park's underwater resources and snorkel above a coral reef. Bring a mask, snorkel, fins, and a t-shirt to prevent sunburn. Not for novice snorkelers. **Meet at Trunk Bay's west lifeguard stand.**



Cinnamon Bay Cultural Walk

- ◆ Tuesday
- ◆ 9:30 a.m. – 10:30 a.m.

Explore the campground ecology and history on this Ranger guided walk. **Meet at the benches by the Snorkel Shop.**

Waters Edge Walk

- ◆ Wednesday
- ◆ 9:30 a.m. – 10:30 a.m.

Learn more about coastal plants, animals and the marine life in Leinster Bay. A hands on activity for the whole family. **Meet at the Leinster Bay Trailhead below Annaberg Ruins.**



Discover Bird Watching

- ◆ Friday
- ◆ 7:30 a.m. – 9:00 a.m.

Join a Ranger for a bird walk around Francis Bay pond. Habitats along the way include dry tropical forest, salt pond and seashore. Bring binoculars, field guides and insect repellent. **Meet at the Francis Bay trailhead.** (taxi service is usually available at the Cruz Bay ferry dock at 7:00 am).

