

Children's Hike: A good opportunity for children to learn about life on a small island. For a fun filled two hours, the hikers will explore the Cinnamon Bay area.

Cinnamon Bay Hike: A ranger guided one mile hike along a loop trail into the moist Cinnamon Bay forest. Observe some of the largest fruit trees on St. John. The trail climbs slightly up the valley along a "gut". The bay rum grove and sugar cane terraces are good reminders of a past commercial period.

Reef Bay Hike: This moderate three mile downhill trail begins in a moist sub-tropical forest and travels through various vegetation zones to the southshore cactus woodland. Lunch by the mysterious petroglyphs reflecting in a quiet pool. explore an old steam sugar mill ruins. Bring along a lunch and beverage. Wear good hiking shoes. Reservations are required (776-6201). Bus transportation is available from Cinnamon Bay Camp, departing at 9:30 AM (\$2.50 per person) and at Cruz Bay Visitor Center at 9:45 AM (\$1.50 per person). Return boat trip (\$3.50 per person), to Cruz Bay from Reef Bay will arrive at approximately 3:30 PM.



Seashore Walk: An exciting discovery walk 'n' wade along a rocky coral-strewn beach, coral flats and mangrove lagoon area. Explore this fascinating sea nursery with its numerous shallow water marine animals. Wear suitable wading shoes.

Salt Pond Hike: This hot, uphill, two mile hike to the extreme end of Ram Head includes a stop at the unique natural salt pond then continues for breath-taking views from the Ram Head cliffs. This dry cactus woodland trail emphasizes the diversity of forest types found in the tropics. Be sure to take your camera. Reservations are required (776-6201). Bus departs Cinnamon Bay Camp at 8:30 AM (\$5.00 round trip per person) and departs Salt Pond Trail at 12:30 PM for return to the Cinnamon Bay Camp.

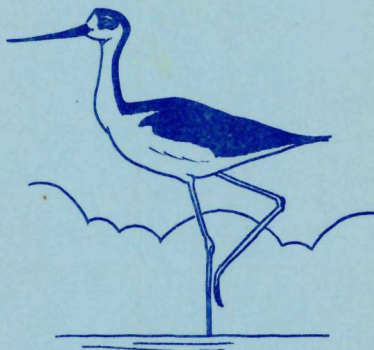
Snorkel: Learn safe snorkeling and explore the exciting world of the coral reef. A ranger will show the many hiding places and explain the diversity of colors on the reef. For this relaxing excursion, bring mask, snorkel, fins, and a tee shirt to conserve body heat in the water and to avoid sunburn.



Brown Bay Hike: This hike takes you through the Northeastern area of the park. Beginning at Annaberg the trail travels uphill through Watermelon (Leinster Bay) Plantation with open vistas, then down through Brown Bay to Hurricane Hole. Walk along the seashore, visit an old cattle plantation with water well and drinking trough still intact. Cameras are a must for spectacular views of the British Isles. Wear good hiking shoes and bring lunch and beverage. Reservations are required (776-6201). Return trip by bus (2.50 per person).

Caneel Walk: A short stroll through St. John history amid well preserved 19th century sugar mill ruins. Explore the former Peter Durlow plantation and site of the main resistance to the 1733 slave insurrection.

Bird Walk: A walk into the avian world. This one mile walk along a mangrove swamp, acacia scrub area and salt pond affords a golden opportunity to observe resident and migratory birds (wading, shore, and inland). You are encouraged to bring binoculars.



Annaberg Living History: A program about the subsistence years from 1900-1935. Learn about tropical foods, and medicinal plants, weaving, baking, charcoal making, and terraced gardening. Visit with demonstrators at your leisure.

Cultural Demonstration: Demonstration held across the road from Cinnamon Bay Camp in the ruins. Bring your own bake goods to pop into the old outdoor wood oven. Learn West Indian cooking, baking craft, and stories.

Historic Bus Tour: A ranger led tour to the eastern end of St. John. Learn about the site of the earliest organized slave insurrection in the Caribbean, early boat building and Hurricane Hole. Reservations are required (776-6201). Bus transportation (\$5.00 per person).

Evening Programs: Informal talks, slides or film presentations about plants, animals, marine life, culture, and history of the West Indies. Weekly evening program topics will be posted on bulletin boards at Cinnamon Bay, Maho Bay, and Cruz Bay.

The Virgin Islands National Park, established on December 1, 1956, is administered by the National Park Service, U.S. Department of the Interior.

Here and Now in the Virgin Islands National Park



Winter 1981
St. John, U.S.V.I.

Here and Now

Virgin Islands National Park

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MEET AT
<u>ADVENTURE HIKES</u>								
Children's Hike (2 hrs)	9:00A							Cinnamon Bay Old Danish Warehouse
Cinnamon Bay Walk (2 hrs)					2:00P			Cinnamon Bay Old Danish Warehouse
Reef Bay Hike (4 hrs) (R)		10:30A		10:30A		10:30A		Reef Bay Sign Along Centerline Road
Seashore Walk (1½ hrs)		2:00P					2:00P	Annaberg Picnic Area
Caneel Walk (1 hr)			9:30A					Caneel Bay Bar
Salt Pond Hike (3 hrs) (R)			9:00A				9:00A	Trailhead on Lameshur Road
Brown Bay Hike (5 hrs) (R)					9:00A			Annaberg Picnic Area
Bird Walk (2 hrs)						8:15A		Francis Bay-Annaberg Road Junction
<u>SNORKEL TRIP</u>								
Cinnamon Bay (2 hrs)	2:00P	2:00P		2:00P		2:00P		Cinnamon Bay Lifeguard Stand
<u>CULTURAL PROGRAMS</u>								
Annaberg Living History (3 hrs)			10:00A	10:00A		10:00A		Historic Annaberg Sugar Mill
Cultural Demonstration (3 hrs)					9:00A			Cinnamon Bay Ruins Behind Trailer
<u>OTHER</u>								
Historic Bus Tour (3 hrs) (R)					9:00A			Cinnamon Bay Bus Loading Area
<u>EVENING PROGRAMS</u>								
Cinnamon Bay (1 hr)	7:30P		7:30 P	7:30P	7:30P	7:30P	7:30P	Cinnamon Bay Amphitheatre
Maho Bay (1 hr)					8:00P			Maho Bay Camp Pavilion
Caneel Bay (1 hr)		9:00P						Turtle Bay Theatre
<u>INFORMATION</u>								
Cruz Bay (8 hrs)	8-5	8-5	8-5	8-5	8-5	8-5	8-5	Cruz Bay Visitor Contact Station
Cinnamon Bay Museum (3 hrs)	9:00A		1:00P		1:00P		9:00A	Cinnamon Bay Old Danish Warehouse
Red Hook (8 hrs)	9-6	9-6	9-6	9-6	9-6	9-6	9-6	Red Hook Visitor Contact Station
<u>INTERDENOMINATIONAL SERVICE</u>								
Cinnamon Bay Service	8:30A							Cinnamon Bay Old Danish Warehouse
Caneel Bay Service	9:45A							Turtle Bay Theatre

(R) Requires Reservation and Fee For Transportation: See Ranger or Lifeguard or Call 776-6201

More Information on Programs on Back

Check Bulletin Boards for Special Programs

GREETINGS...

A friendly Good Day or Good Night will start your conversation off in a St. Johnian manner. Interact with the island community. You are invited to attend local activities. See us at the Visitor Center and visit the museum at the Battery in Cruz Bay. Talk to local residents and enjoy the unique culture and friendly people on St. John.

FOR INFORMATION & EMERGENCIES...

From 8 am to 5 pm call the Cruz Bay Visitor Center at 776-6201 or Park Headquarters at 775-2050.

In case of night emergencies, contact the Night Patrol Ranger, or the Campground Ranger across the road from Cinnamon Bay Campground; or call the North Shore District Ranger, at 776-6605; Chief Ranger, 776-6451, or the Park Superintendent at 776-6686.

PARK RANGERS ARE THE FRIENDLIEST, BUT...

Don't water-ski inside Park boundaries; **leave your spearguns at home or outside the Park, same for metal detectors:** Campground quiet hours are 10 pm until 6 am; non-campers please leave by 9 pm; pets are not allowed in the campground or on the beaches.

Please leave natural features such as corals, plants, etc. in place and un damaged for others to enjoy. **Help keep St. John beautiful and litter free.**

HAVE A SAFE VISIT...

While snorkeling and swimming: **Stay out of heavy surf;** know your abilities and how to use your snorkel gear; **avoid spiny sea urchins, and fire coral;** **avoid scraping against coral formations.** Do not snorkel alone.

Check for lifeguarded beaches. **Too much sun exposure can be painful and dangerous.**

While hiking; Tell someone where you are going. **Carry a map, water and food;** wear proper clothing and hiking shoes. Leave unidentified fruits alone. Avoid walking or climbing on historical ruins and structures. Do not hike alone.

Thieves could spoil your vacation, protect your valuables.

USEFUL NUMBERS - Area Code 809

National Park Service	776-6201
Cruz Bay Fire Dept.	776-6333
Cinnamon Bay Camp	776-6330
Cruz Bay Ferry	776-6282

Cruz Bay Police Dept.	776-6262
Cruz Bay Medical Clinic	776-6461
Caneel Bay Plantation	776-6111
Cruz Bay Ferry	776-6412