

# TRAIL GUIDE FOR SAFE HIKING

# HIKE PLANNING & PREPARATION

# TRAIL SAFETY

Plan your hike with a map. Notify friends where you are going and when you'll return. Never hike alone. Plan for ample time to compensate for uphill terrain, exploring, swimming, and scenic rests. Many trail heads are accessible by vehicle. Stay on the trails. Some trails cross private property, do not shortcut or trespass.

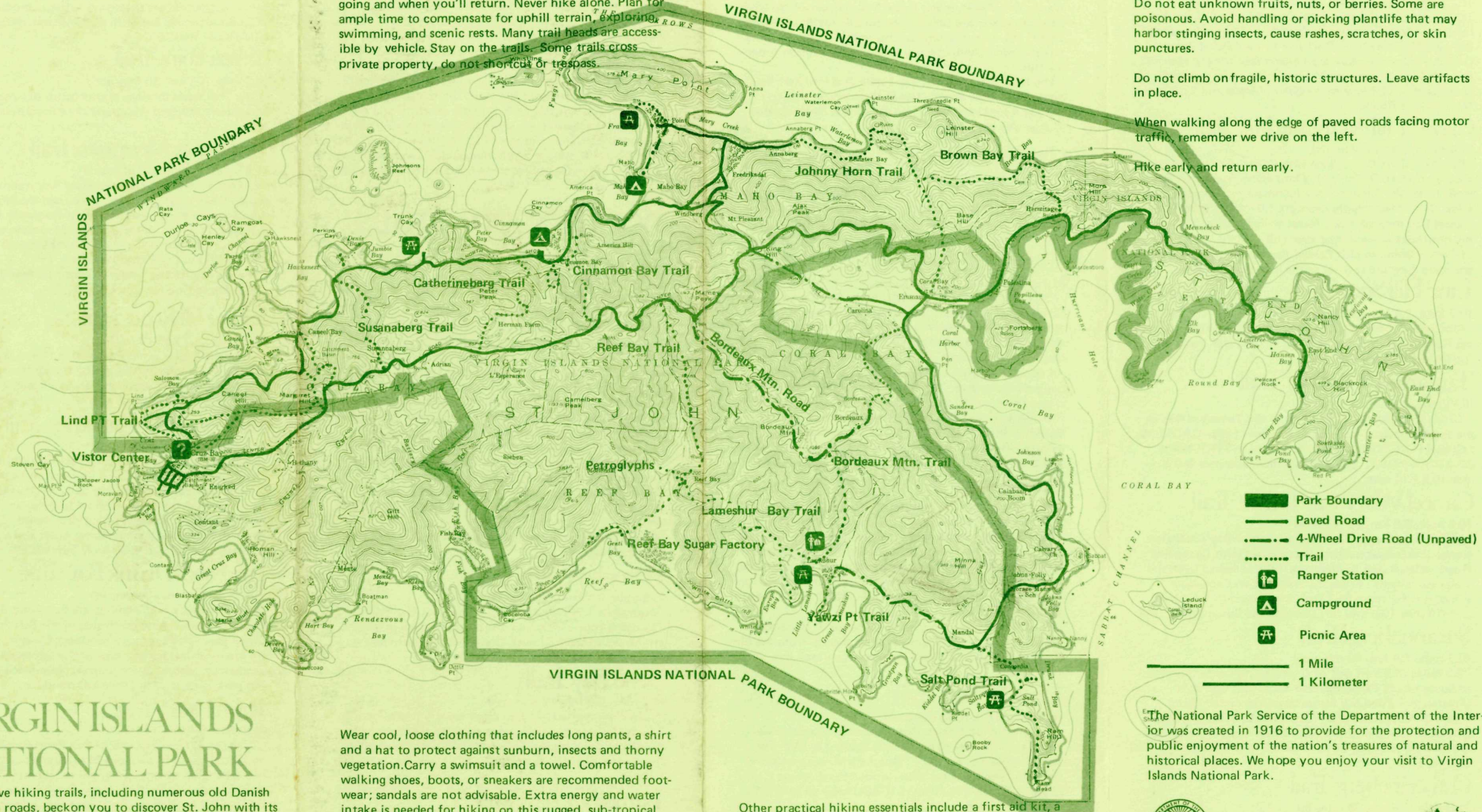
Avoid hiking or swimming alone. Pace yourself to prevent fatigue. Watch your footing on wet rocks and trails made rough and slippery at times by heavy rains.

Do not eat unknown fruits, nuts, or berries. Some are poisonous. Avoid handling or picking plantlife that may harbor stinging insects, cause rashes, scratches, or skin punctures.

Do not climb on fragile, historic structures. Leave artifacts in place.

When walking along the edge of paved roads facing motor traffic, remember we drive on the left.

Hike early and return early.



# VIRGIN ISLANDS NATIONAL PARK

Twenty-five hiking trails, including numerous old Danish plantation roads, beckon you to discover St. John with its lovely beaches and bays, rugged mountain forest, dry cactus woodlands, historic sugar factory ruins, and inspiring vistas of blue seas and green islands.

Wear cool, loose clothing that includes long pants, a shirt and a hat to protect against sunburn, insects and thorny vegetation. Carry a swimsuit and a towel. Comfortable walking shoes, boots, or sneakers are recommended footwear; sandals are not advisable. Extra energy and water intake is needed for hiking on this rugged, sub-tropical island. A half gallon of water is recommended for each four hours of hiking time. No safe drinking water is available along the trails.

Other practical hiking essentials include a first aid kit, a map, a watch, suntan lotion, insect repellent, and an extra handkerchief or sweatband. A plastic bag or knapsack will protect your belongings.

The National Park Service of the Department of the Interior was created in 1916 to provide for the protection and public enjoyment of the nation's treasures of natural and historical places. We hope you enjoy your visit to Virgin Islands National Park.



United States Department of the Interior

National Park Service



# North Shore Trails

## Lind Point Trail

(1.0 miles, 1.6 km, 3/4 hour)

Connects Lind Point and Solomon Beach with the National Park Visitor Center in Cruz Bay. The trail ascends 0.3 mile (0.5 km) from Cruz Bay to Lind Point Battery Overlook. To reach Solomon Beach take the left spur 0.2 mile (0.3 km) north east of Lind Point. After an addition 0.2 mile (0.3 km) turn right to Caneel Hill Trail and North Shore Road.

## Caneel Hill-Margaret Hill Trail

(2.4 miles, 3.8 km, 2 hours)

Connects Cruz Bay Village with Caneel Bay's main entrance. A steep 0.8 mile (1.3 km) climb from Cruz Bay leads to scenic Tamarind tree landmark up Margaret Hill (elev. 848') then steeply descends 1.0 mile (1.6 km) to Caneel Bay through a dry forest environment. Two scenic overlooks are near Margaret Hill.

Hikers wishing to visit Caneel Bay should enter through the main gate and register at the information booth.

## Lind Hill Spur Trail

(0.9 mile, 1.4 km, 40 minutes)

Connects Caneel Hill Trail with Lind Point Trail. Crosses North Shore Road at the top of Lind Hill overlooking Caneel Bay and Cruz Bay.

## Tamarind Tree Spur Trail

(0.9) mile, 0.5 km, 20 minutes)

Drops to North Shore Road from the Tamarind tree in the saddle between Caneel and Margaret Hills. CAUTION: LOWER PORTION OF TRAIL FOLLOWS ROCKY DRAINAGE GUT. Caneel Bay's main entrance is 0.3 mile (0.5 km) east.

## Caneel Water Catchment Trail

(0.5 mile, 0.8 km, 20 minutes)

Begins 0.2 mile (0.3 km) east of Caneel Bay's main entrance and connects North Shore Road with Centerline Road. A spur trail to Margaret Hill trail leaves from the water catchment. From the trailhead on Centerline Road, it is 1.7 miles (2.7 km) right (west) to Cruz Bay, and 0.5 mile (0.8 km) left (east) to the Susannaberg Trail.

## Susannaberg Trail

(0.9 mile, 1.4 km, 40 minutes)

2.2 miles (3.5 km) east of Cruz Bay on Centerline Road at Susannaberg Farm, this trail turns left, downhill through moist and dry forest terrain to North Shore Road. WADSWORTH'S PEACE HILL, a scenic grassy overlook, windmill tower, and Christ figure. Caneel Bay is 1.3 miles (2.0 km) west. Trunk Bay is 0.7 mile (1.1 km) east.

## Catherineberg Trail

(1.0 mile, 1.6 km, 45 minutes)

3.1 miles (5.0 km) east of Cruz Bay on Centerline Road, turn left at a dry stone wall. The trail first passes through the Catherineberg-Hammer Farm ruins with a windmill

tower, then descends through a moist hardwood forest to the North Shore Road ending 0.4 miles (0.6 km) west of Cinnamon Bay Camp.

## Cinnamon Bay Trail

(1.2 miles, 1.9 km, 1 hour)

52 yards (43 m) east of the Cinnamon Bay Camp entrance, this shady, moist forest trail follows an old Danish plantation road uphill to its junction with Centerline Road. 0.1 mile (0.2 km) up this path a spur trail turns left to a nineteenth century estate house ruin on America Hill.

The Reef Bay trailhead lies 1 mile (1.6 km) east (left) along Centerline Road. The Catherineberg Trail lies 0.9 mile (1.4 km) west (right) on Centerline Road via the Konge Vey overlook.

## Cinnamon Bay Self Guiding Trail

(1 mile, 1.6 km, 1 hour)

Begins 38 yards (35 m) east of the road from Cinnamon Bay Camp. Shady, marked, history-nature loop trail passes through groves of Bay Rum trees and sugar factory site.

## Francis Bay Trail

(0.2 mile, 0.3 km, 15 minutes)

2.3 miles (3.7 km) east of Cinnamon Bay Camp on the North Shore Road turn west (left) at Leinster Bay onto the Francis Bay Road. A gated trail passes through Acacia scrub past the historic Francis Bay Estate House to the beach and picnic area. (Chemical toilet, litter receptacle.)

A Mangrove forest and brackish pond are on the left behind beach berm. This is good bird habitat. Swimming is good over a sand and turtle grass bottom. Snorkeling is available along Mary Point fringing reef. NO LIFE-GUARD SERVICES. CAUTION: Avoid deepwater passage off Mary Point because of hazardous currents and boat traffic.

## Annaberg Area

(0.3 mile, 0.5 km, 30 minutes)

On the North Shore Road, 2.3 miles (3.7 km) east of Cinnamon Bay Camp turn east (right) onto the Leinster Bay Road. While hiking through the mangrove forest look for occasional cattle, donkeys, crabs, wading birds, and poisonous manchineel trees. Beach and shallow reef flats are fine for wading at low tide. NO LIFEGUARD SERVICES.

For a 30-40 minute leaflet-guided tour of the historic Annaberg Sugar Mill Ruins, turn up the hill from the picnic area and toilet. There is a scenic overlook near windmill tower.

## Leinster Bay Trail

(0.8 mile, 1.3 km, 30 minutes)

Follow the old Danish Road eastward along the seashore from Annaberg picnic area to the Leinster Bay estate at Waterlemon Bay. Good anchorage and swimming. Snorkeling is excellent around Waterlemon Cay; there is a sandy beach. NO LIFEGUARD SERVICES.

## Johnny Horn Trail

(1.5 miles, 2.4 km, 2 hours)

Passing through sunny, upland dry forest and scrub, this

historic track begins at Waterlemon Bay and follows the ridges southward to the paved road at Emmaus Moravian Church in Coral Bay. Fine overlooks.

## Brown Bay Trail

(1.2 miles, 1.9 km, 2 hours)

Just past the gate in the fenceline 0.6 mile (1 km) out Johnny Horn Trail from Waterlemon Bay, this path branches left. PLEASE CLOSE THE GATE. It descends through a dry forest and passes straight east through the open hot valley. Continuing southeast up over a ridge overlooking Hurricane Hole, the trail winds down past the Hermitage estate ruins to the pavement 1.3 miles (2.1 km) east of the Emmaus Moravian Church in Coral Bay.

Either end of the Brown Bay beach (historic ruin at west end) is accessible by short spur trails bearing northly around a swampy, "drowned forest" area. CAUTION: Unstable ruins, thorny scrub, manchineel trees are in the area. *Swimming is not recommended in the shallow bay.* NO LIFEGUARD SERVICES.

# South Shore Trails

## Reef Bay Trail

(2.5 miles, 4 km, 2 hours)

Begins 5.0 miles (8.0 km) east of Cruz Bay and 1 mile (1.6 km) east of Cinnamon Bay Trail on Centerline Road. The trail descends through both a shady moist forest and a dry forest with a wide variety of plant life. The visible remains of four sugar estates and later farming communities are along the way.

The Reef Bay sugar mill operated largely by steam power from the 1860's until the 1916 hurricane. The factory produced brown sugar and the by-products, molasses and rum. Thereafter, until the 1940's, the site served as a storage and shipping point for farm produce and cattle raised in the Reef Bay Valley.

A small picnic area and toilet are in the vicinity of Reef Bay sugar mill near beach. NO LIFEGUARD SERVICES.

Guided hikes are sponsored along this trail by the National Park Service.

## Petroglyph Trail

(0.3 mile, 0.5 km, 15 minutes)

Turn right 1.7 miles (2.7 km) along Reef Bay Trail. The many rock carvings by the pools here are presently attributed to early Arawak (Indian) craftsmen and / or African stone carvers.

## Genti Bay Trail

(0.2 mile, 0.3 km, 15 minutes)

Turn right at the Reef Bay sugar factory and hike over a sunny hillside through cactus scrub to the beach. Occasionally small sharks, barracuda and other marine life feed in the turtle grass shallows. NO LIFEGUARD SERVICES.

## Lameshur Bay Trail

(1.8 miles, 2.9 km, 1 1/4 hours)

Connects Lameshur Bay with the Reef Bay trail near the Petroglyph Trail turnoff. Open dry forest hiking.

From Reef Bay trail uphill 0.2 mile (0.3 km) there is a spur trail to 1840's period Reef Bay estate house occupied until 1953. At Little Lameshur Bay a spur trail leads 0.5 mile (0.8 km) to a salt pond and a coral rubble beach at Europa Bay.

A shady picnic area, chemical toilet, NPS ranger station, and historic structures relating to bay oil, lime juice and cattle production are located at Little Lameshur.

Good swimming, snorkeling year round. NO LIFE-GUARD SERVICES.

## Yawzi Point Trail

(0.3 mile, 0.5 km, 20 minutes)

Spur trail leads through thorny scrub to a rubble beach. Individuals afflicted with yaws once lived here in isolation.

## Bordeaux Mountain Trail

(1.2 miles, 1.9 km, 1 1/2 hours)

Begin 0.4 mile (0.6 km) past Reef Bay trailhead on Centerline Road at an overlook. Jeep road shaded by fragrant Bay Rum trees follows the crest of Bordeaux Mountain 1.7 miles (2.7 km) to the Bordeaux Mountain trail junction. Hike another 0.3 mile (0.5 km) through a small settlement to the Coral Bay overlook.

The trail continues 1 mile (1.6 km) further down to the South Shore Road in Coral Bay.

## King Hill Road Trail

(1.4 miles, 2.3 km, 1 hour)

Turns right, off Centerline Road at North Shore Road intersection a mile east of the Bordeaux Mountain Road. Passes down through Carolina Valley (first Danish settlement 1717) to Coral Harbor and South Shore Road.

## Salt Pond Bay Entrance Trail

(0.2 mile, 0.3 km, 15 minutes)

Begin at the parking area 3.6 miles (5.8 km) south of Coral Bay, and 1.5 miles (2.4 km) east of Lameshur Bay. Hike graded trail down to Salt Pond Beach and picnic area (chemical toilet) through arid, cactus scrub land. Good swimming and snorkeling year round. CAUTION: The area is hot and sunny. Extra water and a hat are recommended. NO LIFEGUARD SERVICES.

## Salt Pond-Drunk Bay Trail

(0.2 mile, 0.3 km, 20 minutes)

Bear left (east) to the end of the Salt Pond Bay Beach. Follow the trail along north side of the Salt Pond to Drunk Bay Beach, a rocky windswept beach. May-June are the usual salt harvest time at the salt pond. Note windswept, stunted plant growth, abundance of cacti and pink algae growth in the salt pond.

## Ram Head Trail

(0.9 mile, 1.4 km, 1 hour)

Turn right at the east end of Salt Pond Bay Beach. The rocky trail leads to a unique blue cobble beach, then switchback up the mountainside to its crest, a sheer 200' above the Caribbean Sea. Magnificent windswept scenery. DANGER: A fall from Ram Head can cause death or serious injury. PLEASE KEEP FIRM CONTROL OF CHILDREN. WATCH YOUR FOOTING NEAR THE CLIFF EDGE.