



United States  
Department of the Interior  
National Park Service



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

# TRAIL GUIDE FOR SAFE HIKING

# TRAIL SAFETY

- 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 side of paved roads, face on-coming traffic. Remember we drive on the left. Do not leave valuables unattended at any time.
- Hike early and return early.



## HIKE PLANNING & PREPARATION

Plan your hike with a map. Notify friends where you are going and when you will 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.

Wear cool, loose clothing that includes long pants, a shirt and hat to protect against sunburn, insects and thorny vegetation. Carry a swimsuit and 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, map, watch, sun screen lotion, insect repellent and an extra handkerchief or sweatband. A plastic bag or knapsack will protect your belongings.

## North Shore Trails

- 1. Lind Point Trail**  
(1.1 miles, 1 hour)  
Connects the National Park Visitor Center at Cruz Bay with Honeymoon Beach at Cancel Bay. Trail ascends 0.4 miles to scenic Lind Point overlook (elev. 160 ft.) At 0.7 miles, a side trail leads to Salomon Beach. Open dry forest with cactus scrub environment.
- 2. Caneel Hill Trail**  
(2.4 miles, 2 hours)  
Joins Cruz Bay village with Northshore Road entrance to Cancel Bay. A 0.8 mile climb from Cruz Bay leads to scenic overlook atop Caneel Hill (elev. 719 ft.) Trail continues to Margaret Hill (elev. 848.) then descends to Northshore Road through a forest environment.
- 3. Caneel Hill Spur Trail**  
(0.8 mile, 40 minutes)  
Starts from Lind Point trail. Crosses Northshore Road at point overlooking Cruz Bay and Caneel Bay. Joins the Caneel Hill trail at 0.4 miles.
- 4. Peace Hill**  
(0.1 mile, 10 minutes)  
Scenic grassy overlook with old sugar mill tower 2.8 miles from Cruz Bay just off the Northshore Road.
- 5. Cinnamon Bay Self-Guiding Trail**  
(0.5 mile, 1 hour)  
Shady, signed, history-nature loop trail passes through old sugar factory site and native tropical trees. Trail begins approximately 76 yards east of entrance road into Cinnamon Bay Campground.
- 6. Cinnamon Bay Trail**  
(1.1 miles, 1 hour)  
Beginning approximately 100 yards east of the entrance road into Cinnamon Bay Campground, this forested trail follows an old Danish plantation road uphill to its junction with Centerline Road. The Reef Bay trailhead is 0.9 miles east of this junction along Centerline Road.
- 7. Francis Bay Trail**  
(0.5 mile, 30 minutes)  
Begins at the west end of the Mary Creek paved road. Trail passes through a dry scrub forest, past the historic Francis Bay Estate House and onto the

beach. A mangrove forest and brackish pond provide good bird habitat. A boardwalk provides for easy viewing of pond birdlife. Swimming and snorkeling are favored activities from the beach. NO LIFEGUARD SERVICE. CAUTION: Avoid deep-water passage of Mary Point because of strong currents and boat traffic.

- 8. Annaberg School Area**  
(0.2 mile, 15 minutes)  
This trail leads to ruins of one of the Caribbean's oldest public school houses. The site was stabilized and an exhibit placed here by the St. John Historical Society in 1987. From the school, you'll have fine views of Mary Point, Leinster Bay, and Tortola. Caution: Pay attention to road traffic when entering and exiting the trail.
- 9. Annaberg Area**  
(0.2 mile, 30 minutes)  
Area adjoins the paved Leinster Bay Road. Mangrove forest and shallow reef flats provide good wildlife viewing opportunities with land crabs, wading birds and marine organisms generally viewable.  
  
A self-guiding walking tour of the Annaberg Sugar Mill Ruins is a short distance up the hill from the area's picnic site. A scenic overlook from these ruins provides a fine view of the British Virgin Is-lands.
- 10. Leinster Bay Trail/Road**  
(0.8 mile, 30 minutes)  
Follow the old Danish Road eastward along the seashore from the Annaberg picnic site to Waterlemon Bay. Good boat anchorage and swimming. Snorkeling is excellent around Waterlemon Cay. NO LIFEGUARDS.
- 11. Johnny Horn Trail**  
(1.8 miles, 2 hours)  
Passing through sunny, upland dry forest and scrub, this historic track begins at Waterlemon Bay and crosses the ridges southward to the paved road at Emmaus Moravian Church in Coral Bay.
- 12. Brown Bay Trail**  
(1.6 miles, 2 hours)  
CAUTION: This trail is not maintained. Trail starts from the ridge saddle 0.7 mile out of Johnny Horn trail from Waterlemon Bay. Trail branches to the east and descends through a dry thorn scrub and open hot valley. For a short distance trail borders Brown Bay and then ascends over ridge

overlooking Hurricane Hole. Trail ends at the East End Road 1.2 miles east of the Emmaus Moravian Church.

## South Shore Trails

- 13. Salt Pond Bay Trail**  
(0.2 mile, 15 minutes)  
Trail begins at the parking area 3.9 miles south of Coral Bay. Hike graded trail down to Salt Pond Beach and picnic area through arid cactus scrub land. Good swimming and snorkeling, chemical toilet. CAUTION: area is hot and sunny. Extra drinking water and hat are recommended. NO LIFEGUARDS.
- 14. Drunk Bay Trail**  
(0.3 mile, 20 minutes)  
Walk to the south end of Salt Pond Bay Beach and turn to the east following the Drunk Bay trail along the northside of the salt pond. Some island residents harvest the accumulated salt during May and June. Note the windswept, stunted plant growth as you approach rocky Drunk Bay Beach. CAUTION: dangerous swimming conditions.
- 15. Ram Head Trail**  
(1.0 mile, 1 hour)  
Trail starts at the south end of Salt Pond Bay Beach. This rocky, exposed trail leads to a unique blue cobble beach and then switchbacks up the hillside to its crest 200 feet above the Caribbean Sea. Magnificent windswept scenery. DANGER: Watch your footing near the cliff edge.
- 16. Yawzi Point Trail**  
(0.3 mile, 20 minutes)  
Trail leads from Little Lameshur Bay Road (near beach) through thorny scrub vegetation to isolated coves. Years ago people afflicted with the disease yaws had to live in isolation on this narrow peninsula.
- 17. Bordeaux Mountain Trail**  
(1.2 miles, 1Y2 hours)  
This steep, open to the sun trail connects the shady Bordeaux Mountain Road with Lameshur Bay 1,000 feet below. Centerline Road is 1.7 miles northwest of the trail junction with the Bordeaux Road.

- 18. Lameshur Bay Trail**  
(1.5 miles, 1Y4 hours)  
Trail connects Lameshur Bay with Reef Bay trail. Open dry forest hiking. 1.2 miles from the Reef Bay junction a spur trail leads 0.3 mile to a salt pond and coral rubble beach at Europa Bay.

- 19. Reef Bay Trail**  
(2.2 miles, 2 hours)  
Trail begins 4.9 miles east of Cruz Bay on Centerline Road. The trail descends through a shady, moist forest and a dry forest, both of which incorporate a wide variety of plant life. The visible remains of four sugar estates and more recently abandoned farming communities are along the way.

A small picnic site and pit toilets are in the vicinity of the Reef Bay sugar mill near the beach. NO LIFEGUARDS.

Guided hikes are provided by National Park Service personnel on a scheduled basis along this trail. Check with the Park Service Visitor Center in Cruz Bay if you would like to join a tour.

- 20. Petroglyph Trail**  
(0.2 mile, 15 minutes)  
Trail starts 1.5 miles down the Reef Bay trail. The many rock carvings by the pools are attributed to early Arawak Indians.