



## SCF Trail Advisory – December / January 2022 / 2023

General forecast: A long-lasting La Niña event in the Pacific is tilting the odds towards more frequent rainfall, leading to continued slippery and muddy trails. Temperature range will be slightly cooler than normal. UV index will decrease from “extremely high” to “very high” on sunny days. High SPF (reef safe) sunscreen lotion is highly advised.

	Trail / Status	Description	Notes
A.	<b>The Ladder</b> Distance: 0.43km/0.27mi Time: 1 hour round trip <b>OPEN (with restrictions)</b>	<b>Access:</b> From The Bottom, follow the roadpast the hospital towards Well’s Bay. Bear left at the junction by the lookout gazebo. After a short distance down the steep road you will see the trailhead sign on the left. <b>Special features:</b> historic step road by which cargo was hauled up from Ladder Bay to The Bottom. Mahogany trees, Cinnamon trees, beautiful vistas.	Degree of difficulty: <b>Strenuous</b> (on the way up). <b>Caution!</b> The <b>lower stairs</b> , close to the sea, have been washed out by heavy swells and collapsed. No mobile phone connection.
B.	<b>Crispeen Track</b> Distance: 0.91km/0.56mi Time: 1 hour <b>OPEN</b>	<b>Access:</b> From the Mt. Scenery steps just below the end of the Mountain Road (at the first shelter) or from the road from The Bottom to Windwardside, just above The Bottom. <b>Special features:</b> Views of The Bottom andsecondary rainforest.	Degree of difficulty: <b>Moderate</b> . Beware of loose rocks.
C.	<b>Mas’ Cohone’s Trail</b> Distance: 0.48km/0.29mi Time: 20 minutes one-way <b>OPEN</b>	<b>Access:</b> Look for the trailhead signboard on your left as you head up to Mt. Scenery from Windwardside. <b>Special features:</b> Dry forest, a short alternative for those who don’t want to undertake the climb to the top.	Degree of difficulty: <b>Moderate</b> . <b>Caution!</b> <b>Steep cliff on top of hill. No railing to hold on to. Slippery when wet!</b>
D.	<b>Mount Scenery Trail</b> Distance: 2.39km/1.49mi from Windwardside Time: 2.5 hours round trip <b>OPEN</b>	<b>Access:</b> From Windwardside opposite the Trail Shop. Alternative access is from the end of the Mountain Road (this will reduce hiking time by about 20 minutes) or from the Bud’s Mountain Trail, which joins the Mt. Scenery trail at the highest shelter. <b>Special features:</b> 1,015 steps to the highest point in the Kingdom of the Netherlands. Unique cloud forest (Elfin Forest) vegetation at the top.	Degree of difficulty: <b>Strenuous</b> . No mobile phone connection on parts of the trail. <b>Be cautious on the way down. Use hand railings where available!</b> Walk down sideways and use hiking stick for balance. Interpretational signs at rest sheds. <b>Use trail boxes for notes or to leave memories. Small First Aid items are provided for minor injuries.</b>
D.1	<b>The Bottom Viewpoint</b> Distance: 0.21km/0.13mi from junction Time: 30 minutes <b>OPEN (with restrictions)</b>	<b>Access:</b> Turn left at the bench before the railing down to the valley on Mt. Scenery, follow narrow path until reaching a cliff / cavern, carefully climb the wooden stairs to theviewpoint. Great view of Torrens Point!	<b>Caution - viewpoint not secured!</b> <b>Loose wire mesh on boardwalk can cause injury!</b> Trail works/wire mesh replacement in progress. Parts of the trail can be very muddy and slippery.
D.2	<b>Windwardside Viewpoint</b> Distance: 0.14km/0.08mi from junction Time: 5 minutes <b>OPEN</b>	<b>Access:</b> Turn right past the Communication Tower when reaching the top of the mountain. <b>Special features:</b> Great views of Windwardside, The Level and Sint Eustatius	<b>Caution - slopes along viewpoint are not secured</b> It is strictly forbidden to climb the tower. Rare orchids near the maintower. Please don’t touch or break flowers.

D.3	<p><b>Hell's Gate Viewpoint</b> Distance: 0.14km/0.08mi from junction Time: 10 minutes <b>OPEN</b></p>	<p><b>Access:</b> Turn left when reaching the top of the mountain through a muddy valley until reaching the cliff. Use the rope to assist on the way up and down. <b>Special features:</b> Great views of Hell's Gate, the airport and St. Maarten. Selfie sign, the actual highest point in the KNL.</p>	<p><b>Caution! Slippery when wet! Steep cliff to all sides.</b> Not for people afraid of heights. Parts of boardwalk can be slippery. Rare Guadeloupe Wild Coffee can be found at the east side. Please don't pick.</p>
D.4	<p><b>Elfin Forest Trail</b> Distance: 0.89km/0.55mi from junction Time: 45 minutes <b>OPEN (with restrictions)</b></p>	<p><b>Access:</b> From the Sandy Cruz Trail Head in Upper Hell's Gate. Turn left at junction in 350 meters, after passing through Deep Gut. Rest bench halfway of the trail. <b>Special features:</b> spectacular views of the airport and neighboring islands at bench. Huge banana trees can be found in the Elfin Forest.</p>	<p>Degree of difficulty: <b>Strenuous.</b> <b>Recommended for experienced hikers only. Not suitable for kids under 12 years of age.</b> Upper trail is <b>steep, muddy and slippery</b>, good hiking boots recommended. Prepare to get dirty!</p>
E.	<p><b>Sandy Cruz Trail</b> Distance: 2.86km/1.78mi Time: 2.5 hours one-way <b>OPEN</b></p>	<p><b>Access:</b> The trailhead is located near the end of the dead-end road in Upper Hell's Gate. If you are walking to the trailhead, signs will direct you from the main road. Or start from the road on Troy Hill, which will increase the hiking time by about half an hour. <b>Special features:</b> lush rainforest, abandoned farmland, great views.</p>	<p>Degree of difficulty: <b>Moderate.</b> Arguably, Saba's second most famous and hikers favorite trail! <b>Bring a hiking stick</b> for additional balance. Parts of the trail are <b>muddy and slippery</b>. No mobile phone connection. Respect the private banana farm in the middle of the Trail. Don't pick fruits!</p>
F.	<p><b>Sulfur Mine Trail</b> Distance: 0.51km/0.32mi Time: 40 minutes one-way <b>OPEN (with restrictions)</b></p>	<p><b>Access:</b> Going down from Upper Hell's Gate (Zion's Hill) towards the airport, follow the second side road (the one that branches sharply to the left); the trail starts at the end of the paved road. <b>Special features:</b> location of the old McNish Sulfur Mine; great views of cliffs and airport; seabird watching (bring your binoculars!).</p>	<p>Degree of difficulty: <b>Moderate</b> Due to recent rock slides the mine entrance is partially blocked. Inside the mine it is very hot and humid. Thus, <b>exploration of the mine is presently not permitted.</b> Keep a distance from the eroded edges near the old sulfur oven.</p>
G.	<p><b>Flat Point "Tide Pools" Loop</b> Distance: 0.58km/0.36mi Time: 30 minutes <b>OPEN</b></p>	<p><b>Access:</b> From the road below the airport to Cove Bay. Follow the yellow trailblazing marks on the rocks. <b>Special features:</b> lava flows; colorful saltwater pools with abundant marine life; ruins of an indigo boiling house.</p>	<p>Degree of difficulty: an <b>easy walk</b> to the bluff overlooking the tidepools; a steep scramble over rocks to get down to the pools. <b>Mind the ocean! Don't climb too far down when the sea is wild!</b></p>
H.	<p><b>Spring Bay Heritage Trail</b> Distance: 2.96km/1.84mi Time: 2-3 hours one-way <b>OPEN</b></p>	<p><b>Access:</b> From the Agriculture Center in English Quarter (along the road from Windwardside to Hell's Gate/Zion's Hill) or from Kelbey's Ridge (follow the orange markings) near the Airport. <b>Special features:</b> dry forest and dry scrub vegetation; beautiful vistas; ruins of a sugar cane boiling house.</p>	<p>Degree of difficulty: <b>Strenuous.</b> Take enough water and sunblock - this is a long and hot hike! No sign at junction to Spring Bay Flat. <b>Beware of Manchineel trees</b> along the trail. <b>Beware of loose rocks and gravel, erosion in the section leading to Spring Bay Gut</b> (ravine).</p>
I.	<p><b>North Coast Trail</b> Distance: 3.27km/2.03mi Time: 3.5 hours one-way Heavy erosion @ Goat Rock. Use cable for hold. <b>CLOSED</b> <b>Guide Hikes Only</b></p>	<p><b>Access:</b> From the main trailhead in Lower Hell's Gate. <b>Special features:</b> Spectacular ocean views, ruins of Mary's Point.</p>	<p>Degree of difficulty: <b>Exhausting</b> Trail in many parts not visible; flagging tape and reflectors placed on trees to avoid disorientation; <b>dangerous unstable areas, sudden landslides possible, loose rocks and steep, difficult to climb cliffs.</b></p>

I.1	<p><b>Mary's Point Trail</b> Distance: 0.75km/0.47mi Time: 1 hour one-way <b>OPEN</b></p>	<p><b>Access:</b> Start from Well's Bay, through the Well's Bay Gut / ravine. Turn left when reaching the sign. Don't continue past ruins. Trail marked with reflectors. <b>Special features:</b> Great views of the north and Well's Bay from the Valiulis bench.</p>	<p>Degree of difficulty: <b>Strenuous.</b> <b>Beware of falling rocks!</b> Handrails and wooden steps from Well's Gut to the old village. No mobile phone connection. Be respectful of the historic ruins and graves. <b>Don't remove any artifacts!</b></p>
I.2	<p><b>Torrens Point Trail</b> Distance: 0.4km/0.24mi Time: 20 minutes one-way <b>OPEN</b> (Caution: trail not being cleaned regularly)</p>	<p><b>Access:</b> Start from the Mary's Point ruins in the middle of the village. Follow the ridge to the DP7 geographical marker. <b>Special features:</b> Cavern used by Amerindians as shelter. Great views of the north coast and Diamond Rock.</p>	<p>Degree of difficulty: <b>Moderate.</b> Path not clearly marked and signs absent. Steep cliffs to the sides of the ridge before reaching wide open area above Torrens Point. Edges could be undermined by erosion!</p>

J.	<p><b>All Too Far Trail</b> Distance: 1.5km/0.93mi Time: 1-2.5 hours one-way (depending on hiking the trail up or down). <b>OPEN</b></p>	<p><b>Access:</b> From the junction at either the North Coast or the Sandy Cruz Trail. <b>Special features:</b> The trail meanders through dry scrub vegetation and lush rainforest (4 different eco-systems), with spectacular views of the Pirate Cliffs.</p>	<p>Degree of difficulty: <b>Strenuous</b> <b>Beware of stinging nettles &amp; Jack Spaniard wasps at the lower part!</b> Upper section muddy and slippery. This trail connects the North Coast Trail with the Sandy Cruz Trail. No mobile phone connection.</p>
K.	<p><b>Bottom Mountain Trail</b> Distance: 1.1km/0.68mi Time: 1.5 hours <b>OPEN</b></p>	<p><b>Access:</b> From the road opposite Queen's Gardens Hotel or the junction at Rendezvous. <b>Special features:</b> secondary forest, transition to rainforest, occasionally farmed land, Mammee Apple trees, and views of The Bottom. Brown Tremblers and Bridled Quail Doves can be found aside the trail.</p>	<p>Degree of difficulty: <b>Moderate.</b> <b>Exercise caution when climbing down the ridge.</b> Use provided ropes where available!</p>
L.	<p><b>Buds Mountain Trail</b> Distance: 1.47km/0.91 Time: 1.5 hours uphill <b>OPEN</b></p>	<p><b>Access:</b> From the Bottom Mountain Trail opposite the last (3rd) rest shed on the Mt. Scenery Trail. <b>Special features:</b> good example of secondary rainforest.</p>	<p>Degree of difficulty: <b>Moderate.</b> This trail is a nice alternative on the way down from Mount Scenery. The upper part can be <b>muddy and slippery.</b></p>
M.	<p><b>Tara's Ground Trail</b> Distance: 0.69km/0.43mi Time: 45 minutes <b>OPEN</b></p>	<p><b>Access:</b> From the Bottom Mountain trail. Time: 45 minutes from the junction on the Bottom Mountain trail to the junction on the Crispeen Track. <b>Special features:</b> dense secondary forest with large mango trees and historical farm ruins.</p>	<p>Degree of difficulty: <b>Moderate-easy</b> Trail hard to find in the valley, because of dense canopy, fallen leaves and branches. <b>Trailblazing:</b> Follow the orange markers along the path.</p>
N.	<p><b>Parish Hill Trail/Loop</b> Distance: 1.01km/0.68mi Time: 1.5 hours <b>OPEN (with restrictions)</b> Construction activities above Healthcare Center parking lot obstructing Trail Head</p>	<p><b>Access:</b> The trail starts at the beginning of the road from The Bottom down to Fort Bay, next to the Radio Station or behind the Hospital. Erosion between Bunker Hill and the forested section of Parish Hill. For safety, get a local guide to rock climb the "Whale's Tail" on Great Hill. <b>Special features:</b> Parish Hill is one of the younger volcanic domes (less than 100,000 years old); great views of The Bottom and St. John's; deep caves.</p>	<p>Degree of difficulty: <b>Moderate.</b> Loose rocks during ascent to the hill. Keep away from Penguin cacti. They have razor-sharp leaf edges and spines! Beware of loose rocks &amp; gravel. <b>Caves should only be entered with an experienced guide and adequate equipment.</b> Signage absent. Middle part of outer loop may be hard to find.</p>

O.	<p><b>Giles Quarter Trail</b> Distance: 3.49km/2.17mi Time: 3 hours <b>OPEN (with restrictions)</b></p>	<p><b>Access:</b> From the Dancing Place Trail on top of the ridge or the dirt road below the stone crusher at the eastern end of Fort Bay. <b>Special features:</b> great ocean vistas along the coastline, impressive view of The Road from below, old farming structures, including a functioning well near the beach at "Hole in the Corner".</p>	<p>Degree of difficulty: <b>Strenuous</b>. Take enough water and sunblock - this is a long and hot hike. <b>Trailblazing:</b> Follow the orange markers along the ridge. <b>Markers and signs absent at lower section.</b> Road construction to Fort Bay in progress. <b>Beware of Jack Spaniard wasps, spiny cacti and Manchineel trees!</b></p>
P.	<p><b>Dancing Place Trail</b> Distance: 0.4km/0.24mi Time: 20 minutes one-way <b>OPEN</b></p>	<p><b>Access:</b> From the road from Windwardside to St. John's at the Lion's club sign or from "The Road" monument between Windwardside and St. John's. <b>Special features:</b> great views of the southcoast and St. Eustatius.</p>	<p>Degree of difficulty: <b>Easy</b> <b>Beware of Jack Spaniard wasps in the side walls!</b> Tamarind tree will collapse soon. <b>Because of crumbling wall, Lambee's Monument has been closed!</b></p>
Q.	<p><b>Middle Island Trail</b> Distance: 1.1km/0.68mi Time: 40 minutes one-way <b>OPEN (with restrictions)</b></p>	<p><b>Access:</b> From The Bottom towards Well's Bay, turn down to the left at The Gap and continue past The Ladder turn into drive way to the left until you reach the trailhead after about 100 yards. <b>Special features:</b> heritage trail, remains of an old open cistern, impressive farm stone walls, a cavern, dry forest and great views across Ladder- and Well's Bay.</p>	<p>Trail not cleaned! <b>Small rockslides in guts - loose gravel, causing slippery trail.</b> Degree of difficulty: <b>Easy/moderate</b> <b>Beware of Jack Spaniard wasps</b> Alternative viewpoint before sea grape tree (4 small steps) 10 meters below cistern. No mobile phone connection.</p>
R.	<p><b>Thai's Hill</b> Distance: 0.4km/0.25mi Time: 10 minutes <b>OPEN (with restrictions)</b></p>	<p><b>Access:</b> Between 2 houses at the main road in St. Johns, just before the first junction to the village when coming from The Bottom. <b>Special features:</b> Great views of Fort Bay, The Bottom and neighboring islands.</p>	<p>Degree of difficulty: <b>Easy</b> A short walk to enjoy gorgeous views and sunsets on top of the hill. Old radio station ruins. Path needs trail blazing and entrance is not marked.</p>

The removal of invasive species has currently been paused. We will distribute an update as soon as there are any changes.

Manchineel trees are mainly found on the Spring Bay and Giles Quarter trails:



# Trail Etiquette & Park Rules

## **Plan Ahead and Prepare**

- Before starting your hike, please inform the SCF Office (+599 416 3295 or send an email to [info@sabapark.org](mailto:info@sabapark.org)). Let a friend or somebody at your hotel know your hiking plan. Cell phones won't have reception in most areas of the park, especially the north coast.
- Always bring plenty of water and use a hiking stick (especially useful downhill). High quality aluminum hiking sticks are available for rent at the Trail Shop.
- On the hot, open trails, also wear a hat or a cap. Long-sleeved shirts and long pants are recommended. Use sunblock.
- Wear good hiking shoes that provide ankle protection. Many trails have wet, muddy parts, even during the dry season. Hence, slippers or sandals are not recommended.

## **Dispose of Waste Properly**

- Pack it in, pack it out. Whatever is brought into the park, should be taken out of the park.
- Help protect nature by taking a bag with you on any trip and simply collect any litter you come across. It's one thing to leave the park as you find it, but how much better to leave it ever so slightly cleaner?
- Dog owners must pick up after pets.

## **Leave What You Find**

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.

## **Respect Wildlife**

- Observe wildlife from a distance. Do not follow or approach them.
- The endangered endemic [Red-bellied Racer](#) snake (*Alsophis rufiventris*) is very shy, sensitive to sound and completely harmless to humans.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Avoid wildlife during sensitive times: mating, nesting or raising young.
- Please leave all plants and flowers for others to enjoy.
- Pets must be on a leash at all times.

## **Be Considerate of Others**

- Stay on the designated trails; most trails pass through private lands. Do not cut switchbacks or take shortcuts. Respect the rights of the landowners. Camping is not allowed.
- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail. If you're descending a steep trail and you see hikers coming up, step off the path to let them pass. Since gaining elevation requires more energy than going down, it's polite to give way to the person burning more calories. Keep to the right side of the trail when you are being passed.
- Step to the downhill side of the trail when encountering pack stock.
- Let nature's sounds prevail. Avoid loud voices and noises.

## **Be Aware**

- During the early summer months when grass, weeds, and other vegetation are heaviest, Chigger mites can cause an itchy rash. Avoid brushing with bare skin on hanging vines, branches or ferns. Wear long-sleeved shirts and pants.
- **Beware of Jackies** ([Jack Spaniard - Polistes lanio](#)). The wasp stings can be very painful and people who are allergic to bee stings should carry an [EpiPen](#) (available at the local hospital).
- The flying of UAVs (drones) is not permitted in the Mount Scenery Park without express permission from the relevant authorities.

