

Saba's Nature Trails

A. The Ladder

Hiking time: 40 minutes one-way

Difficulty: Strenuous

The stairway begins near The Bottom, a short distance past the hospital. From the lookout at The Gap, continue down a steep road through a residential area. The Ladder begins where the steps veer off to the left. The Ladder was used until the 1970s to bring up cargo from Ladder Bay to The Bottom.

Highlights: Views of coastal bluffs, old Custom's House, and ocean vistas.

B. Crispeen Track

Hiking time: 30 minutes to Crispeen, one hour to Rendezvous from The Bottom.

Difficulty: Moderate

The Crispeen Track begins a short distance past the dormitory in The Bottom and is well marked. Follow the signs to either Bud's Mountain Trail or the Bottom Hill Trail. The trail to Rendezvous begins above the last house on the left. The trail enters a rain forest and passes through fields and over a forest ridge. The trail continues into pasture land and on to the junction with the Mt. Scenery Trail. Access to Crispeen Track from Mt. Scenery/Windwardside is via Rendezvous trail.

Highlights: Views of The Bottom and secondary rain forest.

C. Maskehorne Hill Trail

Hiking time: 20 minutes one-way

Difficulty: Moderate

Look for the trailhead signboard on your left as you head up to Mt. Scenery from Windwardside. The route passes through landscape with lush vegetation thick with Elephant ears and climbs past tall boulders.

Highlights: Views of Windwardside.

D. Mt. Scenery Stairway

Hiking time: 1 ½ half hours one-way

Difficulty: Moderate-Strenuous

The stairway to the top of Mt. Scenery begins just west of the Trail Shop in Windwardside. Appropriate footwear is necessary as the steps are often slippery. Highlights: Secondary rain forest, fascinating changes in vegetation along the way, abundant bird life and spectacular views of neighbouring islands.

E. Sandy Cruz Trail

Hiking time: 2 hours one-way

Difficulty: Moderate

The trail extends from Upper Hells Gate to Troy Hill.

Highlights: Secondary rain forest, abundant bird life and spectacular views.

F. Sulphur Mine Track

Hiking time: 40 minutes one-way

Difficulty: Moderate

From the Windwardside, as you pass the church at Hell's Gate, make a sharp left at the second road to your left (which leads to The Gate House hotel). The trail begins at the end of the road. An unpaved path goes past a wooden house to your left and connects with the original path, which leads across the hillside towards another house before turning steeply downhill. At the trail junction, follow the sign and continue down to your right. Once you reach a grassy area overlooking the sea, a short scramble down the sulphur deposit will lead you to the mine entrance. Exploring the mine is possible, but flashlights are essential. Temperatures and humidity inside the mine are high. Enter at your own risk.

Highlights: Views of Green Island, the Pirate Cliffs above the airport, and the steeply eroded North Coast. Sea bird watching is exceptionally rewarding in this area.

G. Flat Point

Hiking time: 15 minutes one-way

Difficulty: Easy

A road just before the airport building goes down to Cove Bay and Flat Point. At the bottom of the road, walk out to the bluff overlooking the ocean. There is no trail as such.

Highlights: Tide-pools and views of the remains of the sugarcane boiling house.

H. Spring Bay Trail

Hiking time: 2-3 hours one-way

Difficulty: Moderate-Strenuous

From English Quarter, walk down the road to the right of the Agricultural Station. At the end of this road, the trail starts on your left. Continue down the path to Old Booby Hill and further down to Spring Bay. Take enough water and use sun block.

Highlights: Spectacular views of the ocean, the airport, and the island.

I. North Coast Trail

Hiking time: 40 minutes one-way

Difficulty: Strenuous-must be accompanied by a guide

Access the North Coast Trail from the main trailhead in Lower Hell's Gate. This trail continues beyond the boundaries of the Saba National Park to Mary's Point and Wells Bay. Only guided hikes are allowed beyond the All Too Far junction.

Highlights: Spectacular views of the ocean, ruins of Mary's Point.

J. All Too Far Trail

Hiking time: 1 ½ hours one-way

Difficulty: Moderate-Strenuous

This trail connects the North Coast Trail with the Sandy Cruz Trail.

Highlights: Transition from dry forest to rain forest.

K. Bottom Mountain Trail

Hiking time: 1 ½ hours

Difficulty: Moderate

From the Windwardside: begin Mt Scenery trail, follow Crispeen Track to Rendezvous. At junction take right turn and follow path to Troy Hill. May also begin trail at Queens Garden Hotel.

Highlights: Secondary rainforest and views of The Bottom.

L. Bud's Mountain Trail

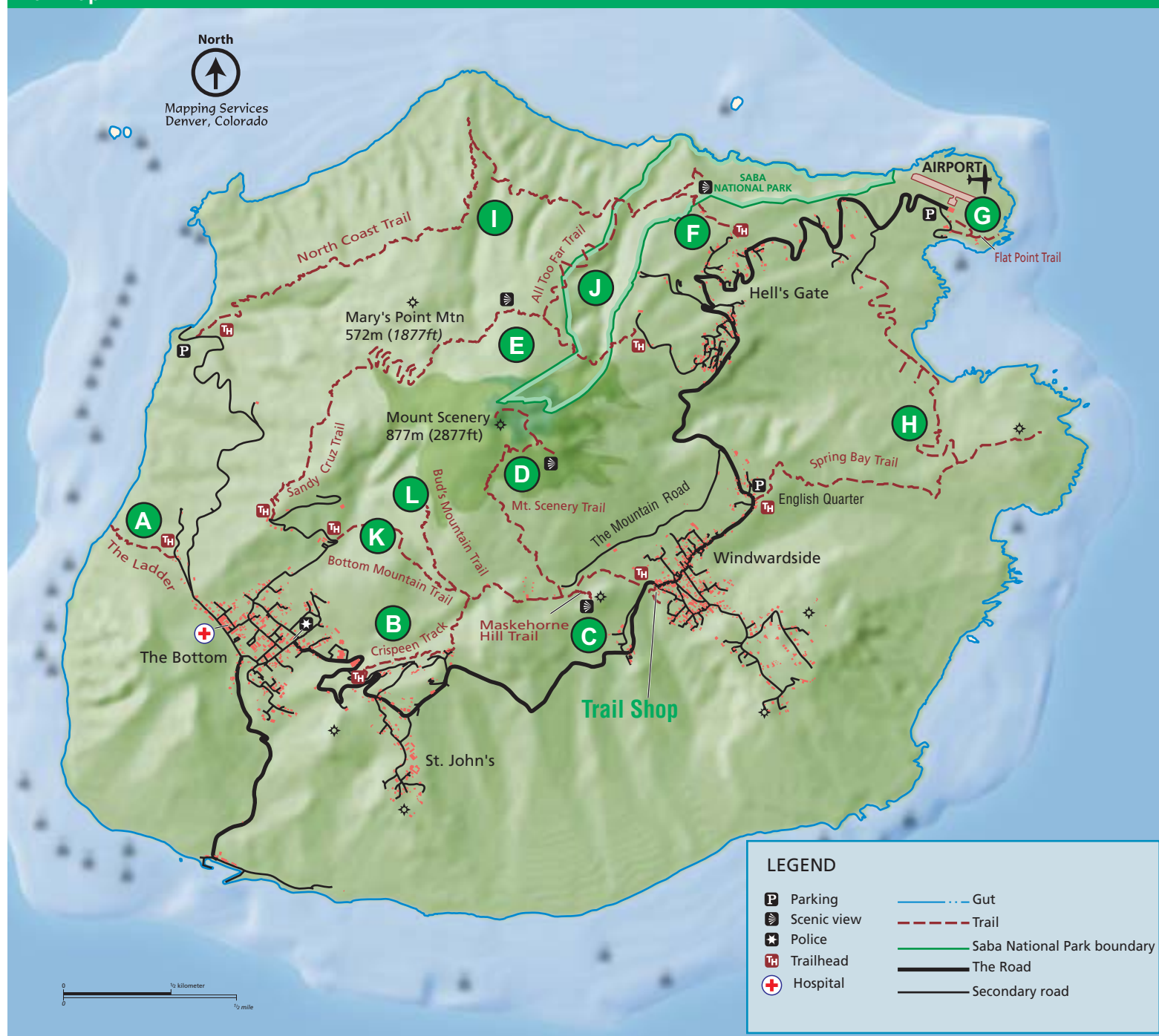
Hiking time: 1 ½ hours

Difficulty: Moderate

From Windwardside: begin Mt Scenery trail and follow the trail to Crispeen Track. Take right at Rendezvous junction and then next right a little further on.

Highlights: Views of Windwardside, St. Johns and secondary rainforest.

Trail Map



Planning your visit

Trail Manners

Help to keep the trail clean. Please carry your own litter out to be properly disposed of in a trash container!

Leave the trail cleaner than you found it by picking up any litter that other people have left behind!

A picked flower soon dies. Please leave all plants and flowers for others to enjoy after you!

Be considerate to others. Loud noises can disturb wildlife as well as other hikers wishing to enjoy the serenity of the area!

All trails are on private land, and we are allowed to use the trails because of the landowners' generosity. Please respect the rights of the landowners and do not wander off the trails. Do not pick the fruits in the plantations!

For Your Safety

Hiking and other strenuous activities in extreme heat can be hazardous. Pace yourself and rest often!

Carry plenty of drinking water with you. The heat of the tropical sun will force you to increase considerably your normal fluid intake!

Protect yourself against sunburn or sunstroke by wearing a broad-brimmed hat and a high-strength sun-block lotion!

Sturdy walking, running or tennis shoes are sufficient for the trails. However, hiking boots will provide an additional level of comfort and security on the more strenuous trails!

As you gain elevation and enter the rainforest, the temperature may drop markedly. You may want to bring along a light jacket or anorak!

Trails can frequently be slippery, especially in the rain forest. A hiking stick can provide an extra level of confidence and can be rented or purchased at the Trail Shop!

Saba Conservation Foundation



The Trail Shop in Windwardside

The Saba Conservation Foundation (SCF) is a non governmental organisation established in 1987 with a mission to preserve and manage Saba's natural and cultural heritage. It is committed to the vision that a stronger island economy will result from the sustainable use of Saba's rich and virtually unspoiled resources.

In order to achieve its goal, the SCF promotes the development of parks and protected areas, manages a network of hiking trails, encourages the preservation of historic buildings, and promotes supportive scientific research and education. The SCF also manages the Saba National Park and oversees the operation of the Saba National Marine Park. The SCF is responsible for meeting the major expense of nature management, and most funds are raised through private contributions.

With more people visiting Saba each year, the costs of maintaining the trail network has increased. Your

investment in the longevity of the natural environment is appreciated. A Naf 5, 3 euro, or US \$3 hiking fee has been instituted to provide funds for trail maintenance. In return, you will receive an SCF nature disc that identifies you as a contributor. You can also help support conservation work by joining the "Friends of Saba Conservation Foundation" with a minimum contribution of Naf 45, 25 euro, or US \$25 per year.

Contact the Trail Shop or Saba Conservation Foundation/Marine Park visitor centre at the Fort Bay for more information.