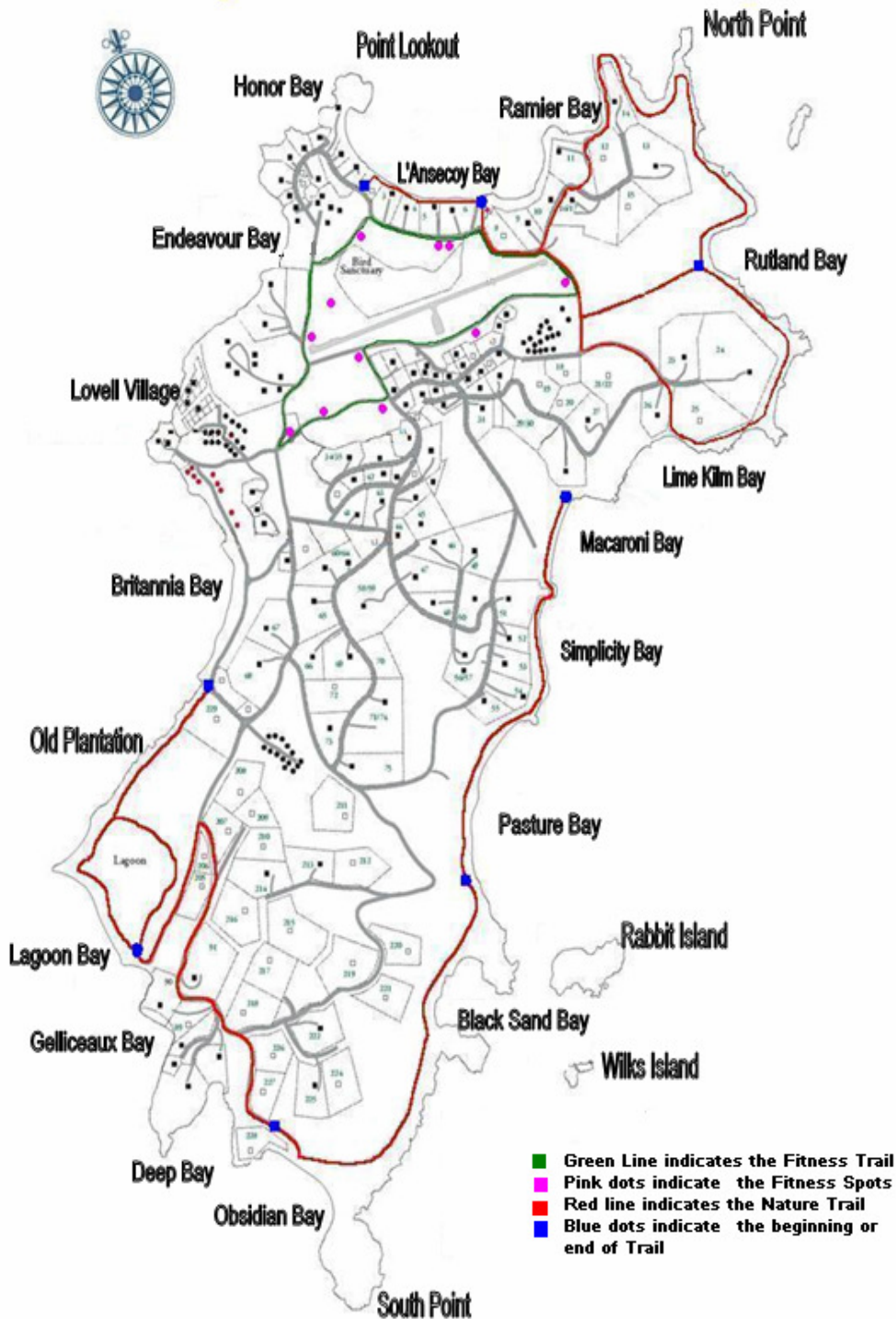


Mustique Nature & Fitness Trail Map



Family Trails:

Old Plantation: 60 minutes

This is a great walk for shell collecting and a suitable trek for the family at almost any time of day; except in the late afternoon when the sand flies are biting.

Park and Start: Near the Snorkel Shed at Britannia Bay, follow the road and travel through the trees to the end of the beach and round the corner to Lagoon. Once there, follow the beach to the head of the Nature Trail, go round the brackish lagoon and follow the trail back to Old Plantation. Head north along the beach (toward town) and back to your vehicle.



Nature Trail Lagoon: 40 minutes

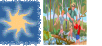
An easy trail for most, and informative too with narrative signs explaining the Mangrove swamp- one of the most biologically important places on Mustique. Quietly watch the birds from a bird blind. The trail is well shaded and is good to travel in daylight or for the adventurous, after dark when Night Heron is feeding and the indigenous Manicou is active.

Park and Start: At the base of the Lagoon beach road, near the Nature Trail sign. Your walk begins and ends there.

Windward Beaches: 40 minutes

A watery, sunny walk from Pasture Bay to Macaroni Beach (and back again if you like) is a pleasant trek any time of day. Of interest are the rock formations and Cacti along the trail. **Caution:** wet rocks may be slippery.

Park and Start: Either at Pasture Bay or Macaroni Beach. The Pasture Bay trailhead is on the rocky northern edge of the bay and the Macaroni trailhead is on the shore of the southernmost rocks. Follow the rock path and the beaches.



L'Ansecoy Beach: 30 minutes

A sunny, gentle, flat walk for persons of all ages and abilities.

Park and Start: Leave your vehicle at the public beach access to the east of Jacaranda house. Walk a few meters to the beach and head to your left. Exit near the tennis courts of the Cotton House, or just turn and go back to your vehicle.

Rugged Trails:

Moonscape: 90-120 minutes

The southeastern tip of the island (Gun Hill) is quite desolate to the uninformed eye—but to a hiker and nature lover, it is a fascinating area. This windswept landscape, while rugged looking, is environmentally sensitive and habitat to some very fragile plants. The path is well worn, but not groomed and quite uneven. Care should be taken to stay on the path and not disrupt the vegetation. A large fissure along the way is home to hundreds of indigenous bats. This has been a favorite stop on the trail for many years, but recently, storm waves and rains have deteriorated the soft rock face. **The area is no longer stable and should not be explored.** Make this trek early in the day—by mid morning, it is quite hot. Beginning too late in the afternoon, could strand you in the field after dark. Care should be taken.

Park and Start: Traveling the southeast road beyond the Lagoon turn off, take the left fork up the hill in the direction of Salamander house. There is a dirt road on the right, exit and travel that road to its terminus; park there. Follow the path across stony ground and observe the rocks and cacti as well as the nearby islands: Rabbit Island and the smaller Wilks Island. Or, start at Pasture Bay from the path near the picnic hut. (Alternate start: walk from Lagoon beach Nature trailhead along the beach to Obsidian—there climb the rocky path and follow the road to the parking area suggested above. This alternate start adds 30 minutes of brisk walking to the hike.)

Rutland: 45 minutes

The hilly terrain offers a mildly challenging hike with intervals of steep grades, but with views of the Atlantic Ocean that are worth the trip. There are areas of the trail that rim cliff faces, extreme care should be taken. Persons uncomfortable with heights should not do this trek. Trees along the windward coast have unusual shapes, having blown in the wind their entire lives. Cacti and dry forest shrub border the trail. The shrubbery is often populated by bush locally known as *cashy*- this is a dense and thorny shrub and should be avoided, it has strong piercing thorns covering its stems.

Park and Start: Drive to Rutland Bay, parking on the graveled area (not on the wild grasses). Facing the sea, turn to your left and follow the path up the hill toward Windsong house. The trail exits on the road; turn left and follow it back to Rutland Bay.

North Point: 60 minutes

This is a trail for the sure-footed hiker **only** and is not for walkers intimidated by heights. Care should be taken as this trail winds the windy jagged but spectacular cliffs of North Point. Look for the wild Sea Island Cotton plants along the way. Enjoy the views of near shore reefs and uninhabitable islets dotted with seabirds and cacti.

Park and Start: Leave your vehicle at Rutland Bay and take the trail on the northern (left) shore of the bay. Follow the trail to the eastern end of L'Ansecoy Bay, turning around at the "private property" signs and return the way you came.



Be Sure To: Bring your backpack or beach bag, with a sand pail for collecting bits from the beach, beach towels, enough water for everyone, insect repellent, sunscreen, mask and snorkel, and a camera. Many trails connect to each other-so extend your walks if you wish

ALWAYS TREK OUT YOUR TRASH

KEY:	
	Suitable for bikes
	Rest Stops
	Heavy Terrain
	No Shade
	Family trail
	Nature Narrative