





## SCF Trail Advisory

May 2021

	Trail / Status	Description	Notes
A.	<b>The Ladder</b> Distance: 0.43km/0.27mi Time: 1 hour round trip <b>OPEN</b>	<b>Access:</b> From The Bottom, follow the road past 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 back up). <b>Caution!</b> The <b>lower stairs</b> , close to the sea, have been washed out by heavy swells and <b>recently collapsed</b> . 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 and secondary rainforest.	Degree of difficulty: <b>Moderate</b> . Beware of loose rocks. <b>Lower part recently renovated!</b>
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.</b> Suriname cherries can be found along the trail during the season.
D.	<b>Mt Scenery Trail</b> Distance: 2.39km/1.49mi from Windwardside Time: 2.5 hours round trip <b>OPEN</b>  Signs mark the boundaries of the Mt. Scenery Nature Park	<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.</b>
D.1	<b>The Bottom View Point</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 rocks to the viewpoint. Great view of Torrens Point!	<b>Caution! Boardwalk is very slippery.</b> Trail under construction. Rope railings missing. Viewpoint not secured. Parts of the trail can be muddy.
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 Statia.	<b>It is strictly forbidden to climb the tower!</b> Slopes along viewpoint are not secured.
D.3	<b>Hells Gate Viewpoint</b> Distance: 0.14km/0.08mi from junction Time: 10 minutes <b>OPEN</b>	<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. Great views of Hell's Gate, the airport and St. Maarten.	<b>Caution!</b> <b>Steep cliff to all sides.</b> Not for people afraid of heights. Parts of boardwalk can be slippery.

D.4	<b>Elfin Forest Trail</b> (0.89km/0.55mi) <b>OPEN</b> (with caution & restrictions)	<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 half way of the trail. <b>Special features:</b> spectacular views of the airport and neighboring islands at bench.	Degree of difficulty: <b>Strenuous.</b> <b>Recommended for experienced hikers. Not suitable for kids under 12 years of age.</b> Upper trail is <b>steep, muddy and slippery</b> , good hiking boots needed.
E.	<b>Sandy Cruz Trail</b> Distance: 2.86km/1.78mi Time: 2.5 hours one way <b>OPEN</b> Signs mark specially protected specimen 	<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.	Degree of difficulty: <b>Moderate.</b> Arguably, Saba's second most famous and most 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. Some obstruction by fallen trees after heavy rain possible.
F.	<b>Sulfur Mine Trail</b> Distance: 0.51km/0.32mi Time: 40 minutes one-way <b>OPEN</b> (with caution & restrictions)	<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!).	Degree of difficulty: <b>Moderate</b> Due to recent rock slides the mine entrance is blocked. Thus, exploration of the mine is presently not permitted. Keep a distance from the eroded edges near the old sulfur oven.
G.	<b>Flat Point "The Tide Pools" Loop</b> Distance: 0.58km/0.36mi Time: 30 minutes <b>OPEN</b>	<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.	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>
H.	<b>Spring Bay Heritage Trail</b> Distance: 2.96km/1.84mi Time: 2-3 hours one-way <b>OPEN</b>	<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.	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>Don't seek shelter under them and don't eat their poisonous fruits!</b>
I.	<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>Access:</b> From the main trailhead in Lower Hell's Gate. <b>Special features:</b> Spectacular ocean views, ruins of Mary's Point. <b>Trail closed and must only be hiked with an experienced, official guide beyond the All Too Far junction or past Mary's Point!</b>	Degree of difficulty: <b>Strenuous.</b> Trail in many parts not visible; flagging tape and reflectors placed on trees to avoid disorientation; dangerous unstable areas, sudden landslides possible, loose rocks and steep, difficult to climb cliffs.
I.1	<b>Mary's Point Trail</b> Distance: 0.75km/0.47mi Time: 1 hour one-way <b>OPEN</b> Interpretive signs at ruins!	<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.	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>
I.2	<b>Torrens Point Trail</b> <b>OPEN</b> (with caution & restrictions) <b>Keep away from edges!</b>	<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.	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!

J.	<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>	<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.	Degree of difficulty: <b>Strenuous</b> <b>Beware of stinging nettles &amp; Jack Spaniard wasps at the lower part!</b> This trail connects the North Coast Trail with the Sandy Cruz Trail. No mobile phone connection.
K.	<b>Bottom Mountain Trail</b> Distance: 1.1km/0.68mi Time: 1.5 hours <b>OPEN</b>	<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, Mango trees, Mammee Apple trees, and views of The Bottom.	Degree of difficulty: <b>Moderate.</b> <b>Exercise caution when climbing down the ridge. Use provided ropes where available!</b> Trail construction in progress.
L.	<b>Buds Mountain Trail</b> Distance: 1.47km/0.91 Time: 1.5 hours uphill <b>OPEN</b>	<b>Access:</b> From the Bottom Mountain Trail or opposite the last (3rd) rest shed on the Mt. Scenery Trail. <b>Special features:</b> good example of secondary rainforest.	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>
M.	<b>Tara's Ground Trail</b> Distance: 0.69km/0.43mi Time: 45 minutes <b>OPEN</b>	<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.	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.
N.	<b>Parish Hill Trail/Loop</b> Distance: 1.01km/0.68mi Time: 1.5 hours <b>OPEN</b> (with caution & restrictions)	<b>Access:</b> The trail starts at the beginning of the road from The Bottom down to Fort Bay, next to the Cable Office or behind the Hospital. <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.	Degree of difficulty: <b>Moderate.</b> Loose rocks during ascent to the hill. Keep away from Pinguin cacti. They have razor-sharp leaf edges and spines! <b>Caves should only be entered with an experienced guide and adequate equipment!</b> Signage absent. Middle outer loop part hard to find.
O.	<b>Giles Quarter Trail</b> Distance: 3.49km/2.17mi Time: 3 hours <b>OPEN</b> (with caution & restrictions) <b>Keep away from Manchineel trees!</b>	<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".	Degree of difficulty: <b>Strenuous.</b> Take enough water and sunblock - this is a long and hot hike. Signs absent. Road construction to Fort Bay in progress. <b>Beware of Jack Spaniard wasps, spiny cacti and Manchineel trees!</b> ☠️
P.	<b>Dancing Place Trail</b> Distance: 0.4km/0.24mi Time: 20 minutes one-way <b>OPEN</b>	<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 south coast and St. Eustatius.	Degree of difficulty: <b>Easy</b> <b>Beware of Jack Spaniard wasps in the side walls!</b> Tamarind tree will fall soon. <b>Because of crumbling wall, seating area at Lambee's Monument has been closed!</b>
Q.	<b>Middle Island Trail</b> Distance: 1.1km/0.68mi Time: 75 minutes back and forth <b>CLOSED</b> (landslide at midsection)	<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 stonewalls, a cavern, dry forest and great views across Ladder- and Well's Bay.	Degree of difficulty: <b>Easy - moderate</b> Landslide after second ravine below new housing construction. Alternative viewpoint before sea grape tree (4 small steps) 10 meters below cistern needs clearing. No mobile phone connection.

R.	<b>Thai's Hill</b> Distance: 0.4km/0.25mi Time: 10 minutes <b>OPEN</b> (with restrictions)	<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.	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 trailblazing. Entrance obstructed by garbage bins and dog house.
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## Trail Etiquette & Park Rules

### Plan Ahead and Prepare

- Before starting you hike, please sign the register at the Trail Shop (+599 416 2603/3295) and sign-out upon return. 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 water and use a hiking stick (especially useful downhill).
- 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 dryseason. 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 packstock.
- 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 (see separate advisory).
- **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.

