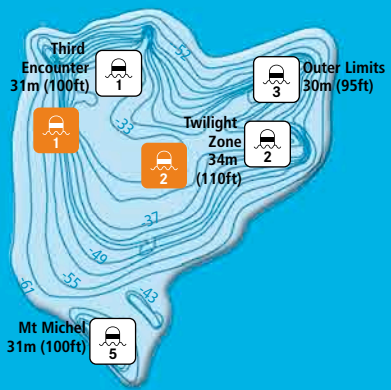
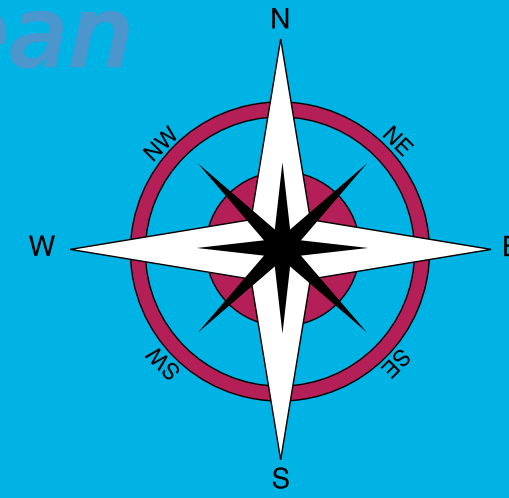


Saba

Dutch Caribbean

Atlantic Ocean



LEGEND

	Dive site mooring		Trailhead
	Dive site mooring		Hospital
	Yacht mooring		Scenic view
	National park		Parking
	The Road		Anchorage
	Trail		Fuel station
	Mountain/Hill		Police

SABA 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. Overlooking the Saba Marine Park & Diamond Rock.
Highlights: Views of coastal bluffs, old Custom's House and ocean vistas.

B Crispeen Track
Hiking time: 30 minutes to Crispeen, one hour to Rendez vous 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 Rendez vous 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 junction with the Mt. Scenery Trail. Access to Crispeen Track from Mt. Scenery/Windwardside is via Rendez vous trail. **Highlights:** Views of The Bottom and secondary rain forest.

C Mas' Cahone's Hill also known as Maskehorne Hill
Hiking time: 20 minutes one way. **Difficulty:** Moderate.
 Look for the trailhead signboard on your left as you head up 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 1/2 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 and spectacular views of neighbouring islands.

E Sandy Cruz Trail
Hiking time: 3 hours one way. **Difficulty:** Moderate.
 The trail extends from Upper Hells Gate to Troy Hill. **Highlights:** Primary rainforest, secondary rainforest, 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). Continue driving along the road until you reach the end of it, there is a private home on the left hand side. 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 The Tide Pools at 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 - Kelbey's Ridge
Hiking time: 3 hours one way. **Difficulty:** 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 sunblock. **Highlights:** Spectacular views of the ocean, the airport and the island.

I North Coast Trail
Hiking time: 3 hours 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 and the ruins of May's Point.

J All Too Far Trail
Hiking time: 1 1/2 hours one way. **Difficulty:** Moderate-Strenuous.
 Can be started in Upper Hell's Gate or Lower Hell's Gate (Zion's Hill). Starting Point in Upper Hell's Gate; the Sandy Cruz Trailhead, connects North Coast Trail. Starting Point in Lower Hell's Gate; the Sulphur Mine trail head, connects North Coast Trail. **Highlights:** Transition from dry forest to rainforest.

K Bottom Mountain Trail
Hiking time: 1 1/2 hours. **Difficulty:** Moderate.
 From the Windwardside; begin Mt. Scenery Trail, follow Crispeen Track to Rendez vous. At junction take right turn and follow path to Troy Hill. **Highlights:** Secondary rainforest and The Bottom.

L Buds Mountain Trail, Mt. Scenery
Hiking time: 1 1/2 hours. **Difficulty:** Moderate.
 From Windwardside; Begin the Mount Scenery stairwell, at the junction in Rendez vous, the first trail on your left is Mas' Cahone's Hill. The second trail on your left is the Crispeen trail, continue past the Eco-Lodge, eventually you will pass a cottage. On your left is a sign to Bud's Mountain, make a right turn on this trail and it will take you to Mount Scenery. **Highlights:** Views of Windwardside, St. Johns and secondary rainforest.

There are more trails available. For more information:
 The Trail Shop, Windwardside, tel: +599 416 2630.

