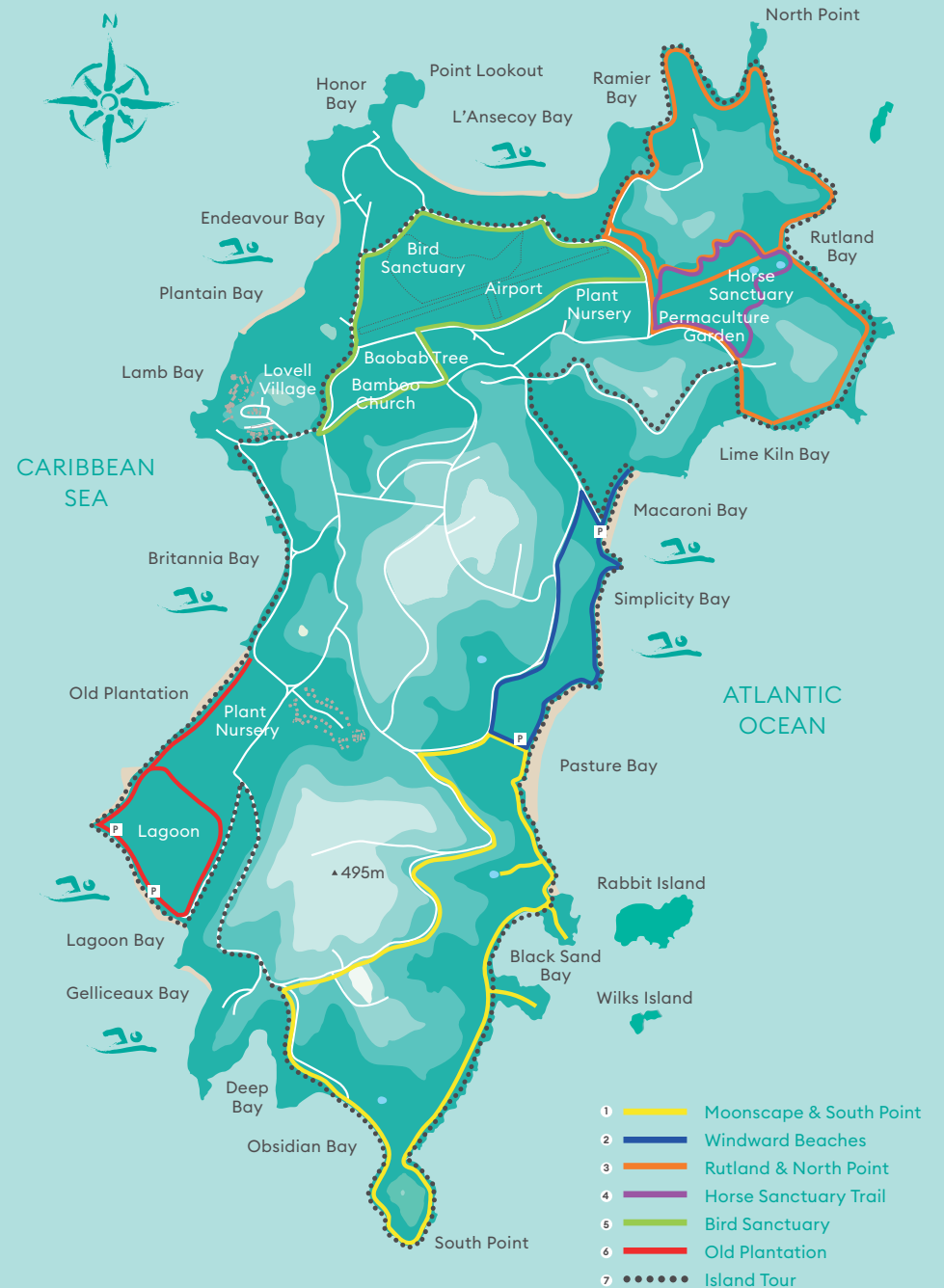


MUSTIQUE



HIKING & WALKING TRAILS



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The walking trails on Mustique are wonderfully varied. We recommend suitable footwear and plenty of water and sunscreen when hiking. Please be aware of the heat of the day and tell someone where you have gone. Take only pictures, leave only footprints.

1 MOONSCAPE & SOUTH POINT

5.5 km – 1-2 hours (Advanced Hike)

Park and Start at Pasture Bay, Picnic Hut 2.

A diverse and fascinating hike through Moonscape, an extraordinary and environmentally sensitive landscape; and a climb up to South Point for a moment of reflection and a chance to enjoy the far-reaching sea views.

Follow the shoreline from Picnic Hut 2 taking the path up through the trees. The trail runs parallel to the coastline through the windswept Secret and Black Sand Bays, with views across to the uninhabited rocky outcrops, Rabbit and Wilks islands. Continue through the extraordinary lunar Moonscape, looking out for rare examples of Stove Pipe and Turks Cap cacti, before climbing up to South Point to enjoy the spectacular sea views. Continue around the point down on to Obsidian Bay where the trail takes you inland to meet the road. Turn right and continue along the road until you meet a dirt track on the right-hand side, heralded by a dirt parking area (before the road meets a T-junction). Take the downhill path towards the sea and you will arrive back on to the beach at your starting point on Pasture Bay.

2 WINDWARD BEACHES

3 km – 1 hours (Moderate Hike)

Park and Start at Macaroni Beach

An exhilarating shoreline walk along the island's windward beaches. Take care of slippery wet rocks during high tide.

Starting on Macaroni Beach take the rocky pathway from the southern end of the beach across Simplicity Beach and over the rocks to the windswept beaches of Pasture Bay. Head inland behind the second picnic hut and pick up the shaded trail running through the bushes. Take the next sharp right hand trail and follow the steps inland climbing up through the trees to Pasture Lookout. Continue up the path between the two picnic huts to meet the main road and turn right following the road until you see a small trail sign on your right. This trail will lead you back down to Macaroni Beach.

3 RUTLAND AND NORTH POINT

5 km – 1 - 1.5 hours (Moderate to Advanced Hike)

Park and Start at the entrance to Rutland Bay (please do not park at the beach)

A rocky hike for walkers and nature enthusiasts with a head for heights!

Head towards the bay, passing the Permaculture Nursery, the Horse Sanctuary, and ponds, where tortoises can often be seen coming to drink. Reaching the seashore, take the steep left hand trail, where you will pass numerous trees and plants 'dwarfed' by years of sea blast and wind. The trail winds along the cliff, with fabulous views of the Pillories, Battowia, Baliceaux, and All Awash. Look out for "Quartz" in the dust of the path and Sea Island cotton bushes, a legacy from the colonial area. The trail continues through an unusual lunar landscape abundant with Turks Cap Cacti. There is the option of a side-hike over the rocks at North Point, but the main path continues to the left, skirting Ramier Bay, with spectacular views of L'Ansecoy Bay. Taking the left hand path at L'Ansecoy to meet the main road, turn right and continue to the entrance of Seascape. Opposite you will see a path in between the trees. This trail will lead you back to the grassy area at the entrance to Rutland Bay.

Those wishing to explore further can do so by taking the track back down onto Rutland Bay, this

time turning right out of the bay. The path goes close to the edge so please exercise caution. Just before you see Taliesin on your right, there is a short detour trail to the left taking you down over the rocks to the shoreline.

Return to the main trail and keeping the sea on your left, continue until you meet a fork in the track. Please observe the private sign, and take the left hand fork until this meets another track, where again you turn left. Continue inland until you meet a concrete road and turn left to meet the main road by Sleeping Dragon. Turn right down the road, passing behind the Horse Sanctuary and the Permaculture Nursery, and finally right again leading back to your starting point at Rutland Bay.

A short additional walk to compliment the figure of eight starts at the end of the airport road, at the parking area by the track that leads down to the Permaculture Garden and Rutland Bay.

Turning left, walk through the grasses towards the trees that run parallel to the end of the runway, and take the footpath on the right. This will lead you onto higher ground with views across Rutland valley, before dropping down to Rutland Bay.

4 BIRD SANCTUARY

3.5 km – 40 mins (Family Walk)

Park and Start at the Bamboo Church

A gentle stroll through the Bird Sanctuary.

Starting outside the Bamboo Church by the landmark Baobab tree, walk around the head of the airstrip towards The Cotton House, taking the first right before the hotel. Keeping the Bird Sanctuary on your right, turn right at the next roundabout and continue over the little wooden bridge. (At this point it is possible to side-hike to the beach at L'Ansecoy.) Home to the island's prolific indigenous and migratory birdlife, look out for the Pied-billed Grebe, Yellow Warblers and various species of heron during your walk.

Follow the road to the next roundabout and continue circumnavigating the airstrip back to your starting point.

5 OLD PLANTATION

2 km – 20-30 mins (Family Walk)

Park and Start at Old Plantation Beach

A gentle shoreside walk around the Lagoon.

Start south of Britannia Bay on Plantation Beach and head along the shore to Lagoon Bay. When you reach the track and the Nature Trail sign turn inland and follow the trail around the lagoon, looping back to your starting point. Informative Nature Trail signs illustrate native flora and fauna, and early evening guests can spot the Night Heron feeding, and the elusive land crabs emerging from their burrows.

6 HORSE SANCTUARY TRAIL

1650m – 20 mins (Family Walk)

Park and Start at the top of Rutland Bay

Head down towards the bay turning right towards the steep steps and right again just before the steps, walking around the pond and on to the sanctuary trail. The trail is clearly marked and will take you around the back of the horse sanctuary, eventually reaching the road. Turn right and right again at the next junction taking you up and over the hill, finishing with the entrance to Rutland on your right.

7 ISLAND TOUR

15.8 km – 4.5 hours (Advanced Walk)

Park and Start where you wish.

For those seeking a challenge, experience the fascinating and varied aspects of Mustique and circumnavigate the island.

This grand tour can be started at any point of the island following the trail illustrated on the map. Where marked the trail may not yet be established and a small inland deviation may be necessary.