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.

Hiking & Walking Trails

**Moonscape & South Point**

5.5 km – 12 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 the beach at 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.

**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 beach, take the steep left hand trail, where you will pass numerous trees and plants ‘dwarved’ by years of sea blast and wind. The trail winds along the cliff, with fabulous views of the Pillories, Battowia, Baliceaux, and All Avash. 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 Talesim 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 trail. 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.

**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 passing the Sweetie Pie Bakery. 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.

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**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.

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**Windsward 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.

**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 beach, take the steep left hand trail, where you will pass numerous trees and plants ‘dwarved’ by years of sea blast and wind. The trail winds along the cliff, with fabulous views of the Pillories, Battowia, Baliceaux, and All Avash. 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 Talesim 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 trail. 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.

**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 passing the Sweetie Pie Bakery. 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.

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**Old Plantation**

2 km – 20-30 mins (Family Walk)
Park and Start at Old Plantation Beach
A gentle shoreline 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.

**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.

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**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.
Welcome to Mustique

POINTS OF INTEREST

1. Sweetie Pie Bakery
2. Bamboo Church
3. Basil's Bar & Restaurant
4. Beach Café
5. Coral Restoration Farm
6. Corea's Food Store
7. The Cotton House – Hotel/Boutique
8. Doctor/Clinic
9. Equestrian Centre
10. Firefly Guest House, Bar & Restaurant
11. Fish Market/Fishermen’s Village
12. Garden Nursery
13. Jetty/Harbourmaster
14. Library (Internet Service)
15. Mechanical Services (M.M.S)
16. Mustique Company Office – Administration, Villa Rentals & Property Sales
17. Old Plantation Nursery
18. Mustique Museum
19. Petrol Station
20. Permaculture Garden
21. Pink House
22. Playground
23. Police Station
24. Pool
25. School
26. Snorkelling
27. Spa & Fitness Centre at the Cotton House
28. Sugar Mill Ruins
29. Tennis Club
30. Village Church
31. Yoga Pavilion
32. Watersports/Sailing Picnic & Beach
33. The View (Lisa’s Bar)
34. The Mustique Company Limited Act 2002

IN CASE OF EMERGENCY

Operator +1 784 488 8000
Island Security +1 784 488 8842
Villa Services +1 784 488 8500
Environmental Manager +1 784 488 8839

ISLAND CONSERVATION

"Take nothing but pictures, leave nothing but footprints"

The Mustique Company is working hard to preserve the island’s natural beauty and to minimise the environmental impact on Mustique. Please join us in the stewardship of our island and help us protect this delicate ecosystem.

As a visitor we ask you to respect the following guidelines* -

- The Mustique conservation area encompasses the island and surrounding waters 1000 yards from shore. This is a no-take, no touch zone – all animals, fish, birds, reptiles, trees, plants and corals are protected.
- Water on Mustique is produced by desalination plants, which are partly powered by solar energy. Please conserve water where possible.
- Mustique has the capability to generate over 50% of its energy needs from solar panels. As we shift our dependence from fossil fuels to renewable energy, we ask that you conserve energy when possible.
- Please use trash bins provided around the island, and sort items where possible for recycling.
- The Turtle Project – Mustique, in accordance with WIDECAST, protects and monitors sea turtles both on and offshore. Offshore, sea turtle nesting occurs between March and October every year. Offshore, sea turtles spend time grazing through sea grass beds and along coral reefs throughout the year. Please respect the turtles on and around Mustique by not approaching or touching them. Please observe the harbour speed limit of 2 knots to protect sea turtles that may be on the surface of the water and swimmers observing marine life below.
- Discharge of waste water is not permitted in the marine conservation area to ensure clean water for our marine life. Boats are required to use holding tanks whilst visiting Mustique.
- Anchoring is prohibited around the island in order to protect our coral reefs and sea grass beds. Boats up to 60 ft. must use moorings provided, larger vessels must contact the moorings office on VHF 16/68 or 533-0216.

Thank you helping us to conserve Mustique.

*In accordance with the Mustique Company Limited Act 2002