



A CARIBBEAN TREASURE -
SPECTACULAR BY NATURE
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HIKING

Hiking is one of the most popular recreational activities in Montserrat. There are numerous foot paths that crisscross the island, many of which have been in use for centuries by persons seeking access to distant villages and agricultural land. There is opportunity for hikes of varying difficulty, length, and scenery. The Montserrat Tourist Board promotes the use of many of these trails for recreational use.

WILDLIFE

Montserrat boasts a wide variety of plants and wildlife, several of which can be found nowhere else in the world. An experienced trail guide will be able to point out many of these unique species to you. Depending on your location and the trail's elevation, you will encounter many different forest types, from drier and scrubbier vegetation in the lowlands to wet tropical rain forest at higher elevations. The tops of the tallest peaks such as the challenging Katy Hill are home to rare elfin woodland. There are numerous orchid species in Montserrat, including one found nowhere else in the world. Many species of trees have long been a source of traditional value to Montserratians, including the national tree (hairy mango), national flower (heliconia), banana, cassava, cocoa, mammy apple, and many others.

Keep an eye and ear out for one of the 100+ bird species found in Montserrat, including hummingbirds, the forest thrush, or the national bird - the critically endangered Montserrat oriole. Along the ground or in the trees, you might be fortunate to see one of our thirteen species of reptiles and amphibians, such as the mountain chicken frog (the world's second-largest frog), the harmless Montserrat black snake, tree frog, dwarf gecko, or perhaps the highly elusive galliwasp lizard. Montserrat is also home to ten species of native bats, though you are not likely to encounter any of these in the daytime! There are hundreds of species of insects around, including many colourful butterflies and beetles. Generally hikers are not bothered by insects, but the occasional mosquito, ant, or gnat can be warded off with insect repellent.

BOOKING A GUIDE

Persons are advised to hire a trail guide, especially if you are unfamiliar with the area. Information about trail guiding services is available through the Montserrat National Trust (call 491-3086 or email mnatrust@candw.ms) or the Montserrat Tourist Board (call 491-2230 or email info@montserrattourism.ms).

TRAIL GUIDELINES AND SAFETY

In the event of an emergency, contact the Royal Montserrat Police Force at 999 or 491-2555. In the event of accident or injury, note that there are health clinics located in Salem, St. Peter's, Cudjoehead, and St. John's which are open between 8 am - 4 pm weekdays. The Glendon Hospital Casualty Department in St. John's is open 24 hours a day.

Please consider the following guidelines:

- Do not hike alone.
- Before setting out, always inform someone of your intended route and anticipated time of return.
- Choose a trail that fits your physical capabilities.
- Respect the environment and wildlife.
- Do not cut, pick, burn, or otherwise remove anything from the natural environment.
- You may encounter flagging tape or other markers along the trails which are used in biodiversity survey work and should be left alone.
- Remove all garbage and waste when you leave.
- Stay on the trail. Be mindful that many of the trails cross private property.
- Pets are discouraged from trails and should be kept on a leash at all times.
- Bring plenty of water and a high-energy snack for your hike. A good rule of thumb for our climate is to take at least half a litre of water per person per hour of hiking.
- Hiking boots or sturdy walking shoes are advised for all trails, which quickly become very muddy during and after rainfall.
- Long pants are recommended to protect against scratches and insect bites.

DISTANCES & DURATIONS OF TRAIL SEGMENTS

* Durations listed are average times only - be sure to leave plenty of time to complete your journey before nightfall. All trails are one-way unless otherwise noted. Remember to arrange transportation at the end of any one-way hikes unless you plan to walk back to where you started.

****LEVEL OF DIFFICULTY**

- Light - moderate grade, generally even terrain
- Moderate - some portions with steep grade, some uneven terrain
- Difficult - generally steep grades, uneven terrain, long and steady climb
- Extreme - very steep grades, very uneven terrain, rocky, slippery when wet

1 The Cot

Duration: 1.5 hours • Distance: 1.6 miles • Level: Light

The trail begins just south of the National Trust on an unpaved road heading uphill. The path winds up a gentle slope broken occasionally by small farms. From the top, follow the arrow and trail northward through ferns and fruit trees. You will then descent to a point where you can either rejoin the main road at the telephone exchange for a short walk southward to the National Trust.



2 Duberry-Cassava

Duration: 45 minutes • Distance: 0.5 mile • Level: Light



This can be done on its own or serve as a connector between The Cot and the Oriole Walkway trails. It is a short hike with mostly gentle slopes through the dry forest. There is a marked picnic area in a clearing in the forest that is not far from the southern end of the trail.

3 Oriole Walkway

Duration: 2 hours • Distance: 1.3 miles • Level: Moderate

This is the most popular hiking trail in Montserrat. With a trail guide, you are very likely to see and/or hear the national bird from this trail. From either direction, the trail ascends gently then steeply to the top of Lawyer's Mountain. A short spur to a clearing at the highest point of the trail affords breathtaking views of the island to the north and south.



4 Dry Waterfall

Duration: 1.5 hours each way • Distance: 1.2 miles • Level: Moderate



This trail is often wet and slippery, with dramatic cliffs rising on either side. There are several moderate gullies to cross, and some of the trail climbs directly through the rocky bed of Soldier Ghaut. The actual waterfall is about 100 feet high, but only runs in the rainy season or after heavy rainfall. It is still worth the hike even when the weather has been dry! The return journey retraces the same path by which you entered.

5 Blackwood Allen

Duration: 2 hours • Distance: 1.2 miles • Level: Moderate

This trail follows a series of steep climbs and descents through a lush portion of the Centre Hills, including a formerly active agricultural village known as Underwood. There are two sections, east and west. Both are often done together, or you can shorten the journey by exiting the forest via the Underwood trail which bisects the eastern and western portions of the Blackwood Allen at approximately the half-way point.



6 Underwood

Duration: 45 minutes • Distance: 1.0 mile • Level: Light



Connecting Barzeys to the Blackwood Allen trail, this offers a short hike through former agricultural lands and also enters the dense forest. Although affording mostly modest slopes, there are a couple of sections that can get slippery. At the junction with the Blackwood Allen trail, turn and retrace your steps along the same path that you ascended unless you plan to continue on the Blackwood Allen and finish elsewhere.

7 Katy Hill trail system

This is a trail system where you will definitely need a guide as the trail becomes quickly overgrown due to almost constant moisture and it is easy to lose one's way. Note also that it is easy to become lost or disoriented high up amidst the fog that is often present at the summit. Hikers should be prepared for a very strenuous experience, as well as mud and moisture in the Katy Hill cloud forest. Be sure to pack snacks and plenty of water to

keep your energy up. There are several route options to choose from.



Big River • Duration: 1.5 hours • Distance: 0.7 mile • Level: Extreme

This is a strenuous section of trail connecting the agricultural lands at Upper Blakes to a narrow upland saddle. It twists, ascends, and descends several times, crossing and then rising up the

rocky ghaut of Big River before a steep ascent to the eastern ridge approach to Katy Hill.

Katy Hill South • Duration: 3.5 hrs • Distance: 1.6 miles • Level: Extreme

This portion of the trail system connects a moderately sloping route from the east to the long ridge of Katy Hill's summit, passing across the disused MVO helipad. From the southern summit, an excellent view of the volcano is afforded on a clear day. The ridgetop is comprised of unique elfin woodland vegetation, one of the last remaining examples of this threatened habitat in Montserrat. From the northern summit, the path diverges to Baker Hill or Upper Blakes.



Katy Hill North • Duration: 1.5 hrs • Distance: 0.6 mile • Level: Extreme



This is the most direct route up or down Katy Hill, but not the easiest! This trail is very steep and the terrain very uneven. Not for the faint of heart, the route follows a ridge along the north face of Katy Hill where slopes of up to 80 degrees fall off on either side of the narrow trail. There are wonderful views of the north of Montserrat from the higher portions of this route.

Baker to Katy • Duration: 3 hours • Distance: 1.0 mile • Level: Extreme

From Baker Hill, the first part of this trail rises moderately, traversing dense forest. Farther along to the east approaching Katy Hill, the terrain becomes steeper and more uneven, with a very challenging final ascent to Katy Hill's northern summit.



8 Jack Boy Hill



Many people make the return journey up and down Jack Boy Hill, however those seeking a longer and even more strenuous experience may also continue on from the summit to Katy Hill and points beyond.

Jack Boy • Duration: 1 hr each way • Distance: 0.8 mile • Level: Difficult

The trail begins just above the Jack Boy visitor facility and rises steeply up the western slope of Jack Boy Hill. There are several opportunities to look out towards the Tar River Valley in the southeast. From the summit, unless you are planning to continue on to Katy Hill, turn and retrace your steps along the same path that you ascended.



JB/Katy Connector • Duration: 2 hrs • Distance: 0.4 mile • Level: Extreme



From the summit of Jack Boy Hill, this trail continues westward, descending steeply and climbing again until you reach the junction of the Katy Hill South and Big River trails.

9 Rendezvous- Beach

Duration: 1 hr each way • Distance: 1.3 miles • Level: Moderate

If you don't feel up to the entire Silver Hills trail, you can still be rewarded with a modest hike to Rendezvous Bay -where wonderful swimming and snorkelling opportunities await you at Montserrat's one white-sand beach. Use the same trail to go and return, which originates behind the concrete block company in Little Bay and climbs steeply over a saddle and descends steeply into the Rendezvous valley, taking you directly to the beach. There are no facilities at Rendezvous Beach, so be prepared. Snorkelling gear can be rented from one of the two

dive shops in Little Bay. A hat and sunscreen are advised for this trail, which has very little tree cover.



Rendezvous • Duration: 3.5 hours • Distance: 1.9 mile • Level: Difficult

A hat, sunscreen, and extra water are advised for this trail, and it is recommended that you get an early start to avoid the midday and afternoon heat. Though you can do this trail in reverse, most begin this trail at Drummonds from the end of the paved road and the last of the houses. Continue up the dirt road until you reach a three-way junction. Follow the left-hand road to the north-west through dry forest and open grassland. The trail slopes steeply downward to Rendezvous Bay, where you can detour for a swim or continue on over the saddle towards the south, ending with a descent into Little Bay.



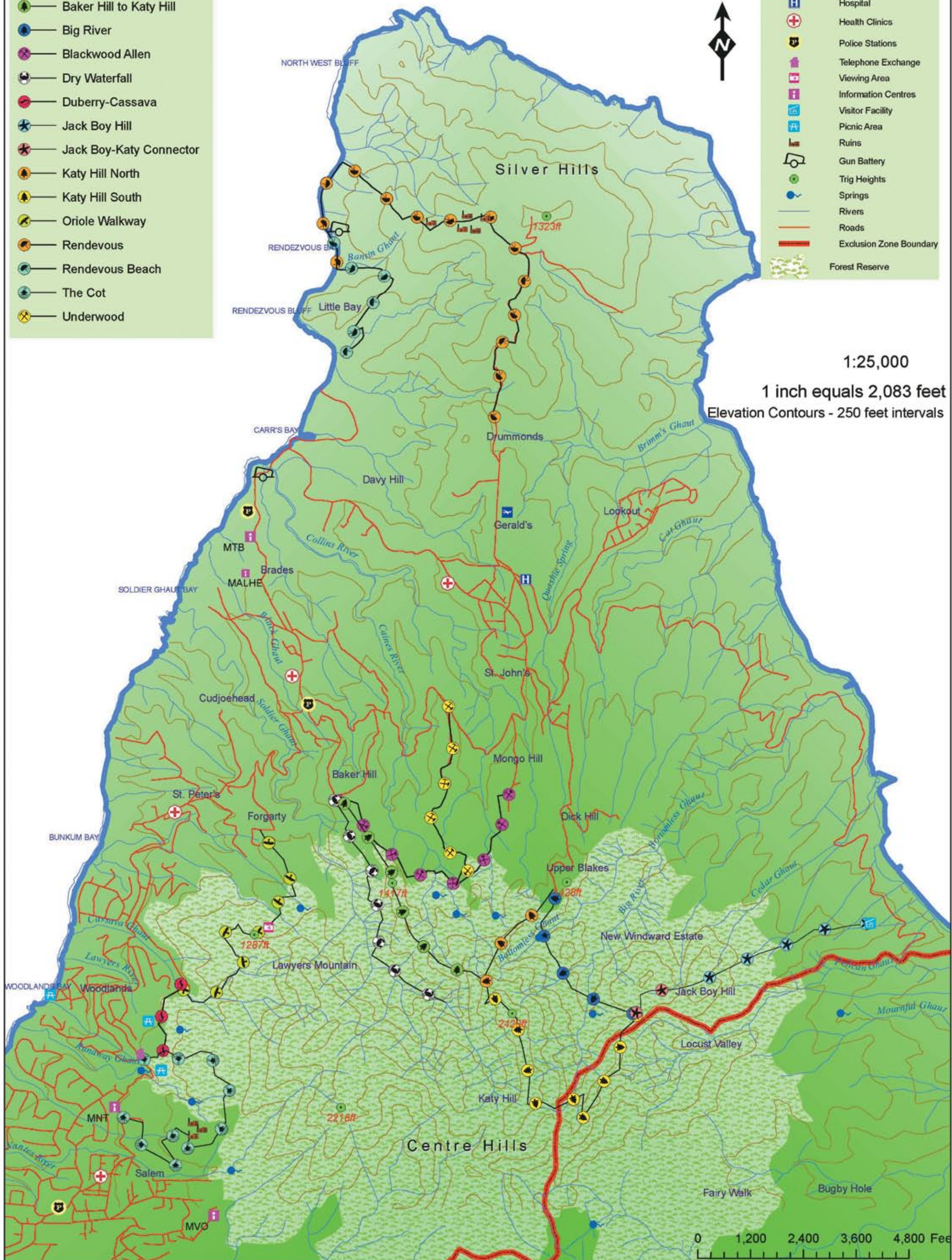
MONTSERRAT TRAIL MAP

Legend

Trails

- Baker Hill to Katy Hill
- Big River
- Blackwood Allen
- Dry Waterfall
- Duberry-Cassava
- Jack Boy Hill
- Jack Boy-Katy Connector
- Katy Hill North
- Katy Hill South
- Oriole Walkway
- Rendezvous
- Rendezvous Beach
- The Cot
- Underwood

- Airport
- Hospital
- Health Clinics
- Police Stations
- Telephone Exchange
- Viewing Area
- Information Centres
- Visitor Facility
- Picnic Area
- Ruins
- Gun Battery
- Trig Heights
- Springs
- Rivers
- Roads
- Exclusion Zone Boundary
- Forest Reserve



1:25,000

1 inch equals 2,083 feet

Elevation Contours - 250 feet intervals

Ministry of Agriculture, Land, Housing and the Environment

Map prepared by: GIS Centre of the Physical Planning Unit

Source data provided by: Department of Lands & Survey & Census Data Project

Note: This map has been produced using computer data and should not be used for navigation purposes. It is not a substitute for a detailed topographic map.

