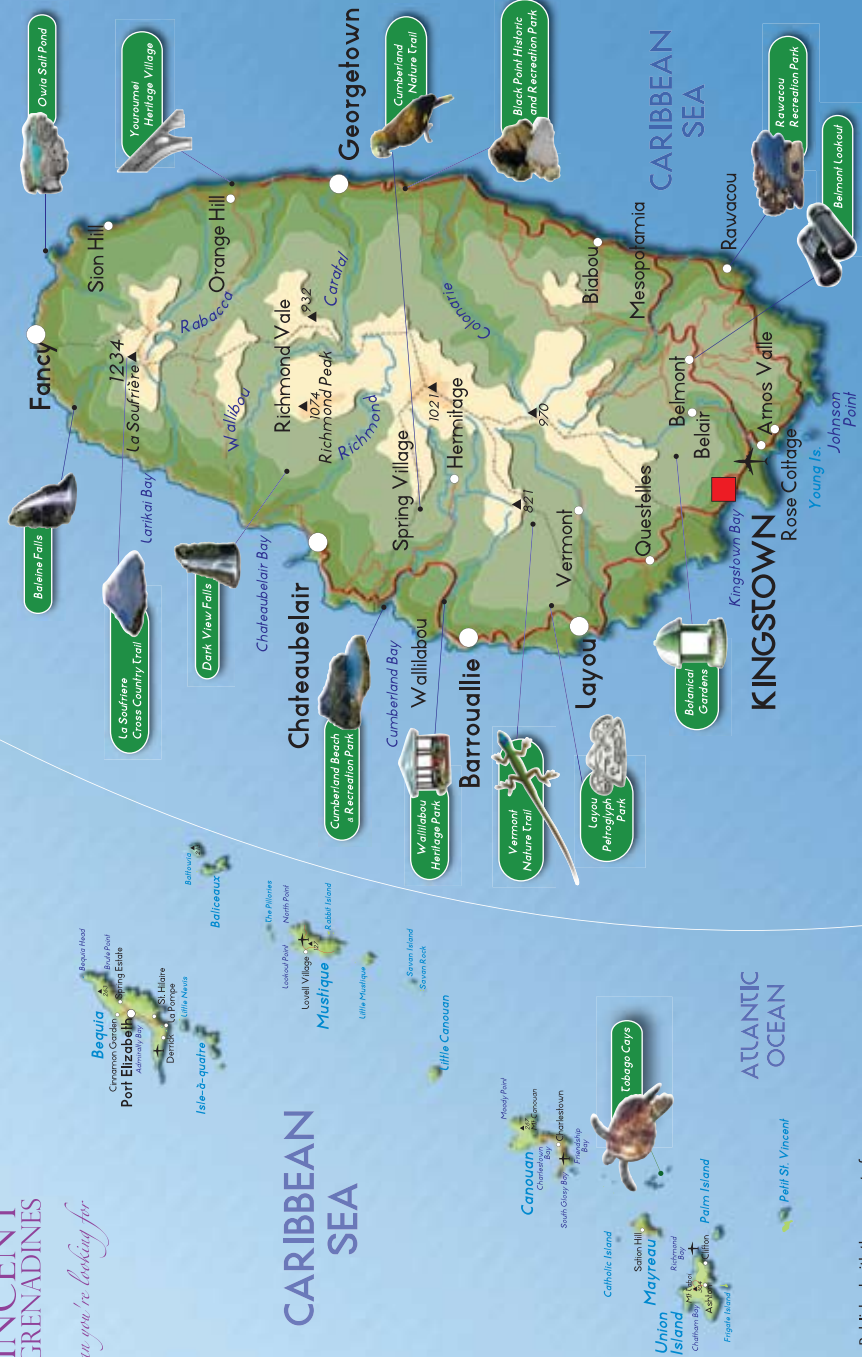




ST. VINCENT & THE GRENADINES

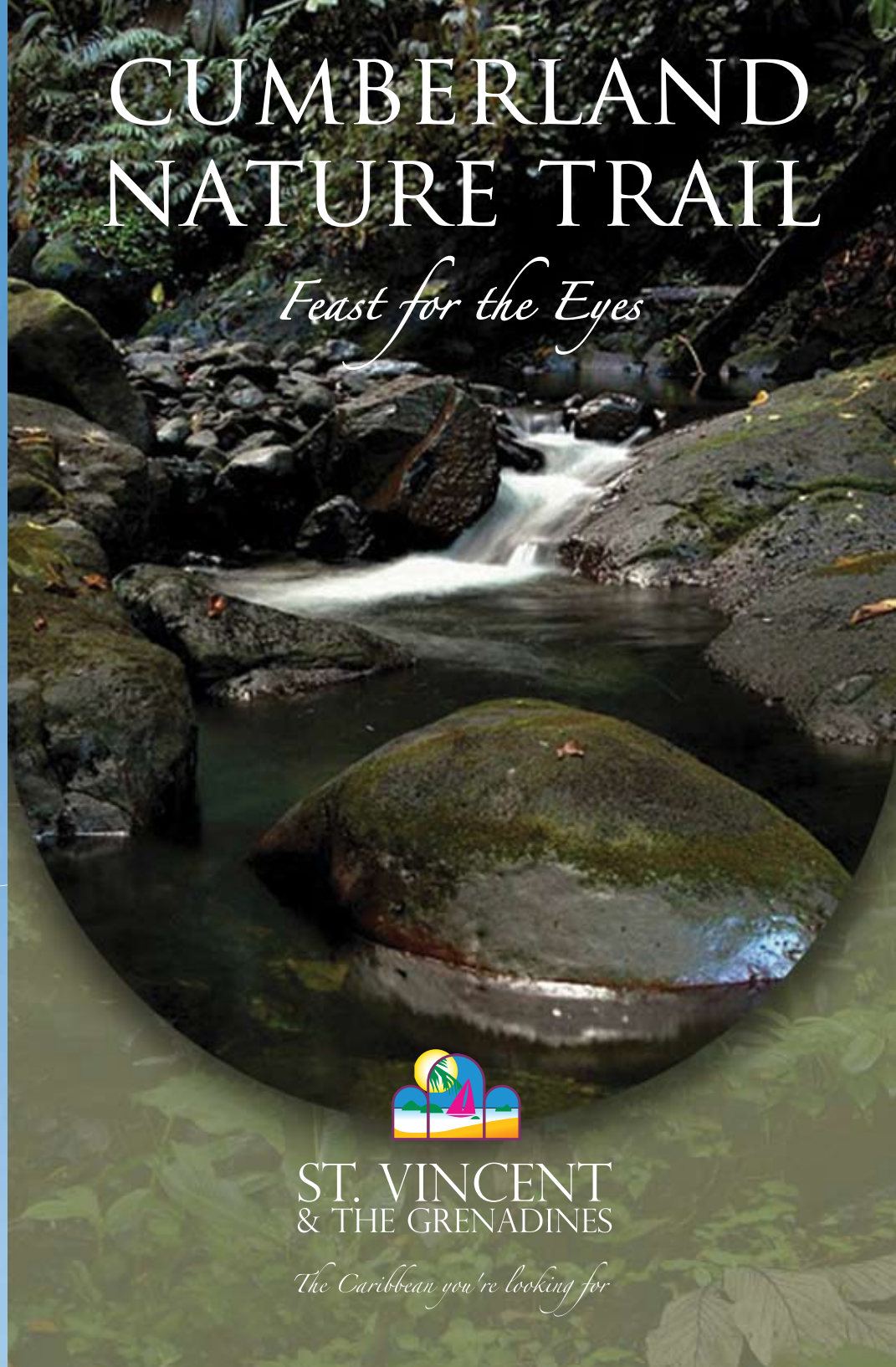
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# CUMBERLAND NATURE TRAIL

*Feast for the Eyes*



ST. VINCENT & THE GRENADINES

*The Caribbean you're looking for*



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Take a two-hour trek through some of St. Vincent's most scenic terrain. While you're there look for the island's beautiful bird and land animal species. The Cumberland Nature Trail gives eco-adventurers a workout for their legs and their eyes.

This mountain trail's location in an area where rich farmland meets dense forest gives it a prime view of both the harvested and unspoiled earth.

Forest abounds in St. Vincent and the Cumberland Trail takes you deep into its heart. The rainforest is home as well for much of the island's wildlife, including the rare and exquisite St. Vincent Parrot, the national bird. Cumberland is a hub for bird watching and enthusiasts will find great opportunity to see the many species that call the forest home, either on the trail itself or the lookout point.

If you plan on trekking this visual treat of an eco-destination the phrase "watch where you're going" will take on a fresh meaning.

### *Cumberland Trail Facilities*

- Washrooms
- Information and Ticket Booth
- Lookout Point
- Exit Shelter

### *Getting There*

Taxis and tour operators.

### *Group Visits*

Contact the Cumberland Valley Eco-Tourism Organisation  
Tel: (784) 495-0791.