





Have you experienced nature's true power? Have you trekked an island mountain range thick with towering trees? Have you stood beneath the crashing stream of a waterfall hidden deep in the valley of a hillside forest? Have you ever climbed for miles to reach the peak of a volcano and look inside? Welcome to St. Vincent and the Grenadines.

On these islands some of nature's most dynamic phenomena have conspired to create an exotic, beautiful and challenging destination for ecoadventurers. Thousands of years of volcanic activity have fashioned the land. Hills and mountains dominate the landscape. A multitude of rivers crisscross St. Vincent and many a waterfall tumbles from the mountain heights. The nutrient rich soil has created some of the densest and most unrelenting vegetation in the Caribbean. Trees are taller. The bush is thicker. Forest covers nearly everything.

For hikers SVG offers a range of possibilities. Reward yourself after a long trek with a bath in a natural pool. Marvel at its many plant, animal and bird species. Test yourself on one of the long and mountainous trails into St. Vincent's interior. Be able to boast to your friends that you made it to the top of a world famous volcano. However you find your thrill, you will find it here.





La Soufrière is the power of the earth itself – won't you come see it? La Soufrière Cross Country trail will take you to the very crater itself. One of the world's most famous and studied volcanoes, La Soufrière has erupted several times throughout history. From many areas throughout St. Vincent it can be seen in the distance, a massive presence often with a crown of mist.

Hiking La Soufrière Trail is an all-day activity. The trail is most often accessed from the windward side of the island, a region of coastal villages that overlook the Atlantic. The trail begins at an area called Bamboo Range. For almost four miles hikers will experience both sloping valleys and steep inclines as they navigate through forests of bamboo and tropical trees.

From the crater you can either go back in the direction you came from or take the westward (leeward) route – a 10 to 12 mile hike all its own. Adventurous hikers can even choose to start their Soufrière journey from the leeward side, a more difficult trek. A trail this challenging and beautiful would be reward enough for any ecotourist. And besides, you get to look into the centre of La Soufrière.

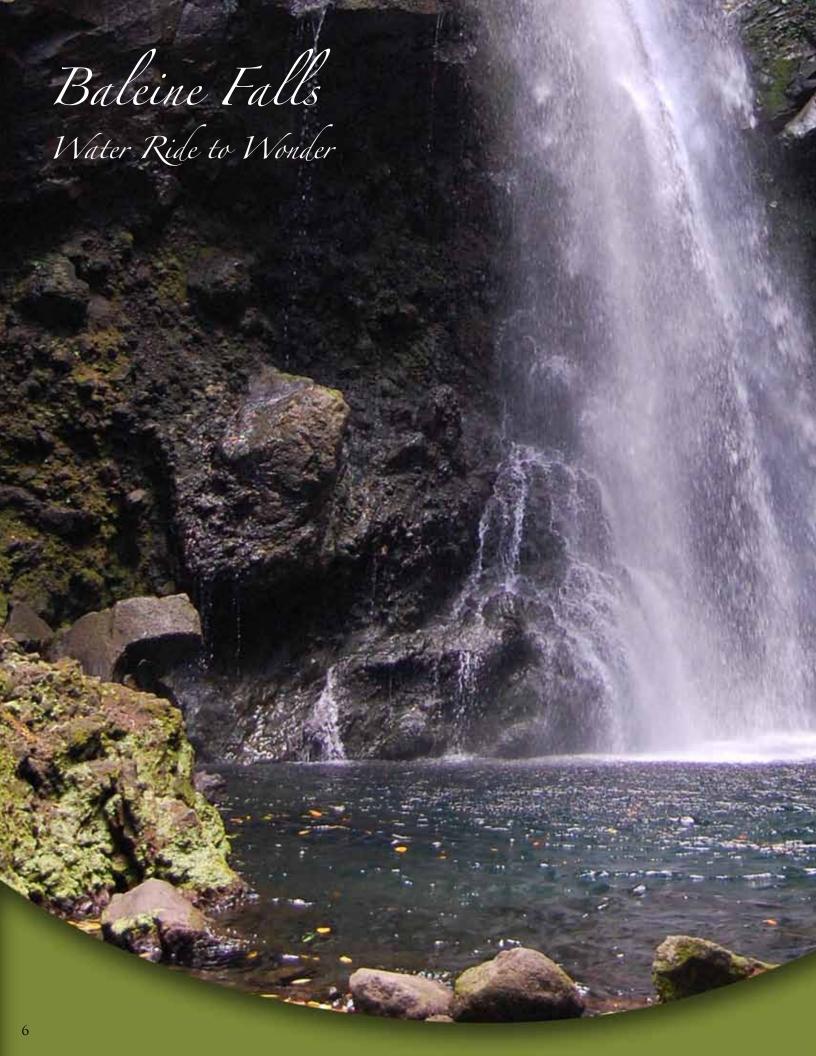
La Soufrière Trail Facilities

- Gazebos
- Washrooms
- · Site Office
- Viewing Area

Getting There
A taxi or tour operator is advised.

Visits

For more information contact the NPRBA at (784) 453-1623.





"Nature is the greatest architect", it was once said, and few locations embody the statement as perfectly as the Falls of Baleine. For visitors to this natural wonder on the northwest tip of St. Vincent, the journey is almost as magical as the destination. Springing from the foothills of the Soufrière Mountains, the Falls are accessed by water, a boat ride through a narrow valley between stark cliffs that tower over its passengers.*

The Baleine Falls are shrouded in lush mountain forest, its sparkling waters plunge almost 60 feet to the rocks below. The waters stream into a rock-enclosed freshwater pool, an excellent spot for swimming.

Take a leisurely boat ride through unspoiled waters, swim in a clean and crystal clear pool or meditate on nature's awesome power, rushing down the sheer rock wall from the heights above. The Baleine Falls are a slice of wonder of the natural world.

Baleine Falls Facilities

- Jetty
- Boardwalk
- Gazebo
- Seating

Getting There

The Baleine Falls are accessed by boat. You must have a tour operator authorised by the National Parks Rivers and Beaches Authority (NPRBA) to visit the Falls. A list of tour operators can be obtained from the NPRBA or the St. Vincent and the Grenadines Tourism Authority (SVGTA).

Visits

You can contact the NPRBA at (784) 453-1623 and the SVGTA at (784) 452-6222.

^{*}This area experiences rock falls, especially in the rainy season. Visitors are urged to exercise extreme caution when accessing the area. Time spent at this site should not exceed 1 $\frac{1}{2}$ hours.





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.

Historically, this mountain trail in the upper Cumberland valley on St. Vincent's leeward side has been used by villagers. Today its prime location in an area where rich farmland meets dense forest gives it a stellar view of both the harvested and unspoiled earth.

The rainforest is home 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 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.

Visits

Contact the Cumberland Valley Eco-Tourism Organisation for more info at (784) 495-0791.



Girded by the rushing waters of the Richmond River, the falls are multilayered, the one above feeding below. For those wishing to relax and swim, the lower waterfall is perfect. A concrete pool for swimmers has been integrated into the natural stone-formed pond. The second waterfall is nestled in the mountain forest high above. Situated deeply into the hillside, this waterfall is more secluded, more tranquil, less disturbed and more meditative, a worthy reward for the climb.

generations.

One of the most popular and wellserviced waterfalls on the island, Dark View has something for both

the eco and conventional tourist. Whether you want to swim or trek, meditate or explore, witness nature in its wild glory or enjoy modern conveniences in a natural setting, Dark View Falls will meet your desire.

Dark View Falls Facilities

- · Refreshment and Retail Kiosks
- Washrooms
- Gazebos
- · Viewing Platform
- · Changing Rooms

Getting There A taxi or tour operators.

For more information contact the North Leeward Tourism Authority (NLTA) at (784) 485-7870.



Buried deep in St. Vincent's mountain bosom is the Vermont Nature Trail, a snaking rainforest path for hikers, bird watchers and environmentalists. This two-mile trail situated on the outskirts of the Buccament Valley, gives hikers a challenging trek through the verdant forest that is home to both the national parrot reserve and the source of more than 45% of St. Vincent's water supply.

The Vermont Trail is a true forest path. Shrouded by a canopy of trees, it makes its way through a hidden world of rock-strewn streams, tropical and plantation trees and a trove of bird species. The circular trail varies between

gentle valleys and steep, uneven inclines, perfect for the hiker who wants a good workout.

If you are lucky you may see a pair of St Vincent Parrots in their multicoloured hues, perched in a tree. The Vermont Trail is located in the nearly 11,000 acre reserve for the national bird. Alongside them are species like the Whistling Warbler, Black Hawk, Cocoa Thrush, Crested Hummingbird and Green Tanager.

The Vermont Nature Trail is an ecoadventurers destination. Hikers, bird enthusiasts – if you crave the forest, here is your answer.

Vermont Facilities

- Shop
- Lookout Point
- Bridges
- Washrooms

Getting There

Taxi and tour operators.

Visits

For more information contact the Buccament Development Organisation at (784) 492-5355.

ST. VINCENT AND THE GRENADINES

