

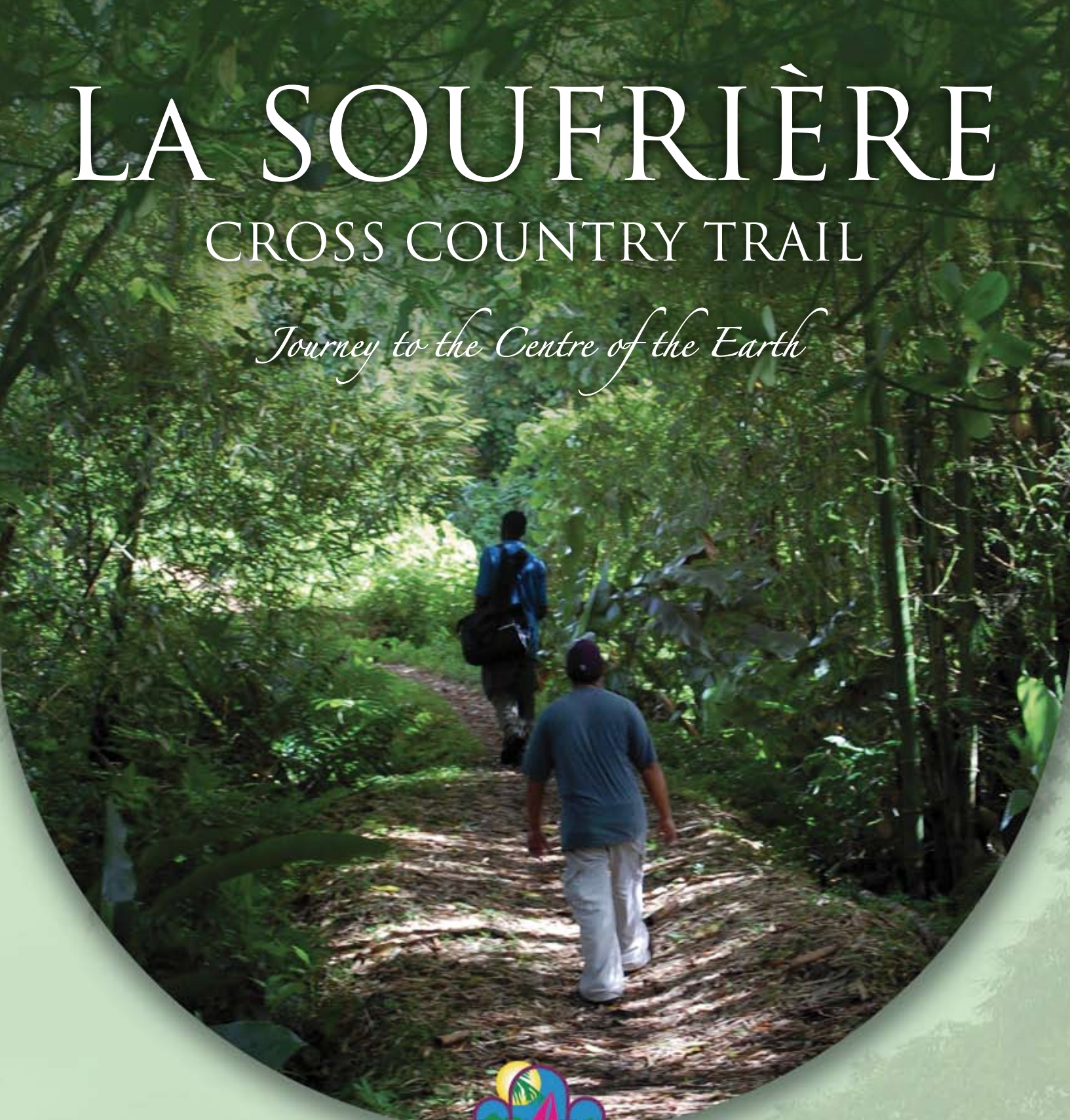
# ST. VINCENT AND THE GRENADINES



# LA SOUFRIÈRE

## CROSS COUNTRY TRAIL

*Journey to the Centre of the Earth*



### *Getting There*

Hired taxis or tour operators.

### *Visits*

Contact the National Parks Authority  
 Telephone: (784) 453-1623  
 Email: nationalparks@vincysurf.com



ST. VINCENT  
& THE GRENADINES

*The Caribbean you're looking for*



Published with the support of a  
 European Union-funded Programme

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# *Journey to the Centre of the Earth*

La Soufrière – on a map it looks like a dot on the forehead of St. Vincent. But no map can truly represent the magnitude of this natural phenomenon that dominates the entire north of the island. From many areas throughout St. Vincent it can be seen in the distance, a massive presence often with a crown of mist. La Soufrière is the power of the earth itself – won't you come see it? La Soufrière Cross Country Trail, trail of trails, will take you to the very crater itself.

## *The Hike*

La Soufrière Trail is one of the longest and most challenging trails in St. Vincent. The trail is most often accessed from the windward side of the island through fields of banana and coconut trees on a winding road into St. Vincent's interior. Starting at 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, adventurous hikers can trek the nearly 12 miles to the leeward side. Or they can start from leeward, an arduous climb.

## *The Crater*

The air smells different at 4,000 feet. The plants, heavy with moisture, grow greener. Before you is the gigantic crater of La Soufrière, so quiet it's hard to imagine the volcano's explosive power. It's a perfect place to meditate on nature's grandeur.

## *La Soufrière Trail Facilities*

- Gazebos
- Washrooms
- Site Office
- Viewing Area