



## WALKING WITH NAPOLEON

One of St Helena's most famous residents was Napoleon, who was exiled on the island by the British after his defeat at Waterloo in June 1815. Napoleon spent his first two months on the island at The Briars and the last five-and-a-half years, before his death in 1821, at Longwood. During his time on St Helena the Emperor would visit every corner of the island, sometimes on foot, at other times on horse-back.

There are many sites and locations on St Helena with strong links to Napoleon and his entourage. Walkers keen to uncover Napoleon's legacy should include the Boundary Wall and the Nymph of the Valley trails in their itineraries. A commemorative Napoleonic guide entitled "In Napoleon's Footsteps" describes many of the points of interest along these walking routes.



## FOOTPATHS AND THE DONKEY WALK

A number of footpaths are accessible for walkers who prefer something a little tamer. These include Plantation Forest, Peak Hill and Fairyland and are suitable for the whole family.

Another popular walk for families is the Saturday donkey walk. Starting from the Donkey Sanctuary, the donkeys are taken for a healthy stroll along scenic country roads.



## ABOUT ST HELENA


St Helena is a small British Overseas Territory situated in the South Atlantic Ocean. One of the remotest places on Earth, it is also one of the most extraordinary places to visit. Its unique character and unspoilt beauty lies in contrasting and spectacular scenery, a rich cultural heritage and an environment extremely rich in biodiversity. These are just a few of the reasons why this remote jewel is a perfect location for active exploration and discovery, especially now that it can be reached by plane for the first time.

## THINGS TO DO

- Birding and wildlife
- Indigenous Fauna and Flora
- Diving, snorkelling, fishing and other marine activities
- Whale Shark, dolphin and whale tours
- Historic legacy and cultural tours
- Napoleon
- Astronomy and photography

## FOR MORE INFORMATION

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WALKS & HIKING

St HELENA ISLAND



*A volcanic outcrop in the South Atlantic Ocean, the island of St Helena is a 47 square mile sub-tropical paradise, with rolling hills and a rugged coastline, prime terrain for exploring on foot.*



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## SET OFF TO ST HELENA

A volcanic outcrop in the South Atlantic Ocean, the island of St Helena is a 47 sq mile (122km<sup>2</sup>) sub-tropical paradise, with rolling hills and a rugged coastline, prime terrain for exploring on foot.

Home to an impressively varied range of walks and trails for such a small area, the island's diverse landscapes – from mist-enshrouded cloud forest to ancient desert – offers everything from gentle ambles to challenging hikes, with natural beauty at every turn. Walkers have the chance to view some of the more remote parts of St Helena and encounter its endemic plants, unique wildlife and rich heritage.



## JAMESTOWN

A walk around the capital Jamestown is a great introduction to the island, especially when undertaken with a knowledgeable guide. Follow in the footsteps of Napoleon, the Duke of Wellington, Charles Darwin, and Captain James Cook.

The more energetic can head up the 699 steps to conquer iconic Jacob's Ladder, embedded into a steep cliff face in Jamestown.



## POST BOX WALKS

One of the best ways to tackle walking on St Helena is to start with the Post Box Walks, devised by the St Helena Nature Conservation Group (SNCG). With quirky names such as Lot's Wife's Ponds, Sharks Valley and Flagstaff, these walks cover some of the most scenic and untouched parts of the island. The 21 walks are rated on a difficulty scale of 1 to 10. At the end of each walk is a post box containing an ink stamp and a visitors' book.

Many of the less strenuous walks are scattered throughout St Helena's lush interior whilst the more challenging are in the coastal zone which are often on steep, narrow tracks with loose surfaces. The more arduous walks are not for the faint-hearted and walks rated 5/10 and above should only be attempted in the company of an experienced guide.

A "Post Box Walks of St Helena" booklet is available from the Tourist Office and provides detailed descriptions, maps and points of interest.

## LOT'S WIFE'S PONDS

This is one of the favourite walks on the island. The route winds along the coast before descending to the ponds, teeming with sea life, where a refreshing swim is an unforgettable experience.



## DIANA'S PEAK

The Diana's Peak walk is within the Peaks National Park, itself part of the Central Ridge National Conservation Area. The park contains some of the best of the remaining native habitat on St Helena. The path follows old military and flax plantation routes.

Diana's Peak is the highest peak on St Helena at 2700 ft (823m) and gives 360° landscape views across much of the island. The path traverses St Helena's high altitude 'cloud forest' with its unique community of endemic flora and fauna.



## FESTIVAL OF WALKING

Stepping out on foot is such a popular pastime for locals and visitors alike that St Helena plays host to a Walking Festival each March.

The programme includes walks to suit seasoned hikers and relaxed adventurers alike, including a number of Post Box Walks as well as guided strolls around Jamestown.