WALKING & HIKING

Abounding with a varied range of walks and trails, the island’s diverse landscapes offer everything from gentle amble to challenging hikes, with natural beauty at every turn. Hikers have the chance to view some of the more remote parts of St Helena and encounter its endangered plant and unique wildlife and rich heritage.

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.

Not to be missed are the Post Box Walks, devised by the St Helena Nature Conservation Group (SHNCG). With quirky names such as Lot’s Wife’s Pond, Sharks Valley and Flaggstaff, 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 with a post box containing an ink stamp and a visitors’ book at the end of each walk.

WANT TO SEE & DO

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 has more unique wildlife than national parks. This is the perfect place to get away from it all in white beaches, crystal-clear waters and untouched nature.

ST HELENA TOURISM

St Helena Tourism provides a comprehensive information service for visitors and residents. Our team is at hand to assist with information on accommodation and eateries as well as car rental, tours, activities and events. Depending on your interests, we will be happy to assist with the planning of itineraries that will make the most of your time on the island.
Diving & Marine Activities

Clear, warm waters, 18th century wrecks and fascinating marine life make the island an enticing snorkelling and scuba diving destination. The terrain of dive sites are as varied as the abundant marine life that can be observed, ranging from rocky reefs with caves and areas of boulders to cobbles and sand, all within easy reach of the wharf in Jamestown.

St Helena offers a wide range of quality fishing experiences, be it for a quiet day of fishing off the rocky coastline, or the thrill of deep-water sports fishing. St Helena is one of the best regions in the world to encounter Whale Sharks. From December to March these docile giants of the ocean are frequently spotted around the island and during the peak season, usually around February, tours depart daily from James Bay. The island also has a resident population of Pantropical Spotted dolphins and is visited by a huge range of transient species such as Humpback whales, Bottlenose and Rough-toothed dolphins, Hawksbill and Green turtles and Devil Rays.

Marine tours are offered by a number of operators and can be booked through the Tourist Office.

Sports

Many sporting activities are catered for on the island. The Longwood Golf Course is the most remote golf course in the world. It has nine holes and 18 tee boxes and competitions are held every Saturday and Sunday. At Francis Plain the sports enthusiast can choose between cricket, football, track running, tennis, squash, badminton and volleyball. Tennis courts can also be found at Ladder Hill Fort and Plantation House. At Plantation House there is also a very popular walking trail through the surrounding forest. Swimming in the ocean is possible and a swimming pool is situated in Jamestown. The Rifle Club uses the most next to the swimming pool for shooting practice. A gym, managed by New Horizons, is situated in Half Tree Hollow and New Horizons also organises boot camp training twice a week. They can also be contacted for details on kayak rental.

A mountain biking track has been developed close to Millennium Forest. Please enquire at the Tourist Office for further details.

Stargazing

Located in the middle of the South Atlantic the Saints have always been at one with the sea and the island has been a popular stopping point for the global yachting community. Most of the island’s yachting and boating activities are based on and around James Bay. The Yacht Club is situated at the wharf.

All yachts approaching St Helena should call St Helena Radio (ZHI) on channel 16 VHF or Port Control on VHF 14.

The Governor’s Cup yacht race is a biennial event from Cape Town to St Helena and is one of the most unusual races on the international yachting calendar. The World ARC Rally, an around-the-world race, also calls at St Helena.

The position of St Helena’s yacht moorings is 015°53’400 South and 007°43’500 West. There are 23 buoys in total and they are allocated on a first-come first-serve basis.

For more detailed yachting information, please contact the Tourist Office.

Heartshaped Waterfall

Above Jamestown the stream that eventually flows through the Run in the centre of town falls almost 300 feet (90 m) over a spectacular rock face, shaped like a heart. It is best seen from a distance, particularly from Side Path Road as it climbs out of the valley to Alarm Forest.