Explore...
...the most extraordinary place on earth

St Helena is situated at latitude 15° 56’ South and longitude 5° 45’ West, in the South Atlantic Ocean. The nearest land is Ascension Island, 703 miles (1,125 km) to the Northwest. The Island is 1,200 miles (1,950 km) from the Southwest coast of Africa and 1,800 miles (2,900 km) from the coast of South America. Measuring 6 miles (10 km) by 10 miles (17 km), the land mass totals 47 square miles (122 km²).

St Helena is proud to be shortlisted for World Heritage Status.

WELCOME TO ST HELENA

Situated in the middle of the South Atlantic Ocean, this small British island territory may be one of the remotest places on Earth but it is one of the most extraordinary places you can visit. It is a place of unique character and unspoilt beauty. Its contrasting and spectacular scenery, centuries-old military fortifications and graceful buildings make it the perfect place for active exploration.

Now let us help you discover St Helena...
Until the airport opens in early 2016, the main way for tourists to get to St Helena is by the RMS St Helena. The RMS St Helena is unique, one of only two ocean-going vessels in the world still to carry the venerable title of Royal Mail Ship, held in the past by so many famous British passenger liners.

In addition to carrying passengers in well-fed comfort, she is a lifeline for residents on her island namesake as she carries all their goods and supplies to St Helena. From clothes to cars, medicines to machinery, toys to Christmas turkeys, everything has to be carried by ship to the island; this is part of the fascination and attraction. The RMS St Helena is not just a passenger vessel; it’s a working ship. When you sail on the RMS, you are following in the wake of the generations of travellers and explorers who crossed the world’s oceans in the leisurely days before air travel. Today a round trip on the RMS from Cape Town takes around 17 days. It takes 5 days to get to St Helena from Cape Town. Usually, tourists stay on the island for a week while the RMS offloads cargo and then goes on to Ascension Island, delivering supplies and collecting those who journey to St Helena by flying RAF aircraft to Ascension from the UK. A voyage on the RMS is an unforgettable experience; a blue water Atlantic odyssey, with a difference.

Getting there...

ABOUT THE RMS
The RMS St Helena was built in 1989 specifically to supply St Helena. She is British registered with 6,767 gross tonnes and has berths for a maximum of 156 passengers plus 56 officers and crew. She has modern facilities; stabilisers, air conditioning and for those who worry about being too detached from the rest of the world there’s fax, telephone and email by satellite communication systems. She carries a doctor and has well equipped medical facilities. Classified as A+ at Lloyds and sailing under the British flag means that the RMS St Helena is subject to some of the most rigorous safety regulations in the world. Her repeatedly high classification in the Berlitz Guide to Cruising and Cruise Ships is a sure indication of the high quality of her facilities, crew and standards.

For more about the RMS visit www.rms-st-helena.com

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St Helena Line Limited, Andrew Weir Shipping Ltd, Dexter House, 2 Royal Mint Court, London, EC3N 4XX
T: +44 (0)20 7575 6480
E: reservations@aws.co.uk

ST HELENA OFFICE
Solomon and Co (St. Helena) plc
T: +290 22380
E: shippingagent@solomons.co.sh

CAPE TOWN OFFICE
Andrew Weir Shipping (SA) Pty Ltd
T: +27 (0)21 425 1165
E: sthelena@myweb.co.za

For information on flights to Ascension from the UK Visit www.ascension-flights.com
GEOGRAPHY

St Helena is situated in the South Atlantic Ocean, and is a British Overseas Territory, forming a dependency with Ascension Island (703 miles Northwest) and Tristan da Cunha (1,200 miles Southwest). Rising dramatically from the South Atlantic, the island has sheer barren cliffs that are intersected with deep valleys (or guts, as they are known locally), which slope steeply from the central ridges. The island has one black sand beach, eponymously titled Sandy Bay beach. There is little land and access to sea level by vehicle is very limited. The highest point on St Helena is Diana’s Peak (2,690 feet or 823 metres). On the higher central ground, bush and semi-tropical vegetation is abundant. This changes to grassland and pastures before the terrain becomes drier and almost barren below 1,500 feet (500 metres). The only inland waters are small mountain streams, which occasionally dry up in the summer months.

CLIMATE

The climate of St Helena is controlled by the South Atlantic high pressure cell and the equatorial trough. Despite the island’s location within the tropics, its climate is kept mild and equable by the South-East Trade Winds. The Trade Winds blow almost continuously making the weather changeable, so a dull rainy morning can often lead onto a bright sunny afternoon. There are noticeable contrasts in climate between Jamestown and that of the inland areas. Jamestown tends to be sunny and lightly humid, whilst areas like Longwood can experience chilly mists and a higher rainfall. Temperatures in Jamestown range between 20°C-32°C in the summer and 15°C-26°C in the winter. In the central areas temperatures are, on average, 5°C-6°C degrees lower. The water temperature around St Helena ranges between 19°C-26°C degrees.

HISTORY

The history of St Helena is fascinating and touches many aspects of world history. Discovered by the Portuguese in 1502, the island became a Dutch and then a British possession (initially under the East India Company, then the Crown). It was a strategically important port of call during the British Empire, until the opening of the Suez Canal and the advent of steamships. The Island’s remote location meant it was used as a place of exile for key prisoners, including some 6,000 Boers, Chief Dinizulu, Bahraini princes, and, of course, Napoleon, who died on St Helena. The Island also played an important role during the abolition of slavery. This heritage provides a significant legacy of fortifications, remains, historic buildings, and what has been described as “the quintessential Atlantic port” - Jamestown.

POPULATION

The estimated population of St Helena is around 4,000. The capital and only town is Jamestown, with a population of around 850. The other main districts of population are Longwood with around 950 and Half Tree Hollow with well over 1,000 residents.

EDUCATION

Education on St Helena is based broadly on the British system and curriculum. Schooling is compulsory for children between the ages of 5 and 15. Most children attend up to 16 years and nursery education is free and universal. The Island operates a primary/secondary system, with students progressing from Key Stage 1 (after 4 years) to Key Stage 2 (from 7 years) then, at the age of 11, to High School - Prince Andrew School.

The Wirebird

St Helena’s national bird is the last survivor of the island’s nine endemic birds, and is one of the world’s most endangered species. In 2006 there were just 210 birds left, but major projects to improve habitat have seen numbers increase to over 400 birds.
St Helena’s first airport is scheduled to open in early 2016. Until then, access to the Island is currently available only by ship and yacht. Visitors can travel on the last of only two remaining Royal Mail Ships, the RMS St Helena which sails between the Island, Ascension Island and Cape Town on a regular basis. Details of sailings are available from www.rms-st-helena.com.

Cruise ships call on a regular basis, and moorings and facilities are available for yachts. Further details of cruises and yachting facilities are available from www.sthelenatourism.com, or email directly to enquiries@tourism.co.sh.

Immigration requires that all visitors have valid passports, return tickets and pre-booked accommodation. All visitors must be covered by medical insurance, proof of which must be produced on arrival, regardless of their length of stay.

A Short Term Entry Permit, costing £17.00 (for persons aged 12 and upwards) is required to visit or work in St Helena for less than six months and is generally granted on arrival.

For further Immigration information:
E: immigration1@police.gov.sh
T: +290 22626

INSURANCE
Before leaving home you should arrange travel, personal accident, medical and baggage insurance to cover your journey. You will be asked to produce proof of medical insurance by the Immigration Officer, so please remember to have it with your passport.

IMPORTING GOODS
St Helena is not a duty free port and visitors arriving in St Helena may bring with them the following:

Duty Free Allowance
(a) Spirits, strong liqueurs over 22% volume (1 litre) and Wine (2 litres) or Beer/Lager (12x340ml bottles/cans)
(b) Perfumed spirits and toilet water, not exceeding 250 ml
(c) Cigarettes, not exceeding 200; or
(d) Other tobacco goods, not exceeding in total 250 grams

If you are under the age of 18 years you cannot claim the duty free allowance of spirits and alcoholic liquors, as indicated above, and if under the age of 16 years you cannot claim the duty free allowance of cigarettes and other tobacco goods.

AGRICULTURAL PRODUCTS, PETS AND LIVESTOCK
It is important to make arrangements well in advance of your departure date if you wish to bring animals, fruit or vegetables to the island. The law prohibits the importation of honey; however, other animals, plants, fruits and vegetables can be imported with prior approval and documentation from the Agricultural & Natural Resources Directorate. For more information:
T: +290 24724

PROHIBITED GOODS
• Firearms and ammunition unless accompanied by a valid licence
• Obscene items or pornographic literature and films
• Honey
• Fruit, vegetables and plant material - unless accompanied by an import permit together with a phytosanitary and export inspection certificates from country of origin. See above
• Animals - unless accompanied by a permit issued by the Chief Agricultural & Natural Resources Officer

Further information can be obtained from St Helena Customs:
T: +290 22287
E: customsmanager@hmrc.gov.sh.
BANKING
Banking services on St Helena and Ascension Island are provided by the Bank of St Helena, which has offices in The Market Square, Jamestown, St Helena and the AIG Building, Georgetown, Ascension Island. Services available to visitors include cashing travellers’ cheques and currency exchange for Sterling, US Dollars, Euros and South African Rand banknotes. Customers can also obtain cash advances on major debit and credit cards, and UK clearing bank customers can cash UK cheques, up to the limit of the applicable cheque guarantee card. Charges for these services are advertised in the bank.

For more details about Bank of St Helena services:
Visit www.sainthelenabank.com
T: +290 22390

There are currently no ATM cash machines on St Helena. A limited number of shops and businesses accept Visa/MasterCard for payment (a commission is usually charged).

CURRENCY
St Helena currency and Sterling is used on the Island. One St Helena Pound is equal to one British Pound Sterling. Coins in use have values of 1p, 2p, 5p, 10p, 20p, 50p, £1 and £2. Notes in circulation have values of £5, £10 and £20.

CLOTHING
Casual, informal clothing is appropriate. However it is advisable to bring a jersey and lightweight rain jacket, and good walking boots if you are contemplating doing any of our interesting walks. Semi-formal clothing is also suggested for some evenings.

ELECTRICITY
The electricity supply on St Helena is 240V, 50Hz. The standard electrical socket is the 13-amp, 3-pin, flat plug, as used in the UK.

COMMUNICATION
Telephone International Direct Dialling, Facsimile, Telegram and Internet facilities are all available. However, there is currently no mobile phone service on the Island, although it is envisaged that the island will introduce mobile phones in 2014. Phone cards can be obtained from the Sure Customer Care Centre, Consulate Hotel and Wellington House in Jamestown and various country outlets. Phone booths are located in Jamestown and the country districts. Collect calls are possible to the United Kingdom and Ascension Island. Visa, Euro and MasterCard are accepted for payment of telephone calls and other products purchased from Sure.

DRIVING
Driving is on the left-hand side of the road. As most roads are single lane, etiquette requires the driver coming down to make way for up-coming traffic. Road signs are shown in miles per hour and the maximum speed limit is 30mph. Seat belts are not compulsory. Drink-drive laws are strictly applied with a limit of 50/mg of alcohol per 100ml – the safest course is not to drink and drive.

ENTERPRISE ST HELENA
Enterprise St Helena (ESH) is a Non-Governmental Organisation established to promote the growth of the economy on St Helena through the development of existing businesses, and the promotion of the island to new investors and developers, particularly in light of the island’s first airport opening in early 2016. ESH is funded by the St Helena Government and the United Kingdom’s Department for International Development (DFID).

ESH’s activities include: St Helena Tourism; a property portfolio of commercial, retail, office and tourism development sites; support for on-island and international investors; finance and investment; industry development programmes for tourism, fishing, agriculture, ‘green’ initiatives, construction and wider sectors; support and advisory services to local businesses; training and up-skilling; and international promotion.

For more information:
Visit www.investinsthelena.biz
E: info@esh.co.sh
T: +290 22920
FUEL STATIONS
Petrol and diesel is available at the following locations:
Solomon’s Fuel Station, Back Way, Jamestown
T: 22259
Opening hours: Monday to Thursday 8.00am-1.00pm and 2.00pm-5.00pm, Wednesday 8.00am-1.00pm, Friday 8.00am-5.00pm, Saturday 9.00am-1.00pm and 6.30pm-8.30pm.
Half Tree Hollow Supermarket, Half Tree Hollow
T: 23559
Opening hours: Monday to Thursday 8.30am-5.00pm, Wednesday 8.30am-1.00pm, Friday 8.30am-6.00pm, Saturday 9.00am-5.30pm.
Longwood Supermarket, Longwood
T: 24679
Opening hours: Monday to Saturday 10.00am-6.00pm, Sundays 10.00am-2.00pm.

INTERNET
Internet facilities, including wi-fi, are available at Anne’s Place in the Castle Gardens. Wi-fi is also available at The Inkwell and The Consulate Hotel. Limited wi-fi coverage is also available in the harbour. Airtime can be bought from Anne’s Place. Ask at the Tourist Office for an updated list of places with wi-fi facility.

MEDICAL FACILITIES
There is a small (54 bed) well-equipped General Hospital, a Dental Surgery and a Community Clinic in Jamestown. There is no National Health Service and visitors and residents pay for all medical treatment. Charges for medical and dental attention are divided into three charging levels:
• Non-British passport holders
• British passport holders
• Residents
Visitors must have proof of your passport when seeking medical care.
Visit www.sainthelena.gov.sh/health-and-social-welfare for further information on medical and dental charges, or call the General Hospital on T: 22500.

NATIONAL FLAG
The flag of St Helena was adopted on October 4, 1984. It is a “defaced” Blue Ensign - blue with the flag of the UK in the upper hoist-side quadrant and the St Helena shield centred on the outer half of the flag. The shield features a rocky coastline and a three mast sailing ship. The flag is not used in the dependencies of St Helena. Our national flag identifies St Helenians from other British groups or teams at sports events overseas.

NEWSPAPERS
There are two local newspapers, The Sentinel and the St Helena independent, published every Thursday and Friday, respectively. Both contain local news, interviews, features, sports, public opinion letters and government press releases. Both are available from numerous shops and outlets around the island costing around £1.
The papers are available for download from www.sams.sh and www.saint.fm respectively.
South Atlantic Media Services Ltd., The Media Centre, Castle Gardens, Jamestown, St Helena, STHL 1ZZ
E: news@sams.sh
T: +290 22727
St Helena Independent and Saint FM Community Radio Association Hall, Main Street, Jamestown, St Helena STHL 1ZZ
E: Independent@helanta.co.sh and fm@helanta.co.sh
T: +290 22660

POSTAL SERVICES
The main Post Office is situated in Main Street, Jamestown, with eight Sub Post Offices operating in general stores in various districts throughout the island. The RMS St Helena also serves as a Sub Post Office. Overseas post is transported on the RMS St Helena. There is no door-to-door postal delivery service in operation and all mail must be collected from the main Post Office, or Sub Post Offices.
For information on postal services:
T: +290 26099

PUBLIC HOLIDAYS
There are 9 Public Holidays every year in St Helena:
• New Year’s Day (1 January),
• Good Friday, Easter Monday,
• Whit Monday, St Helena Day (21 May),
• HM The Queen’s Official Birthday (June),
• August Bank Holiday (last Monday in August),
• Christmas Day (25 December) and
• Boxing Day (26 December).
Businesses (including the Bank of St Helena) and most shops are normally closed on these days.

PUBLIC TRANSPORT
St Helena has a limited public bus service. The routes and timetables are designed primarily to satisfy the needs of locals. Visitors can, with some planning, use the bus service to reach some of the Island’s attractions and walking opportunities. Pick up a timetable and ask advice at the Tourist Office.
SHOPPING
St Helena has a variety of shops to cater for basic needs. Most shops, unless otherwise stated, are open Monday, Tuesday, Thursday, Friday 9.00am-5.00pm; Wednesday 9.00am-1.00pm; Saturday 9.00am-1.00pm and 6.30pm-8.30pm. Most shops are closed on Wednesday afternoon and Sunday.

TAXIS
There is a taxi rank in Main Street, Jamestown, to the rear of the Tourist Office. Alternatively, taxis are listed in the telephone directory, or ask at the Tourist Office for assistance. There are currently no set tariffs and you should therefore check rates before embarking on your journey. Extra charges are usually made for waiting time.

TELEVISION
Sure (previously Cable & Wireless) Television Rebroadcast Service has seventeen channels and includes BBC World News, international sports, current affairs, movies.

TIME
St Helena operates Greenwich Mean Time (GMT) all year round.

TIPPING
This is always at your discretion, according to the level of service you receive.
ACCOMMODATION
There are currently three hotels on the island: the Consulate Hotel and Wellington House in Jamestown, and Farm Lodge in the country. There is also a varied range of self-catering and bed and breakfast accommodation available in Jamestown and in the country areas. Advance booking of accommodation is a prerequisite before visiting the island. Demand for accommodation is at a peak during the summer months (particularly over the Christmas period). Accommodation lists are available from the Tourist Office or at www.sthelenatourism.com. Please note that as St Helena develops its tourism infrastructure the range of available accommodation will increase. For up-to-date availability contact St Helena Tourism.

CAR HIRE
Car hire can be arranged through the Tourist Office or when booking a voyage on the RMS St Helena. It is recommended you book prior to your arrival. Drivers must hold, and bring with them, a valid driving license with no endorsements in the last 5 years for dangerous or drunken driving. Drivers must be 21 years and over (restrictions may be imposed by some companies in respect of an upper age limit).

GOLF
Play a round on the most remote golf course in the world! Longwood Golf Course is about 5.5 miles (9 km) from Jamestown. The course has 9 holes and 18 tee boxes. You can play any day of the week, but please enquire at the Tourist Office to check green fees and tee times. Competitions are usually held every Saturday and Sunday, and the Tourist Office can check details.

HOME HOSTING
Enjoy a traditional family meal with a St Helenian in their own home, where you can experience eating traditional dishes and learn about local topics. Home Hosting offers a 3-course Saint meal accompanied with drinks and wine. Luncheons, dinners or even afternoon teas can be arranged. Please give at least 24 hours notice for requests.

NAPOLEONIC SITES
Make sure you visit the French-owned Napoleonic properties of Longwood House, The Briars Pavilion, and The Tomb in Sane Valley. It is your chance to view some of the most exclusive Napoleonic locations and artifacts in the world. Please note that, due to security and conservation measures, open access is not permitted and you must book a guided tour of the Napoleonic sites with the Tourist Office, at least 24 hours in advance. You will need to be issued with the appropriate ticket.

To avoid disappointment we strongly advise you to check the availability and book your preferred date of visit soon after your arrival on St Helena. Please note that the Briars Pavilion comprises one room only, and that flash and video photography is not permitted at the Briars Pavilion or Longwood House.

Audio guides for the Napoleonic properties are available from the Tourist Office in English, French, German and Afrikaans.

PICNICKING
Saints love to picnic and eat outdoors, and there are plenty of locations suited to picnics throughout the island. Whilst enjoying our beautiful scenery, be sure to look out for the picnic tables situated near the road side in the country areas of the island, including Blue Hill, Cason’s Levelwood, Sandy Bay, near Plantation House, St Paul’s and Longwood Green.

SCUBA DIVING & SNORKELLING
Clear, warm waters and fascinating marine life – including many species only found in St Helena’s waters – and 18th Century wrecks, make St Helena irresistible for the Scuba diver to explore. Snorkeling and Scuba diving can be enjoyed all year round. Any visitor wishing to Scuba dive has be accompanied by a local diver. Safe diving practices must be strictly adhered to as there is no decompression chamber.

St Helenian PADI Dive Instructors are available to give Scuba diving lessons. Ask at the Tourist Office for details.

FISHING
St Helena is a fisherman’s paradise – either a quiet day fishing off the rocky coastline, or the thrill of deepwater sport fishing. Different fishing grounds surround the island and many varieties of fish can be caught. In the main season between April and August, Marlin, Wahoo, Sailfish are there for the sport fishermen. Other varieties include Barracuda, Tuna (Yellow Fin, Big Eye and Skipjack), Deepwater Bullseye and Conger Eel. To book a sport fishing session contact the Tourist Office.

SWIMMING
Swimming in the sea is possible (please check with the Tourist Office for details), and there is also a swimming pool in Jamestown at the sea front. The pool is not open on Public Holidays and use is limited when there are school swimming lessons.

T: 22650
There is no better way to explore St Helena than on foot, and St Helena is a walker’s paradise. Offering spectacular views and routes that take you through a startling array of environments and microclimates, from arid desert regions to cloud forest, there are twenty Post box Walks. Devised by the St Helena Nature Conservation Group (SNCG) the Post box Walks are so titled because at the summit of each walk there is a Post Box containing an ink stamp and a visitors’ book. Booklets detailing the Post Box Walks are on sale at the Tourist Office. These walks are rated on a difficulty scale out of 10, and it is strongly advised that for walks rated 5 and above you are accompanied by someone who knows the route.

TIPS FOR WALKING ON ST HELENA

• Walking on St Helena can present different challenges, so please remember the following:
  • Always walk with at least one companion
  • Children should be supervised at all times
  • Proper walking shoes are essential for most walks
  • Take plenty of water (more than a litre)
  • Take a small snack
  • Let someone know where you are going, when you expect to return, and let them know when you do return
  • If you lose the path, go back to where you were last sure you were on it
  • Help maintain the paths for others by clearing away any obstructions
  • Avoid taking short cuts
  • Add a stone to the cairns (little piles of stones that act as markers) along the way
  • Please take your litter home with you

The Tourist Office welcomes your recommendations and feedback about the walks.

IN & AROUND JAMESTOWN

Cenotaph
The seafront war memorial displays the names of the Islanders who lost their lives during World War I and II, and has a plaque listing the names of all who lost their lives on the RFA Darkdale, torpedoed in 1941.

Archives
These hold the island’s records from 1673 onwards.

Jacob’s Ladder
Built in 1829 as an inclined plane, which was used to haul manure up from town and send goods down. The Ladder is 600 feet high and has 699 steps. Once you have completed the climb, make sure you buy your souvenir certificate from the Museum, situated at the bottom of the Ladder.

St James Church
The oldest Anglican Church in the Southern Hemisphere dates from 1774 and is built near the site of the original Portuguese chapel. It replaced earlier churches. In 1843, a steeple was added, which was removed again in 1979 when it became dangerous. The headstones in the small garden are from an old graveyard in Jamestown. These headstones and inscriptions inside the church give their own account of the island’s varied history.

Museum of St Helena
Located at the foot of Jacob’s Ladder in a beautifully restored late 18th Century building, the Museum was opened in 2002 to mark the 500th anniversary of the island’s discovery.

T: 22845

Castle Gardens
A cool, relaxing atmosphere, with interesting monuments.

Post Office
For the world famous stamps of St. Helena, Ascension Island and Tristan da Cunha. Ordnance Survey maps are also sold here.

T: 22652

The Run
This delightfully named channel, no doubt continuously improved at every period of history, is presumed to follow the line of the original stream which water the valley of Jamestown. The Run was paved with stone in 1857 and was built with a dual purpose – as a sewer from the town and to accommodate the water course. It offers a unique and alternative view of the town.

Flax
The hillsides covered with New Zealand flax are a legacy of the island’s main industry for over 60 years. Flax was turned into twine for export - largely to the British Royal Mail. The industry collapsed in the 1960s.
IN & AROUND ST PAUL’S
Inland to the Southwest of Jamestown

Plantation House
Built in 1792 by the East India Company as a country residence for the Island’s Governors. It is also home to the island’s oldest inhabitant (and world’s oldest reptile), Jonathan the Tortoise. Today it retains its charm, which is enhanced by the beautiful surrounding forest and grounds, through which there is a very popular and easy nature trail. Tours to view the reception rooms on the ground floor can also be arranged through the Tourist Office.

St Paul’s Cathedral
Built in 1851, St Paul’s “Country Church” is the Cathedral of the Diocese of St Helena. The surrounding cemetery is the burial place for Anglicans and some other religious denominations. It also holds the graves of past Governors, Bishops and clergy, as well as military personnel and Saints dating back hundreds of years.

High Knoll Fort
Built as a stronghold for the island’s population in the event of an invasion in 1798, High Knoll Fort commands superb panoramic views of the island. Please arrange a tour through the Tourist Office.

IN & AROUND HALF TREE HOLLOW
At the top of Ladder Hill from Jamestown

Ladder Hill Fort and Battery
The main Fort for the island, with its barracks, buildings and battery, commands spectacular views of the ocean and Jamestown. Many buildings are now private houses or offices, but the intention is to develop the main part of the Fort as a tourist facility.

Ladder Hill Guns
Just beyond the Fort, two WW1 guns can be seen at the cliff edge, above the original arsenal.

Half Tree Hollow Trail
A recently established walk from the top of the Ladder through HalfTree Hollow up to High Knoll Fort.

Half Tree Hollow Water Cisterns and picnic area
Recently restored as part of a community project, these water cisterns were, until the 1950s the main way that people in HalfTree Hollow obtained fresh water. The surrounding area is now a picnic area with wonderful ocean views.

IN & AROUND ALARM FOREST
Inland to the Southeast of Jamestown

The Briars Pavilion
This was Napoleon’s first residence on St Helena, whilst the renovations to Longwood House were being completed. The Briars Pavilion was originally a summerhouse on the Balcombe Estate, and it was here that Napoleon made friends with the Balcombe’s young daughter, Betsy.

Napoleon’s Tomb
The Emperor chose this valley as his burial place in the event that orders were given for his body to be buried on the island. He came across Sane Valley on one of his walks and was delighted with the peaceful landscape and plants that grew there.

Halley’s Observatory
Halley arrived in 1673 to map the stars of the southern hemisphere. The site provides great views of Longwood.

Maskelyne’s Observatory
Dr Neveil Maskelyn came to the island in 1760 to study the transit of Venus over the sun’s disc.

St Helena Distillery
Discover the delights of Tungi spirit - made from the fruit of the cactus plant, Jamestown Gin, White Lion Rum and Midnight Mist coffee liqueur at the world’s most remote distillery.

Prince’s Lodge
This fine house houses the Castell Collection, the world’s largest gathering of paintings, prints, engravings and maps about St Helena. The Collection is open for visits on most days by arrangement through the Tourist Office.

Prince Andrew School
The island’s only comprehensive offers secondary education for 12-18 year olds. Visits can be made by arrangement.

Francis Plain
Sports field used by Prince Andrew School and island teams, although bookings for private team sports can be made through the school.

Knollcombes and the Boer Cemetery
The location of the graveyard of the Boer POW’s who arrived and were imprisoned here between 1900 and 1902, during the Anglo-Boer War in South Africa. There is also a Baptist Chapel whose cemetery has the grave of St Helena’s first local Governor, Hudson Janisch.

Rosemary Plain
A popular picnic site. The small knoll that is Mount Eternity has two slave graves at the top. Toilet facilities available.
Hardings and Casons National Forest
A beautiful setting with easy access, and including many nature trails. Look for the Hardings and Casons National Forest leaflet at the Tourist Office.

Mackintosh’s
This walk will take you through plantation forestry where you can see Cape Yew, Cedar and Maritime Pine growing.

Spring Gut
This walk starts and continues for the most part along the same route as Mackintosh’s, but ends at a different location for an alternative perspective.

George Benjamin Arboretum
The arboretum provides easy access to several of St Helena’s endemic species of flora. Spectacular views can be seen from the top.

Casons Nature Trail
The trail starts at the George Benjamin Arboretum. It follows a path underneath a dense canopy of Cape Yew trees, continues uphill through endemic ferns and along the top of the hill.

Lemon Valley
A popular picnic, camping and recreational site reached by a walk down the valley, or by boat. Lemon Valley was one of the key slave liberation depots on the island. Most of the buildings still stand, and are a testament to the 25,000 slaves who were liberated on the island.

IN & AROUND LONGWOOD

To the east of the Island

Longwood House
Napoleon’s last residence and where he died, now a museum owned by the French Government. Longwood has many mementoes of France’s great Emperor. Audio guides for the Napoleonic properties in French, English, Afrikaans and German can be hired from the Tourist Office. Booking is essential for a tour of Longwood House.

T: 22190

Ladies of the Valley Walk
A circular walk starting at Hutt’s Gate, through Fisher’s Valley and ending with a climb and walk through Longwood Green and then ending back at Hutt’s Gate.

Woody Ridge Walk
A pleasant walk starting from Woody Ridge to Bradleys. The return journey is the same way or an alternative is along the main road. The route can be slippery when wet. There are also great views of Prosperous Bay Plain, where the airport is being built.

IN & AROUND BLUE HILL

To the Southwest of the Island

Red Rock
Perfect point for picnics, with stunning views of Sandy Bay. It is also one of the start points for the High Peak walk.

High Hill
A round-trip walk which takes you through the lush vegetation below the Peak and then over the top of it, allowing views of rare flowering plants that are endemic to St Helena.

Peak Dale
This is a short to medium-length walk along wide, clear tracks all the way. The route passes through areas of flax and pasture along the hillside below Sandy Bay Ridge, and provides fantastic views down towards Sandy Bay itself.

South West Point
A gentle walk through rolling pasture land with dramatic views of Manati Bay over to Speery Island and the Black Rocks.

Thompson’s Wood Walk
This circular walk starts from Blue Hill shop, passes over green pastures and a cattle grid through Thompson’s Wood and back onto the main road to the junction at the top of Blue Hill, before returning to the Blue Hill shop.
IN & AROUND SANDY BAY
To the South of the Island

St Peter’s Church
Formally a school in the late 1800s, where services were held. It is now an Anglican Church.

Diana’s Peak National Park
Diana’s Peak, rising 823 metres above sea level, is one of St Helena’s real fascinations, and it is here in the National Park that many of the island’s endemic plant species grow. Endemic trees, living amongst the tree ferns, are descended from trees of Africa from the Miocene age, more than ten million years ago. The endemic blushing snail, golden sail spider and spiky yellow woodlouse also live here. On a clear day, the views rom the Peaks are magnificent. Don’t forget to stamp your mail at the highest Post Box on the island!

Sandy Bay Beach
Interesting geological features as well as buildings of historical interest, including the only accessible Lime Kiln. The endemic plant, Babies Toes can also be seen here when in season.

SHAPE (St Helena’s Active Participation in Enterprise), Centre
The centre is the headquarters of an initiative that employs people with disabilities to produce local, quality crafts. All money made from the sales will be put back into the social enterprise, thus making it self-sustaining. You can visit the shop and café and support the work of this valuable project.

T: 24690

Lot and Lot’s Wife
Prominent geological features at Sandy Bay. These exposed dykes were formed millions of years ago by volcanic activity.

Green Hill
A peaceful rural picnic site that offers stunning views.

IN & AROUND LEVELWOOD
To the Southeast of the Island

The Bellstone
The Bellstone is a trachyandesite boulder that rings when struck. The Bellstone used to make a loud sonorous noise, however movement has reduced the sound. From the Bellstone you can see views of Great Stonetop. There are several other Bellstones on the path up to Great Stonetop which all produce a different ring when struck.

St Helena Ebony
This pretty plant, unique to St Helena, was thought to be extinct until two plants were rediscovered in 1980 growing on a sheer cliff. From those plants others have been propagated, and the Ebony can now be found in many different places across the Island.
Coffee

St Helena coffee is amongst the rarest and most highly prized in the world. Coffee was introduced in the 1700s, and is an Arabica bean. The Island’s isolation means the coffee has remained pure, and cherries are handpicked and dried in the sun to give a distinct flavour.

places to eat and drink

There are a number of places to eat and drink on the island, but please note that in many cases advance booking is required. You’ll find that the atmosphere is on the whole informal, and that children are welcomed. As St Helena develops its tourism product in the run up to the opening of the airport we anticipate an increase in the number of eating places, bars and restaurants. There are also mobile catering units in operation. Ask at the Tourism Office for the most current list of hospitality venues and where to find “pop-up” food suppliers.

Anne’s Place, Castle Gardens, Jamestown
T: 22797
Open: Monday to Thursday 8.30am-2.30pm and 6.00pm-9.00pm, Friday 8.30am-1.00pm, Saturday 9.00am-2.30pm and 6.30pm-1.00pm, Sunday – when RMS St Helena or any cruise ship is in port.
Menu: Set daily menu, booking required for special meals or large parties
Seats: 100+
Style: Open, family friendly
Additional: Licensed to sell alcohol and tobacco. BBQ and open pit available. BBQ service catered for with option to bring your own choice of meat. Caters for private functions

Consulate Hotel, Main Street, Jamestown
T: 22962
Open: Monday to Thursday 9.00am-5.00pm, Friday to Saturday 9.00am-9.00pm, Sunday – when RMS St Helena or any cruise ship is in port.
Menu: Set daily menu
Seats: 112
Style: Informal, family friendly, café, bistro and takeaway
Additional: Full working hotel with public bars and terrace gardens. Caters for private functions

Cyril’s Fast Food Takeaway, near The Arch, Jamestown
T: 22782
Open: Monday, Wednesday, Thursday and Friday 11.30am-3.00pm
Menu: Takeaway
Seats: None
Style: Takeaway
Additional: Sells tobacco. Caters for private functions

Get Carters, The Mule Yard, Jamestown
T: 22277
Open: Friday 6.00pm-9.00pm, Saturday 12.00pm to 9.00pm
Seats: Limited (16), takeaway (includes delivery)
Style: Pizzeria, with international cuisine nights
Additional: Private event catering

Harris’s Guest House, Main Street, Jamestown
T: 22729
Open: Monday to Friday, by arrangement only
Menu: On request
Seats: 6-16
Style: Private, family friendly
Additional: Caters for private functions

The Inkwell, Star & Garter, Market Street, Jamestown
T: 22887
Open: Monday, Tuesday, Thursday & Friday 9.30am-4.00pm, Saturday 10.00am-1.00pm
Menu: Snacks, light lunches, healthy options
Seats: 20, and takeaway
Style: Café
Additional: Inkwell bookshop at the front of building

Pub Paradise, Longwood Avenue, Longwood
T: 24083
Open: Monday, Wednesday 5.00pm-11.00pm, Tuesday, Thursday to Sunday 11.00am-11.00pm
Menu: “Menu available on request, steak dinner, BBQ
Style: Family
Additional: Caters for large parties, birthdays, special occasions etc. Beer garden, outside seating available. Licensed to sell alcohol and tobacco

Reggie’s Take Away, Bottom Woods
T: 22417
Open: Monday to Saturday 11.00am-6.30pm
Menu: Takeaway
Seats: None
Additional: “Drive by” style, popular with airport construction workers
Leo's Planet, Leisure Park (next to Donny's), Jamestown
T: 22012
Open: Wednesday & Thursday 10.00am-3.00pm, Friday 10.00am-1.30 am (Saturday morning), Saturday 9.00am-2.00pm and 6.00pm-1.30am (Sunday morning), Sunday 5.00pm-10.00pm
Menu: Café bistro and take away, daily specials, desserts
Seats: 60
Style: Informal, open air seating
Additional: Open air seating, situated at the seafront, event catering

Orange Tree Oriental Restaurant, Smith's Yard, Jamestown
T: 22126
Open: Monday to Saturday 11.00am-2.00pm for lunch and 5.00pm-9.30pm for dinner
Menu: Extensive Oriental selection, changes monthly
Seats: 45
Style: Formal, restaurant, takeaway available
Additional: Courtyard dining available. Licensed to sell alcohol. Karaoke available. Caters for private functions

Sunflower Café
T: 24145
Open: Monday to Friday evenings, Sunday lunch and evenings, by arrangement only
Menu: On request
Seats: 20
Style: Country house, home hosting
Additional: Traditional Saint dishes

Ocean Wave Café, Customs Building, The Wharf
T: 22592
Open: Monday to Saturday 10.00am-2.00pm, Sunday 4.00pm-8.00pm
Menu: Snacks, sandwiches, light lunches, cakes, savouries
Seats: 20
Style: Open air café, takeaway
Additional: Deal of the day, free delivery within a certain area

Pubs and Clubs
There are a number of pubs and clubs around the island, with four to choose from in Jamestown. This is a great way to meet and mix with locals. Opening hours can vary, so check the newspapers for up to date times and events.

Consulate Bar, Consulate Hotel, Main Street, Jamestown
T: 22962
Open: Monday to Saturday 11.00am-11.30pm
Style: Wine bar themed venue, with courtyard and terraced garden

Donny's Place, Seafront, Jamestown
T: 22947
Open: Friday 4.00pm-1.00am, Saturday 6.00pm-1.00am, Sunday opening varies. The club also opens when the RMS is in port
Style: Open deck venue, discotheque, occasional live bands
Additional: Caters for special occasions, parties etc

The Standard, Market Street, Jamestown
T: 22309
Open: Monday to Saturday 11.00am onwards, Sunday 12.00pm onwards
Style: Traditional pub

White Horse Tavern, Market Street, Jamestown
T: 22843
Pay phone: 22326
Open: Monday to Saturday 11.00am onwards, Sunday 12.00pm onwards
Style: Traditional pub, popular with local fishermen

Colin’s Bar, Sandy Bay
T: 23722
Open: Saturday 12.00pm-12.00am
Style: Small relaxed and informal bar
Additional: Facilities for private bring and braai/barbeque available. Serves draft lager and Guinness. Offers stunning views of Lot and Lot’s Wife

Godfather’s Rock Club, Half Tree Hollow
T: 23059
Pay phone: 23111
Open: Monday to Saturday 8.00pm-1.00am
Style: Family
Additional: Caters for special occasions and parties, barbeque and steak dinner menu available upon request

Local Lingo
Saints are friendly and curious people, and are interested in anyone they don’t know or recognise, so do not be surprised if you are asked...
Who you is? Who are you?
Where you stay? Where are you staying or living?
How you? How are you?
You will also find that people will say hello when passing in the street, and will wave at other drivers on the road - it’s part of the charm of St Helena.
PUBS AND CLUBS

Oasis Bar, near Half Tree Hollow Supermarket, Cow Path

T: 23607
Open: Monday to Thursday 5.00pm-1.00am, Friday 4.00pm-1.00am, Saturday 2.00pm-1.00am, Sunday 12.00pm-1.00am
Style: Traditional bar and discotheque

Pub Paradise, Longwood Avenue

T: 24083
Open: Monday to Sunday 11.00am onwards
Style: Family

Silver Hill Bar, Levelwood

T: 24663
Open: Friday to Sunday 11.00am onwards
Style: Family

PLACES TO EAT

Local Lingo

English is St Helena’s first language. Due to our descent from a concoction of nations, our tongue has evolved into a unique way of speaking. Here are some common terms we use:

- Chips: Crisps
- Couple: Several (and usually is more than 2)
- “One nice couple” could be anything from 6+
- ‘Eierce’ Yes
- ‘dis’ now (Just now) soon or much later
- See you: Goodbye

IT’S ST HELENA COFFEE!

Established in 1994, Rosemary Gate Coffee Estate is a small private family business growing green tipped Bourbon Arabica coffee, introduced into St Helena from Yemen in 1732.

Flowering takes place at the end of February, brought on by the rains following the dry season. The cherry develops over a period of about eight months, during which time the cherry turns from green to yellow to red. Only the red ripe cherry must be picked. Picking takes place between October and February each year, on a weekly basis. Following picking the red cherry must be pulped as soon as possible. Red cherry is passed through the pulping machine which separates the fleshy cherry skin from the parchment coffee. The cherry skins are composted and the parchment is then fermented and washed. Following washing, the wet parchment is set out to slowly dry down from about 50% moisture to approximately 11% moisture. Coffee, drying on the trays, is put away during the evening and during any rain. When dry, the parchment is ready to be hulled.

Hulling separates the parchment and silverskin from the coffee, leaving the clean green bean which is then size graded and sorted to remove any defective beans. The coffee is now ready for roasting. Roasting is done on a weekly basis to ensure freshness. The roasted coffee must then rest for 24 hours before it can be ground. Freshly roasted coffee is available by the bag, bean or ground.

Coffee tours to Rosemary Gate Coffee Estate and other coffee plantations can be arranged through the Tourist Office.
...a unique environment

St Helena has been called the ‘Galapagos of the South Atlantic’. A wealth of weird and wonderful plant, bird and invertebrate life evolved here following the island’s volcanic birth, some 14 million years ago.

With a sub-tropical climate, the island’s environment is extremely rich in biodiversity and, due to its geographical isolation, is home to over 500 endemic species. There are around 85 endemic flora, 10 species of fish, over 400 invertebrates (this total surpasses the number of endemics found in the UK and its other Overseas Territories put together) and one land bird species - the charismatic but critically endangered Wirebird, or St Helena plover. None of these are found anywhere else in the world, and new species are being discovered on a regular basis.

The island’s relatively unspoilt natural landscape of lush green central peaks and breath-taking coastal rock formations provides an exceptionally diverse range of habitats and features of geological interest. St Helena is on the United Kingdom’s tentative list for future UNESCO World Heritage Sites.

Due to its location, where the Benguela Current, driven by the South Easterly Trade Winds, brings cooler, nutrient rich water from South America across the South Atlantic ocean, the Marine environment is one of the jewels in St Helena’s environment. Some of the many species remain unrecorded and a marine mapping project is underway to record and highlight the rich diversity in the waters around the island. As well as its native marine fauna the waters are visited by a huge variety of transient species. Humpback, Sei and Sperm Whales, Bottlenose, Rough-toothed, Spinner and Pantropical Spotted Dolphins; Whale Sharks, Hwalo bill and Green Turtles and Devil Rays are all seen regularly.

For more information please contact St Helena National Trust:
T: 22190
E: director@shnt.org.uk

...St Helena’s first social enterprise

SHAPE, St Helena’s Active Participation in Enterprise is the first of its kind in St Helena. Its mission is to provide training and work experience for disabled and vulnerable people on the island.

When SHAPE started in 2008, it had 4 clients and 2 members of staff. Today over 30 clients and 6 full time and 3 part time staff can be found working out of what was Sandy Bay School. SHAPE’s clients come with a wide range of disabilities.

SHAPE is committed to an environmental conscience. Much of what it does, the training it offers, encompasses environmentally friendly products. SHAPE operates St Helena’s first paper and card recycling centre. This will increase the organisation’s productivity in paper and card recycling. SHAPE has experimented with the use of paper pulp and has some wonderful products from this media. SHAPE continues to make use of local resources and makes a large number of products from flax and aloe fibres, expanding on this with a donation of a decorticator machine for processing of flax and training in flax weaving. SHAPE uses local wool: processing and spinning the wool to then knit and crochet fabulous products. Additionally, soap products and candle-making continue to form a large part of their small business.

As a social enterprise SHAPE relies heavily on donations and fundraising which supplements the small grant received from the St Helena Government. For more information:
Visit www.shape.co.sh
T: 24690
The Millennium Forest is on the site of the Great Wood, which used to cover the eastern part of St Helena. It was destroyed as settlers cleared trees for timber and introduced goats and livestock which grazed on saplings. The lack of vegetation combined with the very windy conditions in the area caused the topsoil to quickly erode away, leaving semi-desert in its place. Reforestation efforts in the early 1990s, and the establishment of the Millennium Forest in 2000, sets to recreate the Great Wood once more. You can help by sponsoring your very own tree. Contact the National Trust for more information.

The St Helena Ebony (Trochetiopsis ebenus) was thought to be extinct until its rediscovery on precipitous cliffs in 1980. Since the island’s discovery over 500 years ago, much of its natural flora has succumbed to introduced invasive fauna such as rabbits and goats, or has been cleared for agriculture and timber. Just two plants were spotted clinging to a remote rockface which could only be accessed by someone being lowered down on a rope approximately 50 metres to obtain cuttings. These cuttings were propagated both on island and in the UK at the Royal Botanical Gardens, Kew. Today, several thousand plants exist throughout the island, however the St Helena Ebony is still classified as Critically Endangered (CR) on the IUCN Red List.

High Knoll Fort stands high above Jamestown, but cannot be seen from the town. It is a massive structure and a wonderful example of military defensive structures of its time. Admire and wonder at what was built in the past entirely with human labour and with none of the machines we have today! Built in 1798, six cannons were mounted on the top of the tower; the rooms underneath used to house gunpowder and shot. In 1811, troops from High Knoll put down a mutiny over alcohol rations and six of the ringleaders were hung there. In the 1850’s the buildings next to the tower were used as a school and housing for liberated African slaves. In 1900 Boer prisoners were kept at High Knoll and later, 1940–60 animals were quarantined there. Today, High Knoll is used occasionally for community events. If you stand and talk on the gun emplacements on the top of the tower, you will hear the echo effect produced by the semi circles in front of you. To visit the Fort, contact the National Trust or arrange a tour with the Tourist Office. Please take no risks and understand that you visit entirely at your own risk.

Above Jamestown the stream which eventually flows through the Run in the centre of town falls 90 metres over a spectacular rock face carved into the shape of a heart. It is best seen from a distance, particularly from Side Path Road as it climbs out of the valley to Alarm Forest.

Water is dammed at Harper’s reservoir and fed into the Redhill water distribution system. The waterfall only flows when the reservoir is overflowing, but a visit to the site is a pleasant walk. Walk through Jamestown, up Market Street and past the General Hospital to join Constitution Road. The road winds past houses and gardens at the top of the town, with harpin bends climbing up the eastern slope of the valley. At the third major bend there is a sign for Barnes Road, which leads to the start of the walk to the waterfall. An alternative route is up Side Path Road, turning at the bus stop to walk down Constitution Hill.

Jonathan is St Helena’s oldest resident, by far. It is estimated that Jonathan is between 170 and 200 years old, making him not just St Helena’s oldest Saint, but quite possibly the world’s oldest reptile. There are five tortoises at Plantation House, the Governor’s residence: Jonathan, who it is thought to have arrived on the island in 1882, David and Emma in 1969, and Myrtle and Fredrika, in 1972. Professor Arthur Lovebridge lived on St Helena for many years, and in 1962 gave a scientific account of Plantation’s tortoises, focusing on Jonathan’s age. Lovebridge concluded that Jonathan arrived on the island in 1882, but was unsure as to the age of Jonathan when he was landed at the island. Photographic evidence of Jonathan and consequent analysis of his shell size and growth could put him at already around fifty years old when he arrived. Assuming 50 years, Jonathan would have been 182 years old in 2013! Over the years Jonathan has seen over 30 Governors pass through Plantation House. Jonathan has been identified as a Seychelles Giant Tortoise, Dipsochelys hololissa. As such he is a solitary example of a handful of survivors existing in the world.
Jacob’s Ladder was originally built in 1829 as a tramway as a means of removing manure generated by the quantity of livestock in Jamestown, so that it could be used for improving soil conditions on the West of the island. The cost of taking the manure up by cart, up Ladder Hill, was prohibitive. Military supplies were also transported in this way.

The original concept can be seen modelled in the Museum and includes an inclined plane on either side of the ladder. Trucks ran on tramlines and were hoisted up the incline by donkey power, and each ascent took seven and a half minutes. People travelled in boxes. By 1871 it was reconstructed to its present form of just the ladder with 699 steps. The name Ladder Hill predates the tramway by about 150 years and refers to the original rope ladder used to climb the cliffs. The quickest time for the ladder climb is 5 minutes 11 seconds.

St Helena is one of the world’s best kept secrets and the ‘St Helena Distillery’ even more so. It really is the most remote distillery in the world! The distillery uses German-made Holstein spirit distilling equipment imported and installed in 2006, and is run by Head Distiller Paul Hickling. Paul, originally from Wales is married to a St Helenian and trained in Germany. As a proficient, qualified distiller he oversees every step of the distilling process.

Tungi (pronounced Toon Gee) is a clear smooth spirit, refreshing and palatable drink full of flavour whilst retaining robust power and alcoholic strength.

In January 2013, a “pod” of around 17 Whale Sharks visited St. Helena, hanging around on the leeward side of the island for a number of weeks. Divers, conservationists and even some lucky tourists got to swim with them - a truly awesome and unforgettable experience.

Whale Sharks congregating in such numbers is rare. The Marine Conservation Unit on St. Helena reports that the sizes of the groupings, or aggregations, has shown a marked increase over the last four years, with the size of the average aggregation rising from two or three to seven. Last year heavily pregnant females were photographed for the first time. The water temperature around St. Helena varies between 19˚C to 26˚C over the year. January and February are the hottest months, which correlates with plankton blooms and the appearance of Whale Sharks.

Reaching lengths of up to 40 feet (12 metres) or more, these giants scoop up plankton, along with any small fish that happen to be around, with their colossal gaping mouths while swimming close to the water’s surface. Although massive, Whale Sharks are docile fish and sometimes allow swimmers to hitch a ride. However, it is strongly advised that interactions with Whale Sharks, Rays and other marine life should be under the guidance of an experienced local. For more information on boat tours, dolphin and whale watching, diving and sport fishing enquire at the Tourist Office. T: 22158

...climb the ladder

...taste Tungi

...swim with Whale Sharks
Please Note: St Helena Tourism makes all reasonable efforts to ensure that the information contained in this publication is correct at the time of going to press, but as we and others are constantly seeking to improve facilities and experiences, no liability can be accepted for any inaccurate, incomplete, changed or revised information.

Map provided courtesy of ARS Limited.
Explore it yourself...

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