Top 10

1. End your Lot's Wife Ponds walk with a dip in the coastal rock pools
2. Take a day's hike into Lemon Valley to snorkel, fish and relax in the natural cave
3. Spot Wirebirds while walking to Flagstaff
4. Explore centuries-old fortifications on your way to or from Sugarloaf
5. Stand at the foot of Heart-Shaped Waterfall
6. Make your way to the foot of the towering geological feature of Lot
7. Take in stunning views of the island's incredibly varied landscape from High Peak
8. Traverse rolling, multi-coloured earth on the Cox's Battery walk
9. Visit the oldest Gumwood trees on Earth during the Peakdale loop
10. Tackle your fear of heights by walking The Barn

One of the remotest islands on Earth; an extraordinary place to visit.

Nearly halfway between southern Africa and Brazil, the subtropical St Helena Island rises dramatically from the midst of the South Atlantic Ocean.

The 47 sq. mile island is home to a globally important natural environment, both land and sea, with spectacularly contrasting scenery and astounding biodiversity – all available within a few minutes' drive.

The island's unique culture and cuisine reflect the melting pot of peoples and nationalities that have transited St Helena since its 1502 discovery. The community of around 4,400 'Saints' is renowned for being safe (serious crime is a rarity), welcoming (the driver of each car waves to the other as they pass) and more deeply connected to 'people and planet' than to modern technology (mobile phones were introduced in late 2015).

An off-the-beaten-track, bucket-list location, St Helena is a breath of fresh air in today's busy modern world.

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St Helena Island
A breath of fresh air







Walking and hiking







Hikers' paradise

There's no better way to truly explore St Helena, than on foot.

The landscapes, the microclimates, the difficulty of the hikes varies from walk to walk – a feat of nature considering the small size of the island.

Go from cool and misty, Jurassic-like forest to warm and rolling pastureland, to stark and sunny cliff-side scrambles, leading down to natural coastal rock pools, all in one day.

Plus, the walks take you to some of St Helena's remotest natural and historic assets. Explore centuries-old fortifications, walk through astounding geological features dating back millions of years, stop for a refreshing drink under the canopy of the last St Helena Gumwood forest on Earth. Pass a grazing cow, spot the island's iconic Wirebird, or get a visit from a hovering White (Fairy) Tern.

And with such a small on-island population and a freedom from being over-touristed, you can really immerse yourself in nature – sometimes being the only person on the path. The island is yours to explore, in peace and tranquillity.



Walking and running festivals

St Helena usually hosts a Festival of Walking and Festival of Running each year. The Festival of Running includes a full marathon, becoming known as one of the most difficult in the world (due to the unforgiving, mountainous terrain). Enquire with St Helena Tourism for further details on each year's events.

Nature trails

Stepping out on foot is popular with locals and visitors alike and the island provides ample opportunity; whether a leisurely stroll through historic Jamestown, a shaded walk to Heart-Shaped Waterfall, or an arduous hike along the coastal cliffs.

But what makes walking on St Helena even better, is its series of nature trails.

The 25 Post Box Walks offer something for everyone – and for any keen hiker, completing all 25 is an achievement.

These walks showcase the island's stunningly varied natural habitats and its diversity of unique plants and animals. Walks vary between 1.5km and 12km, taking between 1hr 15mins and half a day. Difficulty varies from family-friendly to highly challenging, and the terrain types vary – so please ensure you understand and are prepared for each walk you undertake.

At the end of each walk is a 'Post Box' - which might be a piece of plastic tubing or a wooden box, marked with the words 'Post Box' - each holding a visitor's book to leave your name and comments, and a stamp that you can use as a souvenir.



Top tips

1. Water (2 litres per person is recommended)
2. Snacks
3. A guide, walking companion or group (especially on walks with an effort rating of 5 or higher)
4. Rubbish bag for any litter
5. Cell phone (although there may not be signal)
6. It is always advisable to let someone know where you are going and when you might be back
7. Sun protection and/or a rain jacket
8. Adequate walking shoes
9. Please always follow the path
10. The Post Box Walks Guidebook, available from the Tourist Office or the Museum of St Helena.