



Hike 365

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A Rohrman Sports Association Publication

Hike



A National Trail Hiking Guide

3⁶5

for Antigua & Barbuda

WELCOME

Welcome to the first Hike 365 trail hiking guide for Antigua & Barbuda. The guide highlights just a selection of the popular hiking trails in the country.

This e-magazine is a voluntary collaborative effort between Rory & Justine Butler of the Rohrman Sports Association, Jason Jonah

Joseph of the Wadadli Trail Blazers, Orrin Steele of 268 Trails, Dayson Brewster of the 5AM Hikers, and Joseph Chin of the Jolly Roger Hikers and the many voluntary contributors.

OUR TEAM



**DAYSON
BREWSTER**



ORRIN STEELE

JASON JOSEPH



RORY BUTLER

JOSEPH CHIN



JUSTINE BUTLER

TIRED FROM A LONG HIKE

Theres A Room For That

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Treat yourself to an authentic Caribbean getaway at the Adults-Only Galley Bay Resort & Spa in Antigua. Set between one of the best beaches on the island and acres of lush tropical gardens, this All-Inclusive resort delights guests with a refined, yet unpretentious atmosphere. Ideal for couples and newlyweds seeking a romantic getaway, both adventure and tranquility are on the menu at this award-winning tropical paradise.

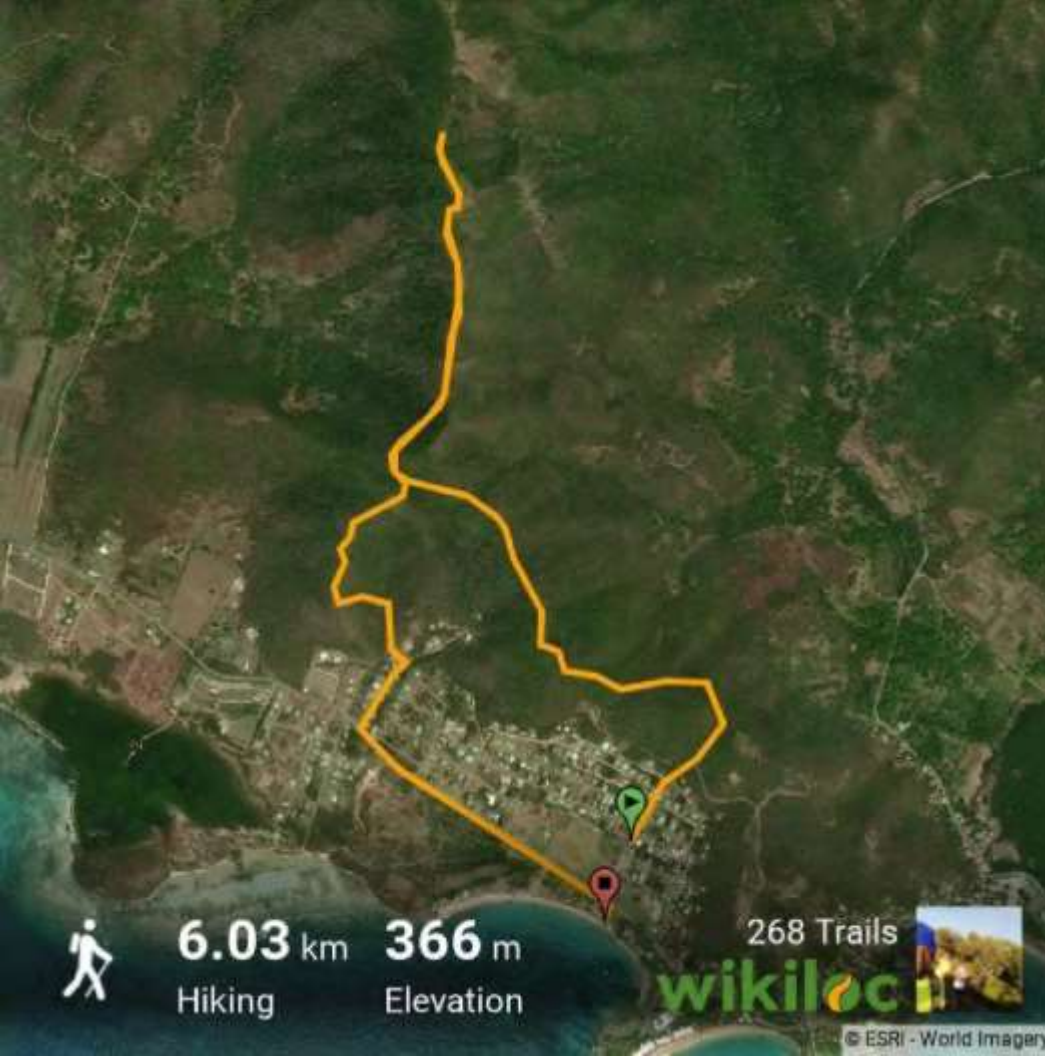
Galley Bay Resort & Spa has perfected the Art of Amazing —where beauty, beach, and a sultry blue Caribbean Sea align with your most fantastic imaginings.

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CADE PEAK





CADE PEAK

Hike through the rainforest to Cade Peak from the picturesque Morris Bay beach. Cade Peak sits 153 meters above sea level and the roughly 3km trail will take you to the Cade Peak lookout with expansive views of the island. For the more adventurous, the route connects with an expansive trail network within the Shekerely Mountain range including Boggy Peak. Gina's Cookshop or Sidy's Hotspot offer the ideal Caribbean refreshment stop to cool down and take a dip at Morris Bay after your hike.

Expect an intense hike with steep climbs. The trail is mostly shaded and while there is some signage, there are several areas where a wrong turn could take you off track, so its best to use a tour guide.

You can follow this trail on Wikiloc :
<https://www.wikiloc.com/hiking-trails/cades-peak-78574503> Tour Guide:
Strongly Recommended

Difficulty: 3/5.

Distance. 6km Return

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WINTER HILL & FISHER HILL





HIKE TO WINTER HILL & FISHER HILL

At the end of the beach at Carlisle Bay lies the entrance to a vast trail network. One of the most popular of these trails takes you on a right turn along the peninsula to the famous Winter Hill, known by many as Cactus Hill, from where you can choose to continue on to Winter Hill and ultimately loop back to Carlisle Bay. Watch out for some narrow ledges where the soil has eroded and be aware that the nearby salt pond floods into the sea after recent rains which will mean you will have to wade through the water to the start of the trail. The hike is moderately difficult with a steep ascent to the peak of Fisher Hill, however the scenic route offers the option to turn back early and still catch some of the pleasant views.

You can follow this trail on Wikiloc at [https://www.wikiloc.com/hiking-trails/ carlisle-](https://www.wikiloc.com/hiking-trails/carlisle-)



4.51 km
Hiking

135 m
Elevation

Hike365
wikiloc



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bay-to-fisher-hill-and-winter-hillloop-70980356

Tour Guide: Recommended

Difficulty: 2/5.

Distance. 4.5km Loop

SLEEPING INDIAN





4.44 km

Hiking

167 m

Elevation

268 Trails

wikiloc



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SLEEPING INDIAN

The Sleeping Indian range includes three peaks, namely Leonard Hill, Saddle Hill, and Flat Top Hill. Each of the peaks offer intriguing trails and for the most experienced hikers, a trail connects all the peaks. The trail network can be joined from various starting points, however the best place to start is at Hermitage Bay. Following this route the trail will take you first to Leonard Hill, a flat rock top peak with enticing views of the surrounding bays. Some navigating up a rocky face of the hill is required to reach Leonard Hill and this is not a route for inexperienced hikers. Continuing onto Saddle Hill is only for the most experienced of hikers and requires a near vertical rope climb up a rock face on the way to the peak. For safety reasons this hike should only be done with an experienced tour guide. The trail network also connects to the Seaforth Beach and includes a rock lookout over a Sugar Mill. While some of the trails are marked, there are several trails in the area and the chances of getting lost without a tour guide are high.

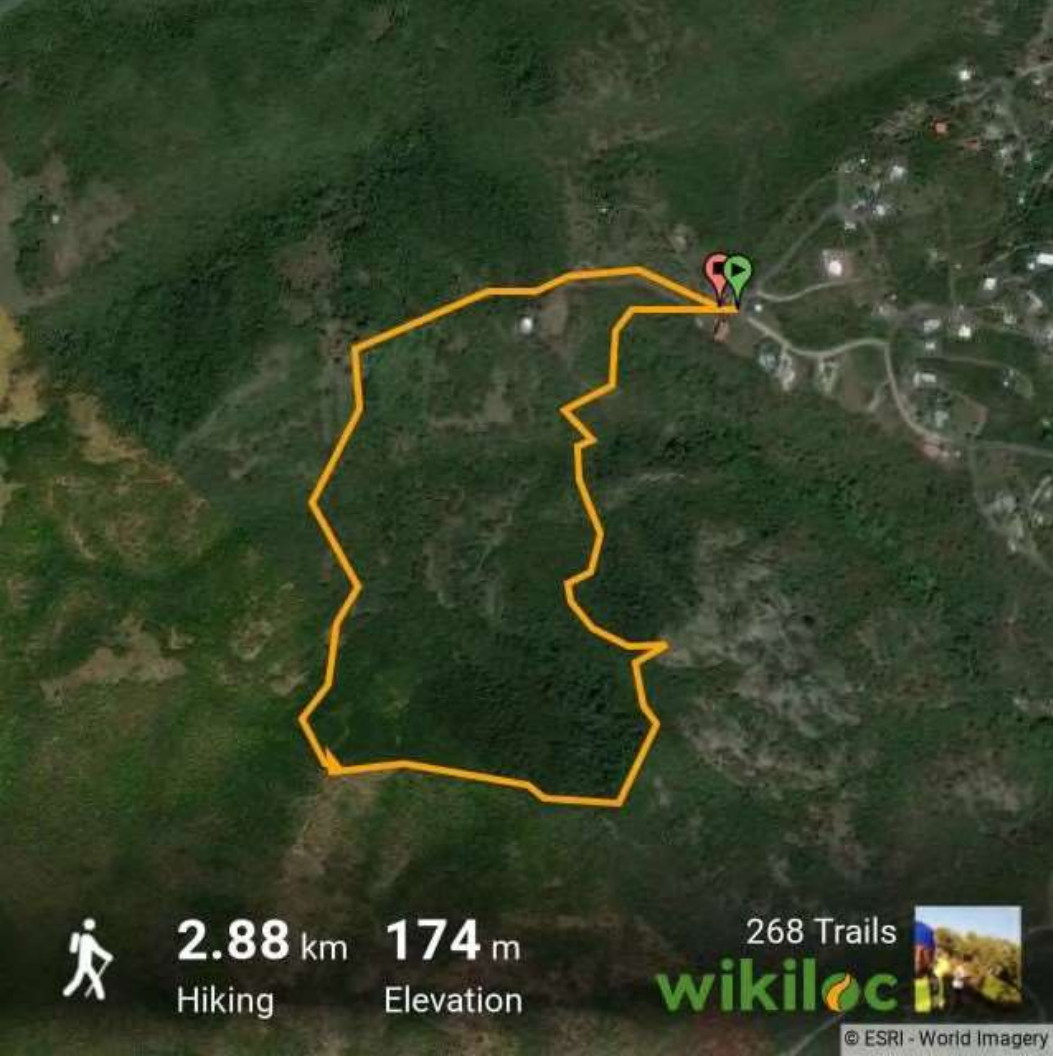
You can follow this trail on Wikiloc at <https://www.wikiloc.com/hiking-trails/sleeping-indian-74522918> Tour Guide: Strongly Recommended

Difficulty: 5/5.

Distance. 4.5km Loop

SUGAR LOAF





SUGAR LOAF

Sugar Loaf is the 5th highest peak in Antigua, rising 309 meters above sea level, with expansive views over Falmouth Harbour. The hike is a short but very steep and challenging climb. There are multiple routes to the summit. A tour guide is recommended.

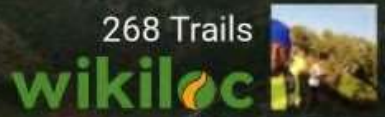
You can follow this trail on Wikiloc at <https://www.wikiloc.com/hiking-trails/horsford-hill-to-sugarloaf-63369878> Tour Guide: Strongly Recommended

Difficulty: 3/5.

Distance. 2.9km loop



2.88 km **174** m
Hiking Elevation



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BOGGY PEAK





BOGGY PEAK

Boggy Peak is the highest point of the Shekerley Mountains on the island of Antigua. It rises to a height of 402 meters (1,319 ft). There are many established ways to climb Boggy Peak including a road from Cades Bay, or trails from Morris Bay, Fig Tree Drive, Orange Valley and Christian Valley. The most direct trail route starts in Christian Valley, which also offers two longer loop options to reach the summit. Expect a challenging climb and tough physical workout to reach the summit. The absolute peak is covered by a fenced government structure and so despite being the highest peak, it does not offer the best views of the various peaks. A trail around the fence line leads to a rocky viewpoint looking west. If you are after expansive views consider taking the long route from Morris Bay. A tour guide is strongly recommended.

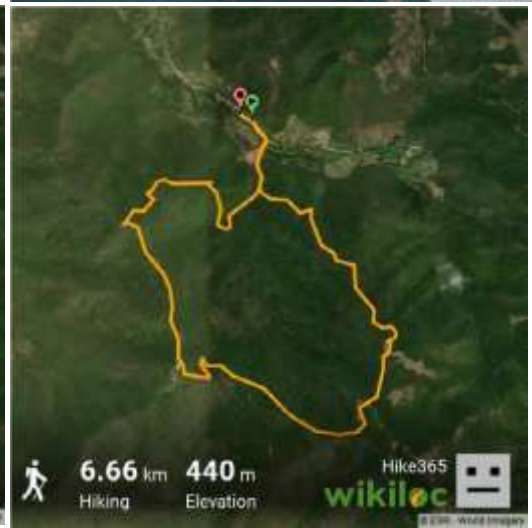
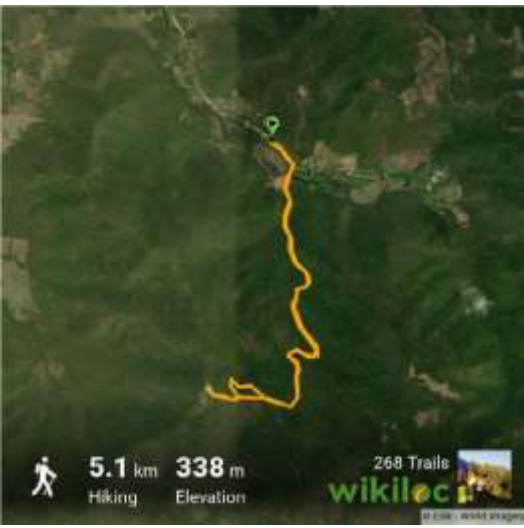
You can follow the shortest trail on Wikiloc at <https://www.wikiloc.com/hiking-trails/christian-valley-to-boggy-peak-65774060> Tour Guide: Strongly Recommended

Difficulty: 3/5 *Depends on which route is chosen.

Distance. 5km loop

BOGGY PEAK





PINCHING BAY





6.96 km

Hiking

148 m

Elevation

Hike365
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PINCHING BAY

Pinching Bay is the one of the best beaches on the island that is only accessible via boat or hiking. You **MUST** use a hiking guide who has sought the requisite permission to use one of the available hiking routes to the beach.

You can follow the trail here:
<https://www.wikiloc.com/mountain-biking-trails/pinching-bay-dash-78171608>

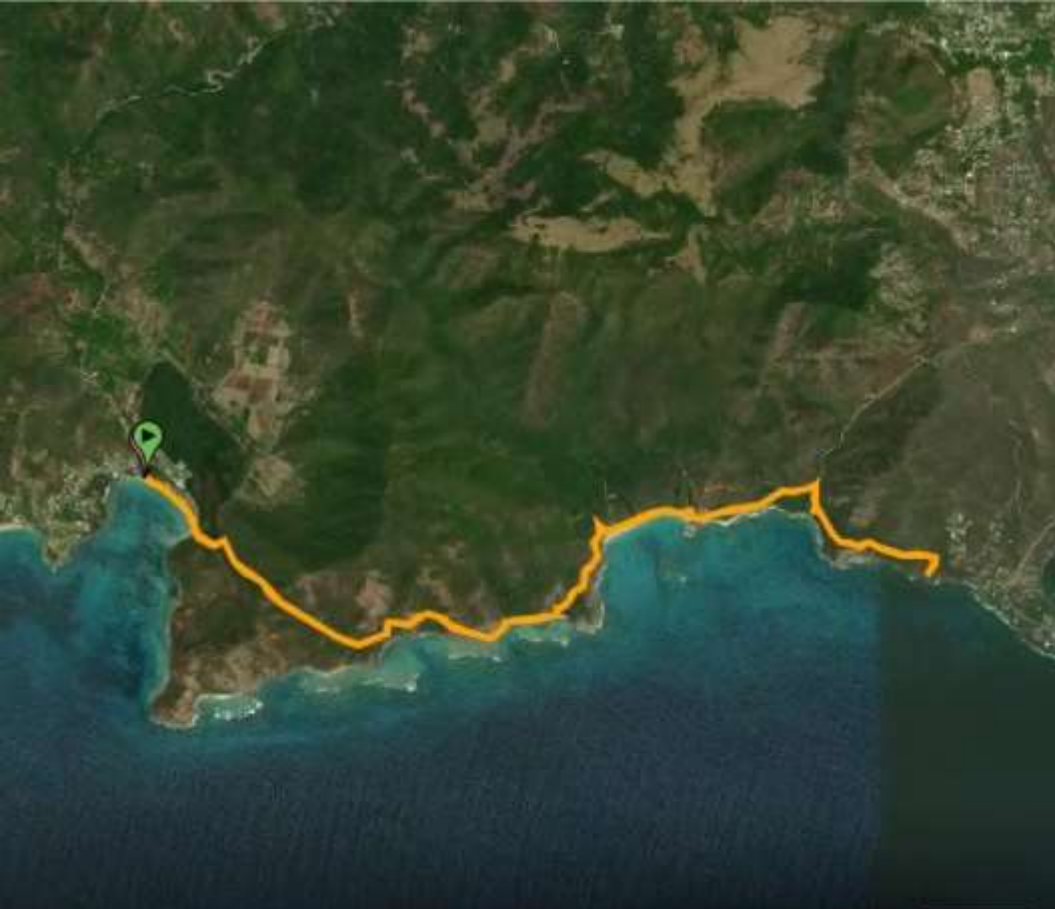
Tour Guide: Strongly Recommended

Difficulty: 3/5

Distance. 9.5km loop

CARLISLE BAY TO TURTLE BAY





CARLISLE BAY TO TURTLE BAY

A 12km return route takes you along some of the most pristine and untouched coastline in Antigua. Starting at Carlisle Bay the trail will take you past Farley Bay and Tucks Point to the popular Rendezvous Bay. The trail then gives you the option to continue onto Turtle Bay where you will have an option to stop off for a swim in the rock pools found on the way. Around half of the trail is shaded and the other half is open to the sun. There are no major climbs but the length of the trail can be challenging. A guide is recommended in order to ensure you stay on track and find the best hidden spots.

You can follow the trail here: <https://www.wikiloc.com/hiking-trails/carlisle-bay-to-turtle-bay-via-rendezvous-83264879>

Tour Guide: Recommended

Difficulty: 3/5

Distance. 12km return



12.07 km
Hiking

289 m
Elevation

Hike365
wikiloc



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FORT BERKELEY FROM PIGEON POINT BEACH





FORT BERKELEY FROM PIGEON POINT BEACH

The Middle Ground Trail is one of many trails managed by the National Parks Authority in the vicinity of the famous Nelson's Dockyard. The trail connects the popular Pigeon Point Beach to Fort Berkeley with some stunning views on the intervening climb. Be sure to hike with a tour guide to learn about the fascinating history of the Middle Ground and Fort Berkeley.

You can follow the trail here: <https://www.wikiloc.com/hiking-trails/middle-groundtrail-80171801> Tour Guide: Recommended

Difficulty: 2/5

Distance. 5.3km return



5.33 km **142** m
Hiking Elevation

joechin13
wikiloc 

NELSON'S DOCKYARD NATIONAL PARK





NELSON'S DOCKYARD NATIONAL PARK AND WORLD HERITAGE SITE

The area of the National Parks surrounding the Nelson's Dockyard and World Heritage Site feature some of the best maintained hiking trails in Antigua & Barbuda. The Royal Naval Tot Club volunteers to ensure the paths are kept in fantastic shape. The famous Pillars of Hercules are a short hike away, and the most popular Horseshoe Trail takes in the enticing Mermaid Gardens rock pools, as well as some stunning cliff side views. The trails include the Hospital Loop, Lookout trail, Jones Valley trail, Lookout Connector to Jones Valley Trail, Blockhouse loop, Jones Valley trail Boulder Bypass to Shirley Heights and the Horseshoe Trail Loop. You are best served getting a tour guide to help you learn about the rich history of the area.

You can follow one of trails here:
<https://www.wikiloc.com/hiking-trails/>

horseshoe-trail-83271600 Tour Guide:
Recommended

Difficulty: 1/5 to 3/5

Distance. Varies
depending on the
chosen trail



WALLINGS NATURE RESERVE



Wallings Nature Reserve TRAIL MAP

"Where we make waves with Nature and its Resources"



AROUND THE WALLINGS NATURE RESERVE

Nestled in the Southwestern Side of Antigua, in the Wallings Forest area, Wallings Nature Reserve is the first Community-Managed National Park in the twin-island state of Antigua and Barbuda established in 2018.

The Reserve is being used as an international case study to garner the impact that a local community can have in making a difference in the fight against climate change while empowering women, youth and vulnerable communities and promoting gender equality.

The reserve also practices sustainable development and protecting the biological diversity of Antigua and Barbuda. Wallings Nature Reserve is a not for profit, non-government organisation. Wallings Nature Reserve monitors, maintains, and manages 1680 acres or 680 ha of rain forest in the Shekerley Mountain Protected Area.

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SGP The GEF Small Grants Programme

DESIGNED BY AYADA



There are several trails in the Wallings Nature Reserve and hikes to Signal Hill, the second highest peak in Antigua sitting at 370 meters above sea level. A contribution fee to the park is required to enter.

Tour Guide: Recommended

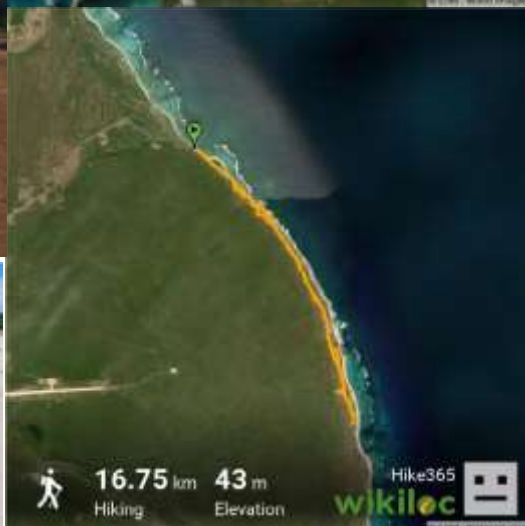
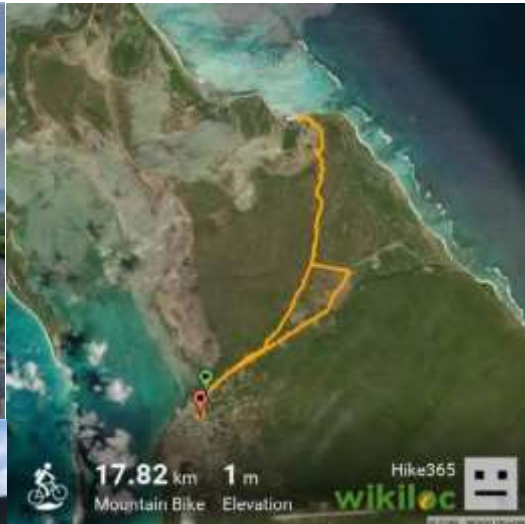
Difficulty: 1/5 to 4/5

Distance.

Varies depending on the chosen trail

INDIAN TRAIL OR FISHERS CREEK





INDIAN TRAIL IN BARBUDA OR MOUNTAIN BIKE TO FISHERS CREEK

The Indian Trail in Barbuda takes you along the undeveloped Atlantic coastline from Two Foot Bay to the popular campsite of Castle Hill. A road continues from Castle Hill to Spanish Point and ultimately around the island, but can only be navigated with the sturdiest 4x4 vehicle. There are many open caves on the journey, and a lucky hiker may spot a fallow deer on the way, along with abundant bird and plant life. A tour guide is strongly recommended. On your return to Two Foot Bay a stop by the Hillside View restaurant is highly recommended. Alternatively, you can explore the road to Fisher's Creek, but beware of the Codrington Lagoon flooding the roads and any hiking in

Barbuda is best done with a local Barbudan guide.

You can follow the trail at
<https://www.wikiloc.com/hiking-trails/twofoot-bay-to-castle-hill-trail-loop-77932241>

Tour Guide: Strongly Recommended

Difficulty: 4/5

Distance. 17km return.

DARK CAVE & BRYANT CAVE





DARK CAVE & BRYANT CAVE

CAVE

The Dark Cave & Bryant Cave are among the best kept secrets in Barbuda. You **MUST** use a local Barbudan tour guide and seek the requisite permission from the Barbuda Council authority before hiking here. Be aware that you may be denied permission in order to protect the valuable and unique species living in the cave. Dark Cave consists primarily of an elongate 180-meter-long tube with several smaller side chambers, some of which exhibit 12 to 15 m high domed ceilings that are at times occupied by hundreds of large quietly roosting bats. Three pools of fresh water are located along the west wall of this cavern and are home to a wide variety of invertebrates including a unique species of blind shrimp. Hiking lights are required and persons must navigate down a small opening in order to get into the main chambers. You must use an approved Barbudan tour guide. The nearby Bryant Cave is an open chamber and is home to an abundance of plant and animal life.

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You can follow the trail at
<https://www.wikiloc.com/hiking-trails/dark-caveand-bryant-cave-78003506>

Tour Guide: Required. Permission must also be obtained before hiking here.

Difficulty: 3/5

Distance. 6.75km return.

MOUNT THOMAS



MOUNT THOMAS

This is a steep and challenging climb onto Mount Thomas overlooking Five Islands and Hansons Bay. The trail takes you through wetlands, which may be flooded after heavy rains, and onto a rocky hilltop. Hikers can also continue onto Pinching Bay on the same trail. Be sure to have permission to traverse the area first.

You can follow the trail at <https://www.wikiloc.com/hiking-trails/mount-thomas-76204826> Tour Guide: Recommended

Difficulty: 3/5

Distance. 6.1 km loop



6.09 km **168** m
Hiking Elevation



MCNISH MOUNTAIN



MCNISH MOUNTAIN

This is the fourth highest summit in Antigua sitting at 339 meters above sea level and crowned like many by a telecom antenna. There are several trail options to the top of McNish including an at times drivable 4x4 track. The path from Bendals takes you from a range of scenery and plant life, including one of the tallest dry waterfalls in Antigua. These waterfalls can be ferocious during heavy rains, but on the regular occasion will be found sitting dry. Nearing the peak you will enter fields of lemon or fever grass, which is a serious fire risk, particularly during the hotter summer months. A guide is recommended. Alternatively you can hike to the summit of McNish from Christian Valley or Dunnings among other lesser known routes.

You can follow the trail at <https://www.wikiloc.com/hiking-trails/bendals-tomcnish-78047569> Tour Guide: Recommended



5.56 km
Hiking

303 m
Elevation

268 Trails
wikiloc



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Difficulty: 3/5

Distance. 5.5km loop

HALFMOON BAY, SOLDIER POINT



HALFMOON BAY, SOLDIER POINT

Half Moon Bay is one of the most popular beaches on the island and offers a short hike around either side of the bay over interesting rock formations. A tricky climb up the rocks will take you to the bridge over Soldier Point. Beware of thick brush at parts of the trail and loose rocks. This hike is short but not advisable for young children or inexperienced hikers.

You can follow the trail at <https://www.wikiloc.com/hiking-trails/halfmoon-bay-soldier-point-69749961>

Tour Guide: Not required

Difficulty: 2/5

Distance: 4.5km



4.49 km

Hiking

29 m

Elevation

268 Trails

wikiloc



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GREEN ISLAND





GREEN ISLAND

One of the most pristine offshore islands to visit around Antigua, Green Island offers several beaches and the perfect mix of adventure and trails. A private island, be sure you have permission to hike it first.

You can follow the trail at <https://www.wikiloc.com/hiking-trails/green-island-51044061>

Tour Guide: Not required

Difficulty: 2/5

Distance. 5km loop



5.01 km

Hiking

50 m

Elevation

268 Trails

wikiloc



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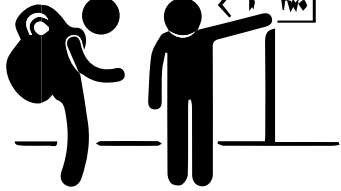
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HIKING REMINDERS

- 1. Take nothing but pictures, leave nothing but footprints** - Be mindful to ensure you do not create unnecessary harm to sensitive environmental areas and always carry your trash with you
- 2. Always seek guidance/permission** - Trails may cross private lands or restricted areas, seek the guidance of a guide or relevant authority to ensure it is still open to the public
- 3. Use a guide or join a group** - Hiking is an inherently risky activity and hiking with a guide or group can significantly reduce the risk of getting lost or injured
- 4. Beware of fires** - Be very cautious hiking in fever grass areas particularly during the hotter summer months as it presents a significant fire risk
- 5. Be prepared** - Always bring more water and refreshments than you expect you will need. The hike may be tougher than you anticipate, and one wrong turn can lead to the hike becoming significantly longer than you expect
- 6. Avoid exploring off trail** - Apart from the obvious risks of getting lost, going off trail can lead to environmental damage or bring you into conflict with illegal cannabis farmers.



HIKE GUIDES

IN ANTIGUA & BARBUDA

Footsteps Rainforest Hiking Tours

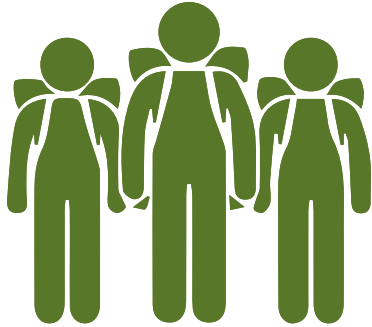
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Endurance Hikers

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trailmakerzz9@gmail.com

HKE

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GROUPS

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Jolly Hike Club

Flora and Fauna on IN ANTIGUA & BARBUDA Antigua's Trails

By Kevel Lindsay

Walking the trails of Antigua, you may encounter various wild plants and animals. Many of these are native species, i.e., indigenous to the island, while some are introduced from outside the island and the Caribbean. Not all plants and animals may be obvious to your eyes and ears, you may have to stop, take a moment and look, or listen quietly, check your surroundings and be present to see what the wild places about you have to offer. Now, depending on your location on

BIRDS:

We have over 200 species of birds recorded for the island, some rarely seen or difficult to observe. But quite often, you are likely to encounter a grey bird on the utility wires and sitting at the tops of trees. This is our local flycatcher, locally called the Loggerhead (*Tyrannus dominicensis*). It often sallies for insects from its perch. Being harassed by the

Loggerhead you may notice our local Chicken Hawk, an endemic subspecies (*Buteo playtypterus insulicola*), or you may see it soaring high overhead. A relative of the Loggerhead you may encounter just about in any habitat on the island is the Pea Whistler (*Elaenia martinica*), a local name given on account of its call. In the south and heavily forested areas you may hear the harsh and loud calls of the Pearly-eyed Thrasher (***Margarops fuscatus***), locally called Thrush. Also common

breast, and high up in trees you may see the White-crowned Pigeon (*Patagioenas leucocephala*), a dark, slate-coloured bird with a white crown, and locally called Policeman. On the ground, you may see the cookie-brown doves, the Zenaida Dove (*Zenaida aurita*) locally called Turtle Doves, whose enigmatic calls haunt the woods. They may often be seeing ahead of you on the trails. Along the coast, you are likely to see the Brown Pelicans (*Pelecanus occidentalis*) perched on rocks or trees, soaring overhead or diving after fish. The

across the island are the Yellow-breast, a name that is self-explanatory when you see the bird, The Yellow Bird or Canary (*Setophaga petechia*), a name also give on account of appearance, the Robin or Bullfinch (*Loxigilla noctis*), males of which are black, with a red

Magnificent Frigatebird (*Fregata magnificens*), with its over three-meter wingspans may soar overhead.



Local Chicken Hawk



Grey Kingbird



White-crowned Pigeon



Magnificent Frigatebird



Yellow Warbler

MAMMALS:

Most of our native mammals have been driven extinct by the Small Indian Mongoose (*Herpestes javanicus*), introduced to Antigua in the 1800s from India to combat rats in the sugarcane fields. You see it scurrying amongst the grasses, across the roads and in fields. In old ruins, caves, and rock overhangs, you may encounter one of our common fruit bats, the Jamaican Fruit Bat (*Aritbeus jamaicensis*). This is one of about eight species that we have. Sometimes encountered are the introduced rats: the Black and Brown Rats (*Rattus rattus* and *R. norvegicus*). You may also occasionally encounter the introduced European House Mouse (*Mus musculus*).

TREES:

The Loblolly (*Pisonia subcordata*). It is also called White or Water Mampoo across the region, this species is encountered in dry and seasonal woodlands. It loses its leaves during the dry season from January to April, after which it produces scented white flowers, then sticky black fruits in August. You may also see the columnar tree cactus (*Pilosocereus curtisii*) or Dul-dul locally. Its organ pipe columns are distinctive. A small tree with dark, shiny leaves and black bark is what Antiguan call the Black Willow



Silk Cotton



Thorny Macca Palm



Small Indian Mongoose



Jamaican Fruit Bat

(*Quadralla indica*) some also say Black Widow. Common in disturbed areas and former estate lands are thorny trees called Cassi locally. Many are in the genus *Vachellia*. These are all introduced. Along the coast, you will see the Red (*Rhizophora mangle*), Black (*Avicennia spp.*), White (*Laguncularia racemosa*) and Button (*Conocarpus erectus*) Mangroves. In the moister parts of the Shekerley Mountains you may see the tall Royal Palms or Mountain Cabbage (*Roystonea oleracea*) or the thorny Macca Palm (*Acrocomia aculeata*). Towering over the forest is often the giant of the trees, the Silk Cotton (*Ceiba pentandra*), with its massive buttress roots.

HERBS

SHRUBS

AND VINES

INSECTS

LIZARDS

SNAKES

SHRUBS AND VINES:

Many of the shrubs and vines may be noticeable because they seem to jump out or grab with their thorny limbs you as you pass by, and this includes the Catch-and-keeps or Pull-me-backs, Mimosa Ceratonia and Senegalia riparia. Another of these thorny grabbers is found at places like The Sleeping Indian range is the Cockspur (*Celtis iguanaea*). The hiker's nemesis seems to be the stinking nettle, called Woman's Stinging Nettle locally (*Tragia volubilis*). The nondescript vine climbs up on trees and shrubs in forests and clearing, its hairy leaves catching the passerby unawares, then the itching, stinging and irritation begins. Growing on cliffs and rocks you may note the abundant local Eyelash Orchid (*Epidendrum ciliare*), and hanging in festoons from the canopy is the vine, called Wiss (*Cissus verticillatus*). Amongst the rocks in coastal areas grows our Turks

HERBS:

Some of the more noticeable herbaceous plants are the Wild Pine, a bromeliad, found growing on the ground, trees, cliffs and rocks. It is an epiphyte, *Tillandsia utriculata*. A relative of this is the Old Man's Beard, a round and globular epiphyte often found on trees and rocks, *Tillandsia usneoides*. In dry areas, our Agave, Dagger or Century Plants, with their large, spikey leaves more than three meters across belong to two species (*Agave dussiana* and *A. karatto*).

INSECTS:

Many of our insects remain hidden amongst the leaves and leaf litter, under rocks or come out after dark. But some like the Dragon and Damselflies you may see flying above the canopy, along streams and around mangroves and ponds. After heavy rains, you may notice thousands of pale yellow butterflies flitting about in a hurry, and these are the

AMPHIBIANS

Cap or Melocactus, a barrel shaped succulent, *Melocactus intortus*.

Sulphurs, one of which may swarm for a few weeks, this being Great Southern White (*Ascia monuste*). As you pass by a branch, suddenly, you may notice a stick come to life. This is one of several members of the locally called God Horse, or walking sticks you may encounter.

SHRUBS AND VINES LIZARDS:

Our island boasts several indigenous and

AMPHIBIANS:

HERBS

INSECTS

LIZARDS

SNAKES

AMPHIBIANS

introduced lizard species. On walks, you are likely to see the native Green Lizard or Anole (*Anolis leachi*), the largest of our two species, and the Brown Lizard/Anole (*Anolis wattsi*). Antigua has one native Iguana (*Iguana delicatissima*), which is endemic to the Lesser Antilles, and an introduced species, the Green Iguana (*Iguana iguana*), which is invasive. The former is very rare, while the latter is found in a few locations across the island. They both can grow to about two meters long and are green in colour. In some places along the coast, where the Mongoose has not gotten them, you may see our endemic Ground Lizard (*Pholidoscelis griswoldi*), scurrying amongst the rocks and leaf litter in search of food.

SNAKES:

Most of our snakes are now extinct due to the Mongoose, but on the mainland, especially after heavy rains, you may come across a pink, worm-like animal that moves like a snake, fast and active. It is endemic to the Leeward Islands and is called the

There are several amphibians around, especially near ponds or water, and include the introduced toad (*Rhinella marina*), called Crappo locally. Around pools, in large bromeliads, near ponds, ruins and walls, especially at dusk and night, you may encounter the introduced Cuban Tree Frog (*Osteopilus septentrionalis*). After heavy rains, its pale green and translucent looking froglets may abound. In the forest, especially when damp, after rains, when cloudy and at dusk you may hear our small whistling frogs (*Eleutherodactylus spp.*). They are small and brown.

Leeward Islands Blindsnake (*Antillotyphlops geotomus*). It feeds on small critters living in the soil and under rocks, such as termites and ants.



ROHRMAN

Graphic Design:
Vivian Michael

Editor:
Rory & Justine Butler

Photos contributions:
Shamoi Richards, Orrin Steele, Arzu-Aksu Gould,
Shahein Fitzpatrick, Andre Lewis, Jason Joseph,
Joseph Chin, Kevel Lindsay, Kelvin Christopher,
and Justine Butler

Hiking Guide for Antigua & Barbuda **3⁶5**

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