

Tips for Walking on St Helena

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secret** St Helena Island
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- Always walk with at least one companion.
- Children should be supervised at all times.
- Walking boots are essential for most walks.
- Let someone know where you are going and when you expect to return, and let them know when you do return.
- Take plenty of water.
- Take a small snack.
- Please take your litter home with you.
- If you lose the path, go back to where you were last sure you were on it.
- Help to maintain the paths for others:
- Clear away obstructions along the path
- Avoid taking short-cuts
- Add a stone to cairns (little piles of stones that act as waymarkers) along the way

Any recommendations or feedback about the walks, the leaflets, or the Post Boxes, please report to the Tourist Office in Jamestown.