

TRAIL MAINTENANCE & GUIDED TOURS

Due to our Caribbean location, we sometimes experience heavy rainstorms and hurricanes. The debris these storms leave behind may block or damage portions of this trail. Additionally, with the high volume of foot traffic, litter may accumulate along the trail. With no sponsorship to maintain the trail, we are asking the community to volunteer their services in the upkeep of the Estate Adventure Nature Trail.

At present, the St. Croix Central High School has committed to the Trail's maintenance each Earth Day (*April*). We encourage other groups (school, civic and church) to make similar commitments. If you would like to help in this effort, please contact:

V.I. RC&D
(340) 692-9632 x5

VI RC&D volunteers are available to lead guided tours. Please contact the office to make your arrangements.

All Virgin Islands RC&D services are offered on a non-discriminatory basis without regard to race, color, national origin, religion, sex, age, marital status or handicap.



PARTNERS

V.I. Resource Conservation & Development Council, Inc. (RC&D)

UVI Cooperative Extension Service

Golden Grove Correctional Facility

St. Croix Central High School

V.I. Department of Agriculture

The Nature Conservancy

St. Croix Hiking Association

V.I. Urban & Community Forestry Council

UVI Agricultural Experiment Station

St. Croix Educational Complex

USDA Natural Resources Conservation Service (NRCS)



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GRANT FROM THE V.I.
DEPARTMENT OF
AGRICULTURE URBAN &
COMMUNITY FORESTRY
PROGRAM**



**Learn more about the V.I.
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ESTATE ADVENTURE NATURE TRAIL



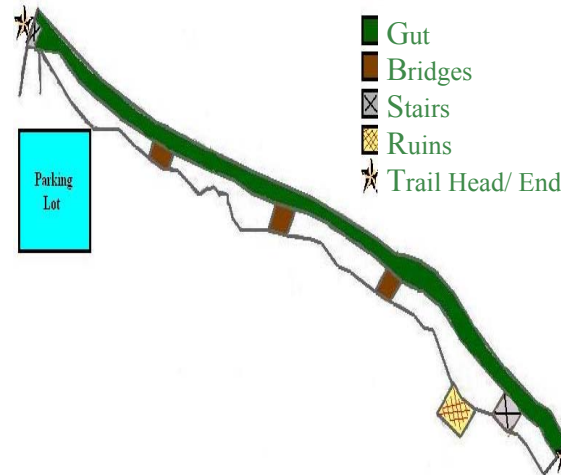
HISTORY OF ESTATE ADVENTURE

Estate Adventure Nature Trail is a three-quarter mile hiking trail located in the central part of the island, south of the V.I. Agriculture Department in Estate Lower Love.

Separating Estate Adventure from Estate Golden Grove is a dry streambed which was once a small river. It ran from the watersheds of the north, including Big Fountain and Estate River, to the sea on the south shore. Cane was grown in this area from the mid-1700's until 1966, when the fertile flat land was converted to cattle grazing pastures. The trail encompasses several historical structures. An old Danish bridge is located at the head of the trail. Located near the end of the trail is the ruins of a Water Mill that once supplied the estate with water.



MAP



TRAIL OVERVIEW

Over the course of this trail, you will come across three footbridges, a boardwalk, and stairways. Please proceed with caution, as these may be slippery when wet.

Along the trail, identification markers indicate each species & historic structure. The markers correspond with the items in this brochure. So remember to bring along your brochure to identify what you are looking at.

- **The Old Danish Bridge** was built in 1910 with locally cut coral, stone and bricks. The large arches in the bridge allowed vast amounts of rain water to pass through during the wet season, from the Big Fountain Watershed to the sea.
- **Termite Nests** are built with a mixture of termite feces, saliva, and soil. Tree termites (*Nasutitermes costalis*) contribute in the recycling of wood and other plant materials.
- **Royal Palms** (*Roystonea borinquena*) are native trees and are known on St. Croix as *Cabbage Palms*. The "heart" or "cabbage" portion can be eaten as a vegetable (hearts of palm). Trunks were made into canoes by Indians and enslaved Africans, and the leaves (fronds) were used as roofing material (thatch).

- **Grey Nicker** (*Caesalpinia bonduc*) has fish hook-shaped spines on the underside of its leaves, stems and branches, allowing this vine-like shrub to climb on nearby trees. Roasted and boiled seeds are used as a diuretic, for diabetes and hypertension, and like quinine for treating malaria. Seeds are also used for jewelry and game pieces in the African game, Wari.
- **Genip Trees** (*Meliococcus bijugatus*) are prevalent on the trail. They were introduced from South America for its shade, wood, and edible fruit.
- **Snake Plant** (*Sanseveria* sp.), commonly known as *Mother-in-law's Tongue*, is a succulent ground cover with erect sword-shaped leaves. This plant was introduced to the island for beautification, but has become a pest, over-running disturbed areas. It has also been used as a laundry whitenener.
- **Saman** (*Pithecellobium saman*) is an introduced evergreen tree that grows fifty to sixty feet tall. The fruit are edible, and a lemon-like juice can be made from the pulp. This introduced tree is used medicinally for colds, diarrhea, headaches, and gastro-intestinal ailments. The hard wood is used for making furniture.
- **Sweet Lime** (*Triphasia trifolia*) was introduced as a hedging shrub. The fruit are commonly enjoyed out of hand and are made into jellies, jams, and preserves. The hand-pressed peel oil has a strong lemon odor and is therapeutic in cases of fever and jaundice. The leaves may be brewed into tea.
- **The Historic Dam** was built to control sediment and to recharge the aquifer and surface water in the streams. This dam is one of many that were built during the 19th and 20th centuries.
- **The Water Mill**, now in ruins, was once used to pump water from the stream to the sugarcane factory in Estate Adventure. Water, always precious on a dry tropical island, was used in the factory to produce rum, molasses, and sugar, which were exported.

- **Silk Cotton/Kapok** (*Ceiba pentandra*) is a native deciduous tree that has a massive trunk recognized by its large, protruding buttress roots. The bark has spines on it, and as it gets older the spines diminish. This large tree often reaches more than one hundred feet in height, and has horizontal branches usually beginning far up the trunk. This tree is a native of Tropical America, the Virgin Islands and the wider Caribbean.
- **Sandbox** (*Hura crepitans*) is a native deciduous tree that reaches nearly eighty feet in height. It is often confused with the *Silk Cotton* because their barks are similar in color and they too have spines. The sap and seeds produced by this tree are poisonous. The seed pods are usually used for making jewelry, such as earrings and necklaces.
- **Mango** (*Mangifera indica*) is an introduced tree that normally attains a height of twenty to sixty-five feet. The leaves, seeds, flowers, bark and resins have been used medicinally to treat headaches and fevers. The fruit are commonly known and are edible. Mangoes are usually in season during the summertime.
- **Tamarind** (*Tamarindus indica*) is an introduced tree that attains a height of forty feet. The fruit produced by this tree are edible, and the leaves are used medicinally. Beverages, candies, and preserves are prepared from the fruit. The young, tender leaves are also cooked and used to season food.
- **Fruit Bats** (*Artibeus jamaicensis*) have very long, webbed fingers that serve as wings. They also have a very good sense of smell and sight. They are nocturnal; however, during droughts they can be seen foraging for food during the day.
- **White-crowned Pigeons** (*Columba leucocephala*) are a species of bird characterized by their sometimes pearly white or slate-gray appearance, depending on the light. On this trail, these birds are often seen in flight or perched in trees; they rarely visit the ground. The white-crowned pigeon is now on the endangered species list.